

Crawford County Senior Gazette July 2024

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Tim and Susan Swedine

By Toby Neal



Pickleball has become America's fastest growing sport. What is Pickleball? Imagine if tennis, badminton and table tennis had a sports baby, that would be Pickleball. Because of its recent jump in popularity (it was just added as an Olympic sport!) some people do not realize that Pickleball was invented in 1965. The increasing popularity of the sport is due in large part to the largest population of older adults in United States' history playing it.

Pickleball is easy to learn how to play and can be enjoyed into one's later

years, making it popular with many older adults, and younger people, too. "I think the top Pickleball player in the country is a 17-year-old girl," Tim Swedine said with a shake of his head. Turns out, he is correct, sort of. Anna Leigh Waters, 17, was ranked No.1 in Pickleball in the world for doubles, and No.1 for singles by the Professional Pickleball Association in 2022, and still holds that title. While Pickleball continues to gain rapid popularity for its ease of play for older adults in the country, it has perhaps gained popularity in Crawford County due to Tim and Susan Swedine's influence on it through the Senior Center.

Susan and Tim met over 40 years ago while teaching kids kindergarten through fifth grade for the intermediate school district in the Jackson, Michigan area. Susan taught emotionally impaired students while Tim taught Physical Education and was a coach. Tim coached high school sports, primarily softball, but also some football and basketball.

In several seasons coaching softball, Tim's teams saw success in going to the finals and semi-finals in different years.

This pair of educators and coaches would continue their influence as such in Crawford County...

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

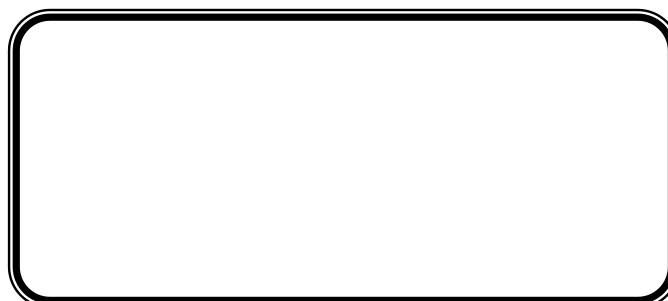
Monday - Thursday
8:30am to 6:00pm
Friday
8:30am to 4:30pm

4388 West M-72 Hwy
Grayling, MI 49738

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Smartphone Scan to our Website



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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:

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Shannon Sorenson, Vice-Chair
Sandy Woods, Secretary
Laurie Jamison, Commissioner
Susan Hensler, Member
Jason Thompson, Member
Jeanne Weible, Member

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Todd Lako, Facility Maintenance
Al Burke, Advocacy & Resource Coord.
Carlie Wilson, Senior Center Manager
Lynn Cheney, Office Manager
Receptionist: Helen Nolan & Patty Lemmons

Kate Moshier, Nutrition Manager
Cooks: Denise Conte & Megan Hagle

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

Kathy Meisner, Program Assistant

Homemakers:

Kathy, Tasha, Susan & Danette

CPR, & AED Certification

August 14th 1-5pm Crawford County Commission on Aging 4388 W M-72 Hwy, Grayling
Certified American Heart Assoc.
Instructor: Dana Swander,



Paramedic & Captain of the Frederic Fire Dept.
Class fee for the public is \$50.00.
Pay the Frederic Fire Department on the day of class.

Register with COA: 989-348-7123.

Meet Al Burke!

The New Advocacy and Resource Coordinator

Al was born in Alpena, and graduated from Ferris State College in 1986. Following graduation, he enlisted in the state police in 1987 and served in Iron River, Northville, Detroit, Gaylord and retired out of Alpena in 2012. Alan also worked for the Michigan Department of Health and Human Services 2013-2016. Alan has three adult children, and resides in Higgins Lake with Oakley, a golden retriever.



Daylight Diamonds on Hiatus

With the summer season in full swing, the Thursday Daylight Diamonds class will be on hiatus until September 5th, 2024. Diamond Dancers will continue to be held at Tinker's Junction on Tuesday nights from 5:30-8:00 pm all summer long. All Diamonds are invited to Tinker's Junction! Daylight Diamonds plans to resume in September. Happy dancing!

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Support Groups:

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

WANT TO DONATE BUT NOT SURE HOW?

WAYS TO DONATE

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

MAIL A CHECK TO: COA, 4388 West M-72 Hwy GRAYLING MI 49738

IN PERSON @ THE SENIOR CENTER

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



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 Szydzil of Stronger Fitness**

General Donations from:

North Central Area Credit Union	Napa - Moore's Automotive
Richard & Alice Foley	Northland Area Federal Credit Union
Roger & Nancy Wilcox	Susan Smith
St. Mary of Grayling - Women's Club	Janet Gildner
Kirsten Liet	Crawford County Friends of the Library
Crawford United	Huntington Bank

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

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 which 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.

Memorial Gifts

In loving memory of:

The Mahjong Group for Rita Lone & Hsui Lien Cherry, Joyce Ingall for Mike Ingalls, Farrell Thomas for Linda (Brooks) Thomas

Senior Center Updates and more!

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

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

facebook.com/CrawfordCOA/ Like, Love or Share Please help us grow our impact with free publicity. Scan below to visit our page!



Scan here!

Hometown Heroes \$300 per day or more to fully-fund Meals on Wheels

Running Talley of Support: 37 days, \$11,915 Thank you!

Honor a loved one, adopt a special day, do it as a family, birthday, anniversary, co-workers, sports team, etc. July 3rd is in honor of Delores Norton by Carol Peterson. July 8th was donated anonymously in loving memory of Rita Lone. Help us to keep providing exceptional care and meals to our local elderly. Donate today!

Be our Hometown Heroes.

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.

