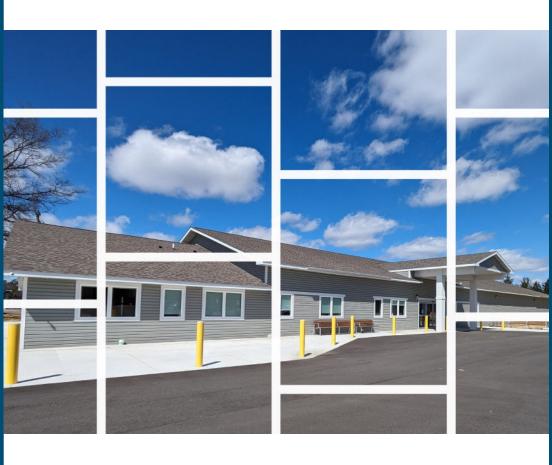
Crawford County Commission on Aging



2023-2024
Annual Report to the Community









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FROM OUR DIRECTOR:



As many of you know, this will be my last Annual Report. I will be retiring on March 28, 2025 after more than 20 years of service as the Director at the Crawford County Commission on Aging

(COA). As the longest serving Director in the history of the COA, I have seen many changes and growth, but none like we saw this past year.

We started off celebrating our 50th anniversary of the agency after a year of researching history, looking at old pictures and creating stories of those who have made this agency possible. It was a wonderful way to commemorate our history on Lawndale Street.

After a taxing four years, we were finally able to celebrate the opening of our new Senior Center on March 25, 2024. It was such a great turnout, it made me think about our need for even more space! We owe a huge thanks to the tax payers of Crawford County for recognizing and supporting the needs of older adults in the community. This project would not have even come to fruition without the \$1 million gift from Crawford County from their COVID funds. So many people donated their time toward the project, made donations of artwork, provided funding for room recognition honoring special people and donated toward the new trees which now line our property. We could've never done it without all of you!

This new home has started our journey of creating new revenue streams which are desperately needed to continue funding all of our essential programs, most importantly Meals on Wheels. Last year saw the highest number of meals delivered on record, surpassing 2020 by over 5,000 meals. We have begun to rent out space in the Senior Center and provide catering services. We hope this will only grow in 2025.

The end of the year found us celebrating Denise Conte who cooked at the Commission on Aging for 22 years. There is no way to tell exactly how many meals Denise made or packaged for Meals on Wheels, but my estimate based on the number we serve annually would be over 275,000 Congregate Meals and 752,000 Home Delivered Meals. That's over 1 million meals! A retirement well deserved.

I can't end without thanking all the staff, volunteers and community partners that I've worked with over the years. Our work together has made such an impact on the lives of older adults in our community. Last, I want to thank my husband, Mark, and the rest of my family for supporting me in my mission here at the Crawford County Commission on Aging & Senior Center.



OUR BOARD OF DIRECTORS



Karl Schreiner Board Chair



Shannon Sorenson Vice-Chair



Sandra Woods Secretary



Laurie Jamison Commissioner



Mark Ostahowski Member



Cheryl Wolkens Member



Jason Thompson Member

OUR STAFF

Alice Snyder, Director Carlie Wilson, Senior Center Manager Lynn Cheney, Office Manager Sarah Pollock, In-Home Services Manager Kate Moshier, Nutrition Manager Tammy Findlay, Advocacy/Resource Coordinator Kathy Meisner, Program Assistant Helen Nolan, Receptionist Patty Lemmons, Receptionist Dalton Keir, Cook Megan Hagle, Cook Susan Randall, Homemaker Jill Robinson, Homemaker Danette O'Hara, Homemaker Kathy Jacobs, Homemaker Jan Williamson, RN Todd Lako, Maintenance

ABOUT US

Creating Golden Opportunities for Older Adalts of Today & Tomorrow

History:

The Crawford County Commission on Aging (COA) is a local governmental agency established in 1973 charged with serving older adults age 60 and above throughout Crawford County and Grayling, Michigan. The agency is governed by a 7 member Board appointed by the Crawford County Commissioners.

The COA brings together federal, state and local grant funds as well as local millage dollars to make up their budget. These monies are used to provide a variety of services to older adults throughout the county. Because older adults receive services on a donation basis, the COA greatly depends on your donations to help maintain their programs.

Mission:

To advocate and promote the well-being and independence of all older adults in Crawford County.

