



# Crawford County Senior Gazette March 2025

**The Brook**  
Retirement Communities

Independent,  
Assisted, &  
Memory  
Care Living

**989-745-6500**  
BrookRetirement.com

**Page Highlights:**

- Pg 2 Birthday List
  - Pg 4 New Activities
  - Pg 6 Caregiver Luncheon
  - Pg 6 Pet Palooza
  - Pg 7 Meals on Wheels Fundraiser
  - Pg 7 The Scoop with Jan
  - Pg 8 Meal Calendar
  - Pg 9 Activities Calendar
  - Pg 11 Save the Dates
  - Pg 12 Snyder's Send Off
  - Pg 13 New to Medicare
  - Pg 14 March Word Search
  - Pg 15 Social Security Article
  - Pg 15 Suggestion Box
  - Pg 16 St. Patrick's Special Dinner
- Money-Saving Coupons:**
- Pg 15 Save-a-Lot
  - Pg 16 Spikes

**New Leadership, New Journey**  
By Toby Neal



Brian McLaughlin's journey to becoming the new director of the Crawford County Commission on Aging is one woven with patience, vision, and a deep respect for legacy. His story is not just about stepping into a leadership role; it is about continuing a tradition of building and nurturing communities—a tradition that stretches back to his great-grandfather.

Brian's great-grandfather was a man of foresight and dedication, a builder not just in the literal sense but also in the cultural sense. Brian's great-grandfather who, according to Brian "was a very prolific architect, graduate of Columbia, and he built all these city buildings around Ohio." One of them was a school designed and built in Antwerp, Ohio, and since it was the last project he did it was indeed special, a place of learning and growth for the

community, a symbol of the importance of investing in the future. Years later, Brian's father took up the mantle, working tirelessly to preserve and repurpose that very structure. He saw the value in what his grandfather had built, and instead of allowing it to fade into history, he played a pivotal role in transforming it into something that would continue serving people in a different way—an assisted living facility.

Brian was deeply influenced by this process. He witnessed firsthand the patience and effort it took to ensure that meaningful change wasn't just about quick fixes but about building something that could last and continue to benefit people. That philosophy has shaped the way he approaches leadership, and it is precisely this perspective that he brings to his new role.



While flashy and explosive may have been a key part of Brian McLaughlin's film industry background

*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



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

Commission on Aging & Senior Center  
Smartphone Scan to our Website





## **Senior Gazette Staff**

**Editor — Brian McLaughlin**

*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](mailto: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

#### Receptionists: 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

## **March Birthdays**

Lola McLandsborough 3/21

Pamela Purdy 3/21

**Senior Center Birthday Lunch Tuesday,  
March 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!**



**Come visit us!**

- Independent Living
- Assisted Living
- Memory & Specialized Care
- Respite & Short Term Care

**BARUCH** A program of Baruch Senior Ministries

**A Non-Profit Faith-Based Organization**

**[NorthernPinesAssistedLiving.org](http://NorthernPinesAssistedLiving.org)**

130 Mary Ann Street · Grayling 49738

p: (989)344-2010 · f: (989) 344-2011

## **Tammy's Tips**

Spring is a great time to check and replace the batteries in essential devices like smoke alarms, carbon monoxide detectors, and emergency flashlights. A good rule of thumb is to change the batteries when you adjust your clocks for daylight saving time. This simple step helps ensure your home stays safe year-round! Contact your local fire department see if they can help you if you're unable to reach your alarms.



## **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](http://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](http://www.griefshare.org/about)  
[www.griefshare.org/groups/169551](http://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](http://crawfordcoa.org/make-a-donation), in person, or by mailing your donation to us at 4388 M-72 HWY, Grayling, Mi, 49738.

### Make Your Mark: Leave a Legacy

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

#### Bequest

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

#### Retirement Plan Beneficiary

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

#### Life Insurance Beneficiary

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

#### Charitable Trusts

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

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

Thank you for your consideration.

### Sponsors

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

Foot Clinic 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:

Family Fare  
Janet Gross  
Lako & McClain Families  
Alice Lee

Kirsten Lietz  
Wayne & Rosemary Nelson  
Virginia Taylor  
Crawford United

*Thank You Donors  
We Appreciate Your Support!*

### 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.

### Interested in Becoming a Commission on Aging Volunteer?

Volunteers are always needed at the Commission on Aging. If you'd like to register to become one of our volunteers, fill out the online application at <https://www.crawfordcoa.org/volunteer/volunteer-application>. Paper copies are available upon request at the COA. For more information, call 989-348-7123.

### Hometown Heroes

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

**Running Talley of Support: \$14,915, Thank you!**

*47 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. March 5th was donated in honor of the new Director Brian McLaughlin! March 12th was donated by Ladies Active Friends. Thank you to these donors for helping us make a difference. Help us keep providing exceptional care and meals for our local older adults. Donate today!*

### Memorial Donations

Farrell Thomas in memory of Linda (Brooks) Thomas  
Wayne and Rosemary Nelson in memory of Dorthea Carlson

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

Name \_\_\_\_\_

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

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

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

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

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

Please make check payable to "COA" at 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.







**Continued: New Leadership**



for most of early adulthood, it does not quite fit the leader he is now. When Brian speaks about leadership, he doesn't focus on quick fixes or flashy initiatives. Instead, he emphasizes patience, culture-building, and the kind of change that stands the test of time. Brian sees the work as a calling and a life of service.

