



# Crawford County Senior Gazette September 2024

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## The Lifelong Volunteer

By Toby Neal



Perseverance is often seen as a quiet force, pushing us forward even when the path ahead seems daunting. In the world of volunteering, it's an essential trait, driving individuals to continue serving others despite the challenges they face. This was evident in a recent conversation with Susan Hensler, a dedicated volunteer who has spent years serving her community, particularly through her involvement with the local Meals on Wheels program

through the Crawford County Commission on Aging.

Susan is more than just an ordinary volunteer for the Commission on Aging (COA). She just retired from the Board of Directors of the COA after serving on it for two straight terms (6 years). That six-year journey began with a gentle nudge from the Commission on Aging's director, Alice Snyder, who encouraged her to join the board of a local organization. "Yes, let's use the word 'encouraged,'" Hensler joked speaking of how persuasive Director Snyder can be.

Despite initial doubts about her suitability for the role, she embraced the challenge and found her unique strengths—particularly her perseverance—were valuable contributions. "I wasn't sure at first what I could contribute, but I guess I was able to add some perseverance," Sue contemplated. Serving on the board during a time of significant rebuilding and change, she learned a great deal, even if some aspects, like reading the budget, remained elusive.

"I wouldn't say I could read the budget, but I could pick out certain things,"

*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**

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

Commission on Aging & Senior Center  
Smartphone Scan to our Website



## **Senior Gazette Staff**

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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.

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*“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 Ostahowaski, Member  
Jason Thompson, Member  
Cheryl Wolkens, Member

Commission on Aging Staff:

Alice Snyder, Director  
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: Megan Hagle

Sarah Pollock, In-Home Services Manager  
Jan Williamson, RN  
Kathy Meisner, Program Assistant

Homemakers:

Kathy, Susan & Danette

## **Euchre Group Needs Members**

The COA is looking to bring back a group favorite: Euchre! If you are interested in playing weekly Euchre games or participating in tournaments, contact the COA at 989-348-7123 to help get the ball rolling on bringing this weekly group back to the center.

## **Notice about Commodities**

The COA now hosts Golden Groceries/Commodities at the center. There are quite a few changes to the program. Commodities will now take place on the 4th Wednesday of each month. Another change will be that Commodities will be available to pick up (after the truck arrives) on that Wednesday from 2:00-6:00 pm. Unlike before, participants do not need to all arrive at once, groceries will be available for pick up until the end of that day.

## **Munson Advanced Directives Classes**

October 1st: 10 am—12 pm  
and December 3rd: 10 am—12 pm  
Register by calling 989-348-0296

## **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.

## **COA Closed September 17th**

The Commission on Aging will be closed on Tuesday, September 17th all day for an all staff training. Normal operations will resume on Wednesday, September 18th beginning at 8:30 am.

## **TwoRiverDeli**

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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, 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.

## 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:

Rotten Princess Records and Daniel Bale	Diane Noelke
Dianne Branch	Donna Oldfield
Roxanne Franklin	Martie Reichelderfer
Janet Gross	Randall and Tanya Stephens, The Stephen Family
Sherry Haag	Donor Advised Fund
Cheryl Hopp	Dondi Sibbald
Donna Hubbard	Sister Jean Umlor
Kirsten Lietz	Ron & Margaret Yon
Sue Louchart	Roger Wilcox
Cheryl Melroy	
Dennis & Mickie Meyers	

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

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

IN PERSON @ THE SENIOR CENTER



\*\*\*\*\*

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

Independent Medical Billers, Inc., Thomas J. Hunt, Diane Jacobs, Patty Crandall, and Kathy Leone in memory of Barb & Bob Breagh.

Farrell Thomas in memory of 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/**  
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## Make a Donation Today & Create Golden Opportunities for a Lifetime!

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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

Nancy Billingham	Dean & Barb McCray
Charlotte Bloomquist	Dan & Karen
Donna Brown	McCarthy
Mary Jo Buschbacher	Alice Lee
Kelly Canter	Jamie McClain
Ben & Pam Carr	Dave Markle
Debbie Carrigan	Dave Phelps
Alison Chandler	Ron Pagerski
Cindy Johnson	Sharen Perkins
Carolynn DiPonio	Lois Platt
Diana Doremire	Chuck & Robin
Kathy Dreffs	Rodgers
Rich Ferrigan	Arlene Smith
Tammy Findlay	Richard Smith
Sally Freeman	Ann Stephenson
Dorothy Frederick	Sally Slicker
Bob Gerring	Brad Summers
Janet Gilbert	Tim & Susie Swedine
Ed Goscicki	Farrell Thomas
Sherry Haag	Ellen Thompson
Sharron Hagerman	Ken Thurston
Donn Handy	Martha Trenkner
Val Hendricks	Sami Szydzil
Susan Hensler	Scott Ulery
Annette Hritz	Kate Wagner
Donna Hubbard	Brad Wagner
Glenn & Lorelei King	Suzanne Ohstahowski
Jim Lawless	Mark Ohstahowski
Nancy Lemmen	Ernie Windolph
Kirsten Lietz	Carol Wilder
Claira Messick	Sandy Woods
Tim Miller	



**September 5th & 18th, 11:00 am—1:00 pm**

### **Brown Bag Medication Reviews**

By appointment only. The review will include all of the medications you are currently taking. This includes prescription medication, over-the-counter, herbal medicines/supplements, all creams/liquids/etc.

**September 6th, 10:00 am—12:00 pm:**

### **Art Class with Clare Spaulding**

Clare Spaulding will be conducting a jewelry making class. The class is acrylic paint jewelry, necklaces and or bracelets. The estimated class time is 2 hours, and the cost is \$35 per person.

**September 9th, 9:30 am—11:30 am: Matter of Balance**

Mondays and Wednesdays September 9th-October 9th. Learn activities and strategies that will reduce the risk of falls. Registration is required, visit <https://events.anr.msu.edu/ccmob/> or call 989-344-3264 to register. See page 15 for class information.

