

Crawford County Senior Gazette January 2019

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A Spoiler Alert for the NEW YEAR

At some point almost everyone has heard that Social Security is in trouble. We have heard that there is not going to be enough money to pay the promised benefits. What is important to remember is that there is NO immediate problem. What is important to remember is that there is no IMMEDIATE problem. What is true is that the Social Security Trust Fund will reach a point in about 2034 where, for the next 75 years (until 2109), it will only be able to pay about 80% of the required benefits

This article mentions a number of the proposals and a few of the pro and con arguments made. You, the reader, will have to decide if any of the proposals, or a combination of several proposals, make sense.

SOCIAL SECURITY REFORM PROPOSALS

1. **Privatizing Social Security**
Switching to private accounts will reduce Social Security's debt, give private account holders higher investment returns and more control over their retirement decisions. Detractors say money will be diverted from Social Security, that an economic downturn may cause investment problems and that most people are financially illiterate.
2. **Raise the Social Security payroll tax.** This tax is presently 6.2 per cent which the employee pays and which is matched by the employer. Self-employed individuals pay the entire 12.4 per cent. The questions revolve around how much the tax should be increased and how fast an increase should occur. This plan does not answer the question of what happens to workers whose pay

does not increase during the next year.

3. **Raise or eliminate the present cap on wages taxed for Social Security.** This cap is presently \$128,000. Raising or eliminating the cap puts more people into the system and could have a beneficial effect for the Trust Fund. Some people argue back that this will discourage workers from earning more if the cap is raised or eliminated and lowers the amount these people can spend on food, housing, etc. It would hurt the self-employed.
4. **Reduction of benefits.** This could be an across-the-board reduction for everyone, just for people newly acquiring benefits, or for higher wage earners. Part of the problem is that an across-the-board reduction for everyone seriously hurts those who depend on Social Security for the majority of their income
5. **Raising the full retirement age.** The full retirement age has already changed, but people live longer so it makes sense to raise it. This proposal does not take into account that longevity for lower earning workers hasn't changed much. It also does not take into consideration health issues that may keep people from working longer.
6. **Raise the age for starting to collect Social Security from 62 to 64 or 65.** This option faces the same problems as raising the full retirement age. Longevity indexing
7. **As the lifespans of Americans increases, benefits would decrease.** This option cuts benefits for almost everyone. There are the same problems as with the 2 previous options, and doesn't allow for inflation.

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Find us by searching for *Crawford County Commission on Aging & Senior Center*

HOURS OF OPERATION

Monday & Wednesday
8:30am to 6pm
Tuesday & Thursday
8:30am to 7pm
Friday
8:30am to 4pm

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It's Tax Season: Appointments Available

Tax and Home Heating Credit Appointments Available



Volunteers are available this year to assist with filing taxes and home heating credits. To qualify for an appointment, your income cannot be over \$66,000.

Only two days are available for Home Heating Credit Appointments – **February 4th, and 5th**. Tax appointments are available starting February 11th every Monday & Tuesday thru April 9th.

You **must** bring your social security cards and picture ID for yourself and each person you are claiming on your tax return. No social security card and/or ID = no appointment. When coming to your appointment, you will need to bring the following:

- Picture ID(s); Driver's License for everyone
- Social Security Card(s) For Your Spouse And Dependents
- Birthdates For Spouses And Dependents
- If One Of Your Dependents Is In School, Bring A Report Card Or Some Document Showing They Are Attending School

- Copy Of Last Year's Tax Return
 - Any Income, W2's, Tips, Gambling Winnings, Your Social Security Statement SSA-1099, Railroad Retirement RRB-1099, Interest 1099-INT, Dividends 1099-DIV, Stock Sales 1099B, Retirement, Annuity, IRA Distributions 1099-R, Unemployment Compensation 1099-G, Any Other Income Documentation, 1099-MISC, FIA/FIP Obtain DHS Statement, SSI Fed/State Bank Statement
 - Daycare Total Amount Paid, Providers Id Number or SS Number
 - Mortgage Interest Statement
 - Your Property Tax Bills For Last Year: Summer And Winter Tax
 - (Renters May Qualify If A Portion Of Their Rent Is For Taxes)
 - Your Heating Costs From November 1, 2017 Thru October 31, 2018
 - (Renters May Qualify Even If Heat Is Included In Rent)
 - For Direct Deposit: Bank Routing And Account Number or Bring A Blank Check
- To schedule an appointment, please call the Commission on Aging & Senior Center at (989) 348-7123.

PLEASE NOTE: Appointments are available on a first come, first serve basis until full.

**Thank You
YOU made it HAPPEN!**

GIVE
#GIVINGTUESDAYNEMI

On behalf of all of us here at the Crawford County Commission on Aging we would like to thank those who donated on the worldwide giving event, #GivingTuesday on November 27th. Kicking off the giving season, \$2,445.00 was donated to the Meals on Wheels program.

We would also like to thank Community Foundation of Northeast Michigan for organizing this event. The total given to area non-profits for Northeast Michigan was \$156,058!

Albert & Joyce Ingalls
Gary & Arlene Dipzinski
Janet Gildner
Kirsten Lietz
Arlene Czuba
Bob & Pat Gallagher
D.J. Brown
Maureen McNamara
Donald & Janet Gooch
Betty Leibler

Wayne & Rose Mary Nelson
Joyce Sorenson
Lorraine Failing
Jack Richards
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Betty Jo Bresmon
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Paul B. Lerg
Gerald Coyne

K.E. Lutes
Rev. Elizabeth & Brian Chace
Kathryn Schmidt
Deborah Rapelje
Elizabeth Christensen
Sandra Woods
Northland Area Credit Union

Donate in Memory or Honor of Someone Special

**In Memory of
Edward & Faith
Schultz**
*Memorial Donation made by:
Jon Schultz*

In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community. 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 grow to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County.

If you're interested in making a *Donation in Honor or in Memory of Someone*, you can buy a Plaque to be displayed in the Senior Center Dining Room.



**2x4 Actual Size
\$50 Donation**

**1x5 Actual Size
\$25 Donation**

**2x5 Actual Size
\$100 Donation**

Make a Donation today by talking to a Commission on Aging staff member.