Vision:

A community of active, informed, healthy and caring older adults living and aging together.

Values:

- To treat all people with compassion, dignity and respect.
- To encourage and welcome diversity and individuality.
- To assist older adults in making and implementing choices that maximize their independence and quality of life.
- To protect an older adult's life, health and property while preserving their right to self determination.
- To encourage intergenerational understanding and promotion of shared activities.

OUR PROGRAM & SERVICES

Fitness

We currently offer classes such as Daylight Diamonds (Line Dancing), Zumba Gold, Silver Sneakers, and Fit for the Aging.

Congregate Meals

Our Congregate Meals provide a nutritious and balanced meal in our dining room. The suggested donation is \$4.00 for older adults over 60 and is a cost of \$8.00 for anyone under 60. Currently anyone can dine-in and enjoy hot lunches served Monday through Friday, 11:30 am to 12:30 pm. You can enjoy dinners Monday through Thursday, 4:30 pm to 5:30 pm, except for during the winter months of December through March.

Information & Assistance

We have staff ready to assist older adults in finding answers to questions or to assist in finding available resources. The most common assistance needs include reviewing insurances, application assistance for Medicaid and SNAP (food stamps), accessing utility assistance, finding housing and minor home repairs.

Home Delivered Meals

Home Delivered Meals (Meals On Wheels) are offered 7 days a week for those older adults who are unable to prepare their own meals. Frozen meals are offered on non-delivery days.

In-Home Services

For those who need a little assistance maintaining their independence, we offer a variety of in-home services which include Housekeeping, Personal Care, and Respite for Caregivers.

Health Services

- Discounted "Boost Plus" —a discounted prescription liquid dietary supplement is available.
- Foot Care Clinic— available monthly to trim toenails for a fee.
- Personal Hygiene Products—pads and/or adult briefs, chux pads, perineal cream, and adult washcloths are available by donation.
- Medical Equipment Loan Closet with many items to be checked out and borrowed for a donation.

Companionship Programs

- Telephone Reassurance—Volunteers call on Tuesdays and Thursdays to provide wellness checks for participants.
- Friendly Visitors— Volunteers make longer social calls to participants with limited contacts.
- Senior Companion—A volunteer visits participants in their homes, providing face to face social connections. They also can join the participant at our center for activities and meals.

Advocacy Services

- Medicare/Medicaid Assistance Program—MMAP counselors are specially trained in Medicare/Medicaid rules and other health insurance products to assist older adults in deciding which are the best options for them
- Free Legal Assistance—Consult with a lawyer about your legal matter. Sponsored by Jason R. Thompson, Law Office PLC.
- MDHHS Assistance—Receive assistance in applying for state benefits like Medicaid, SNAP (food stamps) and State Emergency Relief
- Housing Counseling—A program to assist adults 55+ in finding housing or answering housing related questions
- Food Assistance—Get connected to the food assistance programs available
- Utility Assistance—Get assistance or guidance in paying pastdue utility bills or getting services restored
- Phone Assistance—Get help finding affordable or specialized phone service
- Senior Project Fresh—Each summer, qualified older adults receive \$25 worth of coupons for fresh fruits & vegetables

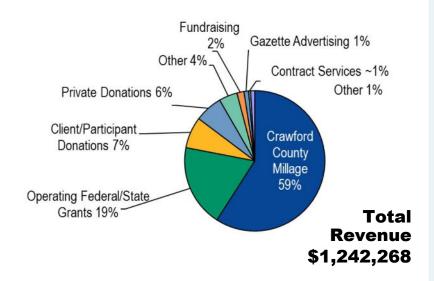
Kinship Care

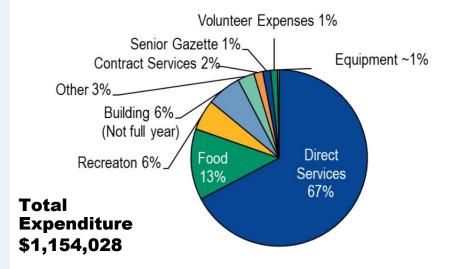
 Kinship Care is a program for relative care providers raising related children. If you are age 55 or older and caring for a related child under the age of 18, this program may be able to assist you with expenses such as recreational activities, school supplies, clothing, needed furniture, and more.

Classes

Classes (including evidence-based) are available throughout the year in a wide range of topics including **Tai Chi for Arthritis**, **AARP Drivers Safety**, **and Matter of Balance**.

