

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

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# SENIOR GRATIOT

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

## Free Hearing Aids, Dental & Vision Programs for Seniors



Region VII Area Agency on Aging is now accepting referrals for our **FREE** Vision, Dental, and Hearing Aid Programs. Eligibility for these programs requires the participant or caregiver to be aged 60 or older and a resident of Bay, Clare, Gladwin, Gratiot, Huron, Isabella, Midland, Saginaw, Sanilac or Tuscola County.

Region VII Area Agency on Aging is providing funding for these *free* services through September 30, 2020 *or* until the funding is depleted. Call **1-800-858-1637** to inquire about the program. Region VII Area Agency on Aging offers a comprehensive list of services for older adults that includes assistance with Medicaid and Medicare questions, volunteer opportunities, and the USDA Food Box Program.



Region VII Area Agency on Aging  
1615. S. Euclid Ave.  
Bay City, MI 48706  
1-800-858-1637 [www.region7aaa.org](http://www.region7aaa.org)



### Senior Gratiot Subscription/Donation

Please check:  New Subscription  Renewal  Change of Address  
 Temporarily Away **Stop Date:** \_\_\_\_\_ **Restart Date:** \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ DOB: \_\_\_\_\_

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Name: \_\_\_\_\_

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Donation:**  \$10.00  \$15.00  Other

In Memory of \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

In Honor of: \_\_\_\_\_

\_\_\_\_\_

Please make checks payable to *Senior Gratiot Newspaper* and submit to:

Senior Gratiot Newspaper  
515 S. Pine River St.  
Ithaca, MI 48847



### Updates from COA

The Gratiot County Commission on Aging is continuing to provide services to our clients in a safe manner. The nutrition program is continuing with the Home Delivered Meal program with deliveries of a hot meal every Monday, Wednesday, and Friday.

The In-Home Services department has resumed their services for Personal Care, Respite Care, Homemaking, Home Chore, and Home Repair. The staff has been trained in the proper use of personal protective equipment to keep both their client and themselves safe.

If you are in need of some adaptive equipment, we can arrange contactless pick up of those pieces of equipment.

We are here to serve you and meet your needs during this difficult time. Please don't hesitate to call, 989-875-5246, and let COA be of assistance to you.



Like Gratiot County Commission on Aging  
On Facebook & Twitter



# Scams, COVID-19, & Protecting Yourself

There are always scams out there, however, with the COVID-19 pandemic, they are even more prevalent. Scammers will do most anything to try and get your financial and personal information from you. Here are a few things to remember:

- \* Scammers are peddling cures and treatments with no proof they work. Remember, right now, there is nothing that has been proven to prevent COVID-19.
- \* Anyone who tells you to pay them by gift card, money transfer, cash, or Bitcoin is a scammer. **Period.**
- \* If they say they are from the government, they are not. The social security office, IRS, Federal Trade Commission (FTC), Center for Disease Control and World Health Organization **will not** contact you by phone, email or text and ask for your personal information.

Scammers are calling almost constantly it seems. They will also use robocalls to try and obtain your information. Here are a few things to think about when one of those calls comes:

- \* **Don't be rushed.** Whatever the call, email, text, or social media post is about, remember that scammers try to rush you. Legitimate people don't.
- \* **Check it out.** Before you act on something or share it – stop. Do some research to see if the facts back up the story. Remember, don't be rushed.
- \* **Pass it on.** If you get offered something great or you are worried about something alarming: talk to someone you trust before you act. Get another opinion from someone you trust.

You can help stop scammers by staying current with information from the FTC. Sign up for the Consumer Alerts ([ftc.gov/subscribe](https://ftc.gov/subscribe)) to help you spot scams. You can also get updates on COVID-19 scams by checking out the FTC sight [ftc.gov/coronavirus](https://ftc.gov/coronavirus). If you spot a scam, you can report it to the FTC by going to [FTC.gov/complaint](https://FTC.gov/complaint).



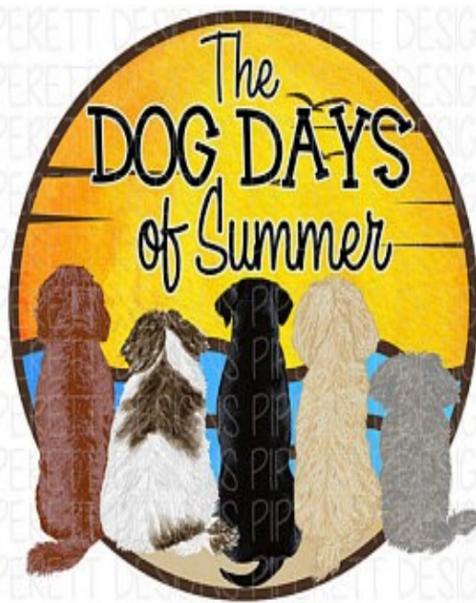
**WANTED - Home Delivered Meal Volunteers.** Deliver a hot, nutritious meal to a homebound senior. Share the "Good Morning" and bring the sunshine to the front door.

