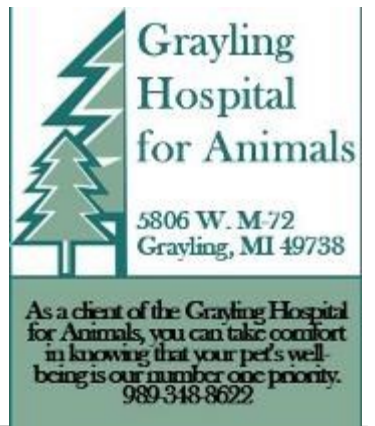




Crawford County Senior Gazette November 2024



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Karen Lee's Journey of Healing and Celebration for Wartime Veterans

By Toby Neal



For many wartime veterans, the Mid-Michigan Honor Flight is more than just a trip; it is a

transformative journey that brings healing, recognition, and a renewed sense of pride. Karen Lee, a Marine Corps veteran originally from Philadelphia who now resides in the Grayling area, recently shared her powerful experience on this all-female Honor Flight, an event she described as "possibly the most exciting thing I've ever done in my life."

Lee, who served four years of active duty and two in reserve, reminisced about her time in the

military. Though she loved her service, she expressed some regret in leaving. "I wish I had stayed longer. I would have done the whole shebang," Karen lamented. Her husband, also a Marine, had to leave due to an injury, and she followed. Despite her departure from military life, Karen's passion and patriotism for her country remained strong, leading her to participate in the Honor Flight.

The Mid-Michigan Honor Flight organizes trips for veterans to visit war memorials in Washington, D.C., honoring their service. When Karen was invited, she was initially set to go as a guardian, helping others navigate the day. However, when the veterans she was supposed to accompany dropped out, she ended up paired with a fellow female veteran. It turned out to be an unexpected twist. They joined an all-women's flight scheduled for National Women's Recognition Day, adding a deeper sense of unity and pride to the event.

As the group prepared for their departure, Karen described the energy and enthusiasm at the airport in Flint.

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
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Grayling, MI 49738
4388 West M-72 Hwy

Commission on Aging & Senior Center
to our Website
Smartphone Scan



Senior Gazette Staff

Editor — Alice Snyder

Contributing Writers

**Toby Neal, Kate Moshier,
Al Burke, Sarah Pollock, Carlie Wilson**

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:

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

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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, Dalton Keir

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

Homemakers:

Kathy, Jill, Susan & Danette

November Birthdays

**Denyce Krolczyk 11/1
Sandra Marshall 11/10
Maureen Rysso 11/12
Thelma Stevens 11/12
Orvetta Roggow 11/21
Jack Campbell 11/26
Miriam (Kaye) Wisenbaugh 11/26**

**Senior Center Birthday Lunch
Tuesday, November 19th,
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

**December 3rd: 10 am—12 pm
Register by calling 989-348-0296**



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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

Thank you to our COA Volunteers

Meredith Anderson	Mike Miller
Claudia Albright	Michelle Millikin
Donna Brown	Toby Neal
Mary Jo Buschbacher	Suzanne Ostahowski
Ben & Pam Carr	Mark Ostahowski
Debbie Carrigan	Ron Pagereski
Faith Dandois	Sharen Perkins
Diana Doremire	Lois Platt
Rich Ferrigan	Keith Radwanski
Dorothy Frederick	Deb & Tom Rawlings
Janet Gilbert	Chuck & Robin Rodgers
Karen Gribb	Jan Sharzi
Ed Gosciki	Sami Szydzik
Annie Gosciki	Clare Spaulding
Donn Handy	Janet Smith
Sherry Haag	Sally Slicker
Sharron Hagerman	Mark Snyder
Val Hendricks	Ann Stephenson
Susan Hensler	Dave Stephenson
Annette Hritz	Tim & Susie Swedine
Donna Hubbard	Brad Summers
Liedewey Hunter	Farrell Thomas
Cindy Johnson	Ellen Thompson
Lorrie Jorgenson	Ken Thurston
Glenn & Lorelei King	Martha Trenkner
Linda LaBrie	Becky Walrath
Jim Lawless	Zoella Wethington
Alice Lee	Carol Wilder
Kirsten Leitz	Ernie Windolph
Nancy Lemmen	
Dean & Barb McCray	
Dan & Karen McCarthy	
Rick McBride	
Pam Meland	
Tim Miller	

Thank you!



Veterans Day Program November 11th, 2024 10:30 am—12:00 pm

Join the COA for a special presentation for Veteran's Day, led by Lonnie Cook of Heartland Hospice. Enjoy a continental breakfast during the program. 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 the COA at 989-348-7123 to RSVP before November 8th.

Clare Spaulding Bracelet Making Class November 15th, 2024 10:00 am—12:00 pm

Clare Spaulding will be back with another acrylic jewelry making class, which was a huge request following her class she held in September. The cost of the class is by donation only and will be at the Commission on Aging. Please donate what you can afford, and it will go toward the cost of materials for the session.

November Versiti Blood Drive November 25th, 2024 11:30 am—3:30 pm

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. Help the COA set a year-end record, and become one of 15 people who donate blood for this drive. Blood is in critical need, and the more you donate, the more lives you save.

