



Rockin with Elvis Luncheon

Presented by Gratiot County Commission on Aging
& Breckenridge Food with Friends
Thursday, March 26, 2020 11:00 am to 2:00 pm
Held at the Breckenridge United Methodist Church

Take a musical journey back through the 50's, 60's, and 70's as the Gratiot County Commission on Aging and the Breckenridge Food with Friends host a Rockin with Elvis luncheon. The luncheon will be held at the Breckenridge United Methodist Church, 125 3rd Street. We acknowledge and appreciate the Breckenridge United Methodist Church's generosity in providing their fellowship hall for this event. We would also like to thank The Village of Breckenridge and Breckenridge Insurance for sponsoring the entertainment for this event. Rockin with Elvis will be held on Thursday, March 26 from 11:00am to 2:00 pm with lunch served from 11:30 am to 12:30 pm. The lunch menu is pulled pork sandwich, potato salad, baked beans, coleslaw and we will top it off with a hot fudge sundae.

Following lunch we will be entertained by Elvis Tribute Artist, Jake Slater. Capturing the voice, moves, style, facts, and complete aura of Elvis, Jake will simply captivate and take you back to a time when rock and roll was at its purest and most influential state. If you would like to join us for lunch and a Rockin with Elvis good time, *you will need a ticket*. Tickets go on sale March 2, 2020 and may be purchased at any one of our five Gratiot County Food with Friends Sites or the COA main office in Ithaca. Please call for more information Breckenridge 842-3338; Gratiot Community Senior Center 681-4341; Ithaca 875-2135; Fulton 236-5019; Sumner 833-7624; COA 875-5378. The cost is \$2.50 for adults 60 and over and \$5.00 for adults 59 and younger. Hope to see you there. Last year this event sold out, so purchase your tickets soon!!



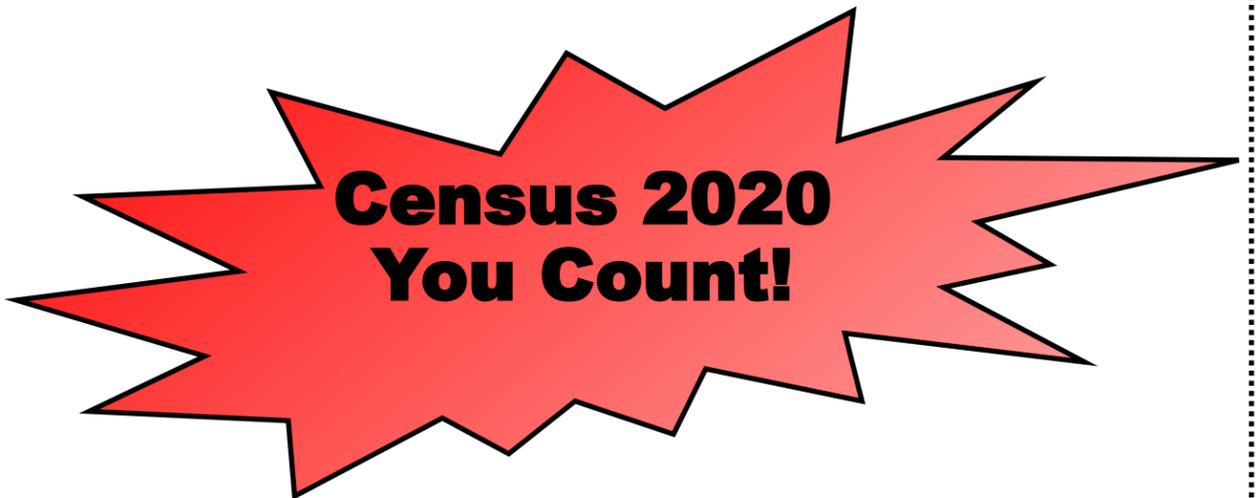
SENIOR GRATIOT

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989.875.5246
Change Service Requested

March 2020
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Number 3

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



The census count is mandated by the Constitution and conducted by the U.S. Census Bureau, a nonpartisan government agency. It is crucial to have all residents of Gratiot County counted. The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads and other resources based on census data. The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw Congressional and state legislative districts. Participating in the census is required by law, even if you recently completed another survey from the Census Bureau.

Getting a complete and accurate census count is critically important. That's why your response is required by law. If you do not respond, the U.S. Census Bureau will follow up in person to collect your response. And while you are required by law to participate, the Census bureau is also required by law to protect your answers. Your responses are used only to produce statistics. The Census Bureau does not disclose any personal information.

Avoid potential fraud and scams. It is important to know that the Census Bureau will not send unsolicited emails to request your participation in the 2020 Census. The Census Bureau will never ask for your social security number, your bank account or credit card numbers, money or donations. In addition, the Census bureau will not contact you on behalf of a political party. If someone visits your home to collect a response for the 2020 Census, you can do the following to verify their identity: 1) Check to make sure they have a valid ID badge with their photograph, a U.S. Department of Commerce watermark and an expiration date; 2) If you still have questions, you can call 800-923-8282 to speak with a local Census Bureau representative. If you suspect fraud, call 800-923-8282 to speak with a local Census Bureau representative. If it is determined that the visitor who came to your door does not work for the Census Bureau, contact your local police department.

If you need assistance in the completion of your census, please contact the COA. 989-875-5246. Arrangements can be made for someone to help you.



Like Gratiot County
Commission on Aging
On Facebook & Twitter



VOLUNTEER CORNER

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



When you are inspired by some great purpose, some extraordinary project, all of your thoughts break their bonds: Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, abilities and talents become alive, and you discover yourself to be a greater person than you ever dreamed yourself to be.