Thank you to our COA Volunteers

- | | |
|----------------------|-----------------------------|
| Courtney Adams | Dan & Karen McCarthy |
| Nancy Billingham | Dean & Barb McCray |
| Donna Brown | Tim & Olie Miller |
| Ben & Pam Carr | Rosemary & Wayne |
| Debbie Carrigan | Nelson |
| Judy Crook | Bev O'Connor |
| Faith Dandois | Suzanne and Mark Ostahowski |
| Ann Donley | Ron Pagereski |
| Diana Doremire | Sharen Perkins |
| Kathy Dreffs | Dave Phelps |
| Rich Ferrigan | Lois Platt |
| Janet Gilbert | Keith Radwanski |
| Mary Jo Gingerick | Chuck & Robin Rodgers |
| Sherry Haag | Jon & Gail Schultz |
| Sharron Hagerman | Sally Slicker |
| Phil Hagle | Mary Sloan |
| Donn Handy | Arlene Smith |
| Patty Hawkins | Richard Smith |
| Val Hendricks | Cheryl Starr |
| Susan Hensler | Ann Stephenson |
| Cheryl Hopp | Brad Summers |
| Annette Hritz | Tim & Susie Swedine |
| Donna Hubbard | Farrell Thomas |
| Cindy Johnson | Ellen Thompson |
| Ron Kemerer | Ken Thurston |
| Glenn & Lorelei King | Marth Trenkner |
| Linda LaBrie | Scott Ulery |
| Eileen Langhorne | Carol Wilder |
| Alice Lee | Jan Williamson |
| Nancy Lemmen | |
| Kirsten Lietz | |
| Dave Markle | |



Patriotic Sing-A-Long with Sarah Smaling! July 3rd, 12:30-1:30 pm

Join the CCCOA for a live piano player and singer during lunch to celebrate the 4th of July! Sarah Smaling will be here playing and singing live.

Taste Test & Jeopardy! July 9th, 11:30 am-2:00 pm

Come taste new foods and show off your brain power. See page 15 for more information.

Blood Drive! July 15th, 11:00 am- 3:30 pm

It's time for another blood drive. Sign up by calling the center at 989-348-7123, or stop in the day of the drive! The CCCOA is looking to beat last month's record of 20 units! Register online at: https://donate.michigan.versiti.org/donor/schedules/drive_schedule/160563.

Join the Commission on Aging for the Parades!

The 4th of July Parade begins at 11 am! We ask that volunteers who would like to ride along with us in the parade meet us at 9:30 am at the Senior Center. Please call the center at 989-348-7123 to sign up to be in the parade with CCCOA! The AuSable River Festival parade is on July 26th and begins at 4:00 pm! If you'd like to ride along with the

CCCOA on the float, please contact the center to sign up! Participants should arrive at the Senior Center by 2:30 pm on the day of! Let's fill up the float with people and reignite the excitement for the Senior Center.



Painting Class with Kelly Shear July 16th, 1:00-4:00 pm

Come out to the center to paint your very own patriotic sign! You MUST register and pay in advance for the class. The class is \$40.00 per person, all materials included. Registration for this event closes on July 9th at 4:00 pm.

Health Department Tick Prevention Class July 17th, 3:30-4:30 pm

Join Shaun O'Connor for a presentation on protecting yourself and your family from ticks this season.

Cooking Class with Kate! Friday, July 19th from 1-2 pm

Join Kate for a demonstration on Knife Safety. Learn how to cut common produce for different applications, about the knives themselves and their different purposes, time and temperature hazards, and get any questions you have about food safety answered.

Painting Class with Kelly Shear! July 23rd, 1:00-4:00 pm

Come out and design your very own yard signs! Kelly Shear will be back for another painting class. Sign up and payment are due before each class session. This class is \$35 per person, registration closes on July 16th at 4:00 pm.

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amazon hub



Scan the QR code below to fill out an application!



THANK YOU!

Continued: Tim and Susan Swedine

...in recent years by bringing Pickleball to the forefront of the Senior Center's activities.

"It's funny looking around the new Senior Center and remembering what it was like before it was remodeled," Susan said. As they walked through the dining room towards the kitchen Tim pointed out that it was in that general area of the warehouse now turned Senior Center that they first laid down the tape on the floors that would mark the Pickleball courts. Tim and Susan were the pillars of the Pickleball community that



would form with the Senior Center. They were instrumental in getting it started in the old Senior Center building before it was transformed into the beautiful new building.

The Swedine's aren't strangers to change. After establishing a life in the Jackson area, Tim and Susan started coming up north to Crawford County with friends to visit and vacation. It was here that they bought property from some of those friends, initially as an investment. They would soon leave Jackson behind and become permanent residents in Northern Michigan. "We still visit down there," Susan shared, adding "sometimes we are back and forth quite a bit." "We have good friends that play Pickleball down there," Tim said with a smile. The Swedine's still love the Jackson area and have a residence there that they stay at while visiting. "We like it

down there as well," Susan said. "We recently remodeled the kitchen there.

Whether it is in Jackson or Grayling or while vacationing in Florida, the Swedine's play Pickleball wherever they go, making friends of the sport along the way. These friendships and building the Pickleball program with the Commission on Aging came in handy while the new Senior Center was under construction. "Some of the guys that played with us were retired military from Camp Grayling's military base and allowed us to play Pickleball in the armory," Tim explained. For the Senior Center Pickleball players, it was a fun experience playing there. "You had to show your ID to get into the base," Tim shared.

Currently the Senior Center Pickleball players play in various locations around Crawford County. With all these places to play, where does one find out where the games are being held? "People can use *Team Reach*," Susan answered. *Team Reach* is an application for your mobile phone that allows users to message each other about playing times, locations giving them a central place to communicate. The scheduling feature of the application takes the guess work out of knowing when and where games are played and even includes reminders of the games, maps of their locations and weather forecasts so you can know if playing outside is an option. "Once you download the app to your phone you just need the

Pickleball group's code numbers to access our information," Susan shared.

Pickleball is not the only way the Swedine's stay active. "We both love bike riding," Tim said. Biking all over the trails in Crawford County is a fun way to exercise for the Swedine's. Now that they have more time on their hands Tim and Susan also stay active as regular Meals on Wheels drivers. "We saw an ad in the Senior Gazette that there was a need for volunteer drivers, so we decided to give it a try," Susan explained. That was last fall, and while the Swedine's travel often, they still are as regular on their routes as they can be. "We have learned quite a bit doing the Meals on Wheels," Tim said. "Delivering these meals to people in need sure gives you an appreciation for what you have," Tim shared, adding, "if you are someone who thinks you might want to volunteer as a driver, do it, go ahead and give it a shot." "Give it a shot," sounds like the perfect phrase from a former coach to encourage someone to step out and get involved.