Thanksgiving Themed Jeopardy November 26th, 2024 12:30 pm—1:30 pm

Stop by the COA to partake in an exciting game of Thanksgiving themed jeopardy. Play in teams, create team names, and get competitive. Categories may include Turkey Trivia,, Feast Facts, Thanksgiving Around the World, Pilgrim or Puritan, Movie Munchies, and Football Frenzy.

Community Events



Grayling High School Veteran's Day Assembly

November 11th,
9:30 am—10:30 am

Veteran's Day Swiss Steak Meal at Tinker's Junction

November 11th, 2024
4:00 pm

34th Annual Crawford AuSable FREE Thanksgiving Dinner November 28th, 2024

Meals can be 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. Pick up meals at Grayling High School from 12-3 pm on Thanksgiving Day.

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Grayling, MI 49738 Fax (989) 348-7698

Continued: Karen Lee's Story

"You walk into the airport, and there's just people clapping and screaming. Everything is red, white, blue, and gold. It was like being royalty," Lee shared enthusiastically. Karen and her fellow veterans were greeted with a warm welcome and treated to a water gun salute from fire engines before boarding the plane. "The entire experience was surreal," she said. "It felt like we were being honored in a way I had never felt before."

The journey itself was meticulously organized, demonstrating the dedication and care of the Honor Flight team. Karen specifically praised the efforts of the organizers, noting the seamless coordination. "I've never seen anything run so well in my life. Bob Green, the President of the Mid-Michigan chapter, and Carlie (Wilson), who works here locally, were incredible. They made sure everything went smoothly," Lee explained.

When they arrived in Baltimore, hundreds of people were waiting, clapping and cheering for the veterans as they walked through the airport. Karen was awestruck by the outpouring of support, saying, "It was like a scene from a movie. People just dropped what they were doing to honor us," Lee shared. This sense of reverence continued as they traveled to Washington, D.C., with motorcycle groups of former military vets escorting them to the memorials.

The Honor Flight visits several significant landmarks, including the Air Force Memorial, the Vietnam Memorial, the Korean War Memorial, and Arlington National Cemetery. Karen reflected on the powerful emotions she felt, especially during the visit to the Vietnam Memorial. "Most of the women on our flight were from the Vietnam era. They were nurses and seeing them do rubbings of names on the wall was incredibly moving. You could see the memories and emotions come flooding back. It was an entirely different perspective," Lee offered.

Karen also described the poignant experience of witnessing the Changing of the Guard at Arlington National



Cemetery, emphasizing how the ceremony, conducted with precision and respect, left a lasting impression on her. "It's one thing to read about it or watch it on TV, but being there in person, surrounded by fellow veterans, made it all the more significant," Karen said.

The all-women flight also visited the newly opened Women's Memorial, which held a special ceremony for the group. "It was amazing to see a place dedicated specifically to the contributions of women in the military," Karen shared. "They spared no expense in making us feel appreciated and honored."

What struck Karen

the most was the emotional impact of the experience, not just for herself but for her fellow veterans. "For the Vietnam vets, who were treated so poorly when they returned home, this experience was incredibly healing," Karen began, continuing, "it was as if this Honor Flight finally gave them the recognition and gratitude, they should have received all those years ago." Karen noted that many of the women were brought to tears during the journey. "To see them being honored like this, after so many years of feeling neglected or even rejected, was life-changing. It was as if a weight was lifted."

Karen's journey with the Mid-Michigan Honor Flight also reconnected her with her community. She explained that she had learned about the Honor Flight through her quilting group, which had made lap quilts for the veterans. "Our group made 31 quilts, and it was so rewarding to know that these quilts were given to veterans on these flights. It felt like we were giving back in a small but meaningful way."

The trip culminated in an emotional homecoming back in Flint. Karen described the overwhelming scene at the airport when they returned. "It was close to midnight, and the whole walkway was filled with people. There were children waving American flags, high school bands playing, and news reporters capturing the moment. It was so emotional—I've never seen anything like it. People came out late at night just to welcome us



home. It was incredibly touching." As each veteran's name was called, they were presented with a commemorative bear and a quilt, bringing the journey full circle. Karen, who usually considered herself "rough around the edges" admitted that even she was moved to tears by the display of gratitude and love from the community. "It was overwhelming. To know that people care this much, and to see young kids learning to appreciate veterans, it was heartwarming."

Karen's experience with the Mid-Michigan Honor Flight highlights the profound impact such events can have on wartime veterans. For those who missed the recognition they deserved when they initially returned from service, the Honor Flight offers a chance for healing and celebration. "For many of us, this was the first time we felt truly appreciated for our service," Karen said. "It was life-changing, and I'll never forget it."

The Mid-Michigan Honor Flight is a testament to the power of community and the importance of recognizing veterans for their sacrifices. It serves as a reminder that while the wounds of war may linger, moments of unity, gratitude, and honor can bring immense healing. For Karen and the other veterans who participated, the journey was not just a trip; it was a powerful statement that their service, and the sacrifices they made, will never be forgotten.

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), stocking, servers for special events, receptionists, dishwashers, and activity leaders. We are seeking five volunteers to make birthday phone calls in the office. 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.