As the new director of the Crawford County Commission on Aging (COA), McLaughlin is stepping into a role that aligns perfectly with his philosophy of leadership—one rooted in legacy, empowerment, and a deep understanding of how people fit into the bigger picture. "When I looked at what they wanted for this director position, I kept saying, 'That's me,'" McLaughlin said.

As the new director, Brian is stepping into a position that requires not just managerial skills but also a deep understanding of how people and organizations grow. Just as his family worked to ensure that a building originally meant for education could evolve into a place of care, Brian understands that organizations must adapt to meet the changing needs of their communities. He does not view leadership as merely making decisions from the top but as fostering a culture where people feel empowered and valued.

A prime example of this mindset is his approach to leadership within his previous roles. He understands the importance of recognizing talent and allowing people the space to grow into their potential. His former marketing director, for example, wasn't just given a job—she was entrusted with responsibility and encouraged to expand her skills, helping to shape the organization's vision alongside him. This ability to see people as integral parts of a larger mission will be critical as he takes the helm of the Commission on Aging.

Brian's vision for the Commission is one of sustainable growth and meaningful change. He knows that to truly make a lasting impact, it is not enough to implement new programs without considering their long-term viability. He believes in putting in the effort to build

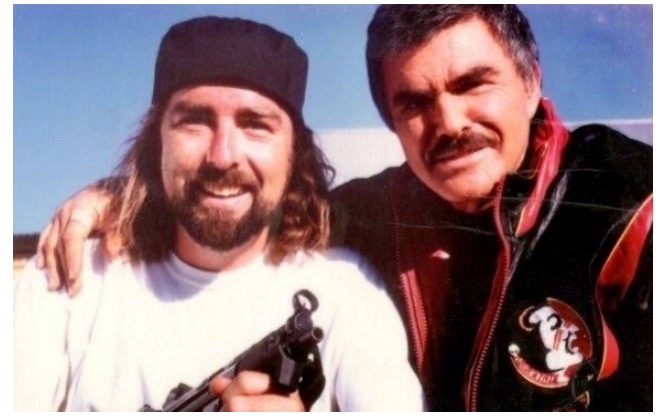
something that will not just serve the current needs of seniors in Crawford County but will also leave a foundation for future generations. Just as his great-grandfather designed the building and laid the bricks of a school that would later become an assisted living facility, Brian sees his work as laying the groundwork for a Commission that will continue to evolve and serve for years to come. "Normally when I come into an organization I know I have to change the culture," Brian shared, "but, that isn't the case here – we have a wonderful culture, we just need to ensure it continues."

One of his key focuses is ensuring that the Commission remains deeply connected to the people it serves. He understands that seniors are not just recipients of services but active members of the community who have wisdom, experience, and a desire to stay engaged. His leadership style reflects this understanding—he values collaboration, listens to the voices of those around him, and works to create an environment where everyone feels they have a role to play in shaping the future.

At the core of Brian's leadership philosophy is the belief that change should be intentional and built to last. Whether it's honoring the legacy of his family's commitment to community-building or shaping the future of the Commission on Aging, he approaches his work with a sense of purpose and dedication. His patience, his ability to see the bigger picture, and his commitment to empowering others make him well-suited for this role.



As Brian steps into his new position, he carries with him the lessons of his great-grandfather, his father, and his own experiences. He is not just leading an organization—he is continuing a tradition of building something meaningful, something that will stand the test of time. And in doing so, he is ensuring that the Crawford County Commission on Aging will not only serve today's seniors but will remain a vital part of the community for generations to come.



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  
←



**"For All Your Insurance Needs"**  
**989-348-6761**  
cornellinsurance.com Trusted Choice  
201 Huron St. | Grayling, MI

**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.



## Musicians Needed for Community Band

Do you play an instrument or love the sound of live music? There is an effort to create a Community Band. Did you play an instrument? Would you like to play in a group? Practices will be held at the Senior Center. Whether you're a seasoned player or dusting off your instrument after years away, this is your chance to be part of something special. Enjoy the joy of performing, connect with fellow music lovers, and bring the community to life through song.

- All instruments & skill levels welcome!
- For more info, contact Louis Lucido at 989-915-3552.

Come play with us—because music is better when we make it together!

## Caregiver's Luncheon May 15th

Are you caring for an individual that requires 24-hour care and/ or supervision due to chronic illness or dementia?

Crawford County Commission on Aging and Region 9 Area Agency on Aging will be holding a Caregiver Luncheon and educational program May 15, 2025, from 2:00-4:00pm

4388 W M72 Hwy., Grayling, MI 49738

If you have questions, please call Sarah Pollock at 989-348-7123.



## Spring Forward: Tips for Adjusting to Daylight Savings Time

Daylight Savings Time begins soon, which means it's time to "spring forward" by setting your clocks ahead one hour. While this change brings longer daylight in the evenings, it can also disrupt sleep schedules and daily routines.

To make the transition easier, try these simple tips:

- ✓ Adjust Gradually – Go to bed 15–30 minutes earlier each night leading up to the time change.
- ✓ Soak Up the Sun – Natural light helps regulate your body's internal clock, so spend time outdoors.
- ✓ Limit Evening Screen Time – Reduce exposure to bright screens before bed to improve sleep quality.

✓ Stick to a Routine – Keep a consistent sleep and wake schedule to help your body adjust.

✓ Stay Active – Exercise can help reset your internal clock and boost energy levels.

