

JANUARY

Homestead Property Tax & Home Heating Credit Information

The Commission on Aging Staff and volunteers will provide assistance with the preparation of Homestead Property Tax and Home Heating Credits for *residents of Gratiot County*. Listed below are the qualifications for either credit as well as documentation requirements to prepare the forms. (The Commission on Aging *does not* complete federal or state income tax returns, only property tax and home heating credits.) Please read through the information, review the schedule, and then contact the Commission on Aging at 989-875-5246 to schedule an appointment at any one of the sites listed. **APPOINTMENTS ARE REQUIRED.** We look forward to assisting you with this process.

Homestead Property Credit Qualifications:

- Homeowner's property taxes must be higher than 3.5% of the homeowner's income
- Renters, usually 20% of your rent is considered your share of property tax

Home Heating Credit Qualifications:

- A person who owns a home or is a renter and has an income that is less than the income guidelines. (The State of Michigan does not give income guidelines to tax preparers until mid-January)

Bring these verifications to your SCHEDULED Tax Credit Appointment

- All income for 2019 (Social Security, pensions, interest, farm income, etc.)
- Property Tax Statements (Homeowners only)
- Proof of heat cost for 2019 (Consumers customers bring December 2019 bill. Fuel/Propane customers bring heat expenses dating between 11/01/2018 through 10/31/2019)
- Medical Supplemental Health Insurance Premiums
- Automobile Insurance (Only the Personal Injury Protection amount is a deduction)
- Rent Payments: Rent paid to a landlord, or lot rent paid to a mobile home park. Rent verification is not needed if you live in a subsidized housing complex

2019 TAX CREDIT APPOINTMENT DATES

Senior Center 1329 Michigan Ave., St. Louis Tuesday, January 28th 9:00 a.m. — 3:00 p.m.	Park Colony 935 E. Arcada, Ithaca Tuesday, February 11th 1:00 p.m. — 2:30 p.m.
Commission on Aging 515 S. Pine River, Ithaca Wednesday, January 29th 9:00 a.m. — 3:00 p.m.	Fulton Food With Friends 3425 W. Cleveland (M-57), Fulton Wednesday, February 12th 10:00 a.m. — 11:00 a.m.
Heather Court 400 E. Warwick Dr., Alma Tuesday, February 4th 10:00 a.m. — 11:30 a.m.	Sumner Food With Friends 10820 Pine St., Sumner Wednesday, February 12th 12:30 p.m. — 1:30 p.m.
Pine Villa 425 E. Warwick Dr., Alma Tuesday, February 4th 1:00 p.m. — 3:00 p.m.	Tartan Terrace Apartments 400 E. Warwick, Alma Thursday, February 13th 9:30 a.m. — 11:00 a.m.
St. Louis Housing 308 S. Delaware St., St. Louis Wednesday, February 5th 10:00 a.m. — 11:30 a.m.	Scottish Pines Apartments 1575 Pine Ave., Alma Thursday, February 13th 1:00 p.m. — 2:30 p.m.
Greenland Place 129 Michigan Ave., St. Louis Wednesday, February 5th 1:00 p.m. — 2:30 p.m.	Senior Center 1329 Michigan Ave., St. Louis Tuesday, February 18th 9:00 a.m. — 3:00 p.m.
Breckenridge Food With Friends 122 E. Saginaw St., Breckenridge Thursday, February 6th 10:00 a.m. — 11:30 a.m.	Commission on Aging 515 S. Pine River, Ithaca Wednesday, February 19th 9:00 a.m. — 3:00 p.m.
Pinestead Apartments 224 Pine St., Breckenridge Thursday, February 6th 1:00 p.m. — 3:00 p.m.	**Donations are encouraged to help Commission on Aging pay for postage to mail Tax Credit forms to Lansing**

SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
 Website: www.gratiotmi.com/Departments/Commission on Aging

SENIOR GRATIOT, INC
 515 S. Pine River
 Ithaca MI 48847
 989.875.5246
 Change Service Requested

January 2020
 Volume XLV
 Number 1

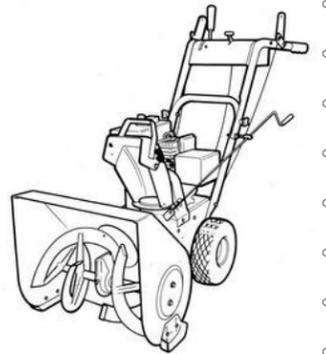
NON-PROFIT ORGANIZATION
 U.S. POSTAGE PAID
 PERMIT NO. 4
 ITHACA MI

Snow Removal Service

Winter is here and along with the cold weather comes snow. The Commission on Aging's Home Chore department is ready to assist the seniors of Gratiot County with shoveling the snow.

Dan and the crew use walk behind snowblowers and shovels to clean your sidewalks, driveways and porches. Unfortunately, they are not able to clean long driveways.

All you need to do to take advantage of this service is call the COA office, 989-875-5246, on the day you need the snow cleared. Your name will be added to the list for that day. You do need to **call each time** you need the snow removed as snowfall amounts can differ across the county. There is no charge for this service, however donations are accepted and will help cover the costs of the program to keep it running. Every effort is made to complete the requests daily, so don't forget to call.



Like Gratiot County Commission on Aging On Facebook & Twitter



VOLUNTEER CORNER

~Articles by Sue Koch, Coordinator of Volunteers
989-875-5346



New Year's resolutions will become a topic for self-reflection as we move through January. Most often, New Year's resolutions focus on an outcome of physical, mental or spiritual self-improvement. To jump start and sustain well-being, we encourage you to seek out volunteer opportunities in Gratiot County. Non-profit organizations are a great place to begin.

The Mayo Clinic offers support for achieving positive self-improvement outcomes through volunteer activities.