Grateful Gatherings: Fall Special Dinners and Some Gifts we are Thankful For

Harvest Dinner Recap



October 10th wasn't just the Harvest Special Dinner, it was also Sally Slicker's birthday. If that wasn't lucky enough, Birthday Girl Sally Slicker was the winner of \$145.00 from the Harvest Special Dinner 50/50 raffle. Betty Corwin was also lucky, as she took home the gift cards donated by Q-100 and Sheryl Coyne. She will enjoy dinners at Spikes and Michawaye.



The last winner was Janice Landon, who was the winner of the "yard work guessing game," taking home the Bath and Body Works set, which was donated by North Central Area Credit Union. Thank you sponsors, and thank you for coming out to dinner.

Art & Tree Donations

Speaking of Thanksgiving, the COA wants to thank Sandra Michalik for purchasing a tree for the center. Thank you also to Sherry Haag, Kim Diment, and Sandra Michalik for their generous art donations. Thank you for helping to make the center a more beautiful place. To come take a peek at their art, visit the center Monday through Friday.

Preview of the Thanksgiving Special Dinner

As the season of gratitude approaches, join the Crawford County Commission on Aging for their annual Thanksgiving Dinner on November 14th at 4:00 p.m. This event is an opportunity to come together, and enjoy turkey, mashed potatoes & gravy, stuffing, green bean casserole, rolls, and pumpkin pie. Sponsored by Thompson and Treusch Law Office, this month's Special Dinner not only serves up delicious food but also offers a heartwarming door prize: a basket full of pet supplies! Attendees will have the chance to enter a free drawing and win essentials for their beloved furry friends. Gather with us for an evening filled with community, comfort, and celebration. Let's give thanks, share stories, and maybe even go home with a special treat for the pets who bring us joy year-round.



New Programs in 2025

In the winter of 2025, the Crawford County Commission on Aging will launch several new health and wellness programs funded by a NEMSCA grant. **Bingocize:** A fun, interactive program that combines bingo with simple exercises to promote physical activity and social engagement. **Geri-Fit:** A strength-training exercise program designed to improve muscle health, balance, and flexibility for older adults. **Water Aerobics:** A low-impact exercise class held in a pool, perfect for enhancing cardiovascular fitness and joint mobility. Scheduling and registration will be available soon.

Al's Advice



Welcome Graduates to Al's Scam Buster University. This tip will be covering identity theft. Identity theft can happen to anyone, and the criminals behind it are sneakier than ever. Here's a tip: Your bank or credit card company will NEVER ask for your full Social Security Number or password via email or text. If you receive such a request, it's a red flag! Scammers are clever, but with a little vigilance, you can stay one step ahead and protect yourself from becoming a victim of identity theft!

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The Scoop on Healthy Living with Jan Williamson

If Type 2 Diabetes were an infectious disease, passed from one person to another, public health officials would say we're in the midst of an epidemic. This disease is affecting a growing number of adults in all age groups. The good news is that Pre-Diabetes and Type 2 Diabetes are largely preventable.

Here are 5 tips for taking control of your blood sugar and preventing Diabetes.

- Lose weight – Set an achievable weight loss goal for yourself. Losing 1-2 pounds/week is generally a good start.
- Get Moving – This can include increasing basic activity throughout your day like turning off the TV and taking a walk or working in and around your house. It can also include scheduled exercises, like joining one of the exercise activities at your local Commission on Aging.
- Don't Smoke – Smokers are roughly 50% more likely to develop diabetes than non-smokers.
- Light to Moderate alcohol consumption - Moderate amounts of alcohol is best. One drink for women and up to 2 drinks/day for men.
- Positive thinking and role modeling – Preventing Diabetes isn't something you can do alone.

Changing behaviors like what we eat, how active we are or stopping smoking require support from those around us. Tell your family what your goals are. Look for groups or educational opportunities to support you on your journey.

Your local Commission on Aging is there to help you. We provide nutritious meals both in our Center and at Home. Exercise and activity options are available throughout each week. Please come and join us and let us help you on your journey.

Written by Jan Williamson, RN



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.

**GIVING
TUESDAY**



Medical Equipment Spotlight

By Sarah Pollock

This shower spa chair is the perfect choice for users who need extra support when sitting down and standing up in a standard bathtub or walk-in shower. This spa chair features adjustable aluminum legs and padded arms that offer additional comfort and grip. It can be cleaned with any standard disinfectants or sanitizing wipes. If you need a shower chair, the Commission on Aging has one available along with other medical equipment for adults 60 and over who live in Crawford County. All equipment is a first-come, first-served basis. Please give Kathy a call at (989) 348-7123 to see if we have what you need!



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

Suggestion: Speed Limit near the Center should be reduced to about 35mph. 65mph is too dangerous to those pulling in or out of the Center.

Response: We agree! Grayling Township recently passed a resolution to ask for a speed study at our request. This has been forwarded to both MDOT and the Michigan State Police. It is not a local decision, but we are working on it.

Social Security Article

The Social Security Board of Trustees recently released its annual report on the financial status of the health of the Social Security Trust Funds. The combined asset reserves of the Old-Age and Survivors Insurance and Disability Insurance (OASI and DI) Trust Funds are projected to have enough dedicated revenue to pay all scheduled benefits and associated administrative costs until 2035, one year later than projected last year, with 83 percent of benefits payable at that time.