Daylight Savings

Time begins on Sunday, March 9th, at 2:00 AM, so don't

forget to set your clocks forward

before bed! A little preparation can

help you ease into the change and make the most of the brighter

days ahead.



## 2ND ANNUAL PET PALOOZA!

Stay tuned for the official date announcement.

This event will be free, but donations are always encouraged and appreciated!

All donations will benefit the Crawford County Commission on Aging Pet Assistance Program.



## Kinship Program

Are you a Crawford County resident over the age of 55 and caring for a family member under the age of 18? Call Sarah Pollock at 989-348-7123 to find out how The Crawford County Commission on Aging's Kinship program may be able to assist with child enrichment opportunities.

## Tammy's Tips

**Stay active:** Exercise can help with balance, stress, anxiety, and depression.

**Eat well:** Maintain a balanced diet and drink plenty of water. Berries and other dark-skinned fruits may help with memory.

**Stay social:** Maintain connections with friends and family or join an activity at the senior center.



Thompson Treusch  
LAW OFFICE PLC

JASON THOMPSON

(989) 745-6625

[HTTPS://WWW.FACEBOOK.COM/JASONRTHOMPSONLAW/](https://www.facebook.com/jasonrthompsonlaw/)

THANK YOU FOR BEING A  
PLATINUM LEVEL SPONSOR



northcentral  
AREA CREDIT UNION

Community is our love language.

Thank you for being a  
Platinum Level Sponsor



Grayling Hospital for Animals

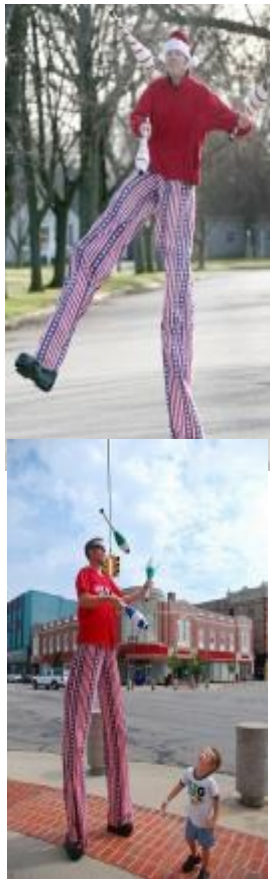
- Dr. Katherine Powning
- Dr. Troy Fairbanks
- Dr. Christina Maxwell
- Dr. Pamela Busser

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





## Comedy for a Cause: A Fundraiser for Meals on Wheels March 6th, 4:30 pm—7:00 pm



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

The event, set to take place at the Senior Center, located at 4388 M-72 east of town, will feature an evening of food, fun, and entertainment while raising funds for a vital community service.

The event kicks off with "A Taste of Grayling"

from 4:30 to 5:30 p.m., offering attendees the opportunity to sample dishes from several local restaurants. Participating establishments include Tacos Lupe, Ray's BBQ and Blues,

Paddle Hard, and Mi Mezcalito. Community members are encouraged to visit each booth and enjoy the flavors that make Grayling's dining scene unique. Tips for participating businesses are appreciated.

Following the tasting event, Michigan's Funnyman, Joel Tacey, will take the stage from 5:30 to 7:00 p.m. Known for his high-energy, family-friendly performances, Tacey promises an evening of laughter and entertainment for all ages.

In addition to food and entertainment, attendees will have the opportunity to participate in raffles and giveaways throughout the evening. Several gift baskets will be raffled off, along with a 50/50 drawing. A major giveaway, courtesy of Q-100, will feature a \$250 prize package for a stay at Shanty Creek Resort in Mancelona, Michigan. The package includes access to indoor and outdoor pools, the Summit Fitness Center, and shuttle service to downtown Bellaire.

All proceeds from the event will directly benefit Meals on Wheels, which provides essential meal services and socialization

opportunities to local older adults through the Crawford County Commission on Aging.

Prices for tickets are as follows:

Ages 2-17: \$5.00

Ages 18+: \$15.00

Family Package (2 adults + up to 3 children): \$40.00

The Commission on Aging extends thanks to: Tip'N the Mitten, Grayling Regional Chamber of Commerce, Q-100, Tacos Lupe, Ray's BBQ and Blues, Paddle Hard Brewing Company, Mi Mezcalito, Joel Tacey's Tip Top Entertainment, Laurie Jamison, North Central Area Credit Union, Thompson and Treusch Law Office, Spike's Keg O'Nails, Tracy Wilson, Michelle Millikin of Homewaters Realty, the Medicine Shoppe, and the Hidden Nook.

Tickets can be purchased at Tip'N the Mitten, the Grayling Regional Chamber of Commerce, and the Commission on Aging. Community members are encouraged to attend and take part in this exciting event while supporting a meaningful cause. For more information, contact the Crawford County Commission on Aging at 989-348-7123.

## The Scoop with Jan: Colorectal Cancer Awareness Month

### Did you know:

- Approximately 152,810 people will be diagnosed with colorectal cancer in the U.S., and an estimated 53,010 will die — making this disease the second-leading cause of cancer deaths overall.
- Age and a family history of colorectal cancer are important unchangeable risk factors. Smoking, obesity, and a poor diet are among the risk factors you can change to lower your risk of colorectal cancer. Most cases are diagnosed in people over age 50.
- Unlike most cancers, colorectal cancer is highly preventable with screening. With early detection, it's highly treatable. In the earliest stages, colorectal cancer has a 91% five-year survival rate with treatment.
- The most common symptom of colorectal cancer is no symptom. When symptoms are present, they may include blood in or on stool, persistent abdominal discomfort, and unexplained weight loss. As we age, it is important NOT to ignore changes in how we feel and just deciding "it's because of my age".

