



Crawford County Senior Gazette October 2024

**Save
a lot**
food stores
2333 S. I-75
Business Loop

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Highlights:

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A Beautiful Journey

Aging is a beautiful journey, filled with memories, wisdom, and a lifetime of experiences. But it can also be a time when many of us start to feel less needed or less connected to our



communities. That doesn't have to be the case. In fact, there are two powerful ways to continue feeling vibrant, purposeful, and connected in your golden years: volunteering and staying active. Just ask Cindy Johnson! Several years ago, Cindy and her husband, Jim, moved to Grayling, coming down from the Upper Peninsula after moving there from Alpena in 2015. Once settled here, Cindy soon found work as a receptionist for the Crawford County Commission on Aging. It was here that Cindy started to get involved with Zumba Gold and other activities, like Walk in the Woods and snowshoeing. In fact, in recent years, Johnson has become a certified Zumba Gold instructor so she could volunteer as a back-up teacher. This has led her to now teaching classes each week on

a rotation with the other instructors. 'Starting in October,' Johnson explained, "we will be adding additional Zumba Gold classes to accommodate the growing attendance!" Volunteering is more than just offering your time or skills; it's about finding new purpose, staying connected, and rediscovering your strengths. As we age, it's easy to feel like we're stepping back from society, but we have more to offer than ever before. Cindy has begun to realize this as not only has her dancing skills helped her teach older adults how to move through Zumba Gold, but also through being a founding member of the Diamond Dancers in 2022. The Diamond Dancers are a line-dancing group. "We recently started a beginner's line-dancing class through the Commission on Aging," Johnson shared.

By volunteering, we share our knowledge, our compassion, and our life lesson with others who need it most. Whether it's mentoring a young person, helping at a local food bank, or participating in community events, each small act of kindness can have a profound impact. There are many benefits to giving yourself, like Cindy has, not only on the people you serve, but also for yourself as an older adult.

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

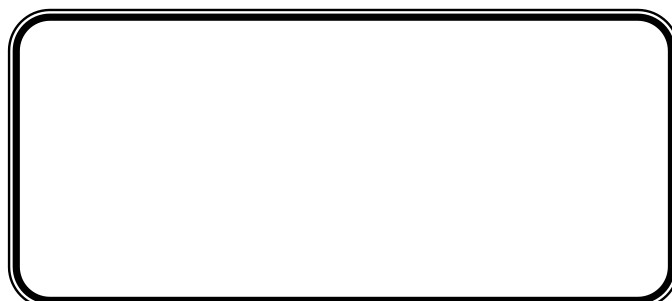
**Monday - Thursday
8:30am to 6:00pm
Friday
8:30am to 4:30pm**

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

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crawfordcoa](https://www.facebook.com/crawfordcoa)



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

Commission on Aging
& Senior Center
Smartphone Scan
to our Website



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The Senior Gazette

4388 West M-72 Hwy, Grayling, MI 49738

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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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Mark Ostahowaski, Member
Jason Thompson, Member
Cheryl Wolkens, Member

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Al Burke, Advocacy & Resource Coord.
Carlie Wilson, Senior Center Manager
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Cooks: Megan Hagle

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

Homemakers:

Kathy, Jill, Susan & Danette

October Birthdays

**Pat Sanders 10/3
Daniel Hogan 10/5
Gayle McCollom 10/8
Wanda Kimbler 10/11
Marie Hatfield 10/15
Beverly Ohsowski 10/17
Kirsten Lietz 10/19**

**Senior Center Birthday Lunch
Tuesday, October 29th,
11:30 - 12:30p**

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

Happy Birthday!

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.

Advance Care Planning

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



TwoRiverDeli

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989-344-5554 tworiverdeli.com

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



Support Groups:

ALCOHOLICS ANONYMOUS

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

ALZHEIMER'S SUPPORT GROUP

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

CHOICES GROUP

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

GLUED

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

GRAYLING AL-ANON

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

HEALTHY RELATIONSHIPS GROUP

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

LONG COVID - SUPPORT GROUP

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

NARCOTICS ANONYMOUS

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

WEIGHT LOSS & SUPPORT GROUP

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

FAITH BASED GRIEF GROUP

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

GIVING

General Giving

GIVING

Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies, 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:

- Bill Breough Huntington Bank
- Jim Burnside Kirsten Lietz
- Ben & Pam Carr Carol & Dave Peterson
- Janet Gooch Karen Sears

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



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

Farrel Thomas in honor 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/](https://www.facebook.com/CrawfordCOA/)
Like, Love or Share

Please help us grow our impact with free publicity. Scan below to visit our page!



Scan here!

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

Nancy Billingham	Dan & Karen McCarthy
Charlotte Bloomquist	Mike Miller
Mary Jo Buschbacher	Tim Miller
Donna Brown	Wayne & Rosemary Nelson
Ben & Pam Carr	Suzanne & Mark Ostahowski
Debbie Carrigan	Ron Pagereski
Judy Crook	Sharen Perkins
Faith Dandois	Dave Phelps
Carolyn DiPonio	Lois Platt
Diana Doremire	Tom & Deb Rawlings
Kathy Dreffs	Chuck & Robin Rodgers
Rich Ferrigan	Jon & Gail Schultz
Linda Fielhauer	Sally Slicker
Bob Gerring	Arlene Smith
Janet Gilbert	Richard Smith
Ed Goscicki	Ann Stephenson
Sherry Haag	Dave Stephenson
Sharron Hagerman	Maze Stephan
Philip Hagle	Brad Summers
Donn Handy	Tim & Susie Swedine
Val Hendricks	Veronica Terrell
Susan Hensler	Farrell Thomas
Cheryl Hopp	Ellen Thompson
Annette Hritz	Ken Thurston
Donna Hubbard	Martha Trenkner
Liedewey Hunter	Scott Ulery
Cindy Johnson	Kate Wagner
Lorrie Jorgenson	Becky Walrath
Eileen & Ron Kemerer	Zoella Wethington
Glenn & Lorelei King	Carol Wilder
Jim Lawless	Jan Williamson
Nancy Lemmen	Ernie Windolph
Cathy Lester	
Kirsten Lietz	
Dave Markle	
Jeannie Matista	
Barb McNamara	THANK YOU
Rick McBride	VOLUNTEERS!