OUR NUMBERS





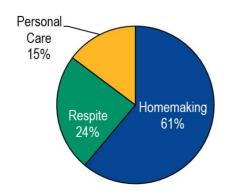
Over the past year, the Commission On Aging & Senior Center, through its programs and services, served 28% (1,417 individuals) of Crawford County older adults age 60 and above (based on the 2022 census).

Senior Center Activities

- 52 activities offered & attended by 1,046 unduplicated people.
- Average monthly attendance = 652
- Average daily visitors = 52

Commission on Aging Programs

- 339 boxes of Food Commodities were delivered to 160 people.
- 284 hours were spent counseling 223 older adults with their Medicaid and Medicare benefits.
- 128 older adults received 148 "Senior Project Fresh" farm market coupons.
- 113 loans of medical equipment and personal hygiene products.
- 270 people received assistance thru our Advocacy services.
- 12 older adults received veterinary assistance and coupons for nail trimmings for 16 pets.

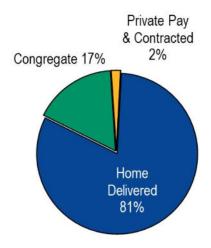


In-Home Services 5,060 Hours ~\$54.16 per Hour

\$54.16 per Hour 88 Individuals

Meal Program 50,986 Meals

~ \$7.46 per Meal 1,034 Individuals On average 132 people attended Special Dinners.



EAR IN REVIEW















We've seen a surge in fitness classes, and an increase in attendance at special dinners. This year has brought many new and exciting things to the center, all of which deserve a little bit of celebration.

A notable addition this year is Light Bites—a lighter menu option. Light Bites debuted in April of 2024, and has quickly gained popularity since its introduction. Rather than only serving one meal per meal service, we now offer this newer, lighter menu alongside our regular menu items.

Another exciting development is the return of the Senior Companion Program. Our Senior Companion dedicates hours each week to visiting isolated older adults, or meeting with clients directly at the Senior Center to make participating in activities less daunting and overwhelming.

In addition, we restarted our monthly concerts, bringing exceptional live music to the COA with talented artists and affordable ticket prices—an experience you won't want to miss! In the last few months, we've had acts such a Elvis Kelly and a phenomenal blue grass band. Stay tuned for concert announcements coming in early Ž025.

We've added many robust programs to our regular line-up of activities. One of these offerings is a puzzle table in the lobby, which serves as an option for entertainment between scheduled large

group activities such as euchre or bingo. This same area can also be rearranged to serve as extra space and/or seating for high volume special dinners.

In 2024, we saw a dramatic rise in the demand for fitness classes. To accommodate more people, we split Zumba Gold into two classes, a 9:00 am class and a 10:00 am class.

We now have bi-monthly blood donation drives through Versiti, quarterly visits from the Secretary of State Mobile Office, and we also host food distribution each month. All three of these programs are new to the center and help us serve a larger portion of the community.

One area that we would like to especially highlight is our brand new and expansive parking area. When we were located on Lawndale

street, we lacked the ability to have adequate parking. Now, in our new space, we have around 100 available parking spaces, including 12 disabled parking spaces. Just take a look at the before and after!





Another highlight of 2023-2024 was the addition of a new, annual

Community Health Fair. During this first ever event, 27 community organizations set up tables to help encourage a healthier lifestyle, which attracted over 130 residents of Crawford County and the surrounding areas. This event was free to attend, and offered easy access to health and wellness resources.

Lastly, we're thrilled to announce the permanent establishment of a Pet Program, made possible by two major annual fundraisers. The biggest fundraiser for the program is our newly added Pet Palooza, where we served 82 animals, who received 60 rabies vaccinations, 55 DHLPP vaccines, and 70 microchips. This helped us raise \$1,521 for the Pet Program.

We look forward to continuing these events and services in the years ahead!

OUR FUTURE









Looking to the Future

The COA is bustling with excitement as it prepares to unveil a strong lineup of new and returning programs, and enhancements to its facilities.

Designed to engage the community, and with the help of necessary grant funding, the COA is preparing to start offering fresh activities like Bingocize – a unique blend of Bingo and exercise. In addition, this grant money has also allowed us to begin bringing back popular classics such as Geri Fit and Water Aerobics. These classes are expected to start in the winter and spring of 2025.

