

# Crawford County *Senior Gazette* October 2021



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**Featured Article**  
**Sherry Graziano**

*"Just the Way I Like It"*

"I've always lived on farms or near the woods. That's just the way I like it," said Sherry Graziano as she spoke of the home she and her husband, Tom, share near Lovells.

Born in Pontiac in 1954, Sherry first began making trips up north when she was about ten years old. "My dad bought a cabin on 612 so he'd have a place for hunting and fishing," she said. "It was our family vacation spot, and it's where I learned that I love to fish too."

But it wasn't love of the north woods, or fishing, or hunting that drew Sherry and Tom to the area permanently. It was hard times. "Remember back in the '80's when everybody was losing their job? That was us. We came up here because there was free rent to be had in Dad's cabin. That's a little embarrassing to admit, but it's the truth. Tom got a position in Traverse



City with the Post office, and I was an art teacher. I taught one day per week per school in Grayling, Roscommon, and St. Helen as the Art on the Cart lady. And then the State cut funding for art in the schools, and I was out. I did teach a lot of adult education after that."

Tom eventually accepted a position with Dollar Tree, opening stores all over Michigan. "He was on the road all the time," Sherry said. "When they finally put one in here in Grayling, he said, 'I'm staying put' and so now he runs that store. He's been with the company 20 years now."

And all the while, they farmed, and rescued horses, and llamas, and sheep. "I love all kinds of critters, but any time I can be around horses I am happy," she said. "We had 12 horses, a handful of llamas, and 24 sheep at one time, but now we're down to just one pony named Gingerbread, 2 llamas, and 1 sheep."

The llamas and sheep are a source of fiber for Sherry's spinning,  
**Continued on Page 5**



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

**HOURS OF OPERATION**

**Monday & Friday**  
**8:30am to 4:30pm**

**Tuesday-Thursday**  
**8:30am-6pm**

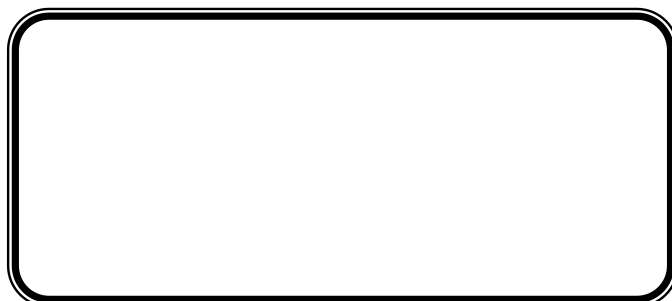
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**The Senior Gazette**  
308 Lawndale St.  
Grayling, MI 49738

The Senior Gazette is published monthly by the Crawford County Commission on Aging. The publication is distributed free to Crawford County residents by direct mail and at local businesses.

*"Views and comments expressed in the Senior Gazette are not necessarily the views and comments of the Crawford County Commission on Aging, its staff or its board. The Senior Gazette is funded by advertising dollars, but the Commission on Aging does not necessarily endorse any one business or organization."*

**For advertising or addition to the mailing list, contact us at (989) 348-7123 or [director@crawfordcoa.org](mailto:director@crawfordcoa.org)**

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Kathy Jacobs, Homemaker  
Sarah Pollock, Homemaker

**Please  
Wear a  
Face Mask**



**Help Stop the Spread**

## **Mask Mandate**

We would really love to stay OPEN! Please help us do that by wearing a mask each time you visit the Senior Center – both locations. Masks continue to be required during all activities. Masks can be removed when your meal is delivered, but must be put back on after you are done. Over the past month, Crawford County has increased to the High Risk Level for Community Transmission with the positive COVID test percentage hovering around 10%. Both the local District Health Department and the Area Agency on Aging (which funds our agency) have asked that we all “mask up” for safety regardless of vaccination status. Thank you for your cooperation!



## **New MDHHS Immunization Portal**

The Michigan Department of Health & Human Services is proud to announce the Immunization Portal. The Michigan Immunization Portal is used to access and download a copy of your State of Michigan immunization information online. The Portal is available free online at [Michigan.gov/Health](http://Michigan.gov/Health) or [Michigan.gov/MilmmmsPortal](http://Michigan.gov/MilmmmsPortal).

To access your immunization record you will need a MiLogin citizen account and a valid ID such as a Driver's License, State ID, or US Passport. This portal contains immunizations which have been recorded in the State of Michigan Care Improvement Registry (MCIR). If you had immunizations in another state or country, they may or may not be in this portal. Immunizations from other states or countries may be provided to your physician's office or local health department for input into MCIR. You may access your Michigan Immunization Record as frequently as you wish and are encouraged to obtain your record after each vaccination.

If you have questions, please call the portal helpline: 1-833-999-2484.



## **New Senior Center Building Update**

Beginning in October, the Design Development process for the new Senior Center will begin again. Construction costs have been falling which will hopefully work in our favor. Availability of material is still hit or miss, but also getting better.

The tentative plan is to have construction documents ready by the end of February 2022 and then be able to put the project out to bid by the end of March 2022. If all goes well, the new Crawford County Commission on Aging and Senior Center will break ground in April 2022.

Because of the continued uncertainty of pricing for this project, the COA continues to seek out large monetary grants and donations to help defray the increased cost. Below is a list of equipment needed for the new building with cost quotes/estimates if you or someone you know are available to assist. If you belong to organizations that provide funding/donations, please also feel free to forward this request to them.

- Furniture (Lobby, Activity/Meeting Room, Office) – Quote \$50,279
- Stackable Washer/Dryer – Quote \$1,304
- Portable Stage – Quote \$7,953
- Game Table (Pool, Ping Ping, Air Hockey) – Quote \$1,200
- Water Fountain/Bottle Refill Station – Quote \$1,097
- Telephone System – Quote \$3,024
- Computer Network Equipment – Quote \$5,427
- TV & Projectors - \$29,626
- Event Room Motorized Partition/Divider – Quote \$41,000
- Blinds – Estimate \$8,000
- Fire Extinguishers & Cabinets – Estimate \$1,700
- Generator – Estimated \$50,000

If you have questions, please don't hesitate to call me at (989) 348-7123.

Alice Snyder, Director

# General Giving

Although the Crawford County Commission on Aging is supported by state & federal grants, Crawford County millage monies, Community Foundation of Northeast Michigan, the Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging, we could not do what we do without also having the support of people just like you. Gifts can be made to the Crawford County Commission on Aging any time during the year. If you have a specific program that is dear to your heart, your gift may be "restricted" for support of that program.

## General Donations Made By:

Mary Garcia	Marjorie Kosmalski	JoAnn Root
Tom Jarosz	Jerry Larson	Billie Squanda
Richard & Nancy Kiessel	Judy Morford	Kaye Thomas-Hogan
Kay King	Tamra Mott	Ron & Margart Yon

*Volunteers and Contributions received after September 17th will be acknowledged in the next edition of the Senior Gazette.*

## Memorial Gifts

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax deductible gift in their name will enable us to continue to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County. You can also buy a Plaque to be displayed in the Dining Room.

## Legacy Giving

Planned gifts are a thoughtful way to remember our seniors. Please consider us in your estate planning or have your attorney add an addendum to your will. Your bequest will benefit many seniors and help us continue vitally needed several for years to come.

## Sponsors

Our sponsors make it possible to offer programs, events, and activities we would not otherwise have funding for.