**September 9th 2:00 pm—3:00 pm Walk with Ease**

Learn to walk safely and comfortably. The class runs on Mondays through October. Registration is required, visit <https://events.anr.msu.edu/cwwe/> or call 989-344-3264 to register. See page 15 for class information.

**September 10th, 9:00 am—2:00 pm Housing Counseling**

Have questions about your mortgage? Need advice on finding housing? Have questions about credit? Schedule an appointment to meet with Laurie Jamison today by calling 989-348-7123.

**September 12th, 4:00 pm—6:00 pm: Grandparent's Day Special Dinner**

Dinner will be fried chicken, mashed potatoes & gravy, fresh green beans & bacon, fresh roasted mushrooms, a biscuit, and blackberry cobbler with vanilla ice cream. See page 6 for

more details.

**September 20th, 12:00 pm—3:00 pm: Trip to the Fly Fishing Museum**

Register for a special trip out to the Lovells Fly Fishing Museum! Registration is \$15.00 per person for those in county, and \$20.00 for those out of county, not including the cost of lunch. The bus leaves at 11:30 am. Lunch will follow the tour at the Lovells Riverside Tavern. Lunch is an on your own cost.

**September 23rd, from 11:30 am—3:30 pm Blood Drive**

Versiti is back and ready to help you make a life-saving difference. If you're 18 years or older and in good health, this is your chance to step up and donate. Every pint of blood collected can be the difference between life and death for someone in need.

**September 24th, 2:00 pm—4:00 pm Vaccine Clinic**

District Health Department #10 (DHD#10) will be at the COA on September 24th to administer a variety of vaccinations. The clinic will be from 2:00 pm to 4:00 pm. To schedule your appointment, call 989-348-7123. Vaccines will be billed to insurance, please be sure to bring insurance information along with you.

**September 26th, 6:00 pm—7:30 pm Straightforward Blue Grass Band Concert**

This month's concert is the Straightforward Blue Grass band. Tickets to the event for those in county are \$10.00 per person, and \$15.00 for those out of county. Dinner is served from 4:30 pm to 5:30 pm. Dinner will be Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, and Strawberries. The cost for dinner is \$8.00 for those under 60, but is only a recommended donation of \$4.00 for those over age 60.

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**Continued: The Lifelong Volunteer**

"I kept my eye on the Meals on Wheels budget, because it was always the line item that suffered the most," Hensler said with a frown.

Susan's work with Meals on Wheels was perhaps the most impactful part of her volunteer experience. For over a decade, she has faithfully delivered meals to those in need, even during the height of the COVID-19 pandemic. The pandemic brought new challenges, as social distancing measures transformed the typically warm, face-to-face interactions into brief, often impersonal exchanges. "With COVID, the door would creep open, a hand would come out, you'd hook the bag on it, and that was it. Sometimes you didn't even see anybody's face," she recalled. Yet, she continued her route, often with long-time friend Rita Lone riding along, understanding the importance of her service to those who might not see anyone else all week.

Volunteering during the pandemic was not without its struggles. Many of the regular volunteers were unable or unwilling to continue driving due to health concerns, leaving a smaller group to handle the increased demand. But Susan, driven by her commitment, persevered. "I had the Monday route, and a lot of our regulars, who would not see anyone over the weekend during the pandemic and

wanted to visit like they used to before the pandemic, couldn't," Hensler reflected. She and her fellow volunteers adapted to the new normal, ensuring that those who relied on Meals on Wheels continued to receive their meals.

Hensler's dedication to the Commission on Aging extended beyond meal



deliveries. She was involved in phone calling and serving as a site host, among other tasks. As a site host, Susan would go to other locations where Commission on Aging-led activities were being held and make sure attendees were logged in and taken care of. Despite stepping back from some of these roles, her passion for helping others remains strong. She now plans to spend more time in her garden, a sprawling space that she once shared with others in a communal gardening effort. "Oh, I'd say my garden is roughly 125 feet by 75 feet with eight plots," Susan described. "What I love about gardening is that you can harvest it and an hour later be eating it," Hensler shared. Susan's gardening skills, and perhaps her drive to

preserve, came from her father, a Michigan State University graduate of Forrestry, who worked for the Department of Natural Resources conserving forests, and preserving the land. Her garden, like her volunteer work, is a testament to her perseverance—a large, carefully tended space that she continues to maintain and improve.

Gardening, growing things, and perseverance also assisted Susan as she coached women's high school sports during a time when it was not popular, or even existent. Hensler was a high school physical education teacher and worked tirelessly to teach her students more than scholastics and sports. "I had two main goals in my teaching," Susan explained, "teach kids to work hard and be good citizens." Hensler was instrumental in bringing girl's high school sports to life and prominence where she taught. "While the boy's games would have a good attendance, our girl's games were packed out, because we were winners," Susan said with a smile. Hensler led one of those squads to a perfect record in a season. Susan brought perseverance to women's rights in sports, too.

Throughout her years of service, Susan has witnessed the deep needs within her community, particularly among the older adult population. She spoke of the many "food-poor" individuals who rely on

programs like Meals on Wheels, noting that the program often operates at a deficit despite its crucial role in the community. Her insights into these challenges highlight the importance of perseverance—not just in the volunteers who keep the program running, but also in the ongoing efforts to secure funding and support for such vital services.

As she reflects on her years of volunteering, it's clear that Susan's journey has been shaped by a deep commitment to her community and a willingness to push through challenges. Whether it's navigating the complexities of board meetings, adapting to the restrictions of a global pandemic, or simply ensuring that her garden continues to thrive, Susan Hensler embodies the spirit of perseverance.

Susan's story serves as an inspiration to others, demonstrating that even in the face of adversity, continued effort and dedication can make a profound difference in the lives of others. As Susan prepares to find her next niche, her legacy of service and perseverance will undoubtedly continue to inspire those around her.