Indian Philosopher Patanjali

Certainly not many of us jump out of bed in the morning inspired by some great purpose or some extraordinary project. So, what is the point of Patanjali's philosophy? Like many things in our world, it may require us to take an adjusted look at our world. That is fairly easy to do when you volunteer your time in the giving spirit of self. When we are unable to create a global change, perhaps there are opportunities to make a difference on a local scale. Thousands of volunteers across the country keep many organizations running, communities safe and provide the services that otherwise might not exist without volunteers. A great place to get started are non-profit agencies, schools or churches.

Commission on Aging is a non-profit agency serving Gratiot County's senior population. One important way you can help is with our Home Delivered Meals program. Volunteer drivers deliver nutritious hot meals to homebound senior citizens living in Gratiot County. Drivers use their own vehicles and are reimbursed for mileage. The volunteer driver picks up packaged meals at one of Gratiot County's five Food with Friends Meal Sites – Alma/St. Louis, Breckenridge, Fulton, Ithaca, or Sumner. Meals are picked up at 11:00 a.m. Once the route is delivered, the coolers are returned to the meal site where the meals were picked up. A volunteer can expect to devote 1½ hours to this volunteer activity. Country routes and in-town routes are available. Training takes about 1 hour. Before beginning your volunteer service, you may wish to have a "Ride Along" with a senior volunteer.

Another important way to help Commission on Aging is through our Mini-Van Transportation program. Volunteer drivers use one of two Commission on Aging owned mini-vans based at COA in Ithaca to transport Gratiot County senior citizens to medical, dental, optical appointments, or hair appointments that support the senior's quality of life and independence. Appointments are usually within a 50-mile radius of Ithaca, but can include travel to Saginaw, Clare, Lansing, Carson City and other communities. Travel takes place between 8 a.m. and 4:30 p.m. A volunteer driver sets the parameters of his/her volunteer activity according to comfort level preferences. Training takes about two hours and includes orientation to the mini-vans.



MEET THE VOLUNTEER

It is our privilege to recognize volunteer Lori Chvojka. As you will soon learn, Jerry and Lori Chvojka's volunteer activities are a team effort often taking each to different parts of the county.

I volunteered after Jerry's dad passed away in 2011. He so loved going to the senior center in Breckenridge. It was his life after losing his wife. I also had been let go from my place of employment and needed something to do with my time since I didn't have my dad or father-in-law to take care of. So, I started helping deliver Home Delivered Meals at the Breckenridge site, and things just snowballed after that.

I took on the position as Substitute Site Person, and loved it!! I continued to volunteer as a driver for Home Delivered Meals and soon also took on the position of a Contract Driver. I still love doing it today. I have always known that it was important to volunteer in our community. I was Girl Scout leader for years and volunteered at our church making the Eucharist bread.

I really love my people [Home Delivered Meals food recipients] and a lot of them have helped fill the void of losing my parents and Jerry's parents. I hope to be able to do this for many, many more years. It makes me feel so good to be able to be in these people's lives as for some we are the only people they may see for days.

Thanks for including me in this article.



The AARP Smart Driver course taught by Cindy LaBelle, will be held at Gratiot County Commission on Aging in Ithaca on Thursday, July 30, 2020. **Registration begins at 8:15 a.m.** The cost for the class is \$20 for an AARP member or \$25 for non-members. Payment for the class is by personal check made out to AARP or cash. Payment is due the day of the class. *The course takes place within the classroom, not behind the wheel of an automobile.*

Why take the AARP Smart Driver course?

- * You may be eligible for an auto insurance discount. Please contact your automobile insurer.
- * You will learn new traffic laws, rules of the road and driving skills
- * You will learn how to adjust your driving to age-related changes such as changes in vision, hearing and reaction time
- * You will become more confident in your own driving abilities.

Lunch break is one-half hour. For your convenience you may purchase a hot lunch through the COA kitchen for a suggested donation of \$2.50 or you are welcome to bring your own lunch. Microwave and refrigerator are available. Beverages will be provided by Commission on Aging. Please dress for comfort as the meeting room is air conditioned. You may wish to bring a light jacket or sweater. Restrooms are located adjacent to the meeting room.

Pre-registration ensures your place for this important course. Class size is limited. Please call Commission on Aging at 989-875-5246 to pre-register.

RIGHT PLACE, RIGHT TIME

Dan Dame heads up a team of three fellows who make up our Home Chore/Home Repair Department. Dan's team does everything from snow blowing and shoveling, to fixing a leaky tap, to washing windows, to cleaning out gutters, to building ramps that make it easier for a senior with limited mobility to get into the house.

Recently, the team built a senior step unit which enabled the homeowner to safely use steps to enter his home. Dan explained to me that the rise on senior steps is three inches instead of the normal seven-inch rise. As Dan talked, a big smile came across his face. He pulled out his phone to show me a picture of the completed steps and indeed they were beautiful. I asked, "What did the man think?" Dan's smile got even bigger. "He really liked them. He walked up and down the steps four times before we left!"

We are proud of Commission on Aging's Home Chore/Home Repair Department. Be sure to give Commission on Aging a call when you have a basic chore or repair need. Jamie at the front desk will put in an order for the task you are requesting. Dan will return a call to you to discuss your request. If the task is one the Home Chore/Home Repair Department is allowed to do, he will set a time to make a home visit. This is part of what we do, how we do it, for whom we do it and what value we bring to Gratiot County seniors.



VOLUNTEER ACTIVITY March 2020

Activities take place at Commission on Aging
515 South Pine River Street in Ithaca
*Please join us to see what we are about.
Walk-Ins welcome.*

Recycled Greeting Cards Team

Monday, March 2nd 9:00 a.m. - Noon
Monday, March 9th 9:00 a.m. - Noon
Monday, March 16th 9:00 a.m. - Noon
Monday, March 23rd 9:00 a.m. - Noon
Monday, March 30th 9:00 a.m. - Noon

Mitten Makers/Hats Galore Knit-In

Saturday, March 21st
10:00 a.m. - 2:00 p.m.
Please bring a brown bag lunch. Refrigerator and microwave available.
Hearthstone cookies, coffee, tea and purified water provided.

