

DECEMBER

Medicare Premiums and Deductibles for 2020

The Centers for Medicare and Medicaid (CMS) have set the Medicare premiums, deductibles, and coinsurance amounts to be paid by Medicare beneficiaries in 2020.

For Medicare Part A, which pays for inpatient hospital, skilled nursing facility, and some home health care, the deductible paid by the Medicare beneficiary when admitted as a hospital inpatient will be \$1,408 in 2020, an increase from the \$1,364 amount in 2019. The Part A deductible is up to 60 days in a benefit period. Beneficiaries must pay an additional \$352 per day for days 61-90 (this amount was \$341 in 2019) and \$704 per day beyond 90 days (this amount was \$682 in 2019).

The majority of Medicare beneficiaries do not pay for the Medicare Part A premium, since they have at least 40 quarters of Medicare-covered employment. If one did not have at least 40 quarters of Medicare-covered employment, they may buy Medicare Part A for a premium. For 2020, the premium for Part A will be \$458 per month.

For skilled nursing facilities, Medicare covers the first 20 days at 100%. For days 21-100 Medicare covers all but \$176 per day. The skilled nursing facility is covered by Medicare only following a 3-day hospital stay as an inpatient.

For Medicare B, there is a premium. Medicare B covers a portion of the cost of physicians' services, outpatient hospital services, certain home health care, durable medical equipment, and other items. The Standard Medicare B premium will be \$144.60 for those new to Medicare in 2020, an increase of \$9.10 from \$135.50 in 2019. A Medicare beneficiary who's "modified adjusted gross income" is greater than \$85,000 filing individually or \$170,000 for filing jointly, will pay a higher Medicare B premium. This same concept will also be implemented for Medicare D (prescription drug plan) which began in 2011. This is one requirement from the Affordable Care Act. If one is required to pay a higher premium for their Medicare D, this amount will automatically be deducted from the Social Security check. The Medicare B deductible for 2020 will be \$198, an increase of \$13 from the annual deductible of \$185 in 2019.

Any questions, please feel free to contact Sarah McClung, the Gratiot County MMAP Coordinator, at the Gratiot County Commission on Aging at 989-875-5286.



This information is from: www.cms.gov

SENIOR GRATIOT, INC
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Ithaca MI 48847
989.875.5246
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SENIOR GRATIOT

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Website: www.gratiotmi.com/Departments/Commission on Aging

Veteran's Appreciation Gathering

The Commission on Aging would like to express our appreciation to the Veterans who attended the event held here in November. We would also like to thank the students from Ms. Foglesong's and Ms. Yoder's classes who attended. The sharing of stories and memorabilia from around the world was very informative. Having several branches of the service represented was also rewarding as the view points exchanged were enlightening.

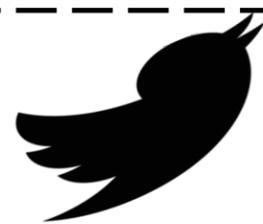
Thank you for your service to our country and your willingness to share with a new generation!



THANK YOU
VETERANS



Like Gratiot County Commission on Aging On Facebook & Twitter



VOLUNTEER CORNER

~With Sue Koch, Coordinator of Volunteers



RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch,
Coordinator of Volunteers
989.875.5346

You are invited to put yourself in the right place at the right time. Commission on Aging's Transportation Program invites you to become part of the team that transports senior citizens to medical appointments. Recent retirements of long-standing transportation volunteers have opened opportunities for new volunteers to make a meaningful difference for Gratiot County seniors.

A volunteer sets his/her own schedule. Transportation trips occur during Commission on Aging's regular business hours Monday – Friday 8:00 a.m. to 4:30 p.m. Trips are generally within Gratiot County. Occasionally a senior may request transportation to a medical appointment in an adjacent county such as Isabella or Montcalm Counties. A senior's caregiver or family member may accompany the senior without cost. Transportation volunteers may limit driving to a location that is within his/her comfort level.

Transportation is made using a Commission on Aging minivan, which is handicapped accessible. No special driver's license is needed to drive a minivan beyond a current State of Michigan driver's license. A Criminal Background Check is completed at no charge to the potential volunteer. The potential volunteer must obtain a "Clear Driving Record" at the Secretary of State's office at a cost of \$9.00. Commission on Aging reimburses the potential volunteer for this record. Training is completed in about two hours and includes van use training.



ITHACA HIGH SCHOOL LEADERSHIP AND SERVICE CLASS

Sue Koch, Coordinator of Volunteers
989-875-5346

Linda VanDeWeghe teaches a 1st Trimester class at Ithaca High School called Leadership and Service. We only benefit from her students' volunteer activities in the fall of each school year. This year we seem to have more reasons to say thank you. If you are a Food with Friends food recipient, during the Thanksgiving and Christmas Holidays your cold sack was decorated by Leadership and Service students. If you purchased greeting cards in the Commission on Aging lobby during October and November, Linda's students organized greeting cards to make your shopping easier. If you receive the Senior Gratiot Newspaper, the students sorted and packed the newspaper which is delivered in bulk to local sites in Alma, St. Louis and Ithaca. If you called Commission on Aging requesting your yard be raked this Fall, the Leadership and Service students were one of the groups raking yards in Ithaca. Great Job! Thank you.



MEET THE VOLUNTEER

Sue Koch, Coordinator of Volunteers
989-875-5346

There is a sadness that comes with realizing our December 2019 Issue of Senior Gratiot Newspaper is published. It symbolizes the passage of another year. Each month's newspaper has its own purpose of educating senior citizens on what assistance, what opportunities, and what pleasurable activities are available to enrich their lives.

One of the purposes of Volunteer Corner is to encourage you to participate in Commission on Aging's Volunteer Program. Here are Henry Rodriguez's thoughts on his volunteer activities at Commission on Aging.

Henry Rodriguez

Do you recall when you first understood the concept of volunteering? Many years ago, I'd watch my Mom do what she could to give back to people and it's something I've always worked to do also.

Why did you decide to join the volunteer team at Commission on Aging? To help people and to bring them a little joy through small acts of kindness.

What role(s) do you fill as a Commission on Aging volunteer? I help with the Food Commodities Program and I deliver Home Delivered Meals.

What do you hope the people we serve will get out of your volunteer activities? I always hope my volunteer activity will bring joy and an understanding that we are a community who cares.

What do you get out of volunteering at Commission on Aging? I experience joy seeing how we help people. I also recognize how important it is to be a visitor for homebound seniors who receive Home Delivered Meals from Commission on Aging.

From your vantage point, why do you believe volunteering is important? If you are able to help people, to bring them joy, and make their lives easier, then why not do it?

Do you have a philosophy that guides your life? Yes. Kindness can go a very long way. When you spend the time in acts of kindness, you will make a big impact.

There is gratitude, hopefulness, and anticipation as we look forward to the first publication of the new year - the January 2020 Issue of Senior Gratiot Newspaper. Do you know someone who will benefit from receiving the Senior Gratiot Newspaper? Please let him/her know that by calling the Commission on Aging front desk at 989-875-5246, he/she can register to receive our free monthly newspaper.

GET INVOLVED!

A WARM THANK YOU TO THE MITTEN MAKERS AND HATS GALORE TEAM

Sue Koch, Coordinator of Volunteers
989-875-5346

Our team of knitters and crocheters have accomplished a great deal during 2019. Hats, mittens, scarves and headbands have been distributed to Gratiot County children, adults, and persons experiencing hair loss due to medical treatments.

We welcome new knitters and crocheters to join the team. Yarn is provided by generous Gratiot County donors. Instructors are present at each Knit-In. Learn to knit using needles or knit on a hoop from our supply cupboard. Think about joining us when we resume meeting at the beginning of the new year.

Special words of appreciation to knitter Jeanine Holmes who completed 160 hat and mitten sets during 2019. Since 2014, Jeanine has knitted 1,400 hat and mitten sets for lower elementary school youngsters in Gratiot County. Thank you, Jeanine.