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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

## Art Donations and Tree Donations



Thank you to Cheryl Melroy for the donation of metal flowers, Sherry Haag for her poster, and Donna Oldfield for her donation

The COA is incredibly grateful for the donations of art to the Senior Center. In addition to art, the COA received



of Lady Quilting, People Playing Cards, and Couple Playing Chess. Thank you to Sister Jean Umlor for the cross stitch quilt and fawn painting by Kim Diment.

donations of Tigers memorabilia from the family of Bob Breagh. Go Tigers!

**Thank You!**

## August Special Dinner Recap

Last month's Special Dinner door prize was a set of gift-cards to different restaurants in Grayling, as sponsored by Q-100 Michigan and Sheryl Coyne.

This month's winner was Larry Barrons, and he received gift cards to Ray's Barbeque and Blues, as well as Michaweys. In addition, last month's 50/50 prize winner was Barb Selesky! Barb took home nearly \$150.00 in 50/50 prize money. The roast was provided to the COA by Mark's Pig Roasting, and was a resounding success. In two hours, the COA staff and volunteers served 184 community members. At right is a picture of



the door prize giveaway winner, Mr. Larry Barrons. Thank you to Q-100, Mark's Pig Roasting, and to the Grayling community for attending.

For information on next month's special dinner, keep reading below.

## September Birthdays

- Barbara Bunker 9/6
- Jerry Dill 9/30
- Eileen Kemerer 9/10
- Dean McCray 9/12

Senior Center Birthday Lunch Tuesday, September 24th 11:30 - 12:30p  
Permission forms are at the Senior Center so we can share your birthday in this Gazette. Please fill one out!

## Grants Received

The COA has received a grant from Northeast Michigan Community Service Agency, Inc. (NEMSCA) to be able to provide new programs at the Senior Center. Last month, the COA was awarded a \$4,500.00 from the grant that will allow the Senior Center to provide Water Aerobics, Bingocize, and Geri-Fit starting next year. Schedule to be announced soon. Interested in a sneak peak? See page 15 for a special surprise look at these new programs. Thank you to Carlie Wilson for writing the grant, and thank you to NEMSCA for the award.

## Thank You NCACU for Sponsoring the Grandparent's Day Special Dinner

This month's special dinner is the Grandparent's Special Dinner. Dinner will be fried chicken, mashed potatoes & gravy, fresh green beans & bacon, fresh roasted mushrooms, a biscuit, and blackberry cobbler with vanilla ice cream. This month's door prize was provided by the staff of North Central Area Credit Union in Grayling. The prize will be a "movie night" package, which includes 4 movie tickets for the Rialto Theatre, along with candy, drinks, and popcorn. Get out for a night on the town with your grandchildren by attending the Special Dinner on September 12th from 4:00 pm to 6:00 pm. There will also be a 50/50 and you will have the chance to play yard games like giant Yahtzee, cornhole, and other games for the chance to win fun prizes for the kids. All ages are welcome!

**Join Us FOR THE GRANDPARENT'S DAY SPECIAL DINNER**  
Dinner is \$8.00 per person for those under 60, and a recommended donation of \$4.00 per person for those over 60.

**\$15.00**

Senior Discount on Septic Tank Cleaning

**Jack Millikin, Inc.**  
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Call us today at **989-348-8411** to make an Appointment!

**\$15.00**

Senior Discount on Septic Tank Cleaning

Coupon cannot be used with any other offer or discount. **1941 83 years 2024** Expires 10/31/24

## COA Receives Major Huntington Bank Donation

Huntington Bank has once again donated \$10,000 to the Meals on Wheels program provided by the COA. In addition to this grant, the staff at Huntington Bank has awarded the COA their yearly Colleague Appreciation Week Donation Award of \$5,000. This money will go to the funding of the Meals on Wheels Program, and will help to sustain the program in the months to come. Thank you Huntington for the donations to Meals on Wheels.



**Reaching Seniors and Beyond!**

*Welcome To The*  
**VILLAGE MOBILE HOME PARK**

**COMING SOON**

*Lot Prices (per month)*  
**50' x 120' (52 lots) for \$550**  
**60' x 120' (6 lots) for \$600**  
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## 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. A variety of classes will be taught

throughout the day centered around the 7 Rings of Wellness. Classes will include The Advanced Directives, Cooking Demonstrations, Tai Chi, Mindfulness, 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 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! See the full schedule of events on our website, or in the brochure at the Senior Center. Visit [www.CrawfordCOA.org](http://www.CrawfordCOA.org) for more information.

## Munson Open-Forum to follow Community Health Fair on September 5th

The Community Health Fair on September 5th is set to be followed by a special event by Munson Healthcare Grayling. Munson Healthcare Grayling will be presenting on Munson Healthcare's Regional Care Transformation (RCT) plan, followed by an open forum Q&A. Presenters will include Kirsten Korth-White the President and CEO of Grayling Hospital & East Region, Dr. Michael Frye, Chief Medical Officer of the East Region, and Mike Hodnett, Chief Operating and Nursing Officer for Grayling Hospital. The event starts at 6:15 pm.

**WANTED: MEALS ON WHEELS DRIVERS**

*Join our team and bring food to people in need!*

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

## AI's Advice



Even though we live in a rural community, we need to protect our property and be aware that criminals are everywhere.

- Never post on social media that you will be out of town.
- Always leave a light on in the home. A criminal's best friend is darkness.
- Keep your windows locked when away.
- Have someone get your mail when you are gone.
- Always have your lawn mowed and the appearance that someone is at home.
- Use motion lights on the exterior of the home.
- Buy a cheap camera to mount at your front door.
- Tell your neighbors that no one should be at your home while you are gone and to make note of any persons or vehicles in the drive or they may see.
- Work together in your neighborhood. Look out for each other. Be the nosy neighbor.



Do not be afraid to contact law enforcement, most crimes are solved though the help of you the citizen.