### Our Sponsors

Blood Pressure/Blood Sugar Sponsored by Munson Home Health Care  
 Blood Pressure Sponsored by The Care Team  
 Foot Clinic Offered by Comfort Keepers  
 Hearing Clinic Offered by Advantage Audiology  
 Legal Aid Offered by Jason R. Thompson Law Office PLC  
 Birthday Lunch Flowers donated by Family Fare

## Memorial Donations Made By:

*Joyce Sorenson  
 In Memory of  
 Alice Burak*

*Scott Foster  
 In Memory of  
 Tina Foster*

## Wish List Item

### Meals on Wheels Delivery Bags

We are in need of some new Meals on Wheels delivery bags. Each bag comes with a thermal pad to help keep our frozen meals and milk cold. The cost of each bag is \$135. We are looking to replace 8 of these bags. If you are interested in supporting the Meals on Wheels program and have a little extra cash this month, please consider making a donation today. Be sure to mark your donation as Meals on Wheels Delivery Bag.

## Gifts of Supplies

Check with Reception for items to donate rather than making a financial donation to help support the COA!

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

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Cell Phone ( \_\_\_\_\_ ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Method of Payment  Cash  Check **Amount Enclosed \$** \_\_\_\_\_

- I would like to receive monthly emails about activities and events.
- I would like to be contacted about Legacy Giving.
- I would like to volunteer for the Commission on Aging.

Please make check payable to "COA" at 308 Lawndale St. Grayling, MI 49738  
 Call (989) 348-7123 to make donations or payments of \$25 or more with a credit, debit, or EBT card.  
**\*\*\*All Gifts are Tax Deductible\*\*\***



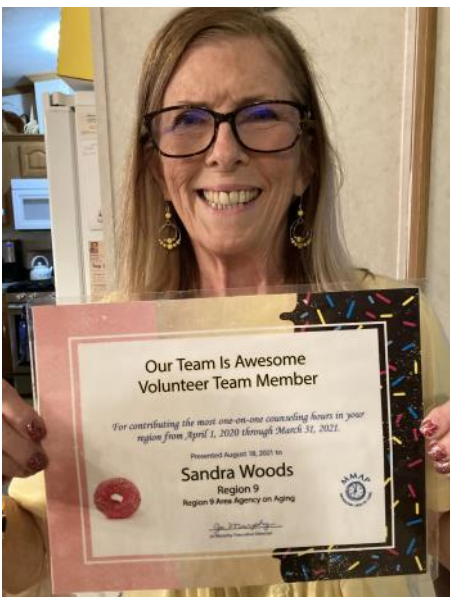
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Marc Dedenbach  
Dick Dodge  
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Karen Hollenbeck  
Cheryl Hopp  
Donna Hubbard  
Tom Jarosz  
Cindy Johnson  
Glenn King  
Lorelei King  
Sarah Kurtz  
Sandy Lakanen  
Karen Leslie

Betty Liebler  
Kirsten Lietz  
David Markle  
Dan McCarthy  
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Dean McCray  
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Rosemary Nelson  
Wayne Nelson  
Deb Rawlings  
Tom Rawlings  
Gail Schultz  
Jon Schultz  
Richard Smith  
Joyce Sorenson  
Farrell Thomas  
Ellen Thompson  
Vera Trimble  
Deb Umlor  
Janet Weaks  
Sandra Woods



## Two of the COA's Very Own Receive Awards

One of the services provided by the Crawford County Commission on Aging & Senior Center is the Michigan Medicare/Medicaid Assistance Program (MMAP). MMAP is a free service to assist people with Medicare and Medicaid. Trained counselors help in applying for benefits, retaining those benefits, resolving problems that beneficiaries encounter with these programs, and in helping to identify and report fraudulent activities related to both Medicare and Medicaid.



This year two of our very own, Tammy Findlay and Sandra Woods received awards for their dedication and efforts to help in these areas. Tammy Findlay received Site Coordinator of the Year for 2021! This award is only given to one individual throughout the entire State of Michigan! Tammy's is our Advocacy and Resource Coordinator at the COA for the past two years. This is the first time she has received such an award.

Sandra Woods, one of the COA's Board Members and Board Secretary, received the MMAP award for most One-On-One Counseling Hours in Region 9. Crawford County is part of the 12-county service area of the Region 9 Area Agency on Aging (AAA). Please join us in congratulating both Tammy Findlay and Sandra Woods on receiving these rewards. We are proud and honored to have them on our team helping us to fulfill our mission.



## Susan Hensler

A Grayling native, Susan Hensler was raised in Grayling, moved away, and returned to live in the Sears house her grandparents built and her mother grew up in.

While away from Grayling in her younger years, Susan graduated from Manchester College with a degree in Physical Education and she taught at Marion College and coached the girls' basketball team.



After moving back to Grayling to help care for her aging aunts and uncles, Susan is now a board member, Meals on Wheels Driver, and transport driver for the Commission on Aging. Susan got involved with the Commission on Aging because her aunt received meals on wheels and she saw how much the friendly and cheery drivers meant to her. "I vowed to do the same for others some day," she says. "I like knowing that I am helping others, sharing conversation, and a smile. Delivering meals during the pandemic was a real blessing to me, not just to the recipients. I love making people smile!"

In addition to her role at the Commission on Aging, Susan is most passionate about two things: gardening and kayaking. She belongs to a women's kayaking group with statewide membership. After 21 years of operation her kayaking partners have become great friends. This past summer they got together to participate in the "Paddle Antrim" event, "There are some lakes and rivers near Bellaire & Charlevoix, that have beautiful waters. We saw mink, herons, egrets, and an eagle or two."

Her garden, and its produce, she likes to share with friends. However, "Gardening is harder these days," she says. "Bending and stooping is more difficult. I would like to switch to raised bed gardening and more containers and trellises so that I can still keep my hands in the soil."

Her other hobbies include reading mysteries or action novels, knitting, and fishing for bass on local lakes.

Susan believes everyone should learn something new every day and greet everyone else with respect and honor.

## October Birthdays

Sheryl Biggs 10/8  
Gayle McCollom 10/8  
Marie Hatfield 10/15  
Beverly Ohsowski 10/17  
Kirsten Lietz 10/19

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

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

A Non-Profit Faith-Based Organization

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

## Sherry Graziano (Cont.)

Written by Ann Rowland

weaving, and knitting. As an artist who also happens to knit, she has designed knitting many patterns, some of which were published by Vogue® in their book "60 Quick Knits". "The day the woman from Vogue called to tell me they had accepted my submissions, I thought it was one of my friends trying to trick me. I even accused her of lying to me, but she really was from Vogue, and we had a great conversation. I have 12 patterns in that book."

With an equal interest in art and early literacy for children, Sherry had volunteered at the Grayling Library, so when a position opened up for the Director of Programming, it was an easy choice for her. "I did that job for 7 years. You know, if we can get kids interested in books, we can cure all manner of ills."

Her experience as a teacher and as an artist (she also is a book illustrator) led to a natural conclusion; a book called Bailey the Gingerbread Pony. It's based on her real pony, who with his brown coat with white patches and white mane and tail, is "a bit of a character" and is great with kids...especially kids with special needs. "He was a groomsman in a wedding once. Loves the camera. Loves treats...especially gingerbread."

