



Commission on Aging Updates

The Commission on Aging is slowly getting back into our routine of providing services to those in need. We continue to provide Home Delivered Meals on Mondays, Wednesdays, and Fridays as well as window washing and small home chores and repairs.

Our In-Home Services, which include Personal Care, Respite Care and Homemaking will resume on July 1st and our aides cannot wait to see all of your friendly faces. Should you be in need of the services mentioned above, please contact our office.

Our Food with Friends sites remain closed and we anticipate the closures will remain in place for the next few months. Alyssa, Jo, Irene, Cindy, and Pat have been a tremendous help with meal preparation and delivery. They have a new appreciation of what goes on with the food prep prior to serving it at their FWF sites.

Should you have any questions, needs or concerns, please do not hesitate to contact our agency. We look forward to serving you and please stay safe.

The staff from the Food with Friends sites in Gratiot County would like to let their attendees know how much they are missed. You are thought of often and the staff is looking forward to the time that we can all be together again, even if the way we gather looks different.

Alyssa, Jo, Irene, Cindy & Pat

SENIOR GRATIOT

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Gleaner Donation to Commission on Aging Honors Janet Holt

Janet Holt, a familiar volunteer for the Commission on Aging (COA), was honored recently (in February) with the Gleaner Senior Community Volunteer Award, presented by Harmony Arbor #273, St. Louis. Janet was recognized for her commitment to helping in her church community, volunteerism throughout the COA program and aiding many other local organizations and activities. Janet chose to donate her award to the COA's Home Chore/Home Repair Department. This donation was accepted by Sue Koch, Coordinator of Volunteers for COA.

Thank you, Janet



Like Gratiot County Commission on Aging
On Facebook & Twitter



Coronavirus Scam Alert

Michigan Attorney General Dana Nessel has issued a consumer alert reminding residents to be aware of online coronavirus disease 2019 (COVID-19) scams selling bogus products and providing false information on tests and treatments.

Scams related to COVID-19 are climbing with the continued confirmations of positive COVID-19 cases in the United States. These attempts to obtain the personal information of consumers include online posts pitching unreliable products, advice, fake tests and cures to prevent the spread of COVID-19.

Online offers are selling masks - that reportedly are not being delivered - to consumers while using misleading language to convince them to purchase. The CDC has repeatedly warned that wearing a mask does not protect people who do not have the virus from getting COVID-19.

Nessel also warns Michigan residents that misinformation about COVID-19 symptoms and treatment falsely attributed to a "Stanford Hospital board member" is being widely circulated on social media. The post falsely claims that people may not show symptoms for several days, but can "test" whether they have COVID-19 simply by holding their breath for more than 10 seconds - and if you can comfortably hold your breath without coughing, you probably don't have the virus. The post further recommends sipping water every 15 minutes to wash the virus into your stomach where stomach acid kills it, to prevent the virus from entering your windpipe and lungs. **Stanford University warns that this email did not come from Stanford Medicine** and contains inaccurate information.

The Attorney General's office is reviewing a high volume of consumer complaints and calls related to price-gouging and scams centering around COVID-19. Consumers are encouraged to continue filing complaints with the Attorney General's office and the Attorney General's Consumer Protection webpage is always available as a resource for consumers to turn to

If you believe you are the target of a scam, hang up the phone and verify the caller independently. **Do not give out any personal information** unless you have confirmed who you are talking to is actually who they claim to be.

To report a scam, **file a complaint**, or get additional information, contact the Consumer Protection team:



Consumer Protection
P.O. Box 30213
Lansing, MI 48909
517-335-7599, Fax 517-241-3771
Toll Free 877-765-8388

Online Complaint form:
www.michigan.gov/agcomplaint

COA Window Washing

With warmer weather just around the corner, it is time to be thinking about washing your windows. Our maintenance crew can get your windows washed for you. There is no charge for this service, but donations for labor are encouraged.

This is an extremely busy time of year for Dan and his crew. If you call in a request for windows to be washed, please be patient. Our staff will get you on the schedule as soon as possible. If you have additional jobs that you would like done at the same time, please let us know what those are when you call. This will assist Dan in planning the work schedule.