October 8th, 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.

October 9th, 10:00 am—12:00 pm: Art Class with Pam Meland

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.

October 16th, 10:00 am—3:00 pm: Secretary of State Mobile Office

Come out and get your tedious chores taken care of. The prices for a visit are as follows, and all normal rules will apply:
 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
 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.

October 17th, 11:30 am—12:30 pm Gordon Food Service Taste Test

Join Gordon Food Service for a taste test.

Come taste test some spook-tacular treats from Gordon Food Service.

October 17th, from 6:00—7:30 pm Elvis Tribute Performance

Get ready to be "All Shook Up" with excitement! 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. Join the COA for dinner before the show. Cost is \$8.00 for those under 60, and is a recommended donation of \$4.00 for those over 60. The meal will be Beef Stew. For more information and to pre-purchase tickets, call 989-348-7123.

October 24th, 2:00 pm—4:00 pm DHD#10 Vaccination Clinic

Join DHD#10 for another vaccination clinic on Thursday, October 24th, from 2:00 pm—4:00 pm. COVID-19 vaccine is covered by most insurances. The COVID-19 vaccine availability may vary. No appointment necessary. Parents must accompany minors. The Flu Shot is covered by most insurances. If you do not have insurance, the cost is \$40.00 for the regular flu shot, and \$46 for the high-dose.

October 30th, 3:00 pm—4:30 pm Assistive Technology

The Crawford County Commission on Aging will be hosting an Assistive Technology presentation by Brandon Taylor, BS from the Michigan Disability Rights Coalition on Wednesday, October 30th, 2024 from 3:00pm – 4:30 pm. Learn how technology can be used to assist individuals with disabilities. To RSVP, please call 989-348-7123.

October 31st, 10:00 am—11:30 am: COA Halloween Party

Come out in your best costumes for a Halloween-themed party. Walk the runway, show-off your best costume, and help the COA get everyone into a spooktacular mood. Enjoy trivia, collect candy, and celebrate this wicked fun holiday. This is a party you will NOT want to miss.

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Continued: A Beautiful Journey

Volunteering provides a renewed sense of purpose. It's easy to feel isolated after retirement or after children have left home. But by giving back, you realize that your contributions still matter deeply. You become a vital part of something bigger than yourself. One of the greatest challenges of aging is the loss of social networks.

Volunteering offers a wonderful way to meet new people, build friendships, and maintain a sense of community. It's an opportunity

to laugh, learn, and connect with others who share similar interests.

Studies show that volunteering can reduce symptoms of depression and anxiety in

older adults. The joy that comes from helping others, the gratitude you receive, and the new relationships you build can be incredibly uplifting. You have a lifetime of knowledge, experiences, and skills to share. Volunteering allows you to use these gifts to help others and to create a legacy.

Just as volunteering keeps the mind and heart engaged, physical activity is essential for keeping the body healthy and strong. Staying active is not just about avoiding illness or injury; it's about embracing life with all the energy and enthusiasm you have. If you want to move, Cindy is the person to talk to! Being active doesn't necessarily mean you have to join in on Zumba Gold, or learn to line dance, however. Another way Johnson stays active is by

volunteering her time as a server for the Special Dinners at the Commission on Aging. "I am a waitress," Cindy joked. Johnson serves the food and drinks to older adults and guests at the monthly Special Dinners. "It is easy, and I love it, but it is a lot of running," Cindy admitted. "There have been some great turnouts, and we are always looking for more help putting on these dinners," Cindy inserted. One of Cindy's inspirations in volunteering to serve food was her mother, Thekla LeHoux.



In fact, when the new Commission on Aging Senior Center was being built, Cindy, her husband Jim and her sister, Betty Jo Sander funded the Nutritional Manager's Office in honor of her. "My mom grew up during the war in Germany, and with many younger siblings to help raise, she would often steal food from local farms," Cindy shared thoughtfully. "She would take anything she could find to help feed everyone," Johnson continued. "She grew up hungry, and that affected her," Johnson shared. "She never wanted anyone to ever go hungry. I can remember growing up when people would come and visit the first words out of my mom's mouth were, 'are you hungry?'" Cindy's mom had never even eaten a banana before. "She did not know

how to eat one the first time she had one," Cindy said through laughter, "she bit into it, peel and all! She never did like them after that." Cindy's sister, Betty Jo Sander, is the Alpena Senior Center activities coordinator. Their mom lived in Alpena for a time and loved the Commission on Aging there.