She has also illustrated a book written by her former co-worker at the library, Bambi Mansfield. "Bambi and I are good friends. She lives in North Dakota now, and she had Covid during the winter. I was hand-painting cards to send to her, and other people who aren't online and needed some encouragement. Bambi's cards were all of birds, and she told me that she put them all up on her wall. She's

written a book called "Birds of Pray; p-r-a-y, not p-r-e-y, which is all of my bird paintings along with words of encouragement."

"We have another book together, too, called 'Through the Eyes of a Child, Empowering Children to Notice the World'. As an illustrator, I'm really proud of that. It will be out in October, and available locally at Tippin' the Mitten'. As an illustrator and an art teacher, I've always stressed that people have to learn to see. You gotta learn how to look for the unusual, the beautiful, the wonderful. That's what we want this book to do."

Sherry said the key to art is "taking what you know and using it a different way." It works for drawing, for writing, and even for farming.

"I've never done the typical thing," she said. "I met Tom at a plant nursery in Birmingham, MI. I went in to buy plants, and he told his boss to hire me because he intended to marry me. Maybe it was love at first sight for him, but not for me. In the end, however, I got a job, he got the girl, and we've been married 48 years."

Sherry and Tom have three grown children, all in Northern Michigan, eight grandchildren, and two great-grandchildren. "One of the grands lives with us while going to college. "And that's ok! It gives us an excuse to eat more pizza."

Aside from keeping animals, drawing, designing, working in fiber art, and loving her family, Sherry plays the banjo. "It's a good life. It's the way I like it."



## Curbside Congregate Meal Options

There are a couple of exceptions to our normal rules which may allow you greater access to our meals.

- You do not need to order the Hot Meal of the day to pick up meals. We have a variety of frozen meal options available every day that you can pick instead.
- You can pick up enough frozen meals to last a few days or even pick-up meals once a week. Pick the best day for you and call in your order. You can order up to 2 meals per day of the week.

As always SNAP card recipients can still use their benefits to make a donation for Congregate Meals. To place an order or for questions call (989) 348-7123. Orders for lunch can be placed between 9-11:30am and picked up between 11:30am-12:30pm. Orders for dinner can be placed between 1:30-4:30pm and picked up between 4:30-5:30pm.



## Food Assistance

The next CSFP Food Distribution will be Wednesday, October 6th from 9:30-10:30am at St. Mary's Catholic Church. Call (989) 358-4700 for more information.

There will be a free food distribution Saturday, October 16th at 10am at Mount Hope Lutheran Church.

The Crawford County Community Christian Help Center food pantry is open Monday, Wednesday, Friday 11am-3pm to anyone living in Crawford County.

## 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 events, classes, and programs delivered directly to your home via e-mail. Signing up is easy; just send an email to

[director@crawfordcoa.org](mailto:director@crawfordcoa.org)

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

## Grayling Hospital for Animals



- Dr. Paul W. Mesack
- Dr. Troy Fairbanks
- Dr. Katherine Powning
- Dr. Barbara Craig
- Dr. Heather Minkel

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



Reaching Seniors and Beyond!

## Free Congregate Meal For Seniors 60+

Commission on Aging & Senior Center  
308 Lawndale, Grayling

Located  
Behind  
Burger  
King

**Must be a  
first time  
meal.**





## Double Up Food Bucks & SNAP

The Double Up Food Bucks program enables Supplemental Nutrition Assistance Program (SNAP) participants to earn free produce when they buy fresh fruits and vegetables with their SNAP benefit at participating retailers.

For each dollar of fresh produce SNAP customers purchase using their EBT Bridge Card and yes account at participating Family Fare and VG's locations, an equivalent amount of dollars will be earned and placed on their yes account for a future purchase, up to \$20 per day. Shoppers can then redeem the dollars for free fruits and vegetables. Currently, the \$20 maximum has been increased to \$50 per day in earnings, per Fair Food Network's approval. The \$50 maximum will be in effect until further notice from Fair Food Network.

For further information, please contact Tammy Findlay at (989) 348-7123.



## Free Equipment: Side Style Hemi One Arm Walker

### Features and Benefits

- Designed for individuals with the use of only one hand or arm
- Lighter than a walker and more stable than a cane
- Folds easily with one hand
- Ideal for users who do not require a walker but need a wider base for support

If you are in need of this style of walker 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 on a first come, first served basis. Please give Kathy a call at (989) 348-7123 to see if we have what you need.



## 31st Annual Crawford AuSable Community Free Thanksgiving Dinner

In the spirit of staying healthy again this year all meals will be delivered to you on November 25th, 2021.

Starting October 15th reserve your home delivered meals by calling 989-387-3672 by noon the day before Thanksgiving. Leave your name, phone #, delivery address, # of meals needed, and any special instructions for delivery

This meal is provided by the generosity of local businesses, organizations, individuals, and the U.S. Army National Guard.

**\$10.00**

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# VOLUNTEERS we need you!

## Show us your **SUPERPOWER**




**Becoming a Meals on Wheels Driver** is the perfect way to start your volunteer journey. 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!

(All drivers must be able to lift heavy bags, have valid driver's license, and have a clean reliable vehicle with current insurance coverage)

**Contact Alice Snyder at (989) 348-7123 to sign up or to learn more about Meals on Wheels.**




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- **Senior discount available daily**



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500 N. James St. • Grayling

Add Years to Your Life & Life to Your Years  
**ONGOING SENIOR CENTER ACTIVITIES**

**Activities**

**Birthday Lunch**, Thursdays, once per month  
**Pantry Bingo**, Fridays 1pm  
**Penny Bingo**, Thurs 1pm  
**Pool**, Fridays, 1pm  
**Wii Bowling**, Wednesdays, 1pm

**Fitness**

**Zumba Gold**, Tuesdays, 10am  
**Clogging**, Wednesdays, 12pm

**Table Games**

**Euchre**, Tuesdays, 1pm  
**Pinochle**, Fridays, 10am  
**Pokeno**, Thursdays, 10am

**GIVING TUESDAY**  
**Giving Tuesday Approaches!**

Don't forget Giving Tuesday is coming up! This year's date is November 30th. Every year all Giving Tuesday donations go directly to the Meals on Wheels program which is more important now than ever to helping the most at-risk remain connected and well-nourished. Look for more information in the November Gazette as well as on Facebook to stay in the know about this great, giving event!



**Your SNAP Benefits Are Increasing**

A change to the way food prices are estimated means your Supplemental Nutrition Assistance Program or SNAP benefits will increase by roughly 25% beginning in October.

The U.S. Department of Agriculture (USDA) has announced a change to the way food costs are calculated. This change is part of a reevaluation of the Thrifty Food Plan (TFP), which was mandated by Congress in the 2018 Farm Bill. Beginning October 1, 2021, households who get SNAP will see an average 25% increase in their monthly SNAP benefits. For further information contact Tammy Findlay at (989) 348-7123.



**Be Kind to Your Mind**

The COVID-19 pandemic has created emotional distress within Michigan's older adults. Older adults as well as those that care for them have reported feeling anxious, depressed and uncertain about the future. These feelings are normal and understandable—and it can help to talk to someone.

Call the MDHHS Michigan Stay Well counseling line for free emotional support by dialing 1-888-535-6136 and pressing for extension "8." Remain on the line until you hear the prompt to speak with a Stay Well counselor. This service is free, confidential, and available 24/7.

When it comes to the pandemic, we're all in this together—but seniors often feel isolated and lonely. If you are interested in or know an older adult who might benefit from talking to peers about COVID-19 stressors the MDHHS also offers a Stay Well support group specifically for seniors and older adults. Interested participants can sign up for one or more sessions on Wednesdays at 10am by visiting <https://bit.ly/3flakd0>

For more guidance on coping with pandemic-related distress, visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).