Call Commission on Aging at 989-875-5246 for more information, or to place your request.



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.



National JULY Ice Cream Month



Driver Safety

The AARP Driver Safety class that was scheduled at the Commission on Aging on July 30, 2020 has been cancelled by AARP. They have cancelled all classes that were being taught in person through 2020. At this time, AARP is planning to resume the in person classes beginning in January of 2021.

Any additional information received from AARP regarding classes will be published in the Senior Gratiot. Your understanding is appreciated.



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

SENIOR GRATIOT, INC.

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

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Senior Gratiot Subscription/Donation

Please check: New Subscription Renewal Change of Address

Temporarily Away **Stop Date:** _____ **Restart Date:** _____

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Address: _____

City: _____ Zip: _____

Phone Number: _____ DOB: _____

Temporarily Away Address (use only if wish to receive the paper while away)

Name: _____

Address: _____

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

Senior Activity Building Donations



THANK YOU for your gifts received by the Senior Activity Building from February 11, 2020 through March 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)
Coleen Trexler
Gratiot VFW Post #7805
A-Tractive Tractor Club of Central Michigan
Saturday Potluck Group

GIFTS in GRATITUDE to SAB
By Howard & Nancy Crites
Chuck & Karen Emery
Jo Jones

In MEMORY of DORIS JEAN BROWNE
By Marci & Mike Browne

In MEMORY of MARLENE HALE
By Marci & Mike Browne

In MEMORY of BOB CHAFFIN
By Bill & Linda DeVuyst
David & Janet Gault
Lyle Rausch
Bob & Mary Sullivan
Dick & Phyllis Schleder
Joyce Beard
Mary Gabriion & Family
Linda Oswald

In MEMORY of DOROTHY HOFFER
By Bernard & Linda DeVuyst

In MEMORY of BOB MOORE
By Bob & Mary Sullivan

In MEMORY of DONNA CURTIS
By Janet Gault

In MEMORY of MARIE TAYLOR
By Bob & Mary Sullivan

In MEMORY of CYNTHIA WATSON
By Joyce Beard

In MEMORY of LLOYD BRANDAL
FLOYD BRANDAL
(On their birthday)
By Barb Kench

In MEMORY of LARRY GABRION
GAVIN GABRION
ANN GABRION HULL
By Mary Gabriion

In MEMORY of EMMA ROBERTS
By Dolore Pruitt

In MEMORY of DENZIL ALLEN
By Rebecca Allen

In HONOR of BOB CRIST
By Dean & Vicki Parling

In MEMORY of BOB MOORE
Good Company Agency Account
By Jo Jones & Family

In MEMORY of LOIS POFF
By James Seal

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



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**.

Senior Project Fresh/Market Fresh Program 2020

There are still a few coupon booklets available for this years Senior Project Fresh/Market Fresh Program. The coupons can be used at various farmer's markets in the area to purchase fresh produce. If you may be interested in the program or have questions, please contact Sarah McClung, 989 -875-5286. She will be able to answer any questions you have and get you registered. **You must meet the eligibility requirement below:**

- ⇒ Must be 60 years of age or older
- ⇒ Must live in Gratiot County
- ⇒ Must have a total household income of 185% of poverty or less. (One person \$1967/month; two people \$2657/month)

There is no class required this year and the coupons will be distributed in the parking lot using a drive-through system. The date and time of this distribution will be determined at a later date and you will be contacted by Sarah with that information. If you are unable to pick up the coupon booklet, you may designate a proxy to pick them up on your behalf.



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 March 13th, 2020 to April 13th, 2020.

In Loving Memory...