Only Available in Black with Gold Lettering

Senior Center Wish List...

- Cans of Air Fresheners
- Boxes of Tissue
- Hand Sanitizer
- Sponsorship of the Gazette for a year 12 issues ~ only \$20.00!
- Candy for Reception
- Reams of Copy Paper

Important Phone Numbers

- Social Security**
1-800-772-1213 or
1-866-739-4802
- Medicare - 1-800-633-4227**
- Veterans Administration**
1-800-827-1000
- Alzheimer's Assistance**
1-800-272-3900



Our Sponsors

- Blood Pressure Checks by
InTeliCare Health Services, LLC
- Blood Pressure/Sugar Checks by
Munson Home Health Care
- Birthday Dinner Flowers Donated by
Family Fare
- Bingo Coupons Donated by
The Medicine Shoppe
- Hearing Clinic Offered by
Advantage Audiology
- Foot Clinic Offered by
Comfort Keepers
- Legal Aid Offered by
Jason R. Thompson Law Office PLC
- Pantry Bingo Sponsored by
 - InTeliCare Health Services, LLC
 - The Brook
 - Grayling Nursing & Rehabilitation Community
- Stretch to Fitness & Equipped to be Fit
Sponsored by
Munson Rehabilitation Services
- Zumba Sponsored by
Grayling Nursing & Rehabilitation Community

Donations

- Darlene Albright
- Karen Arquette
- Shirley Bordeaux
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- Marilyn Flaherty
- Bob & Pat Gallagher
- Clara Gibbs
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- Grayling Nursing & Rehabilitation
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- Kathy Hale
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- Tad Randolph
- Pat Sanders
- Jon Schultz
- Sandy Steele
- Jim Swain
- Earl Taylor
- Virginia Taylor
- Terri Tody
- Norma Werda

Sponsoring Agencies



The Commission on Aging is funded by senior donations, state & federal grants, Crawford County millage monies, the United Way, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

★ **Volunteers and Contributions received after December 7th will be acknowledged in the next edition of the Senior Gazette.** ★

Crawford County Commission on Aging & Senior Center

Make a Donation Today & Create Golden Opportunities for a Lifetime!

Please make check to COA
308 Lawndale St.
Grayling, MI 49738

Levels of Giving: \$25 to \$49 \$50 to \$99 \$100 to \$249
 \$250 to \$499 \$500 to \$999 \$1000+

Method of Payment: Cash Check Gift Amount \$ _____

I would like to receive monthly emails about activities and events.
 I would like to be contacted about planned gifts.
 I would like to volunteer for the Commission on Aging & Senior Center.
*****All Gifts are Tax Deductible*****

Name _____
Mailing Address _____
City/State/Zip _____
Home Phone () _____ Cell Phone () _____
E-Mail Address _____

Donations & Payments of \$50.00 or more...

WE ACCEPT



- | | |
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| Sharon Mandziuk | Sandy Woods |
| Nancy MacDonald | Gary Worden |

Smart911™

**Wednesday, January 23rd
from 1-3pm**

Smart911 is a system that allows you to provide 9-1-1 call takers and first responders with critical information that you want them to know in any kind of emergency. When you call 9-1-1 your profile will appear on the call taker's screen. This person can then see your address(es), home information, medical information, description of your pets and vehicles, and emergency contacts. The amount of information you provide is up to you. You may update it or remove it at any time you wish. Smart911 is a national service so your profile will be available to any participating 9-1-1 call center in the United States. Your profile is secure so you do not need to be concerned about the wrong person seeing it. One thing to remember is that you should log in to the system every 6 months to make certain that your information is up-to-date.

Personnel from the Crawford County Central Dispatch office will be at the Commission on Aging & Senior Center, 308 Lawndale, on Wednesday, January 23rd from 1-3pm to assist Crawford County residents in setting up their profile. No appointment is necessary. If you would like more information about the program, please call Karl Schreiner at the Commission on Aging, 348-7123.

Bon Appetit

New Menu Reviews!

Fish Fillet & Chicken Fajita



"The fish sandwich was a flaky tilapia which was delicious. The presentation was very colorful and the fish was crispy and seasoned just right."

- Diana Doremire



"Simply delicious! I usually get soup but recently I had tried one of the lunches. The new Chicken Fajita dinner was on the menu and I thought I would try it. I will definitely be back for more meals."

- Kay Ellen King

January Birthdays

Karen Luark	1/1
Ceriel Vandecasteele	1/3
Norm Beach	2/13
Cassie Campbell	1/14
Joan Charboneau	1/16
Mary Dale	1/17
Larry Davis	1/21
Lenora Beckett	1/22
Barbara Miner	1/22
Lisa Munifo	1/25

Get your birthday published in the Gazette! Stop by or call the Senior Center & ask for a form!

The Friends The Freedom The Brook

At The Brook, senior living is all about enjoying life. We offer residents a wide variety of activities so they can connect with others and share good times. What's more, our committed staff is passionate about quality care, ensuring that your loved one always feels right at home.

For more on our **ASSISTED AND INDEPENDENT LIVING** opportunities, visit Brookretirement.com
989-745-6500

The Brook Retirement Communities Big Rapids • Boyne City • Cedar Springs (2018) • Cheboygan • Gaylord • Gladwin
Crayling • Houghton Lake • Newaygo • Roscommon • West Branch

Do You Need **Utility** Assistance?



The heating and utility season is now well underway. Assistance can be acquired for deliverable fuels (propane, fuel oil, and firewood) and metered utilities (electric and natural gas). To qualify for assistance you must have a past due notice, be in threat of disconnection, disconnected (for electricity or natural gas), your residential propane/fuel oil tank is at or below 25%, or your firewood must be at less than a 30 day supply (for TrueNorth it must be 14 days for wood or pellets). There are also income and asset guidelines which must be met

Application may be made using the State of Michigan MiBridges system. For Crawford County residents needing assistance with these applications, call Karl Schreiner at the Crawford County Commission on Aging & Senior Center, 348-7123 for an appointment.

PATH for Chronic Pain

**Free Workshop starting
January 16th**

MSU Extension and Crawford County Commission on Aging & Senior Center invite you to participate in a 6-week workshop called PATH (Personal Action Toward Health) for Chronic Pain.