In addition, the COA, District Health Department #10, and Michigan State University Extension office have been working diligently to introduce an exciting lineup of classes for 2025. These offerings will include Tai Chi, Matter of Balance, Walk with Ease, Chair Yoga, Cooking with Ease, Cooking Matters, and monthly health presentations.

Moving forward, the center's doors will remain open to music lovers with its ongoing concert series, inviting all to enjoy live

performances for an affordable price. Also, each month we will continue to include an art class, as part of a partnership with the AuSable Artisan Village. Parties and special events will also be joining the roster of activities in 2025.

Beginning in 2025, the COA will be enhancing its facilities with a newly constructed shed/barn and will be adding a new electronic sign, adding much-needed outdoor storage and equipment space, and ample marketing to support its expanding array of activities. 2025 also looks to bring the beginning of fundraising and funding efforts to begin Phase II of construction, which will include a gymnasium. For those seeking new ways to stay active, construction of the long-awaited outdoor pickleball courts will be underway in the Spring.

Community members can also take advantage of room rentals and catering services, which provide a convenient, welcoming space for events ranging from birthday celebrations to club meetings. These offerings underscore the COA's commitment to being a versatile gathering place for the entire community.

The center will also be launching a "Grab 'N' Go" option. This option will allow those who miss meal times, or are in need of snacks, the ability to purchase food items from the refrigerator in the main lobby.

Whether you're looking to try a new activity, revisit an old favorite, or host your next gathering, the COA is ready to welcome you. Residents are encouraged to visit, explore the new offerings, and be part of this thriving, active community space.





TESTIMONIALS

"I appreciate everything Sarah Pollock has done for me. She is a huge asset to the COA and the people that deliver my meals are very nice people. You can tell they really care. My homemaker Danette is also very special and caring. I hope they all stay with the COA for a long time."—Diana N.

"My husband passed away in 2023. The Senior Center has given me a place to go and meet people and not sit at home

alone. I enjoy the bingo games and activities provided. I also really enjoy the meals. It is easier than cooking for one. The food is great, the kitchen personnel are all friendly." —Janis S.

"This Senior Center bends over backwards to help older adults with a vast variety of exercise classes, health and Medicare consultations, health education, meals, etc. A nice added touch is how they call you on your birthday to wish you a happy birthday. They take suggestions seriously and quickly respond."—Kaye H.

"All of the staff are so friendly and helpful. They even remember my name! Such a huge variety of classes and activities to tempt me out of the house. Started attending meals and love the convenience. No cooking, no clean up, and no dishes! Great place to meet new friends."— Sandra M.

"I never realized how much the Crawford County Senior Center cares about their elderly until I called on December 7th, 2023 to seek help replacing our furnace. I was connected to Tammy Findlay and she immediately started the process in helping us obtain the necessary paperwork needed. Tammy was so patient, caring, yet professional, living on a fixed income we were so grateful this service was available to us. We are now warm and comfy. Thank you Tammy for helping us through this process."

—Anonymous

OUR DONORS







Almost all of the services offered are available on a suggested donation basis to Crawford County residents. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants but without our donors we could not continue to do all that we do.

THANK YOU

Individual and Family Donations

Darlene Anderson David Phelps and Arlene Smith Jenifer, Hayley, Collin, Megan, and Hazel Avery Linda Bastic Don Baty Lenora Beckett Nancy Billinghurst Paul Bilovus Charlene Blaine Terry and Charlotte **Bloomquist** Jeffery and Rebecca Bond Dianne Branch Betty Jo Bresmon Gerri Brown

Cathy Buetler Lloyd Burgener James Burnside Sue Canfield Michael Carnevale Ben and Pam Carr **Greg Cass** Tasha Cdebaca Rev Brian and Rev Elizabeth Chace Kathy Chmielewski Terri Chott Shelly Cohee Patty Crandall Jane Croze Arlene Czuba Alison Daane Diana Dawson

Kim Diment Carolyn DiPonio Larry DuVall Joe and Kathy **Fllison** Jim Hulbert and **Family** Donna Farren Tammy Findlay Richard and Alice Foley Scott Foster Anna Fradl Joann Frances James and Roxanne Franklin Ann Franzen Tom and Janet Gaffke