This year our knitters and crocheters handcrafted:



Hats - 1772
Mittens - 255
Headbands - 171
Scarves - 106



A sincere thank you to each and all.



THANK YOU TO ST. LOUIS HIGH SCHOOL'S NATIONAL HONOR SOCIETY

Commission on Aging extends its appreciation to the group of Honor Society Students who raked a yard in Alma. The senior citizen resident says many, many thanks for a job well done. It is easy to see that the students had a great time.



**VOLUNTEER ACTIVITY
December 2019**

Sue Koch, 989-875-5346

Please join us to see how volunteers make a difference at Commission on Aging. Walk-Ins welcome.

Recycled Greeting Cards Team

Commission on Aging in Ithaca
December 2nd 9:00 a.m. - Noon
December 9th 9:00 a.m. - Noon
December 16th 9:00 a.m. - Noon
December 23rd 9:00 a.m. - Noon
December 30th 9:00 a.m. - Noon

Mitten Makers/Hats Galore Knit-In
No meeting in December

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
December 26th
9:00 a.m. – 11:30 a.m.
Early Birds begin at 8:00 a.m.



To date,
J&J Party Store
has donated \$7,575.43 to Gram's
Kitchen at the
Commission on Aging!

**Watercolor Painting
with Diane Clise
Tues., Dec. 10, 12:30 p.m.**

Gratiot Community Senior Center
1329 Michigan Ave., St. Louis

Join us while we learn to make this beautiful winter scene. Only \$10 and a little time and you will have your very own!
Call 989-681-4341 to reserve your spot!



**Christmas Day
Dinner Hosted by
Alma Elks**

610 W. Warwick Dr., Alma
989-463-1400

A Christmas Day Dinner will be served through the generosity of the Alma Elks Lodge #1400 on Christmas Day from noon until 2:00 p.m.

This ham dinner is open to anyone in the community who would like a hot meal, has no place to go on Christmas day, or who wants to share this day with others. We welcome everyone!

The meal will be free of charge, but donations will be accepted. The menu will be ham, mashed potatoes & gravy, vegetable, roll and dessert.

It is necessary to call in advance to make your reservation. Please call the *Elks Lodge* at 989.463.1400 by December 18th.

It is not necessary to come right at noon, as dinner will be served until 2:00 p.m. Delivery is available for homebound people. Please give your address when you call your reservation in.

Thank you, Alma Elks members, for providing this wonderful community dinner!

**Social Security Announces
Increase for 2020**

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 69 million Americans will increase 1.6 percent (1.6%) in 2020.

The 1.6 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 63 million Social Security beneficiaries in January 2020. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2019. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Information about Medicare changes for 2020, when announced, will be available at www.Medicare.gov.

Information from www.ssa.gov



COUPON
SENIOR GRATIOT, INC.
515 S. PINE RIVER ST.
ITHACA, MI 48847

**SUGGESTED YEARLY
DONATION**

- _____ \$10.00
- _____ \$15.00
- _____ \$20.00
- _____ \$25.00
- _____ Other _____

NAME

ADDRESS

_____ IN MEMORY OF:

_____ IN HONOR OF:

**LAKESHORE LEGAL AID
OFFERS FREE LEGAL
ADVICE TO SENIORS 60
AND OVER.**

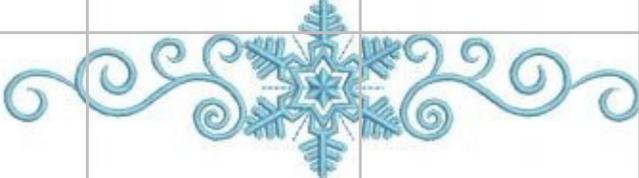
**CALL TOLL FREE
1.888.783.8190 TO
SCHEDULE AN
APPOINTMENT AT
COMMISSION ON AGING
IN ITHACA**

Reminder:

If you travel elsewhere for the winter, please call the office, 989-875-5246, to either cancel your subscription for the winter or update your address.

December 2019

**Gratiot Community Senior Center, 1329 Michigan Ave., P.O. Box 205, St. Louis, MI 48880
989-681-4341**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 White Elephant Bingo	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 1:00 Board Meeting	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 10:30 Puzzles 12:00 Lunch 12:15 Nutrition Program 12:30 Game Day	Closed for Deck the Halls Fulton FWF	
8	9	10	11	12	13	14
	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 White Elephant Bingo	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Painting with Diane	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 10:30 Puzzles 12:00 Lunch 12:30 Game Day	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 This Week in History	
15	16	17	18	19	20	21
	11:00 Christmas Belly Dance Performance 12:00 Lunch 12:30 White Elephant Bingo *Bring Your Holiday Mug for Hot Cocoa!	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Painting with Shirley *Wear Your Holiday Socks!	10:45 Alma High School Choir 12:00 Lunch 12:30 Bingo *Ugly Christmas Sweater Contest!	10:00 Line Dancing 10:30 Puzzles 12:00 Lunch 12:30 Game Day *Santa Hat Day!	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 Polar Express Movie *Wear Slippers and/or P.J.s	
22	23	24	25	26	27	28
	11:15 Morning Exercise 12:00 Lunch 12:30 White Elephant Bingo	Christmas Eve 	Merry Christmas 	10:00 Line Dancing 10:30 Puzzles 11:00 Lunch 12:30 Game Day	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 This Week in History	
29	30	31				
	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 White Elephant Bingo	CLOSED NEW YEAR'S EVE 				

Gratiot Community Senior Center

1329 Michigan Ave., St. Louis
By Alyssa Bowen

Hello Friends,

Jingle Bells, Jingle Bells, Jingle All The Way. Oh what fun it is to come to the Senior Center this month, hey!

Christmas time is here. That means the hustle and bustle of the holidays has arrived and just like the city sidewalks, busy sidewalks, we will be busy too!

The regular activities are still happening at the center. Mondays are white elephant bingo, Wednesdays are regular bingo, and Thursdays are still game day, all at 12:30, just after lunch. So please don't be a scrooge and come play with us!

Every morning, excluding Thursdays, prior to lunch there is a morning exercise class. We have a routine that we complete with a couple of twists along the way. This is not to be taken too seriously. This is just a way for us to get up, get moving, and to also spend time with others. I instruct the class and we can modify our routine to fit all levels and abilities. However, on Thursdays there is a beginner Line Dancing class which is not taught by me. This is taught by Betty Apple at 10:00 am. Betty knows how to get us in the groove and get our feet moving. You won't melt away like Frosty, we promise!

Diane Clise, our water color artist, is from the Alma Community Art Center. She has been very involved with our community and is so excited to help us become creative and help you to go home with a piece that is totally YOU! These classes are \$10 and she provides all the materials and tools neces-

sary to complete your painting. You just bring a smile, a positive attitude, and your \$10! This month's painting, on December 10th, will be a whimsical winter scene with beautiful purple and blue colors.

Shirley Fredrick is also returning this month. She is a colleague of Diane's and is also from the Alma Community Art Center. Her classes will be on the third Tuesday of each month. This month, December 17th, we will be painting a cute snow man on a starry, starry night. She also will provide all the materials, just bring a positive attitude and your \$10!

Call the Senior Center for information or reservations for either painting class at 989-681-4341. Please call the prior Monday before Noon to give enough notice so our artists can bring enough supplies!

The week prior to Christmas will be a swell time to rock the night away. On Monday the 16th, we will start off the week dancing and prancing to a Holiday Performance from Central Michigan Belly Dance! Prior to lunch, at 11:00 a.m. the ladies from Central Michigan Belly Dance will be performing a Christmas number along with a couple more of their traditional songs. We will drink hot cocoa while watching their performance and chatting with our friends afterwards. So bring your most festive mug to share with us.

On Tuesday the 17th, I want to see everyone's crazy holiday socks. Do you have knee highs? Reindeer socks? Striped like candy canes? Whatever they may be, wear them and show them off.

