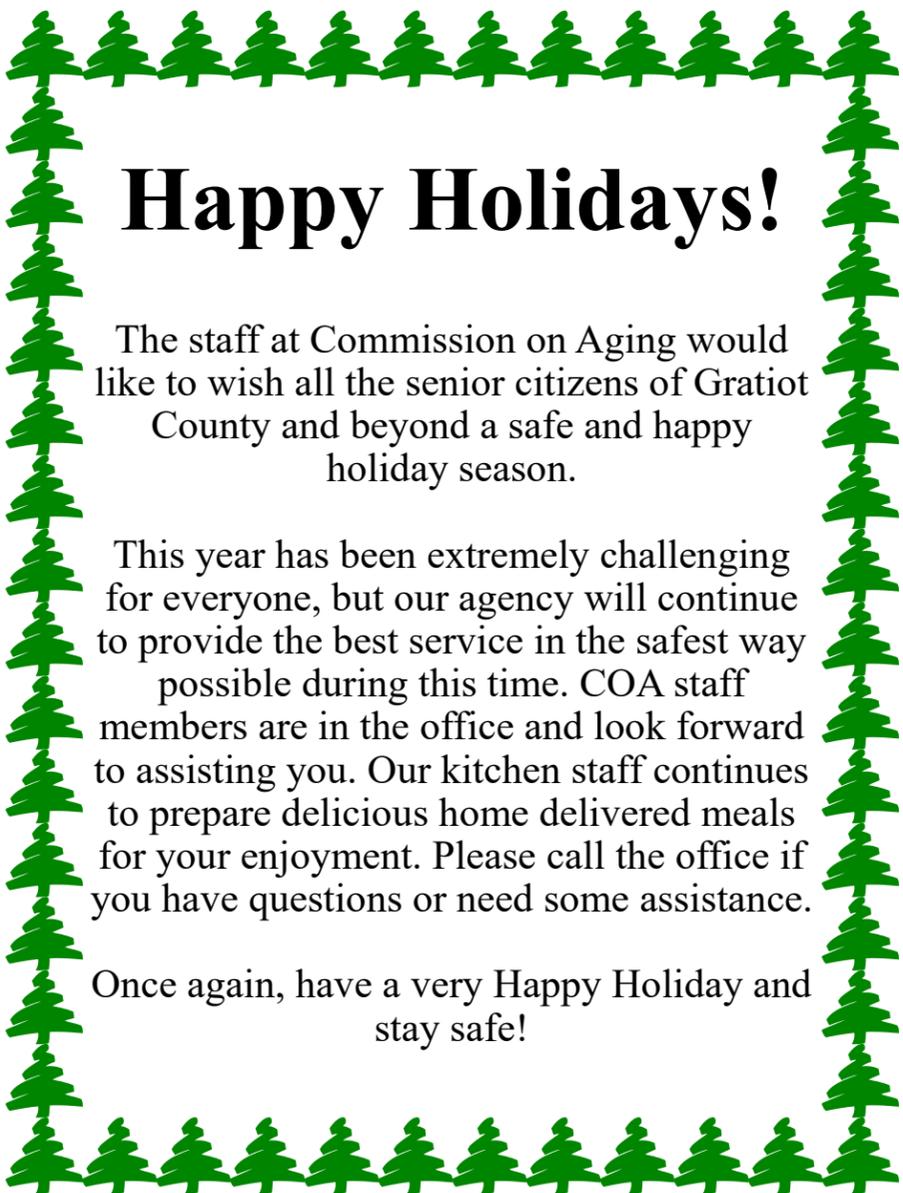




DECEMBER



Happy Holidays!

The staff at Commission on Aging would like to wish all the senior citizens of Gratiot County and beyond a safe and happy holiday season.

This year has been extremely challenging for everyone, but our agency will continue to provide the best service in the safest way possible during this time. COA staff members are in the office and look forward to assisting you. Our kitchen staff continues to prepare delicious home delivered meals for your enjoyment. Please call the office if you have questions or need some assistance.

Once again, have a very Happy Holiday and stay safe!

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

December 2020
Volume XLV
Number 12

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

2021 Medicare Part A & B Premiums and Deductibles

Each year the Medicare premiums, deductibles, and coinsurance rates are adjusted according to the Social Security Act. The increase in Social Security for 2021 is 1.3% which was announced earlier this year.