Senior Gratiot Newspaper Prep Team

Thursday, March 26
9:00 a.m.- 11:30 a.m.



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



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

 ★
 ★ **Social Security** ★
 ★ **Administration** ★
 ★ **1.800.772.1213** ★
 ★

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.

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

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:

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



March 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
	2	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 Cooking For 1	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 Karaoke	
8	9	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	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 Cooking For 1	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 Karaoke	
15	16	17	18	19	20	21
	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 Shirley	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Bingo *St. Patrick's Day Party	10:00 Line Dancing 10:30 Puzzles 12:00 Lunch 12:30 Cooking For 1 	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 Alice in Wonderland Movie	
22	23	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	Closed For Event in Breckenridge 	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 Acrylic Pouring with Jeanette	
29	30	31				
	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 Eiffel Tower Day Facts				

Gratiot Community Senior Center

1329 Michigan Ave., St. Louis
By Alyssa Bowen

Hello Friends,

March is such an exciting month. More sunshine, the birds start to come back, and maybe we can even start to see some flowers. The center will be bringing a little bit of sunshine inside!

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.

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.

Bingo is still on the schedule for every Wednesday. I am thrilled to also announce that the center will be providing some amazing new prizes for our Bingo. Bring your friends to share in our favorite activity here at the center!

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 March 10th at 12:30, will be of a barn.

Shirley will be back this month to teach the acrylic painting class. It will be a wheel barrel with some pretty spring flowers. This class is also \$10 and will be taught on Tuesday the 17th. Just bring a friend and think about making a lunch reservation as well!

Also the last Tuesday in March, the 24th, 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 a beautiful butterfly landing on a flower to celebrate spring. 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 when they are needed. As always lunch is strongly encouraged on the day of the art classes. Please call ahead for reservations for the class and for lunch!

The Acrylic Pour class will be taught by Jeanette Weed again Friday the 27th 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 for reservations the Friday prior to the class to guarantee your spot. This class is also offered for \$10.

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

On Mondays we will be playing 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!

Roxanne White from the MSU extension office will be back teaching "Cooking for 1" starting Thursday the 5th at 12:30. This class will last 6 weeks, with the exception of Thursday the 26th. Please call ahead for reservations.

Friday the 6th and the 13th we will be singing karaoke. Bring your best singing voice, your buddy, sign up for lunch and sing with us after at 12:30!

Friday the 20th we will be doing our monthly movie. This month we will be showing Alice in Wonderland (2010). This film is directed by Tim Burton and is starring Mia Wasikowska and Johnny Depp. As usual we will be enjoying some popcorn, coffee, and water while we enjoy one of our favorite Disney movies reimaged.

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.



**Charcoal Painting
with Alyssa
Tues., March 24, 12:30 p.m.**

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

Join us while we learn to make this pretty butterfly. 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.

In Loving Memory...

Roy LaLonde
Barb Gladding
Agnes McNeil
Reg & Becky Fleury

Melba Demas
Barb Gladding

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 along with a Bridge or Snap Card.

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, April 27, 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.**

**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.
March 10, 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.



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.

Van Drivers

Sharps Disposal Program

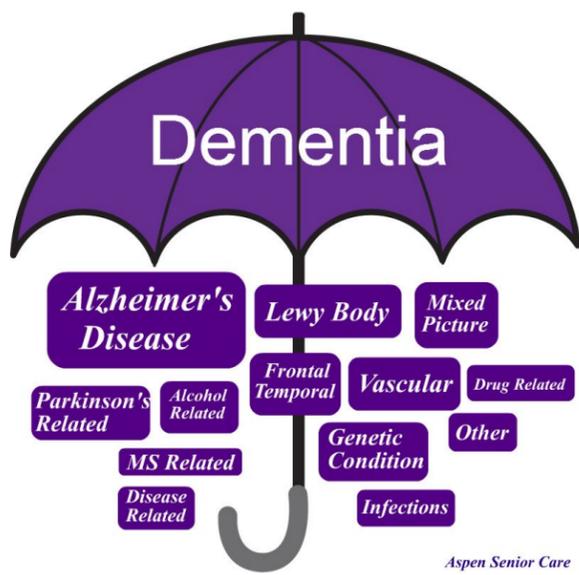
The Mid-Michigan District Health Department (MMDHD) is pleased to announce that it is now offering free sharps disposal to residents of Gratiot County.

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.





Try New Things

By Sherri Florez,
Program Coordinator

When seniors with dementia won't stop rummaging through their things, it can be disruptive, frustrating, and make a mess. My suggestion from a recent experience is to always try new things. Recently, handing a pair of shoelaces to my older adult with dementia was just the key to stop the rummaging and wandering behavior. What works today may or may not work tomorrow.

Your older adult may repeatedly dig through drawers and cabinets or search rooms over and over again. They might take items from one place, hide them all over the house, and then get upset when they can't find those things. Or they might repeatedly re-organize things. As annoying as this can be, it is important to remember that dementia is causing the behavior. Your older adult is not doing it on purpose to bother you or create more work. Understanding what is causing this behavior helps you respond without causing arguments. That can minimize conflicts, which will make life easier and less stressful for both of you.

Rummaging is a coping mechanism for the disorientation that dementia causes. The person with dementia is usually trying to reassure themselves that familiar items are still there or are trying to fulfill a need, like eating when hungry or doing something useful. Attempting to stop the rummaging or re-organizing can actually cause an increase in agitation, paranoia, and often increases their determination to rummage more.