On Wednesday the 18th there will be an ugly Christmas sweater contest. Feel free to be decorated in red and green while you wear your most festive sweater. It may be ugly, it may be pretty, or it may be obnoxious, but be the one to shine like a star and you will win a prize!

Also on Wednesday the 18th, we have some very exciting visitors. The Alma High

School Choir will be paying the Senior Center a visit! We will be caroling, visiting with the high school students, and listening to their beautiful harmonies beginning at 10:45 a.m. Their visit will be sure to put us in the Holiday spirit so make sure you come before lunch to join in on the magic!

On Thursday the 19th, wear your Santa hats. They can be plain Santa hats, singing Santa hats, or lit up Santa hats. Either way it will brighten up even the coldest of days.

All Aboard! The Polar Express, the movie, will be shown at the center on Friday the 20th. Wear your slippers and/or P.J.s, just like they do in the movie. Be the top three "best dressed" and earn a front row seat in the comfortable recliners to enjoy the movie. I will also be popping some popcorn for all to enjoy during the movie. Feel free to bring your children, grandchildren, or even great grandchildren! All are welcome to watch the magic of the Polar Express! Well are you coming?!

Remember, if the weather outside is frightful, tune into your radio station or news source to check the local closings. If the weather doesn't show signs of stopping we may closed.

"Oh the fire is slowly dying. And my dear, we're still good-byeing. But as long as you love me so, let it snow, let it snow, let it snow"

-Let it Snow



Gratiot Community Senior Center Donations

May you find comfort in knowing your thoughtful gift has made a difference in the lives of others. We would like to thank the following individuals, who have generously donated to the Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis from October 15th through November 11th.

Donations

James Mikek
Phillip and Lois Ramsey
Bernard and Fran Bessert
Thomas J. Haverbush M.D.
Russ and Joneen Wight
Alexander Radzibon
Joan Cook
Dick and Joyce Colbry
Barb Stuckey
Kendall and Grace Humphrey
Valma Bader
Alma Family Practice
Shirley Wallace
Donald and Sherida Burch
Avalon and Tahoe
Beverly Tripp
Norma A. Moeggenborg
Sheri & Bill McKinstry
Raymond & Linda Borowicz
J & J/ Giles Tire
J & J Standard INC.
Barb Gladding
Thomas J. Schmitz
Florence Saurman
Powell Fabrication & Manufacturing LLC.
Judy Roslund

In Loving Memory...

Gertie Levandowski
John Levandowski
Vida Ludwick
GARR TOOL
Noel Wilson
Sally Wilson
Geraldine Doepker
John and Dianne Ayris
S. Scott Nesen
Stan and Frances Nesen
Benard Harrier
Rosemarie "Purple" Ingalls
Joyce Vibber
Harold LaPaugh
Dan Freed
Jerry Freed
Doris LaPaugh
Nita Bennett
Jo Ward
Ted Townsend
Helen Townsend
Dorene Lewis
Cheryl Chapman
Mary Higley
Anna Peter
Lois Netzley
Maynard Netzley
Jason Ruedgar
Ken & Rochelle Ruedgar
Catherine M. Nelson
Gerald & Kathleen May

Sponsors...

We would also like to thank Serendipity Frozen Custard & Donuts in Alma for providing frozen custard for our monthly birthday lunches!

Thank You 

Gratiot County Commission on Aging (COA) Volunteers Who We Are and What We Do

Sue Koch Coordinator of Volunteers 989-875-5346

What is a Volunteer? A volunteer is a valuable resource for the COA, its staff, and its clients. A volunteer is an individual who without expectation of compensation (beyond approved reimbursement), performs a task at the direction and on behalf of the COA. A volunteer works in support roles with paid staff. Volunteers receive training and are responsible to the Coordinator of Volunteers or Designee. Many volunteer roles have flexible schedules which are tailored to the availability of the volunteer.

***Home Delivered Meals Program Main Kitchen Preparation Assistant:** All Gratiot County meals are prepared in the kitchen at COA in Ithaca by kitchen staff. Volunteers and kitchen staff work as a team to package meals for homebound seniors.

***Home Delivered Meals Program Volunteer Driver:** The volunteer route driver begins his/her assigned route at 11:00 a.m. at one of five Senior Center Congregate Meal Sites – St. Louis, Breckenridge, Fulton, Ithaca or Sumner. A route takes 60 to 90 minutes to complete. Mileage is reimbursed at a rate of .58 cents a mile for the route driven.

***Mini-Van Transportation Volunteer Driver:** COA has 2 mini-vans which are used for transporting seniors to appointments (medical, dental, optical and the like) and for other needs associated with activities of daily living such as hair appointment, a pharmacy stop and the like.

***Senior Center Site Assistant:** This volunteer serves by readying the meal tables for guests, calling bingo, being a 4th at a game of cards, or helping with clean-up following the meal. There will also be opportunity to assist the site manager with special projects.

***Coordinator of Volunteer's Office Assistant:** This volunteer assists with typing, data entry, filing, answering the phone, making telephone calls, assisting with mass mailings and a variety of other administrative tasks. Computer skills in Word and Excel are helpful but not required.

***Senior Gratiot Newspaper Mail-Ready Volunteer:** Senior Gratiot newspaper announces county-wide events, activities, Senior Center happenings, Commission on Aging programs, support group meetings, Hot Line Assistance numbers and the like to Gratiot County seniors. Volunteers work at COA in Ithaca as a team for up to 3 hours once a month. Volunteers label, fold and tape each Senior Gratiot newspaper to meet the U.S. Postal Service requirement for the lowest postage rate available to non-profit organizations.

***Recycle Greeting Cards Team:** This team trims greeting cards previously sent to someone and creatively arranges usable pieces on fresh cardstock. All supplies are furnished. Cards and envelopes are available in the lobby at Commission on Aging for a suggested donation of .25 cents.

***Homestead Property Tax/Home Heating Credit Program Assistant, Medicare Part D Program Assistant; and Project FRESH Program Assistant:** The volunteer works under the guidance of the MAPP Coordinator and Director to help seniors through the challenges and paperwork associated with these programs.

***Mitten Makers/Hats Galore Volunteer:** The volunteer uses knitting or crocheting to create hats, mittens, scarves and headbands for lower elementary school children. We also create headbands suitable for use by adults and children experiencing hair loss due to illness or medical treatment.

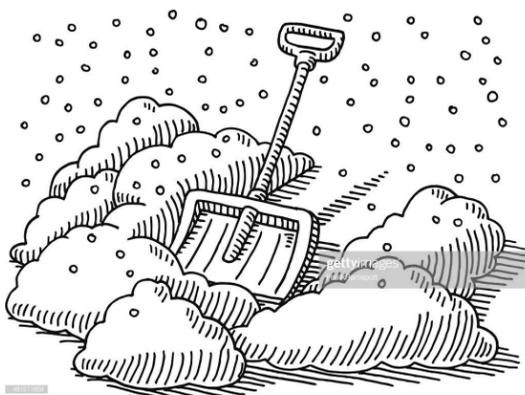
Snow Removal Service

Shoveling heavy snow can be a daunting and dangerous task, but village and city ordinances require the residents to maintain clear sidewalks in front of their homes. Given that many of our clients are not able to do this without difficulty and risk of fall, we'd like to extend a helping hand. The Commission On Aging will clear your porches, sidewalks, and driveways for you to reduce the potential for injury! Please call us at 989-875-5246 to have your name added to the snow removal list for that day. We will honor as many requests as possible each day.

Snowfall and drifting keeps us all guessing in Michigan and varies widely throughout Gratiot County. It is necessary for you to contact the COA for each day you would like the snow removed and, again, you will be added to that day's list. All donations made will help us cover the cost of operation.

Our home chore assistants use a walk-behind style snow blower to clear driveways. For this reason, we regret that only driveways of reasonable length will be cleared in this service.