Note: The COA is looking for donations to help fund the gymnasium. The COA is looking to raise \$4,000,000 so that they can bring back Pickleball! If you or someone you know are interested in donating, please contact Alice Snyder at 989-348-7123, or by email at director@crawfordcoa.org

Save the Date: Community Health Fair on September 5th, 12-6 pm!



The Community Health Fair will take place on Thursday, September 5th and will run from 12:00 pm to 6:00 pm at the Senior Center. The fair will teach you how the 7 Rings of Wellness can help you achieve a healthier lifestyle! A variety of classes will be taught throughout the day centered around the 7 Rings of Wellness. Classes will include The Benefits of Massage by AuSable Wellness, Advanced Directives with Munson, Cooking Demonstrations, Tai Chi, and Mindfulness with Michigan State Extension, and more! The Health Department will have a mobile unit providing services such as blood pressure checks, blood sugar checks, vaccinations, cholesterol checks, and more. Join the COA and Catholic Human Services for fun and games throughout the entire day! Visit all of the non-profit booths for the chance to win prizes and learn about the benefits of being healthy. There will be food available on site, so save the date for this awesome health-centered event!

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Senior Center Donors & Opportunities

by Alice Snyder, Commission On Aging Director



New Room Naming Donors

Room Still Available \$8000 Exercise Lobby

Other Donors

To the right is the Four Branches of the AuSable paintings, donated by Carol and Dave Peterson.



The Sand Hill Cranes picture was donated by Susan George.



Lisa Oliver donated an original painting she created of a Brook Trout.



Below is a picture of Rev Brian and Rev Elizabeth Chace with the Eagle pictures they donated.



Also thank you to Greg Cass for donating the stones placed under the energy recovery units!

Thank You, Northland Federal Credit Union for Donating!

Northland Area Federal Credit Union donated the Father's Day Special Dinner prize. The winner of the basket, Art Dault, claims to have been notoriously unlucky, and he was excited to take home the basket. Thanks Northland for your generous donation!



Thank You, Michelle Millikin

This month's Chicken BBQ Special Dinner door prize giveaway was sponsored by Michelle Millikin of Homewaters Real Estate! She sponsored a grilling set for the giveaway. Turn to page 16 for more information on the Special Dinner. Thank you Michelle!



Greg Bogus Rocks the Stage

Local artist Greg Bogus kicked off the CCCOA Summer Concert Series on June 20th, performing a variety of classic hits to an enthusiastic crowd! See page 16 to learn about the next artist playing live at the COA. Thank you to Greg Bogus for performing!



July Birthdays

- Nancy MacDonald 7/2
- Margaret Haynes 7/5
- Ron Kemerer 7/5
- Tommi Latoff 7/6
- Jim Mshar 7/16

Delores Papendick 7/28
Senior Center Birthday Lunch
Tuesday, July 23rd 11:30 - 12:30p
Permission forms are at the Senior Center so we can share your birthday in this Gazette. Please fill one out!

Shred Day Results!

Shred Day 2024, sponsored by North Central Area Credit Union was an immense success! Donations from the Shred Day event totaled \$830.00. A special thank you to Carey Jansen, Tammy Findlay, North Central Area Credit Union, and the volunteers for this event,

Tom and Janet Gaffke! Without all of their help and dedication, this event would not have been as successful. The Senior Center cannot wait to do another Shred Day next year!

\$15.00

Senior Discount on Septic Tank Cleaning

Jack Millikin, Inc.
4680 North Down River Rd.
Grayling, MI 49738

Call us today at
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to make an Appointment!

\$15.00

Senior Discount on Septic Tank Cleaning

\$15.00

Coupon cannot be used with any other offer or discount.

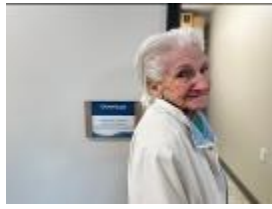
1941 **83 years** 2024

Expires 10/31/24

\$15.00



Crawford County Commission on Aging Operating Millage Election Tuesday, August 6th, 2024



What Exactly Am I Voting For?

A renewal of 0.9830 mills for a period of 6 (six) years—2024 through 2029.

For the purpose of paying operational costs of the Crawford County Commission on Aging.

First and foremost the Commission on Aging & Senior Center is a place which takes care of older adults in need, but it's also a place that provides social interaction for older adults through recreational opportunities and companionship.

Millage Supported COA Programs

100% of the millage money goes to support the programs and services of the Commission on Aging and Senior Center in Crawford County. Millage is 61% of revenue. Last year 37% of Crawford County's older adult population were served.

Meals on Wheels...

Over 38,000 nutritious meals were provided to over 1,000 older adults last year. In Fiscal Year 2023, the Senior Center served its highest number of Meals on Wheels in 20 years.

Census Data

Survey Year	Population of Older Adults	% of County Population
2010	4,021	29%
2022	4,989	37%

Advocacy...

Providing compassionate and confidential assistance to older adults and their caregivers with issues related to Medicare, Medicaid, Medicare, insurance counseling, SNAP benefits, legal assistance and similar assistance programs...

In-Home Services...

Over 6,000 hours of homemaking, personal and respite care services were provided last year.

Contact us the COA at 348-7123 for more information on these and other services or visit our website at www.crawfordcoa.org

If Your Home's Market Value Is. Your Annual Cost to the COA is:	
Market Value	Annual Cost
30,000	\$14.75
50,000	\$24.58
100,000	\$49.15

Michigan is Aging Faster than the U.S. Population

- The median age in Michigan increased by 4.3 years between 2001 and 2021.
- Michigan is now the 14th oldest state in 2021 up from 29th. The aging of Michigan impacts Northern Michigan more than downstate.