## Drug Take-Back Day

Too often, unused prescription drugs find their way into the wrong hands—which is dangerous and often tragic. That's why the Crawford County Commission on Aging, Region 9 Area Agency on Aging, and Crawford County Sheriff's Department is hosting a Prescription Drug Take Back Day on September 19th at the COA from 1:00 pm to 4:00 pm. The Crawford County Sheriff's Department will be on site at the COA to take back the medication for safe disposal. For more information, call 989-348-7123. Don't let unused or expired medication fall into the wrong hands, properly dispose of these medications.

In addition to the Drug Take-Back, Jan Williamson, RN, will be onsite to conduct free medication reviews. The review will include all of the medications you are currently taking. This includes prescription medication, over-the-counter, herbal medicines/supplements, all creams/liquids/etc.

# September 2024 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b>CLOSED FOR LABOR DAY</b>	<b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries <b>4:30-5:30p Dinner</b> Baked Penne with Sausage, Vegetable Blend Prince Charles, Breadstick, Kiwi	<b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange <b>4:30-5:30p Dinner</b> Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple	<b>11:30a-12:30p Lunch</b> Lasagna, Mixed Vegetables, Grapes <b>4:30-5:30p Dinner</b> Pork Roast, Baked Potato, Green Beans, Pear	<b>11:30a-12:30p Lunch</b> Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
 In honor of Tammy Findlay (August 28 <sup>th</sup> )				
9	10	11	12	13
<b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi <b>4:30-5:30p Dinner</b> Taco Salad, Corn, Grapes	<b>11:30a-12:30p Lunch</b> Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks <b>4:30-5:30p Dinner</b> Beef Tips, California Blend Vegetable, Pear	<b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots <b>4:30-5:30p Dinner</b> Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	<b>11:30a-12:30p Lunch</b> Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes <b>4-6pm Grandparent's Day Dinner</b> Fried Chicken, Mashed Potatoes & Gravy, Fresh Green Beans & Bacon, Fresh Roasted Mushrooms, Biscuit, Blackberry Cobbler and Vanilla Ice Cream.	<b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange
16	17	18	19	20
<b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple <b>4:30-5:30p Dinner</b> Beef Enchilada, Spanish Rice, Carrots, Kiwi	<b>CLOSED FOR ALL STAFF TRAINING</b>	<b>11:30a-12:30p Lunch</b> Hamburger Stroganoff, Green Beans, Apricots <b>4:30-5:30pm Dinner</b> Chicken Stew with Biscuit, Brussels Sprouts, Pear	<b>11:30a-12:30p Lunch</b> BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes <b>4:30-5:30p Dinner</b> Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast	<b>11:30a-12:30p Lunch</b> Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
23	24	25	26	27
<b>11:30a-12:30p Lunch</b> Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple <b>4:30-5:30p Dinner</b> Chicken Tacos, Refried Beans, Kiwi	<b>Cookies &amp; Ice Cream</b> <b>11:30a-12:30p Birthday Lunch</b> Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana <b>4:30-5:30p Dinner</b> Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple	<b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi <b>4:30-5:30p Dinner</b> Shepard's Pie, Carrots, Grapes, Wheat Bread	<b>11:30a-12:30p Lunch</b> Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend <b>4:30-5:30p Dinner</b> Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	<b>11:30a-12:30p Lunch</b> Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi
30		<div style="border: 1px solid black; padding: 5px; text-align: center;">                         In honor of Dave and Carol Peterson's Wedding Anniversary on the 25th.                     </div> 		
<b>11:30a-12:30p Lunch</b> Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots <b>4:30-5:30p Dinner</b> Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes				
<b>Light Bites</b> Egg Salad on Croissant Cucumber Dill Salad Red Grapes	<b>Light Bites</b> Southern Style Chicken Salad on Croissant Garden Salad Orange	<b>Light Bites</b> Italian Meatball Sub Garden Salad	<b>Light Bites</b> Mojo Chicken Bowl Grapes	<b>Light Bites</b> Garden Salad BBQ Chicken Flatbread Fresh Pear



# September 2024 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  <b>CLOSED FOR LABOR DAY</b>	3 9a Friends of a Feather Quilting Group 10a Zumba Gold	4 10a Walk in the Woods @Rayburns 10a Silver Sneakers 12:30p Mahjong 1:30p-3:30p Tai Chi 3:30p Senior Moments Acting Class	5 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo 12p-6p Health Fair 6:15p Munson Presentation	6 10a-12p Art Class w/Clare 10:45a Fit for the Aging <b>CANCELLED</b> 1p Pantry Bingo
9 9:30a-11:30a Matter of Balance 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club 2p-3p Walk with Ease	10 9a-2p Housing Counseling Class 10a Zumba Gold 12:30p Euchre	11 9:30a-11:30a Matter of Balance 10a Walk in the Woods @Hanson Hills 10a Silver Sneakers 12:30p Mahjong 1:30p-3:30p Tai Chi 3:30p Senior Moments Acting Class	12 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p-4p Daylight Diamonds 4p-6p Grandparent's Day Special Dinner	13 10:45a Fit for the Aging 1p Pantry Bingo
16 9:30a-11:30a Matter of Balance 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club 2p-3p Walk with Ease	17 <b>CLOSED FOR ALL DAY TRAINING</b>  4:30p COA Board Meeting	18 9:30a-11:30a Matter of Balance 10a Walk in the Woods @Aspen Park 10a Silver Sneakers 11a Alzheimer's Support Grp @ The Brook 11a New to Medicare 11-1p Blood Pressure Check 12:30p Mahjong 1:30p-3:30p Tai Chi 3:30p Senior Moments Acting Class	19 10a Pokeno 10a Zumba Gold 1p Penny Bingo 1p-4p Drug Takeback & Medication Review Day 3p-4p Daylight Diamonds	20 10:45a Fit for the Aging 1p Pantry Bingo 12p-3p Lovells Fly Fishing Museum Trip and Lunch
23 9:15a-5:30p Foot Clinic -Appt. Required 9:30a-11:30a Matter of Balance 10a Silver Sneakers 11:30a-3:30p Blood Drive Appt. Required 1-4p Chess Club 2-3p Diamond Art Club 2p-3p Walk with Ease	24 10a Zumba Gold 11:30a Birthday Lunch 1:00p-2:00p Jeopardy 2p-4p Vaccine Clinic with DHD#10 Appt. Required 12:30p Euchre	25 9:30a-11:30a Matter of Balance 10a Walk in the Woods @Wakeley Lake 10a Senior Project Fresh 10a Silver Sneakers 11-1p Bp Chk/Med Review 12:30p Mahjong 3:30p Senior Moments Acting Class 2p-6p Commodities	26 10a Pokeno 10a Zumba Gold 1p Penny Bingo 1-5p Legal Assistance Appt. Required 3p-4p Daylight Diamonds 6p-7:30p Concert: Straight Forward Bluegrass Band. Dinner is at 4:30p.	27 10:45a Fit for the Aging 1p Pantry Bingo
30 9:30a-11:30a Matter of Balance 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club 2p-3p Walk with Ease				

