

February

New Sealer for COA Kitchen

The Commission on Aging kitchen has a new sealer. This is used for the Home Delivered Meal program and is the machine that seals the meals for delivery. It has made the process of packaging the meals faster and easier for the staff. The ability to purchase this machine came from additional funds received through Region VII Area Agency on Aging.



Head Cook, Barb Konopka, loading meals into the machine for sealing

2019 TAX CREDIT APPOINTMENT DATES

Heather Court
400 E. Warwick Dr., Alma
Tuesday, February 4th
10:00 a.m. — 11:30 a.m.*

Fulton Food With Friends
3425 W. Cleveland (M-57), Fulton
Wednesday, February 12th
10:00 a.m. — 11:00 a.m.*

Pine Villa
425 E. Warwick Dr., Alma
Tuesday, February 4th
1:00 p.m. — 3:00 p.m.*

Sumner Food With Friends
10820 Pine St., Sumner
Wednesday, February 12th
12:30 p.m. — 1:30 p.m.*

St. Louis Housing
308 S. Delaware St., St. Louis
Wednesday, February 5th
10:00 a.m. — 11:30 a.m.*

Tartan Terrace Apartments
400 E. Warwick, Alma
Thursday, February 13th
9:30 a.m. — 11:00 a.m.*

Greenland Place
129 Michigan Ave., St. Louis
Wednesday, February 5th
1:00 p.m. — 2:30 p.m.*

Scottish Pines Apartments
1575 Pine Ave., Alma
Thursday, February 13th
1:00 p.m. — 2:30 p.m.*

Breckenridge Food With Friends
122 E. Saginaw St., Breckenridge
Thursday, February 6th
10:00 a.m. — 11:30 a.m.*

Senior Center
1329 Michigan Ave., St. Louis
Tuesday, February 18th
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.*

Commission on Aging
515 S. Pine River, Ithaca
Wednesday, February 19th
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.*

*Times are subject to adjustment
Donations are encouraged to help Commission on Aging pay for postage to mail Tax Credit forms to Lansing

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

February 2020
Volume XLV
Number 2

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

SENIOR GRATIOT

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

Thank You Minority Advisory Panel Employees Of Alma Consumers Energy

The Commission on Aging and Home Delivered Meal program thank the Minority Advisory Panel employees at the Consumers Energy Alma Service Center for their generous donation to the HDM program. This donation was matched by Consumers Energy, doubling the gift.



Like Gratiot County Commission on Aging On Facebook & Twitter



VOLUNTEER CORNER

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



RIGHT PLACE, RIGHT TIME

This spot in the Senior Gratiot Newspaper is a good place to remind you through our Mission Statement what we do; how we do it; for whom we do it; and what value we bring. Gratiot County Commission on Aging's mission statement communicates our purpose and direction to its employees, volunteers, clients, and friends.

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.

I see our Mission Statement in action nearly every time I pass through the main lobby or serve as lunch hour relief for our front desk secretary, Jamie. Recently a community member stopped to see if we accepted donations of unused medical supplies and unopened packages of adult diapers, a near-new walker, a lightly used shower bench and a wheelchair. The answer was "yes".

As I helped her bring items in through the lobby doors, she shared that her father had died recently and she was closing out the family home. As she turned to leave, she noticed the puzzle-in-progress on the round table in the Nook. Although the puzzle was only partially finished, there was enough of the "picture" present that it evoked a memory of her dad that she wanted to share. We sat at the round table for a few minutes as she spoke with gratitude for her father – his military service; his career as a school teacher; his courage at her mother's side as she struggled with a terminal illness. She shared with me that over the years she had heard her parents speak about Commission on Aging and the importance it held in their later years, particularly when "Mom was dying – the hot lunch meals you brought in . . . the men who came to wash the windows the spring she died . . . the ladies who came to help Dad bathe and shave as he got sicker."

After a bit, she glanced over at the bookshelves and asked if the books are donated. I said "yes and so are the puzzles. People are invited to take what they wish and there is no need to return anything unless they wish to." I invited her to pull up a chair and have a look – easier to sit than bend. I said my good-by and headed back to my office. A few days later, she returned to Commission on Aging to donate a box of her mother and father's books. This is what we do, how we do it, for whom we do it and what value we bring. For each of us, whether we are staff or volunteers, it almost always begins with "May I help you?"

VOLUNTEER ACTIVITY January 2020

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

Recycled Greeting Cards Team
Commission on Aging in Ithaca
February 3rd 9:00 a.m. - Noon
February 10th 9:00 a.m. - Noon
February 17th Office **Closed**
February 24th 9:00 a.m. - Noon

Mitten Makers/Hats Galore Knit-In
February 15th 10:00 a.m. - 2:00 p.m.

Senior Gratiot Newspaper Prep Team
February 26th 9:00 a.m.- 11:30 a.m.

MEET THE VOLUNTEER

It is our pleasure to present volunteer Patty Macha in this feature spot. Patty is known to many of you. I think you will come to know and appreciate her even more as you read what motivates her to be one person making a difference in Gratiot County.

Do you recall when you first understood the concept of volunteering?

Volunteering has been a part of my life since childhood. As an active 4-H member growing up, I used to do activities that involved volunteering. Now as a 4-H club leader, I work with other youth doing volunteer work. It is also a way of being a good disciple and showing the love of Jesus through my actions.

Why did you decide to join the volunteer team at Commission on Aging?

I appreciate the work that Commission on Aging does for the people of my community and being able to help for just a couple hours once a week makes such a huge difference to so many wonderful lives. I understand that to keep the cost minimal for the home delivered meals program, it is important for volunteers to step up and do their part. It is a rewarding feeling to be able to give and help others.

What role(s) do you fill as a Commission on Aging volunteer?

Once a week for 3 hours I assist in the packing of meals in the kitchen. It is always a fun time working with other volunteers and COA employees.