## Michigan Mental Health

If you are struggling with mental health issues, please call

**1-888-733-7753**

Peers are available from 10 a.m to 2 a.m. every day to assist you with any needs you may have.



## Commodity Food Distribution Date

Commodities distribution will be on **Monday, August 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 no 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.**

## Afternoon Grief Support Group

**CANCELLED UNTIL FURTHER NOTICE DUE TO COVID-19**

## Foster/Adoptive/Relative Care Support Group

**CANCELLED UNTIL FURTHER NOTICE DUE TO COVID-19**



The Vision Council of America notes that 12.2 million Americans require some sort of vision correction but don't use any. Nearly 50% of parents with children under 12 have never taken their children to an eyecare professional.

Here are five reasons why you should have an eye examination:

1. **Save a headache.** If you have been having unexplained, constant headaches, it could be due to a vision problem. An eye exam may be able to pinpoint the problem.
2. **Perform well in school.** One out of every four children has vision problems. A common reason children fall behind in school is due to poor, undetected vision problems.
3. **Determine prescription.** Your eyes change over time. An eye exam can determine if you need eyeglasses or contact lenses, or if you need a stronger prescription to reduce eyestrain and help you see better.
4. **Detect eye conditions.** An optometrist is able to spot the early onset signs of diabetes, high blood pressure, glaucoma, and high cholesterol just by conducting an eye exam.
5. **Prevent conditions.** Many serious eye diseases often have no symptoms. An optometrist will see the early signs of diseases, such as macular degeneration or cataracts. Early detection is important to prevent serious damage.

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

## SENIOR GRATIOT, INC.

**JENNIFER COOK, EDITOR  
HOWARD POINDEXTER  
VICKIE THUM  
CRAIG ZEESE**

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



**August Word Search**

When you complete the word search, the unused letters in the grid will spell out a hidden message.



By Evelyn Johnson - www.qets.com

- |             |          |         |           |          |
|-------------|----------|---------|-----------|----------|
| Backpacking | Camping  | Family  | Fun       | Peridot  |
| Barbeque    | Canoeing | Fire    | Gladiolus | Sunshine |
| Baseball    | Climbing | Fishing | Hiking    | Swimming |
| Boating     | Crafts   | Friends | Hot       | Travel   |
|             |          |         |           | Vacation |

**Senior Activity Building Donations**

THANK YOU for your gifts received by the Senior Activity Building from March 14, 2020 through July 2, 2020:

GIFTS in GRATITUDE to SAB  
By Jo Jones

In MEMORY of JEAN MAHLER  
By Food with Friends  
Bob & Gail Paradise  
Rosemary Duckworth  
Ken & Nancy Federspiel  
Bill & Linda DeVuyst  
Joan Sparks  
Judith Eichorn

In MEMORY of LOIS POFF  
By Kathy Densmore  
Patty Reeves  
Bruce & Connie Andersen  
Food with Friends  
Sally Martin  
James Seals

In MEMORY of BOB CRIST  
By Food with Friends  
Joyce Raycraft  
Bob & Mary Sullivan  
Sally Martin  
Anonymous  
Howard & Nancy Crites  
Bob & Nancy Smith

In MEMORY of KATHERINE VOJTAS  
By Food with Friends  
Bob & Mary Sullivan  
Bill & Linda DeVuyst  
Joan Sparks  
Sally Martin  
Judith Eichorn  
Howard & Nancy Crites  
Bob & Nancy Smith

In MEMORY of RONALD ZIMMERMAN  
By bob & Mary Sullivan

In MEMORY of MARION WEAVER  
By Bill & Linda DeVuyst

In MEMORY of ELIZABETH BATES  
By Ron Littell

In MEMORY of GARY JONES  
By Willowdean Cassady

In MEMORY of FLORENCE "FLOSSIE" SAURMAN  
By Florence Ann & Jim Farrough

In MEMORY of BOB CHAFFIN  
By Howard & Nancy Crites

In MEMORY of CLARA BOYER  
By Clara Boyer's Family  
Jo Jones

In MEMORY of ROBERT & VERLA SMITH  
ALTON & DOROTHY DURGAS  
By Bob & Nancy Smith

In MEMORY of ARLENE FLEGEL  
By Cleo Flegel

In MEMORY of BOB CHAFFIN  
BOB CRIST  
KATHY VOJTAS  
JEAN MAHLER  
MARIE TAYLOR  
By Linda St. Charles  
(Flowers in the Memorial garden)

In MEMORY of RON COE  
By Kathy Kidd Skinner

**NATIONAL SUICIDE PREVENTION LIFELINE**

1-800-273-TALK (8255)

If you or someone you know is thinking about suicide, call the **National Suicide Prevention Lifeline**.