- Colorectal cancer screening should begin at age 45. Screening is the No. 1 way to prevent colorectal cancer. Still, about a third of all eligible adults are not getting checked as recommended. In late 2020, the CDC estimated that 68% of colorectal cancer deaths could be prevented if all eligible people were screened.
- People who have a first-degree relative (parent, sibling, offspring) with colorectal cancer have two to four times the risk of developing the disease. If you have a strong family history of colorectal cancer should speak to your doctor about getting screened regularly.
- Simple ways to reduce the risk of colorectal cancer include eating healthy, not smoking, exercising regularly, maintaining a healthy weight, limiting red meat intake, and adding calcium and vitamin D to your diet.
- There are more than 1.5 million colorectal cancer survivors in the U.S.
- Don't Wait for Symptoms: Take Control of Your Colorectal Health
- Did you know that colorectal cancer is the second deadliest cancer in the U.S., but it's

also highly preventable? By getting screened, you can catch colorectal cancer early, when it's most treatable, or prevent it entirely.



### Don't wait for symptoms like:

- Blood in your stool
- Unusual bowel changes
- Persistent stomach pain
- Unexplained weight loss

**Early detection is key.** With a 91% survival rate when caught early, getting screened for colorectal cancer could save your life. Talk to your healthcare provider



# March 2025 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>11:30a-12:30p Lunch</b> Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Apricots	<b>4</b> <b>11:30a-12:30p Lunch</b> Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple	<b>5</b> <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi  In Honor of Brian McLaughlin	<b>6</b> <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes/Beef Gravy, Brussels Sprouts, Strawberries	<b>7</b> <b>11:30a-12:30p Lunch</b> Pot Roast, Mashed Potato/Beef Gravy, Corn, Kiwi
<b>10</b> <b>11:30a-12:30p Lunch</b> Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Pineapple	<b>11</b> <b>11:30a-12:30p Lunch</b> Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes	<b>12</b> <b>11:30a-12:30p Lunch</b> Baked Penne with Sausage, Vegetable Blend Prince Charles, Kiwi  Donated by Ladies Active Friends	<b>13</b> <b>11:30a-12:30p Lunch</b> Beef and Broccoli with Brown Rice, Stir Fry Vegetables, Four Berries Blend <b>4-6p St. Patrick's Day Special Dinner</b> Corned beef & Cabbage with Carrots, Onions, and Red Potatoes, Dinner Roll and "Pot O' Gold" cupcakes	<b>14</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Fresh Orange
<b>17</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Sliced Carrots, Kiwi	<b>18</b> <b>11:30a-12:30p Lunch</b> Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetable, Orange	<b>19</b> <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots	<b>20</b> <b>11:30a-12:30p Lunch</b> Lasagna, Mixed Vegetables, Grapes	<b>21</b> <b>11:30a-12:30p Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi
<b>24</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes with Gravy, Green Beans, Pineapple Chunks	<b>25</b> <b>11:30a-12:30p Birthday Lunch</b> BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Grapes	<b>26</b> <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Fresh Orange	<b>27</b> <b>11:30a-12:30p Lunch</b> Spaghetti and Meatballs, Broccoli, Cantaloupe and Honeydew, Breadstick	<b>28</b> <b>11:30a-12:30p Lunch</b> Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
<b>31</b> <b>11:30a-12:30p Lunch</b> Breaded Fish Filet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple Slices				
<b>Light Bites</b> Southwest Side Salad, Chicken Tortilla Soup, Kiwi	<b>Light Bites</b> Turkey Sub, Minestrone Soup, Grapes	<b>Light Bites</b> Side Chef Salad, Cheesy Potato Soup, Pear	<b>Light Bites</b> Won Ton Soup, Mandarin Salad, Kiwi	<b>Light Bites</b> Ham & Cheese Sub, Cabbage and White Bean Soup, Pineapple



# March 2025 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>4</b> <b>9a Friends of a Feather Quilting Group</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2:30p-3:30p Bingocize	<b>5</b> 10a Silver Sneakers 12:30p Mahjong	<b>6</b> 9a Zumba Gold A 10a Zumba Gold B 10:30a-12:00p Bingocize 1p Penny Bingo 3p Medicine Shoppe Bingo <b>4:30p-7:00p Comedy for a Cause Meals on Wheels Fundraiser</b>	<b>7</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>10</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>11</b> <b>9a Housing Counseling</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre 2:30p-3:30p Bingocize	<b>12</b> 10a Silver Sneakers 12:30p Mahjong	<b>13</b> 9a Zumba Gold A 10a Zumba Gold B 10:30a-12:00p Bingocize 1p Penny Bingo <b>1p Kidney Health Presentation with DHD#10</b> <b>4p-6p St. Patrick's Day Special Dinner</b>	<b>14</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo <b>1p Trivia with Clay Horton</b>
<b>17</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>18</b> 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre <b>4:30p COA Board Meeting</b>	<b>19</b> 10a Silver Sneakers <b>11a New to Medicare</b> <b>11a Alzheimer's Support @ the Brook</b> 12:30p Mahjong	<b>20</b> 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo <b>1p Legal Assistance</b>	<b>21</b> 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
<b>24</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>25</b> 9a Zumba Gold A 10a Zumba Gold B <b>11a Birthday Lunch</b> <b>12:30p Jeopardy</b> 12:30p Euchre	<b>26</b> 10a Silver Sneakers 12:30p Mahjong <b>2p-4p Commodities</b>	<b>27</b> 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo	<b>28</b> 10a Walking Group at Kirtland 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo <b>2p-4p Snyder's Send-Off Social</b>
<b>31</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club				



## 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.

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

#### **Matter of Balance:**

Learn helpful tips that will improve balance over time.