## 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:**

The 4th Wednesday of the month from 2:00 pm to 6:00 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

#### **Medicaid/Medicare Assistance Program (MMA)**

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.

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

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

### Fitness Programs


**Fit for the Aging:** 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 July 2024!**

**Congregate Meals – 680**

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

HDM – 3,740  
Respite – 70.75  
Homemaker – 266.25  
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](http://q100michigan.com) [upnorthsportsradio.com](http://upnorthsportsradio.com)  
to add events to calendar email: [peyton@blarneystonebroadcasting.com](mailto:peyton@blarneystonebroadcasting.com)



## Upcoming Online Classes from the Area Agency on Aging

### Webinars:

September 11, 2024: Heart-Healthy Cooking Made Easy

September 13, 2024: Maintaining Health During Challenging Times

October 9, 2024: Financial Wellness: Ideas for Reducing Expenses

October 11, 2024: The Emotional Side of Caregiving

November 8, 2024: Gratitude Explosion

Thursday, December 12, 2024: Introduction to Tai Chi

December 13, 2024: Caregiving During the Holidays

January 9, 2025: Protect Yourself from Scams and Fraud

February 13, 2025: Home Safety and Radon

### Dementia Caregiver Series (Virtual):

September 5, 12, and 19, 2024 from 1:00pm-2:30pm

### Dementia Caregiver Series (Virtual):

December 2, 9, and 16, 2024, from 2:00pm-3:30pm

**Diabetes PATH (Virtual):** February 4, 2025-March 11, 2024, from 1:30pm-3:30pm

### Powerful Tools for

**Caregivers (Virtual)** October 23, 2024 -

November 27, 2024, from 1:30pm-3:00pm

### Powerful Tools for Caregivers (Virtual):

February 3, 2025-March 10, 2025, from 1:00pm-3:00pm

Contact Brooke Mainville:  
(989) 358-4616

mainvilleb@nemcsa.org



See Page 9 for a full list of COA activities!

## Coming Attractions: Save the Dates

### Elvis Tribute Performance

Get ready to be "All Shook Up" with excitement! The Elvis Tribute Show with Kelly, presented by MCDR Entertainment, is making its grand entrance at the Commission on Aging on October 17th from 6:00 pm to 7:30 pm. For just \$20 per person, you can experience a performance that will have you "Rockin' and Rollin'" all night long. Don't miss this chance to witness an unforgettable evening of music and memories—it's now or "Never"! Be sure to put on your "Blue Suede Shoes," and get your tickets soon because this show is sure to be a hit. For more information and to pre-purchase tickets, call 989-348-7123.

### Fall Art Classes

AuSable Artisan Village instructor Pam Meland will be teaching a clay-based trinket bowl making class. The actual class will occur on October 9th, but will be glazed and fired on October 16th. The class will run from 10:00 am until 12:00 pm on both dates. The price for her class is a donation of \$20 to either the AuSable Artisan Village or to the COA. Please call 989-348-7123 to register for the class. Donation can be made day of.

### AARP Driver's Safety

The AARP Smart Driver Course is coming to the Commission on Aging on October 1st and 2nd. The class could reduce your overall maintenance and car insurance costs. The class will help you refresh your driving skills and explore the rules of the road. It will help you learn research-based strategies to help you stay safe behind the wheel. You can also get the knowledge you need to help reduce traffic violations, collisions, and the risk of injury. You can sign up by calling 989-348-7123 before September 27th. The cost for the class is \$20.00 for AARP members, and \$25.00 for non-members. Cash and check are the only accepted payment methods. You must attend both sessions to receive the class certification.

### Secretary of State Mobile Office on October 16th

The Secretary of State Mobile Office will be visiting the Crawford County Commission on Aging on October 16th from 10:00am to 3:00pm.

#### What do I need to do?

Much like at a standard office, you must have proof of legal residency, such as the original of your birth certificate, proof of Social Security, and one valid, unexpired proof of identification. Identification can be in the form of a US passport, employee photo ID, US Military ID, etc.

#### Pricing:

State ID Renewal: \$10.00

State ID Replacement: \$10.00

Convert to Real ID: \$10.00

Driver's License:

Renewal: \$18.00

Replacement: \$9.00

Convert to Real ID: \$9.00

Vehicle Transactions:

License Plate renewal: Varies

Replacement Plate: \$5.00

Replacement Registration: \$5.00

Transfer Title: \$15.00

For more information, or additional pricing, please contact the COA at 989-348-7123.

### New Assistive Technology

Do you have disabilities or care for someone with disabilities and would like to learn more about Assistive Technology and how it can help you?

Assistive Technology Presentation with Brandon Taylor, BS from the Michigan Disability Rights Coalition

Wednesday, October 30th 2024, 3:00 -4:30pm. To RSVP, please call 989-348-7123.