Outdoor Patio Now Open!

Our patio is open for the season!! Join us for lunch or dinner in our new dining area or enjoy a game of cards with friends in the beautiful outdoors. Cornhole and other games are available upon request, just see the kitchen staff.



What outdoor games and activities would you like to see available this Summer? Contact the Senior Center for suggestions! Call 989-348-7123.

AI's Advice

Be aware of some common examples of Medicaid Fraud.



- Billing for services or supplies that were not provided.
- Providing unsolicited supplies to beneficiaries.
- Misrepresenting a diagnosis, a beneficiary's identity, the service provided, or other facts to justify payment.
- Prescribing or providing excessive or unnecessary tests and services.
- Violating the participating provider agreement with Medicare by refusing to bill Medicare for covered services or items and billing the beneficiary instead.

Voter Education and Meet & Greet Event on July 9th By Marcia Koppa

Do you have questions about Voting in the Primary and General Elections? The Commission on Aging will host the Crawford County League of Women Voters (LWVCCU) for an evening of answers on Tuesday July 9th. The Assisted Voting event is to be on Tuesday, July 9th, from 5:00-7:00 pm at the Senior Center located at 4388 W. M-72 (East of town). The event will cover two sections, the first section will be on Accessible Voting specifically targeting seniors needs. The second will be a candidate Meet and Greet. Jamie McClain, of the Crawford County Clerks Office, will be in attendance to show off the Voter Assisted Terminal present during voting. Crawford County Candidates will be invited to Meet and Greet the local public. The event is free to attend, but regular meal rates will still apply. Dinner will be beef tips, California blend vegetables, and pears. The cost to eat for those under 60 is \$8.00, and is a recommended donation of \$4.00 for those over age 60.



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Northeast Michigan Office / Gaylord and Surrounding Areas

ATTENTION SENIORS!

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Kristen Alderman
Reverse Mortgage Specialist
NMLS ID#: 2572985 & 2060141

July 2024 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:30a-12:30p Lunch Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots 4:30-5:30p Dinner Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes	2 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend 4:30-5:30p Dinner NO DINNER ALL STAFF TRAINING	3 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear Pear 4:30-5:30p Dinner Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple  In Honor of Delores Norton	4 CLOSED FOR THE 4TH!	5 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
8 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi 4:30-5:30p Dinner Taco Salad, Corn, Grapes  In Memory of Rita Lone	9 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:30-5:30p Dinner Beef Tips, California Blend Vegetable, Pear	10 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots 4:30-5:30p Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	11 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple 4-6pm Chicken BBQ Special Dinner Chicken BBQ, Hickory Smoked Beans, Garlic Mashed Potatoes, Watermelon and assorted desserts	12 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
15 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple 4:30-5:30p Dinner Beef Enchilada, Spanish Rice, Carrots, Kiwi	16 11:30a-12:30p Lunch Chicken and Dumplings, Harvest Blend Vegetables, Orange 4:30-5:30p Dinner Cabbage Rolls, Redskin Potatoes, Peas & Carrots, Blueberry Yogurt	17 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30pm Dinner Beef Stew, California Blend Vegetable, Apple	18 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes 4:30-5:30p Dinner NO DINNER ALL STAFF TRAINING	19 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi
22 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple 4:00-5:30p Dinner Chicken Tacos, Refried Beans, Kiwi	23 Cookies & Ice Cream 11:30a-12:30p Birthday Lunch BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes 4:30-5:30p Dinner Stuffed Peppers, Broccoli, Cauliflower, Kiwi, Wheat Bread	24 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:30-5:30p Dinner Chicken Tenders, Cheesy Mashed Potatoes, Broccoli, Cauliflower, Orange	25 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries 4:30-5:30p Dinner NO DINNER ALL STAFF TRAINING	26 11:30a-12:30p Lunch Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi
29 11:30a-12:30p Lunch Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots 4:30-5:30p Dinner Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes	30 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes 4:30-5:30p Dinner NO DINNER ALL STAFF TRAINING	31 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear 4:30-5:30p Dinner Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple		
Light Bites Egg Salad on Croissant Cucumber Dill Salad Red Grapes	Light Bites Southern Style Chicken Salad on Croissant Garden Salad Orange	Light Bites Italian Meatball Sub Garden Salad	Light Bites Mojo Chicken Bowl Grapes	Light Bites Garden Salad BBQ Chicken Flatbread Fresh Pear

July 2024 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10a Silver Sneakers 10a Pokeno 1-4p Chess Club 1p Penny Bingo 2-3p Diamond Art Club	2 10a Zumba Gold 1p-2p: Financial Class w/Horizon Bank <u>NO DINNER ALL STAFF TRAINING</u>	3 9:30-10:30a – Food Commodities at St. Mary’s Church 10a Silver Sneakers CANCELLED 11-1p Blood Pressure Check 12:30-1:30p Patriotic Sing-Along 12:30p Mahjong 3:30p Senior Moments Acting Class	4 <div style="text-align: center; font-size: 2em;">CLOSED</div> 11 a 4th of July Parade Meet @ 9:30 a	5 <u>CANCELLED 10:45a Fit for the Aging</u> 1p Pantry Bingo
8 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	9 9a-2p Housing Counseling Class 10a Zumba Gold 11:30a-12:30p Taste Test 12:30p-2:00p Jeopardy 5:30p-7:30p Voter Education & Candidates Meet and Greet Event	10 9a/1p Senior Project Fresh 10a Silver Sneakers 11-1p Blood Pressure 12:30p Mahjong 3:30p Senior Moments Acting Class	11 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo 4p-6p Chicken BBQ Special Dinner 4:30-6:00p Grief Support Group	12 10:45a Fit for the Aging 1p Pantry Bingo
15 10a Silver Sneakers 11a-3:30p Blood Drive 1-4p Chess Club 2-3p Diamond Art Club	16 10a Zumba Gold 4:30p COA Board Meeting 1-4p Painting Class w/Kelly Shear	17 10a Silver Sneakers 11a Alzheimer’s Support Grp. at Brook 11-1p Blood Pressure Check 12:30p Mahjong 3:30-4:30p Tick Prevention Class 3:30p Senior Moments Acting Class 5p Nutrition Education	18 10a Pokeno 10a Zumba Gold 1p Penny Bingo 1-5p Legal Assistance 4:30-6p Heartland Grief Support Group <u>NO DINNER ALL STAFF TRAINING</u>	19 10:45a Fit for the Aging 1p Pantry Bingo 1-2p Cooking Class with Kate
22 <u>10a Silver Sneakers CANCELLED</u> 12-3p Foot Clinic – Appt. Required 1-4p Chess Club 2-3p Diamond Art Club	23 10a Zumba Gold 11:30a Birthday Lunch 1-4p Painting Class w/Kelly Shear	24 10a Silver Sneakers 11a New to Medicare 11-1p Blood Pressure Check 12:30p Mahjong 3:30p Senior Moments Acting Class	25 10a Pokeno 10a Zumba Gold 1p Penny Bingo <u>NO DINNER ALL STAFF TRAINING</u>	26 10:45a Fit for the Aging 1p Pantry Bingo <div style="text-align: center;">SATURDAY</div> 27 4p - Canoe Marathon Parade Meet @ 2:30p 9p - Canoe Race
29 <u>10a Silver Sneakers CANCELLED</u> 1-4p Chess Club 2-3p Diamond Art Club	30 10a Zumba Gold <u>NO DINNER ALL STAFF TRAINING</u>	31 10a Silver Sneakers 11-1p Blood Pressure Check 12:30p Mahjong 3:30p Senior Moments Acting Class		
Call the Senior Center at 989-348-7123 to become a Hometown Hero Today!	 			