What do you hope the people we serve will "get out of" your volunteer activities?

I hope that because of my volunteering, the people we serve will continue to receive a nutritious meal at minimal cost.

What do you "get out of" volunteering at Commission on Aging?

I am more BLESSED to GIVE than to receive.

From your vantage point, why do you believe volunteering is important?

Volunteering doesn't just help others in need, but it is filling a need for myself as well. By giving of my time to others, I feel fulfilled and it makes me happy to know that I am doing a good deed. Many people we serve at COA have been volunteers themselves and now it is their turn to be served.

Do you have a philosophy that guides your life?

The philosophy that guides my life is biblical. 1 Peter 4:10 "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." Volunteering is just one gift that I feel God has given me. Even through my profession of being a florist, I am able to serve others. No matter what I am doing, I do it for the Glory of God. Volunteering is also a way of carrying out the 4-H pledge: "I pledge my HEAD to clearer thinking, my HEART to greater loyalty, my HANDS to larger service, and my HEALTH to better living, for my club, my community, my country, and my world."

Volunteer

Vigdis Hocken provides this edited but timely insight into *What Is a Leap Year?* A leap year has 366 days instead of the usual 365 day and occurs nearly every four years. The extra day during leap years is the *leap day* on February 29th.

Why add leap years?

We need leap years to keep our modern-day Gregorian calendar in alignment with Earth's revolutions around the Sun. It takes Earth approximately 365.242189 days, or 365 days, 5 hours, 48 minutes, and 45 seconds, to circle around the Sun.

However, the Gregorian calendar has only 365 days in a year. If we didn't add a leap day on February 29 nearly every four years, we would lose almost six hours off our calendar every single year. After only 100 years, our calendar would be off by about 24 days!

Which years are Leap Years?

We add a Leap Day on February 29th almost every four years. The leap day is an extra day we add to the shortest month of the year, February.

In the Gregorian calendar, three criteria must be considered to identify leap years:

1. The year can be evenly divided by 4.
2. If the year can be evenly divided by 100, it is NOT a leap year, unless,
3. The year is also evenly divisible by 400. Then it is a leap year.

From these rules we learn the years 2000 and 2400 are leap years, while 1800, 1900, 2100, 2200, 2300 and 2500 are not leap years.

Why was 2000 a special Leap Year?

The year 2000 was unique because it was the first instance when the third criterion was used in most parts of the world since the transition from the Julian calendar to the modern-day Gregorian calendar began in 1582.

The next leap day is Saturday, February 29, 2020. Maybe that should be a day to do something special for yourself. It's an extra day to be enjoyed.



It's a Leap Year!



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:

WOULD YOU LIKE EXTRA \$\$?!

Would you like to help the children in your community?
Or

Would you like to help older adults in our community?



Are you 55 years of age or older?

If you answered YES to the above questions,
you are the person we are looking for!

Become a Foster Grandparent or Senior Companion Volunteer

You will receive an extra \$212.00 per month, in a non-taxable stipend,
which will **not** affect social security, subsidized housing, etc.

PLUS these additional benefits: *Training
*Transportation Reimbursement
*Paid Personal Time Off

Call the Foster Grandparent/Senior Companion Program for more
information: 989-772-0748 or 1-800-878-0726 (toll free)

Don't Delay! Training is being held soon!

To qualify, you must meet certain income guidelines, which will be discussed
when you call. Ask to speak with **Brandi, Jodi or Anne**

Foster Grandparents
Share Today. Shape Tomorrow.

The Foster Grandparent/Senior Companion Program is sponsored by the Isabella
County Commission on Aging



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.

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.

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

**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**



February 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Wii Games	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 12:30 Acrylic Pouring with Jeanette	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 American Heart Month
10	11	12	13	14
10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Wii Games	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Painting with Diane Bring a Friend Day	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 Valentine's Day History	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 Karaoke Valentine's Day Party
17	18	19	20	21
Closed 	Closed for Kitchen Updates No FWF or HDM	Closed for Kitchen Updates No FWF or HDM	Closed for Kitchen Updates No FWF or HDM	Closed for Kitchen Updates No FWF or HDM
24	25	26	27	28
10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Wii Games	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Charcoal with Alyssa	10:30 Puzzles 11:15 Morning Exercise 12:00 Birthday Lunch 12:30 Bingo Mardi Gras Party	10:00 Line Dancing 10:30 Puzzles 11:00 Lunch 12:30 Nutrition Program	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 Jack Frost Movie 

Gratiot Community Senior Center
1329 Michigan Ave., St. Louis
By Alyssa Bowen

Hello friends,
So far the new year has brought to the center new guest speakers, fun new traditions, and snow!
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 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 10am. 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.
While Wednesday bingo is still very popular, Monday, the white elephant bingo, has lost interest. There have been numerous times when Monday bingo has been canceled due to lack of participation. Therefore, we will be finding other ways to fill our Monday afternoons. No worries, Wednesday bingo is still happening!
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 February 11th, at 12:30, will be of a wine bottle, glasses, and grapes. Call the Senior Center, 989-681-4341, for your reservations by Monday, February 10th. This will allow Diane to bring the appropriate supplies
Also the last Tuesday of the month we will be doing a charcoal drawing class. 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 two cute coffee cups sitting side by side, called "Coffee for 2". Again, this class is free - just bring yourself and maybe a friend! Please be aware that this class may discontinue if we do not find individuals or businesses who will be willing to sponsor future materials when needed. Please call ahead for reservations!
Brand new, and very exciting this month will be an Acrylic Pour class. This class will be taught by Jeanette Weed on Thursday, February 6th, at 12:30. Acrylic Pouring is a fluid technique where the subject may be absent but the focus is on the colors. Anyone can do an acrylic pour painting and still have it be a beautiful piece of art! Please, for this class, call the Senior Center, 989-681-4341, for reservations the Friday prior to the class to guarantee your spot.
On Mondays we will be trying something brand new to the center, Wii Games. The Wii is an interactive gaming system that allows you to bowl, play tennis, run, jump, and play without actually going to a bowling alley or a tennis court. This is a great way to get in exercise and play fun games with your friends!
On Friday, the 7th, we will be celebrating the American Heart Month by learning about some healthy habits for your heart and learning about how the heart works.
The following Tuesday, the 11th, is na-