**GRAYLING**  
Nursing & Rehabilitation  
Customer centered. Employee centered.  
331 Meadows Drive, Grayling  
(989) 348-2801

**BEST**  
NURSING HOMES  
US NEWS  
LANSING AREA  
2024

"Where you can expect the comfort and security of home and a team that is fully committed to quality and compassionate care."  
Rated ★★★★★ by the Centers for Medicare & Medicaid Services.

**Spikes**  
KEG O NAILS  
Redeem this card for a  
"Buy One Get One Free"  
**SPIKE BURGER**  
(DINE-IN ONLY)  
Coupon Expires September 30th  
Photo Copies Not Accepted

## Fraud Protection

Provided by Bob Simpson



Social Security works with our Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait.

Section 1140 of the Social Security Act allows OIG to

impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications. OIG may impose a penalty against anyone who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security's free forms, applications, and publications without our written approval.
- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a misleading or suspicious Social Security-related advertisement, phone call or email, you should let us know right away. Try to capture as many details as you can.

Here's what you can do:

- For suspicious websites or social media accounts, please take a screenshot of the page. Note the website address or social media link – and how you came across it.
- For emails and text messages, capture the entire message and any links or attachments.
- For mail, retain the complete communication, including the outside envelope and all inserts.
- For telephone solicitations, note the caller identification phone number and any company name or call back number provided by the caller or recorded message.

You can help us stop misleading advertising and communications. We encourage you to report possible scams to the OIG at [oig.ssa.gov/report](https://oig.ssa.gov/report). You can also call our fraud hotline at 1-800-269-0271 or send an email to [OIG.1140@ssa.gov](mailto:OIG.1140@ssa.gov).

Please share this information with friends and family and help us spread the word on social media.

## Senior Project Fresh

By Al Burke, Advocacy and Resource

September 25th at 10:00 am 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. There will be a pop up farmer's market following the event.

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



### Gifts of Supplies

We happily accept these donations too:

Reams of copy paper, and Kleenex

**Amazon Wish List:**

[https://www.amazon.com/hz/wishlist/ls/EEZI62Z0HXKH/ref=hz\\_ls\\_biz\\_ex](https://www.amazon.com/hz/wishlist/ls/EEZI62Z0HXKH/ref=hz_ls_biz_ex)

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

**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

## Upcoming Online Classes - MSU Ext.

Online September Self-Care Series: Calming Down and De-stressing

September 3, 2024 6:30PM – 7:30PM Zoom

Make a Spending Plan Work for You! (Webinar) - September 4, 2024

September 4, 2024 12:00PM – 1:00PM Zoom

Protecting Your Identity - September 5, 2024

September 5, 2024 12:00PM – 1:00PM Zoom Webinar

Stress Less with Mindfulness

September 9, 2024 – October 7, 2024 Zoom

SLEEP (Sleep Education for Everyone Program)

September 9, 2024 – October 14, 2024 Zoom Meetings

Summer/Fall Food Safety Q&A 2024

September 9, 2024 1:00PM – 1:30PM Online Via Zoom

Online September Self-Care Series: Mindful Self-Compassion

September 10, 2024 6:30PM – 7:30PM Zoom

PATH Chronic Pain Toolkit September 12-October 24

September 12, 2024 – October 24, 2024 Phone

SLEEP September 12-October 24

September 12, 2024 – October 24, 2024 Online

Chronic Disease PATH Toolkit September 17-October 29

September 17, 2024 – October 29, 2024 Phone

Every Penny Counts: Savings Strategies (Webinar)

September 17, 2024 12:00PM – 1:00PM Zoom Webinar

Online September Self-Care Series: Changing Negative Self-Talk

September 17, 2024 6:30PM – 7:30PM

Changing Negative Self Talk9.24

September 24, 2024 2:00PM – 3:30PM zoom webinar

Online September Self-Care Series: Forgiving and Letting Go

September 24, 2024 6:30PM – 7:30PM Zoom

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

- Join exciting Dungeons and Dragons sessions at the Devereaux Memorial Library, Thursdays at 4:00 p.m.
- Join us for magical story time adventures every Wednesday at 11:00 a.m. Dive into enchanting tales, meet captivating characters, and let your imagination soar in a welcoming circle for all story-lovers, young and old.
- Radiant Child Music and Movement is offered weekly at both library branches. Join us Tuesday's at 4:00 p.m. at the Devereaux Memorial Library and Wednesday's at 4:00 p.m. at the Frederic Community Library. Those attending can enjoy a relaxing session which includes music, stretching, stories, movement and mediation. It's great for all ages.
- Lift Off: Rocket Launch event at the Devereaux Memorial Library to close out the Summer Reading Program happening Wednesday, September 4th at 3:30 p.m.
- Silk flower arranging sessions with Nancy are scheduled for adults every Tuesday at 12pm and for kids on Wednesdays at 3:30pm. Due to limited space, registration is necessary.
- Our regular running programs include Genealogy (Monday's 9:00 a.m. - 12:00 p.m.), Let's Get Fit (Tuesday's and Thursday at 10:00 a.m.), Sit-N-Knit (Thursday's at 10:00 a.m.) and Book Club (last Wednesday of each month at 1:00 p.m.).
- Stay tuned for a bunch of exciting programs coming your way this month, fit for every age group!

Keep in touch with the Crawford County Library via our social media platforms to stay informed about the newest updates, events, and book suggestions. Follow our Facebook and Instagram profiles for exclusive material, behind-the-scenes looks, and sneak peeks. Devereaux Memorial Library offers conference rooms that can be utilized. For further details and availability please call (989) 348-9214. Devereaux Memorial Library is located at 201 Plum St. Grayling. The Frederic Community Library is located at 6470 Manistee St, Frederic. Call (989) 348-9214 or email us at [ccl@crawfordcolibrary.org](mailto:ccl@crawfordcolibrary.org) for more information.

## Responses to the Senior Center Suggestion Box

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

**Suggestion:** First time here. Fantastic Pulled Pork dinner and people were so very friendly. Thank you!

**Response:** Thank you too! We love to hear positive comments as well as ways we can improve.

**Suggestion:** Tablecloths end up being messy at the special dinners. We either need a clean supply ready or no tablecloths.