Chronic Pain PATH is helpful for anyone who is managing long term pain. Long-term means anything that a person has managed for over 6 months, or beyond the usual time of healing. Chronic Pain PATH is a FREE 6-week workshop designed to educate and empower individuals in management of chronic pain and maintain active and fulfilling lives. Come join us starting January 16th from 9 – 11:30 am and continuing thereafter every Wednesday for 6-weeks at MSU Extension in Grayling.

For more information or to register for the class please contact Kaitlyn Grieb at (989) 348 – 7123.



Chronic Pain PATH is helpful for anyone who is managing long term pain.

8. **Using a different index to calculate cost-of-living increases.** It is said that the chained consumer price index, which accounts for the inflation that the greatest portion of our population experiences, is the best. Against this is the belief that this reduces the COLA (Cost of Living Adjustment) thereby not keeping up with inflation.
9. **Applying the Social Security payroll tax to all salary reduction plans such as flexible spending accounts.** Will make any significant dent in the Trust Fund shortfall?
10. **Put all State and Local government officials in the system.** This would raise money now, but these people would eventually start collecting benefits. This might also seriously harm already underfunded state and local government pension plans.
11. **Increase the number of years used to calculate a person's initial benefit from 35 to 40 years.** People live and work longer. It would encourage them to start work sooner. Detractors argue that most people would receive reduced benefits since this would add more low-earning years to the mix. Women, lower-income and minority retirees would be greatly affected.
12. **Use a means test.** The higher-earning people would receive reduced benefits while the highest earners would get nothing. The problem is to decide where these cut-off points should be.
13. **Stop taking any Social Security surplus and using it to fund the running of**

other government programs. The entire surplus should go directly to the Trust Fund and help alleviate the shortage. This assumes there will be any surpluses in future years, and that government can find a way to replace the lost revenue in ways that will not harm the public.

It is certain that these are by no means the only questions that arise. The real question should be, "When is Congress going to do something?" A big concern is that Congress will wait until sometime in 2033 to address this issue seriously. This kind of inaction would almost certainly result in a last-minute "solution" that has the potential to do far more harm than good.

Present retirees and workers should be concerned about this issue and examining these various options and perhaps coming up with other possibilities. Emailing your legislators and attaching your thoughts and proposals is always appropriate. Encouraging legislators to act sooner rather than later is important. If you do anything like this, you should follow up from time to time to make sure they are still thinking about the issue.


There are not going to be any easy solutions to this funding issue. No matter which plan is ultimately adopted there are some people who will be hurt by it and some who just don't think government should be involved at all. The best option is to adopt the plan which has the best outcome for the most people. In 15 years, many of the present retirees may not be around, but still we can all be proactive and work to help future retirees have a little more security.



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- ♦ Dr. Troy Fairbanks
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Starting
January 22nd



On-Line
Webinar

Plan This Year's Vegetable Garden with MSU Extension Smart Gardening Webinar

Do you want to learn more about growing your own vegetables? Would you like to learn techniques that are smart for the environment and your pocketbook?

The MSU Extension Smart Gardening with Vegetables 101 Webinar 6 Week Series is designed specifically for introductory and beginning vegetable gardeners. It focuses on important factors to consider before beginning a vegetable garden, what is required for success and other smart gardening practices

such as creating healthy soils, composting, plant selection and smart pest management.

Attend the live sessions, watching the webinar on the big screen and participating in the discussion following the webinar.

The sessions will be from 6-7pm every Tuesday evening starting January 22nd and running through February 26th. The on-line webinar will be shown each week at Munson Grayling Hospital in the Crawford Room located behind the hospital.

You can register by contacting the Community Garden Friends at (989)348-7123. This event is free and open to the public of all ages. Use your new gardening skills at home or register for a free plot in the Community Garden.



The Medicare Advantage Disenrollment period has been changed for 2019. This period will now run from January 1st through March 31st. During this time, you will have the one-time opportunity to:

- Switch to a different Medicare Advantage Plan
- Drop your Medicare Advantage plan and return to Original Medicare, Part A and Part B
- Sign up for a stand-alone Medicare Part D Prescription Drug Plan (if you return to Original Medicare).

In the past, you could only switch from a Medicare Advantage Plan back to Original Medicare. This new change will allow more flexibility for Medicare recipients.

Upcoming Trips

Nashville, Holland, & New Orleans



Nashville Show Trip May 6-11, 2019

\$663 (\$75 Due Upon Signing) Price Includes:

- Motorcoach transportation
- 5 nights lodging including 3 consecutive nights in the Nashville area
- 8 meals: 5 breakfasts & 3 dinners
- 2 Great Shows: 1) The Grand Ole Opry, 2) Nashville Nightlife Dinner Theater
- Guided Tours of Nashville & Belle Meade Plantation
- Admission to the Country Music Hall of Fame
- Admission to the Mansion at Fontanel
- Ride on the Delta Flatboats inside the Opryland Hotel

Final Payment Due: 2/27/2019. For Info. & reservations contact: Mary Ladach, Kalkaska COA (231) 258-5030



Holland Tulip Trip May 7, 2019

7:30am-7:30pm - \$75.00

Leaving from the Bellaire COA

Price Includes:

- Lunch when we arrive at the Civic Center

- Veldheer's Tulip Farm/Wooden Shoe Factory
- Step on Tour of Holland
- **On your own:** We will stop on the way home for a quick dinner

For deadlines, info. & registration contact: Beth Lacy @ (231) 533-8703 at Antrim COA.



New Orleans May 18-26, 2019

\$815 (\$75 Due Upon Signing) Price Includes:

- Motorcoach transportation
- 8 nights lodging including 4 consecutive nights in the New Orleans area
- 14 meals: 8 breakfasts & 6 dinners
- Guided Tour of New Orleans
- Admission to the National World War II Museum
- Guided tour of a Louisiana Plantation
- Admission to Mardi Gras World
- Relaxing Riverboat cruise on the Mississippi River
- Enjoy Historic New Orleans French Quarter

Final Payment due: 3/11/2019. For Information & Reservations Contact: Beth Lacy @ (231)-533-8703 Antrim COA.



chair yoga

Yoga for EveryBody

Bring on the New Year with poses that will improve your health!