5 Ways to Manage Dementia Rummaging Behavior

1. Make sure they will not accidentally hurt themselves. If dangerous items are easily accessible, seniors with dementia could easily mistake them for safe objects and hurt themselves. For example, they may not recognize knives as sharp items and could cut themselves. Or they could mistake cleaning fluids for normal beverages. To keep them safe while they are rummaging, remove potentially dangerous items and keep them out of sight in secured, locked areas. Spoiled food (or even raw meat) in the refrigerator or cabinets could also be a risk. People with dementia might be looking for a snack, but are not able to recognize when food is not safe to eat. Clear out food as it expires

and make it difficult to access raw foods or cook them right away.

2. Protect valuables and important documents. Your older adult's rummaging behavior might stress you out because they could lose or destroy a valuable object or important document. The best solution is to remove anything of value or importance and lock them safely away. That could include jewelry, legal or financial documents, check-books, credit cards, or keys. You could even replace some items with fakes so your older adult will not notice that they are gone. Another concern is that your older adult could be hiding or throwing away the mail. If that is happening, you may want to redirect all their mail to a post office box or a trusted relative or friend's house.

3. Look for triggers. Sometimes a person with dementia might start rummaging in response to a triggering event. Maybe they do it at a certain time each day, when they get bored, or when they are agitated. You may find that sticking to a regular daily routine helps because it gives structure and rhythm to the day. That reduces the uncertainty and anxiety that could trigger rummaging. Try to look for patterns in their behavior and see if you can figure out what might be causing their rummaging. If you find a trigger, try to prevent the rummaging before it starts by distracting them with an activity they enjoy or maybe a snack.

4. Make commonly used items easy to find. Your older adult might have a valid reason for rummaging. They could be looking for a specific item, but can't find it and can't explain what it is they are looking for. Helping them easily see or locate commonly used items is another way to reduce rummaging behavior. You could put things in clear containers or specific drawers and label the contents. Or keep similar items together, like gathering a certain amount of clothing into one drawer - underwear, tops, bottoms, socks, etc.

5. Have backups of frequently lost items. Some older adults don't feel at ease until they know exactly where a specific object is. If that is the case, consider buying multiples of that thing or as similar an item as possible. For example, if your mom is always looking for her purse, buy a few inexpensive ones that are the same or similar in style. That way you will always be able to help her "find" it.

There is no quick fix for such behavior. Things that work well for one may not work for others. Patience and creativity will be your best friend.

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


REGION VII AREA AGENCY ON AGING

Senior Activity Building

March 2020

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12:30 Bob Crist's music 1:15 Bob's Sunshine Gang at Rosewood Adult Care followed by Ice Cream Sundaes back at the Building	3 9:00 E Z Motion 10:30 Cribbage 7:00 VFW #7805	4 Young Senior Day 1:00 Dominoes	5 9:00 EZ Motion 10:00 Games 11:00 Joyce's Music 12:40 Pin Program Display your special collection of pins	6 11:30 Blood Pressure checks by Nurse Joyce Raycraft 1:00 Wii Bowling	7 10:45 Building open 11:00 Helen Ann's Music for Dancing and listening pleasure 12:15 Family Potluck
8 	9 10:05-11:30 Bingo (prizes by McDonald's & Super Shine Express Car Wash) 7-9 Dulcimers	10 9:00 EZ Motion 1:00 Progressive Euchre	11 Birthday Party at Noon 1:00 Dominoes	12 9:00 EZ Motion 10:00 Games 11:00 Joyce's Piano Music 1:00 Wii Bowling	13 1:00 Friday Cards with Volunteers Jack & Avis Ginther Friday the 13 th Tales	14
15	16 11:30 Special Music by the Glovers-- (Larry Glover & Christine Simmons)	17 9:00 Package and deliver Shamrock Sunshine plates 10:30 Cribbage 1:15 Senior Activity Building Board meets	18 11:50 Sarah Kettelhorn's program 1:00 Dominoes 7:00 A-Tractive Tractor Club meets	19 9:00 EZ Motion 10:00 Games 11:00 Joyce's Piano Music 1:00 Wii Bowling	20 1:00 Painting Class with Shirley Frederick	21 8:30 Pancakes & sausage for Volunteers who will be cleaning chairs 9:00 Chair Cleaning
22	23 10:05-11:30 Bingo with Kara Jo (Prizes donated by Schnep's)	24 9:00 EZ Motion 1:00 Progressive Euchre	25 1:00 Dominoes	26 8:00-10:30 Building is open No FWF Breckenridge FWF Special Event	27 1:00 Friday Cards with Volunteers Jack & Avis Ginther	
29	30 11:50 "Ways to Stretch your Food Dollars" 1:00 Movie	31 9:00 EZ Motion 10:30 Cribbage	8:00 EVERYDAY Building open coffee's ready 10:00 EVERYDAY Visits, news, games, activities 12:00 Monday-Friday Food With Friends Noon Meal Reservation 875-2135			

Senior Activity Building & Food with Friends News

By Jo Jones

Our St. Patrick's Day celebration will find persons dressed in green packing and delivering Shamrock Sunshine plates. As we have done for many, many years, we will share Shamrock Sunshine with our dear friends who are confined to their homes, hospitals, or extended care facilities. If you would like to help provide the fruit, a financial donation can be made at the Building. Thanks! The date to make and deliver the treats is Tuesday, the 17th.

On the third Monday at 11:30, we'll welcome Christine Simmons who will share her special vocal music with us. Her Dad, Larry Glover, will accompany her on his guitar. They may give us an Irish tune to prepare us for our traditional Green Day on the 17th.

On Saturday, March 7th, a program of music and fun will be provided by the talented Helen Ann. She will be with us from 11:00 to 12:15. The music will be for dancing as well as listening enjoyment. Our Family Potluck begins at its usual time--12:15.