tional make a friend day. Here at the Senior Center, we are modifying that a little bit and making it "Bring your friend to the center day". Bring your friend to lunch and painting!
On Wednesday the 12th, it is President Lincoln's birthday. Come eat lunch and play bingo as I share some interesting historical facts on one of the most influential people of our country.
Friday the 14th will be the Valentine's Day party. Bring a loved one, a friend, or a family member to celebrate this sweet holiday with. We will be singing karaoke and snacking on some sweet treats after lunch.
Tuesday the 25th, is Mardi Gras, come to our party! We will be wearing beads and masks eating our favorite Mardi Gras treats, and learning about Mardi Gras. Although we cannot attend a parade we will be hosting bingo for this special day!
Our monthly movie for February will be Jack Frost starring Michael Keaton, Kelly Preston, and Joseph Cross. This is a 1988 seasonal heart warmer about how a little bit of magic can help you gain second chances. This will be held on Friday the 28th and we will be serving popcorn, water, and coffee during the movie.
Please note that we will be closed from Monday the 17th to Friday the 21st. We will be closed for kitchen upgrades and we hope you have a fabulous week!
Remember, if we are experiencing inclement weather, tune into your radio station or news source to check the local closings. If the weather gets to bad both Food with Friends and the Senior Center will be closed.
Love is friendship set to music.
~Joseph Campbell

**Charcoal Painting
with Alyssa
Tues., Feb. 25, 12:30 p.m.**

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

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

Call 989-681-4341 to reserve your spot!



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 December 12th through January 10th.

Donations . . .

Alma Moyes
JP Morgan Chase & CO.

In Loving Memory...

Carol Crowley
Cherie Yost

Lori Nelson Jakolat
Charlene Shannon
Sheila Nelson

Wanda Boots
Kathy Carpenter
Alfred Thrush
Barb Thrush

Sponsors...

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



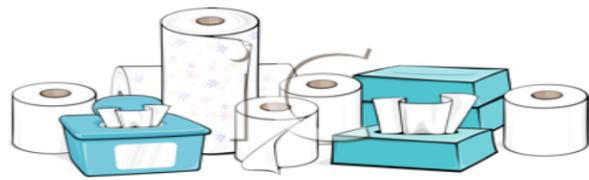
Gratiot Community Personal Needs Pantry

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.



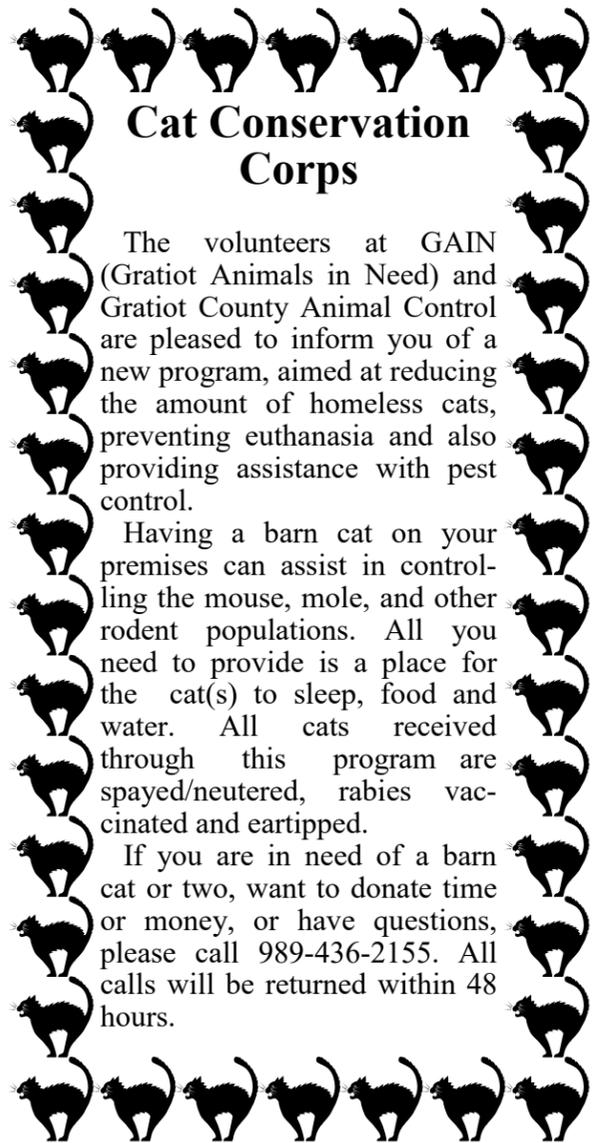
**GRATIOT COUNTY COA
TRANSPORTATION FARES**

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.**



Cat Conservation Corps

The volunteers at GAIN (Gratiot Animals in Need) and Gratiot County Animal Control are pleased to inform you of a new program, aimed at reducing the amount of homeless cats, preventing euthanasia and also providing assistance with pest control.

Having a barn cat on your premises can assist in controlling the mouse, mole, and other rodent populations. All you need to provide is a place for the cat(s) to sleep, food and water. All cats received through this program are spayed/neutered, rabies vaccinated and eartipped.

If you are in need of a barn cat or two, want to donate time or money, or have questions, please call 989-436-2155. All calls will be returned within 48 hours.

WANTED— Mini-van Transportation Driver. Are you a good driver? Use the Commission on Aging mini-vans to take a senior who no longer drives to an appointment.



Offer your rider social conversation that connects him/her with the outside world.

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.