The Crawford County Commission on Aging & Senior Center is now offering not just one but three chair yoga classes starting on January 17th and continuing thereafter every 1st, 3rd, and 4th Thursday of the month. Chair yoga aims to give you the experience of classical yoga, even if you have mobility issues or find regular yoga challenging. Chair yoga will help improve flexibility, strength, balance, and focus. Join Certified Yoga Instructors Nicole Wethington and Dianne South and enjoy the many benefits of yoga.



Rewarding
Experiences.
Remarkable Care.

MUNSON HEALTHCARE

Crawford Continuing
Care Center

1100 E. Michigan Ave.
Grayling, MI 49738

(989) 348-0317
munsonhealthcare.org

Add Years to Your Life & Life to Your Years
ONGOING ACTIVITIES

Aerobic Drumming

Golden Beats
 Mondays, 10am
 Power Beats
 Mondays, 5pm

Bible Study

Tuesdays, 10am

Bingo

Medicine Shoppe Bingo
 once a month on "Thurs"
 Penny Bingo, Thurs 1pm
 Pantry Bingo, Fridays 1pm

Bridge

Mondays, 1pm

Clogging, Beginning

Mondays, 12:30pm

Clogging, Regular

Mondays, 1:30pm

Computer Club

Assistance by Appointment

Crafting

Wednesdays & Thurs, 10am

Dinner

Mon.-Thurs., 4:30pm-5:30pm
 \$3.50 age 60+ \$5.50 under 60
 Birthday Dinner once a month

Euchre

Tuesdays, 1pm

Exercise

Thursday, 10am
 Friday, 10am

Flower Arranging

Monday, 10am

Legal Assistance

3rd Thursday, 1-4pm

Lunch

Mon.-Fri., 11:30am-12:30pm
 \$3.50 age 60+ \$5.50 under 60
 Frederic Satellite 2nd Fri.
 Lovells Satellite 3rd Fri.

Mahjong

Wednesdays, 1pm

Pinochle

Fridays, 10am

Pokeno

Thursdays, 10am

Pool

Ball-in-Hand, Wednesdays,
 1pm Nine Ball, Fridays, 1pm

Soup (2 choices per meal)

Lunch Monday-Friday starting
 at 11:30am. Dinner Monday-
 Thursday starting at 4:30pm.
 \$1.00 per bowl
Also available to go

Trips

Special trips for seniors are
 planned May through October.
 All priced under \$100.

Unlucky 7's

Wednesdays, 2:30pm

Wii Bowling

Wednesdays, 1pm

Zumba

Zumba Gold
 Tuesdays, 10am
 Zumba Regular
 Tuesdays, 6pm

Winners for the Thanksgiving Dinner - The door prize was won by Claudia Albright and the 50/50 was won by Dave Smith.

Winter Picnic

**Thursday, January 10th
 from 4 - 6pm**

**BBQ Ribs,
 Glazed Baby Carrots
 Steakhouse Potato Salad
 Fruit Salad
 Cherry Pie**

No
 Reservations
 Required!

At the Commission on Aging & Senior Center
 Suggested donation for 60+ \$3.50. Under 60 \$5.50

308
 Lawndale St.
 Grayling

Support Groups

11th Step Meeting - Open Meeting
 Mondays, 7pm
St. Francis Episcopal Church, Grayling

Alzheimer's Support Group

3rd Wednesday, 11am
The Brook of Grayling, 503 Rose St.
 For more info call the COA 348-7123

Choices (Anger Management)

Mondays, 2:30-4pm at *River House*
 For more info call 348-3169

Diabetes Support Group

Last Tuesday 4:30pm, Milltown Rm
Munson Healthcare Grayling Hospital
 For more info call 344-4826

Healthy Relationships & Empowerment for Women

Thursdays, 4pm-5:30pm, at *River House*
 For more info call 348-3169

Grayling Alcoholics Anonymous

Monday, Wednesday, Friday at Noon
 Sunday, Tuesday, Friday at 8pm
 Women's Meeting, Thursdays at Noon
At St. Francis Episcopal Church, Grayling

Saturdays - Noon

At Grayling Township Hall

Thursdays, 7pm in the Crawford Rm,
Munson Healthcare Grayling Hospital
 For more AA info call 866-336-9588

Grayling AI-Anon

Tuesdays 11am
 Women's meeting, Thursdays at Noon
St. Francis Episcopal Church, Grayling
 For more info call Greg at 348-1382

Healing Together (Grief Support Program)

3rd Thursday 4:00pm
The Brook of Grayling, 503 Rose St.
 For more info call 1-989-343-2470

Munson Hospice Grief Support Group

4th Monday, 11am
Munson Home Health, 324 Meadows Dr.

ACA (Adult Children of Alcoholics)

Wednesdays, 7pm
St. Francis Episcopal Church, Grayling

Overeaters Anonymous

Wednesdays, 8:00pm in the Crawford Rm,
Munson Healthcare Grayling Hospital
 For more info call Patsy 989-348-3073

Narcotics Anonymous

Tuesdays 6:30pm,
 Houghton Lake *Alano Club, 2410 N. Markey Rd.*
 For more info call Ted 989-429-8100

TOPS Weight Loss Class

Thursdays 4:30-6pm
St. John Lutheran Church, Grayling
 More info, call Mary Kay at 348-1398

Senior Center Meal Program

Lunch 11:30am - 12:30pm, Mon - Fri.
Dinner 4:30 - 5:30pm, Mon - Thurs.
Lunch & Dinner suggested donation of \$3.50. Under 60 cost \$5.50.
2 Choices of Soups served daily
Soup is available starting 11:30/4:30
To go soup is also available

Bowl of Soup

\$1.00 per bowl

Piece of fresh fruit 50¢

Milk 30¢ with a bowl of soup

Satellite Meals

Frederic/Maple Forest
@ Frederic Township Building
Lovells @ Lovells Township Bldg

Please call the Senior Center at 348-7123 to make a reservation for a Satellite Meal.

Stay in the Know!

You've Got Mail
Sign up for FREE e-mail news about the Senior Center activities

Receive the latest information about the Senior Center activities, delivered directly to your home via e-mail.