The first Monday at 12:30, **Bob Crist** will tickle the piano keys. This time will be used to warm up our voices before **Bob's Sunshine Gang** visits Rosewood Adult Care in Ithaca. When we return to the Building, we will have our ice cream sundaes.

Bingo will be on the second and fourth Mondays (9th and 23rd) from 10:05 until 11:30. Bingo prizes are provided by McDonalds of Ithaca, Super Shine Express Car Wash, and Schnep Health Care.

Just For Fun Dulcimer Club will be making their music on Monday, March 9th

from 7:00 to 9:00. Volunteer Mary Humm will welcome you.

The monthly **nutrition lesson** on the 30th will be "Ways to Stretch Your Food Dollars."

EZ Motion is at 9:00 each Tuesday and Thursday. A variety of DVDs and videos created just for Seniors lead these exercises. Do yourself a favor—come join this dedicated group.

Cribbage will be on the schedule on Tuesday, the 3rd, 17th, and 31st at 10:30.

Progressive Euchre will be on Tuesdays, March 10th and 24th at 1:00. Blue ribbon winners in January were Joe Shelest and Tom VanAlstine. Red ribbon winners were Bruce McConnell and Ron Peters.

Our **Senior Activity Building Board** meeting will be at 1:15 P.M. on Tuesday, March 17th. You certainly are encouraged to attend and participate at these meetings.

The **Cookies and Craft group** will post their craft project and the date for that project at the Building. Look for this information when you stop in.

Young Senior Day is on the first Wednesday in March. PLEASE, Young Seniors make your reservation for lunch NOW!! Thanks!

Each Wednesday at 1:00, **Domino** players gather around the table. Again, you are WELCOME to join in on this activity or any activity or program.

On the 11th, we want to celebrate your **March Birthday** with you at noon. Call soon to make your reservation.

Sarah Kettelhorn, interim Superintendent of Ithaca schools will update us at 11:50 on Wednesday the 18th.

Thursdays, the 5th, 12th, and 19th, Games begin by 10:00. **Piano music** on Thursday mornings helps to develop positive attitudes. Joyce Raycraft has a wide variety of music that she's been sharing with us for **EIGHT years** now. Thanks Joyce!! **Wii Bowling** begins by 1:00 on the 12th and 19th. You are most welcome to join the fun!

Start looking in your jewelry boxes or your "junk box" to find pins and ribbons that you put away ages ago. If you still have pins that you enjoy wearing, you will not need to hunt to find them. Bring ALL of your "finds" to add to a display and program scheduled for 12:40 on Thursday March 5th.

On the last Thursday, the 26th, our **Senior Activity Building will be open from 8 until 10:30**. There will be NO Food with Friends meal served at the Ithaca site. There will be NO Home Delivered Meals delivered. Please plan to reserve your spot at the table in Breckenridge to enjoy a special program and meal with ALL of the Gratiot County Seniors.

Joyce Raycraft, our Volunteer nurse, will be screening your **blood pressure** on the first Friday from 11:30 until noon. Yes, this is the same lady who has volunteered to brighten our Thursdays with her piano music each week. **Wii Bowling** will be at 1:00 on the 6th.

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

Shirley Frederick will lead a **painting class** on Friday, the 20th at 1:00. A **reservation** should be made by March 13th. The cost is \$10.00 to be paid at the time of the class.

Our annual **Chair Cleaning** will be on Saturday, the 21st. VOLUNTEERS are invited to enjoy pancakes and sausage at 8:30. We begin our Volunteer work at 9:00. Sign up if you plan to help with this project! Thanks!

Continued, page 9

Tickets for the **May 2nd Raffle** are now available. Several prizes have already been donated, however, if you have something, please see Jo about your donation.

Potluck cooks prepare plenty for everyone. The food is always excellent, as well as the fellowship. If you are not a cook, or do not have time to prepare a dish, the Potluck Fund will gladly accept your green cash. These funds are donated from the Potluck group to the SAB to help with Energy costs to operate the Building. See you on March 7th at 11:00 for Helen Ann's music before the Family Potluck.

Our Building is open 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. By 10:00, games, news, and visits are in full gear!

Top of the Morning to YOU!!



THANK YOU for your gifts received by the Senior Activity Building from January 11, 2020 through February 13, 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
February Cookie Sale Volunteers
February Cookie Sale Supporters

GIFTS in GRATITUDE to SAB

By Nan Freed
Sue Moomey
Jo Jones
Fred & Helen Hoard
Joyce Beard

In MEMORY of SHARON HOULDEN
By Larry Houlden

In MEMORY of ROGER BOVEE
By Larry Houlden

In MEMORY of DALE (CD) OWEN
By Keith & Pat Owen
Gary Hill & Phyllis Johnson

In MEMORY of DOROTHY HOFFER
By Food with Friends
Ida Kramer
Edna Carter
Joyce Beard
Virginia Maxwell
Joyce Raycraft
Rick, Kathy & Heidi Vahderbeek
Gary Hill & Phyllis Johnson
Bill & Linda DeVuyst
Ray & Sharon Fish
Ron & Denise Koppleberger
Keith & Phyllis Shaw
Ron & Rami Mohr
Curtis & Chaunda DeVries