Six Health Benefits of Volunteering

Volunteers make an immeasurable difference in the lives of others. Oftentimes, they perform with the core intention of helping others. But did you know that volunteering can benefit your own health as well? From lowering stress to boosting self-confidence, research has shown that volunteering offers many health benefits, especially for older adults, such as:

1. Volunteering decreases the risk of depression. Research has shown that volunteering leads to lower rates of depression, especially for individuals 65 and older. Volunteering increases social interaction and helps build a support system based on common interest, both of which has been shown to decrease depression.
2. Volunteering gives a sense of purpose and teaches valuable skills. Volunteers perform critical roles in assisting others. The work that volunteers provide is essential to everyday processes, which gives volunteers a sense of purpose.
3. Volunteering helps people stay physically and mentally active. Volunteer activities get you moving and thinking at the same time. One study found that volunteering among adults age 60 and over provided benefits to physical and mental health. Another study found that, in general, volunteers report better physical health than do non-volunteers. Older volunteers experience greater increases in life satisfaction and greater positive changes in their perceived health as a result of volunteering.
4. Volunteering may reduce stress levels. Volunteering may enhance a person's social networks to buffer stress and reduce risk of disease. By savoring time spent in service to others, volunteers feel a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.
5. Volunteering may help you live longer. An analysis of data from the Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not.
6. Volunteering helps you meet others and develop new relationships. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity together. Volunteering is a great way to meet new people who share common interests with you. Dedicating your time as a volunteer also helps you expand your network and practice social skills with others.

MEET THE VOLUNTEER

Marlene McGuirk

My earliest remembrance of volunteering was in high school working in the Guidance Counselor's office. I filed, set up student schedules and appointments for the students. Another time was wrapping Christmas packages at the mall. I met so many interesting people.

Throughout the years I have felt compelled to volunteer when time permitted from my work schedule. One of these times was volunteering at (a very large) church bookstore/gift shop every other Sunday evening. It meant interacting with people I didn't know, asking questions and running the cash register as well as counting the till.

In the fall, years ago I asked to head up a Christmas card shower for our missionaries. It was a success and so meaningful. One of the missionaries saw me a few years later and couldn't tell me enough how much the cards meant to their four children and how it had impacted them.

My husband, Dan, and I have wanted to be involved with "Meals on Wheels" for several years. We finally began late last year when we became volunteers for Commission on Aging's Home Delivered Meal program. We deliver home delivered meals from the Alma/St. Louis Area Food with Friends site at the Gratiot Community Senior Center in St. Louis.

The seniors in our community are so worth it. They deserve to be served! Most of them are so appreciative of this service and welcome us warmly. We believe we not only deliver a meal but also a blessing and a smile.

SEEKING VOLUNTEERS

Assist with Homestead Property Tax and Home Heating Credit Forms

Gratiot County senior citizens schedule appointments during late January through February with Commission on Aging for assistance in completing their Home Heating and/or Property Tax Credit forms. The program uses trained staff and volunteers to complete the necessary paperwork.

Volunteer training for this important work is provided by Sarah McClung, program coordinator. A prospective volunteer enjoys attention to detail, possesses basic math skills and is familiar with basic calculator functions. Volunteer training will take place at Commission on Aging in Ithaca January 15th, at 1:30 p.m. Paper forms and writing tools are provided. We do not use computers. If you have a favorite simple calculator, please bring it with you.

For more information about this important volunteer position or to register for the volunteer training session on January 15th at 1:30 p.m., please contact Sue Koch, 989-875-5346.

RIGHT PLACE AT THE RIGHT TIME

Mission Statement: The Gratiot County Commission on Aging coordinates programs and provides services that protect and safeguard the independence, well-being, and dignity of citizens of Gratiot County who are 60 years of age or older.

Volunteerism is one of the most selfless acts you can become involved in. Non-profit organizations rely on the *donation of self* from their volunteers to achieve the non-profit's mission statement. It is no different for us at Gratiot County Commission on Aging.

I'd like to turn a spotlight on four urgent volunteer needs in hopes that you might like to learn more about these volunteer opportunities that will make a true difference to your neighbors and friends in Gratiot County.

Home Delivered Meal volunteers are needed for the Alma, Ithaca and St. Louis areas.

Minivan Transportation Drivers are needed to drive seniors to medical appointments in Gratiot County.

Home Delivered Meal Packing volunteers are needed to pack the meals that go to home-bound seniors.

Substitute Site Managers are needed at the Alma/St. Louis Food with Friends site in St. Louis. A volunteer will be teamed with another trained volunteer to form a team.

What is a volunteer? A volunteer is an individual who feels called to make the world better. Let's talk about how you might like to do just that for seniors in Gratiot County. Thank you.

VOLUNTEERS
MAKE A DIFFERENCE
SIGN UP TODAY!

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

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.

The final count is in:



Hats - 2,297
Mittens - 255
Headbands - 171
Scarves - 106

A sincere thank you to each and all!



MidMichigan Industries received a donation of hats for their clients. As you can see, the staff was very happy with the hats!

**VOLUNTEER ACTIVITY
January 2020**

Sue Koch, 989-875-5346

*Please join us to see what we are about.
Walk-Ins welcome.*

Recycled Greeting Cards Team

Commission on Aging in Ithaca

January 6th 9:00 a.m. - Noon

January 13th 9:00 a.m. - Noon

January 20th **Office Closed**

January 27th 9:00 a.m. - Noon

Mitten Makers/Hats Galore Knit-In

January 18th 10:00 a.m.-2:00 p.m.

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca

January 30th 9:00 a.m. - 11:30 a.m.

GAIN: Companions

A GAIN program partially funded by a grant from Gratiot County Community Foundation

Pet Adoption, Retention & Support

The Purpose:

1. To support a lifelong human/animal bond.
2. To help lower-income senior citizens and individuals with special needs by providing financial support for the extras a pet requires. This may include rental deposits, vetting, spaying and neutering, food, or emergency care.
3. To help with adoption of a new pet and/or with retention of a current pet.

Although GAIN can't do everything for everyone, GAIN can provide some help and refer someone to other resources.

Older adults and owners with special needs have time to provide love and pets provide companionship, decreasing loneliness. Physically, pet owners get more exercise, have less stress, and lower blood pressure.

**Charcoal Painting
with Alyssa**

Tues., Jan. 28, 12:30 p.m.

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

Join us while we learn to make this wonderful horse. There is no charge for this class as funding was provided by a special grant.

Call 989-681-4341 to reserve your spot!



A Big Thank You to J&J Party Store and customers for the most recent donation to COA!



Jennie, J&J owner, with Jen Cook, COA Director

*To date,
J&J Party Store
has donated \$7,925.93 to
the HDM program at the
Commission on Aging!*



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:

**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



**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 Senior Gratiot subscription for the winter or update your address.