In the 2024 Annual Report to Congress, the Trustees announced:

- The asset reserves of the combined OASI and DI Trust Funds declined by \$41 billion in 2023 to a total of \$2.788 trillion.
- The total annual cost of the program is projected to exceed total annual income in 2024 and remain higher throughout the 75-year projection period. Total cost began to be higher than total income in 2021. Social Security's cost has exceeded its non-interest income since 2010.
- The year when the combined trust fund reserves are projected to become depleted, if Congress does not act before then, is 2035. At that time, there would be sufficient income coming in to pay 83 percent of scheduled benefits. This year's report is a measure of good news for the millions of Americans who depend on Social Security, including the roughly 50 percent of seniors for whom Social Security is the difference between poverty and living in dignity -- any potential benefit reduction event has been pushed off from 2034 to 2035. More people are contributing to Social Security, thanks to strong economic policies that have yielded impressive wage growth, historic job creation, and a steady, low unemployment rate. (Continued on Page 16.)

Suggestion: We can't read the hands on the clock in the Activities Room.

Response: Thanks for letting us know. We have ordered a new one.

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

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

November 2024 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, and Kiwi
4 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	5 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks 4:30-5:30p Dinner Chicken Stew with Biscuit, Brussels Sprouts, Pear	6 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange 4:30-5:30p Dinner Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	7 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes 4:30-5:30p Dinner Chicken and Dumplings, Harvest Blend Vegetables, Orange	8 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange
11 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	12 11:30a-12:30p Lunch Chicken and Dumplings, Harvest Blend Vegetables, Orange 4:30-5:30p Dinner Beef Tips, California Blend Vegetable, Pear	13 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	14 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes 4-6pm Thanksgiving Meal Turkey, Mashed Potatoes and Gravy, Stuffing, Rolls, Green Bean Casserole, and Pumpkin Pie	15 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
18 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	19 11:30a-12:30p Birthday Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetable, Orange 4:30-5:30p Dinner Meatloaf, Mashed Potatoes w/Gravy, Brussels Sprouts, and Strawberries	20 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots 4:30-5:30pm Dinner Pork Roast, Baked Potato, Green Beans, Pear	21 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes 4:30-5:30p Dinner Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana	22 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
25 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	26 Thanksgiving Meal Day Make Up* 11:30a-12:30p Chicken Alfredo, Sugar Snap Peas, Broccoli, Orange 4:30-5:30p Dinner Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread	27 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi 4:30-5:30p Dinner Beef Stew, California Blend Vegetable, Apple		
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

November 2024 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:45a Fit for the Aging 1p Pantry Bingo
4 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	5 9a Friends of a Feather Quilting Group 9a Zumba Gold 10a Zumba Gold 12:30 p Euchre (Events Room)	6 10a Silver Sneakers 11a BP Check 12:30p Mahjong	7 9a Zumba Gold 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo 3p-4p Daylight Diamonds	8 10:45a Fit for the Aging 1p Pantry Bingo
11 10a Silver Sneakers 10:30a Veteran's Day Program 1-4p Chess Club 2-3p Diamond Art Club	12 9a-2p Housing Counseling Class 9a Zumba Gold 10a Zumba Gold 12:30p Euchre	13 10a Silver Sneakers 11a BP Check 12:30p Mahjong	14 10a Pokeno 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo 3p-4p Daylight Diamonds 4p-6p Thanksgiving Special Dinner	15 10a-12p Art Class with Clare Spaulding 10:45a Fit for the Aging 1p Pantry Bingo
18 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	19 9a Zumba Gold 10a Zumba Gold 11:30a Birthday Lunch 12:30p Euchre 4:30p Board Meeting	20 10a Silver Sneakers 11a BP Check 11a Alzheimer's Support @ the Brook 11a New to Medicare 12:30p Mahjong	21 9a Zumba Gold 10a Pokeno 10a Zumba Gold 1p Penny Bingo 1-5p Legal Assistance Appt. Required 3p-4p Daylight Diamonds	22 10:45a Fit for the Aging 1p Pantry Bingo
25 9:15a-5:30p Foot Clinic -Appt. Required 10a Silver Sneakers Blood Drive 11:30a- 3:30p 1-4p Chess Club 2-3p Diamond Art Club	26 9a Zumba Gold 10a Zumba Gold 12:30p Euchre 12:30p Jeopardy	27 10a Silver Sneakers 12:30p Mahjong 2p-4:30p Commodities		

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!**
Commission on Aging & Senior Center

Congregate Meals – 849
In-Home Services
HDM – 3,148
Respite – 79.50
Homemaker – 187.75
Bathing – 37



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

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:
Special Projects
Coordinator



(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



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Coming Attractions: Save the Dates

Giving Tuesday

The Crawford County Commission on Aging is excited to be one of 60 nonprofits participating in Giving Tuesday Northeast Michigan this year through the Community Foundation for Northeast Michigan (CFNEM)! This year Giving Tuesday is December 3rd. Any donations made through CFNEM on our organization's behalf on that day will be used specifically to support the Meals on Wheels program. The Community Foundation hosts Giving Tuesday Northeast Michigan to make giving back easy, and 100% of your donation goes to the organization you choose. So when you make a gift to the COA on December 3 at cfnem.org/givingtuesday, we are sure to get every last penny to use where we need it most.