### 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 January 2024!

#### **At the Senior Center**

- We served **579** Congregate Meals

#### **In-Home Services**

- Delivered **3,713** home delivered meals.
- Provided **83.75** hours of respite care.
- We provided **310.50** hours of homemaker services.
- We provided **44.75** 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**

**Dementia Caregiving Series: Dementia Information for Everyone:**  
Thursday, March 13, 2025, from 2:00pm-4:00pm

**Activities for Persons with Dementia:**  
Thursday, March 20, 2025, from 2:00pm-4:00pm

**Dementia Behaviors and Self-Care:**  
Thursday, March 27, 2025, from 2:00pm-4:00pm

**Programs:**

**Matter of Balance: Gaylord at the Sheldon's Place Apartments (920 West Sheldon Street):**  
March 31, 2025-May 19,2025 from 9:00am-11:00am

**Matter of Balance: Oscoda County Council On Aging:**  
March 31, 2025 - May 19,2025 from 1:30pm-3:30pm

**Chronic Pain PATH Virtual via Zoom:**  
April 2, 2025 - May 7, 2025, from 1:30-3:30pm

**Healthy Living Webinar: Medication Safety:**  
March 13, 2025, from 1:00pm-2:00pm

**Caregiver Webinar: Body, Mind, Soul: Building a Caregiver Wellness Plan,**  
March 14, 2025, from 1:00pm-2:00pm

**Caregiver Journaling Club (Zoom): Friday, March 14, 2025 from 3:00pm-4:00pm**  
**Caregiver Conference (In Person)**  
Friday, April 25th, 2025

**Contact with Questions:**  
Brooke Mainville  
Special Projects Coordinator  
(989) 358-4616 [mainvilleb@nemcsa.org](mailto: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, March 13th

**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/](http://www.donateblood.versiti.org/donor/schedules/county/)



**2025 Party Schedule**

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

**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**



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

**Noteworthy AAA Webinars**

**Medication Safety Webinar, March 13th:** Older Adults are more than twice as susceptible to the side effects and are more sensitive to the effects of many drugs. Don't miss out on this opportunity to learn from the experts with tips to elevate your medication management processes and improve medication safety.

**Body, Mind, and Soul: Building a Caregiver Wellness Plan, March 14th:** This webinar will examine the importance of setting boundaries, finding resources, asking for help/support, collecting/educating information on the disease, Self-Care, delegating caregiver tasks, setting up important documents.

**Crawford County Commission on Aging 2025 Concert Series Sneak Peak**

<b>Pub Runners</b> April 17th, 2025, 6:00 pm Tickets are \$20 / \$25 out of county	<b>Straight Forward Blue Grass Band</b> June 23rd, 2025, 6:00 pm Tickets are \$10 / \$15 out of county
<b>AuSable River Dixie Land Band</b> May 6th 2025, 6:00 pm Tickets are \$5.00 / \$10.00 out of county	More dates to be announced soon. Please watch our Facebook Page for updates.



## Snyder's Sendoff



After years of dedicated service, Alice Snyder is retiring, and the community is

invited to celebrate this special milestone! The retirement party will be held on Friday, March 28th, from 2:00 PM to 4:00 PM at the Crawford County Commission on Aging. A

highlight of the event will be a "Roast & Toast" at 3:00 PM, featuring guest speakers sharing memories, laughter, and well wishes. While no gifts are requested, guests are encouraged to bring a card and consider leaving a cherished memory or a photograph to make the day even more special. Join us as we honor Alice and send her off into retirement with joy and appreciation. We hope to see you there!

## March Volunteer Spotlight: Toby Neal

March's Volunteer Spotlight is Toby Neal, a former employee and current Gazette contributor and Exercise Class Leader.

### Question 1: How would you describe yourself?

I am naturally curious and willing to change, experience new things, and grow as a person. I feel like I am always evolving as my education and career arch would testify to (I am currently going for my third master's degree!) I enjoy deep conversations but also love unwinding with some 80's hairband music. I can embrace multiple opinions as true and give respect and grace to various sides of the arguments and the people making them. I think I am a good listener and value being present with people. I am a loving father, a good son, and a dedicated and loyal friend.

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

I have two teenage sons, both of which are high school basketball players, so I am spending several nights a week attending games both at home and away games. Going back to school to get my third master's degree is taking up a lot of time that I would otherwise spend reading,

drawing, or relaxing. Speaking of relaxing, I have grown to become a big fan of napping and try and take one daily!

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

I am a native of Grayling. Born and raised here. My father was born and raised here, and my mother was a transplant, moving here to partake in what was Mercy Hospital's then nursing school. I have lived elsewhere, moving away from Grayling in the late 90's and eventually coming back "home" in 2013. I have been here since.

### Question 4: What do you enjoy most about volunteering with the COA?

I do not consider spending time at the COA as volunteering as much as I see it as spending time with people I care about. I enjoy the impact the older adults in Crawford County have on me. The impression and wisdom they have given me, as well as the friendships made, have endeared me to them. I have told many of them that they are "who I want to be when I grow up." I am thankful to have the opportunity to be with them in helpful ways, like teaching Geri-fit this spring!