Volunteering like Cindy Johnson does is just one way she stays active. As an avid "rockhound" (a nickname for searching for valuable stones) Cindy takes every opportunity she can find to peruse the shorelines of Michigan's lakes to find the stones she loves. Regular exercise, whether it's walking, gardening, dancing, or even looking for agates, helps maintain mobility, strength, and balance, reducing the risk of falls and injuries. It also helps

manage chronic conditions like arthritis, diabetes, and heart disease. During one of her rockhound adventures, Cindy found an extremely valuable agate. "It was a once in a lifetime find," Johnson shared. The agate was valued at over \$2,500 when appraised! "It was valued so highly mostly because of the high quality of the stone and the location I found it in," Cindy explained. Johnson's rock expertise landed her an invite recently to present to a nationwide group on the various stones one can find in Michigan and where to find them! If you want to know something about rocks in our Great Lakes, ask Cindy! Physical activity isn't just good to keep you mobile and agile. Being active is known to improve cognitive function, reduce the risk of dementia,

and keep your mind sharp. Doing Zumba Gold, hiking, line dancing and rock hounding, to name a few, are activities that combine movement with coordination or problem-solving and can be especially beneficial for brain health. Exercise is also a natural mood booster. Activity releases endorphins, the body's natural painkillers and mood elevators, which can help combat feelings of depression or anxiety and promote a sense of well-being. Many older adults struggle with sleep, but regular exercise can help regulate your sleep patterns, leading to deeper, more restful nights. Staying active can also help you maintain independence longer by preserving strength, balance, and mobility. It empowers you to take on daily activities with confidence, whether that's carrying groceries, climbing stairs, or playing with grandchildren. What if you could combine the benefits of both volunteering and staying active? There are countless opportunities to do so, especially at the Commission on Aging! Getting older doesn't mean stepping away from life; it means stepping into a new chapter filled with opportunities to grow, give back, and stay active. By volunteering and engaging in regular exercise, you embrace the fullness of life with all its challenges and joys. So, take that first step. Volunteer to serve meals, join a walking club, or try a new exercise class. You'll find that giving back and staying active enriches your life in ways you never imagined. Remember, age is just a number, and there is no limit to the impact you can make or the joy you can experience. Just ask Cindy Johnson!

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.

Special Dinner Recap and Future Plans

We've Talled the Totals...

The Raffle raised \$2,128 for the Activities fund for the Crawford County Commission on Aging.

Thank you to our Sponsors
Feeny Ford of Grayling
& NAPA Moore's Automotive

Congratulations to our Winners from the Grandparent's Day Special Dinner!

- First Place: Beth Steir, winner of \$250.00
- Second Place: Jennifer Gregory, winner of \$175.00
- Third Place: Craig Woods, winner of \$75.00.

Thank you to the second place winner, Jennifer Gregory for donating her winnings back to the Commission on Aging. The COA greatly values your contribution and continued support. Thank you to all who purchased tickets for your continued support of the Commission on Aging.



Let's celebrate our...



W
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Special Dinner Recap



Thank you North Central Area Credit Union for donating the Movie Night box for Grandparent's Day Special Dinner. September's Winner was Sharon Klinger. Sharon took home the Visa Gift Card, popcorn, and candy bucket. Congratulations to Gene Koerner for winning the \$149.50 50/50 raffle prize. Finally, congratulations to this little one for becoming the first and only Grandparent's Day Cornhole Champion for 2024. She made an astounding 12 shots! Congratulations winners.



Preview of the Harvest Special Dinner

Join the Crawford County Commission on Aging for the yearly Harvest Dinner, which will be held on October 10th, from 4:00 pm to 6:00 pm. The Harvest Dinner Door Prize is provided free of cost to the COA by Sheryl Coyne and the team at Q-100 Michigan! There is no cost to enter the door prize drawing. The drawing will be for a set of gift cards for different eateries in Grayling. Want the chance to win a Bath and Body Works prize set? Play our "Guessing" game, by filling out a slip with your estimate of how many leaves are in the jar. Closest guess will win the prize. It is safe to say there will be plenty of fun, and lots to enjoy. The cost is \$8.00 per person for those under 60, and is a recommended donation of \$4.00 per person for those over 60.



HARVEST SPECIAL DINNER
THURSDAY, OCTOBER 10TH
4:00 PM - 6:00 PM

CORNISH HENS
MASHED SWEET POTATOES
FRESH ROASTED ASPARAGUS
DINNER ROLLS
PEACH PIE

UNDER 60: \$8.00
OVER 60: RECOMMENDED DONATION OF \$4.00



\$15.00 Senior Discount on Septic Tank Cleaning

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Grayling, MI 49738

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\$15.00 Senior Discount on Septic Tank Cleaning

Coupon cannot be used with any other offer or discount. Expires 10/31/24

1941 **83 years** 2024

Denise Conte Retires After 22 Years



After 22 years of incredible service as a cook at the Crawford County Commission on Aging, we bid a heartfelt farewell to Denise Conte as she embarks on a well-deserved retirement. Denise's commitment and passion for nourishing both body and soul have touched countless lives over the years.

From the early days of preparing meals for the senior community to ensuring everyone was fed during challenging times like the 2008 economic downturn and the COVID-19 pandemic, Denise has been a steadfast presence in the kitchen, ensuring that seniors who couldn't leave their homes received nutritious meals and a friendly face.

Denise began her journey with us in 2002, and over the years, she became a cornerstone of our kitchen, not just for her cooking but for the care she put into every meal.

As we bid her farewell, we want to extend our deepest gratitude to Denise. Her contributions have touched the lives of countless individuals, and her impact will be felt for years to come. Thank you, Denise, for your hard work, kindness, and the love you put into every dish and for always making delicious BBQ ribs.