NEW Acrylic Pour Class

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

When: Thursday, Feb. 6, 12:30 p.m.

Instructor: Jeanette Weed

Call 989-681-4341 to reserve your spot.



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

Save the Date

Thursday, March 26, the Breckenridge Food with Friends will be hosting Jake Slater, an Elvis Tribute Artist. The event will be held at the United Methodist Church in Breckenridge. Tickets will go on sale on March 2 at all Food with Friends sites.



- | | | | |
|---------|-----------|------------|------------|
| ADORE | AFFECTION | ARROW | BE MINE |
| BELOVED | BOYFRIEND | CANDY | CHAMPAGNE |
| CHERUB | CHOCOLATE | CUPID | DARLING |
| DEAREST | FLOWERS | GIFTS | GIRLFRIEND |
| HEARTS | HUG | I LOVE YOU | KISS |
| LOVE | PINK | POEM | RED |
| ROMANCE | ROSES | SWEETHEART | VALENTINE |

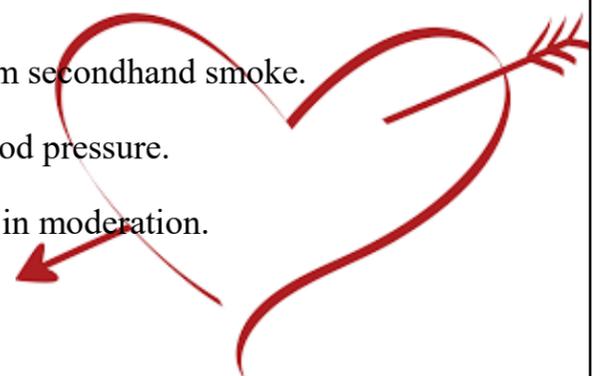


American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

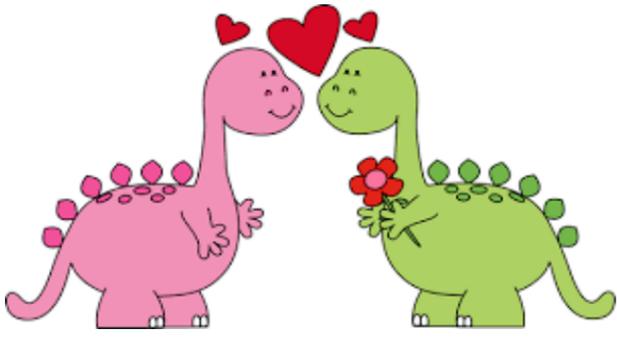
The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk, try the following:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



Thank you to the I.O.O.F. Alma Lodge #238 for the generous donation made to the Commission on Aging. This donation will be used to assist with providing programs for the benefit of the seniors of Gratiot County. Walter Hagen, Delbert Towersey, and Gene Williams, Lodge members, presented a check to Kristi Betzer, In Home Services Supervisor.

Thank You



Keeping the Mind Engaged for Memory Support

By Sherri Florez,
Program Coordinator

Loneliness and boredom seem to coexist with memory loss and confusion. There are a number of ways that loneliness and boredom may put one at risk for dementia.

One way may be physiological, such as through higher inflammation, the body's natural response to infection that can be harmful when it lasts a long time. A second way may be through behavior. People may cope with loneliness through behaviors that can damage the brain, such as heavy drinking or being sedentary. A third way is through lack of meaningful social interaction. Keeping the mind engaged by providing motivation and structure can help maintain cognitive health and functions. Loneliness can be a signal that social needs are not being met. Most communities offer some type of social group or activity to support those social needs.

The following report was given by Verywell Health

A study conducted by the University of Michigan reported that 60 percent of older adults experience feelings of loneliness, although this study didn't focus solely on those with dementia. Interestingly, the researchers noted that while family is important, friendships may be even more critical in combating feelings of loneliness.

Another study found a correlation between loneliness and increased hallucinations in people living with early-stage Alzheimer's disease. The researchers in this study theorized that hallucinations in dementia could be a result of the mind compensating for a lack of social stimulation.

Boredom in Alzheimer's is linked to several other concerns, including depression, anxiety, apathy, wandering, agitation and more. Anecdotal evidence would indicate that the prevalence of boredom for people who have dementia is quite high, although there are few studies that specifically measure boredom.

How Can We Help Reduce Loneliness and Boredom for People with Dementia?

Unfortunately, there is not a "one size fits all" answer here. However, you can start with these suggestions:

- ♥ Be mindful of how the person with dementia feels. If they appear lonely, take time to chat with them.
- ♥ Look for ways to capture their attention. If they always perk up when there's a baby nearby, make the extra effort to bring your little one around to see them.

- ♥ Engage them in meaningful activities. In order to do this, you will need to find out who they are as a person, and what their interests were prior to the development of dementia.
- ♥ Seek out friendships for your patient or loved one. Help them foster a connection with someone with whom they might enjoy talking.
- ♥ Offer an appropriate, caring touch. Give a hug around the shoulders or greet them with a gentle handshake. Much of the physical touch people with dementia receive is related to meeting their physical needs; appropriate touch can communicate that you value them as a person and may reduce the feelings of loneliness.
- ♥ Use their name. This conveys respect and provides a reminder that they are important, cared for, and known by name.
- ♥ Studies have shown that boredom in people with Alzheimer's disease was reduced significantly by encouraging them to reminisce about their past.
- ♥ Some research also suggests that loneliness in people with early-stage dementia is combated by connecting specifically with familiar people, not just general social interaction.
- ♥ Play music that is familiar and enjoyed by the person with dementia. The memory of, and connection to music often lasts far longer than other memories.

Helpful Tips for a Mentally Engaged Mind

- ♥ Find a brain-stimulating activity you like—reading, crosswords, learning a new language and engage in it regularly.
- ♥ Try carving out a little time to meditate when you feel stress is starting to get the better of you, or even when you don't. Meditation may help to reduce inflammation and stress by soothing the vagus, the part of the brain that controls inflammation and immune response in the body.
- ♥ Commit to learning a new word or fact every day and commit to mastering a new skill or subject area every year of your life.