## Upcoming Online Classes - MSU Ext.

RELAX: Alternatives to Anger Weekly Mar 2025 March 3, 2025 – March 24, 2025 Online

Chronic Disease PATH (Personal Action Towards Health) ONLINE SERIES March 3, 2025 – April 7, 2025 2 hours Zoom

Serving up Food Safety - Using Frozen Fruit to Make Jam & Jelly March 3, 2025 12:00PM – 12:30PM Zoom Webinar

SLEEP Education for Everyone March 3, 2025 – April 7, 2025 Online

Tai Chi for Diabetes March 4, 2025 – May 6, 2025 8 a.m. CT/9 a.m. ET Online

Stress Less with Mindfulness March 4, 2025 – April 1, 2025 Zoom

ONLINE: Sleep Education for Everyone March 5, 2025 – April 9, 2025 Online via Zoom

Michigan Cottage Food Law March 5, 2025 2:00PM – 4:00PM Zoom Webinar

Preserving MI Harvest- Sweet, Sweet Maple Syrup March 6, 2025 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

ONLINE Matter of Balance March 6, 2025 – April 24, 2025 1 p.m. CT/2 p.m. ET Online

Lunch and Learn: Calming Down and De-stressing March 7, 2025 12:00PM – 1:30PM Online via Zoom

Wits Workout - Forget Me, Not! (March 10) March 10, 2025 1:00PM – 1:30PM Online

Tips to Build and Protect Your Credit - March 13, 2025 6:00PM – 7:00PM Zoom

Wits Workout - Take a Number (March 17) March 17, 2025 1:00PM – 1:30PM Online

Matter of Balance for Falls Prevention-- ONLINE March 18, 2025 2:00PM – 3:00PM 2:00 - 4:00 PM EST. Online via Zoom

Protecting Your Identity - March 18, 2025 March 18, 2025 6:00PM – 7:00PM Zoom

Informed Renter March 20, 2025 12:00PM – 1:00PM Online via Zoom

Lunch and Learn: Mindful Eating March 21, 2025 12:00PM – 1:30PM Online via Zoom

Wits Workout - Roam in Rome (March 24) March 24, 2025 1:00PM – 1:30PM Online

Online - Mindfulness for Better SLEEP Mar/Apr Weekly March 25, 2025 – April 29, 2025 Online via Zoom

Wits Workout - Savor the Seasons (March 31) March 31, 2025 1:00PM – 1:30PM Online

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

**The Brook, it's home.**  
**BrookRetirement.com**  
 Independent, Assisted & Memory Care Living  
 brookretirement.com • 989-745-6500  
 Big Rapids • Boyne City • Cedar Springs • Cheboygan  
 Gaylord • Gladwin • Grayling • Houghton Lake • Newaygo  
 Portland • Rogers City • Roscommon • Standish • West Branch

**The Brook**  
 Retirement Communities



## Medical Loan Closet Spotlight for March 2025

Meet the Kekoy Reacher Grabber.

This reacher grabber is collapsible for on the go convenience. It is capable of up to 5lbs of lifting power, a maximum pinching width of over 4 inches, rotating head, a magnetic ability of picking up keys, screws, and pins. In a dark corner? This grabber is equipped with an LED light to illuminate your way! Don't let your items stay out of reach, use the Kekoy Reacher Grabber, today! Call Sarah or Kathy at 989-348-7123 for more information on how you can get one!



**JB JORDAN  
BALKEMA**  
ELDER LAW CENTER

*Need Elder Law Service?*

Please Call Now!

800-395-4347

Thank you for being a  
**Platinum Level Sponsor**



Can't tune in to 100.3 FM?

Download the Free Q100 Michigan App  
to stream us anywhere

Q100Michigan.com

Saving Rock & Roll One Listener At A Time



Thank you for being a  
Platinum Level Sponsor



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, March 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.

## Emergency Preparedness Tips with Tammy Findlay

Being prepared means being equipped with the proper supplies you may need in the event of an emergency or disaster. Keep your supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate. Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes. Remember, if it's not safe for you to stay home, it's not safe for your pets either

1. Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
2. Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
3. Flashlight

4. Battery-powered radio
5. Extra batteries
6. First Aid Kit
7. Medications (7-day supply) and medical items
8. Multi-purpose tool
9. Sanitation and personal hygiene items
10. Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
11. Cell phone with charger
12. Family and emergency contact information
13. Extra cash
14. Emergency blanket
15. Pet Food

## Eat Right, Tips from the Academy of Nutrition and Dietetics

March is National Nutrition Month! Use these tips to help you achieve a healthier, more balanced diet that will help improve your overall health.

- **Fruits & Vegetables:** Make half your plate fruits and vegetables, including dark-green, red, and orange options. Choose fresh, frozen, or canned with no added salt or sugar.
- **Whole Grains:** Ensure at least half your grains are whole (e.g., whole wheat, brown rice, oats). Look for fiber-rich and vitamin B12-fortified cereals.
- **Dairy:** Choose fat-free or low-fat milk, yogurt, and cheese for calcium and vitamin D. Lactose-free options or fortified soy beverages work too.
- **Protein:** Eat a variety of lean meats, poultry, seafood, nuts, beans, peas, and lentils. Spread protein intake throughout the day.
- **Limit Sodium, Saturated Fat & Sugar:** Choose low-sodium options, season with herbs, switch to healthy oils, and limit fried foods, processed meats, and sugary treats.
- **Stay Hydrated:** Drink water and unsweetened beverages instead of sugary drinks.
- **Portion Control:** Use smaller plates and be mindful of calorie needs.
- **Cook at Home:** When dining out, choose meals with vegetables, whole grains, and lean protein. Share large portions or save leftovers.



