



We welcome the year 2021 with open minds and visions of getting back to our regularly scheduled activities in the coming months. Thank you so much for bearing with us as plans and programs were adjusted in order to provide safe services to those in need.

As for services, we could not have provided any without our dedicated volunteers, home health aides, and home chore crew. These individuals stepped up to the challenge, which allowed our agency to continue providing meals, in-home services, and home chore/home repairs during the past several months. In addition, our board members remained active in our decision making and our staff continued to come to work daily to face the next adversity head on, without hesitation. We are beyond thankful to be in a position to move into the next phase with our dedicated team and look forward to making a difference in the lives of those we serve.

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

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

Homestead Property Tax & Home Heat Credit Information

Change to Scheduling

In the past, Commission on Aging has held clinics to assist Gratiot County seniors with the preparation of their Homestead Property Tax Rebate and/or Home Heating Credit forms. Due to the current health crisis caused by COVID-19, the Gratiot County Commission on Aging has decided to *delay* holding rebate clinics. This decision was made to ensure the safety of our clients, volunteers and staff.

At this time, you may contact the Gratiot County Commission on Aging office at 989-875-5246 to have your name placed on a waiting list. You will be contacted as soon as the clinic dates have been determined. We appreciate your understanding and patience. If you have any questions, please call the office.



January is National Bathroom Safety Month. According to the CDC, the bathroom is one of the most dangerous places in the home, especially for those over 65. Improving the safety of your bathroom can help in maintaining independence. Here are a few tips that might assist you in making the bathroom safer:

- Make sure there is plenty of light both in the bathroom and on the pathway to the bathroom. Install night lights if necessary.
- Put down a non-slip bath mat or rug beside the tub/shower.
- Prevent a fall by putting no-slip strips or mats in the tub/shower.
- Install a hand held shower head.
- Install grab bars both inside and outside of the shower/tub area.
- Use a transfer shower bench or shower chair in the tub/shower.
- Consider installing toilet bars to assist in using the toilet.

There is no way to guarantee a fall won't happen, but taking some of the steps above can help minimize the risks and maintain independence. If you are considering making some changes, please contact the Commission on Aging as we can provide transfer benches, shower chairs, hand held shower heads and grab bars. Grant dollars from the Gratiot Community Foundation as well as Region VII Area Agency on Aging were utilized to purchase the equipment. The Home Chore department can install the hand held shower and may be able to install the grab bars for you provided you meet their criteria for installation. Donations for the equipment installations are accepted but not required. Please call to determine how we may assist you, 989-875-5246.



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 snow blowers 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 **Monday, February 22, 2021**. 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**

Senior Activity Building Information

By Jo Jones

The Senior Activity Building Board Inc. has conducted its monthly meetings by phone during this pandemic. The officers for the 2020-2021 SAB Board were elected at the November 17th Board meeting. The officers are as follows:

- ⇒ President, Larry Ringle
- ⇒ Vice President, Mary Humm
- ⇒ Secretary, Diane Yonker

Mary Sullivan was appointed Treasurer and Jim Wideman and Nancy Smith will serve with the elected officers on the Executive Committee during this fiscal year.

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

We ALL really do miss being together in our Senior Activity Building. Our wish for the New Year is that you **STAY WELL** and that we will be able to gather in our Building at some time in 2021, whenever it is safe for us to do so!

To date,
J&J Party Store
has donated **\$8,401.43** 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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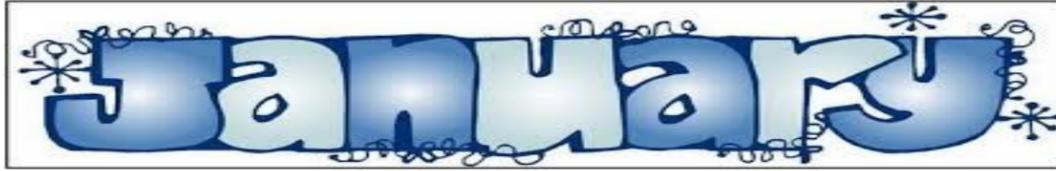
Afternoon Grief Support Group

CANCELLED UNTIL FURTHER NOTICE DUE TO COVID-19

Foster/Adoptive/Relative Care Support Group

CANCELLED UNTIL FURTHER NOTICE DUE TO COVID-19

Home Delivered Meal Menu



Home Delivered Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Milk provided with all meals Suggested Donation \$2.50	2021 Happy New Year			CLOSED 1 
American Goulash Winter Blend Beets Broccoli Tropical Fruit Wheat Bread 4	5	Beef and Noodles Spinach European Veggies Tapioca Pudding Wheat Bread 6		Baked Ham Whipped Sweet Potatoes Tossed Salad Citrus Fruit Cup Dinner Roll 8
Smothered Chicken Squash Brussel Sprouts Pears Wheat Bread 11		Lemon Pepper Chicken Whipped Potatoes/Gravy Peas Cranberry Mousse Wheat Bread 13		Macaroni & Cheese Mixed Vegetables Tossed Salad Peaches Wheat Bread 15
CLOSED 18 	19	BBQ Meatballs Redskin Potatoes Peas & Carrots Berry Fruit Cup Wheat Bread 20	21	Chicken Nuggets Potato Rounds Broccoli Wheat Bread 22
Chop Suey Brown Rice European Vegetables Applesauce Wheat Bread 25		Spanish Chicken Broccoli/Cauliflower Coleslaw Apple Crisp Wheat Bread 27	28	Pulled Pork Green Beans Corn Mandarin Oranges Hamburger Bun 29

Menu is Subject to Change Without Notice

PLEASE CALL (989) 875-5332 TO CANCEL

Milk provided with all meals

Senior Activity Building Donors

Volunteers, named and unnamed, who completely care for the Building during this pandemic while our Building is closed.