**Response:** We appreciate you bringing this to our attention. We will work on finding a solution.

**Suggestion:** Have a mixer to get more people to come.

**Response:** Great idea! We'll work on that idea for the future.

**Suggestion:** Have name change to Community Center. Try to get more diverse age groups.

**Response:** The COA has considered changing the name when the new Senior Center was built. We wanted to do some community input sessions to pick a new name, but never found the time to create this change. It's still on our list!

**Suggestion:** Maybe a salad bar?

**Response:** We would love to do a salad bar. We have tried it in the past several times, but it doesn't bring in enough to break even. Our Congregate Meal participants have decreased from 11,000 annually to less than 10,000. In order to provide more options, we need to see more attendance. Invite your friends!

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

**— Food Resources —  
Crawford County Residents**

**Christian Help Center Free Food Truck**

Thursday, September 5th, 12-6pm  
@COA  
Thursday, October 3rd, 10:30 am  
Lovells Township Hall

**Mt Hope Free Food Trucks**  
September 14th, October 12th  
Mt. Hope Lutheran Church

**Crawford County Community Christian Help Center—Food Pantry**  
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# Random Word Search Puzzle

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

- VOLUNTEER
- STREAM
- CONVENIENCE
- DEPEND
- FRAGMENT
- DEMONSTRATOR
- CUNNING
- CLUSTER
- MONTH
- FOSTER
- MIDDLE
- SURPRISE
- BREAKFAST
- INJECTION
- DANCE
- REMAIN
- REGULAR
- OUTSIDE
- SPEND
- DEFENDANT
- DENSITY
- MORNING
- COMMITTEE
- ARCHIVE
- HOUSEPLANT
- PROFIT
- CHOCOLATE
- VEGETARIAN
- COMPLEX
- THERAPIST
- HOSTILE
- CONSUMER
- DISCOVERY
- CHEAT
- RESTLESS
- CAPITAL
- COERCE
- COSTUME
- DEMONSTRATE
- ELITE
- SEQUENCE
- PREDICT
- TRAGEDY
- ARISE
- CENSUS
- CHEESE
- RAILROAD
- CANCEL
- PIONEER
- THRONE

## Kate's Kitchen Corner



I overcooked eggs for longer than I care to admit before finding a method of making hard-boiled eggs that peel easily and never have that greenish tint to the yolk. For any of you in that same boat, this is for you.

First, boil your water. It is important that your water is boiling before you put the eggs in. Once it has come to a full boil, gently lower your eggs-cold from the fridge, do not let them sit out at room temp or they will overcook- one at a time with a slotted spoon. You do not want to overcrowd your pan, or they will be undercooked. To give you an idea, if you are using a normal 7in saucepan, 6 eggs will fit perfectly, less is fine, but no more than 6.

Many people swear by salting the water or using baking soda to make eggs easier to peel and I am here to tell you that it is not likely to make any difference. Save your pantry staples, time and temperature will do all the work for you. The older an egg is the more the membrane pulls away from the shell and the easier it is to peel without the shell sticking. For the best results just keep your carton of eggs in your fridge for a week before using them and you should see a difference.

Once all your eggs are in, set your timer for 13 minutes. If you prefer a softer boiled egg with a slightly runny yolk, go for 8-10 minutes depending on your preference for your yolk consistency.

After 13 minutes gently remove eggs one at a time and put them directly into an ice bath (fill a large bowl with ice, and then enough water to reach the top of the bowl) for exactly 5 minutes. Alternately, you can put the eggs in a bowl large enough to submerge them under cold, running water for the same amount of time.

Then it's time to peel! Gently thump the larger, base end of the egg against a hard, flat surface and then push/peel the shell off towards the narrower end either under cold running water or underwater in your ice bath bowl.

That's all there is to it. I know that everyone's idea of "perfect" will be slightly different so if these eggs are under or overcooked for your preference just add or subtract a minute next time until you reach the consistency you like.

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

# Get Ripped and Stay Shredded this Fall New Classes and Fitness Opportunities

## Walk In The Woods

**Rules:** Try to Car pool. Never walk alone. Be healthy and wise with clothing, sunscreen, health issues, bug spray and water. Expect to walk for about 90-120 minutes. Safety first. New this fall, members of the Walk in the Woods group are planning to meet back at the Senior Center following the walks for lunch. Cost is \$8.00 for food for those under 60, and is a recommended donation of \$4.00 for those over 60.

### September 4th– 10 am - Rayburns—

Meet at the M-72 E. Trail Head in Grayling. Lunch at the COA following the walk. Lunch will be Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, and an Orange.

### September 11th — 10 am - Hanson Hills –

Led by guide Wendy Kelso. Hanson Hills - 7601 Old Lake Rd, Grayling.

Lunch at the COA following the walk. Lunch will be Chicken Stir Fry, Brown Rice, Sugar Snap Peas, and Apricots

### September 18th – 10 am - Aspen Park –

239 Commerce Blvd. Gaylord, MI 49735.

There will not be an organized lunch for this walk.

### September 25th – 10 am - Wakeley Lake\* —

Wakeley Lake is located in eastern Crawford County, Michigan, about 10 miles east of Grayling on M-72. To get there from Grayling, drive east on M-72 until you see the entrance road and parking lot on the left (north) side of the road. Lunch at the COA following the walk. Lunch will be Shephard's Pie, Carrots, Grapes, and Wheat Bread.

**\*Wakeley Lake is a national forest, and requires a fee of \$5.00 to park on site. Please do not forget to fill out the sheet upon arrival and pay the fee.**

**Notes:** Arrive at the venues beforehand. Walks begin at 10:00 am. For out of county members, please contact the center at 989-348-7123 to discuss the \$5.00 fee.

Thank you Val, Judy, Mary, and Bev for leading the walks!