With current reports of one new case of dementia every three seconds, becoming as proactive as possible is important.

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.



LARGE BREED DOG SPAY/NEUTER ASSISTANCE PROGRAM

GAIN's assistance program for large breed dogs helps Gratiot County dog owners with the cost of spaying or neutering their big dogs. This program includes younger, and smaller mixes of large breeds, including pit bull terrier dogs and pit bull mixes.

This program is partially funded through the Mike Harrison Memorial Fund, providing up to \$100 towards the cost of each spay/neuter. For more information, please contact Marie Green, 989-875-2286.



CMU

CENTRAL MICHIGAN
UNIVERSITY

College of Medicine Presents
Fall Prevention Program

FREE Otago Balance Exercise
Program

Classes are being held at the
Gratiot Community
Senior Center,
1329 Michigan Avenue, St. Louis

Exercise at home or in a group to
improve your balance!
Significantly reduce your risk of
falling!

Falls: 
Reduce the Risks

Must be prescreened by CMU
PT/FP program
Transportation is available!

For more information or to
register, please contact:

Phone: 989-774-1350 or
Email: FallPrevention@cmich.edu

Senior Activity Building

February 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 scheduled	12:00 Monday through Friday	Food With Friends Noon Meal	Call in your Reservation 875-2135		1 11:00 – 1:30 Building open 12:15 Family Potluck
2 	3 12:30 Bob Crist's Piano Music 1:20 Bob's Sunshine Gang at Schnep's Health Care Center	4 9:00 EZ Motion 10:30 Cribbage 7:00 VFW Post 7805	5 Cookie Sale 1:00 Dominoes	6 9:00 EZ Motion 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	7 11:30 Blood Pressure Checks by Joyce Raycraft 1:00 Movie & Popcorn	8
9	10 10:30 Bingo Prizes by McDonald's & Super Shine Express Car Wash 7:00 Just For Fun Dulcimer Club	11 9:00 EZ Motion 1:00 Progressive Euchre	12 1:00 Dominoes	13 9:00 EZ Motion 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	14 Valentine's Day Wear some Red! 1:00 -3:30 Friday Cards with Jack & Avis Ginther	15 
16	17  No Food With Friends Building is closed today	18 No FWF SAB open 8-12:00 10:30 Cribbage 1:15 Senior Activity Building Board meeting	19 No FWF SAB open 8-12:00 10:00 Dominoes 7:00 A Tractive Tractor Club	20 No FWF SAB open 8-12:00 10:00 Wii Bowling 11:00 Piano Music by Joyce Raycraft	21 No FWF SAB open 8-12:00 Stop in for Coffee—Cards-??	22
23	24 10:30 Bingo Prizes by Schnep Health Care 11:50 Nutrition "Making Wise Food Choices"	25 9:00 EZ Motion 1:00 Progressive Euchre	26 Noon Birthday Celebration 12:45 Healthy Eating for Seniors 1:00 Dominoes	27 9:00 EZ Motion 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	28 1:00 Painting Class with Shirley 1:00 -3:30 Friday Cards with Jack & Avis Ginther	29 Leap Day Party Bob Crist's Music 1:30-3:00 

Senior Activity Building & Food with Friends News

By Jo Jones

Valentines Day reminds us of the love we find each day at Food With Friends and the Senior Activity Building!

Please notice that there will be **NO** Food with Friends, Congregate, or Home Delivered Meals February 18th, 19th, 20th, and 21st as the COA kitchen receives some updates. The Senior Activity Building will be open from 8:00 until 12:00 on those days. You will see that many of the regularly scheduled activities are rescheduled on those days. Linda St. Charles will welcome you each day.

February 2020 gives us a Leap Day! Come to party with Bob Crist's music from 1:30 to 3:00. Bring some cookies if you'd like to help with the treats.

Let's look at the schedule above, starting with Mondays. We begin on the 3rd with Bob Crist's music at 12:30 before Bob's Sunshine Gang travels to Schnep Health Care in St. Louis. Upon returning to the Building, we will enjoy ice cream sundaes.

Bingo will be on Monday (10th and 24th) mornings from 10:05 until 11:30. Prizes will be provided by McDonalds and Super Shine Express Car Wash and by Schnep Health Care. You are welcome to enjoy these fun-filled mornings.

Just For Fun Dulcimer Club will be meeting at 7:00 on the 10th. All Seniors and their friends and family are welcome. You'll hear some familiar songs while you relax and enjoy the music. Mary Humm, our Building Volunteer, will welcome you.

The Nutrition lesson will be on Monday, the 24th. The topic is the "Benefits of Making WISE Food Choices".

EZ Motion begins at 9:00 on Tuesdays and Thursdays. A variety of CDs and videos give us directions for stretching and getting much needed exercise. You will learn tips like the best way to get in and out of a chair, how to breathe correctly to get more oxygen into your system, and much more. Do join us, and do as much as you can. The benefits are worthwhile!

Cribbage will be played on Tuesday, the 4th and 18th at 10:30. We have patient teachers, if you would like to learn this game. Mark your calendar!

Progressive Euchre will be on February 11th and 25th. There were no ribbons awarded in December due to the busy December schedule.

The Senior Activity Building Board meeting will be at 1:15 P.M. on February 18, 2020. You certainly are encouraged to attend and participate at these meetings.

The Cookie Sale (another one of your favorites—Oatmeal/raisin/walnut) is on Wednesday, the 5th. Your order needs to be made as soon as you read about this in our Senior Gratiot newspaper. Suggested donation for a Baker's Half dozen is \$5.00 and a Baker's dozen is \$10.00. Thanks for your continued support. Call 875-2135 to order.