Thank you to Blarney Stone Broadcasting for helping us secure Detroit Tigers game tickets that helped us send her off in style.

FREE COVID TESTS

Are now available. To get yours, swing by the Crawford County Commission on Aging Reception desk to get yours today.



Giving Tuesday

In times like these, local giving makes a tremendous impact close to home. Giving Tuesday is a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage giving and celebrate generosity.

Again, this year we have teamed up with The Community Foundation of Northeast Michigan to raise support for Meals on Wheels in Crawford County. Stay tuned for information coming in the November Gazette.



Medical Equipment Spotlight



The durable raised toilet seat can be wiped down with regular household disinfectants or sanitizing wipes and does not interfere with regular cleaning of the toilet bowl. Adding five inches of

height to any standard or elongated toilet bowl, the raised toilet seat with comfortable padded handles makes it easier and safer to sit or stand without bending. A great bathroom safety solution for the elderly, those with limited mobility and those recovering from hip, knee or back surgery.

If you are in need of a raised toilet seat the Commission on Aging has one available with handles along with other medical equipment for adults 60 and over who live in Crawford County. All equipment is on a first come, first served basis. Please give Kathy a call at (989) 348-7123 to see if we have what you need.

Welcome To The
VILLAGE MOBILE HOME PARK



Lot Prices (per month)
57' x 120' starting at \$550 a month for those who call from the Senior Gazette.
Larger lots are available for \$600.
Reservations for lots are available now, call 989-348-6098 for more information.

AI's Advice



It's fall, make sure to change the filter in your furnace and try running your furnace for a short time to assure it is working properly BEFORE the cold weather begins. Call early for service and have everything in good working order prior to the onset of cold weather.

Here are some important tips to remember for fall:

- Change your furnace filter for the winter.
- Cover your air conditioner and weatherizing it.
- Drain all water from your hoses and power washers
- Keep up on your yard work so as not to be so overwhelmed by late season pick up.
- Preorder your propane. Lock in at a lower cost before the cold weather arrives.
- Line up snow removal for the winter so you have someone that is ready when the first snow arrives.
- Check all your windows and doors to make sure there are good seals and no cracks. Caulking around areas that may allow cold air to enter, or moisture.

Walk in the Woods October Schedule



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.

The group is 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. Marked with an*.

October 2: Camp AuSable*

2590 Camp Au Sable Rd, Grayling, MI 49738

October 9: Gahagan*

209 W. Maplehurst, Roscommon, MI 48653

October 16: Louis Groen (Guided Walk)

10950 Hetherton Rd, Johannesburg, MI 49751

October 23: Hartwick Pines*

3612 State Park Dr, Grayling, MI 49738

October 30: Linda Fay Property*

9030 Heidelman Rd, Roscommon, Mi

Don't forget about the end of season party on the 30th following the walk. Stay tuned for details.

October 2024 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:30a-12:30p Lunch Chicken and Dumplings, Harvest Blend Vegetables, Orange 4:30-5:30p Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear	2 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear 4:30-5:30p Dinner Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple	3 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes, Blackberry Cobbler, Ice Cream 4:30-5:30pm Dinner Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange	4 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi
7 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange 4:30-5:30pm Dinner Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	8 11:30a-12:30p Lunch Baked Penne with Sausage, Vegetable Blend Prince Charles, Breadstick, Kiwi 4:30-5:30p Dinner Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	9 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:30-5:30p Dinner Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread	10 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend 4-6pm Harvest Dinner Cornish Hens Mashed Sweet Potatoes Fresh Roasted Asparagus Dinner Rolls Peach Pie	11 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
14 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	15 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:30-5:30p Dinner Beef Tips, California Blend Vegetable, Pear	16 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	17 11:30a-12:30p Lunch Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana 4:30-5:30p Beef Stew, California Blend Vegetable, Apple	18 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange  In Honor of Joyce Young
21 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	22 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes 4:30-5:30p Dinner Cabbage Rolls, Redskin Potatoes, Peas & Carrots, Blueberry Yogurt	23 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30pm Dinner Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi	24 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries 4:30-5:30p Dinner Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast	25 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
28 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple 4:30-5:30p Dinner Chicken Tacos, Refried Beans, Kiwi	29 Cookies & Ice Cream 11:30a-12:30p Birthday Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes 4:30-5:30p Dinner Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple	30 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:30-5:30p Dinner Shepard's Pie, Carrots, Grapes, Wheat Bread	31 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend 4:30-5:30p Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear	
Light Bites Southwest Side Salad, Chicken Tortilla Soup, Kiwi	Light Bites Turkey Sub, Minestrone Soup, Grapes	Light Bites Side Chef Salad, Cheesy Potato Soup, Pear	Light Bites Won Ton Soup, Mandarin Salad, Kiwi	Light Bites Ham & Cheese Sub, Cabbage and White Bean Soup, Pineapple