January 2020

**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
			New Year's Day		10:00 Line Dancing 10:30 Puzzles 12:00 Lunch 12:30 Game Day	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:15 Trivia Day
5	6	7	8	9	10	11
	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 White Elephant Bingo *National Bird Day	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Nutrition Program	10:30 Puzzles 11:00 Alma Police Department 12:00 Lunch 12:30 Bingo *Elvis Day	10:00 Line Dancing 10:30 Puzzles 12:00 Lunch 12:15 Animal Balloons 12:30 Game Day *Static Electricity Day	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 History of Amelia Earhart	
12	13	14	15	16	17	18
	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 *Strawberry Ice Cream Day	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 *11-2 Book Exchange	
19	20	21	22	23	24	25
	Closed Martin Luther King, Jr. Day		10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Bingo *Hawaiian Luau Day	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	
26	27	28	29	30	31	
	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 Charcoal with Alyssa *Tax rebates with Sarah	10:30 Puzzles 11:15 Morning Exercise 12:00 Birthday Lunch 12:30 Bingo 	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 Beauty and the Beast Movie 	

Gratiot Community Senior Center

1329 Michigan Ave., St. Louis
By Alyssa Bowen

Hello friends,

It is the start of a new year. Some of us may have New Year resolutions and some of us aim to stay the same. This year I would like to start new traditions here at the center.

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 bring your smiles and come and join 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 at 10:00 a.m. there is a beginner Line Dancing class which is not taught by me. This is taught by Betty Apple. Betty knows how to get us in the groove and get our feet moving. She is an amazing teacher and can help people of all skill levels.

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 necessary to complete your painting. You just

bring a smile, a positive attitude, and your \$10! This month's painting, on January 14th will be of beautiful blue jays and red berries.

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 provided on the third Tuesday of each month. This month, January 21st, will be of a cute little frog on a lily pad. She also will provide all the materials, just bring a positive attitude and your \$10!

Also brand new this month will be another art class on the 4th Tuesday of the month. This will be a charcoal class taught by yours truly! This class will be offered for free as a generous donation was given to get the supplies needed to start. Charcoal is a drawing class, it is not painting and charcoal teaches us how lighting impacts our subjects. This month will be of a horse. Again, this class is free just bring yourself and maybe a friend! Please be wary that this class may discontinue if we do not find individuals or businesses who will be willing to sponsor future materials needed. Please call ahead for reservations!

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!

On Friday, January 3rd, after lunch at 12:15, we will be having a trivia day. This is in celebration of National Trivia Day which falls on the 4th of January this year. Come test your knowledge with a game of trivia! This will be similar to Jeopardy.

The following Monday, which is the 6th, we will be celebrating National Bird Day. We will be learning about birds that have become extinct, unique birds, and birds native lands.

Whose birthday is this month? Elvis that's who! His birthday is January 8th. The king would have been 85 years old this year. Now

that he is officially a senior, we will be bringing his spirit and music to the senior center Wednesday the 8th. Dress like you are hearing Elvis for the first time. Wear your poodle skirt, your leather jacket, loafers, or high collars as we listen to the King of Rock'n'Roll and we discuss some fun facts about his life.

Also on January 8th we will be celebrating Law Enforcement Appreciation Day. The Alma Police department will be here to give a short presentation on how to stay safe during the new year. They will be giving a short presentation just before lunch. Please give these officers a warm welcome to the senior center as they do so much for our community!

The next day, which is the 9th, is National Static Electricity Day. In spirit of this, we will be learning how to make some simple animal balloons. From a dog, to a giraffe come create some static with me!

That Friday the 10th is Amelia Earhart day. We will discuss this amazing female pioneer, pilot, and author. From the many records she set, to the books she wrote, we will be taking a quick trip back in time to look at this amazing influence on our society today.

Wednesday the 15th, is National Strawberry Ice Cream Day. To commemorate this fantastic event, we will be serving up vanilla ice cream with strawberry syrup as a topping. We will also be learning some silly facts about the ice cream industry. Make sure you call ahead for lunch reservations and to also get a sweet, tasty treat!

This month is National Book Month. We celebrate all year 'round as we have books for you available all of the time, however, Friday the 17th, we will be having a book exchange. Feel free to exchange with

Continued, page 5

each other or exchange with my book shelf. This will be happening from 11a.m.-2 pm. over by the library in the center.

Winter blues have you down? Winter can be a sad time of year for those who enjoy sunshine, but I have a solution! Come on in Wednesday the 22nd and we will have a Hawaiian Luau. Wear your grass skirts, your coconut bras, or your flowered shirt. We will be listening to some traditional Island music while we envision ourselves at the beach.

The new year should start with a bit of magic. That is why on Friday the 31st we will have a showing of the movie Beauty and the Beast. Come watch the 2017 remake of this enchanting film starring Emma Watson, Dan Stevens, Luke Evans, and more. We will also be enjoying some popcorn. This movie is rated PG so bring your friends and family whether they are big or small.

Please note that on Monday, Jan. 20th we will be closed in observance of Martin Luther King Jr. Day.

Remember, if we are experiencing inclement weather, tune into your radio station or news source to check the local closings. If the weather gets too bad both Food with Friends and the Senior Center will be closed.

"What the New Year brings to you, will greatly depend on what you bring to the New Year"

-Vern McLellan



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 November 11th through December 11th.

In Honor of ...

Dorene Lewis
Cheryl Chapman

Donations

Emma (Dee) Fly
Bernard & Janet Winn
Betty Apple
Isabella Bank
Fred E. Richards Post 3055
Judith Miller
Dorene Lewis
Mercantile Bank
Al & Deb Kommel
VFW Post 3055 Auxiliary

In Loving Memory...

Gary Irvin
Lou Irvin & Family
Ramon Wolfgang
Berniece Wolfgang
Wilma Richardson
Marge Clapp
Mary Hubbard
Ann & Harold Stevenson

Sponsors...

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

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.



GRATIOT COUNTY COA TRANSPORTATION FARES

0 – 20 miles	\$ 5.00
21 – 40 miles	\$10.00
41 – 60 miles	\$15.00
61 – 80 miles	\$20.00
81 – 100 miles	\$25.00

Mileage is calculated beginning from the COA office.

Commodity Food Distribution Date

Commodities distribution will be on **Monday, February 24, 2020**. 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.**

Sharps Disposal Program

The Mid-Michigan District Health Department (MMDHD) is please 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.