Young Senior Day is on the 5th! PLEASE call in your reservation for your FWF meal, if you are one of those busy young Seniors who can only join us once in a while. We want to enjoy your company.

Most Wednesdays, come join us for Dominoes at 1:00. On the 19th, Dominoes will be at 10:00. There's always much laughter and banter around the table. You are welcome to join us.

The February Birthday celebration will be on Wednesday, February 26th at noon.

Then at 12:45, Sue and Tim will have their monthly class, "Healthy Eating for Seniors".

Games are scheduled on Thursdays. You are invited to suggest and teach a game that you would like to play any Thursday.

Joyce Raycraft is with us each Thursday morning by 11:00. Her piano music is most enjoyable for those that like to sing a long, as well as for those that are listeners only.

Each Thursday, we have Wii bowling at 1:00. Cheerleaders and players have an enjoyable time. The rescheduled time is 10:00 on the 20th.

On the first Friday, Volunteer Nurse, Joyce Raycraft, will screen your blood pressure from 11:30 until noon.

The Craft and Cookie group will post their date for the enjoyable February gathering at the Building. Look for their sign up sheet to learn more about the craft and date.

On Valentines Day, the 14th, we ask you to find some RED color to wear! We will warm your heart with Valentine love.

Friday Cards will be on the 14th and 28th from 1:00 until 3:30. 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 Progressive Euchre, and blood pressure screening. You will find these donations listed under the Crystal Jar donations each month. If you enjoy cards at other times (like in the morning) and would also like to express your appreciation for that time in our Building, you may give a Gift in Gratitude. The envelopes are available at the Sign In Table.

Shirley Frederick will lead the Painting Class on Friday, the 28th at 1:00. Please call to make your reservation for this class.

You are encouraged to bring some of your family members with you to our monthly potluck on the 1st. All of the food is furnished.

Continued, page 9

ished by those who come, but you may still come without a dish to pass, and make a donation to the Potluck fund. Our cooks prepare plenty for everyone. The food is always excellent, as well as the fellowship. The Building furnishes the coffee. Do remember to bring your own table service.

Our Building is open each weekday morning at 8:00, with a warm welcome. By 10:00, games, news, card games and visits are in full gear! Linda and Jo both thank you for your cards and generous gifts at Christmas.

Happy Valentine's Day to YOU!!



THANK YOU for your gifts received by the Senior Activity Building from December 11, 2019 through January 10, 2020:

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

GIFTS in GRATITUDE to SAB
By Jo Jones

Fred & Helen Hoard
Shirley Laurenz
Just For Fun Dulcimer Club
Bill & Linda DeVuyst
Pompeii Fireworks
Chuck & Marty Wierich
Alma I.O.O.F. Lodge 238
Cleo Flegel
Nan Freed
Sue Moomey

In MEMORY of FRED G. JONES
By Peggy Jones & Andy Zeek

In MEMORY of SHARON HOULDEN
By Larry Houlden

In MEMORY of ROGER BOVEE
By Larry Houlden

In MEMORY of EMMA TROUB
By Bob & Gail Paradise

In MEMORY of DALE (CD) OWEN
By Keith & Pat Owen

In MEMORY of ROBERT BRANDAL
By Barbara Kench

In MEMORY of ARLENE FLEGEL
By Cleo Flegel

In HONOR of JO JONES
By Peggy Jones & Andy Zeek
Keith & Pat Owen

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



THANKS to our Thanksgiving Pie Makers: Vicki Lute, Marty Wierich, Phyllis Schleder, Phyllis Johnson, Nancy Crites, Viola Doyle, Don Gates, Helen Hoard, and Hazel McConnell



December birthdays were celebrated by Sally Martin, Dorothy Rhines and Donna Smith



Cookies and Craft group created Christmas mailboxes: Phyllis Schleder, Diana Marble, Linda St. Charles, Joan Spear, Marty Wierich, Judy Hegle, and Linda DeVuyst



"Raising Cane" Day brought in the new year, a tradition created 40 years ago at Food with Friends by Ruby Yoder. Ruby's granddaughters, seniors Nan Freed and Sue Moomey join Joyce Beard, Joyce Raycraft (Ruby's daughter), and Tom Van Alstine to welcome 2020.



West Gratiot

By Cindy Simmons

Last month we enjoyed celebrating the birthdays of Anne Marrin and Carole Brauher, as well as the anniversary of Larry and Anne Marrin.

Thank you to everyone who participated in the annual National Hat Days. It is amusing to display our unique headgear. Many styles are always represented. Our annual "Yarn Off Days" were fun! We certainly heard many new, quirky jokes. Thank you for sharing. Our monthly craft project involved covering pinecones with seeds. Some cones were taken home, while other were hung outside at the West Gratiot site. There are still more cold weather days ahead. Hopefully, this project will help local birds get through the winter.

We ended the month with two events. We shared an ice cream treat and a pre-Super Bowl party was held on the last Wednesday.

Donations are welcome in the Sumner Senior Citizen room, where the Food with Friends meals are served. Please call ahead for details. Financial donations are used to support such items as special events, snacks/treats and to purchase craft supplies. Some of the books are used to supply our book exchange shelves, while others are passed on across the Food with Friends program and throughout the community. Yarn and craft items not used by West Gratiot site participants are given to organized groups that can use the supplies.

Now, here are activities coming up:

Euchre will still be played on Mondays and Fridays. BINGO is held on Wednesdays. Our wellness topic will be covered on Wednesday, February 5th.

Tax credit appointments with Sarah McClung will be available on Wednesday, February 12th, from 12:30-1:30. Call 989.875.5246 before this date to secure an appointment slot. View the article in the recent Senior Gratiot for more details.

We will be celebrating the February birthdays and anniversaries on Wednesday and Friday, the 12th and 14th.

The site will be closed- and there will be no Home Delivered Meals - on Monday, February 17th, for Presidents' Day. The closure will continue through the rest of that week due to a COA kitchen updating project, so there are no meals on Wednesday or Friday of that week, either.