In MEMORY of DONNA HIPOLITE
By Joyce Beard

In MEMORY of SHARON MACLAREN
By Joyce Beard

In MEMORY of THOMAS CHOVANEC
By Joyce Beard

In MEMORY of DORIS JEAN BROWNE
By Garold Browne

In MEMORY of MIKE BANEY
By Jayne Baney

In MEMORY of GLADINE GOODHALL
By Rose Capen

In MEMORY of BILL CAPEN
By Rose Capen

In MEMORY of AMBER HILL
By Ida Kramer

In MEMORY of DOLORES LOMBARD
By Ida Kramer

In MEMORY of DORETHEA GLOVER
By Ida Kramer
Linda St. Charles

In MEMORY of ARLENE GEARHART
By Linda St. Charles
Ida Kramer

In MEMORY of EDITH WILLIAMS
By Linda St. Charles

In MEMORY of MAXINE WEAVER
By Linda St. Charles

In HONOR of BILL DEVUYST
By Bob & Mary Sullivan
Linda St. Charles

In HONOR of JO JONES
By Keith & Pat Owen

In MEMORY of MARIE TAYLOR
By Ithaca Food with Friends

In MEMORY of BOB CHAFFIN
By Ithaca Food with Friends

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



Painting with Shirley

Enjoy painting this wheelbarrow with spring flowers. Shirley will teach you everything you need to know to accomplish this for just \$10.00. Call the site you wish to attend for your reservation.

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

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



West Gratiot

By Cindy Simmons

The February birthdays of Yvonne Elenbaas, Harold Daniel, Sharon Helman, Judy Kane and Cindy Simmons were celebrated with a delicious cake. We hope everyone has a healthy and happy new year!

In February, Sarah McClung was again able to assist individuals in the Sumner area with tax credit information. Her range of expertise is very helpful.

We enjoyed the week of Valentine's Day by spending time with friends. It was great to have special guests return to visit during February. We caught up on what everyone has been doing lately. Come back when you can. Your company is always welcome!

Tina Elliott, Evelyn White and Anna Smejkal were key workers on the newly completed winter scene puzzle. Others would pass by and try to find a matching piece – but it was tough, which seemed to make Tina even more determined to complete the puzzle! Once done, Bob Divelbiss volunteered to create a frame for the finished puzzle. With help from the township crew, it is now hanging on the wall. Everyone is so proud of the addition to our site décor!

Recent donators to the West Gratiot/Sumner Food with Friends site include Vern and Sue Patz, Patricia Elliott, Tina Elliott, Arvella and Bob Divelbiss, Evelyn White, Zelma Parks, Burdell Burch, Nancy Riker, Kathy Daymon and Laurels of Fulton - Nancy Buzard, representative. Donated items have included books, chairs, puzzles, snacks, coffee, BINGO prizes, and gift cards. Thank you so much for your generosity!

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 donated books are used to supply our book exchange shelves, while the rest are given to other Food with Friends sites or placed in the township exchange box, outside the Sumner Community Center. Yarn and craft items are given to organized groups that create and donate hats, mittens, etc. to those in need.

Now, here are activities coming up:

March will start out by covering a special nutrition and wellness topic. Our birthday and anniversary celebration will take place on Wednesday and Friday, March 11th and 13th.

Please wear green during the week of March 16th for St Patrick's Day and First Day of Spring events. Yes, we are positive that spring is just around the corner - or somewhere ahead.

We will finish up the month of March with a craft project and special snack.

The Food with Friends program is created especially for those who are 60 years of age and up. Please stop by to be introduced to others from the area. As is often the case, you will probably run into people you already know. Join the group to play euchre, or grab a cup of coffee and chat, on Mondays and Fridays. Join us for BINGO on Wednesdays and win a great prize. We hope to see you soon!

Continued, page 10

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. Then, just sign up ahead of time while you are at the site. We meet on Monday, Wednesday, and Friday at the Sumner Senior Center - located in the Sumner Community Center. The door opens at 10:00 a.m. and lunch is served at noon. Contact Cindy at 989.833.7624 from 10:00-2:00 MWF at the West Gratiot site for more information.

West Gratiot Highlights

- 4 Nutrition & Wellness Topic
- 11 Birthday & Anniversary Celebration
- 13 Birthday & Anniversary Celebration
- 16 St Patrick-Wear Green
- 18 Celebrate Spring
- 23 Craft
- 25 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	10:00-noon		10:00-noon



BRECKENRIDGE

By Pat Schultz

Hope everyone has been staying warm this winter! Only about three weeks until the first day of Spring! Can't wait until the grass starts turning green and the flowers begin to bloom. A time to get out of the house and enjoy the wonders of spring. Here at Breckenridge, we have a very special event that is happening on March 26th. We will once again have a luncheon at the Breckenridge United Methodist Church and our entertainment for the day is fabulous.

We have a national and international award winning Elvis Tribute Artist, Jake Slater, that will entertain us with a wonderful performance of 50's, 60's, and 70's Elvis music. If you have never see Jake perform, you are in for a treat. You *must* have a ticket for this event and all five Food with Friends sites have them as well as the COA office. But, you want to get your ticket early as space is limited and we look for them to sell out.

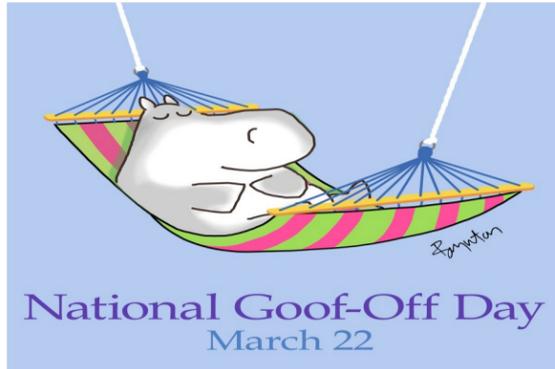
We are still collecting personal care items for the Veterans Hospital in Saginaw. If you would like to donate anything, you can drop it off at most Gratiot County Food with Friends food sites and they will get it to us. Any and all donations are greatly appreciated!