The Stay Well program is brought to you by a behavioral health task force within the Michigan Department of Health and Human Services, with grant funding from the Federal Emergency Management Agency. Crisis counseling training was provided by the Substance Abuse and Mental Health Services Administration.

**Support Groups**

**ALZHEIMER'S SUPPORT GROUP**

3rd Wednesday, 11am  
**The Brook of Grayling**, 503 Rose St.  
 For more info call the COA 989-348-7123

**ALCOHOLICS ANONYMOUS**

Sun.(O/ST) / Tue.(C/D) / Fri..(B) A.A. 8:00 p.m.  
 Mon. / Fri (C/D/H) A.A. NOON  
 Mon.. (H)"Recovery Group"\* 6 p.m.  
 Thur. O/D/H) NOON (Women's)  
**At St. Francis Episcopal Church, Grayling**  
 Saturdays at NOON (C/D/H)  
**At Beaver Creek Twp Pavillion**  
 SAT. 6:00 PM (C/D/H)  
**At Frederic Twp. Hall**

**GLUED**

Tuesdays, 4:00-5:30pm, starting Oct 19th for 1st-6th graders who have experienced domestic violence (directly or indirectly) sexual abuse or bullying. Call RiverHouse, Inc at 989-348-3169 for info.

**Grayling Al-Anon**

Tuesdays 11am  
**St. Francis Episcopal Church, Grayling**  
 For more info call Greg at 989-348-1382

**NARCOTICS ANONYMOUS**

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

**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

**The COVID-19 Delta variant is here. We need to ACT.**

To learn more, visit us at [munsonhealthcare.org/ACT](https://munsonhealthcare.org/ACT)

**MUNSON HEALTHCARE**

# October 2021 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Check out the menu below for updates! In addition to old favorites we have new meals like Pizza Casserole, Mac &amp; Cheese, and Beef Goulash! We look forward to hearing your feedback about the new menu!</p>				<b>1</b> <b>11:30-12:30 Lunch</b> Mediterranean Chicken Breast, Sweet Potatoes, Green Beans, Grapes
<b>4</b> <b>11:30-12:30 Lunch</b> BBQ Chicken, Parsley Potatoes, Carrots, Grapes	<b>5</b> <b>11:30-12:30 Lunch</b> Chicken Fajita, Green Beans, Tossed w/Tomato, Apple <b>4:30-5:30pm Dinner</b> Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Strawberries	<b>6</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear <b>4:30-5:30pm Dinner</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon	<b>7</b> <b>11:30a-12:30p Lunch</b> Pizza Casserole, Brussels Sprouts, Broccoli, Orange <b>4:30-5:30pm Dinner</b> Chicken Stew, Biscuit, Brussels Sprouts, Strawberries	<b>8</b> <b>11:30-12:30 Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
<b>11</b> <b>11:30-12:30 Lunch</b> Chicken & Mushroom Alfredo, Broccoli, Cauliflower, Orange	<b>12</b> <b>11:30a-12:30p Lunch</b> Beef Goulash, Green Beans, Kiwi <b>4:30-5:30pm Dinner</b> Breaded Fish Sandwich, Asparagus, Pear	<b>13</b> <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Redskin Potatoes, Brussels Sprouts, Orange <b>4:30-5:30pm Dinner</b> Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries	<b>14</b> <b>11:30a-1p Harvest Luncheon-Take Out Only</b> Cornish Hens, Sweet Potato, Glazed Carrots, Chunky Applesauce, Apple Pie <b>4:30-5:30pm Dinner</b> Taco Salad, Roasted Corn & Black Bean Fiesta, Broccoli, Apricots	<b>15</b> <b>11:30-12:30 Lunch</b> Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
<b>18</b> <b>11:30-12:30 Lunch</b> Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	<b>19</b> <b>11:30a-12:30p Lunch</b> Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce <b>4:30-5:30pm Dinner</b> Beef Tips & Pasta, Corn, Applesauce	<b>20</b> <b>11:30a-12:30p Lunch</b> Pot Roast, Mashed Potatoes, Mixed Vegetables, Kiwi <b>4:30-5:30pm Dinner</b> Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	<b>21</b> <b>11:30a-12:30p Lunch</b> Spaghetti & Meatballs, Broccoli, Orange, Breadstick <b>4:30-5:30pm Dinner</b> Baked Ham, Scalloped Potatoes, California Blend Vegetables, Apricots	<b>22</b> <b>11:30-12:30 Lunch</b> Pork Roast, Baked Potato, Green Beans, Pear
<b>25</b> <b>11:30-12:30 Lunch</b> Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	<b>26</b> <b>11:30-12:30 Lunch</b> Stuffed Peppers, Broccoli & Cauliflower, Grapes <b>4:30-5:30pm Dinner</b> Chopped Pig Flesh, Tombstone Taters, Slimy Swamp Sprouts, Dead Leafs, Franken-kiwi	<b>27</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange <b>4:30-5:30pm Dinner</b> Beef Enchilada, Brown Rice, Corn, Pear	<b>28</b> <b>11:30a-12:30p Lunch</b> Macaroni & Cheese w/ Ham, Mixed Vegetables, Bacon Fried Cabbage <b>4:30-5:30pm Dinner</b> Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi	<b>29</b> <b>11:30-12:30 Lunch</b> Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana

# October 2021 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We ask that participants social distance whenever possible. We are asking everyone to wear a mask unless eating or drinking regardless of vaccination status.</p>				<b>1</b> 9am Geri-Fit – E M72 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>4</b> 1:30pm Clogging – E M72	<b>5</b> 10am Zumba – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>6</b> 9am Geri-Fit – E M72 <b>9:30-10:30am Commodities – St. Mary's Church</b> 10am Geri-Fit – E M72 1pm Walk in the Woods – Camp AuSable Boardwalk 1pm Wii Bowling – Lawndale	<b>7</b> 10am Pokeno – Lawndale 1pm Penny Bingo – Lawndale	<b>8</b> 9am Geri-Fit – E M72 10am Geri-Fit – E M72 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>11</b> 1:30pm Clogging – E M72	<b>12</b> 10am Zumba – E M72 1pm Euchre – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>13</b> 9am Geri-Fit – E M72 10am Geri-Fit – E M72 1pm Walk in the Woods – AuSable River Foot Trail 1pm Wii Bowling – Lawndale	<b>14</b> 10am Pokeno – Lawndale <b>11:30-1 Harvest Luncheon—Take Out Only at Lawndale St.</b> 2pm Penny Bingo – Lawndale	<b>15</b> 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>18</b> 1:30pm Clogging – E M72	<b>19</b> 10am Zumba – E M72 <b>1pm Leaves of Remembrance – Penrod's</b> 1pm Euchre – Lawndale <b>3pm Congregate Project Council Mtg. – Lawndale</b> 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>20</b> <b>11am Alzheimer's Support Grp. @ The Brook of Grayling</b> 1pm Walk in the Woods – Marl Lake 1pm Wii Bowling – Lawndale	<b>21</b> 10am Pokeno – Lawndale <b>11:30a-12:30p Birthday Lunch</b> 1pm Penny Bingo – Lawndale	<b>22</b> 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale <b>1pm Intro to Zoom – via Zoom</b> 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>25</b> <b>1-4pm Foot Clinic – Appt. Req. – E M72</b> 1:30pm Clogging – E M72	<b>26</b> 10am Zumba – E M72 1pm Euchre – Lawndale 4:30-5:30pm Halloween Party – Lawndale 4:30-5:30pm Blood Press/Sugar Ck – Lawndale	<b>27</b> <b>11am New to Medicare Seminar – via Zoom</b> 1pm Walk in the Woods – Wellington Farms 1pm Wii Bowling – Lawndale	<b>28</b> <b>10am-2pm Veterans Benefits Fair – Ramada Conference Center</b> 10am Pokeno – Lawndale 1pm Penny Bingo – Lawndale	<b>29</b> 10am Pinochle – Lawndale 11:30a-12:30p Blood Pressure Checks – Lawndale 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale



## Assistance to Help You Maintain Your Independence

# COMMISSION ON AGING SERVICES, CLASSES & RESOURCES

### Health Services

#### **Blood Pressure & Sugar Checks**

by Munson Home Health Care

- Tuesdays, 4:30-5:30pm

by The Care Team - Friday, 11am-12pm, BP only

#### **Foot Care Clinic - by appointment**

\$25 per visit - by Comfort Keepers

4th Monday, 1-4pm at 4388 M-72 E, Grayling

#### **Hearing Clinic - by appointment**

by Advantage Audiology

Contact the COA office to set up an appt.

#### **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 Tues. -Thurs. Suggested donation for seniors 60+ is \$3.50 and for those under 60, \$6.00 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.

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

Quarterly @ American Legion Hall 1-2:30pm  
November, February, May, August.

### Resources

#### **Information and Assistance**

Our 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 by calling (989) 348-7123.

#### **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

#### **AARP Driver Refresher Course**

Offered once each year.

#### **Cooking for One**

Cooking for one teaches helpful tips to making healthy choices and ways to make cooking for one simple and enjoyable.

#### **Matter of Balance Program**

This program offers practical strategies to reduce falls.

#### **PATH (Personal Action Toward Health)**

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.

#### **Tai Chi**

Tai Chi includes movements that are relaxed and slow in tempo that can improve balance, strength, and increase flexibility. Each class includes a warm-up, followed by one or two movements per lesson, and a cool-down.

#### **Walk with Ease**

Walk with Ease is an evidence-based program that includes safe walking to help reduce and prevent many different types of chronic pain.

#### **Wellness Initiative for Senior Education**

WISE is a program for adults aged 60 and older looking to stay healthy and meet new people. WISE's interactive lessons are designed to provide valuable education on topics including health and wellness, medication use, stress management, depression and substance use.

### 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 August 2021!**

#### **At the Senior Center**

- We served **612** Congregate Meals

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

- Delivered **2,550** home delivered meals.
- Provided **88.75** hours of respite care.
- We provided **227.25** hours of homemaker services.
- We provided **61.75** hours of bathing assistance services.

Tune into the Community Calendar for our Calendar of Events  
aired daily on all the Blarney Stone Broadcasting Stations or go  
to [q100-fm.com](http://q100-fm.com), [north-fm.com](http://north-fm.com), [upnorthsportsradio.com](http://upnorthsportsradio.com),  
or email [calendar@blarneystonebroadcasting.com](mailto:calendar@blarneystonebroadcasting.com)



# SOCIAL SECURITY TIPS

From Bob Simpson, District Manager Traverse City Social Security Office

## Three Retirement Planning Tips For Women

One day in 1939, Ida May Fuller stopped by the local Social Security office in her hometown of Rutland, Vermont to inquire about Social Security benefits. She knew she had been paying into Social Security, and wanted to learn more. The following year, she received the very first Social Security benefit payment — \$22.54 — arriving as check number 00-000-001. Ida's story still holds lessons for women today — and it started with her getting the information she needed.

Today, signing up for a personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) can help you get information tailored for you to plan for your retirement. It's never too late to start planning. Ida was 65 years old when she started receiving benefit payments, but she lived well beyond her life expectancy of 65 years, 4 months. In fact, Ida lived to be 100 years old, and received Social Security benefit payments for 35 years.

It's important to create your personal my Social Security account as soon as possible. With your account, you can view estimates of future benefits, verify your earnings, and view the estimated Social Security and Medicare taxes you've paid. Verifying earnings is important because your

future benefit is based on your earnings history.

Your Social Security benefit payments will provide only a portion of your pre-retirement income. You may have to save more to have adequate income for your desired lifestyle in retirement.

Savings need to be an active part of your plan to take care of yourself and your family's financial future. Ida never married. She supported herself. However, you may find yourself widowed or divorced — and having to provide for yourself for several more years.

Unlike in Ida's day, you can go online to see if you're eligible at [www.ssa.gov/retirement](http://www.ssa.gov/retirement) to receive a current, deceased, or former spouse's benefits. It might make financial sense to claim those benefits instead of your own — since the payments could be higher based on the individual's own earnings history.

We encourage you to follow Ida's example and plan for your financial future. Please share this information with your friends and family — and help us spread the word on social media.

If for any reason you cannot access the online Social Security tools call Tammy for assistance at (989) 348-7123.



## Future of Tax Aide Program

The Northern Michigan Free Tax Service provided to adults in Crawford County under the leadership of Ron Gribb served this community for 17 years. Ron single handedly ran this program with his faithful volunteers every year providing tax return and tax credit processing to low-income residents. Some of his long-time volunteers include Dick Lee, Ann Mitchell, Karen Gribb, Ron Joyce, Bill Leason, Caroline Senaca along with Alice Lee who provided all the appointment scheduling. The Crawford County Commission on Aging & Senior Center wants to wholeheartedly thank these dedicated volunteers for their service.

This past tax season was the last one for the Northern Michigan Free Tax Service. At this time, there are not any other free Tax Aide programs in Crawford County. The COA is evaluating the possibility of taking on this program and providing it annually. In order for this to happen, we have a serious need for a volunteer to lead the group. This should be someone with a strong background in bookkeeping, accounting or tax preparation. Strong computer skills are required. In depth training is provided via the Volunteer Income Tax Assistance (VITA) program run by the IRS. If a lead volunteer is found, the COA will also need volunteers to provide in-person tax assistance. Training is provided to these volunteers as well.

If you are interested in volunteering, please go to the COA website <https://www.crawfordcoa.org/volunteer/volunteer-application> to complete an application. At the bottom, please list your reason for volunteering as "Tax Aide Program."



## Leaves of Remembrance

Join the Munson Healthcare Hospice Bereavement team in person for a memorial service to remember those we have loved and lost.

The event takes place October 19th at 1pm at Penrod's Canoe & Kayak, 100 Maple St., Grayling, MI. Please have a facemask and umbrella with you depending on local weather and recommendations at time of the event. Call 1-800-252-2065 for more information.



## Property Tax Forfeiture and Foreclosures

Property tax delinquency entails a three-year forfeiture and foreclosure process in Michigan. Parcels are forfeited to the county treasurers when the real property taxes are in the second year of delinquency. Property taxes which remain unpaid as of March 31 in the third year of delinquency are foreclosed upon by the Foreclosing Governmental Unit (FGU). If you are experiencing financial difficulties and need assistance paying your past due property tax, please contact Tammy Findlay, Advocacy & Resource Coordinator at (989) 348-7123.