Thank You to all our Volunteer Leaf Rakers!



Kountry Kids 4H Group

This wonderful group of 4H'ers are first-time fall leaf rakers for seniors coordinated through Commission on Aging. They were assigned 3 yards in Ithaca, but ended up learning of another need and added that senior in. Megan Hirshman, leader, sent this email upon completion of their raking day. "Kountry Kids were able to get to all of the yards in Ithaca, and even did a neighbor's yard of one of the seniors who let us know that he was suffering from serious health challenges and was unable to get out to rake his yard. We raked both yards and cleaned up his front porch" Kountry Kids are WOW

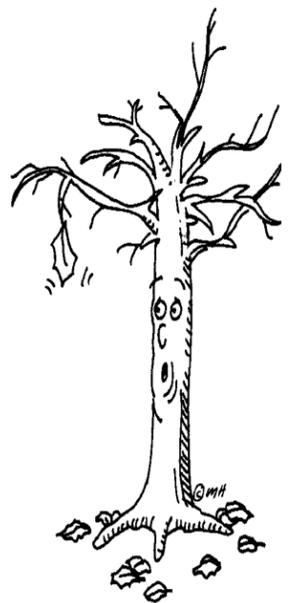
Here is what one of the seniors expressed: "I wanted to tell you what a wonderful group of kids and adults the 4H rakers are. It was so much fun to see this group flood into our yard-little ones with little rakes, bigger ones with bigger rakes and the adults with their rakes, too. The City of Ithaca has a dumping place for yard waste about 2 blocks from my home. The group raked leaves onto tarps then hauled them to the back of pick-up trucks. With kids sitting on the leaves in the back of the pick-ups, down the road to the yard waste dumping place they went. After the job was done, we were told the group would go for pizza! What a wonderful way to spend part of their Saturday. We are all so grateful to this group.



Somethin' Special 4H Group

This terrific group of 4H'ers raked fall leaves for seniors in Alma again. The group purposefully picked Nov. 9th as their day to rake-honoring senior Veterans and/or their families. Three yards were raked. One thank you note reads: "Thank you so very much for having the group come and rake my leaves. They did a wonderful job and were so kind and friendly. It was fun to watch them. Thank you again and God Bless." Another senior acknowledged how much "the group's simple act of kindness touched me and

my mother." Indeed, the Somethin' Special 4H group is something special. Special appreciation goes out to Becky Hirschman, leader.



DTE

We would like to thank Elizabeth Martin, representing DTE Gratiot Renewable Energy Center in Breckenridge, for organizing a team of employees to rake the yards of two Gratiot County seniors this past November. The homeowners expressed gratitude and appreciation for jobs well done. Elizabeth expressed their thanks for the opportunity to serve Gratiot County seniors. "Thanks so much, Sue. It was a rewarding experience for us."



YACERS

We are often asked "What are YACERS?" The YACers are the Youth Advisory Council of the Gratiot County Community Foundation. Although the Foundation offices are in downtown Ithaca, the youth who participate come from all over Gratiot County. The YACers have had a long history as



COA fall leaf rakers. This year the group raked the yards of two seniors in St. Louis and one senior in Alma. COA has received expressions of appreciation to the group. "I so appreciated the group that came and raked my leaves. Please thank them again for me."

Our thanks go out to the youth and to Ginna Holmes, leader, for organizing the group. For COA, there was an added blessing. "Yes - it was a great day. All yards were completed, and we surprised the St. Louis Senior Center by raking their front yard. In the past you had also assigned that yard to us. We had a big crew this year. We all agreed to end up there and did the job in no time at all. Thank you so much for giving us this opportunity to serve Gratiot County seniors."

Seventh Day Adventist School Youth

We are grateful to the youth from the Seventh Day Adventist School for raking a senior's yard in Ithaca. Teacher, Carrie Williams, and Secretary, Florence, gathered students and church member adults to transport and assist the youth with this amazing act of kindness. This particular home is in an older part of town with many aged maple trees in the area. Leaves were raked to the curb where Ithaca city crew members vacuumed the leaves up and carried them away. A big job for very capable community members. Thank you, students.



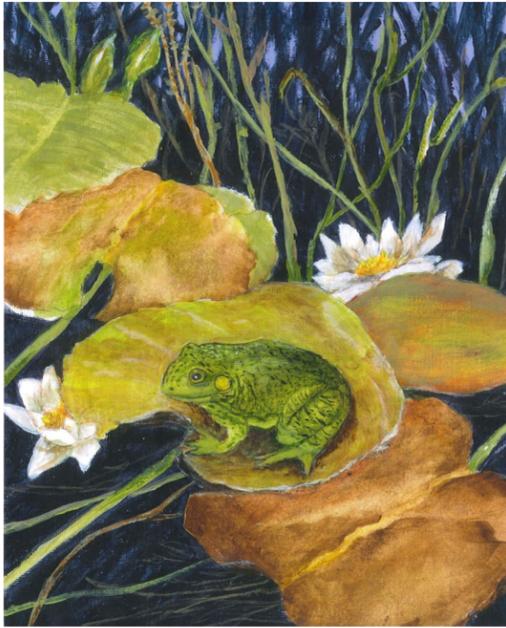
Painting with Shirley

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, January 21, 12:30 p.m.

Senior Activity Building
1011 E. North St.
Ithaca, 989-875-2135
Friday, January 24, 1:00 p.m.

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



Reducing the Risk of Dementia In the New Year

By Sherri Florez,
Program Coordinator

Like many people, you may have made some resolutions for the new year. Perhaps you are determined to improve your health by joining your local gym or drinking less alcohol. Making healthier choices can also help reduce your risk of dementia, according to several recent studies. While some things that affect your risk of dementia can't be changed, such as your age or genes, there are many things you can change.

With New Year's Resolutions in mind, here are five things you can do to help lower your chances of developing dementia.

1. Get Moving

One of the best ways to reduce your risk of dementia is taking part in regular physical exercise. It is good for your heart, circulation, weight and mental well-being.

Try to do a combination of activities including aerobic and resistance activities you enjoy, as you are more likely to stick to them. Aerobic activities to get you moving include brisk walking or riding a bike, whether stationary or on a bike path. Resistance activities that work your muscles include lifting weights or digging in the garden.