Here are some other things that we are doing in March:

- 3-2 Cardmaking & the Library after Lunch
- 3-3 Bingo with Schnepf's Healthcare after Lunch
- 3-6 Puzzle Day
- 3-9 Ceramics after Lunch. Cost is \$10.00 and all materials are furnished.
- 3-10 Bingo after Lunch
- 3-13 Knit & Crochet Fun
- 3-17 Bingo after Lunch

- 3-18 Ask the Chief of Police Question Day
- 3-24 Bingo after Lunch
- 3-26 Rockin with Elvis Luncheon
- 3-30 Nutrition Education

Everyone is always welcome and we would love to have you join us for lunch or one of our activities. Just give me a call at 989-842-3338.



Greetings from Fulton

By Irene Noffsinger

HAPPY ST. PATRICKS DAY

Hooray, we are headed towards spring! I am ready. Ready for sunshine, flowers and yes, even cutting the grass. That's the beauty of seasons. By the time the next season arrives, we are ready for it.

Did you know that March 22 is NATIONAL GOOF OFF DAY? Yes, that is right. We are being given a day to goof off and do whatever we want. What a concept. If you are still working, you made need to schedule this day. But if you have retired, then you can have this day every day if you want to. This day was created by one of our own Michiganders, Monica Moeller Dufour and her grandfather, William D. Chase, who created Chases' Calendar. In 1976 Monica was listening to her grandfather on the radio, asking people to call with ideas. Monica called in disguising her voice and suggested having a goof off day. He thought it was a good idea. The next day Monica told her grandfather that she had been the person that called in. And a goof off day was born. Not a bad idea. Grab a friend and have a goof off day together having fun.

Thank you to Gratiot Isabella RESD for the many months they visited with us and taught us nutrition. I believe we all learned things that we can use in our cooking

Valentine's Day came and we had a good time. We had special treats and played card bingo.

Please join us to decorate your own personal ceramic jar with lid for your counter. We will be doing this at 10:00 am on March 27th. Please call or sign up at the Fulton Senior Center so I can make sure to have enough supplies. It is always fun to sit and do a craft while visiting with your friends or making new ones.

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!

- 3-2 Lunch/Skip Bo
- 3-4 Lunch/Phase Ten
- 3-6 Lunch/Euchre
- 3-9 Lunch/Skip Bo
- 3-11 Lunch/Phase Ten
- 3-13 Lunch/Euchre/Nutrition
- 3-16 Lunch/Skip Bo
- 3-18 Lunch/Phase Ten
- 3-20 Lunch/Euchre
- 3-25 Lunch/Skip Bo
- Celebrate March Birthdays
- 3-27 Lunch/Phase Ten/ Craft Day
- 3-29 Lunch/Euchre
- 3-30 Lunch/Skip Bo

FULTON SENIOR CENTER DONATIONS

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

We had many book donations this month. Thank you to everyone that thought of us while passing them on.



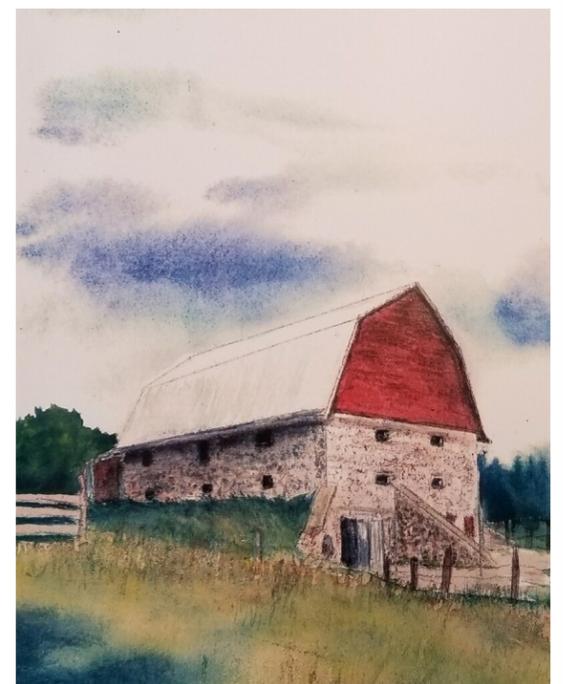
shutterstock.com • 1631344147

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

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

Join us while we learn to paint this peaceful barn. 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 \$655.00 to the Senior Gratiot Newspaper contribution fund from January 14 through February 14, 2020.

- Mary Gabrion
- LuElla M. Ryan
- Dan & Linda Lott
- Rosemary Buhl
- Fred Burlingame
- Dorothy Martinka
- Joanne Hayward
- Margaret Bontrager
- Ken & Betty LaBlanc
- Louis & Gerry Dame

IN MEMORY OF

DOROTHY HOFFER

By Rosalie Davis

JACOB QUACKENBUSH

NORMAN ALLEN

VAN DORAN STAHL

By Bill & Sandi Allen

ALLEN COOPER

By Vivian Cooper

BILL DAVIS

FRED HAYES

BERNICE HAYES

VINCENT HAYES

LOIS SHERWOOD

CAROL BOYLE

LAUREL HUSTED

By Rosalie Davis

LAWRENCE & ARDIS FIDLER

WEBSTER & ELLEN KELLOGG

By Gary & Jerilyn Fidler

FLOYD & MARK HOWDYSHELL

By Carol Howdysshell

DANIEL JAY LEPLEY

By Fairy Louise Lepley

JEAN BUSH

MARY BUSH

By Tim & Rachel Musselman

JAMES BRIGGS

By David & Loretta Briggs

SHIRLEY ORTISI

By Tom Mueller



COMMISSION ON AGING DONATIONS

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

- Walter & Eleanor Hagen
- Gary & Marty McDaid
- Alma I.O.O.F. Lodge No. 238
- Gratiot Animals in Need
- Rosewood Church
- T.J. Schmitz
- Lincoln Rd. United Methodist Church
- St. John's Episcopal Church
- Bonnie J. Smith & Ken Yordy