October 2024 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9a Friends of a Feather Quilting Group 9a Zumba Gold 10a Zumba Gold 12:30p Euchre	2 10a Walk in the Woods 10a Silver Sneakers 11a BP Check 12:30p Mahjong 1:30p-3:30p Tai Chi EVENT RENTAL 9a-6p	3 9a Zumba Gold 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p-4p Daylight Diamonds 3p Medicine Shoppe Bingo	4 10:45a Fit for the Aging <u>CANCELLED</u> 1p Pantry Bingo
7 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	8 9a-2p Housing Counseling Class 9a Zumba Gold 10a Zumba Gold 12:30p Euchre EVENT RENTAL 10a-3:30p	9 10a Walk in the Woods 10a-12p Art Class with Pam Meland 10a Silver Sneakers 11a BP Check 12:30p Mahjong 1:30p-3:30p Tai Chi	10 9a Zumba Gold 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p-4p Daylight Diamonds 4p-6p Harvest Dinner Special Dinner	11 10:45a Fit for the Aging 1p Pantry Bingo
14 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	15 9a Zumba Gold 10a Zumba Gold 12:30p Euchre Open Enrollment Begins	16 10a Walk in the Woods 10a-12p Art Class with Pam Meland 10a Silver Sneakers 10a-3p Secretary State Mobile Office Visit 11a Alzheimer's Support @ the Brook 11a New to Medicare 11a BP Check 12:30p Mahjong 1:30p-3:30p Tai Chi	17 10a Pokeno 9a Zumba Gold 10a Zumba Gold 11:30a-12:30p GFS Taste Test 1p Penny Bingo 3p-4p Daylight Diamonds 6p-7:30p Elvis Pressley Concert	18 10:45a Fit for the Aging 1p Pantry Bingo
21 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club EVENT RENTAL 9a-6p	22 9a Zumba Gold 10a Zumba Gold 12:30p Euchre EVENT RENTAL 9a-6p	23 10a Walk in the Woods 10a Silver Sneakers 11a BP Check 12:30p Mahjong 2p-6p Commodities EVENT RENTAL 9a-6p	24 9a Zumba Gold 10a Pokeno 10a Zumba Gold 1p Penny Bingo 1-5p Legal Assistance Appt. Required 2p-4p Vaccination Clinic 3p-4p Daylight Diamonds EVENT RENTAL 9a-6p	25 10:45a Fit for the Aging 1p Pantry Bingo
28 9:15a-5:30p Foot Clinic -Appt. Required 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	29 9a Zumba Gold 10a Zumba Gold 11:30a Birthday Lunch 12:30p Euchre	30 10a Walk in the Woods 10a Silver Sneakers 11a BP Check 12:30p Mahjong Acting Class 3p Assistive Technology Presentation	31 9a Zumba Gold 10a Pokeno 10a-11:30a Halloween Party! 10a Zumba Gold 1p Penny Bingo 3p-4p Daylight Diamonds	

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. \$30.00.

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 (MMAP)

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

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

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

Telephone Reassurance/Senior Companion:

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

In-Home Services

For those who need a little assistance maintaining their independence.

- Housekeeping
- Bathing Assistance
- Respite for Caregivers

Classes

AARP Driver Refresher Course: Offered once each year.



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 & Meredith Anderson and Cindy Johnson.

Cost for Services

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



How We Served You in August 2024!

Meals
Congregate Meals – 943 meals
Meals on Wheels – 3,255 meals

In-Home Services
Respite – 113 hrs
Homemaker – 277.50 hrs
Bathing – 56.75 hrs



Important Phone Numbers:

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

Medicare (800) 633-4227

Veterans Administration (800) 827-1000

Alzheimer's Assistance (800) 272-3900

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

Telephone Reassurance Service

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

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



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

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

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



Upcoming Online Classes from the Area Agency on Aging

Upcoming Webinars

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

October 11, 2024: The Emotional Side of Caregiving

November 8, 2024: Gratitude Explosion

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

Matter of Balance (Virtual): January 15, 2025-March 5, 2025, from 1:00pm-3:00pm
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!



The Commission On Aging has emergency house number signs available. To order, contact Al Burke. (989) 348-7123



GRAYLING
Nursing & Rehabilitation
Cancer control Equipment
331 Meadows Drive, Grayling
(989) 348-2801



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

Coming Attractions: Save the Dates

Veteran's Day Program

Join us in honoring our nation's heroes at our annual Veteran's Day Program on Monday, November 11th, 2024, from 10:00 am to 11:00 am. The event will be hosted by Lonnie Cook of Heartland Hospice and will take place at the Commission on Aging. As the program begins, enjoy a continental breakfast. The formal event will open with an Invocation, followed by the Pledge of Allegiance. We'll take a moment to reflect on the significance of the day with a reading of the History of Veteran's Day. Our veterans will be honored with a Recognition of Veterans, and a lighthearted Veteran's Day Limerick will be shared. The program will conclude with a Benediction. There will also be a guest speaker from the community who will be joining us to share their perspective on service. In addition to the presentation, join us in song as we sing the songs associated with each military branch. Please call 989-348-7123 to RSVP before November 8th.

This special event is an opportunity to come together as a community to express our gratitude to those who have served. This event is free to all members of the community.

November Blood Drive

Versiti will be back for their last blood drive of the year on November 25th from 11:30 am to 3:30 pm. Call 989-348-7123 to make an appointment.

Commodities Notice

By Al Burke, Commodities Coordinator

The Commodities program, now being run by the Crawford County Commission on Aging, through the Food Bank of Eastern Michigan will be distributing commodities the fourth Wednesday of each month beginning at 2:00 pm and continuing until 6:00 pm at the COA, 4388 M-72 HWY east of town. If you need commodities, please contact the COA and ask for an application. Complete the application and return it to the COA, and it will be submitted for you so that you may be placed on the list. Any questions, please call Al, the advocacy and resource coordinator, at (989) 348-7123, or stop in and ask for your application.