**Benefits of Peaches**

- weight management
- assists with kidney & liver function
- strenghtens the heart
- boosts immunity
- cancer prevention
- antioxidant rich
- aids in digestion
- boosts immunity
- clears skin
- strenghtens vision



In MEMORY of CLARA BOYER  
By Jo Jones

In MEMORY of MARION WEAVER  
GARY SMITH  
LINDA PRATT  
KIM BEBOW  
By Bob & Nancy Smith

Gifts received at GRATIOT COUNTY COMMUNITY FOUNDATION SENIOR ACTIVITY BUILDING AGENCY ACCOUNT:  
By Mary Humm



**Gratiot Community Senior Center Donations**

May you find comfort in knowing your thoughtful gift has made a difference in the lives of others.

**In Loving Memory...**

**Florence Saurman**  
By Florence Ann & Jim Farrough





# Donations

## Senior Gratiot Newspaper

Mary DePue  
L. Jean Kimball  
Lois Cutting  
George Gibbs  
Shirley Priest  
Shirley Wallace  
Don & Elaine Burns  
Sally Martin  
Barbara Dawson  
Dorothy Pellerito

### In Loving Memory of

Floyd Luke, my son  
By Dean Mitchell

Our Parents  
By Donald & Sherida  
Burch

Willard & Ruth Wolfe  
Allen Rademacher  
By Nancy Rademacher

Alfred Netzley  
By Joan Netzley

Louise Langlois  
Janice (Langlois) Furtaw  
Betty Langlois  
By Alice Howey

Jim (Mort) Morton  
By Mary I. Morton

Aunt Leona Martin  
By Donald & Elaine  
Burns

Geraldine Dancer  
Charles "Don" Smith  
Shirley Brownridge  
By Maynard & Shalimar  
Danks

Kenneth Parling  
By Venetta Parling

## Commission on Aging

Lincoln Rd. United Methodist  
Church  
Gratiot VFW Post 7805  
Joyce Vibber

### In Loving Memory of

Marian Capen  
By Janice King

Gary Smith  
By Betty Schumacher

Jim Pohlman  
Mary Rimmel  
Elizabeth Bates  
Avis Beracy  
Bob Crist  
Pat Shaull  
By Gene & Pat Pitcher

Lawrence Schmitz  
By Jim Schmitz

Gary Lee Smith  
By Will & Linda DeVuyst



August 21<sup>st</sup> is National Senior Citizens Day. This day provides an opportunity to show our appreciation for the senior citizens of our nation and recognize their dedication, accomplishments, and services they have given throughout their lives.

The wealth of knowledge, skill and experience seniors have to offer is invaluable. They are pioneers of science, medicine, psychology, civil rights and much more. The contributions of seniors to communities create better places to live.

Be sure to celebrate the seniors in your lives today and every day.

## This Day in History.... August 14, 1945

On August 14, 1945, it was announced that Japan had surrendered unconditionally to the Allies, ending World War II. Japan's capitulation came several months after the surrender of Nazi Germany and brought six years of hostilities to a final and highly anticipated close.

The December 7, 1941 attack by Japan on Pearl Harbor capped a decade of deteriorating relations between Japan and the United States. This led to an immediate declaration of war on Japan followed by Japan's ally, Germany, declaring war on the U.S. This made the war that had been going on in Europe truly a global conflict. Over the next three years, the Allies waged an increasingly one-sided war against Japan in the Pacific, inflicting enormous casualties while suffering relatively few.

The Potsdam Declaration was issued by the Allied leaders on July 26, 1945, calling for Japan to surrender. If it did, it was promised a peaceful government according to "the freely expressed will of the Japanese people." If Japan did not surrender, it would face "prompt and utter destruction." The Japanese government refused to surrender which led to the first atomic bomb being dropped on the city of Hiroshima on August 6, 1945. Three days later, another atomic bomb was dropped on the city of Nagasaki. The following day, the Japanese government issued a statement accepting the terms of the Potsdam Declaration. In a radio address, Emperor Hirohito urged his people to accept the surrender, blaming the use of the "new and most cruel bomb" on Hiroshima and Nagasaki for the country's defeat.

Images from V-J Day celebrations around the United States and the world reflected the overwhelming sense of relief and exhilaration felt by citizens of Allied nations at the end of the long and bloody conflict.

Japan's formal surrender took place on September 2, 1945 aboard the U.S.S. Missouri, anchored in Tokyo Bay.