Our staff is happy to help you get through the cold, unpredictable months ahead. Call on your friends at the Commission On Aging for any assistance you may need. It is both our commitment and our pleasure to serve our senior friends!



Sharps Disposal Program

The Mid-Michigan District Health Department (MMDHD) is pleased to announce that it is now offering free sharps disposal to residents of Gratiot County.

Many people aren't aware that throwing used sharps in the garbage puts family members and others in the community at risk. The best way to help prevent injury and infection is to place all used or unneeded sharps in a proper container and take them to a collection site. Gratiot County residents may take advantage of this **free** service by bringing their sharps containers to the Health Dept., located at 151 Commerce Dr., Ithaca, Mon.-Fri. from 8-12 and 1-5. Once inside the building, follow the signs to the Environmental Health Department.

Sharps must be in a medical sharps container or plastic laundry detergent jug in order to be accepted. To ensure everyone's safety, the container's lid should be closed tightly and taped shut. At this time, the health department does not have medical sharps containers available. If you would like to purchase one, check with your local pharmacy.

This program is for **Gratiot County residents only**. Commercially generated sharps will not be accepted. If you have any questions, please call 989-875-1002.



Michigan AG Nessel and Michigan Public Service Commission Utility Scams and Fraud Awareness

The Michigan Attorney General Dana Nessel and the Michigan Public Service Commission (MPSC) urge residents to know the signs of fraud when related to utilities.

Many electric, water and natural gas customers are being targeted by imposter utility scams every day. Scammers typically use phone, in-person, and online tactics to target customers. "It is important that customers call their utilities directly to check on the status of their accounts if they are ever unsure about the authenticity of a caller or the identity of a service worker, or if they suspect any fraudulent activity," said Nessel.

The MPSC receives a significant number of complaints each year from customers who have been the victim of utility scams. "We ask utility customers to be mindful when they receive these calls," said MPSC Chairman Sally Talberg. "It can be even more confusing when scammers use technology to falsify caller ID to make it appear the call is coming from a utility company. If you suspect a fraudulent call, hang up and call your utility right away."

Utility companies *never* call customers and demand immediate payment to keep services from being shut off in a matter of hours. They do not use deceptive tactics to try to get inside your home. Real employees always wear company identification badges.

Utility companies will **NOT**:

- ◆ Require a prepaid debit card or gift card for payments.
- ◆ Collect payment at a customer's home or business.
- ◆ Call, text or email and ask for social security, bank account or credit card information.

If you have mistakenly provided bank account or credit card information to someone you suspect might have been an imposter, call your bank or credit card company immediately. If you have a complaint or believe you are the victim of a utility scam, report it online to the Michigan Public Service Commission or call 1-800-292-9555. You may also file a complaint with the Attorney General's Consumer Protection Team at mi.gov/agcomplaints

Gratiot Community Personal Needs Pantry



The Gratiot Community Personal Needs Pantry is located in the lower level of the St. Louis First United Methodist Church. It is open to residents of Gratiot County that are in need of assistance with personal care items. The pantry provides toilet paper, toothpaste, toothbrushes, shampoo, bar soap, laundry soap, dish soap, paper towels, razors, combs, brushes, and feminine needs. Identification is required.

Every Thursday
 12:00 p.m. to 1:30 p.m., & 5:00 p.m.-6:30 p.m.
 St. Louis First United Methodist Church
 116 S. Franklin St.
 St. Louis, MI

For additional information or questions, please contact the church office at 989-681-3320.



Country Lunch with Two Outlaws and a Good Guy

Cindy Simmons - FWF West Gratiot Site Manager

The second annual Food with Friends Country Lunch was recently held at the West Gratiot site in Sumner. Music provided by Two Outlaws and a Good Guy band brought back fond memories of days gone by, dancing and listening to cowboy tunes. Participants left with memories of another morning filled with delightful entertainment. Some were heard humming the songs as they left the building. Many attendees went home with door prizes - yee-ha! The prizes were graciously provided by the Laurels of Fulton and the Commission on Aging.

Thank you to all who participated in this special day. It was a pleasure to spend time with so many people from around the county. Numerous attendees mentioned their delight in seeing old friends and co-workers. Our regular West Gratiot participants were so excited to see so many people in attendance!

Special events, such as this, take time and many helpers to pull it off. First, thanks to Lyle Hansen for assisting in setting up an available date for the band and rounding up the musicians. Thank you again for sharing your talents! Cathy Yourchock for helping to finalize the plans, picking up supplies and coordinating onsite work. The kitchen staff for preparing and cheerfully serving the meal. Irene Noffsinger, Jo Jones and Alyssa Bowen, site managers, for welcoming participants and assisting with many tasks during set up, sign in, lunch and clean up. Evelyn White was a wonderful assistant who jumped into action to make sure numerous tasks were smoothly taken care of. Also, thanks to the regular West Gratiot attendees and guests for their help with creating table decorations, setting up and taking down decorations and

chairs and cleaning the area. We would like to thank the Sumner Township Board for their support of our FWF activities. The space in the Community Center was perfect for the event. We look forward to hosting another Food with Friends event at the West Gratiot site in the future.



Left: A lovely couple celebrating their anniversary while attending the Country Lunch.

Right: Yes, there were more than 3 guys! A couple friends joined the band for the special event.



Painting with Shirley

Join Shirley as she teaches you how to paint this cute snowman.

Gratiot Community Senior Center
1329 Michigan Ave.
St. Louis, 989-681-4341
Tuesday, Dec. 17, 12:30 p.m.

Senior Activity Building
1011 E. North St.
Ithaca, 989-875-2135
Friday, Dec. 20, 1:00 p.m.

Call the site you wish to attend to make your reservation. Cost is just \$10.00.



Keeping Memories Alive

By Sherri Florez,
Program Coordinator

As I go through life's path, with several of my friends having some piece of memory impairment, I have realized a few key things that have helped in making these relationships successful. Whether it be family, friend, or new person in your life that is struggling with the effects of memory loss, the following suggestions may make for a smoother transition.

When working alongside an individual with Dementia or memory impairment, you may often feel like your wheels are spinning and you are getting nowhere. This can make both of you frustrated quite easily. Giving the caregiver personal knowledge about the individual can make things much easier.

Knowing all, or as much as possible, about the personal details of the life of your loved one or the one you are caring for with memory loss, can be extremely helpful. It may help with avoiding trigger points that could upset or frustrate the person. It also could help with talking about certain things that could be very pleasing for the individual. You will find communication easier and less frustrating for both of you.

While your loved one is still at home, you could compile a book of past photos, pictures of their favorite places, things from their youth, their accomplishments, favorite hobbies, colors, foods, drinks, sayings, sports, religion, friends, restaurants, etc. Have everyone around them go through the book so they know some of the details from the loved ones life. It will make conversation much smoother and put them at ease when you are able to relate to their stories and help fill in the blanks for them.

With individuals in long term care facilities, a book with such details can help with their quality of care. Having knowledge can decrease aggression or sadness. When caregivers become familiar with the history of an individual, it can empower them with confidence as they have a better understanding of who they are trying to support.

Even the most highly trained caregiver can find it difficult to get through to an individual suffering from memory loss. When a person's memory has become shrouded with dementia, it can become challenging to everyone involved in their life. They have no idea of how to understand what they are doing or why they are doing it. This can become very isolating for them. It only makes sense that the more we understand about a loved one's life events, the better we can relate and the more sensitive we become to their specific needs.

This book of information should portray a real life story of the individual in hopes that the caregivers can feel like they know and understand the individual and their needs.

Good Company Adult Day Program is offered Monday, Wednesday and Friday from 10:30 a.m. to 2:30 p.m. at a cost of \$10 per hour at First Presbyterian Church in Alma. Contact 989-463-2940 or www.firstpres.net for more information. Good Company is partially funded by Gratiot County Community Foundation.