Free Thanksgiving Dinner

These are the details for the 34th Annual Crawford AuSable FREE Thanksgiving Dinner.

Who: Crawford County Citizens

When: Thanksgiving Day, November 28, 2024

Where is it? Meals are delivered to your home to reserve your home delivered meal, call 989-387-3672 by noon on 11/27/2024.

If the meal is getting delivered, the following information will be needed:

- # of meals
- Any special delivery instructions
- Name
- Phone number
- Address

Dine-In is also available at Grayling High School from 12-3 pm. The dinner will feature special guests Yogi Bear and BooBoo from Jellystone Campground.

Take out meals at Grayling High School from 12-3 pm on Thanksgiving Day.

THIS MEAL IS PROVIDED BY THE GENEROSITY OF LOCAL BUSINESSES, ORGANIZATIONS, INDIVIDUALS, THE U.S. ARMY NATIONAL GUARD AND THE GRAYLING AUSABLE SCHOOL DISTRICT.

Crawford County Commission on Aging Board Meeting Schedule

Fiscal Year 2024-2025

All meetings are held at 4388 W. M-72 Hwy, East of Grayling, beginning at 4:30 pm, unless otherwise noted.

October 15th, 2024
November 19th, 2024
December 17th, 2024
January 21st, 2025
February 18th, 2025
March 18th, 2025
April 15th, 2025
May 20th, 2025
June 17th, 2025
July 15th, 2025
August 19th, 2025
September 16, 2025

October Volunteer Spotlight



Judy Marchlewicz, the COA's volunteer spotlight for the month for October, describes herself as an "outgoing, friendly person" who enjoys staying busy. Originally from Warren, Michigan, Judy has been visiting Grayling for over 40 years, as her parents owned a cottage in the area. After her parents retired and moved to Grayling full-time, Judy and her husband, Carl, decided to follow suit and purchased their own home. Since 2018, Judy has lived in Grayling year-round, embracing all that the community has to offer. During the pandemic, Judy began volunteering with the Commission on Aging (COA), where she found the experience incredibly rewarding. "The people who run the programs were very helpful, and the seniors were so friendly that it made the whole experience a joy," Judy shared. Since her time volunteering for the special meal deliveries, she has become an active volunteer for the Walk in the Woods program, where she helps lead seniors on nature walks through Grayling's parks and the surrounding areas. Judy loves the opportunity to explore

the area and connect with others, and she wishes more people would join in on the walks.

Her volunteer work doesn't stop there. Judy is also involved with the Grayling Promotional Society and the USO at Camp Grayling, contributing her time to multiple causes. When she's not volunteering, Judy stays active by participating in local exercise classes like cardio drumming and Zumba Gold. Her love for community involvement and fitness shines through in everything she does.

Beyond her volunteer work and fitness routine, Judy has a passion for crochet and giving back. She donates handmade quilts, scarves, and other items to organizations around the county, ensuring her talents help others in need.

Judy's commitment to being a positive force in her community is inspiring, and her dedication to staying active, giving back, and connecting with others makes her a cherished member of Grayling.

Thank you for all that you do for the COA, Judy!



Gifts of Supplies

We happily accept these donations too:

Reams of copy paper, Lysol wipes
Amazon Wish List:

https://www.amazon.com/hz/wishlist/ls/EEZI62Z0HXKH/ref=hz_ls_biz_ex

Free Medical Equipment/Supplies

The Crawford County Commission on Aging has these items available for free.

If you are interested in any of these items, please contact Kathy Meisner at 989-348-7123 or stop by the Senior Center.

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

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.

WALK WITH EASE--SELF-PACED WITH WEEKLY MOTIVATIONAL EMAILS

October 1, 2024 – November 5, 2024

ONLINE: RELAX ALTERNATIVES TO ANGER WEEKLY SERIES OCT 2024

October 4, 2024 11:30AM – 12:30PM Friday Online

ONLINE: STRESS LESS WITH MINDFULNESS WEEKLY OCT 2024 SERIES

October 7, 2024 8:30AM – 9:30AM Monday Online

WITS WORKOUT - APPLE A DAY

October 7, 2024 1:00PM – 1:30PM Online

SUMMER/FALL FOOD SAFETY Q&A 2024

October 7, 2024 1:00PM – 1:30PM Online Via Zoom

CHRONIC PAIN PATH TOOLKIT--EVENINGS

October 10, 2024 – November 14, 2024

WITS WORKOUT - SLUMBER PARTY

October 14, 2024 1:00PM – 1:30PM Online

WALK WITH EASE PROGRAM OCT 2024

October 21, 2024 – November 25, 2024

SLEEP BASICS ONE-TIME WORKSHOP LUNCH & LEARN 10.21

October 21, 2024 11:30AM – 12:30PM Online

WITS WORKOUT - THE WORLD OVER (OCTOBER 21)