Northwind/Gaylord Community Orchestra Concert

Celebrate the season with the Gaylord Community Orchestra's Christmas Concert on December 9th, from 6-7 pm! Enjoy a festive evening of timeless holiday classics and joyful carols. Don't miss this magical musical experience to get you in the holiday spirit! Tickets are \$10.00 per person, \$15.00 for out of county residents.

Free Christmas Wreath Center Piece Making Class with Bea Patrick

This class only has 8 seats available and is sure to get you into the Christmas Spirit! Bea Patrick will be hosting a FREE Wreath Center Piece Making Class on December 11th, 10:00 am – 12:00 pm. Call 989-348-7123 to secure your spot today, as limited seating is available.

Christmas Dinner

Want to get more into the Christmas Spirit? Well stick around and join the COA on Thursday, December 12th for the COA's Christmas Special Dinner.

Noon-Years Eve

Ring in the new year a little early at the COA's "Noon Year's Eve" party on December 30th! Join us at 12:15 pm for a special toast with sparkling grape juice, cookies, and a look back at 2024 a little bit earlier.

Free Covid Tests Available

Cold and flu season is officially back. Stock up on free Covid-19 tests while they're still here. Visit the COA at 4388 W. M-72 or call 989-348-7123.

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 4:30 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 the COA at (989) 348-7123, or stop in and ask for your application.

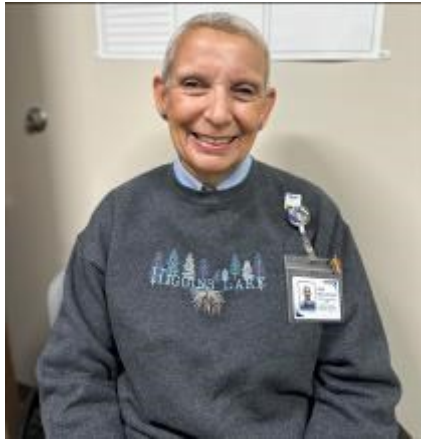
Crawford County Commission on Aging Board Meeting Schedule

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

DECEMBER 5TH, 9:00 AM
\$55 FOR IN COUNTY
\$60 FOR OUT OF COUNTY
THIS INCLUDES TRAVEL COST AND COST OF LUNCH AT OMA'S RESTURANT IN FRANKENMUTH!
BUS LEAVES AT 9:00 AM AND WILL RETURN AROUND 4:00 PM

November Volunteer Spotlight: Jan Williamson



Jan Williamson has had an illustrious career in healthcare. She has been a Registered Nurse Practitioner for 52 years,

and was a Home Health Care and Hospice Nurse for 30 years. When Jan retired from her fulltime nursing career, she decided to start volunteering for both the Roscommon Commission on Aging and the Crawford County Commission on Aging.

She began her Michigan Medicare/Medicaid Assistance Program training in 2012 and started volunteering as a MMAP counselor for Roscommon COA in 2013. In addition, she serves as the volunteer nurse for the Crawford County Commission on Aging, offering medication counseling and regular blood pressure checks. She's been a regular part of these communities since she moved up here in 2005.

Her husband describes her as a person "Who can't sit still," she explained that she loves doing things with her hands, like "gardening and lawncare." She says the "hobby" that keeps her the busiest is spending time with her 10 grand children, "I've become very familiar with I-75, I'm always on it, traveling to support my grandkids in their sports and activities."

While she saw the ad the COA posted in March about needing a volunteer nurse, it was not the only reason she signed on to volunteer. Jan says her biggest passion in the world, outside of hospice, is "Community health, especially for our aging population." She wanted to do as much as she possibly could to help older adults in Crawford and Roscommon counties stay healthy and age gracefully. At the time of registering as a volunteer for Crawford County COA, she has been working at the center once a day, and felt she "Could be doing more," and had already discovered a love for volunteering, so the decision was a "No brainer."

While Jan is a hard worker, intelligent, compassionate, and kind, she also has a very witty sense of humor. When asked what her hopes and future plans are, she stated "I hope to be alive." Aside from that, she also "Plans to continue providing assistance and support for the aging community."

Finally, Jan shared with us her life motto, and that is to "Be kind." Jan said that is her life motto because "It's the right thing to do, first of all. But I also think that it is so easy to see a person and think something negative about them. From a nursing perspective, we are taught to treat everyone the same, no matter what instinct or thought we may have, we treat them the same. When I do that, I'm actively choosing to be kind."

Thank you to Jan for all that she does as a volunteer for the COA, and for her community. Her work is beyond valued and extremely appreciated.

Gifts of Supplies

We happily accept these donations too:
All types of paper (copy, cardstock, craft)
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.

Grayling Hospital for Animals

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

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



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**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.