Social Security Administration
1.800.772.1213

Commodity Food Distribution Date

Commodities distribution will be on **FRIDAY, December 13, 2019**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. Income guidelines are as follows: one person's monthly income not more than \$1,316; income per couple not to exceed \$1,784 monthly. Anyone interested in the program may contact Eight Cap at 989-463-5693. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from 9:30 a.m. to 11:00 a.m. or at the Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 p.m. to 1:30 p.m.**

Christmas Cookie Walk

The Alma/St. Lois American Legion Post #256 Auxiliary will be hosting a Christmas Cookie Walk fundraiser to assist sending a girl to Girl's State in 2020.

Where: 1329 Michigan Ave., St. Louis
When: Dec. 13, 2019
Time: 10:00 a.m. - 12:00 p.m. and 12:30 p.m. to 3:00 p.m.

A variety of cookies and candies will be available for a donation of \$5.00 per pound. If you have any questions, please contact Julie, 989-681-2997 or Phyllis, 989-463-1413. Thank you in advance for your support.



UPCOMING EVENTS AT ALMA COLLEGE

Nov. 26: The Alma College Jazz Ensemble performs swing jazz at 8 p.m. Tuesday, Nov. 26 in the Remick Heritage Center, Presbyterian Hall. Tickets are \$15 for adults, \$5 for seniors 62 and up, and free for Alma College staff, students and youth 18 and under. Seating is reserved. Call (989) 463-7304 for ticket information.

Through Dec. 5: The Flora Kirsch Beck Gallery at Alma College presents the paintings of featured artist Robert McCann through Thursday, Dec. 5. McCann teaches studio art fundamentals and painting at Michigan State University. Gallery hours are 10 a.m. to 5 p.m. Mondays through Fridays and 10 a.m. to 2 p.m. Saturdays. A gallery reception with the artist takes place from 7 to 9 p.m. Thursday, Dec. 5.

Dec. 7-8: The Alma College Choirs kick-off the holiday season with the annual Festival of Carols at 3 p.m. and 7:30 p.m. Saturday, Dec. 7 and 3 p.m. Sunday, Dec. 8 in the Remick Heritage Center, Presbyterian Hall. Tickets are \$15 for adults, \$5 for seniors 62 and up and youth 18 and under, and free for Alma College staff and students. Seating is reserved. Call (989) 463-7304 for ticket information.



ALMA COLLEGE



PEACE

Senior Activity Building

December 2019

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12:30 Bob Crist's Music 1:20 Bob's Sunshine Gang at Warwick Living	3 9:00 EZ Motion 10:30 Cribbage 12:00 Celebrate 26 Years for the SAB 7:00 VFW #7805	4 1:00 Dominoes	5 9:00 EZ Motion 10:00 Games 11:00 Joyce Raycraft's Music 1:00 Wii Bowling	6 8:00-10:00 SAB Open Food with Friends Noon Meal at Fulton FWF	7 10:45-1:30 Building is Open 12:15 Family Potluck
8	9 10:05-11:30 Bingo (prizes from McDonald's & Super Shine Express Car Wash) 7-9 Dulcimers	10 9:00 EZ Motion 1:00 Progressive Euchre	11 12:00 Christmas Dinner 12:45 Healthy Eating for Seniors by RESD 1:00 Dominoes	12 9:00 EZ Motion 10:00 Games 11:00 Joyce Raycraft's Music 1:00 Wii Bowling	13 11:30 Blood Pressure Checks by Nurse Joyce Raycraft 1:00 Friday Cards with Volunteers Jack & Avis Ginther	14
15	16 11:50 Nutrition "Mindful Eating" 1:00 Sequence	17 9:00 EZ Motion 11:00 - 12:00 Two Outlaws & A Good Guy- "Sharing the Christmas Spirit" 1:15 Senior Activity Bldg. Board Meeting	18 1:00 Dominoes Young Seniors Welcomed today 7:00 A-Tractive Tractor Club	19 9:00 EZ Motion 10:00 Games 11:00 Joyce Raycraft's Music 1:00 Wii Bowling	20 12:00 December Birthday Party 1:00 Painting with Shirley Frederick	21
22	23 10:05-11:30 Bingo (prizes from Schnepf's Health Care) Christmas TREATS and a Visit from Santa	24 No FWF Building Closed Today	25 Christmas Day No FWF SAB closed	26 9:00 EZ Motion 10:00 Games 11:00 Joyce Raycraft's Music 1:00 Wii Bowling	27 1:00 Friday Cards with Volunteers Jack & Avis Ginther	28
29	30 Early New Year Celebration! Raising Cane at Noon! Bring your canes!	31 No FWF Building Closed Today	8:00 EVERYDAY Building open, coffee's ready 10:00 EVERYDAY Visits, news, games, activities scheduled 12:00 Mon.- Fri. Food With Friends Noon Meal - Reservation 875-2135			

Senior Activity Building & Food with Friends News
By Jo Jones

We wish you a Happy Holiday that will include peace, joy, and many happy memories to warm your heart. You will see that there are several days when we will be closed because of the way the holidays come this year. We trust that your family and friends will be helping you to enjoy those days. Our Christmas dinner will be on Wednesday, December 11, 2019. Santa hopes to reserve a Food with Friends meal on both the 11th and 23rd. Plan to bring YOUR Holiday and Christmas goodies on Monday, the 23rd. (The treats can be snacks, cookies, candy, etc.)

Can you believe that on December 3rd, we will have been in our Senior Activity Building for 26 years? Do come to share in the joy we find within our BUILDING each day. Some of our current and former Board members hope to join us for our Food with Friends meal on the 3rd. Share your memories as well as your expectations with them. Updated facts regarding the Senior Activity Building will be available. Each donation given to the Building is appreciated and used carefully. A special thank you to those who have been making donations through the "Gift in Gratitude" envelopes. This is yet another way for YOU to express your appreciation for the Building and its programs. All donations help with the payment of Consumers Energy and the many other ongoing bills that make possible the daily operation of the Senior Activity Building. If you come to the Building for coffee, cards,

crafts, games, programs, meals, potlucks, YOUR gift is needed to help with our ongoing operating costs. THANKS!

Friday, the 6th, the Building will only be open from 8 until 10. We will be enjoying a warm welcome at the Fulton FWF site for our special noon meal. Be sure to get your ticket!

Bob Crist will tickle the piano keys at 12:30 on the first Monday, the 2nd. Then at 1:00, Bob's Sunshine Gang will travel to Arbor Grove. Upon our return to the Building, we will enjoy our ice cream sundaes.

Bingo will be on the 9th. Prizes are from McDonald's and Super Shine Express Car Wash. Dulcimers will be meeting at 7:00 p.m. on the 9th. You'll probably hear some Christmas songs when you stop in. Mary Humm will have the coffee ready!

The monthly nutrition program will follow Bingo on the 9th. The topic is "Mindful Eating". Sequence is scheduled for 1:00 pm on the 16th.

Mondays—the 23rd and 30th are PARTY days! Santa will try to be with us on the 23rd. Then on the 30th, we will welcome in the new year by Raising Cane and sharing more treats.

EZ Motion takes place most Tuesday and Thursday mornings from 9 to 9:45. We use a variety of CDs and videos made for Seniors. JOIN US! .

Cribbage will only be at 10:30 on the 3rd. Progressive Euchre will only be scheduled for Tuesday, December 10th. The Blue ribbon was won by Joe Shelest, while Vern Recker won the Red ribbon.

We welcome back our Cowboy friends from the Midland area. "Two Outlaws and a Good Guy" arrive on Tuesday, December 17th. The music, "Sharing the Christmas Spirit", will begin at 11:00.

The Senior Activity Building Board meeting will be on Tuesday, the 17th at 1:15. The newly elected Board members are Marci Browne, Cleo Flegel, Ruthanne Larry, and Larry Ringle who are all now members of the Class of 2022.

Now let's look at the Wednesday schedules. As noted above, our Christmas dinner is on the 11th. The RESD Healthy Eating for Seniors class is at 12:45 on the 11th. Dominoes will be played at 1:00 each Wednesday. Newcomers are most welcome. Young Senior Day will be on the 18th.