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, 9:15 am -5:30 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.

Commodities Food Distribution:

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

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

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/Friendly Visitor:

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 twice each year.

Matter of Balance Program: offers practical strategies to reduce falls and increase safety.

Powerful Tools for Caregivers: classes help caregivers take better care of themselves while caring for a friend or relative.

Fitness Programs

Daylight Diamonds (Line Dancing): learn steps to old and new line dances. Increases balance, coordination, rhythm and is a social group. Led by Volunteers: Maze Stephan & Diane Tomlinson.

Fit for the Aging: specifically designed for those 55 and older, this class focuses on maintaining safe fitness activities as we age: proper form, increasing strength, flexibility, range of motion, balance, mobility, gait, and more! Seated and standing variations for every workout. Led by Volunteer: Sami Szydzil.

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 & 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 to our general fund, or directed to a specific program, helps us to help more. **We are grateful!**

**How We Served You in May 2024!**
Congregate Meals – 675

In-Home Services

HDM – 3,875
Respite – 122
Homemaker – 283
Bathing – 61.75



Important Phone Numbers:

Social Security

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

Medicare (800) 633-4227

Veterans Administration (800) 827-1000

Alzheimer's Assistance (800) 272-3900

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

Telephone Reassurance Service

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

A phone call is made on Tuesday or Thursday from 11am—1pm and serves two main purposes: a well-being check and to have a friendly conversation.

This **free program** benefits so many and is easy to sign up for.

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



Listen online: Community Calendar for the COA Calendar of Events

aired daily by: **Blarney Stone Broadcasting Stations**

q100michigan.com upnorthsportsradio.com

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



Upcoming Online Classes from the Area Agency on Aging

Caregiver Webinar Series

July 12: Creating Healthy Boundaries
 August 9: Preparing for Loss Death, Dying, and Grieving
 September 13: Maintaining Health During Challenging Times

Healthy Living Webinar Series

July 10: Importance of your Feet & Balance: Chair Yoga
 August 15: What Color is Your Food? Why that is Important?
 September 11: Heart-Healthy Cooking Made Easy
 October 9: Financial Wellness: Ideas for Reducing Expenses

Powerful Tools for Caregivers

Virtual (Zoom): October 24 -
 November 27, 1:30 pm - 3:00 pm

Dementia Caregiving Series

September 5, 1:00 pm - 2:30 pm
 Dementia Information for Everyone
 September 12, 1:00 pm-2:30 pm
 Activities for Persons with Dementia
 September 17, 1:00 pm-2:30 pm
 Dementia Behaviors and Self-Care

Contact Brooke Mainville:
 (989) 358-4616
 mainvilleb@nemcsa.org



See Page 9 for a full list of COA activities!

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

GRAYLING
 Nursing & Rehabilitation
 Dignity, Respect, Empowerment
 331 Meadows Drive, Grayling
 (989) 348-2801

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 NURSING HOMES
 USNews
 LONG-TERM CARE
 2024

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 Rated ★★★★★ by the Centers for Medicare & Medicaid Services.

NO DINNER DATES

Continued training and education for staff at the Crawford County Commission on Aging are crucial for providing exceptional service to our community. As the needs of older adults evolve, staying updated with the latest knowledge and skills ensures that staff can offer the best care and support.

The center will not be serving dinner on the following days:

- July 2nd
- July 18th
- July 25th
- July 30th

Thank you all for your patience as the staff gears up for a series of continued education and service updates.

Blood Drive: July 15th 11:00 am—3:30 pm

It's time again for a Blood Drive at the Crawford COA! This month's blood drive will be held on Monday, July 15th. The CCCOA asks that anyone interested in donating blood, plasma, or other materials calls the Senior Center to schedule an appointment ahead of time. Call 989-348-7123.



Plan to be at the CCCOA for at least an hour, snacks and drinks for after your donation will be provided. This event is open to the public, and is in partnership with Versiti Blood Bank!

Foot Care Updates

Linda Russell, RN will now be the foot care specialist the CCCOA. She provides the same service in Otsego County at their COA and is retired from the VA.

- Cost will continue to be \$25.
 - You will be paying Linda directly. Cash is preferred.
 - Appointments will be 30-45 minutes
- She will not be soaking your feet, so no towel or bin is needed.
- She will be continuing to provide lotion and massage at the end of each service.
 - Appointments will continue each 4th Monday of the month. Appointments will be scheduled from 9:15am – 5:30pm to accommodate more.