Brief Practices in Mindfulness Lunch & Learn

November 4, 2024 11:30AM – 12:30PM Online

Wits Workout - Comforts of Home

November 4, 2024 1:00PM – 1:30PM Online

Summer/Fall Food Safety Q&A 2024

November 4, 2024 1:00PM – 1:30PM Online Via Zoom

Diabetes Awareness Month Series--Diabetes Simplified

November 5, 2024 12:00PM – 1:00PM Online

Diabetes PATH Toolkit--Evenings

November 5, 2024 – December 10, 2024 Online

Be Kind to Your Mind Lunch & Learn

November 6, 2024 12:00PM – 1:00PM Online

Retirement Myths and Facts (Webinar)

November 6, 2024 3:00PM – 4:00PM Zoom webinar

Preserving MI Harvest- Holiday Baking

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

Top 10 Credit Tips

November 8, 2024 12:00PM – 1:00PM Online

Keep Moving to Prevent Health Problems Lunch & Learn

November 11, 2024 11:30AM – 12:30PM Online

Wits Workout - Out with the Old In with the New

November 11, 2024 1:00PM – 1:30PM Online

Preparing for Holiday Stress Using Mindfulness

November 12, 2024 11:30AM – 12:45PM 10:30 a.m. CT/11:30a.m. ET. ZOOM

National Diabetes Awareness Month--Type 2 Diabetes Basics

November 12, 2024 12:00PM – 1:00PM Online

Smart Food Choices Lunch & Learn

November 13, 2024 12:00PM – 1:00PM Online

Make a Spending Plan Work for You!

November 14, 2024 3:00PM – 4:00PM Zoom

Changing Negative Self-Talk Lunch & Learn

November 18, 2024 11:30AM – 12:30PM Online

Wits Workout - Child's Play

November 18, 2024 1:00PM – 1:30PM Online

Diabetes Awareness Month Series--Smart Food Choices

November 19, 2024 12:00PM – 1:00PM Online

SLEEP Basics One Time Workshop Lunch & Learn

November 20, 2024 12:00PM – 1:00PM Online

Every Penny Counts: Savings Strategies

November 20, 2024 12:00PM – 1:00PM Online via Zoom

Diabetes Awareness Month Series--Keep Moving to Prevent Health Problems

November 26, 2024 12:00PM – 1:00PM Online

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



Open Letter: As some of you may have already heard, I will be closing out my 20+ year career at the Crawford County Commission on Aging & Senior Center. The COA Board is now in the process of searching for a new Director. Notice and job description can be found in the Employment section of our website www.crawfordcoa.org. I will be around until the end of March to help the new Director get settled. It has been a pleasure to serve the older adults of this community. I want to thank everyone who has been a part of my journey for their support over the years. This place will

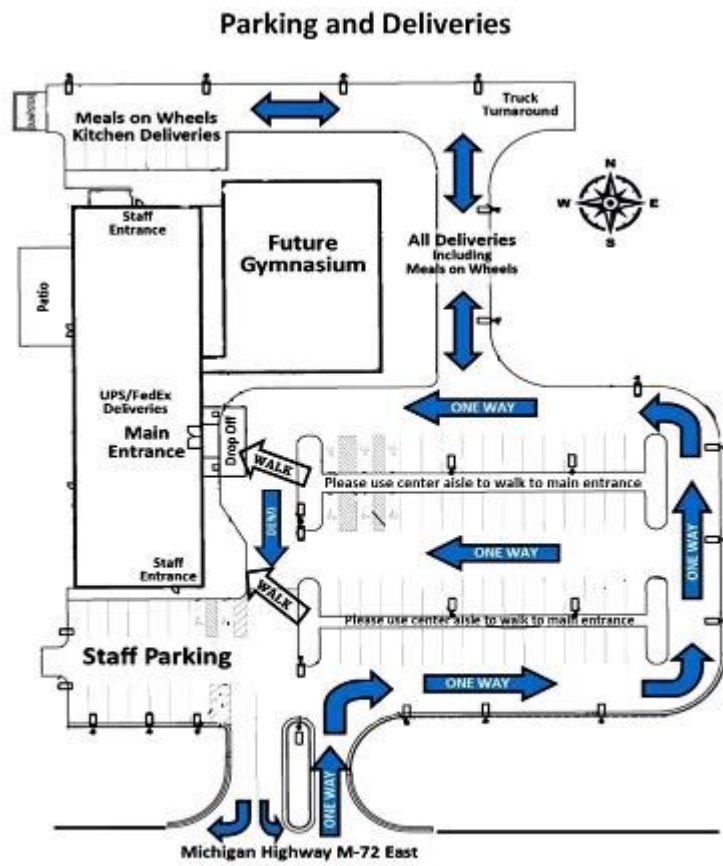
always have a special piece of my heart. At the September COA Board meeting, the Board voted to close the dinner meal for the winter months.

Winter Dinner Decision: Effective December 1st, the COA will temporarily pause dinners for the months of December, January, February and March. Dinners will resume next April. If for some reason you depend on that nutritious meal, please contact Sarah Pollock, In-Home Services Manager to see if you qualify for Meals on Wheels.

Winter Parking Lot Etiquette: Please remember to follow the arrows on the payment to park. This means as you enter, you need to turn to your right to go around. Please do not drive straight forward to the entrance as it's dangerous to meet other traffic, including the bus, head on. Also, please do not drive through the parking spaces to get to the back entrance. You never know when someone might be opening their car door to get out.