Judy George Crook Bruce and Pam Sue Louchart Jerome Susan George Mahank Family James and Cindy Jacob and Ashley Judy Marchlewicz Johnson Gibaud Dave Markle Michael Jordan Michael and Janet Michael Matuzak and Gildner Clairene Jorella Stephanie Riemer Janet Gooch Mike Joyce Rita McEvers Allison Goshorn Ron and Eileen Barb McNamara Kemerer Carrie Green Kim Melroy Michael and Tracev Jennifer Gregory Cheryl Melroy Kesseler Ron and Karen Gribb Judith and Paul Glenn and Lorelei Janet Gross Mesack King Dennis and Mickie Bill and Sherry Haag Tom and Jody Meyers Kinney Stephen Habash Sandra Michalik Wayne Kolka Mark Hansen and Brenda Mikula Nancy Lemmen Steve and Patricia Michael Harte Kopera Tim and Oralia Miller John and Kathleen Jeanne and Nolan David and Cheryl Kroll Harwood Millikin Linda LaBrie Michelle Millikin Susan Hensler Christine LaFontaine Andrea Mitchell Jimmy Herman Todd and Kelly Lako Sheryl Hooper Tim Moore Travis LaMotte Judith Morford Cheryl Hopp Julie Lawerance Senga Hornsey Erica Mudry James and Sarah James Hough Kim Naegel Lawless Tom Hunt Wayne and Betty & Duane Rosemary Nelson Joyce Ingalls Leibler Judy Newkirk Charlotte Ippolito Kathy Leone Jon and Beth Diane Jacobs Kay Leslie **Nicholas** Tom Jarosz Angie Lichon David and Diane Noelke Kirsten Lietz

OUR DONORS











Donna Oldfield Lisa Oliver





Mark & Suzanne Ostahowski Bruce and Bea Patrick Dave and Carol Peterson Pam Pietrzyk Ruth Pilon Mark Pindell John and Shelly Quintano Tad and Bonnie Randolph Martie Reichelderfer Melvyn Rettenmund Alan Reynolds Jack and Phyllis Richards

Jillian Robinson

Cheryll Ruley Pat Russell Shirley Schmoock Karl Schreiner Jon and Gail Schultz Terri Shaw Kelly Shear Dr. Beverly Tucker and Shelly Woodson Dondi Sibbald Sally Slicker Mark and Val Sloan **Dennis Smalley** Paul and Jackie Smith Richard and Margie Smith Susan Smith Sheri Solomonson

Sarno Deb Stallard Maze Stephan Dave and Ann Stephenson Joy Stiffler Jon and Nan Stindt Diana Stubbe Gary and Gwen Summers Carolyn Swift **Farrell Thomas** Agnes Trudgeon Scott Ulery Sister Jean Umlor Peter and Jackie Urcheck **Brad and Kate** Wagner Paul White

John Wilcox
Roger and Nancy
Wilcox
Gary and Carol
Wilder
Craig and Sandy

Woods
Carol Woodward
Theresa Wright
Ron and Margaret
Yon
Richard and Joyce

Thank you to all who have donated to us, we cannot thank you enough for your tireless dedication

Young

Huntington

The Commission on Aging is deeply grateful to Huntington Bank of Grayling for awarding a \$15,000 grant to support our Meals on Wheels Program in 2024. Huntington Bank has been a steadfast partner, generously awarding us annual grants for this vital service. Over the past three years, their contributions have totaled an astounding \$30,000—\$5,000 in 2022, \$10,000 in 2023, and \$15,000 in 2024.

Without these grants, we would not be able to provide older adults in our community with the nutritious meals and support they need. Donations to Meals on Wheels are crucial in ensuring that older adults have access to these services, such as companionship and a lifeline to independence. Thank you, Huntington Bank, for your ongoing commitment to helping the Commission on Aging care for our older adults.





Community and Local Business Donors

Allen Foundation
Arauco

Daniel Bale and Rotten Princess Records

Cheerful Givers Club

Community Foundation of NE Michigan

Cordia Energy Attn: Christine Bittner

Cornell Insurance

Crawford United

Diversified Electric LLC - Ashely Gibaud

DNV Energy Services USA, Inc

Family Fare

Feeny Ford of Grayling

Flowers by Josie Friends of Frederic

Fritch Electric
Grayling

Promotional Association

Grayling Township

Great Lakes Energy People Fund

Independent Medical Billers, Inc.