Signing up is easy; just send an email to director@crawfordcoa.org

The Senior Center respects your privacy and does not sell or make available to others our patrons e-mail list.

Free Congregate Meal For Seniors 60+
Commission on Aging & Senior Center
308 Lawndale, Grayling

Located Behind Burger King
Must be a first time meal.



Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean & Ham</i>	FRIDAY <i>Chili</i>	Sat
	31 Happy New Year - Office Closed 1		2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Assistance to Help You Maintain Your Independence
SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by Munson Home Health Care

Tuesdays, 4:30-5:30pm

By InTeliCare - Friday, 11:30am-12:30pm

Foot Care Clinic - by appointment

\$25 per visit - by Comfort Keepers

1st Thursday, 11:30-6pm

Hearing Clinic - by appointment

by Advantage Audiology

3rd Monday, 1-4pm, no charge

Incontinence Supplies

Supplies are available for a donation of \$5.00

Medical Equipment Loan Closet

Items are available for a donation of \$5.00

Nutrition Services

Boost Plus

Discounted cost for liquid nutrition with a prescription from your doctor.

Commodities Food Distribution

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

Congregate Meal Program

Lunch is provided Mon-Fri from 11:30am - 12:30pm and Dinner is provided from 4:30pm - 5:30pm Mon -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$5.50 cost.

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 \$20 worth of coupons for fresh fruits & vegetables

Soup (2 choices served daily)

Lunch Monday-Friday at 11:30am.

Dinner Monday-Thursday at 4:30pm.

\$1.00 per bowl. Also available to go

T.E.F.A.P. Food Distribution

Quarterly @ American Legion Hall

1-2:30pm March .2019

Resources

Computers

Internet computers are available at the Senior Center for your use, Mon & Wed

8:30-6pm, Tues & Thurs 8:30-7pm, and

Fri 8:30-4pm

Information and Assistance

Our staff are ready to assist you in finding answers to your questions or to assist in finding available resources.

Medicaid/Medicare Assistance Program (MMAP)

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

Medical Transportation

We can assist in arranging transportation for seniors who have no other means.

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

A monthly Senior Gazette which is full of information for seniors and their caregivers.

In-Home Services

For those who need a little assistance maintaining their independence.

Housekeeping

Bathing Assistance

Respite for Caregivers

Classes

Creating Confident Caregivers (CCC)

CCC helps caregivers of people with dementia learn how dementia works and learn strategies for improving caregiver skills and caring for oneself in the process.

AARP Driver Refresher Course

Offered once each year.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered once a year.

PATH (Personal Action Toward Health) Classes

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression.

Powerful Tools for Caregivers

A class for Family Caregivers. This program will provide you with tools and strategies to better handle the unique caregiver challenges you face

Stress Less with Mindfulness

Stress Less is a class teaching people a particular way of thinking to help reduce stress, depression and anxiety.

Cost for Services

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. General donations and donations to a specific program are always needed and welcome.



How We Served You in November 2018!

At the Senior Center

- We served **831** Congregate Meals
- We served **266** Soups
- Activities/Events Attendance **758**
- Average # of Daily Visitors **60**

In-Home Services

- Delivered **2.131** home delivered meals.
- Provided **100** hours of respite care.
- We provided **387.75** hours of homemaker services.
- We provided **39.5** hours of bathing assistance services.

Tune into the Chemical Bank Creating Community Chemistry Calendar to listen for our Calendar of Events! Airing daily on these fine stations!



Social Security Tips

From Bob Simpson, District Manager
Traverse City Social Security Office

Beware of Scammers Pretending to be FROM Social Security

In the digital age, frauds and scams are an unfortunate part of doing business online. During the holiday season, Social Security has traditionally seen a spike in phishing scams, and we want to protect you as best we can.

We urge you to always be cautious and to avoid providing sensitive information such as your Social Security Number (SSN) or bank account information to unknown individuals over the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you.

Please take note; there's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display the 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not have all of your personal information, such as your Social Security number (SSN), on file. Other callers claim Social Security needs additional

information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. This appears to be a widespread issue, as reports have come from people across the country. These calls are not from Social Security.

Callers sometimes state that your Social Security number is at risk of being deactivated or deleted. The caller then asks you to provide a phone number to resolve the issue. People should be aware the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees occasionally contact people by telephone for customer-service purposes. In only a few special situations, such as when you have business pending with us, a Social Security employee may request the person

confirm personal information over the phone.

Social Security employees will never threaten you or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/report.

Remember, only call official phone numbers and use secured websites of the agencies and businesses you know are correct. Protecting your information is an important part of Social Security's mission to secure today and tomorrow.



counseling done at their township hall. Beaver Creek, Frederic, Lovells and South Branch townships were the sites for this year. Twenty two people took advantage of the opportunity.

Open Enrollment is a very important time for Medicare recipients since prescription drugs plans and Medicare Advantage plans change from one year to the next. These changes can result in little to no change for some people, but some people find that remaining with the plan they have for this year could result in thousands of dollars of unplanned expenses for the next year if they remain with their current plan. This is why our counselors take the time to examine plans for people and help them enroll in new plans if they choose to do so.



MEDICARE OPEN ENROLLMENT RESULTS FOR 2018

Medicare Open Enrollment ended on December 7, 2018. Counselors Tina Foster, Marc Dedenbach, Sandy Woods and Karl Schreiner saw 148 people during that period of time, utilizing some 180 hours of counseling time. Their efforts resulted in projected savings of \$172,129.06 for 2019. A new program was started this year in which residents of some of the outlying townships were offered the opportunity to have

VOLUNTEERS we need you! Take your leotard out of storage & iron your cape.. What is your SUPERPOWER?

Drivers

- **Medical Transport Drivers** are on an "as needed basis" when older adults have a medical appointment. Mileage is reimbursed by the older adult.



- Start your volunteer journey with becoming a **Meals on Wheels Driver**. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story

and leave with a new pep in your step! Able to lift heavy bags.

(All drivers must have valid driver's license and a clean reliable vehicle with current insurance coverage.)

Kitchen

- We could use a **Dishwasher**, and help with making sandwiches, cupping fruit, and packing bags.