2. Eat Well

A healthy, balanced diet has been shown likely to reduce the risk of dementia, as well as other conditions including cancer, type 2 diabetes, obesity, stroke risk and heart disease.

Top tips for healthy eating include:

- ⇒ Eating five portions of fruits and vegetables each day
- ⇒ Eating fish or other omega-3 rich foods at least twice a week
- ⇒ Basing meals around starchy foods like bread, pasta and potatoes
- ⇒ Eating sugary foods only as a treat
- ⇒ Looking out for hidden salt in foods.

3. Quit smoking and cut down on alcohol

If you smoke, you are putting yourself at a much higher risk of developing dementia later in life, as well as other conditions such as cancer and stroke. Drinking too much alcohol also increases your risk of developing dementia. Moderation is key.

4. Keep your mind active

You can also help reduce your risk of dementia by exercising your mind. Research suggests that regularly challenging yourself mentally seems to build up the brain's ability to cope with disease. Find an activity you enjoy, as you are more likely to keep it up. Some suggestions:

- ⇒ Do puzzles, crosswords or quizzes
- ⇒ Learn a new language
- ⇒ Play card games or board games
- ⇒ Study for a course or just for fun
- ⇒ Write -stories, poetry, articles or blogs

You might want to do some of these activities with friends or neighbors. Spending time with other people is an important part of keeping your mind active.

5. Look after your health

Taking control of your health will help reduce your risk of dementia. Depression, hearing loss, or not getting enough sleep might increase your risk of dementia.

Why not start the new year making some of these changes to your lifestyle? You will reduce your risk of dementia and help yourself to stay healthy.

Dementia: Reducing your risk

There are many websites and apps that can help you with physical and mental exercises, giving up smoking and eating healthily. The following book about sleep is a very good read: "Why We Sleep" by Matthew Walker which stresses the importance of sleep.

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.



West Gratiot Food with Friends enjoy the Cooking for One Class presented by MSU Extension



CMU CENTRAL MICHIGAN UNIVERSITY

College of Medicine Presents
Fall Prevention Program

FREE Otago Exercise Program

Exercise at home or in a group to improve your balance!

Significantly reduce your risk of falling!

Many sites in Clare, Gratiot & Isabella Counties!

Transportation is available!



To Register, please contact:

Email: FallPrevention@cmich.edu

or

Phone: 989-774-1350

www.med.cmich.edu/healthy-aging

We are also looking for volunteer peer coaches, training provided



Senior Activity Building

January 2020

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 EVERYDAY Building open coffee's ready 10:00 EVERYDAY Visits, news, games, activities 12:00 Mon.-Fri. Food With Friends Noon Meal Reservation 875-2135			1 Happy NEW YEAR!! 	2 9:00-9:45 EZ Motion 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	3 11:30 Blood pressure checks by Joyce Raycraft 12:45 Movie and Popcorn	4 11:00--1:30 Building Open 12:15 Family Potluck
5	6 12:30 Bob Crist Music 1:20 Bob's Sunshine Gang visits Warwick Living Center--Alma	7 9:00-9:45 EZ Motion 10:30 Cribbage 7:00 VFW Post #7805	8 1:00 Dominoes	9 9:00-9:45 EZ Motion 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	10 1:00 Friday Cards with Avis & Jack Ginther	11
12	13 10:05 – 11:30 Bingo (Prizes donated by McDonalds & Super Shiine Express Car Wash) 7:00 Just for Fun Dulcimers	14 9:00-9:45 EZ Motion 1:00 Progressive Euchre	15 1:00 Dominoes 7:00 A-Tractive Tractor Club	16 9:00-9:45 EZ Motion 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	17 12:45 Bean Bag Toss Young Senior Day	18
19	20 CLOSED NO HDM OR FWF	21 9:00-9:45 EZ Motion 1:15 Senior Activity Building Board Meets	22 1:00 Dominoes	23 9:00-9:45 EZ Motion 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	24 1:00 Painting with Shirley 1:00 Friday Cards with Avis & Jack Ginther	25
26 	27 10:05 – 11:30 Bingo (Prizes donated by Schnep Health Care)	28 9:00-9:45 EZ Motion 1:00 Progressive Euchre	29 12:45 Healthy Eating for Seniors 1:00 Dominoes	30 9:00-9:45 EZ Motion 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	31 12:45 Movie and Popcorn	

Senior Activity Building & Food with Friends News

By Jo Jones

We wish you a healthy, happy beginning to your NEW YEAR! Please plan to put Food With Friends and the Senior Activity Building on your schedule. DO call in your FWF meal reservations one day ahead of the day you will be eating with us. STOP in to say hello, to have coffee, or to participate in a card game or an activity anytime.

We'll start an overview of the schedule above beginning with Mondays that includes our monthly Nutrition lesson and Bob Crist tickling the keys on the piano at 12:30. Bob will warm up our voices on Monday, the 6th. Bob's Sunshine Gang will then travel to Warwick Living Center. When we return to the Building, we will enjoy our ice cream sundaes. The subject for Nutrition this month is "Foods That Helps Boost Your Memory".

There will be No Food With Friends on the 1st and the 20th. Wednesday, the 1st is New Year's Day and the 20th is Martin Luther King holiday. Our Building is closed on both days.

Bingo will be on Mondays, the 13th and 27th. Prizes on the 13th are donated by McDonalds and Super Shine Express Car Wash. Schnep Health Care donates the prizes on the 27th. Kara Jo will call your lucky numbers.

Dulcimers will be meeting at 7:00 p.m. on the 13th. You are welcome to enjoy their music. The musicians want to THANK Mary Humm for being the Building Representative who welcomes them and the listeners.

EZ Motion is from 9:00 to 9:45 on Tuesdays and Thursdays. Why not start off the

New Year by treating your body to some stretching while at the same time, learning about the importance of deep breathing? You will benefit from investing your time.

Cribbage is on the schedule on Tuesdays, January 7th and 21st at 10:30. If you are interested in learning this game, we have willing teachers. Come anytime.

Progressive Euchre will be on Tuesdays, January 14th and 28th at 1:00. The Blue ribbons in November were won by Joe Shelest (twice), Ron Peters and Delbert Towersey (tie). Red ribbons were won by Vern Recker, Ron Peters, and Bruce McConnell.