Come to enjoy Joyce Raycraft's enjoyable music on Thursday mornings while either playing cards or working on a puzzle. Several of us sing or hum along! Each Thursday at 1:00, Wii bowling begins.

Friday, the 13th, blood pressure screening will be at 11:30. Thanks to our Volunteer Nurse, Joyce Raycraft.

Friday Cards (including bridge) will be on Dec. 13th and 27th from 1:00 until 3:30. Volunteers Avis and Jack Ginther will help you to join one of the games. The suggested donation for the afternoon of enjoyment is \$0.25, the same as it is for Progressive Euchre and blood pressure screening. You will find these donations listed under the Crystal Jar donations each month.

The December Birthday celebration is on the 20th at noon. Shirley Frederick will lead the Painting class on the 20th at 1:00.

Please check the Building calendar often, since we do have schedule changes from time to time. Snow days??? Maybe!

We extend our appreciation to Linda St. Charles for her tasty Halloween Pancakes! Jo Jones was her spooky helper.

You are invited to the monthly potluck on Saturday, December 7th at 12:15. We encourage you to bring some of your family mem-

bers with you. You may come without a dish to pass, and make a donation to the Potluck fund. This fund helps to pay energy costs for the Building. Our cooks prepare plenty for everyone. We recognize that they invest their money to buy the ingredients to prepare their delicious food! Do remember to bring your own table service.

Here are two gift ideas for you to think about. **FIRST**, the Birthday Buddy gift can be yours, if you reserve your Food with Friends meal on your actual birthday. (If your actual birthday is on a Saturday, reserve your meal for Friday, or if it is on a Sunday, reserve your meal for Monday.) This program began in October 2004, and will continue throughout this fiscal year (October 2019-September 2020). You are the Birthday Buddy of the Coffee Fund! **SECONDLY**, you might suggest to your family that you would enjoy and appreciate a gift certificate for meals at Food with Friends. Your family might not be aware that these are available, since they do not receive the SENIOR GRATIOT. Some Seniors use the gift certificates to honor a friend on their birthday or as a way to say Thank You.

Our Building opens each weekday morning at 8:00, with a warm welcome from Linda St. Charles, a cup of coffee and a slice of toast. By 10:00, games, news, and visits are in full gear! Do enjoy a safe and delightful time this Christmas and New Year.



October birthdays celebrated by (seated) Ed Ringle, Marty Wieferich, (standing) Vern Recker, Merna Thompson, and Phyllis Johnson. Not pictured, Janice Urie and Sondra Schaub.



Adding to the Halloween fun are Marty Wieferich, Nancy Smith, Linda St. Charles, Judy Hegle, Joan Spear, Jo Jones, Doris Edgar, and Phyllis Johnson.



THANK YOU for your gifts received by the Senior Activity Building from October 8, 2019 through November 6, 2019:

Volunteers (named and unnamed) who completely care for the Building and its programs and activities:

- Musicians: Bob Crist, Joyce Raycraft
- Crystal Jar Donations: Unnamed Donations, Progressive Euchre, Friday Cards, Blood Pressure Trident Manufacturing Zeeland Farm Seed Ithaca Arbor 802 of the Gleaner Richard Abbott Marty Wieferich Mary Humm

GIFTS in GRATITUDE to SAB
By Howard & Nancy Crites
Fred & Helen Hoard
Jo Jones
Joyce Raycraft
Milene Nemeth

In MEMORY of JOYCE PETERS
By Willodean Cassady & Family

In MEMORY of FRED G. JONES on His Birthday
By Jo Jones

In MEMORY of ROCKY BROWNE
ELDON HELMAN
GENE CORNWELL
By Garold Browne & Family

In MEMORY of DICK & MARGARETTE LADD (My Cousins)
By Florence Saurman

In MEMORY of ARLENE GEARHART
By Randy & DeAnna Coffin
Food with Friends

In MEMORY of MARLENE COFFIN
By Joyce Beard

Gifts received at the GRATIOT COMMUNITY FOUNDATION, SENIOR ACTIVITY BUILDING AGENCY Account
By Mary Humm



Pearl Harbor
December 7, 1941, A date which will live in infamy... no matter how long it may take us to overcome this premeditated invasion, the American people, in their righteous might, will win through to absolute victory

Ms. Meier's Kindergarten class visited Ithaca Food with Friends. The Seniors enjoyed their program and individual visits with the children.

West Gratiot

By Cindy Simmons

November greetings went out for the birthday of Dennis Brauher. We wish him a wonderful year ahead.

November turned from fall to winter weather in just a few days. The weather did not deter attendees from enjoying time together at the West Gratiot site.

The Food with Friends program was closed for Veteran's Day. The time helped us to remember those who have served in many capacities to keep our country safe. Our thank you goes out to many family members and friends - such as Bob Divelbiss, Harold Daniel, Ron Smejkal, and Dennis Brauher - for their time spent in service.

The Commission on Aging kitchen staff prepared a delicious Thanksgiving feast. It was great to have so many regular and new attendees enjoy the meal together.

We had fun creating holiday bell decorations. The items were donated to the Laurels of Fulton to help decorate the facility for the holidays. A group of dedicated ladies have been working hard on puzzles. They enjoyed the fall themed puzzle so much that when it was completed, they had it framed.

It is difficult to thank all the volunteers who help plan, set up and clean up from our weekly meals, but your assistance is immensely appreciated. There are also many donated items such as snacks, puzzles, paper products, decorations and prizes that come in often for our enjoyment. Thanks to the Laurels of Fulton for donating prizes for our weekly Bingo games.

Now, here are activities coming up:

The MSU Extension staff is hosting a special nutrition class entitled "Eating for One". Attendees have been enjoying the recipes and updated nutrition information. Sessions will continue each Monday from December 2nd to 23rd, to finish up the six-week program. Plan to be in attendance from 12:30-2:00 each day. Pre-registration was required.

A wellness topic will be shared on Wednesday, December 4th. Next, join us at the Fulton FWF site for a special music event on Friday, December 6th. The West Gratiot site will be closed that day.

Please join us for the annual Christmas Dinner on Wednesday, December 11th. After the meal, there will be an optional exchange of gifts. Those wishing to participate are to bring a gift valued from \$10-\$15, with the gals exchanging gifts together and the guys doing the same.

We will celebrate December birthdays and anniversaries on the 18th and 20th.

The West Gratiot site will be closed on two Wednesdays during the holiday season, December 25th and January 1st. Have a wonderful holiday connecting with friends and family, both near and far.

Euchre games take place on Mondays and Fridays. Experienced and new players are all welcome to join.

Continued on page 10

Bingo is planned for most Wednesdays (no experience necessary).

Please join us on Monday, Wednesday, and Friday at the Sumner Senior Center - located in the Sumner Community Center - as we reestablish and develop friendships and share in good times with others from around the area.

To get started with the Food with Friends program: **Call the Gratiot FWF Kitchen (989-875-5332) from 7:00-12:30 M-F to reserve lunch 24 hours before the day you would like to attend.** After that, sign up ahead of time while you are in attendance at the site or call the kitchen 24 hours in advance of your next visit. Contact Cindy, West Gratiot site manager for further information at 989-833-7624 from 10:00-2:00 MWF.

West Gratiot Highlights

- 12-2 Eating for One, MSU Extension Class
- 12-4 Nutrition & Wellness Topic
- 12-6 **Closed:** Fulton Event
- 12-9 Eating for One
- 12-11 Christmas Dinner
- 12-11 Gift Exchange
- 12-16 Eating for One
- 12-18 Birthday & Anniversary Celebration
- 12-20 Birthday & Anniversary Celebration
- 12-23 Eating for One
- 12-25 **Closed:** Christmas
- Jan. 1 **Closed:** New Years

West Gratiot Weekly Activities

	Mon	Wed	Fri
Walking	10:00-1:30	10:00-1:30	10:00-1:30
Adv. Line Dancing	10:00- Noon		10:00- Noon



Jackie Devericks, Harold Daniel and Cindy Simmons get in the holiday spirit!