- **Servers** are needed to serve Lunch from 11:30am to 12:30pm and Dinner from 4:30pm– 5:30pm. No roller skates required.
- Our **Stock Person** helps with putting away food deliveries. Needed Monday & Thursday starting around 10:30am for approximately 2 hours and able to lift up to 45lbs.

Activities

We love Bingo! Do you? If so, this could be the perfect fit for you.

Bingo Callers along with set-up of Bingo on Thursdays and Fridays at 1:00pm is needed.



MUNSON HEALTHCARE
Grayling Community Health Center

Rehabilitation Services
1250 E. Michigan Ave., Suite C
Grayling, MI 49738

(989) 348-0314

munsonhealthcare.org/graylinghospital

Random Word Search Puzzle

(Bring the finished puzzle into the Senior Center for a prize)

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

1. miscegenation
2. transgressively
3. maquillage
4. metaled
5. biogen
6. diazole
7. conspiringly
8. stratospheric
9. ruskin
10. hairless
11. tumefy
12. undertalk
13. bellot
14. compradore
15. flexionless
16. epididymal
17. polycarpic
18. manichee
19. unpetalled
20. indicatable
21. gent
22. kur
23. bumpkin
24. hypophonia
25. unfanned
26. unhedged
27. loiret
28. patine
29. overhead
30. phar
31. nonprofessionalism
32. kinghood
33. backblocks
34. shufu
35. nonlosable
36. sometimes
37. magisterially
38. dopesheet
39. shod
40. noncomposite
41. convulsionaries
42. ratableness
43. cymbaler
44. musclebound
45. udmurt
46. kindliest
47. lukas
48. caballero
49. unmaterialistic
50. subtepid



Crawford County Transportation Authority "Dial-A-Ride"

New Hours
 Effective January 1st, 2019

Monday – Friday:
 6:00am – 7:00 pm

Saturday – 9:00am – 4:00pm

Cook's Corner

Sweet Hawaiian Chicken

INGREDIENTS

- 1 cup pineapple juice
- 1/2 cup brown sugar firmly packed
- 1/3 cup soy sauce (light)
- 2lb. Chicken breast cut into bite size pieces



INSTRUCTIONS

- Combine pineapple juice, brown sugar and soy sauce; mix well.
- Stir in chicken pieces, coating well.
- Pour into crock pot and cook on low for 6-8 hours.

Serve over rice or egg noodles

If desired, you may also add chunks of pineapple, bell pepper, sliced carrots, and onions.

Submitted by Mary Jo Gingerick

Please submit your recipes to
 Christine Sayad at
csayad@crawfordcoa.org

Grayling Save a Lot

Purchase of
1/2 Gal. White Milk 99¢

Skim, 1%, 2% or Whole

Limit 2 Please
 with coupon

Valid Jan 1, 2019 thru Jan 31, 2019

2333 S. I-75 Business Loop

989-348-6690

Look for printable coupons at www.Save-A-Lot.com

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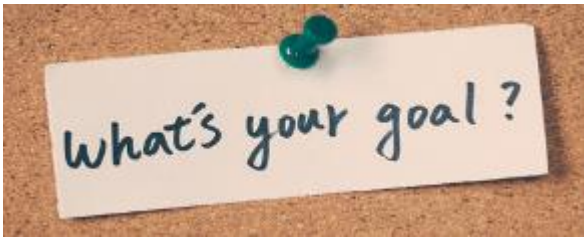
Ralph Oppermann
 D.D.S., F.A.G.D.

800 E. Michigan Ave., Grayling, MI 49738
 (989) 344-2525 • Fax: (989) 348-9629

How to Stick with your New Habits for the New Year

By Nicole Persing-Wethington, from Michigan State University Extension

This time of year, many people are making healthy resolutions. Unfortunately change is not easy and many of these resolutions do not last long. Whether it is increased activity or healthier eating habits, start your plan off on the right foot for the greatest chance of success. If



you want to stick with your new habits, here are some tips for success:

- Make changes that YOU really want: It is important to have motivation to change. It is not enough for your family or doctor to want you to make a change; you have to want it too. Choose a habit that will make you feel better. It is easier to stick with it if

you feel results.

- Set goals: Make sure they are specific, measurable, achievable, relevant, and timely. Small goals are great to achieve success and add up over time to make big change.
- Create an action plan: What are you going to do?

When are you going to do it? How are you going to do it? Be specific about your plan. Writing this down can help solidify your plan and keep you accountable.

- Check back in: Regularly check back in to make sure you are on track. Try using a calendar, notebook, or an app on your phone to help you keep track of your new

habits. Having an accountability partner can also be motivating.

- Overcome setbacks: If you find that your new habit is not sticking yet, try again. Every minute is an opportunity to start again. You do not have to wait for the next day, week, or month to start over. You set this goal for a reason, remind yourself why you are making this choice.

If you need inspiration for your new habits, try adding one glass of water each day or attending two of the Commission on Aging's physical activity programs each week. Remember that it takes time to overcome past routines, so be kind to yourself as you are creating new healthy habits.



Volunteers from the Foot Pillow Project present over 200 foot pillows to the Christian Help Center. Pictured left; Cheryl Starr, Orvetta Roggow, Dora Mead, Sandy Steele, Pat Sanders, & Mary Trombley.



Sandy Steele (right) with Director Dora Mead from the Christian Help Center.

Thank You

The 7th Annual Foot Pillow Project at the Crawford County Commission on Aging wrapped up just in time for Christmas. These giant, soft foot pillows are made by several volunteer sewers, cutters & stuffers from the community. The foot pillows are then donated to the Christian Help Center where they were given to children across Crawford County

for Christmas.

The project put together well over 200 pillows. In addition to the many hours of volunteer time, donations of fleece and ply-fil were also given to help make this year's project a big success.

A special thank you to all those who gave of their time as volunteers and to the many donors! See you next year!

Donation Needed

\$300 to purchase Home Delivered Meals Bags



A few years ago, we went "Green" to help the environment. The Meals on Wheels are now delivered in reusable cloth shopping bags. We use about 500 bags per year. It is time to replenish our bag supply, so we are looking for a \$300 donation to purchase bags. Help Keep our Wheels rolling and our environment safe.