Kodiak Group

Lowes

Rick and Janet McBride Family Foundation

McClain & Sons

Miss Clean Bee Moore Automotive

Tom and Jody
Kinney and the
Morley Foundation
Matching Grant

Munson Grayling Hospital

Employees of AJD Forest Products

North Central Area Credit Union Northland Federal Credit Union

Randall &Tanya Stephens Family Donor Advised Fund

Sheryl Coyne and Blarney Stone Broadcasting

Sister Jean Umlor and The Sisters of Mercy

St. Mary's of Grayling -Women's Club

Templeton Building Company

The Mahjong Group Weyerhaeuser

*Below are photos of some of the community members who donated art to the New Building.





OUR VOLUNTEERS

Our volunteers are just as important as our donors because they give of their time and their hearts. This year our volunteers accumulated 6,243.50 hours of service, which equates to \$78,802.90 in staffing dollars.

	,	
Courtney Adams	Kathy Ellison	Jonathan Haynes
Claudia Albright	Dave Felker	Val Hendricks
Camay Alderson	Rich Ferrigan	David Henion
Michele Arnholt	Linda Fielhauer	Susan Hensler
Meredith Anderson	Tammy Findlay	Cheryl Hopp
Nancy Billinghurst	Anna Fradl	Annette Hritz
Charlotte Bloomquist	Dorothy Frederick	Donna Hubbard
Riley Bronson	Dusty Freeman	Francis Hummel
Donna Brown	Mary Garcia	Collin Hunter
Monte Burmeister	Emily Gazvoda	Liedewey Hunter
Mary Jo Buschbacher	Judy George-Crook	Cindy Johnson
Kelly Canter	Bob Gerring	Lorrie Jorgenson
Ben Carr	Janet Gilbert	Judy Steffen
Pam Carr	Janet Gildner	John Kay
Debbie Carrigan	Mary Jo Gingerick	Ron Kemerer
Allison Chandler	Wendy Glanville	Gene Kindler
Gayle Yurge-Cole	Annie Goscicki	Glenn King
Ashlyn Constans	Ed Goscicki	Lorelei King
Ann Marie Corbin	Karen Gribb	Linda LaBrie
Mitchell Craw	Sherry Haag	Sandy Lakanen
Charlie Curro	Sharron Hagerman	Todd Lako
Faith Dandois	Philip Hagle	Eileen Langhorne
Carolyn DiPonio	Donn Handy	Ron Larson
Ann Donley	Jeanie Harwood	Jim Lawless
Diana Doremire	Nolan Harwood	Sarah Lawless
Kathy Dreffs	Patty Hawkins	Alice Lee

Nancy Lemmen Cathy Lester Kirsten Lietz Christa Linderer Judy Marchlewicz Dave Markle Sandy Marshall **Bobbie Martinez** George Mascarello Sharlene Mascarello Jeannie Matista Michael Matuzak Rick McBride Dan McCarthy Karen McCarthy Jamie McClain Julie McClain Linda McClain Barb McCray Dean McCray Barb McNamara Pam Meland Cheryl Melroy Claira Messick Mike Miller Ollie Miller Tim Miller Michelle Millikin Ann Mitchell Toby Neal Rosemary Nelson

Wayne Nelson Marlyn Neuberger Bev O'Connor Mark Ostahowski Suzanne Ostahowski Ron Pagereski Amy Pendergraff Sharen Perkins Dave Phelps Ruth Pilon Lois Platt **David Platt** Shelly Quintano Keith Radwanski **Deb Rawlings** Tom Rawlings Stephanie Riemer Tristan Ritter **Chuck Rodgers** Robin Rodgers Orvetta Roggow Pat Sanders Karl Schreiner Gail Schultz Jon Schultz Jonathan Shazri Sally Slicker Mary Sloan Arlene Smith Janis Smith Richard Smith

Clare Spaulding Cheryl Starr Judy Steffan Maze Stephan Ann Stephenson Dave Stephenson **Brad Summers** Judy Sumner Tim Swedine Susie Swedine Sami Szydzik Veronica Terrell **Farrell Thomas** Ellen Thompson Ken Thurston Martha Trenkner Scott Ulery Brad Wagner Kate Wagner **Becky Walrath** Zoella Wethington Roger Wilcox Carol Wilder **Curtis Williams** Jan Williamson Roger Wilcox Paul Wilson Ernie Windolph Ruth Ann Windolph Sandra Woods



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 Amour	nt Enclosed \$

Please make check payable to "COA" at 4388 W. 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.

You can also donate by visiting our website:

https://www.crawfordcoa.org/make-a-donation

All Gifts are Tax Deductible