Senior Activity Building Board plans to meet at 1:15 P.M. on the third Tuesday of each month. The Board has elected officers to serve for 2019-2020 year: President Larry Ringle, Vice President Mary Humm, Secretary Marty Wieferich, Jim Wideman and Nancy Smith join them to complete the Executive Committee. Mary Sullivan was applauded for her years of dedicated service as our Treasurer and then appointed to continue to serve. You certainly are encouraged to attend and participate at these monthly meetings.

Now let's look at the Wednesday schedules. Celebrating the January birthdays is scheduled for January 8th. If you were born or married in this cold month, please plan to join us! Dominoes will be played at 1:00 each week.

The "Healthy Eating for Seniors" class will be meeting on the last Wednesday this month. The date is January 29th at 1:00.

Games are scheduled for Thursday at 10:00. By 11:00, you may listen to Joyce Raycraft's enjoyable music on most Thursday mornings. After our Food With Friends meal, you're invited to join in the Wii Bowling fun.

Volunteer nurse, Joyce Raycraft, will screen blood pressures on the first Friday of the month at 11:30. Movies and popcorn

will start at 12:45 on both the 3rd and the 31st.

YOUNG SENIOR DAY is scheduled for January 17th. We know that Young Seniors are busy Seniors, but do try to free up this date, and join us for a delicious meal. We will play a game or two of Bean Bag Toss after lunch.

Friday Cards (including bridge) will be scheduled on January 10th and 24th from 1:00 until 3:30. Volunteers Avis and Jack Ginther had a delicious Christmas treat for all Food With Friends Seniors before our Friday Card day in December. Thanks! They 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 monthly Family Potluck is at 12:15 on January 4th. Our Building is open at 11:00 so you can enjoy visits with friends.

Please check the Building calendar often, since we do have schedule changes from time to time. In the winter months, we may experience a "snow day", so may have to postpone an activity or cancel a meal. You will find the closings announced on the radio and TV. Whenever Food with Friends is closed due to weather, the Senior Activity Building is also closed for the day. It is not automatic that when Ithaca school closes, the Food with Friends Site is closed. Listen to the radio and TV announcements.

Our Building opens each weekday morning at 8:00, with a warm welcome from Linda St.Charles, a cup of coffee and a donut or a slice of toast.

Warm wishes to you for a most HAPPY and HEALTHY NEW YEAR!!



SAB HAPPENINGS



November birthdays celebrated by Rebecca Allen and Lester Elliott.



December 3rd (the 26th Anniversary of being in the SAB) found Larry Ringle, Tom VanAlstine, and Joe Shelest having a visit around the Food with Friends table.



Marv Cumberworth, Phyllis Schleder, Helen Hoard, and Ruthanne Larry decorate the Christmas tree at the Saturday Potluck.



Some members of the SAB Board - Cleo Flegel, Nancy Smith, Marty Wieferich and President Larry Ringle accept a donation from Heidi, representing the Ithaca Merchantile Bank.



THANK YOU for your gifts received by the Senior Activity Building from November 7, 2019 through December 10, 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
 Sue Lane
 Ken Federspiel
 Merchantile Bank (Ithaca Branch)

GIFTS in GRATITUDE to SAB
 By Jo Jones

In MEMORY of MARK CHAFFIN
 By Bob & Sue Chaffin

In MEMORY of FRED G. JONES
 JO & FRED'S PARENTS
 JO'S MANY SENIOR FRIENDS
 By Jo Jones

In MEMORY of BARBARA JO HODGES
 By Joyce Beard
 Bill & Linda DeVuyst
 Dick & Phyllis Schleder

In MEMORY of AMBER HILL
 LORENA PATTERSON
 LOIS LAVOY
 LEON CAMPBELL
 LLOYD LINNEY
 GWENDELL BOYER
 JOAN PETERS
 PATRICIA PARFITT
 JOYCE PETERS
 MARLENE COFFIN
 By Darrus & Pam LaVoy

In MEMORY of ARLENE GEARHART
 By Woodbury Family
 Shirley & Fred Markovich
 Bill & Sharon Spitzley
 Sally Martin
 Donn & Pat Gates
 Joyce Beard

In MEMORY of BOYER FAMILY
 AUDREY SAXTON
 KENNETH BOYER
 LOWELL BOYER
 ELAINE TATE
 CLARICE BOYER
 GWENDELL BOYER
 CLARA BOYER
 DON BOYER
 By Janet White

In MEMORY of DORETHEA GLOVER
 By Shari Eby

In MEMORY of ALFRED "SAM" BUSH
 By Joyce Beard

In MEMORY of ROGER BOVEE
 By Joyce Beard

In MEMORY of DON EDGAR
 By Doris Edgar

In MEMORY of MIKE BANEY
 By Jayne Baney

In MEMORY of DUANE SHERWOOD
 By Dick & Phyllis Schleder

In MEMORY of JANET MIMRANEK
 By Dick & Phyllis Schleder

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

West Gratiot

By Cindy Simmons

Happy New Year! There were many predictions for the year 2020, with some coming true – even beyond our wildest imagination! Flying cars and vacations on another planet – nope. Obtaining medical advice without an office visit – it is available. Facetimeing to stay connected to relatives far away or playing a game with someone hundreds of miles away – yep. Paying bills without physically handing over cash – yep. We still have much more to look forward to in the 21st century. May the new year bring you, your family and your friends much happiness and many new adventures as we discover what has been around for decades, as well as explore newfangled devices and experiences we have yet to appreciate.

A look back over the past month included helping to celebrate the December birthdays of Jackie Devericks, Elmer Freed, Donna Mason and Nancy Riker.

The Cooking for One lessons, sponsored by the MSU Extension program, went over very well. Topics covered portion sizing, food sources to supplement budget allowances and how to change out various types of foods for specific, individual nutritional needs. Thanks to all who shared in the discussion.

Thank you to everyone who participated in the annual Holiday gift exchange. There were many useful gifts shared among the group. Everyone seemed to enjoy the various methods of mixing the gifts up for the exchange. The holiday treats attendees brought in were delicious! Thank you for sharing. It was fun singing along to the Christmas Karaoke tunes, as well.

Now, here are activities coming up:

There are a number of activities planned for January. We are very optimistic that Mother Nature will give us fair weather this month to keep our agenda on track, perhaps better than last year.