The Medicine Shoppe
PHARMACY

Proudly Serving Our Community Since 1999

- Prescription Delivery Service
- Senior discount available daily



989-348-2000

500 N. James St. • Grayling



GRAYLING

NURSING & REHABILITATION COMMUNITY

Overall Patient Satisfaction: 94%
Post Acute Short Term Rehabilitation
Long Term Living
Physicians/NP Available 24/7

Five Star CMS Rating



331 MEADOWS DRIVE • GRAYLING, MI 49738 • 989.348.2801

GENTLE Yoga



Starting Tuesday January 8th

The Crawford County Commission on Aging & Senior Center is introducing Gentle Yoga starting on Tuesday January 8th! Gentle Yoga is appropriate for all levels of experience but is particularly accessible to anyone new to the practice of yoga.



Alignment focused and instructive, you will realize the benefits of your practice through improved flexibility and strength. Through a combination of movement, breath work and quieting of the mind, yoga provides a gateway to improved physical and emotional health.

Yoga meets you where you are and allows you to participate at your individual level of capability, requiring only the ability to get up and down from the floor without assistance. Come join us on Tuesdays at 1pm with Certified Yoga Instructor, Dianne South, and enjoy the many benefits!



**Supporting
Crawford County's
Senior Citizens**

4786 North Down River Rd. (989) 348-7321
P.O. Box 668 (800) 968-2722
Grayling, MI 49738 Fax (989) 348-7698

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



Who Will it Be?

Join us for our Winter Party,
January 15th at 5:45pm

At the Crawford County Commission
on Aging & Senior Center

Discover who it will be by asking questions
to someone behind a screen.

Try and guess and you WIN.

Have your Bucket List ready, too!

Join us dinner before the party from 4:30pm
to 5:30pm. Serving Chicken Fettuccini
Alfredo. Those 60 and older eat for a
suggested donation of \$3.50. Those under
60 can eat for a cost of \$5.50.



RETIREMENT PLANNING SEMINAR

Thursday, January 31st at 5:45pm

Most people would like to retire at some point. Retirement now or in the future may look different from the retirement our parents or grandparents may have had. Are you planning to retire sometime in the next 10-15 years? If you are, there are many things you need to consider. Among there are Social Security, healthcare, housing and more. The Crawford County Commission on Aging & Senior Center is hosting a seminar on Thursday, January 31st at 5:45pm for people thinking about retirement planning. Join Karl Schreiner, Advocacy & Resource Coordinator, to discuss the basics of retirement. This seminar is not designed to give you legal advice or financial advice of the type given by a financial planner. Rather it is designed to look at basic concepts of retirement and how you can plan for your future should you choose to retire.

Join us for a Beef Tips dinner from 4:30pm to 5:30pm prior to the seminar. For more information call Karl at 348-7123.

NEW TO MEDICARE SEMINAR

Thursday, January 24th at 5:45pm
Commission on Aging & Senior Center

Are you turning age 65 in 2019? 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 at the Crawford County Commission on Aging & Senior Center, 308 Lawndale Street in Grayling on Thursday, January 24th at 5:45pm for a presentation that



will help demystify the issues surrounding Medicare. Karl Schreiner, Advocacy & Resource

Coordinator and volunteer Medicare/Medicaid counselors will discuss the various parts of Medicare, including what is covered or not covered, Medicare Supplement 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.

Prior to the presentation join us for a Shepherd's Pie dinner from 4:30pm to 5:30pm. Those 60 and older eat for a suggested donation of \$3.50. Those under 60 can eat for a cost of \$5.50. For more information call (989) 348-7123.



Making Your Medical Wishes Known Advanced Care Planning

Munson Healthcare's
Advance Care Planning team

encourages everyone to have conversations with loved ones about their medical wishes. Free workshops will help guide you through the process of talking about your wishes and completing an advance medical directive.

Our 2019 Grayling workshops are in the Crawford Room located behind the Grayling Hospital at the following dates and times:

January 8 from 10 am - 12 pm

March 5 from 1 pm - 3 pm

May 21 from 10 am - 12 pm

July 16 from 1 pm - 3 pm

September 17 from 10 am - 12 pm

November 19 from 1 pm - 3 pm

Register by calling us at 989-348-0296.
munsonhealthcare.org/advancecareplanning

Munson FREE Breakfast Presentation

Tuesday, January 29th at 9am

at the Crawford County Commission on Aging & Senior Center, 308 Lawndale St., Grayling

Protecting Your Aging Eyes

With Dr. Lindsay Wade, Optometrist at AuSable Eye Care

It's no secret that your view of the world can change as you get older—and it's not just a matter of gaining a wiser perspective: Your vision can change as well, especially if you develop one of the eye diseases associated with aging. That's why the American Academy of Ophthalmology recommends, at a minimum, a baseline eye exam in middle age and exams with increasing frequency as you get older, depending on your eye health, as advised by your eye-care specialist.

Even people who are aware of a problem may not see an eye-care specialist as often as they should. Findings from a recent survey showed that 40 percent of adults with severe visual impairment and 50 percent of those with at least some vision impairment reported that they had not seen an eye-care specialist in the previous 12 months. The survey also found that nearly 50 percent of people over age 65 with no known visual impairments had failed to see an ophthalmologist or optometrist in the previous year.

Vision smarts

Protecting your vision—at any age—starts with little things like guarding against physical injury and being smart about the sun. Here are some eye-care tips:

- Wear sunglasses outdoors on sunny days and a hat with a brim. Lifelong exposure to ultraviolet rays promotes

cataracts and macular degeneration. Even inexpensive sunglasses block most ultraviolet rays, but for better protection look for specially labeled glasses that state they block 99-100 percent of UV rays. Sunglasses or even goggles are a good idea in the snow, too.

- Wear goggles or safety glasses when working with power tools or dangerous chemicals that might splash, and when playing racquetball or other high-risk sports. Be wary of flying objects—twigs from a lawnmower, even a champagne cork. * Avoid tanning booths and sunlamps, which can cause irreversible damage to your eyes or even blindness.
- Avoid working in bad light. Reading in bad light will not hurt your vision, but you'll be less prone to headaches in adequate glare-free lighting—and you'll work more efficiently and pleurably. * Avoid habitual use of over-the-counter eye drops as a remedy for redness. Artificial tears, to combat dry eyes, can be used whenever needed, but preferably get a preservative-free formulation.
- If you have prescription eye drops for one condition, don't use them later for something else. Use prescription eye drops only as directed by a doctor.
- Smoking endangers your eyes. So if you smoke, this is another reason to quit. Also, stay out of smoky rooms.