October 21, 2024 1:00PM – 1:30PM Online

ONLINE: SLEEP EDUCATION FOR EVERYONE OCT/NOV 2024

October 22, 2024 11:30AM – 12:00PM Every Tuesday Online

TYPE 2 DIABETES BASICS LUNCH & LEARN 10.28

October 28, 2024 11:30AM – 12:30PM Online

SUMMER/FALL FOOD SAFETY Q&A 2024

October 28, 2024 1:00PM – 1:30PM Online Via Zoom

WITS WORKOUT - TWO HEADS ARE BETTER THAN ONE

October 28, 2024 1:00PM – 1:30PM Online

CARING FOR THE CAREGIVER LUNCH & LEARN 10.30

October 30, 2024 12:00PM – 1:00PM Online

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

- Join exciting Dungeons and Dragons sessions at the Devereaux Memorial Library, Thursdays at 4:00 p.m. For teens and young adults.
- This October, we're brewing up a bewitching blend of fun and fall for our littlest readers every Wednesday at 11:00 a.m. Come and enjoy a boo-tiful time with us!
- 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.
- Sign-ups for our new Junior Graphic Novel Book Club are now open! Meetings will occur every third Tuesday of each month, beginning in October, from 3:30 p.m. to 4:30 p.m. The book to be read for the October meeting is Wings of Fire Graphic Novel Book 1. Sign-up and a valid library card are required.
- Our regular running programs include Genealogy (Mondays 9:00 a.m. - 12:00 p.m.), Let's Get Fit (Tuesdays 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.).
- Programs on animals, Legos, diamond painting, and more will be available soon. Keep an eye on our Facebook Page for further details and a finalized schedule of these new events!
- Keep in touch with the Crawford County Library via our social media platforms to stay informed about details and availability, for questions, 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@crowfordcolibrary.org for more information.

Changes to Online Access for Social Security

Provided by the Social Security Monthly Newsletter

Recently the Social Security Administration announced that customers who created an online account (e.g., my Social Security account) before September 18, 2021, will soon be required to transition to a Login.gov account to continue access to their online services. Over five million of these account holders have already transitioned to Login.gov.

The agency is making the changes to simplify the sign-in experience and align with federal authentication standards while providing safe and secure access to online services.

"my Social Security is a safe and secure way for people to do business with us," said Social Security Commissioner Martin O'Malley.

"We're excited to transition to Login.gov to access our online services, streamlining the process and ease of use for the public across agencies."

Account holders are encouraged to sign-in now. When the user logs in, they will be

presented with an option to easily transition to Login.gov. Once their account is successfully linked, a confirmation screen will appear, and they will have immediate access to their personal my Social Security services or other service that they were attempting to access. Existing Login.gov or ID.me account holders do NOT need to create a new account or take any action.

my Social Security accounts are free, secure, and provide personalized tools for everyone, whether receiving benefits or not. Your clients can use their account to request a replacement Social Security card, check the status of an application, estimate future benefits, or manage the benefits they already receive. For more information visit Create an Account | my Social Security | SSA. For more information about Login.gov, including their 24/7 customer phone and chat support, visit Help at login.gov.

— Food Resources — Crawford County Residents

Christian Help Center Free Food Truck

Thursday, October 3rd, 10:30 am
Lovells Township Hall

Mt Hope Free Food Trucks

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 program of Baruch Senior Ministries
A Non-Profit Faith-Based Organization

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

Stay in the Know!

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

Email: director@crowfordcoa.org

Call: (989) 348-7123

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

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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!

Spooky Word Search Puzzle

COSTUME
PUMPKIN
HAUNTED
SPOOKY
SKELETON
TRICKSTER
VAMPIRE
MONSTER
SPIDERWEB
CANDLES
DARKNESS
GHOSTLY
POTION
ZOMBIE
PHANTOM
GHOULISH
BEWITCHED
LANTERN
CAULDRON
CREEPY
FULLMOON
GOBLIN
MUMMY
FRIGHTFUL
SHADOW
MIDNIGHT
CEMETERY
EERIE
SORCERY
GRUESOME
UNSEEN
MASKED
HOWLING
TERROR
CHILLS
CRYPT
WICKED
CACKLING
APPARITION
POTION
SCREECH
DREADFUL
THRILLER
GARGOYLE

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

Special Message from Kate Moshier

Hi everyone, I want to thank everyone who came out for our September special dinner and for all of the lovely compliments we have received on the food. Unfortunately, I know we disappointed many of you when we ran out of blackberry cobbler. First, I would like to sincerely apologize. I am very sorry for the oversight on our part, and we will work to make sure it doesn't happen again. I would like to make this up to you by offering warm blackberry cobbler and vanilla ice cream during our congregate lunch, 11:30am-12:30pm, on Thursday October 3rd.

Kate's Kitchen Corner



Cabbage Soup by Kate Moshier, CDM, CFPP

- 2 tablespoons olive oil
- 3 carrots diced
- 2 celery stalks diced
- 1 onion diced
- 4 garlic cloves minced (or 1 1/2tsp dried)
- 1 small head cabbage chopped in bite sized pieces
- 4 cups chicken broth (or beef or vegetable)
- 1 28oz can diced tomatoes (fire roasted taste great!)
- 1 1/2 teaspoons dried thyme
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Instructions

Heat the oil in a large pot over medium heat. Add the carrots, celery, and onion. Cook until onions are translucent and other vegetables are crisp tender, stirring often, about 8 minutes. If using fresh garlic, add now and stir constantly for 30 seconds to 1 minute until garlic is fragrant and then immediately add your liquid from your next step to prevent it from scorching. Add the cabbage, broth, tomatoes (with juices), thyme, salt, (and dried garlic if you are using it) and pepper. Bring to a boil.

Cover, reduce the heat to medium-low, and simmer until the cabbage is tender, about 30 minutes.

Notes:

1. You can substitute tomato juice for part of your liquid or add some tomato sauce or paste if you prefer a heavier tomato flavor. To make this soup more filling add a can of beans and/or a diced potato along with the cabbage
2. If you don't like thyme, use the same amount of rosemary, basil, oregano, or Italian seasoning.
3. For more depth of flavor, once your onions, celery, and carrots are ready, add an extra drizzle of oil to your pot and add your cabbage, stirring often until it caramelizes and cooks down by about half before continuing with the recipe.