If you have any questions about the change in service, please contact (989) 348-7123.

Housing Counselors Available



Northern Homes Community Development Corp is a nonprofit organization with the mission to create and preserve quality affordable housing opportunities throughout Northern Michigan residents. This is done through education, development, and partnering with local communities. We are an approved HUD Housing Agency with HUD Certified Housing Counselors. Our services are provided at no cost to the client. Has a change of employment or life change impacted household income? Need to build or repair your credit? Have life changes impacted your need to make new housing or budgeting choices? Understand your responsibilities and rights as a tenant or a homeowner Calculate a realistic household budget. Need help communicating with your creditors or mortgage company? Struggling with property taxes? Everyone can benefit from our program.

Email laurie@northernhomes.org, call direct at (989) 390-2464, or stop at the front desk to register for a personal time to meet.

Stop by the Senior Center on the 2nd Tuesday of each month from 9:00 am to 2:00 pm for an informative class on the housing process.

Senior Project Fresh

By Al Burke, Advocacy and Resource

Wednesday, July 10th- 9:30 am and 1:00 pm
 A pop up farmers market will be available in the parking lot upon completing the Senior Project Fresh/Medicare Fraud workshop.

To be eligible to receive Senior Project Fresh coupons, you must be at least 60 years of age, or at least 55 years of age and a member of a Federally recognized Indian Tribe or Urban Tribal Group in Michigan, meet the income guidelines which are based on 185% of the Federal Poverty Guidelines for 2024 during the current fiscal year and apply for coupons at the lead agency that represents your county of residence. Your signature indicates that you have seen, or have been given a copy of the current income guidelines which are as follows, not to exceed:

For 1 person: \$27,861
 For 2 people: \$37,814

Random Word Search Puzzle

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Kate's Kitchen Corner



Roasted Asparagus

1lb asparagus
 1-2 tsp. Olive Oil (start with 1 and add as needed)
 Salt and Pepper to taste
 1/2 Lemon
 Fresh Parmesan Cheese

Preheat oven to 400 degrees. Clean and dry asparagus then either cut or snap off the woody ends. Toss in the oil until each piece is evenly covered and then spread the spears out in a single layer on a parchment paper lined sheet pan. Sprinkle with your desired amount of salt and pepper. If your asparagus are very thin, they can take as little as 9 minutes to cook so make sure to keep an eye on them! If your asparagus is thicker it may take up to 20 minutes. You will know when it's ready when you can pierce the base easily with a fork. While the asparagus is in the oven, zest half of a lemon and finely grate some parmesan. When you pull the asparagus out of the oven, immediately squeeze half a lemon over it, getting the juice on everything as evenly as possible, then sprinkle with the zest and parmesan.

Notes:

1. I prefer Kosher or Sea salt for roasting vegetables, but you can use whatever you prefer. Make sure you add the salt immediately before putting the asparagus in the oven or it will pull moisture from it too early and won't be as crisp.
2. You can use pre-grated parmesan if you prefer, it just will not melt or attach itself to your asparagus, but it will still taste good.
3. If you want something simpler, this recipe is delicious with just salt, pepper, and oil.

Grayling Hospital for Animals

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

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 F: (989) 348-3537

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

Healthy Homes, Healthy Lives

Article provided by Shaun O'Connor



Environmental hazards in the home harm millions of children each year. In 1999, in response to a Congressional Directive over concerns about child environmental health, the US Department of Housing and Urban Development (HUD) launched its Healthy Homes Initiative (HHI) to protect children and their families from housing-related health and safety hazards. HUD has developed a Healthy Homes Strategic plan that lays out the next steps our office will take to advance the healthy homes agenda nationwide. Please take time to review this key document.

The Healthy Homes Program addresses multiple childhood diseases and injuries in the home. The Initiative takes a comprehensive approach to these activities by focusing on housing-related hazards in a coordinated fashion, rather than addressing a single hazard at a time. The HHI builds upon HUD's successful Lead Hazard Control programs to expand its efforts to address a variety of environmental health and safety concerns including: mold, lead, allergens, asthma, carbon monoxide, home safety, pesticides, and radon.

Our grants focus on researching and demonstrating low-cost, effective home hazard assessment and intervention methods, as well as on public education that stresses ways in which communities can mitigate housing-related hazards. The Healthy Homes Demonstration Program and Healthy Homes Technical Studies are OHHLHC's two grant programs.

Eligible activities may include:

- Developing low-cost methods for hazard assessment and intervention
- Evaluating the effectiveness of interventions
- Building local capacity to educate residents and mitigate hazards
- Participating in the Healthy Homes Initiative: Eligible Applicants and How to Apply for a Healthy Homes Grant
- Healthy Homes grants are awarded to non-profits, for-profit firms, state and local governments, federally-recognized Indian Tribes and colleges and universities, located in the United States. HUD does not make awards directly to individuals.

For more information, contact:
Shaun O'Connor

Public Health Educator
District Health Department #10
501 Norway St, Grayling, MI 49738
Phone: 989-688-8622
Email: Soconnor@dhd10.org



The Senior Center Needs Volunteers!

The Crawford County Commission on Aging is in urgent need of volunteers. The following positions are in need of immediate volunteers, Meals on Wheels (packing/driving), servers for special events, dishwashers, and activity leaders. Are you interested in volunteering your time? Visit our website at www.crawfordcoa.org/volunteer/volunteer-application. Community service hours are available to qualifying high school students. Please contact the Senior Center at 989-348-7123 for more information.



Heartland Hospice Grief Support Group

Grief Support will begin on Thursday, June 6th from 4:30 pm to 6:00 pm. The group will meet every week for 6 weeks in the conference room of the new Senior Center building, located at 4388 W. M-72, east of town, in Grayling.

Meeting Dates for Grief Support:

- Thursday, July 11th, 2024 4:30-6:00 pm
- Thursday, July 18th, 2024 4:30-6:00 pm

AI's Advice

The Medicare agency will NEVER Offer you gifts to enroll in their plan. Gifts must be given to everyone at an event regardless of their enrollment choice, and cannot be worth more than \$15. In addition, they will NEVER send you unsolicited text messages or phone calls. Do not fall for these common fraud tricks, stay aware, and stay vigilant!



ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS

Atlantic City, New York City & Philadelphia

- Motorcoach transportation
 - 6 nights lodging Including 3 consecutive night at an Atlantic City Casino Hotel
 - 9 meals: 8 breakfast and 3 dinners
 - Guided Tour of New York City, 'The Big Apple' - See Rockefeller Center, Time Square, Wall Street, Central Park, and more!
 - Guided Tour of Philadelphia
 - Visit Atlantic City and receive a Casino Bonus
 - Free time to see the Liberty Bell and Independence hall.
 - and much more
- \$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$279 for single occupancy. Final Payment Due: 8/5/2024

For Information & Reservations Contact:
Debby Looney
989-366-0205

\$945*

7 Days 6 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Sat - Fri)

Oct 12 - 18

2024

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P: 989-448-2500

Grayling Office
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P: 989-745-6667

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R. Todd Balkema
Steven Balkema
Kelly Lloyd Dexter
M. Katie Pabich

Veteran's Coffee Hour

Thursday, July 11th
10:00-11:00 AM
American Legion Post #106
info: (989) 344-3861

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

Here are some updates from last month:

- We have started getting quotes for sound panels for the exercise room.
- Name tags are now available at reception for anyone that would like to wear one. We continue to issue name tags to volunteers as needed.
- See this month's calendar for a new monthly Cooking Class with Kate.
- Outdoor Patio is now open for dining. Cornhole and Yard Yahtzee are available to play. We need volunteer help to install horseshoe pits. Can you help? Call or email me.
- We have ordered a chair dolly so we can get the chairs out of the Exercise Studio.

Below is an update on the great suggestions that are new to the list.

Suggestion: I would like to get a wrap for my Light Bite sandwiches instead of a Croissant or Sub.

Response: That's no problem. Please request when you go through the meal line.

Suggestion: Why can't we have juice during activities like before?

Response: The short answer is that the beverages in the dining room are purchased with our Congregate grant dollars for meals, so it cannot fund beverages for activities. We are now able to better control that because lunch is in a different room than activities. We have beverages available in the lobby. We can't put a machine there, but would lemonade be good out there? Anything else we can easily mix up for you?

Suggestion: We need small water glasses. The tall ones are too heavy.

Response: We have both small and large available. The small ones are inside the serving area by the silverware. We'll see if there is room to put both out by the beverages.

Suggestion: Have plastic aprons for dishwashers.

Response: Great idea! Kate will be showing our volunteers some options and picking some out to order.

Suggestion: We received several suggestions about the heat and cold in the building.

Response: Please know that we are working on

it. We know that it still isn't right, but it's been very difficult to get the contractor here to work on the system. We are holding about \$36,000 from their contract to ensure it gets done, but with large contractors that doesn't seem to make a difference because they are so busy. We won't give up!

Suggestion: First Aide training as appropriate.

Response: Our staff and many volunteers are First Aide, CPR/AED certified. Each year we offer the training in the summer to staff, volunteers and the general public.

Suggestion: Light in the ladies restroom doesn't come on until you're all the way to the doors of the stalls.

Response: We have been working on adjusting the direction of the sensors and increasing the sensitivity. Please let us know if it's still not coming on soon enough.

Suggestion: Please move speed limit further east.

Response: We agree! I started working on this before we even broke ground. MDOT says that a study needs to be done. The Crawford County Sheriff's Office is also aware of my request. It's something we are working on. If you'd like to help advocate, please get in touch with me.



Suggestion: An outdoor pickle ball court cannot be used in the winter or on extremely hot days in the summer or when it's raining. We need an indoor one.

Response: We agree and understand. Unfortunately, the entire original project became cost prohibitive. The COA Board voted to move forward with the building so we could at least have more space and parking. The gymnasium was moved to Phase 2 and we are looking for monies to complete the project.

We have a small staff so would appreciate any help with suggestions made. Please reach out to me via email at director@crawfordcoa.org or call me at (989) 348-7123 if you are interested in helping.

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



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Upcoming Online Classes - MSU Ext.

BE KIND TO YOUR MIND LUNCH & LEARN

July 8, 2024 11:30AM – 12:30PM Online

SUMMER/FALL FOOD SAFETY Q&A 2024

July 8, 2024 – November 25, 2024 Online Via Zoom

ONLINE MATTER OF BALANCE

TUESDAYS, July 9 - September 3, 9 AM CT/10 AM ET

PROTECTING YOUR IDENTITY

July 9, 2024 12:00PM – 1:00PM Webinar

BRIEF PRACTICES IN MINDFULNESS LUNCH & LEARN

July 10, 2024 12:00PM – 1:00PM Online

BEGIN WITH A BREATH LUNCH & LEARN

July 15, 2024 11:30AM – 12:30PM Online

ONLINE: STRESS LESS WITH MINDFULNESS FAST TRACK JUL-AUG 2024

July 22, 2024 8:00AM – 9:00AM Online

CHANGING NEGATIVE SELF-TALK LUNCH & LEARN

July 24, 2024 12:00PM – 1:00PM Online

PRESERVING MI HARVEST-PICKED A PECK OF PEPPERS, NOW WHAT?

July 25, 2024 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

CARING FOR THE CAREGIVER LUNCH & LEARN

July 29, 2024 11:30AM – 12:30PM Online

TOP 10 CREDIT TIPS

July 31, 2024 12:00PM – 1:00PM Zoom

MINDFUL BREATHING LUNCH & LEARN

July 31, 2024 3:27PM – 12:00AM Online

WHO GETS GRANDMA'S YELLOW PIE PLATE? - PASSING ON PERSONAL POSSESSIONS

August 1, 2024 12:00PM – 1:00PM Virtual

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

Dungeons and Dragons: Mondays at 12:30 p.m. at Devereaux Memorial Library.

Story Walks:

Frederic Community Library: Monday, July 15th at 2:00 p.m.

Devereaux Memorial Library: Monday, July 22nd at 2:00 p.m.