Breakfast Menu
Omelette Station,
Hashbrowns, Muffins,
Mixed Fruit, Juice, & Coffee

Problems with small print

Even if you don't develop any of the eye disorders common with aging, i.e. cataracts, glaucoma, age-related macular degeneration, you're likely to find your eyes no longer work as well as they once did. Starting in the early to mid-40s, many people may have problems reading small print, whether it's printed matter or on a computer monitor - even those who still have excellent distance vision. The changes are very gradual, and you won't notice the loss until one day you find yourself squinting at a newspaper that's held at arm's length and still appears to be blurred, or you have trouble reading anything in a dimly lit room. By the time people reach their 50s and 60s, most will need reading glasses.

Seeing in the dark

Older adults are also susceptible to night vision problems (sometimes referred to as "night blindness") -even if their daylight vision is okay - because of changes that occur in aging eyes.

To learn more about protecting your aging eyes and about new developments in eye care and treatment for age related eye disorders, please join Dr. Lindsay Wade, Optometrist at AuSable Eye Care, for breakfast and a presentation at the Crawford County Commission on Aging and Senior Center, at 9 am, on Tuesday, January 29, 2019. Hope to see you there!

Adapted from: Berkley Wellness: Protecting Your Aging Eyes February 22, 2018.

Walk-In Care Services for Minor Injuries and Illnesses

When you need quick, convenient care for non-life threatening illnesses and injuries, Grayling Physician Network's Walk-In Care services will have you feeling better faster than ever.

 **MUNSON HEALTHCARE**
Grayling Physician Network

Grayling

Open Monday - Friday, 8:30 am - 6 pm, Saturdays, 9 am - 3 pm
1250 E. Michigan Ave., Grayling, MI 49738 | 989-348-0550

Roscommon

Open Monday - Friday, 7:30 am - 5 pm
234 Lake Street, Roscommon, MI 48653 | 989-275-1200

Prudenville

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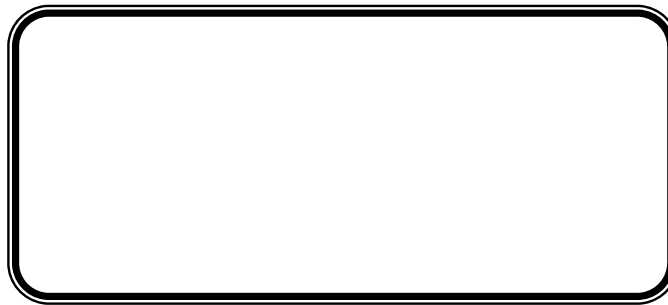


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308 Lawndale St.
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Pictured on the left is Janet Gildner and pictured to the right is Shirley Matthews

NuStep Brings New Life to the New Year *“The bike work out has changed my life!”*

The NuStep, the world's first recumbent cross trainer, is at the Senior Center! And it's changing the lives of two machine users, Janet Gildner and Shirley Matthews.

The NuStep and its inclusive design gives users access to a low-impact, total-body cardio and strength workout—all from a safe, seated position. The quick start feature lets users get on and go, at any pace or resistance level. NuStep is ideal for healthy users focused on active aging; for the frail or those with mobility issues; and those recovering from joint replacement, surgery, cardiac event or stroke.

For Janet Gildner the NuStep is the contributing factor of how she lost 58lbs. “Along with the Weight Watchers Program, I know it is because of the NuStep which helped me to lose the weight.”

Janet works out 2-3 days every week for 40 minutes. At first she felt stiff and was concerned about her knees, but after only a few workouts she began walking and feeling better.

Janet also says that she loves to be in the workout area when other exercise groups are back there because she likes having the support and encouragement of others along with the music. “Both are a motivator for me.”

Shirley Matthews comes in from Frederic to

use the NuStep. “After major heart surgery, I realized I needed to start exercising. It was getting on the NuStep at the Crawford County Commission on Aging that got me going. I knew I had to either start walking or riding a bike, but due to some of my health issues I was very unbalanced.”

Shirley chose the NuStep stating, “The more I ride the easier it is to walk and learn to keep my balance. The bike work out has changed my life and my doctor is overjoyed at my progress.”

Shirley tells people about the bike all the time now and says others now mention how great the bike is. She has a word for everyone, “Get on the bike and ride your way to better health and joy!”

Some great advice for the New Year, Shirley!

The NuStep is available for use at the Senior Center, free of charge Mons & Weds from 8:30am to 6pm, Tues & Thurs from 8:30am to 7pm, and Fridays from 8:30am to 4pm. Bring a friend and take turns with the NuStep and other fitness equipment available for use including weights for strength training and Therabands for muscle building and resistance training.



Friday, January 18th at
10:30am

Dial-a-Ride will be making a monthly trip to Gaylord for anyone who would like to attend. The trip will include lunch (self-pay) at different restaurants around Gaylord and a trip to the Walmart Plaza for shopping.

The trips will be the third Friday of the month starting January 18th and the cost will be \$10.00 per person.

Bus will leave Grayling at 10:30am. Lunch in Gaylord will be around 11:30am. Shopping will be from approximately 12:30pm to 2:00/2:30pm depending on what everyone thinks. A different restaurant will be chosen by the passengers for the next month's trip. The bus will be parked in the Walmart lot so if you get done shopping early, you can get back on the bus.

Due to limited parking at the COA, we will be picking up passengers at the mini-mall at 10:30am. Please park your vehicle on the south side of the car wash. If you will use Dial-a-Ride to get to the mini-mall, you can wait inside until the bus arrives.

We will then travel to Frederic and pick up people at the Frederic Township Hall between 10:45am and 11:00am. Please park on the north end of the parking lot in Frederic.

If you are interested in going, please register at the Commission on Aging & Senior Center. If you have any further questions call 989-348-7123.