For 2021, the Medicare Part B monthly premiums and the annual deductible are higher than the 2020 amounts. The standard monthly premium for Medicare B enrollees will be \$148.50 in 2021, an increase of \$3.90 from \$144.60 in 2020. It was also announced by the Centers for Medicare & Medicaid Services (CMS) that the annual deductible for all Part B beneficiaries will be \$203 in 2021. This is a \$5 increase from the annual deductible of \$198 for 2020. After that point, Medicare pays 80% of the Medicare approved amount.

Medicare Part A. covers inpatient hospital coverage, skilled nursing facility coverage, and some home health care services. Approximately 99% of Medicare beneficiaries do not pay a Part A premium since they have at least 40 quarters of Medicare-covered employment. The inpatient hospital deductible that beneficiaries pay when admitted to the hospital will be \$1,484 in 2021, in increase of \$76 from \$1,408 in 2020 under Part A. This deductible covers beneficiaries' share of costs for the first 60 days of Medicare-covered inpatient hospital care in a benefit period. For days 61 through 90 of hospitalization, the coinsurance amount is \$371 and \$742 per day for lifetime reserve days. For beneficiaries in skilled nursing facilities, the daily coinsurance for days 21 through 100 of extended care services in a benefit period will be \$185.50 in 2021 up from \$176 in 2020.

If you have any questions, please contact Sarah McClung, the Gratiot County MMAP Coordinator, at the Gratiot County Commission on Aging, 989-875-5246.

Information from CMS 2021 Medicare Part A & B Premiums and Deductibles Announced



A Jamaican dinner fundraiser for Home Delivered Meals was held at Pins Bar & Grill, Ithaca in September 2020. The event was hosted by Bobby Smith and Diane Klich Johnson, who both worked to prepare the delicious meals. Thank you!



Like Gratiot County Commission on Aging
On Facebook & Twitter



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: _____

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation: \$10.00 _____ \$15.00 _____ \$20.00 _____ 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

The **Senior Gratiot, Inc.** organization is operated exclusively for charitable purposes, within the meaning of Section 501 (c)(3) of the Internal Revenue Code to encourage and assist with the provision of programs and services for older adults in Gratiot County operated in cooperation with the Gratiot County Commission on Aging.

Suggested contribution to Senior Gratiot: **\$20.00 per year** helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

Address Changes: Senior Gratiot is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office.

Please notify the COA office using the form at the left each time you request a change to assure we record changes correctly. Thank you. Your assistance with this helps to keep the costs down.

Snow Removal Service

Winter is coming and snow is on the horizon. The Commission on Aging's Home Chore department is ready to assist the seniors of Gratiot County with shoveling the snow.

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

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



Commodity Food Distribution Date

Commodities distribution will be on **Friday, December 11 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 \$1,383; income per couple not to exceed \$1,868 monthly. (To confirm income guidelines, please call Eight Cap.) Anyone interested in the program must 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.**



Senior Activity Building Information

By Jo Jones

The Senior Activity Building Board, Inc. has held its monthly meetings by phone during the pandemic. The officers for the 2020-2021 elected at the November 17th Board meeting will be announced in the January issue of the Senior Gratiot as they were elected after the submission date for this issue.

To contact a member of the Board, please phone the Commission on Aging to leave a message for Jo Jones. The number is 989-875-5246.

We ALL miss being together in our Senior Activity Building. **STAY WELL!!**



To date,
J&J Party Store
has donated \$8,251.43 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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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

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

- | | | | |
|-------------|-------------|--------------|--------------|
| Angel | Christmas | Cookies | Crackers |
| Decorations | Elves | Family | Friends |
| Gifts | Gingerbread | Grinch | Jingle Bells |
| Jolly | Merry | Nativity | North Pole |
| Presents | Reindeer | Santa Clause | Scrooge |
| Sleigh | Snowflakes | Tree | |



If you dropped something when you were younger, you just picked it up. When you are older and drop something, you stare at it for a bit contemplating if you actually need it anymore!



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.



Holiday Planning During COVID-19

Since the beginning of the COVID-19 pandemic, holiday and special event celebrations have changed dramatically. This will be the first time many people have had loved ones not attend family gatherings. People who live alone or far from family, or who have lost loved ones, may find holidays especially difficult. A variety of emotions can be triggered because of the changes to celebrations.