Lenore Muscott
By Wayne & Joyce Fisher

Bart Barton
By Reg & Becky Fleury
Rick & Vicky Johnson

DONATIONS

Senior Gratiot Newspaper

E. Jane Brown
Pam Dougherty
Nancy Hodges
Kenny Wymer
Mary Slagel
Wanda O'Boyle
Irma Conn
Judy Lemmer
Marilyn House
Angela E. Cooper

In Loving Memory of

Robert Cassady
By Willowdean Cassady

Delores Massar
By Theodorus Massar

Florence Saurman
By Florence Ann & Jim
Farrough

Ronald Kanine, Husband
Sharon Kanine, Daughter
Jack Kanine, Son
By Goldie Kanine

James K. Riley
Edith M. Johnson
James F. Riley
Irene E. Riley
Diana M. Riley
By Larry W. Riley



Bill Stuckey
Jim & Virginia Wisheart
By Barbara R. Stuckey

John & Irene Nemeth
Martin & Mary Nemeth
By John J. Nemeth



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Commission on Aging

Dennis Maloney
Senior Activity Building Board,
Inc.
St. Louis Correctional Facility
Casual Day Participants
Sue & Robert Shinabery
Lincoln Rd. United Methodist
Church
Barbara Ingalls
Wanda O'Boyle

In Loving Memory of

Elizabeth Ann Bates
By Karlene Kerkes
Frank Kerkes
Cindy & Steve Moon
Dave & Betty Shappell,
Sister

Tony Smolka
By JoAnn Smolka

Florence Saurman
By Florence Ann & Jim
Farrough

William (Bill) O'Boyle
By The O'Boyle Family

Dr. John Allen
Joel Colbry
Bob Crist
Jan Felton
Ruth Foglesong
Thomas McClintic
Lenore Muscott
Rose Price
Mary Rimmel
Anne Shaul
Marie Taylor
By Alan & Alice Schafer

Gary L. Smith
By Don & Kathy Borowy

Jim Pohlman
By Mary Ann Punke
Mike & Sue Doherty
Julie Rau

Repeating Questions & Dementia

By Sherri Florez, Program Coordinator

Alzheimer's and dementia damage the brain and cause a person to experience the world in different ways. So, when we hear "I want to go home" over and over, it is often a request for comfort rather than literally asking to go somewhere.

The most kind thing to do is to meet them where they are, focus on comfort and reassurance, and respond to the emotions behind their request. The goal is to reduce your older adult's anxiety or fear so they can let go of the idea. Helping them to calm down also gives you a chance to check if discomfort, pain, or a physical need is causing this behavior.

Below are three suggestions to assist with responding to the statement "I want to go home". These suggestions will put you on the right track, but it is a good idea to get creative and come up with responses that are tailored for your older adult's history, personality, and preferences.

Reassure and comfort to validate their needs

Sometimes saying "I want to go home" is how your older adult tells you they are tense, anxious, scared, or in need of extra comfort. By responding in a calm and positive manner, you will validate their needs and feelings. This helps them feel understood and supported.

If they like hugs, this is a good time for one. Others may prefer gentle touching or stroking on their arm or shoulder or simply having you sit with them. Another way of giving extra comfort and reassurance is to give them a soothing blanket, therapy doll, or stuffed animal.

Avoid reasoning and explanations

Trying to use reason and logic is not recommended when someone has a brain disease. It will only make them more insistent, agitated, and upset. Do not try to explain that they are in their own home, assisted living is now their home, or they moved in with you three years ago. They will not be able to process that information and will feel like you are not listening, you don't care, or that you are stopping them from doing something that is important to them.

Validate, redirect, and distract

Being able to redirect and distract is an effective dementia care technique. It is a skill that improves with practice, so do not feel discouraged if the first few attempts don't work perfectly. First, agree and validate. Agree by saying something like "Ok, we will go soon" or "That's a good idea. We'll go as soon as I clean up these dishes". This calms the situation because you are not telling them they are wrong.

After agreeing, subtly redirect their attention. This redirection should lead into pleasant and distracting activities that take their minds away from wanting to go home. For example, you could gently take their elbow while saying "Ok, we will go soon" and walk down the hall together to a big window or to the kitchen. Later, casually shift to another activity that is part of their daily routine. You could also ask them about their home which validates their feelings, encourages them to share positive memories, and distracts them from their original goal of going home. Open questions that encourage them to share their thoughts work well. For example: your home sounds lovely, tell me more about it; what is your favorite room of the house?

The above suggestions can be used for any moment where anxiety has increased and a person is uncomfortable.

Thank you  you