**AuSable Family  
Dental, P.C.**

**Ralph Oppermann, D.D.S.**

**Jennifer Malicowski, D.D.S.**

800 E. Michigan Ave., Grayling, MI  
(989) 344-2525 Fax (989) 348-9629

## March Word Search Puzzle

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

## March Word Bank

- |              |              |               |
|--------------|--------------|---------------|
| 1) Spring    | 18) Budding  | 35) Rebirth   |
| 2) Green     | 19) Equinox  | 36) Sunshine  |
| 3) Rain      | 20) Festival | 37) Crocuses  |
| 4) Wind      | 21) Renewal  | 38) Daylight  |
| 5) March     | 22) Shamrock | 39) Forecast  |
| 6) Bloom     | 23) Sprout   | 40) Drizzle   |
| 7) Lucky     | 24) Blustery | 41) Mudslide  |
| 8) Clover    | 25) Planting | 42) Soggy     |
| 9) Breeze    | 26) Thunder  | 43) Daffodil  |
| 10) Flower   | 27) Growth   | 44) Sprightly |
| 11) Rabbit   | 28) Meadow   | 45) Awakens   |
| 12) Season   | 29) Stormy   | 46) Germinate |
| 13) Thawing  | 30) Nesting  | 47) Saturate  |
| 14) Warmer   | 31) Freshen  | 48) Dewdrops  |
| 15) Sunshine | 32) Pollen   | 49) Emerge    |
| 16) Holiday  | 33) Vernal   | 50) Fledgling |
| 17) Parade   | 34) Rainbow  |               |

## Kate's Kitchen Corner



### Focaccia Bread Recipe

Light and airy Focaccia Bread is delicious when dipped in soups and stews, eaten alongside pasta, used as a pizza crust, dipped in marinara or bread oil, or topped with Bruschetta. The best part is that this recipe calls for less than 10 minutes of hands on time to prepare and does not require any kneading. Enjoy!

You will need these ingredients:

1. 4c. all-purpose flour
2. 2tsp. Kosher salt
3. 2tsp. instant yeast
4. 2c. lukewarm water (105-115 degrees)
5. 4tbl. Olive oil- divided
6. Butter for greasing the pan
7. Optional-flaky sea salt and 1-2tsp. fresh rosemary leaves

•**Mix Dough** – In a large bowl, whisk flour, salt, and yeast. Add water and mix with a rubber spatula until a sticky dough forms. Lightly coat with olive oil, cover, and refrigerate for 12–48 hours (18 hours is ideal).

•**Prepare Pans** – Line two 8- or 9-inch pie plates or a 9×13-inch pan with parchment paper or grease with butter/nonstick spray. Add 1 tbsp oil per pie plate (or 2 tbsp for the 9×13-inch pan).

•**Shape Dough** – Use two forks to deflate the dough and divide it in half (skip this if using a 9×13-inch pan). Place dough in the prepared pan(s), rolling in oil to coat. Let rest for 3–4 hours.

•**Dimple & Season** – Preheat oven to 425° F. Sprinkle rosemary (if using), drizzle 1 tbsp oil per round (or 2 tbsp for 9×13-inch), and press down with fingers to create dimples. Stretch dough if needed. Sprinkle with flaky salt.

•**Bake & Serve** – Bake for 25–30 minutes until golden and crisp. Let cool for 10 minutes before slicing and serving.



## 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:** It would be nice to have TV since we are a community center. It would be nice to watch news programs.

**Response:** A decision was made when we moved into the new Senior Center that we would not have a TV on for "watching TV". This is an active, recreational facility and we want to encourage older adults to come and be active vs. sitting and watching TV. In addition, what some want to watch, others don't which causes conflict which we'd like to avoid.

**Suggestion:** The puzzle in the Gazette is way too big. It's missing words or it's not always workable.

**Response:** Thanks for bringing this to our attention. We appreciate the feedback and are working to ensure the puzzle is user friendly and accurate.

**Suggestion:** Please change the Light Bites menus. It's been months and you get very tired of the same choice every day.

**Response:** Agreed! We are working on new menus for the spring.

**Suggestion:** Please have a long handled shoehorn where we put our shoes on for fitness.

**Response:** We'll get one purchased.

**Suggestion:** Need butter on popcorn during bingo.

**Response:** When our old popcorn machine died after 20+ years, we decided to go healthy and purchased an air popping unit without oil. Hopefully, your taste buds will adapt to the healthier option.

Please reach out to me via email at [director@crawfordcoa.org](mailto: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**

## Three Questions about Social Security that can Help You Plan Your Retirement

By Hillary Hatch, Social Security Public Affairs Specialist



Social Security benefits are part of the retirement plan of many American workers. If you're among the many people paying Social Security taxes, you should get an estimate of what your future benefit may be. Our retirement webpage at [www.ssa.gov/retirement](http://www.ssa.gov/retirement) is a great place to start mapping out your retirement plan. These three questions will help to guide your planning: What factors may affect your retirement benefits?

When is the right time to start receiving your retirement benefits?

What documents do you need to provide when you apply for retirement?