The most important thing is to take care of your mental health during these times. Try to incorporate some new things in your planning for the holidays:

- ♥ Adapt to social distancing by considering a virtual dinner.
- ♥ Hold a small event outside if at all possible, making sure everyone wears masks and maintains social distancing
- ♥ Honor your loved ones with a special centerpiece or candle.

One of the best ways to protect your mental health is to build your resilience skills. Here are some tips to use your strengths and build your resilience:

- ♥ Keep connected by staying in touch with positive and supportive people, even if you cannot see them in person. Write a letter, send an e-mail, or make a phone call.
- ♥ Recharge your batteries by allowing yourself time every day to do something you like. Taking time to engage in a pleasant activity or hobby will give you a positive lift.
- ♥ Keep your sense of humor by seeking out things that make you laugh.
- ♥ Practice gratitude by focusing on the things your are grateful for every day like loved ones and nature.

The changes you are experiencing this year can be hard, but change is not always bad. Find creative ways to adapt or start new traditions. They may even add more meaning to your holiday season.

Memorials

Cecil Gunderman
Sally & Lawrence Foote

Jim Richards
Jane Anderson Beach

Joseph Zsoter
Irma Conn
Karan Jensen

Chester J. Richards
Jan & Tom Trionfi
Diantha Hicks
Dave, Becky, Devin, Brandi,
Kurt, & Kris Adams and
Family

Arthur & Clara St. Pierre
Thomas Zamarron
Tom (Butch) Zamarron
Larry Zamarron
Mary Zamarron

Donald Smith
Nellie Litwiller
Dan Zamarron
Bob Crist
Jack Antes
Geneva Foster
Darvis & Pam LaVoy

Stan & Fran Nesen
Marion Miller
Pamela Miller

For Senior Gratiot

Jim Norris
Veronica and Family

David Norris
Mom and Family

Ray & Edith Webber
Ryan Michael LaVoy
Darvis & Pam LaVoy

Don Dewey
Richard & Rosemary
Kaufman

Bill Stuckey
Jim & Virginia Wishart
Barbara Stuckey

Robert Reeves
Carol Reeves

Jim Martin
Larry Dobson
Trenton & Janet Wilhelm

Frank & Madge Oomen
Doug Oomen
Patricia McCreery

Harlan & Pearl Northrup
Bertha Lueth

Bill & Goldie Smith
Keith & Frances Foster
Ruth L. Smith

Lila & Fred Decker
Paul & Donna Erskine

Margaret VanAlstine
Thomas VanAlstine

Shirley & Sam Ortisi
Tom Mueller

Vinola Martin
Nancy Francetic

Pete Schneider
Kay Brown

Josephine Carmen
Sandra Schroeder

Doris Jean Browne
Bill Bushy
Ois Browne, Jr.
Reg Guliek
Dave & Vicky Browne

Marion E. Brown
Joanna C. Brown

Jean Bush
Tim & Rachel Musselman

Betty Woods
Ted Woods

Helen Sadilek
Mary Rohde

Honorariums

The MMAP Program
Sue Koch

Gratiot County Volunteers
Jo Ward

Sarah McClung
Richard & Janace Mizer

Jo Jones
Jerry & Patricia Palek

COA Donors

Senior Activity Building
Board
Immanuel Evangelical
Lutheran Church Care in
Congregation Fund
Marty Peet

Jim & Janet Warthman
Ann Cates
Aleatha Foote
Judith Bovee
Larry Trexler
Barbara Mephram

Senior Gratiot Donors

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Marlene & Danny McGuirk
George & Linda Weburg

Donna Surbrook
Sharon Reavis
Virginia Brauher
Eva Zavala
Bob & Linda Monroe
Judith Bovee

*Thank you for your support
and generous donations.*

Senior Activity Building Donors

Volunteers, named and un-
named, who completely care for
the Building during this pan-
demic while our Building is
closed.

Memorials

CHARLES FEDERSPIEL
Ken & Nancy Federspiel
Mike & Mary Federspiel
Amy & Britt Roberts
Sharon Eby

JEAN MAHLER
Doris Edgar
Bill & Linda DeVuyst

BOB CRIST
Bill & Linda DeVuyst

JANET ABBOTT
Richard Abbott

LESTER ELLIOTT
Bill & Linda DeVuyst

NEIL SOMERS
Barb Kench

Honorarium

JO JONES
Doris Edgar

For SAB

Jo Jones

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