Cindy Simmons, Nancy Riker, Evelyn White and Harold Daniel dressed in costumes for Halloween.

BRECKENRIDGE

By Pat Schultz

Merry Christmas and Happy Holidays! May this wonderful season bring you lots of Joy and Peace!

We have lots of fun things planned for December. I hope you will join us for a few of them. Christmas Bingo is on the 17th and we will be having some Christmas fun with the Honor Society students on the 18th. We also will be making Christmas cheer baskets with Linda Chapin on the 10th in the morning. Come see us and have some fun!

- 12-2 Cooking for One Class
- 12-3 Bingo with Schnepps Healthcare
- 12-6 **CLOSED**, Join us at the Fulton Food with Friends for their Deck the Halls Luncheon and Entertainment
- 12-9 Cooking for One Class
- 12-10 Craft, Making Christmas Cheer Baskets
- 12-10 Bingo, after Lunch
- 12-11 Christmas Dinner
- 12-13 Knit & Crochet Fun
- 12-16 Cooking for One Class
- 12-17 Christmas Bingo
- 12-18 Christmas Fun with National Honor Society Students
- 12-20 Ask the Chief of Police Question Day
- 12-23 Cooking for One Class
- 12-24 **CLOSED, CHRISTMAS EVE**
- 12-25 **CLOSED, CHRISTMAS DAY**
- 12-27 Puzzle Day
- 12-30 Nutrition Education
- 12-31 **CLOSED, NEW YEARS EVE**
- 1-1 **CLOSED, NEW YEARS DAY**

To make a lunch reservation, just call me at 989-842-3338. We would love to see you. Everyone is Welcome!



Greetings from Fulton

By Irene Noffsinger

HAPPY HOLIDAYS

December is such a wonderful month of the year. It always brings forth the Holidays, which then bring forth many fond memories. I would like to share one of mine. I loved Christmas Eve at our house while growing up. It was always such a special day. Mom would be baking, Dad would put the tree in the stand and then we would start to decorate. The great part for me was that while we were decorating the tree, we would sing Christmas Carols. When my sister felt she was done decorating, she would accompany us on the piano. Decorating the tree was an all family event. After the tree was decorated, many times my grandparents and other family members would join us for dinner. We never saw the tree lit up until Christmas morning. That was huge. When you are young and you walk out to the tree and it is all lit up with gifts underneath, well, it was quite wonderful. My parents shared with us that many years' times were lean. We, however, never felt that. We were happy just being together. If you have a memory that is special to you, please share it at lunch with your friends. It is nice to hear special events from our past.

Thank you to everyone that helped make centerpieces for our special event, Deck the

Halls. You are the folks that make these events special.

Please join us on December 16th to make a Holiday Ornament. We will meet at 10:00 am. Coffee and donuts will be on hand to start us off.

Please continue to join us every third Wednesday of the month, for discussions on how to stay healthy and physically active in our golden years. Healthy Eating is presented by Gratiot Isabella RESD. We will only be offering this through January, so please come and join us.

In preparation for the upcoming Holidays and for our Deck the Halls Concert, we will be decorating the Fulton Township Hall. We will do the major decorating on December 2nd starting at 10:00 am. Your help would be greatly appreciated. Then on December 5th we will need anyone who wishes to help, to meet at 10:00 am to set tables and put the finishing touches on the hall for our concert.

We will be hosting Gratiot County Seniors on December 6th for a Holiday Kick off Concert. Laurels of Fulton will be sponsoring us and providing door prizes. Please join us for this special event.

LAST, BUT NOT LEAST is our Ugly sweater day. Wear your ugliest holiday sweater. We will all vote on it. Ugliest sweater will receive a prize. We will also have a gift exchange that day. This is not mandatory. If you wish to participate, just bring a gift to exchange.

BOOKS BOOKS BOOKS

Don't forget that we have books available for you to read. You don't have to stay for lunch just to get books. You can drop off or pick up books anytime we are open. Thanks to a generous donation, we have many larger print books at this time.

The books are always on a rolling cart in the Township Hall. Also, they are rotated fairly often, so there is always something different to read. If you need a book to read, please stop, say hello, and choose some books. We would love to have you stop in.

Come join us for lunch. We have a good time and it is good for everyone to meet, visit and have lunch together. Please do not think if you do not come, you won't be missed. So not true! We always miss you if you are not there.

- 12-2 Lunch/Decorate the Hall/Cards
- 12-4 Lunch/Phase Ten
- 12-5 Set Tables for Concert
- 12-6 Deck the Halls Concert
- 12-9 Lunch/Skip Bo
- 12-11 Lunch/CHRISTMAS DINNER Phase Ten
- 12-13 Lunch/Euchre
- 12-16 Lunch/Workshop/Skip Bo
- 12-18 Lunch/Healthy Eating Phase Ten
- 12-20 Lunch/Euchre Celebrate December Birthdays UGLY SWEATER DAY
- 12-23 Lunch/Skip Bo
- 12-25 **CLOSED/CHRISTMAS DAY**
- 12-27 Lunch/Euchre
- 12-30 Lunch/Skip Bo

FULTON SENIOR CENTER DONATIONS

Thanks to Dave and Ruth Kressler and Scott and Evelyn Trombly for their donations of lights and snowflakes to the Fulton Senior Citizens for their Holiday Decorations.

SENIOR GRATIOT NEWSPAPER DONATIONS

Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847. These people generously donated \$587.00 to the Senior Gratiot Newspaper contribution fund from October 16, 2019 to November 15, 2019.

Josephine & Richard Huff
Louis & Gerry Dame
Marcia & Terry Smith
M.J. Bendele
Joe Wing
Bernie & Janet Winn
George & Linda Weburg
Peggy Jo Trgina
Bruce & Bonnie Williams
Ruth Shaull

IN MEMORY OF

IRMA M. TOMS

By Susan Toms House

ROMAINE BRAUHER MAYNARD BRAUHER WALTER NOLLER

By Virginia Brauher

SAM ORTISI

By Tom Mueller

JOE & EDITH SIMONOVIC ARTHUR & SARAH RUDD RUTHERFORD FAMILY

By Joann Rudd

VINOLA MARTIN

By Nancy Francetic

KIMMY MARSH

By Ardeth Marsh

ELDON HELMAN

By Larry & Pat Houlden

ROCKY BROWNE MONNIE HELMAN

By Sharon Helman

JOAN PETERS

By Paul & Corinne Bertram

WM. RAYCRAFT

By Joyce Raycraft

JEREMY V. GALLOP

By Marie E. Gallop

RAY & EDITH WEBBER ED & VALLIE SHANK RYAN LAVOY

By Darvis & Pam LaVoy

COMMISSION ON AGING DONATIONS

Thank you to the following individuals who made donations for older adults of Gratiot County.

First United Methodist Church
Loretta Lindsey
St. Louis Correctional Facility Casual Day
Participants
Ithaca Arbor 802 of the Gleaner
Ellen & Wilburn Miniard
Lincoln Rd. United Methodist Church
Heidi McGillis
Nancy Gregory
Alma Products, LLC
Aleatha Foote

IN MEMORY OF

THOMAS ZAMARRON LARRY ZAMARRON THOMAS ZAMARRON, JR.