Story Time Adventures: Every Wednesday at 11:00 a.m.

Craft and Story Program: July 2nd, 16th, and 30th at 11:30 a.m. at Devereaux Memorial Library.

Radiant Child Music and Movement:

Devereaux Memorial Library: Tuesdays at 4:00 p.m.

Frederic Community Library: Wednesdays at 4:00 p.m.

Silk Flower Arranging:

Adults: Tuesdays at 12:00 p.m.

Kids: Wednesdays at 10:00 a.m. (Registration required)

Regular Programs:

Genealogy: Mondays 9:00 a.m. - 12:00 p.m.

Let's Get Fit: Tuesdays and Thursdays at 10:00 a.m.

Sit-N-Knit: Thursdays at 10:00 a.m.

Book Club: Wednesday, June 26th at 1:00 p.m.

Additional Information

Social Media: Follow us on Facebook and Instagram for updates and exclusive content.

Conference Rooms: Available at Devereaux Memorial Library. Call (989) 348-9214 for details.

Locations:

Devereaux Memorial Library: 201 Plum St., Grayling

Frederic Community Library: 6470 Manistee St., Frederic

For more information, call (989) 348-9214 or email ccl@crawfordcolibrary.org.

**— Food Resources —
Crawford County Residents
Christian Help Center Free Food
Truck**

Tuesday, July 11th, 10:30am
Beaver Creek Township Hall
Thursday, August 1st, 10:30am
Grayling Evangelical Free Church
Mt Hope Free Food Trucks
Saturday @ 10am - 12 noon
July 13th, August 10th,
September 14th, October 12th
Mt. Hope Lutheran Church
**Crawford County Community
Christian Help Center—Food Pantry**
Mon, Wed & Fridays—11am - 3pm
for anyone living in Crawford County.



Come visit us!

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

A Non-Profit Faith-Based Organization

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

Come Taste Test and Play Jeopardy!

Looking for a fun and engaging way to spend your lunch time? Join us at the Crawford County Commission on Aging for a Taste Test and Jeopardy Game Play event!

Elote Salad with your meal. Carnitas mean "little meats" and is a citrus braised shredded pork that goes perfectly with our Elote salad, a tangy corn salad with South of the Border seasonings.

Event Details:

- **Date:** Tuesday, July 9th
- **Taste Test:** 11:30 am —12:30 pm
- **Jeopardy:** 12:30 pm — 2:00 pm



Whether you're a foodie or just curious, this is a perfect opportunity to discover new flavors and enjoy some tasty bites. Following the taste test, put your knowledge to the test with a thrilling game of Jeopardy! Prizes will be awarded to the top team!

Kick off the event with a delightful taste test featuring July 9th Mexican Cantina Taste Test. Stop by and get out of the heat during lunch from 11:30-12 and try a Carnitas Taco w/




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New to Medicare Seminar

Are you turning age 65 in 2024? 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, July 24th @ 11:00 AM** for a presentation that will help demystify the issues surrounding Medicare.

Board Member and MMAP volunteer, Sandy Woods, 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 email the CCCOA at advocacy@crawfordcoa.org or call (989) 348-7123.



Printed Gazette Correction

Please be aware that the event printed in the Gazette entitled "Roscommon Ukers Performance," has unfortunately been cancelled. The event was scheduled for July 24th from 3:30 pm to 4:30 pm.

At this time, the event will not be rescheduled, and dinner concerts will resume as planned in August.

We apologize for the inconvenience, and hope to see all of you for a concert soon.

July Volunteer Spotlight: Sami Szydzik

What do you want readers to know about you?

Sami has been in the fitness industry since 2006. She became a mom in 2013 to her daughter, Emma, and again in 2015 to her son, Emmett. Her partner, Jason, also has two wonderful little boys, Everet and Cooper. Sami describes her family as what keeps her sane. They spend the majority of their time outside, and enjoy relaxing around the bonfire during the summer.

What types of volunteering do you do?

Sami instructs a strength, balance, and mobility class, on Friday each week from 10:45 to 11:45. Sami created the "Fit for the Aging Class," and takes great pride in the class she has worked diligently to create.

What other jobs or volunteer positions have you held?

What did you enjoy the most from those experiences?

Sami got her trainers license when she graduated high school in 2006. Sami even quipped that she felt she had been "All over the place," when it came to the range of jobs she has had in the fitness industry. Sami went on to gush that her favorite experience was

working at Camp Lajoon doing Unit PTs. She explained that she would work in "Groups of 200-500 men and women out in the PT fields, and it would be 3 or 4 of us instructing on old wooden decks. We'd be shouting, pushing them through this really intense workout. The energy and the feeling from that experience was the most rewarding part. Getting them to work as one and become better sailors and Marines fitness wise."

Finally, what do you like to do in your spare time?

Sami laughed at said "If I am not working, I am either outside or on the water."

According to Sami, being a mom, working, and volunteering takes up a lot of her time. But when she's not doing these things, she's "Hiking with



the kids and the pups, out on the kayak, traveling to the UP, or gardening." Sami admits that she is an avid outdoors person, and that spending time outside is just as important to her as fitness and family.

Summer Weather Tips for Seniors

By Alan Burke

- Drink more water than you think you need. Stay hydrated.
- Have a cool place in your home to go to when temperatures get hot.
- Skip outdoor activities or do them early in the morning.
- Seek medical help as soon as you feel uncomfortable. Don't delay.
- Check on older people on a regular basis.
- Wear sunscreen.
- Avoid direct contact with the sun.
- Or be sure to come to the Senior Center for the day! We have air conditioning, games to play, lunch and dinner to eat and friends to make.



Special Dinner, July 11th

Calling all BBQ Chicken

Fans! We are hosting our annual Barbeque Chicken

Special Dinner on July 11th

2024 from 4:00-6:00 pm.

Come one, come all, come hungry!



Menu Includes:

Chicken BBQ, Hickory Smoked Beans, Garlic Mashed Potatoes, Watermelon and assorted desserts! Cost is \$8.00 for those under 60, and is a recommended donation of \$4.00 for those over 60.