Soon snow will be on the ground so I thought I would provide some additional education about how our parking lot was designed. All of the sidewalks around the building are heated sidewalks. There are a couple disabled parking spots in the employee parking lot to your left when you enter. These would be helpful in the winter to those concerned about falling. You should be able to exit your car and get right up on the clear sidewalk to walk to the entrance. For those parking in the lot, review the map provided. The center aisle in between the rows of parking are meant to walk in to the front entrance to avoid walking in the parking lot traffic. We will try to keep these rows salted for safety. Depending on which aisle your using, walk straight across to get onto the heated sidewalks which should be clear. We designed this lot with you in mind!

The map is outlined next to this article.



**— Food Resources —
Crawford County Residents**

Mt Hope Free Food Trucks

November 9th

Mt. Hope Lutheran Church

Crawford County Community

Christian Help Center—Food Pantry

Mon, Wed & Fridays—11am - 3pm
for anyone living in Crawford County

Christian Help Center Food Truck

Frederic Township Hall November 7th, 10 am.

Come visit us!

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

A Non-Profit Faith-Based Organization

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

Stay in the Know!

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

Email: director@crawfordcoa.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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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!

November Word Search Puzzle

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

LEAF
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 RIME
 TWIG
 RAKE
 ACORN
 CROW
 OAK
 DUSK
 COLD
 CIDER
 MOON
 DEER
 COAT
 PLUM
 ROOT
 SOUP
 GOURD
 SNOW
 HORN
 MUG
 QUILT
 WHEAT
 FROST
 LOGS
 YULE
 HAT
 FOGGY
 COAL
 DUSK
 HAZE
 COAT
 VINE

Kate's Kitchen Corner



This is the recipe I use for my Thanksgiving turkey at home. I hope you enjoy it and have a very Happy Turkey Day! Credit for this recipe belongs to Chef John at Foodwishes.com.

- 2 tbsp kosher salt
- 1 tbsp black pepper
- 1 tbsp poultry seasoning
- 12 lbs whole turkey (neck and giblets reserved)
- 2 onions, chopped
- 3 celery ribs, chopped
- 2 carrots, chopped
- ½ bunch fresh sage
- 3 sprigs rosemary
- 8 tbsp butter, softened

Stock:

6 cups water

1 bay leaf

Gravy:

1 tbsp butter

¼ cup flour

¼ tsp balsamic vinegar (optional)

1 tbsp fresh sage, chopped

Salt and pepper to taste

Directions:

Preheat oven to 325°F (165°C).

Season turkey: Mix salt, pepper, and poultry seasoning. Season the turkey's cavity with 1 tbsp of this mixture. Stuff the cavity with chopped onions, celery, carrots, sage, and rosemary. Tie the legs and loosen the skin over the turkey breast, then place 2 tbsp butter under the skin and the remaining butter over the skin. Sprinkle with remaining seasoning. Prepare the roasting pan: Spread leftover vegetables in the pan, place turkey on top, and fill with ½ inch of water. Cover the turkey breast with foil.

Roast the turkey for 3 ½ hours, remove the foil and baste during the last hour, until the internal temperature reaches 165°F (75°C). Let it rest for 10-15 minutes before slicing.

Make stock: Simmer turkey neck and giblets in water with a bay leaf for 2 hours. Strain and set aside.

Prepare gravy: In a skillet, heat reserved turkey fat and butter. Brown onions, stir in flour, then whisk in stock and pan juices. Simmer until thickened, and stir in balsamic vinegar and sage. Season to taste.

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Volunteer Appreciation Party Recap



The Commission on Aging hosted its annual Volunteer Appreciation Dinner on

Friday, September 27, from 4:00 pm to 6:00 pm, celebrating the hard work and dedication of its volunteers. The event recognized the outstanding contributions of four key volunteer groups: Senior Center Volunteers, Program Volunteers, Kitchen Volunteers, and Meal Delivery Driver Volunteers.

This year's theme, "Elegance and Appreciation," set the tone for an evening filled with gratitude and sophistication.



Volunteers were treated to a beautifully decorated space and a meal, reflecting the COA's deep



appreciation for their service.

The dinner highlighted the importance of each volunteer

group, from those providing essential daily meals to homebound seniors, to those ensuring the programs at the Senior Center run smoothly. A special round of applause was given to the Meal Delivery Driver Volunteers for their unwavering service, often delivering meals in challenging conditions.

The Commission on Aging is deeply grateful for its volunteers, whose commitment makes a tangible difference in the lives of local seniors. The evening closed with a final round of applause and words of gratitude, leaving all in attendance with a sense of community and shared purpose.

Cost of Living Adjustment

Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5% in 2025, the Social Security Administration announced. On average, Social Security retirement benefits will increase by about \$50 per month starting in January. Over the last decade the cost-of-living adjustment (COLA) increase has averaged about 2.6%. The COLA was 3.2% in 2024. Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) is slated to increase to \$176,100 from \$168,600. Social Security begins notifying people about their new benefit amount by mail starting in early December. This year, for the first time, Social Security beneficiaries will receive a newly designed and improved COLA notice that makes it easier for customers to find the information they need most. The simplified COLA notice is now only one page, uses plain and personalized language, and provides exact dates and dollar amounts of a person's new benefit amount and any deductions. The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor's Bureau of Labor Statistics.