Monday, February 24th, a craft project will be available. Then, we will end the month with a special treat on Wednesday, February 26th.

To get started with the Food with Friends program: Call the Gratiot FWF Kitchen (989.875.5332) from 7:30-1:00 M-F to reserve lunch 24 hours before the day you would like to attend. After that, sign up ahead of time, while at the site. Contact Cindy at 989.833.7624 from 10:00-2:00 MWF at the West Gratiot site for more information. Join us on Monday, Wednesday, and Friday at the Sumner Senior Center - located in the Sumner Community Center. We look forward to your visits, developing friendships and sharing in new adventures with others from around the area.

West Gratiot Highlights

- 5 Nutrition & Wellness Topic
- 12 Tax Credit Appointments
- 12 Birthday & Anniversary Celebration
- 14 Birthday & Anniversary Celebration
- 15 Celebrate Hat Days
- 17 Celebrate Hat Days
- 17-21 **Closed – Presidents’ Day**
COA Kitchen Remodel
- 24 Craft
- 26 End of Month Treat

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

I hope that this finds everyone healthy and that you have been able to avoid many of the illness’s that have been going around. If you were unfortunate and not so lucky, I hope that you are feeling better and will be back to your healthy self real soon. Just remember, Spring is only about seven weeks away!

I want to let everyone know that we will be having a special event here at Breckenridge on March 26th. You won’t want to miss this. Elvis tribute artist, Jake Slater, will be entertaining us and keeping the memory of Elvis Presley alive! He puts on a really great show! Be sure and mark your calendars.

February will be a busy month. We have many things going on. We will also be closed for the week of February 17th through 21st. The COA kitchen is being updated, so meals are not able to be prepared. This closure is for both Food with Friends and Home Delivered Meals.

Activities and events for February:

- 2/4 Bingo with Schnepps Healthcare after Lunch
- 2/6 Property Tax and Home Heating Tax Credits being prepared. Appointment necessary, call 989-875-5246 to schedule
- 2/7 Puzzle Day
- 2/10 Ceramics Class, all materials furnished, cost \$10.00 after Lunch
- 2/11 Bingo, after Lunch
- 2/12 Valentine’s Dinner at the High School with National Honor Society. Call a few days ahead of time if you would like to attend.
- 2/14 Knit & Crochet Fun
- 2/17 **CLOSED, Presidents Day**
- 2/18 **CLOSED, Kitchen Update**
- 2/19 **CLOSED, Kitchen Update**

- 2/20 **CLOSED, Kitchen Update**
- 2/21 **CLOSED, Kitchen Update**
- 2/24 Magnet Craft
- 2/25 Bingo, after Lunch
- 2/26 Ask the Chief of Police Question Day
- 2/27 Nutrition Education

Would love to see you come and enjoy some of our activities with us. If you have any questions about an activity, just give me a call. Everyone is always Welcome! If you would like to come for lunch, call the day before, 989-842-3338.

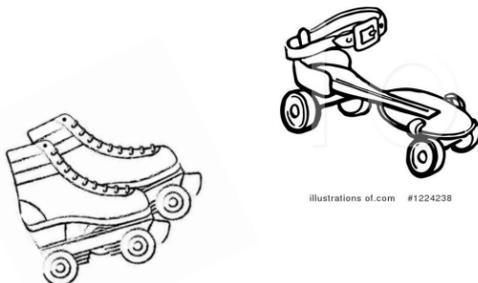


Greetings from Fulton

By Irene Noffsinger

HAPPY VALENTINE’S DAY

We have now moved into February. I have always loved February. I love Valentine’s Day. Probably I love it because I love chocolate. So... of course in February we celebrate Valentine’s Day on the 14th. But did you know that February 27th is National Retro Day. A day when all generations look back and say “remember when”. This sure doesn’t take much of a stretch. Just think about the times before smart phones and internet. How about, and I know you remember, times before we had private phone lines. Party lines could be quite interesting. You could unintentionally spread news faster by party line than any other way. It is suggested that to observe this day, do something from back in the past. Like putting on a pair of roller skates to see if you still have it. Can you just see all of us on roller skates? Kind of brings to mind a picture of Olive Oil coming down a hill on skis. Anyway, it is a good day to look back and remember some of the good times before all of our modern conveniences.



Please come and be my Valentine. Join us on February 14th, Valentine’s Day for some special treats.

On February 12th, Sarah McClung will be coming to Fulton to help anyone that needs help with their Property tax or Home Heating tax credits. If you are in need of this service, don’t forget to call the Commission on Aging to schedule your appointment at 989-875-5246.

We will be closed for the week of February 17th through 21st. The COA kitchen is receiving some updates and installation will be during this time. There will be no

Continued

Food with Friends or Home Delivered Meals this week. Please plan accordingly.

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!

- 2/3 Lunch/Skip Bo
- 2/5 Lunch/Phase Ten
- 2/7 Lunch/Euchre
- 2/10 Lunch/Skip Bo
- 2/12 Lunch/Phase Ten/Sarah for Tax Credit Assistance
- 2/14 Lunch/Be My Valentine Card Bingo
- 2/17 **CLOSED-President’s Day**
- 2/19 **CLOSED, Kitchen Updates**
- 2/21 **CLOSED, Kitchen Updates**
- 2/24 Lunch/Skip Bo
Celebrate February Birthdays
- 2/26 Lunch/Phase Ten
- 2/28 Lunch/Euchre

FULTON SENIOR CENTER DONATIONS

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

Watercolor Painting with Diane Clise
Tues., Feb 11, 12:30 p.m.

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

Join us while we learn to make this wine bottle, glasses and grapes. Only \$10 and a little time and you will have your very own!

Call 989-681-4341 to reserve your spot!