We encourage you to use your personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to get an instant estimate of your future retirement benefits. You can also compare the effects of starting your retirement benefits at different ages.

We base your benefit on how much you earned during your working career. Higher lifetime earnings result in higher benefits. If there were some years you didn't work or had low earnings, your benefit amount may be lower than if you had worked steadily. If you never worked and did not pay Social Security taxes, and have a spouse who worked, you may be eligible for spouse's benefits. You must be at least 62 years old, and your spouse must already be receiving retirement or disability benefits. If you are a younger spouse, you may be eligible for benefits if you have a qualifying child in your care. By a qualifying child, we mean a child who is under age 16 or who receives Social Security disability benefits.

You can learn more at [www.ssa.gov/retirement](http://www.ssa.gov/retirement). Please share this information with family and friends to help them prepare for their financial future.

**GREAT LAKES HOME CARE**  
SKILLED CARE HOME HEALTH CARE NURSING SERVICES

1-888-242-4759 [HTTPS://GLHCU.COM](https://glhcu.com)  
Providing over 33 years of quality care to Mid-Michigan and beyond.

**BrightStarCare**  
A HIGHER STANDARD

- Enjoy concierge-style care at competitive rates.
- Access a team of skilled nurses for those unexpected care needs.
- Relax as your experienced caregiver is insured, vetted in all 50 states and drug-free.
- Worry-free, weekly billing with no added fees or lengthy contracts.

BrightStar Care® is Independently Owned and Operated

231-929-7827

**DENHOLM FAMILY CHIROPRACTIC**

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

Robert Boykin, D.C.  
[rboykindc@gmail.com](mailto:rboykindc@gmail.com)

**Grayling Save a lot**

Half Gallon Milk \$1.49, Whole, 2%, 1% or Skim  
Limit 2 w/ Coupon  
PLEASE DO NOT DUPLICATE

**Good From 3/1/25-3/31/25  
One Coupon Per Family**

**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.

**VIKING ATHELETIC 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.



Redeem this card for a  
**“Buy One Get One Free”**

**SPIKE BURGER  
 (DINE-IN ONLY)**

Coupon Good 03/01/25-03/31/25  
 Photocopies not accepted



**SMITH & ASSOCIATES, C.P.A., P.C.**  
 ROBIN L. SMITH-MARTIN C.P.A.

**New Clients - 60 yrs. of age & older  
 SPECIAL PRICING**

Michigan Tax Return Only - Starting at \$55.00  
 Federal Tax Return - Starting at \$95.00

By Appointment Only - 989.348.2811  
 Grayling Office - 115 Michigan Ave.

**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.

**McLEAN'S ACE HARDWARE**  
 The helpful place.  
 For all your hardware, paint, plumbing, electrical, lawn & garden, & animal needs.  
 STORE HOURS: Mon-Sat 8-5:30 / Sun 10-3  
 CALL: 989-348-2932  
**Fix it and save a buck!**  
 Conveniently located next door!  
**McLEAN'S ACE REPAIR SHOP**  
 CONTACT THE REPAIR SHOP:  
 989-348-1003



**FIND RELIEF WITH OUR EXPERTS**

Is chronic pain getting on your last nerve? Get answers and find relief with Munson's anesthesia pain experts. The Munson Neurosciences Team is committed to your chronic spine and nerve pain using leading-edge procedures including:

- Spinal epidural steroid injections
- Spinal nerve blocks
- Trigger point injections
- iovera® knee injections

**Now Accepting New Patients!**  
 Call 231-935-8540 to schedule and be seen within 2 weeks.



munsonhealthcare.org/neurosciences

**Footcare Resumes in April**

After a long break, Footcare at the Commission on Aging will resume on April 7th. Normally, Footcare is held on the 4th Monday of each month. In April, two sessions will be offered to catch up after the long break. Session one will be offered on April 7th with appointments from 9:00 am—4:30 pm. The second session will be on April 28th and has appointment slots from 9:00 am—4:30 pm. Call the Commission on Aging and Senior Center to book your footcare appointment, 989-348-7123. Spots are limited and appointment slots fill up quickly, so call the COA as soon as possible to ensure your spot is saved. The cost per appointment is \$25.00.



**Dinner Resumes April 1st**

Dinner at the Commission on Aging will be resuming April 1st. Starting April 1st, our hours of operation will be 8:30 am—6:00 pm Monday through Thursday, and 8:30 am—4:30 pm on Friday. Dinner is \$8.00 for those under 60, and is a recommended donation of \$4.00 for those over 60.

**Advance Care Planning**

Dates for Advance Care Planning are April 1st, June 3rd, August 5th, October 7th, and December 2nd. The time for this event is 10:00 am—12:00 pm.



**St. Patrick's Special Dinner Preview**

Celebrate the luck of the Irish with a delicious St. Patrick's Day Special Dinner on Thursday, March 13th, from 4:00 PM to 6:00 PM at the Crawford County Commission on Aging! Join us for an evening filled with festive flavors, good company, and a bit of Irish cheer. Enjoy a hearty meal featuring Corned beef & Cabbage with Carrots, Onions, and Red Potatoes, Dinner Roll and "Pot O' Gold" cupcakes. Whether you have Irish roots or just love a great meal, this event is sure to be a delightful experience! Don't miss out—wear your green and bring your appetite! This month's give-away is a Roasting Pan and Rack, and a Portable Electric Cooker donated by the Haag family.

**St. Patrick's Special Dinner**



**March 13th**

**4:00 pm—6:00 pm**

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