Memorials

Larry Houlden
Bob & Nancy Smith
Mason Buckingham
Marsha Richmond
John & Lori Misenhelder
Gary & Marilyn Shaw
Nancy Walker
Judith Wuse
Jerry & Linda Collison
Bill & Linda DeVuyst
George & Linda Weburg
Kim & Ellie Newson
Wilbert Plankernhorn, Jr.
Ronald & Connie Weller
Duane & Cheryl Munday
Linda Crumbaugh
Gloria Richie

Larry Houlden
Brenda Whitmore
Ed Whitaker
Gary & Susan Dean
Matt Thomas
Brad & Nancy Harlow
Dick & Nancy Davis
Daniel & Kristie Falor
Charles & Marie Misenhelder
Eric & Darcy Siler
Rhonda Brandal
Janice Helman
Central Asphalt, Inc.
Ron Littell

Lester Elliott
Bob & Nancy Smith

Arlene Flegel
Cleo Flegel

Fred G. Jones
Many Senior Friends
Jo Jones

Bob Crist
Chuck & Marty Wieferrich

Jerry Johnson
Chuck & Marty Wieferrich

Mom, Emma Troub
Gail Paradise

Roger Huych
Karen Schall
Beth Bates
Jean Mahler
Dick Braman
Kerry Falor
Jack Cornwell
Sharon Carman
Davis & Pam LaVoy

Honorarium

Jo's Senior Friends
Jo Jones

For SAB

Howard & Nancy Crites
Mary & Bob Sullivan
Jo Jones

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



Memorials

Commission on Aging

Anna Marie Lamoreaux
Nona Lehmkuhle

Chester James Richards
Linda Richards
Rocky & Sam King
Marie & Mike Dancer
Nancy & Bob Enders
Craig Zeese
Larry Richards & Family
Lonnie Richards & Family
Dana & Mark
Lunch Bunch
Dorothy & Bill Allen
Barbara K. Gripton

Larry Houlden
Journey Federal Credit
Union Staff & Board of
Directors

Allen Cooper
Vivian Cooper

Mary Elizabeth Gabrion
Timothy Hull

Richard & Sandra Flegel
Ronald Littell

Larry Mott
Lois Coston
Joan Sparks

Stanley & Fran Nesen
Martha Moore

Phil Raske
Jan Brenner
Rick Brenner
Gleaner Harmony Arbor
#273

Larry Houlden
Lenore Muscott
Dr. Hal Williams
Pat VanAtten
Larry Mott
Charlene VanHaften
Fran & Stan Nesen
Don Dewey
Judy Roslund

Lola Rodriguez
Raquel Brown

Chester (Jim) Richards
Barbara Stuckey

Senior Gratiot

Bob Cooper
Angela Cooper

John & Betty Crispin
Ward & Wava Anderson
Ken & Pat Anderson

David Norris
Mom and Family

Larry Mott
Robert & Mary Watson

Helen & Lloyd Brandal
Uncle Floyd Brandal
Barbara Kench

Christina Romero, Daughter
Gary & Judy Zimmerman

Geraldine "Gerry" Doepker
Maria Ayris
John & Dianne Ayris

Marion Kapen
Janice King

Stan & Fran Nesen
Phil Raske
Larry Mott
Richard & Joyce Colbry

Lyle & Agnes Kenney
Kenneth & Dorthy Terry
Howard & Mary Kenney

Larry Ackels
Andrea Ackels

Hershel & June Powell
Orville & Wilma Russell
Ginger Vetter

Charles Agle
Judy Gilbert
Logan Charles Agle
Darold Agle
Gwen Durham
Joyce Agle



COA Donors

Marty Peet
Elizabeth & Douglas Hamilton
Gratiot VFW Post 7805
Wendy & Scott Cary
Alice McCrory
Janelle Olson
Isabella Bank
Anonymous

Lincoln Rd. United Methodist
Church
Mavis Lippert
J & J Party Store and Patrons
Zelda & Karel Whitfield
Joanne Hayward
James & Ida Hall

Senior Gratiot Donors

Ken & Rochelle Ruedger
Bernard Bessert
Nona Lehmkuhle
James C. Johnson
Marty Wieferrich
Martha Moore
Peggy Jo Trgina
Kendall & Marlene Foster
Norma Moeggenborg

Don & Patricia K. Gates
Dan Foster
Howard & Nancy Crites
Jack & Avis Ginther
Donald Reithel
Phyllis Tannehill
CJ Orlich
Barbara Gibson

*Thank you for your support
and generous donations.*



Honorariums

Home Delivered Meals
Lillian Chapko

Shirley Wallace
Joyce Agle

The First Church of God,
Alma
Joyce Agle

Gratiot Community Senior Center

Memorials

Elsie Bigelow
Heather Court Residents

Jeffrey Ruedger
Jason Ruedger
Maynard & Lois Netzley
Ken & Rochelle Ruedger

Elsie Bigelow
Phil Raske
Bob Crist
Larry Mott
Roberta Charney

Lyle Hansen
Avis Batchelder
Tom & Alma Chovanec
Annette Hansen