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Markers Monuments  
Terrie L. Lockwood, Manager/Owner  
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Web: [sorensonlockwood.com](http://sorensonlockwood.com)  
E-mail: [sorensonlockwood@gmail.com](mailto:sorensonlockwood@gmail.com)

# Random Word Search Puzzle

At this time we will not be giving out prizes and will not be collecting puzzles.  
We are currently considering resuming puzzle collection in the future.

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

1. accepted
2. addle
3. anaclisis
4. barbitone
5. bemata
6. bildungsroman
7. canada
8. chairman
9. corrupt
10. counterpoised
11. decalomania
12. durative
13. espadrille
14. freebooter
15. frick
16. glossologist
17. greening
18. guereza
19. haircutting
20. hallucinogenic
21. hoper
22. hyponasty
23. indecently
24. insulating
25. interpretership
26. jesuitically
27. jurassic
28. lazurite
29. lomentlike
30. lungyi
31. lyce
32. misruler
33. netsuke
34. nonprobability
35. nonstipticity
36. pls
37. recolonized
38. relapse
39. requisitionary
40. schizothymic
41. sieving
42. sepulchre
43. sublong
44. transponder
45. unemerging
46. ungenerating
47. ungesticulative
48. unirritant
49. unrefractory
50. vibrating

## Cook's Corner Oma's Apfelkuchen



### INGREDIENTS

- 5 large egg yolks, room temperature
- 2 medium tart apples, peeled, cored and halved
- 1 cup plus 2 tbsp butter, softened
- 1-1/4 cups sugar
- 2 cups all-purpose flour
- 2 tablespoons cornstarch
- 2 teaspoons cream of tartar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup 2% milk
- Confectioners' sugar

### DIRECTIONS

- 1) Preheat oven to 350°.
- 2) Starting 1/2 in. from 1 end, cut apple halves lengthwise into 1/4-in. slices, leaving them attached at the top so they fan out slightly. Set aside.
- 3) Cream butter and sugar until light and fluffy, 5-7 minutes. Add egg yolks, 1 at a time, beating well after each addition.
- 4) In another bowl, sift flour, cornstarch, cream of tartar, baking powder and salt twice. Gradually beat into creamed mixture.
- 5) Add milk; mix well (batter will be thick).
- 6) Spread batter into a greased 9-in. springform pan wrapped in a sheet of heavy-duty foil. Gently press apples, round side up, into batter.
- 7) Bake until a toothpick inserted in the center comes out with moist crumbs, 45-55 minutes.
- 8) Cool on a wire rack 10 minutes. Loosen sides from pan with a knife; remove foil. Cool 1 hour longer. Remove rim from pan. Dust with confectioners' sugar.

Recipe by Taste of Home

To submit your recipe for the Cook's Corner please email [svanduser@crawfordcoa.org](mailto:svanduser@crawfordcoa.org) or mail a copy to our offices!

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# Food Safety for Older Adults

By Sarah Peterson, from Michigan State University Extension

As adults age they can become more vulnerable to food poisoning. With age, the stomach produces less acid to control bacteria while the kidneys are less effective at filtering the bacteria from the blood. Furthermore, the medications given for certain chronic diagnoses may further weaken the immune system. Once contracted, infections from foodborne illnesses (FBI) may be harder to treat and may reoccur.

Michigan State University Extension recommends that in a safe kitchen:

- All hands are washed before, during and after preparation.
- Separate cutting knives are assigned to either meats or vegetables, and after each use are washed in hot, soapy water.
- Raw foods are kept separate from ready-to-eat items.
- The correct procedure for thawing frozen meats is either putting it in the refrigerator, running under cold water or heating in the microwave if cooking immediately after.
- All foods must be cooked to the proper internal temperature. This is measured with a food thermometer and differs from food to food. For example, fish must be cooked to 145 degrees Fahrenheit, and chicken to 165 degrees Fahrenheit.
- The refrigerator should be kept lower than 40 degrees Fahrenheit.

When grocery shopping, you should pick up perishable foods last, regardless of their

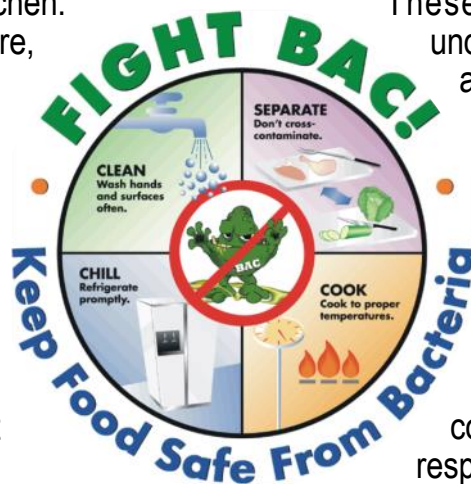
location in the store. If the temperature outside is greater than 90 degrees Fahrenheit, then the food should be refrigerated within an hour. It may even be a good idea to have a cooler in your car to transport these fresh foods home. Even if it is a cold day outside, there should be no stops between the grocery store and home; all perishable food must be refrigerated immediately.

Certain foods should be avoided altogether because they are considered high-risk.

These include raw, rare or undercooked meats and poultry, as well as raw fish, including sushi. Also, unpasteurized dairy products, raw or undercooked eggs, raw sprouts and unpasteurized fruit and vegetable juices should be avoided. It is easy to avoid these items when the person who will be consuming the food is also responsible for purchasing and preparing the meals. However, when

eating out, it is important to ask the server questions regarding the preparation of these specific items. All leftovers taken home after the meal must be refrigerated within two hours after purchase or delivery.

Adults who believe they may have a foodborne illness should seek appropriate medical action. It is important to save any food or packaging materials thought to be responsible for the incidence. If the food was believed to be from a restaurant or food establishment, the local health department should be contacted.



## New to Medicare Seminar

Are you turning age 65 in 2021? 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 via Zoom on **Wednesday, October 27th at 11am** for a presentation that will help demystify the issues surrounding Medicare.

Advocacy & Resource Coordinator, Tammy Findlay 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 or to get the Zoom link email Tammy at [tfindlay@crawfordcoa.org](mailto:tfindlay@crawfordcoa.org) or call (989) 348-7123.

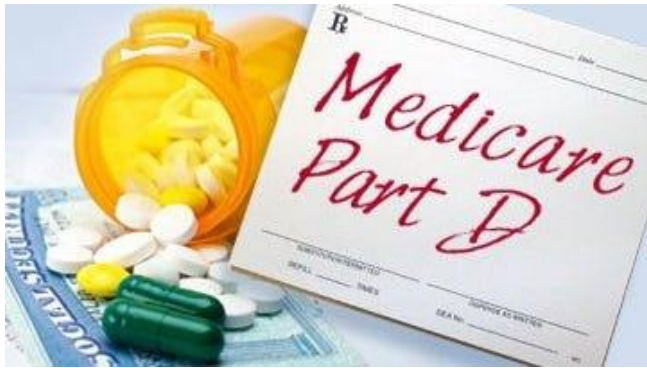


## Introduction to Zoom Workshop

Taking online classes can be a great way to socialize, learn from the comfort of your own home, and stay active. Michigan State University Extension District 4 is hosting a monthly Introduction to Zoom Workshop. The next Intro to Zoom Session will be held on **Friday, October 22nd at 1pm.**

Learn how to join meetings online via your computer, tablet, smart phone, or other device. This is a great chance to try it out and play with the features while someone is available to talk you through any challenges.