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Senior Center End of Summer Recap

Trip to the Uncommon Ranch



At the end of August, 11 participants took a trip out to the Uncommon Ranch on Chase Bridge Road. The visit included a walk through their massive lavender fields, and a lesson in lavender cultivation, reproduction, and

distillation.

Owned by Christian and Michelle, they came to Grayling a vision to create something extraordinary. Despite initial

skepticism about the land's potential, they discovered that the sandy, scrubby terrain



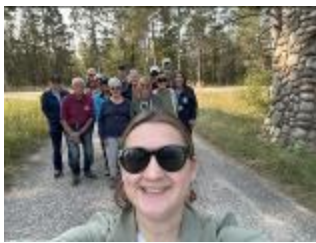
was perfect for growing lavender. A special thank you goes out to Christian and Michelle for allowing the COA to visit their

beautiful property. The COA cannot wait to return next year.

Fall Walk in the Woods

The fall sessions of Walk in the Woods kicked off on September 4th with a walk out at Rayburn's trail on M-72 E. The group has had a lot of fun during the first month of sessions.

The group made the decision to begin meeting for lunch following each walk at the Senior Center. To learn more about Walk in the Woods, read the schedule on page 7.



Community Health Fair



The first ever annual Crawford County Community Health Fair on September 5th was an incredible success. The Health Fair drew in 138 members of the Community, who were able to enjoy classes

such as Line Dancing, Zumba, Family Financial Planning, Adult Scams, Advanced Directives, and much more.

There were lots of different activities



and services offered, including massages, a vaccination clinic, finger printing, and games for the kids to play. Some of the booths available included

booths from Munson, MSU-E, and the Grace Center. After the conclusion of the Health Fair, Munson put on a public feedback session for upcoming changes at Munson Hospital in Grayling, which drew in an impressive 21 individuals. In total, between the two programs, 159 people were able to attend and learn more about the community, its events, and how to be healthy.



Art Class with Clare

On September 6th, Artisan Village instructor Clare Spaulding came to demonstrate how to make acrylic paint jewelry. The class was a hit. Thank you to Clare for coming out to teach. Stay tuned for next month's art class with Pam Meland. Pam 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. Thank you to both Clare and Pam for volunteering your time to share your talents with the COA.

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P: 989-448-2500


Grayling Office
306 State Street
P: 989-745-6667



**Veteran's
Coffee Hour**

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

**DENHOLM FAMILY
CHIROPRACTIC**



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Grayling, MI
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F: (989) 348-3537

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rboykindc@gmail.com

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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, October 16th, 2024 @ 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.

AI's Advice

Sadly, as we age, many people find themselves spending more time alone.



This is especially true after the loss of a spouse. As we get older, more of your friends become more isolated as well.

Difficulties in driving to visit friends, family or even perhaps a trip to church or shopping. Social isolation and loneliness are different. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly.

Increased social isolation and loneliness are associated with higher risks for health problems, such as depression, heart disease; and cognitive decline, which is a decrease in the ability to think, learn, and remember.

To combat this, schedule daily, weekly, or biweekly phone calls or video chats. Encourage them to seek out others with shared interests, such as through a garden club, volunteer organization, or walking group.

Open Enrollment Starts October 15th

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!

Call Al Burke at 989-348-7123 to make an appointment with one of our trained Michigan Medicare Medicaid Assistance Program counselors. They

will help you review your insurance options and determine what is covered and what costs you will likely incur throughout the coming year. Appointments are being taken 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. Call for a phone appointment today. Remember, open enrollment begins on October 15th and runs through December 7th. Call 989-348-7123 for more information on Open Enrollment.

Remembering Tina Foster



It's again that time of year when we are preparing for Medicare Open Enrollment that I think of our friend, Tina Foster. Tina was a volunteer who counselled Medicare and Medicaid recipients all year around, but October 15th through December 7th was her busiest time. She also served with me as an officer on the Crawford County Community Christian Help Center Food Pantry Board. In her spare time (I say that with a smile), she also helped at the AuSable Artisan Village. The dragonfly display outside at the entrance is a tribute to her.

We lost Tina in December 2019, but her memory lives on through donations made by her husband, Scott Foster. This past year in

addition to his regular donations, he sponsored the Interview Room at our new Senior Center. This is where Tina would've worked. She would have been so pleased with the new space. Her old space was cramped, full of storage shelved along the one side and the air was never great in there. Thank you, Scott, for permanently recognizing Tina at the Senior Center. I am grateful for this continued legacy but I'm mostly grateful that I knew Tina.

Christine (Tina) Foster was a volunteer at the Crawford County Commission on Aging & Senior Center with the Medicare/Medicaid Assistance Program (MMAP). She and her husband, Scott, came from Chelsea, MI. After they graduated from college, they moved to Rawlins, WY and later to Portage, WI, spending 30 years between these two locations. Tina was the director of hospital laboratories for most of those 30 years. In 2008, Scott decided to retire to the same AuSable River property that his parents, Dud and Ang Foster, had retired to years earlier.

Tina will always be remembered for her dedication, passion, and kind heart.



Things We Collect!

We collect the following and turn them in to receive money for our programs!

- Used Cell Phones
- Our Family UPC Labels



Reaching Seniors and Beyond!