To read more, please visit www.ssa.gov/cola.

Fun with Clay and Pam Meland



Pam Meland hosted a "by donation" art class at the Artisan Village on Wednesday, October 9th. This class was in partnership with the AuSable Artisan village

Pam was excited to be able to offer this class to the older adults in the community. Pam is a regular instructor at the Artisan Village, and if you are




interested in taking classes with her, or any other instructor at the Artisan Village in the future, visit their website at <https://artisanvillageclasses.coursestorm.com/> to register with them. Thank you Pam for the class.



and took place at the brand-new Artisan Village downtown. Gloria Horner and Patti Menard (top, left) are seen preparing their clay for shaping. Nancy Swanton (bottom, left) playfully showed off her spare clay.



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Free Covid-19 Test Kits

The Commission on Aging has free Covid-19 testing kits. Be sure to stop by the center to get yours.



Veteran's Coffee Hour

Thursday, November 14th,
 10:00-11:00 AM
American Legion Post #106
 info: (989) 344-3861

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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, November 20th, 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

As temperatures drop, it's important to keep warm, especially for older adults, who can feel the cold more intensely. Wear multiple layers. It's better to have several thin layers than one bulky item since layers trap heat more effectively. NEVER underestimate the power of warm socks and slippers to prevent heat loss through your feet. Keep your living space cozy by closing off unused rooms and using draft stoppers at doors and windows. Also, remember to stay active, as gentle movement helps to keep your body warm. Lastly, be mindful of indoor heaters—while they're helpful, they can also be a fire hazard if left unattended. There are other ways to ensure your safety during the winter months while trying to stay warm. Make sure smoke alarms are installed in key areas, like kitchens and hallways. Test them and change batteries once a year. Install carbon monoxide detectors near sleeping areas, especially if using gas appliances or heating. Be aware of symptoms of carbon monoxide poisoning, like headaches and dizziness.



Open Enrollment Continues

Attention Medicare Recipients! Open enrollment is now underway and will continue until December 7th. This is an essential time to review your Medicare coverage, as Prescription Drug plans and Medicare Advantage plans can change each year. Changes may include adjustments to premiums, coverage options, and even plan terminations. You may find new, more affordable plans that offer better coverage and could potentially save you money. It's vital for every Medicare recipient to assess their current plan to ensure it remains the best choice for 2025. To get personalized assistance, call

Al Burke at 989-348-7123 to schedule an appointment with one of our trained Michigan Medicare Medicaid Assistance Program counselors. They will guide you through your insurance options, helping you understand what is covered and what costs to expect in the coming year.

Appointments are available at the Crawford County Commission on Aging, located at 4388 M-72 E. If you prefer, you can also review your options online at medicare.gov. Don't miss this opportunity—call today for a phone appointment or for more information about open enrollment!

Monthly Social Security Article

Continued from Page 7

So long as Americans across our country continue to work, Social Security can — and will — continue to pay benefits," said Martin O'Malley, Commissioner of Social Security. "Congress can and should take action to extend the financial health of the Trust Fund into the foreseeable future, just as it did in the past on a bipartisan basis. Eliminating the shortfall will bring peace of mind to Social Security's 70 million-plus beneficiaries, the 180 million workers and their families who contribute to Social Security, and the entire nation."

Other highlights of the Trustees Report include:

- Total income, including interest, to the combined OASI and DI Trust Funds amounted to \$1.351 trillion in 2023. (\$1.233 trillion from net payroll tax contributions, \$51 billion from taxation of benefits, and \$67 billion in interest)
- Total expenditures from the combined OASI and DI Trust Funds amounted to \$1.392 trillion in 2023.
- Social Security paid benefits of \$1.379 trillion in calendar year 2023. There were about 67 million beneficiaries at the end of the calendar year.
- The projected actuarial deficit over the 75-year long-range period is 3.50 percent of taxable payroll – lower than the 3.61 percent projected in last year's report.
- During 2023, an estimated 183 million people had earnings covered by Social Security and paid payroll taxes.
- The cost of \$7.2 billion to administer the

Social Security program in 2023 was a very low 0.5 percent of total expenditures.

- The combined trust fund asset reserves earned interest at an effective annual rate of 2.4 percent in 2023.
- The cost of \$7.2 billion to administer the Social Security program in 2023 was a very low 0.5 percent of total expenditures.
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"I will continue to urge Congress to protect and support Social Security and restore the growth of the funds. Whether Congress chooses to eliminate the shortfall by increasing revenue, reducing benefits, or some combination, is a matter of political preference, not affordability. Congress currently has several bills that address the shortfall without benefit cuts -- it should debate and vote on these and any other proposals. It's critical that Congress acts quickly to address the projected trust fund shortfalls, to gradually phase in necessary changes as the Trustees have recommended," Commissioner O'Malley said.

The Board of Trustees usually comprises six members. Four serve by virtue of their positions with the federal government: Janet Yellen, Secretary of the Treasury and Managing Trustee; Martin O'Malley, Commissioner of Social Security; Xavier Becerra, Secretary of Health and Human Services; and Julie Su, Acting Secretary of Labor. The two public trustee positions are currently vacant.

View the 2024 Trustees Report at www.ssa.gov/OACT/TR/2024/.