To join the meeting visit <https://msu.zoom.us/j/95354614775> (Meeting ID: 953 5461 4775 Passcode: learn). Or join via conference call by calling (312) 626-6799. For more information call (989) 348-7123.



## Open Enrollment Medicare Assistance

## Walk in the Woods

### Things To Consider When Choosing a Part D Drug Plan

Ask yourself the following questions before choosing a Part D drug plan:

- Does the plan cover all the medications I take?
- Does the plan have restrictions on my drugs?
- Prior authorization means that you must get approval from your Part D plan before the plan will pay for the drug.
- Step therapy means that your plan requires you to try a cheaper version of your drug before it will cover the more expensive one.
- Quantity limits restrict how much of a drug you can get per prescription fill.
- How much will I pay for monthly premiums and the annual deductible?
- How much will I pay at the pharmacy (copay/coinsurance) for each drug I take?
- Is my pharmacy in the plans' preferred network?
- Can I fill my prescriptions by mail order?
- What is the plan's star rating?
- If I have retiree coverage, will the Medicare drug plan work with this coverage?
- How much are the monthly premiums, if any?
- How much are deductible and coinsurance/copay amounts for the services I need?
- What is the annual maximum out-of-pocket cost for the plan?
- What service area does the plan cover?
- Are my doctors and hospitals in the plan's network?
- What are the rules I must follow to access health care services and my drugs?
- Does the plan cover additional health care benefits that are not covered by Original Medicare?
- What is the plan's star rating?
- Will this plan affect any additional coverage I may have?
- If leaving Original Medicare and a Medigap for a Medicare Advantage Plan: Will I have the right to purchase a Medigap again later if I switch back to Original Medicare?

Medicare's Open Enrollment Period runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. You can make as many changes as you need to your Medicare coverage during Open Enrollment. The last change you make will take effect on January 1, 2022. Take action during Open Enrollment to make sure your coverage will meet your needs in 2022.

Know the changes you can make during Medicare's Open Enrollment Period:

- Joining a new Medicare Advantage Plan or Part D prescription drug plan
- Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will still be covered next year and that your providers and pharmacies will still be in the plan's network.

Explore other plans in your area. You may find a cheaper plan that meets your healthcare and prescription drug needs. Research shows you can lower your costs by shopping around.

To explore other plans during Open Enrollment, please call Tammy Findlay, Advocacy and Resource Coordinator at (989) 348-7123 for an appointment.

Hard to believe the last month of summer is here! It will not be long and the cooler weather will be coming in. One good thing about the heat ending is that Walk the Woods can begin! Whether it is trekking through the Old Growth at Hartwick Pines, enjoying the river scenery of the AuSable River Foot Trail, or watching the fall leaves come in around Hemlock Loop in Gaylord, these walks through the woods will help you gain the benefits of walking and being outside!

Every Wednesday in October we will meet at the trailhead to walk as a group through the woods. If you have walking poles, bring them. There will be a couple of pairs available to borrow. Location and times of each hike are below, but subject to change due to weather/trail conditions. Any social distancing measures in place at the time will be taken.

If you have any questions or need more information, please contact Toby Neal at (989) 348-7123 or [seniorcentermgr@crawfordcoa.org](mailto:seniorcentermgr@crawfordcoa.org).

#### Walk in the Woods location schedule:

- Oct 6 - Camp AuSable Boardwalk, 2950 Camp AuSable Rd, Grayling
- Oct 13 - AuSable River Foot Trail, 2218 Bobcat Trail, Grayling
- Oct 20 - Marl Lake, South Higgins Lake State Park, Roscommon
- Oct 27 - Wellington Farms, 6944 S Military Rd, Grayling





**NO SMOKING** Thank You



## It is Never Too Late to Quit Tobacco Use

It doesn't matter how old you are or how long you've been smoking, quitting smoking at any time improves your health. When you quit, you are likely to add years to your life, breathe more easily, have more energy, and save money. You will also:

- Lower your risk of cancer, heart disease, and lung disease
- Have better blood circulation
- Lower your risk of or severity of chronic obstructive pulmonary disease (COPD)
- Stop smelling like smoke
- Set a healthy example for your children and grandchildren

Older adults are more likely to get severely ill from COVID-19. Smoking can make you more likely to be hospitalized, need the use of a ventilator to help you breathe, or need intensive care if you are infected with the COVID-19 virus. If you have any Covid-19 symptoms, it is important that you speak with your health care provider immediately.

The good news is that after you quit smoking, even in your 60s, 70s, or beyond:

- Your heart rate and blood pressure drop to

more normal levels.

- Your nerve endings begin to regenerate, so you can smell and taste better.
- Your lungs, heart, and circulatory system will begin to function better.
- You will cough and feel out of breath less often.
- Your chance of having a heart attack or stroke will drop.
- Your breathing will improve.
- Your chance of getting cancer will be lower.

No matter what age you are, all these health benefits are important reasons to make a plan to stop smoking.

Information above is from: <https://www.nia.nih.gov/health/quitting-smoking-older-adults>

For more information go to <https://60plus.smokefree.gov/>.

For help with quitting visit <https://www.livewell4health.org/tobacco-cessation> or contact Angie Gullekson, District Health Department #10 Tobacco Treatment Specialist at 231-876-3813 or [agullekson@dhd10.org](mailto:agullekson@dhd10.org)



## Upcoming Classes

Our Community Partners are offering free classes. To register or to learn more about the classes visit the links below.

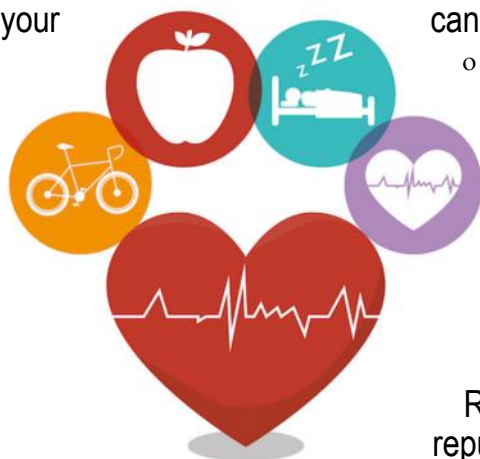
- **Fall Food Safety Q & A via Zoom**  
Mondays, Oct 4-Dec 6, 1-1:30pm  
[www.canr.msu.edu/events/fall-food-safety2021-5](http://www.canr.msu.edu/events/fall-food-safety2021-5)
- **Weekly Wits Workout via Zoom**  
Mondays, Oct 4-Feb 14, 9:00-9:30 a.m.  
[www.canr.msu.edu/events/weekly-wits-workout-october-4-2021](http://www.canr.msu.edu/events/weekly-wits-workout-october-4-2021)
- **Tai Chi for Arthritis and Falls Prevention**  
Thursdays, Oct 6-Dec 1, 11:30am  
Richfield Twp Library, St. Helen  
[www.canr.msu.edu/events/tai-chi-for-arthritis-and-fall-prevention-st-helen](http://www.canr.msu.edu/events/tai-chi-for-arthritis-and-fall-prevention-st-helen)
- **Preserving MI Harvest via Zoom**  
Tuesdays, Oct 7-Dec 2, 1-2 or 6-7pm  
[www.canr.msu.edu/events/preserving-mi-harvest-garden-leftovers-using-pumpkin-and-squash](http://www.canr.msu.edu/events/preserving-mi-harvest-garden-leftovers-using-pumpkin-and-squash)
- **Creating Confident Caregivers**  
Tuesdays, Oct 19-Nov 23, 1-3pm  
<https://tinyurl.com/nemcsa-ccc>
- **Virtual Creating Confident Caregivers Workshop**  
Tuesdays, Oct 19-Nov 23, 3-5pm  
<https://www.canr.msu.edu/events/creating-confident-caregivers-workshop-via-zoom-oct19>
- **Virtual Tai Chi for Arthritis and Fall Prevention**  
Tues and Wed, Oct 19-Dec 15, 2-3pm  
<https://events.anr.msu.edu/tcd4/>
- **Protecting Your Identity via Zoom**  
Tuesday, Oct 26, 1:00-2:00 p.m.  
<https://www.canr.msu.edu/events/protecting-your-identity-oct-26>
- **Chronic Pain PATH Online**  
Tuesdays, Oct 26-Dec 14, 5:30-7:30 pm  
<https://www.canr.msu.edu/events/chronic-pain-path-online>
- **Retirement Myths and Facts via Zoom**  
Thursday, Oct 28, 10-11 am  
<https://www.canr.msu.edu/events/retirement-myths-and-facts-webinar-cct-28-2022>