Our wellness topic will be covered on Friday, January 3rd. Celebrate the January birthdays and anniversaries on Wednesday and Friday, the 8th and 10th.

Help celebrate National Hat Days by wearing one of your comfortable or unique hats on Wednesday and Friday, January 15th and 17th. Each person will share the stories surrounding his or her special hats.

The site will be closed and there will be no Home Delivered Meals on Monday, January 20th, in honor of MLK Day.

Get ready for the annual "Yarn Off Days" on Wednesday and Friday, January 22nd and 24th. Laughter is one key to good health. We want to stay as healthy as possible, so help out by bringing in your favorite jokes!

Monday, January 27th, our craft project will be covering pinecones with seeds and setting them out to help our bird friends get through the winter. Then, the month will end with a pre-

Continued on page 10

Super Bowl party on Wednesday, January 29th.

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. 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.

West Gratiot Highlights

- 1/3 Nutrition & Wellness Topic
- 1/8 Birthday & Anniversary Celebration
- 1/10 Birthday & Anniversary Celebration
- 1/15 Celebrate Hat Days
- 1/17 Celebrate Hat Days
- 1/20 **CLOSED, MLK Day**
- 1/22 Yarn Off Day - Jokes
- 1/24 Yarn Off Day - Jokes
- 1/27 Craft: Pinecone Bird Feeders
- 1/29 Super Bowl Party

West Gratiot Weekly Activities

	Mon	Wed	Fri
Walking	10:00-1:30	10:00-1:30	10:00-1:30
Adv. Line Dancing	9:30-Noon		9:30-Noon



BRECKENRIDGE

By Pat Schultz

Welcome 2020! Hard to believe that another year has gone by. I hope that everyone has a great 2020 with many chances to make lots of beautiful memories with friends and family.

We have some fun things to kick off the New Year here at Breckenridge. Hope you will join us for some of them. We are always looking for new ideas for programs and activities, so if anyone has anything that they would like to do or learn about, give me a call and we will see if we can make it happen.

Activities for January

- 1/1 **Closed-HAPPY NEW YEAR!**
- 1/2 Positive Plans for 2020 - not resolutions, just positive plans
- 1/6 Card Making at the Library after Lunch
- 1/7 Bingo with Schnepps Healthcare
- 1/8 Pajama Day - wear your best warm pajamas
- 1/10 Puzzle Day
- 1/13 Ceramics, \$10.00 and all materials furnished, after Lunch
- 1/14 Bingo, after Lunch
- 1/15 Ask the Chief of Police Questions Day
- 1/20 **Closed-Martin Luther King Day**
- 1/21 Bingo, after Lunch
- 1/22 High School Honor Society Students

- 1/24 Knit & Crochet Fun
- 1/28 Bingo after Lunch
- 1/29 Valentine Craft
- 1/30 Nutrition Education, Memory Boosting Foods

We play euchre and other games most mornings and are always looking for more players. Everyone is always welcome. If you would like to come for lunch, just give me a call at 989-842-3338.



Greetings from Fulton

By Irene Noffsinger

HAPPY NEW YEAR!

Welcome to January. It doesn't seem possible that another year has passed. I don't know about you, but I am looking forward to seeing what the New Year will bring.

On December 6th, Fulton hosted their first holiday celebration for the seniors in Gratiot County, Deck the Halls. Thank You, to everyone that attended to make this day so special. And we can't forget Dan the Piano Man, who played the piano and sang for us. Thank You, Dan. Laurels of Fulton also served up gourmet hot chocolate for us as well as furnished some of our door prizes. Thanks to Laurels. I especially want to thank the many special people that attend Fulton Senior Center and helped put that day together, from making centerpieces, to decorating the hall and cleaning up when finished. I am truly blessed to have the support of these truly wonderful people.

January 12th is National Sunday Supper Day. This is a day set aside to have dinner as a family. In a world where everyone is busy, I guess this has become necessary. I remember when Sunday dinners were the norm. When I was growing up we all knew not to make any plans for Sunday. That was family day. Usually we started out going to church. Sometimes we took a ride in the country after church, or visited my grandfather. But always we ended up around the table sharing a meal and conversation. We hung out until late afternoon as a family and usually didn't go out to play until after 4 or 5 in the afternoon. I loved those days. We had so much fun just being together. Wouldn't it be nice if everyone was able to step back, slow down and go back to a quieter time even if it is only one day a week?

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 will be presented by Gratiot Isabella RESD. We will only be offering this through January, so please come and join us.

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. If we are not seeing and visiting with you, we are missing you!

- 1-1 **CLOSED-NEW YEARS DAY**
- 1-3 Lunch/Euchre
- 1-6 Lunch/Skip Bo
- 1-8 Lunch/Phase Ten
- 1-10 lunch/Euchre
- 1-13 Lunch/Skip Bo
- 1-15 Lunch/Phase Ten
- 1-17 Lunch/Euchre
- 1-20 **CLOSED, MLK DAY**
- 1-22 Lunch/Phase Ten
- 1-24 Lunch/Euchre
- Celebrate January Birthdays**
- 1-27 Lunch/Skip Bo
- 1-29 Lunch/Phase Ten
- 1-31 Lunch/Euchre

FULTON SENIOR CENTER DONATIONS

Thanks to everyone that continues to support the Fulton Senior Center.



Dan the Piano Man

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 \$5,120.00 to the Senior Gratiot Newspaper contribution fund from November 16, 2019 to December 15, 2019.

Senior Activity Building Board
Howard & Nancy Crites
Anonymous
Howard & Gladys Poindexter
Mavis Lippert
John & Sue Belles
Barbara Kench

IN MEMORY OF

VINOLA MARTIN

By Nancy Francetic

ROGER BOVEE

By Bob & Linda Monroe

JIM & REVA RUMMER

EVELYN (LOCKWOOD) HRNCHARIK
WALDO JOHNSON

By Bob & Donna Rummer

MARION E. BROWN

ROCKFORD BROWNE

By Joanna Brown

HERSHEL & JUNE POWELL

ORVILLE & WILMA RUSSELL

By Ginger Vetter

LEE BEST

DANIEL & MARIE BEST

ELBRIDGE (RED) & IVAH WOLFGANG

By Melba Best

Jim & Becky Leonard & Family

David & Donna Best & Family

HAROLD, OPAL & JERRY WEAVER

By Shirley Smith

JEFF GRAHAM

JERRY GULICK, JR.