By Mary Zamarron

BERNIE DEMSKI

By Emma Brandal

DAVID NORRIS

By Mom & Family

ROCKFORD BROWNE MONNIE HELMAN

By Dave & Vicky Browne

MY PARENTS, ARTHUR & CLARA ST. PIERRE

By Mary Zamarron

GENE CORNWELL

By Joan Sparks

JAMES NORRIS

By Veronica & Family

ROCK BROWNE

By Connie Roslund
The Meyers Family: Sally, Brent
David & Holly
Ben Chaffin
Oscar Rulapaugh

GENE CORNWELL

By Florence Saurman

FRANCES HOGAN

By Pat & Debbie
Lorraine

PHYLLIS BAUBLITZ

ART DROSTE

ARLENE GEARHART

L.D. HOLLENBECK

JOAN PETERS

PAT STAPLETON

CLAIR WILSON

By Alan & Alice Schafer

ROCKFORD BROWNE

By Family of Ois Browne, Jr.
Cherie, Jodi and Scott Yost
Richard & Carol Merchant

MARGARET GROSSETT

GERTIE LEVANDOWSKI

KEN CRAMER

GERI DANCER

By Marge Clapp

DORETHEA GLOVER

By Andrea Ackels

SCAMS

**Reduce your risk
By being aware:**

- ♦ ***The IRS and Tax Collections:*** The IRS is not calling people and demanding that they pay taxes. Don't fall for this one. If you owe taxes, you will have received official letters in the mail.
- ♦ ***Don't give out any personal information over the phone:*** If a caller asks for your personal information, and you think it may be a legitimate request, inform the caller that you will contact the organization they say they are from to verify the need for your information. Use a phone number from a piece of literature, or a telephone directory you have on hand.
- ♦ ***Before agreeing to have a salesperson visit you at home,*** ask a trusted friend or family member to be at your house to attend the appointment with you.

Central Michigan Area Stroke Support Group

STROKE SURVIVORS AND CAREGIVERS

Stroke survivors and caregivers will be able to connect with others that may have had similar successes or struggles, in an environment that fosters emotional support, empowerment, and educational opportunities.

Potential topics include: health and wellness, communication changes, social connections, and community participation.

MONDAY, December 9, 2019
(Second Monday of every month)
3:00 p.m. to 4:30 p.m.

Check in at front desk for
directions to the meeting room

McLaren Central Michigan Hospital
1221 South Drive Mt. Pleasant, MI 48858

Enter the hospital through the main entrance
off Brown Street (under the green awning)

**TO SIGN UP and for more information,
call:
McLaren Central Michigan Rehabilitation
Services at 989-779-5604**



Gratiot County COA

FWF Eat Smart Menu

Lunch 12:00-12:30 pm

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Pattie Company Potatoes Tossed Salad Peas Hamburger Bun	3 Macaroni & Cheese Spinach Fruited Cole Slaw Peaches Wheat Bread	4 Beef and Noodles Squash Broccoli Citrus Salad Fruit Cocktail Wheat Bread OR CHEF SALAD & MINESTRONE SOUP	5 Sliced Turkey Mixed Vegetables Multi Bean Salad Tropical Fruit Wheat Bread	6 Basil Parmesan Chicken Brown Rice Carrots Leprechaun Fluff Dinner Roll HDM MEALS DELIVERED ONLY FULTON FWF OPEN FOR SPECIAL LUNCHEON
9 Potato Crunch Pollock Winter Blend Tossed Salad Fresh Orange Wheat Bread	10 Chicken/Broc/Cheese Brown Rice Brussel Sprouts Peaches Wheat Bread	11 CHRISTMAS DINNER Baked Ham Whipped Sweet Potatoes Broccoli Jello Cake Dinner Roll	12 Hamburger Company Potatoes Green Beans Apricots Hamburger Bun	13 American Goulash Kyoto Vegetables Tossed Salad Pears Wheat Bread
16 Meatballs Brown Rice Capri Veggie Blend Beet Salad Pineapple Wheat Bread	17 Chicken Cordon Bleu Casserole Mixed Vegetables Tossed Salad Pears Wheat Bread 	18 Meat Loaf Oven Roasted Potatoes Corn & Lima Beans Cinnamon Applesauce Wheat Bread OR CHEF SALAD & ROAST PEPPER SOUP	19 Baked Chicken Baked Potato Coleslaw Citrus Fruit Cup Wheat Bread	20 Smothered Chicken Redskin Potatoes California Veggie Blend Mandarin Oranges Wheat Bread
23 Salisbury Steak Whipped Potatoes Spinach Mixed Fruit Cup Wheat Bread	24 CLOSED 	25 Christmas Day Holiday CLOSED 	26 Chili Baked Potato Tossed Salad Pineapple Corn Bread	27 Veal Parmesan Whipped Potatoes Green Beans Tapioca Pudding Dinner Roll
30 Baked Ziti Casserole Brussel Sprouts Corn Citrus Fruit Cup Wheat Bread 	31 CLOSED NEW YEARS EVE 			

Menus are Subject to Change Without Notice

PLEASE CALL (989) 875-5332 TO CANCEL Home Delivered Meals

Milk provided with all meals

Reservations are Required 24 Hours in Advance

Suggested Donation \$2.50

FOOD WITH FRIENDS

RESERVATIONS ARE REQUIRED FOR FOOD WITH FRIENDS AT LEAST 1 TO 3 DAYS IN ADVANCE. SEE PHONE NUMBERS LISTED BELOW TO CALL FOR RESERVATIONS:

ALMA/ST. LOUIS AREA FOOD W/FRIENDS

GRATIOT COMMUNITY SENIOR CENTER
1329 MICHIGAN AVE., ST. LOUIS
MONDAY THRU FRIDAY, 9 AM TO 2 PM
PHONE: 989.681.4341
ALYSSA BOWEN, SITE MANAGER

BRECKENRIDGE FOOD WITH FRIENDS

BRECKENRIDGE MASONIC TEMPLE
122 E. SAGINAW ST., BRECKENRIDGE
MONDAY THRU FRIDAY, 10 AM TO 2 PM
PHONE: 989.842.3338
PAT SCHULTZ, SITE MANAGER

FULTON AREA FOOD WITH FRIENDS

FULTON TOWNSHIP HALL
3425 W. CLEVELAND RD. (M-57), PERRINTON
MON, WED, FRI., 10 AM TO 2 PM
PHONE: 989.236.5019
IRENE NOFFSINGER, SITE MANAGER

ITHACA AREA FOOD WITH FRIENDS

SENIOR ACTIVITY BUILDING
1011 E. NORTH ST., ITHACA
MONDAY THRU FRIDAY, 10 AM TO 2 PM
PHONE: 989.875.2135
JO JONES, SITE MANAGER

WEST GRATIOT FOOD WITH FRIENDS

SUMNER COMMUNITY CENTER
10820 PINE ST., SUMNER
MON, WED, FRI., 10 AM TO 2 PM
PHONE: 989.833.7624
CINDY SIMMONS, SITE MANAGER

POTLUCKS

EDGEWOOD

EDGEWOOD AREA SENIORS
EDGEWOOD CHURCH OF GOD
160 S. BARRY ROAD
4TH THURSDAY EACH MONTH AT NOON
CONTACT: BONNIE WHITAKER
989.875.3607

SENIOR ACTIVITY BUILDING

1011 E. NORTH STREET, ITHACA
1ST SATURDAY AT 12:15 PM
CONTACT: JO JONES
989.875.2135



Alzheimer's Support Group

1st & 3rd Tuesday of each month 1:00 p.m.
First Presbyterian Church
495 Charles Ave., Alma
Contact: COA Office 989.875.5246

Foster/Adoptive/Relative Care Support Group

2nd Tuesday of each month
East Superior Christian Church
605 E. Superior St., Alma
Contact: Church Office 989-463-1422

NOVEMBER 2019 PREP TEAM VOLUNTEER THANK YOU

We are pleased to recognize the following 15 Senior Gratiot Prep Volunteers for donating 28.75 hours to prepare the November issue of Senior Gratiot Newspaper for mailing:

Ruthie Malek, Mary Patterson, Lora Schultz, Helen Hoard, Sondra Schaub, Evelyn White, Vicki Bertoni, Nancy Crites, JoAnne Zimmerman and daughter, Sally Martin, Carol Glave, Martha Seiler, Dorothy Rhines, and Iris Henriens.



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