## Improving your Health Literacy

By Nicole Persing-Wethington, from Michigan State University Extension

October is Health Literacy Month. What is health literacy? The Health Resources and Services Administration defines health literacy as "the degree to which individuals have the capacity to obtain, process, and understand basic health information needed to make appropriate health decisions." Here are some tips for improving your health literacy:

- Talk to your health team: Healthcare providers are a wealth of information. When a health question arises, write it down for your next visit or contact your provider. Many providers have patient portals where you can quickly message and get answers to questions.
- Take research and evidence-based classes: consider education for your chronic conditions or on health and wellness topics. Increasing your overall wellbeing improves resilience.
- Check your sources: With information at our fingertips, it can be challenging to wade through. Check the organization



publishing the information. Is the information coming from reputable organizations like hospitals, government agencies, health systems, or disease specific non-profit organizations? Check the internet url. Here is an excerpt from Personal Action Toward Health that can help:

- o .org is for non-profit organizations
- o .gov is a government website
- o .edu is education
- o .com or .biz or .co is commercial
- Read, read, read, but (again) check your sources: Read books, pamphlets, reputable websites, and other sources. Check with your healthcare team, a health educator, or the library for recommendations. It is important to be informed about our health and be great self-managers.

For more information or to register for a PATH class through Michigan State University Extension, visit <https://www.canr.msu.edu/path/>.

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989-348-1003



## National Prescription Drug Take Back Day

Medicines no longer being used may pose grave and unnecessary dangers to families and the people visiting their homes. Drugs flushed down toilets also pose an environmental risk as they may eventually find their way into ground water, contaminating it.

If your prescription medications have expired or you are no longer taking them, gather them up and take them to a one of 4 disposal sites in Grayling:

- **City Hall**—24 hour, free, outdoor drop box  
1020 City Blvd
- **Crawford County Sheriff's Department**  
—24 hour, free, outdoor drop box  
200 W. Michigan Ave.
- **Medicine Shoppe Pharmacy**  
—During business hours  
500 James Street in Grayling
- **Munson Hospital Grayling**  
—Medsafe drop available in main lobby  
1100 E Michigan Ave

Although October 23, 2021 is National Prescription Drug Take back day, safe disposal of medicine is a year-round activity. Don't let expired and unused drugs accumulate in your home. **Together, we can make difference!**



## DHHS Assistance

Have you been having trouble getting information from your MDHHS worker? The Crawford County Commission on Aging & Senior Center has partnered with the Michigan Department of Health & Human Services (MDHHS) to assist people with getting answers to questions about their benefits and to apply for benefits, help set up a MiBridges account:

- Apply for SNAP (Food Stamps) benefits
- Apply for State Emergency Relief (SER)
- Apply for Medical benefits
- Complete a redetermination

This service is provided free for Crawford County residents age 60 and older, if you need assistance, please call Tammy Findlay, Advocacy & Resource Coordinator, at (989) 348-7123.

## Veterans Benefit Fair

The Michigan Veterans Affairs Agency and the Grayling American Legion Post 106 would like to invite any veterans with questions on benefits or services to attend the 2021 Veterans Benefits Fair.

The Veterans Benefits Fair is FREE to attend and will take place October 28th, 2021 from 10am to 2pm at the Ramada Conference Center at 2650 I-75 BL, Grayling. The fair features over 40 booths where veterans can apply for Federal & State benefits (Bring your DD-214), obtain your DD-214, get help obtaining military records, find out about employment opportunities, find out about education opportunities, find out about VA health care, discover local non-profits, community resources, connect with VA Officers, Veteran Service Officers, and earn about a wide range of benefits available including health care, long-term care, education, veteran loans, job training, funeral honors and more!

To register visit <https://NorthernMichiganVBF.Eventbrite.com> or contact Ryan Sanderson at 989-448-9670 or by emailing [SandersonR2@Michigan.gov](mailto:SandersonR2@Michigan.gov).



## Use Your Bridge Card for Congregate Meals!

Did you know SNAP benefits (food stamps) can be used to pay for Congregate Meals or Meals on Wheels at the Commission on Aging?

Congregate meals offer nutritional benefits that will keep you healthy. All of COA's meals offer complex carbohydrates, nutrient-packed vegetables, and healthy proteins. These meals are a delicious way to mix up your meal routine and make meal time simpler.

Many cardholders are seeing an excess savings on the bridge card since March due to the COVID and DHHS maximum household increase during these difficult times. Take advantage of the excess savings by making a donation towards Congregate Meals (or Meals on Wheels) with your Bridge Card.

It's easy to make a donation with your Bridge Card, call (989) 348-7123 and a receptionist will take your information over the phone. Make sure you have your Bridge card (EBT) pin. If you can't locate your pin Tammy Findlay, Advocacy & Resource Coordinator, can assist you in obtaining a new one.



## Harvest Luncheon

The Crawford County Commission on Aging & Senior Center would like to invite you to our Harvest Luncheon on **Thursday, October 14th from 11:30–1pm**. On the menu will be Cornish Hens, Sweet Potato, Glazed Carrots, Chunky Applesauce, and Apple Pie.

The luncheon will be curbside pickup and **RSVP is required** by calling the Commission on Aging any time before to place your order (989) 348-7123. The meal is a suggested donation of \$3.50 or under 60 cost of \$6. If you have any questions please give us a call.



## Halloween Party

You have officially been summoned to join us for our Halloween party on Tuesday, October 26th from 4:30-5:30pm. Enjoy a ghoulish dinner of Chopped Pig Flesh as well as a Costume Contest with prizes, a Candy Corn Guessing Game and Halloween Movie Trivia! For more information, call Toby at 989-348-7123.

## Support Group & Resources for Kids

Mary Lyons, Youth Advocate at River House, Inc. facilitates a support group for 1st-6th graders who have experienced domestic violence (directly or indirectly) sexual abuse or bullying. GLUED (Growing Learning Understanding Empowering Decisions) will meet Tuesdays after school from 4:00-5:30pm starting October 19, 2021. Each meeting consists of activities and discussion of age-appropriate topics.

Mary also hosts a YouTube channel, A Minute with Ms. Mary, about the issues kids face today and is available for one-on-one meetings with children up to age 18. Call 989-348-3169 for information or to sign up.