By Norm & Sandy Graham

MARSHALL & SYLVIA DEVUYST

LESTER & DOROTHY SMITH

JOAN LOWERY

NANCY SMITH

By William & Linda DeVuyst

SANDRA FLEGEL

By Ronald Littell

ROGER BOVEE

ROBERT BRANDAL

MARJORIE CHAFFIN

By Mildred Reeves

BILL & REBECCA RUTHERFORD

FLORA INGERSOLL

By Bob & Mary Watson



We didn't realize
we were making
memories, we just
knew we were
having fun

COMMISSION ON AGING DONATIONS

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

Red Hat Group, Elwell
United Methodist Women
Anonymous
Thomas J. Schmitz
David & Sharon Waldron
Isabella Bank
Lincoln Rd. United Methodist Church

IN MEMORY OF

ROCKFORD BROWNE

By Barbara Martin

Kathy & Mike Doran

BILL, BETTY, & ARDEN CUMMINGS

By Karen Kindel

DONALD MULL

CLARA BOYER

PAT STAPLETON

FRED SCHAUB

JOYCE PETERS

PHYLLIS BAUBLITZ

BARBARA JO BOWEN HODGES

By Gerald & Edith Beck

JUANITA CRIPPEN

By Barbara Decker

Craig Zeese

Bernie & Janet Winn

Charles & Deborah Smith

Elaine Maviglia

Margaret E. Smith

Tom & Mary Youngs

Laura Snyder

Gratiot Cardiovascular

WILLIAM (BILL) GOODWIN

By The Family

GERALDINE DANCER

WILMA RICHARDSON

By A Friend

ROGER BOVEE

By Marilyn & Charles Goodwin

Wendy & Scott Cary

Larry & Linda Misenhelder

Venetta Parling

Jim & Cathy Lucas

JO HODGES

ARLENE GEARHART

ROGER BOVEE

By Gene & Pat Pitcher

JIM NORRIS

By Veronica & Family

DAVID NORRIS

By Mom & Family

JOHN & INEZ FEDERSPIEL

By Wes & Norma Federspiel

JANET MIMRANEK

By The Stewart Family, Lynne, Lee,

Brian & Patricia

Art Burch

Carol Glave

Ron & Judy Stone

Ray & Sharon Fish

Barbara Prikasky

Kay Schlittenhart



FRANK & MADGE OOMEN
DOUG OOMEN

By Patricia McCreery

Tiffani Shook

SHIRLEY SNELL

JANET FOOTE

By Marcella Brauher

Judy Brown

Willowdean Cassady

Nancy Crites

Karen Dietz

Lucille Kosnik

Thank you!

Home Delivered Meals & Gram's Kitchen Donations

Thank you to those who made financial contributions in November & December to the Commission on Aging Food With Friends cooking kitchen "Gram's Kitchen", where 400 plus meals are taken out daily. Donations will be used to see that the home delivered meal service continues in Gratiot County.

Jeff Neff

Anonymous

Alma Consumers Power Employees

J & J Party Store

Thank 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, January 13, 2020
(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**



Monday	Tuesday	Wednesday	Thursday	Friday
CHEF SALAD/SOUP ONLY SERVED AT FOOD WITH FRIENDS SITES	Milk provided with all meals Suggested Donation \$2.50 Reservations required 24 hours in advance	CLOSED New Year's Day Holiday	Baked Chicken Whipped Potatoes/Gravy Peas Mixed Fruit Cup Wheat Bread	Sloppy Joe Steamed Cabbage Carrots Peaches Hamburger Bun
American Goulash Winter Blend Beet Salad Tropical Fruit Wheat Bread	Chili Baked Potato Pineapple Gelatin Corn Bread	Chicken Pattie on Bun Augratin Potatoes Multi Bean Salad Pears OR CHEF SALAD & SOUP	Beef and Noodles Spinach European Veggies Tapioca Pudding Wheat Bread	Baked Ham Whipped Sweet Potatoes Tossed Salad Citrus Fruit Cup Dinner Roll
Smothered Chicken Squash Peas Pears Wheat Bread	Spanish Rice Winter Blend Corn Mixed Fruit Cup Wheat Bread	Lemon Pepper Chicken Whipped Potatoes/Gravy Peas Cranberry Mousse Wheat Bread OR CHEF SALAD & SOUP	Macaroni & Cheese Mixed Vegetables Tossed Salad Peaches Wheat Bread	Meatloaf Stewed Tomatoes Lima Beans Fresh Orange Wheat Bread
CLOSED 	Spaghetti Winter Blend Coleslaw Apricots Garlic Toast	BBQ Meatballs Redskin Potatoes Peas & Carrots Berry Fruit Cup Wheat Bread OR CHEF SALAD & SOUP	Basil Parmesan Chicken Brown Rice Spinach Peaches Dinner Roll	Chicken Nuggets Potato Rounds Broccoli Wheat Bread
Chop Suey Brown Rice European Vegetables Applesauce Wheat Bread	White Bean Chicken Chili Corn Tropical Fruit Corn Bread	Spanish Chicken Broccoli/Cauliflower Coleslaw Apple Crisp Wheat Bread OR CHEF SALAD & SOUP	Lasagna Lima Beans Tossed Salad Mandarin Oranges Garlic Toast	Pulled Pork Green Beans Corn Pears Hamburger Bun

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

DECEMBER 2019 PREP TEAM VOLUNTEER THANK YOU

We are pleased to recognize the following 13 Senior Gratiot Prep volunteers for donating 33.5 hours to prepare the December issue of Senior Gratiot Newspaper for mailing:

Jim Peck, Ruthie Malek, Linda Cox, Helen Hoard, Evelyn White, Nancy Crites, Mary Patterson, Lora Schultz, Dorothy Rhines, Sally Martin, Martha Seiler, Vicki Bertoni and Carol Glave. Thank You!



SENIOR GRATIOT, INC.

JENNIFER COOK, EDITOR
HOWARD POINDEXTER
VICKIE THUM
CRAIG ZEESE

Senior Gratiot is published monthly for Gratiot County senior citizens 60 years and older by Senior Gratiot Inc., 515 S. Pine River St. Ithaca, MI 48847. It is supported by donations and is printed at Stafford Media Solutions of Greenville.