IN MEMORY OF

ROY LALONDE

- By Raymond & Linda Borowicz
- Mary Kriegish
- Randy & Sue Apple
- Marc Raycraft
- Marvin & Helen Woodcock
- Joyce Vibber
- Craig Zeese
- JoAnn Weiland
- Jerry & Katherine LaLonde
- The Goetzing Family
- Bill & Faye Thering
- Forrest & Cathie LaLonde

JANET MIMRANEK

SHARON MCLAREN

By Joan Sparks

SHIRLEY ORTISI

By Darcy Hodges

DOROTHY HOFFER

By Ithaca Arbor 802 of the Gleaner
Diane Davis

GLENN BECK

ROGER BOVEE

BETTY DANFORD

JO BOWEN HODGES

DOROTHY HOFFER

MABEL NELSON

By Alan & Alice Schafer



Home Delivered Meals & Gram's Kitchen Donations

Thank you to those who made financial contributions in January & February 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.

- Mary Louise Helwig
- LeeAnn Bennett and Family



Gratiot Animals in Need (GAIN)

GAIN is announcing the opening of their new office, located at Ways of the West, 1696 West Monroe Rd., St. Louis. We are open to the public from 11:00 a.m. -2:00 p.m. on Tuesdays and Thursdays. The phone number for all programs, including Cat Conservation Core for free roaming cats, is 989-875-2286. The GAIN office, food bank and feline spay/neuter clinics are now at the same location. We hope this will make the programs more user friendly.

National Music in our Schools Month

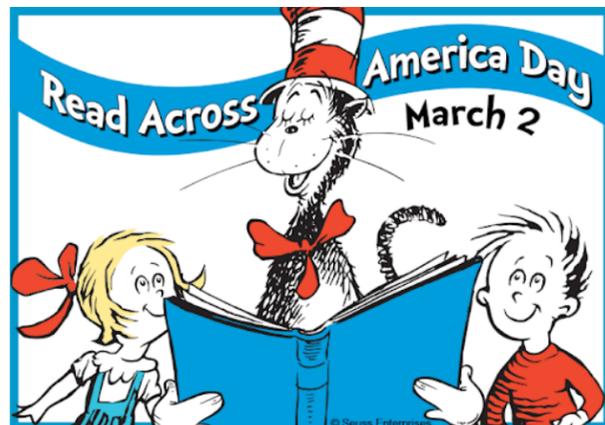
Music does more than get the toes tapping or lift spirits. It stimulates the brain and studies show it improves all areas of academia. Whether through a chorus or band, students reap a great many rewards. Encourage participation in music classes in school or in the community. Sharing music with others brings joy not only to the musicians, but to the concert goers as well.



West Gratiot Food with Friends Activities

Left: West Gratiot friends enjoyed Valentine's Day together: Ron Smejkal, Anna Smejkal, Nancy Riker, Doug White, Pat Elliott and Evelyn White.

Right: Lunch at West Gratiot's Food with Friends give relatives a time and place to catch up on family news. Pictured are siblings Yvonne Elenbaas and Bob Divelbiss.



Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak Whipped Potatoes Coleslaw Mixed Fruit Cup Wheat Bread	3 Bar B-Q Chicken Au gratin Potatoes Carrots Applesauce Dinner Roll	4 Spaghetti Winter Blend Apricots Garlic Toast Whole Grain Cookie OR CHEF SALAD & SOUP	5 Beef and Noodles Squash Steamed Cabbage Fruit Cocktail Wheat Bread	6 Egg & Cheese Casserole Sausage Links Redskin Potatoes Fresh Orange Cinnamon Roll
9 Hamburger Company Potatoes Lettuce and Tomato Apricots Hamburger Bun	10 Baked Ham Whipped Sweet Potatoes Broccoli Mandarin Oranges Dinner Roll	11 Baked Chicken Redskin Potatoes Mixed Vegetables Citrus Fruit Cup Wheat Bread OR CHEF SALAD & SOUP	12 Chili Baked Potato Green Beans Pineapple Corn Bread	13 Potato Crunch Pollock Winter Blend Tossed Salad Leprechaun Fluff Wheat Bread
16 American Goulash Kyoto Vegetables Broccoli Pears Wheat Bread	17 Spanish Chicken Peas & Carrots Coleslaw Baked Apples Wheat Bread 	18 Meatloaf Corn and Lima Beans Multi Bean Salad Michigan Fruit Cup Wheat Bread OR CHEF SALAD & SOUP	19 Basil Parmesan Chicken Brown Rice Winter Blend Mandarin Orange Wheat Bread	20 Corn Chowder Hard Cooked Egg Brussel Sprouts Applesauce Cheese Breadstick
23 Meatballs Brown Rice Capri Blend Vegetables Coleslaw Pineapple Wheat Bread	24 Chicken/Broc/Cheese Baked Potato Tossed Salad Fruit Cocktail Gelatin Wheat Bread	25 Sloppy Joe on Bun Green Beans 24 Hr Cabbage Slaw Peach Crisp OR CHEF SALAD & SOUP	26 SPECIAL EVENT AT BRECKENRIDGE NO HOME DELIVERED OR FOOD WITH FRIENDS MEALS	27 Macaroni & Cheese Carrots Coleslaw Rice Pudding Wheat Bread
30 Cabbage Roll Casserole Corn Beets Apricots Wheat Bread	31 Chicken Cordon Bleu Casserole Mixed Veggies Spinach Mandarin Oranges Wheat Bread	Salad and Soup Only Available at Food with Friends Sites 	Milk Provided with all Meals Suggested Donation is \$2.50	Reservations required 24 hours in advance

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

FEBRUARY 2020 PREP TEAM VOLUNTEER THANK YOU

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