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 \$624.00 to the Senior Gratiot Newspaper contribution fund from December 16, 2019 to January 15, 2020.

- Nancy Loomis
- Sharon Goffnett
- Marian & Larry Christensen
- Patricia & Jerry Palek
- Lois Prestage
- John & Agnes Clark
- Dan & Linda Foster
- Kendall & Grace Humphrey
- Helen Hoard
- Rhonda Harrell
- Phil & Linda Chovanec
- Maryjane Beebe
- Kendall & Marlene Foster

IN MEMORY OF

**JIM DEMOTT
DALE & RUBY CUMBERWORTH**
By Berneda DeMott

**CAROL CROWLEY
DUANE PENDELL
DALE MISENHELDER
SUZIE PAIGE**
By Vickie Thum

**HUBERT, VIOLET, LINDA CHURCH
MARY HUBBARD**
By Kathleen Hutchins

SHIRLEY ORTISI
By Tom Mueller

J.B. REEVES
By Patty Reeves

BILL FRANCETIC
By Nancy Francetic

MARY ROSE ZIMMERMAN
By Gary Acker



COMMISSION ON AGING DONATIONS

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

Dorothy Swanson
Immanuel Lutheran Ladies Society
Walter & Gwyneth Beagley
Lincoln Rd. United Methodist Church

IN MEMORY OF

GERALDINE DANCER
By Madelyn Wood

ROGER BOVEE
By Donald & Susan Reithel
The Roger Bovee Family

**JIM (JIMMY) KIMMEL
CLINTON & HAZEL KIMMEL
MURIL & BETTY COOPER**
By Judy Kimmel

**JANET MIMRANEK
CLARA WILSON**
By Charlie Kernan & Mary Whitaker

IRENE GOETZINGER
By Pete & Connie Mellinger

JANET MIMRANEK
By Eric & Dawn Williams

**LINDA BROCK
JANET MIMRANEK**
By Alice Schleder



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.

Pompeii United Methodist Church
Elizabeth & Douglas Hamilton
Minority Advisory Panel Employees from the
Alma Service Center of Consumers Energy
Consumers Energy



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, February 10, 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**



Mid Michigan Home Care Grief Support Group

This group provides ongoing support for adults who are healing through the loss of a loved one. Individuals are welcome to join anytime and are encouraged to come as often and as long as they need.

When: Second Tuesday each month
3:30-5:00 p.m.
February 11, 2020

Where: MidMichigan Medical Center-
Gratiot, Room 1162A
300 E. Warwick Drive, Alma

Registration is not required, but please RSVP by calling (989) 633-1437 if you are attending for the first time.



Cat Spay/Neuter Clinics Sponsored by G.A.I.N. (Gratiot Animals in Need)

GAIN continues to offer low cost cat spay/neuter clinics for low income individuals, seniors and all people caring for feral colonies or free-roaming community cats. Spay/neuter of owned cats is \$35.00 per cat regardless of sex. The free roaming cat program is \$10.00 per cat and includes a free rabies vaccine and mandatory ear tip. Clinics are routinely scheduled on the 2nd and 4th Monday, however, dates may be adjusted if necessary.

Appointments are required and fill up quickly! Call **989-875-2286** to schedule your appointment.

Clinic Dates:

Feb 24	June 8	Aug. 24
March 23	June 22	Sept. 14
April 6	July 6	Sept. 28
April 20	July 20	Oct. 12
May 4	Aug. 10	Oct. 26
May 18		



Monday	Tuesday	Wednesday	Thursday	Friday
		SOUP/SALAD ONLY AVAILABLE AT FOOD WITH FRIENDS SITES	Milk Provided with all meals Suggested Donation \$2.50	Reservations Required 24 hours in advance
3 Chicken Cordon Bleu Casserole Corn & Lima Beans Coleslaw Fruit Cocktail Wheat Bread	4 Swedish Meatballs Kyoto Vegetables Multi Bean Salad Strawberries Wheat Bread	5 Beef Stroganoff Capri Blend Vegetable Beets Rice Pudding Wheat Bread OR CHEF SALAD & SOUP	6 Roast Pork Whipped Potatoes Carrots Cinnamon Applesauce Wheat Bread	7 Baked Ziti Baked Potato Brussel Sprouts Citrus Fruit Cup Wheat Bread
10 Potato Crunch Pollock Scalloped Potatoes Carrots Fresh Orange Wheat Bread	11 Sliced Turkey Whipped Potatoes/Gravy Winter Blend Fruit Cocktail Dinner Roll	12 Chicken Pattie/Bun Italian Blend Potato Rounds Mandarin Oranges OR CHEF SALAD & SOUP	13 Veal Parmesan Corn Spinach Mixed Fruit Cup Dinner Roll	14 Macaroni & Cheese Green Beans Tossed Salad Leprechaun Fluff Wheat Bread
17 CLOSED 	18 CLOSED FOR COA KITCHEN UPDATES	19 CLOSED FOR COA KITCHEN UPDATES	20 CLOSED FOR COA KITCHEN UPDATES	21 CLOSED FOR COA KITCHEN UPDATES
24 Sloppy Joe Carrots California Blend Veggies Peaches Hamburger Bun	25 Baked Chicken Whipped Potatoes/Gravy Multi Bean Salad Tropical Fruit Wheat Bread	26 Macaroni & Cheese Mixed Veggies Tossed Salad Citrus Fruit Cup Wheat Bread OR CHEF SALAD & SOUP	27 Chicken Nuggets Potato Rounds Green Beans Pineapple Wheat Bread	28 Corn Chowder Hard Boiled Egg Peas Berry Fruit Cup Garlic Toast

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



Afternoon Grief Support Group

2nd Tuesday of each month
MidMichigan Medical Center-Gratiot
Room 1162A, 300 E. Warwick Drive, Alma
Contact: 989-633-1437

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

JANUARY 2020 PREP TEAM VOLUNTEER THANK YOU

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