## Grant Award Programs Preview

The three new programs being brought to the center are Geri-Fit®, Water Aerobics, and Bingocize®. These programs are part of an original project entitled “Project Well Balanced.”

The three classes will run over the course of 2025. The first class is Geri-Fit®, which will run for 12 weeks. As part of the Project Well Balanced program, Geri-Fit® classes will be held twice a week for 45 minutes each class, with an included warm up and cool down of 15 minutes, for a total class length of an hour.

Water Aerobics will be held once a week for an hour and a half over the course of 12 weeks. The actual class length is 1 hour, with two 15-minute blocks built in for a warm-up and cool down. More details to come soon!

Finally, the last new program, Bingocize® will run twice a week for an hour for 10 weeks. Bingocize® is a health promotion program that combines bingo with physical exercise and health education to improve older adults' functional performance and health knowledge. Socialization is a key aspect of the program, as it promotes social engagement and reduces isolation among participants.

Are you interested in volunteering as a fitness instructor/activity leader? Visit the COA's website to fill out an application today. (<https://www.crawfordcoa.org/volunteer/volunteer-application>)

More details, scheduling, and other announcements will continue throughout the end of 2024 into January of 2025. Stay tuned as the COA prepares to kick off these exciting new activities.

## QUIT Smoking Today!

Provided by Shaun O'Connor

Are you a smoker or know a smoker who is interested in quitting tobacco? District Health Department #10 is offering a Tobacco Cessation Program to help you with your journey to quit Tobacco. During the program your Tobacco Treatment Specialist will meet with you to develop a personalized quit plan and they will be there to support you along the way. Don't let smoking keep control of your life. Take back your life, you can do it! Smoking tobacco is the leading cause of lung cancer and by quitting you can improve your health status and enhance your quality of life; It also reduces the risk of premature death and can add as much as 10 years to life expectancy. If you quit smoking your chances of developing heart or lung disease are reduced. Reach out to the Local DHD #10 office located across from Goodale's Bakery or Contact Shaun O'Connor at 989-688-8622 for more information to get



## Memory Loss Prevention

Article Provided by Al Burke

As we age, we may notice that we find ourselves a bit more forgetful, and maybe not quite as sharp or as quick-witted as we once were. This is normal and a process to aging. Just like keeping ourselves in good shape physically, we can also keep our mind in better shape as well.

We can exercise our mind just like our body. This can be done by doing puzzles, playing games, doing crossword puzzles, reading a book, and engaging in conversation with others. Perhaps learning a new hobby. By doing this, it helps the brain produce new connections across nerves, which allows brain cells to communicate. This in turn helps your brain store and retrieve information. Remember, here at your Crawford County Commission on Aging, we have many board games, puzzles and items for your use!

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

**Grayling Hospital for Animals**



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

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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, September 18th @ 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](mailto:advocacy@crawfordcoa.org) or call (989) 348-7123.

## AI's Advice

Here are some measures you can take to lower your risk of falls:



- Wear safe shoes
- Plan for weather
- Avoid steps
- Watch for uneven ground or poorly structured walkways
- Add lighting outside your home
- Talk to your doctor, who can evaluate your risk for falls, review your medications or discuss adding vitamin D to your diet.
- Do strength and balance exercises.
- Have your hearing and vision checked annually.
- Have your feet checked.

Make your home safer by removing throw rugs, adding grab bars, adding brighter light bulbs to provide more lighting, using nonslip mats and keeping most-used items within reach in your cabinets to avoid using a stepstool.

If you've experienced a fall and need durable medical equipment, it may be included in your health care plan.

## Open Enrollment Starts October 9th

Prescription Drug plans and Medicare Advantage plans change every year. These changes can range from the premium amount, overage changes to plan terminations. There may be new, more affordable plans available that might give better coverage and possibly save you money. It is important for EVERY Medicare recipient to review his/her coverage and be certain that the plan you will have for 2025 is the best plan for you! Starting Monday, October 9th, you can call Al Burke at 989-348-7123 to make an appointment with one of our trained MMAP counselors. They will

help you review your options and determine what is covered and what costs you will likely incur throughout the year. Appointments will begin the week of October 16th and take place at the Crawford County Commission on Aging, 4388 M-72 E. You can also do this review yourself by going online to the Medicare website at [medicare.gov](http://medicare.gov). If you would like to do it yourself, but are not sure how to go about it, you can call for a phone appointment and a counselor can show or talk you through it over the telephone.

## September Volunteer Spotlight

Diane Tomlinson is the volunteer spotlight for September. She has been a Grayling resident since 2001. Diane starts volunteering with the COA in September. She has two children who she proudly taught through school. She is a member of Grayling Promotional Association, and a volunteer with the Grayling Visitor's Bureau. She currently is involved with the 10:00 am Zumba classes, and participates weekly with the Diamond Dancers at Tinker's Junction. She is the owner of the Woodland Motor Lodge, and is a board member for the Grayling Regional Chamber of Commerce. She is one of the primary instructors of Daylight Diamonds and Diamond Dancers. Daylight Diamonds will be resuming at the COA beginning on Thursday, September 12th at 3:00 pm. The time of the class is now from 3:00 pm to 4:00 pm, and will be instructed by Diane Tomlinson and Maze Stephan. The class is for beginner and recreational line dancing. All participants are invited to both the Tuesday and Thursday classes. Attend one of these classes to get better acquainted with Diane Tomlinson today. Diane's advice for anyone looking to volunteer is, "Just sit down and do it. It's easy to put off, but set aside the time to fill out the application."



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The drawing will be held at the 9/12/24 Grandparent's Day Special Dinner. Need not be present to win. Suggested donation for those over 60 is \$4.00, the cost for dinner for those under 60 is \$8.00. Bring the grandkids, bring the kids, bring everyone!

**Grandparents Day Dinner—Thurs, 9/12/24 - 4-6pm**

The Commission On Aging & Senior Center  
4388 W M-72, Grayling, MI, 49738

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