

MARCH

COVID-19 VACCINATION ASSISTANCE



Gratiot County residents who are 60 years of age and older can contact the Gratiot County Commission on Aging for assistance with scheduling an appointment for their COVID-19 vaccine. For assistance please call:

(989) 875-5246

Online registration for COVID-19 vaccination clinics from MidMichigan District Health Department, Spectrum Health, MidMichigan Medical Center of Gratiot, Sparrow, McLaren Health Care, Meijer, and West Michigan Vaccine Clinic in Grand Rapids can be found here, along with additional COVID-19 information: www.mmdhd.org/covid-vaccine-information



Gratiot Office
151 Commerce Dr.
Ithaca, MI 48847

SENIOR GRATIOT, INC
515 S. Pine River
Ithaca, MI 48847
989.875.5246
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Bridge To Belonging

Loneliness can affect anyone, at any age. Chronic loneliness can have profound negative effects on both physical and mental health. It can be worse than obesity and lack of exercise. In addition COVID-19 has increased social isolation and led to a number of new challenges.

MidMichigan Health is offering a free, five week workshop for seniors focusing on loneliness and social connections. Join Behavioral Health Therapist, Meghan Dahl, L.M.S.W. as she presents this workshop, entitled Bridge to Belonging. There are many things we can learn to help decrease the feeling of loneliness. Topics explored:

- ◆ Increasing positive behaviors
- ◆ Addressing negative thought
- ◆ Challenging social anxiety
- ◆ Relaxation strategies
- ◆ How to practice these ideas while living with COVID-19 lifestyle changes

This workshop begins Tuesday, March 16, 2021, at 2:00 p.m. and will last an hour. Registration is required to attend. To register, visit midmichigan.org/bridge or call 989-839-1609.



Home Heating Rebates & Property Tax Credits

Appointments are being scheduled for clients who need assistance with the preparation of their Home Heating Rebates and Property Tax Credits. We are not allowed to meet face to face for appointments, however, we have a way to assist you. Please call Commission on Aging, 989-875-5246, to schedule your appointment.

Legal Assistance

Region VII Area Agency on Aging has taken over for Lakeshore Legal Aid, providing legal assistance to older adults in our community. If you need legal assistance, contact Region VII's Legal Department, 800-858-1637.

Region VII Area Agency on Aging



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

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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.

Senior Activity Building Information

By Jo Jones

The Senior Activity Building Board Inc. has conducted its monthly meetings by phone during this pandemic. The Board members, along with Linda St. Charles and Jo Jones invite you to come to a "Drive-Through" to say HELLO on Friday, March 12, 2021. The time for this event is anytime from 1:00-2:00 p.m. Sadly, we have not been able to be together in our Building for one year on March 13th. We do look forward to this opportunity to greet you!

We still can not be together inside of our building, so our Board members will be at least 6 feet apart standing by the side of the driveway to greet you as you come through our "Drive-Through". Please enter by driving into the driveway that brings you to the front door. You will continue to drive around to exit using the drive next to the Industrial Park. Please stay in your car, wear your masks, and we will thank you with a treat!

To contact a member of the SAB Board, please phone the Commission on Aging to leave a message for Jo Jones, 989-875-5246. Jo or a member of the SAB Board will be happy to return your call.

Our March wish for you is that you STAY WELL and that we will be able to gather inside of our Building sometime in 2021, whenever it is safe for us to do so!

HAPPY ST. PATRICK'S DAY TO YOU!



Commodity Food Distribution Date

Commodities distribution will be on **Monday, April 26, 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 p.m.**



March 14, set your clocks ahead 1 hour. Don't be late!



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

To date, **J&J Party Store** has donated \$8,401.43 to the HDM program at the Commission on Aging!

Home Delivered Meal Menu



Home Delivered Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak Whipped Potatoes Coleslaw Mixed Fruit Cup Wheat Bread	2	3 Spaghetti Winter Blend Apricots Garlic Toast Whole Grain Cookie	4  MARCH 4TH NATIONAL HUG A G.I. DAY	5 Egg & Cheese Casserole Stewed Tomatoes Redskin Potatoes Fresh Orange Cinnamon Roll
8 Hamburger Company Potatoes Lettuce and Tomato Apricots Hamburger Bun	9 	10 Baked Chicken Redskin Potatoes Mixed Vegetables Citrus Fruit Cup Wheat Bread	11	12 Potato Crunch Pollock Winter Blend Tossed Salad Leprechaun Fluff Wheat Bread
15 American Goulash Kyoto Vegetables Broccoli Pears Wheat Bread	16	17 Meatloaf Corn and Lima Beans Multi Bean Salad Michigan Fruit Cup Wheat Bread	18 	19 Baked Ziti Carrots Brussel Sprouts Applesauce Wheat Bread
22 Meatballs Brown Rice Capri Blend Vegetables Coleslaw Pineapple Wheat Bread	23  NATIONAL PUPPY DAY MARCH 23	24 Sloppy Joe on Bun Green Beans 24 Hr Cabbage Slaw Peach Crisp	25	26 Macaroni & Cheese Carrots Stewed Tomatoes Rice Pudding Wheat Bread
29 Cabbage Roll Casserole Corn Beets Apricots Wheat Bread	30	31 Chicken Pattie/Bun Scalloped Potatoes Peas and Carrots Peaches	Milk Provided with all Meals Suggested Donation is \$2.50	

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.

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

Memorials

Doris Jean Browne
Garold Browne

Ed Ringle
Dill & Linda DeVuyst

For SAB

Bill DeVuyst
Jo Jones

Mary Humm

Honorarium

Jo Jones
Cynthia Jones & Steve Gutterman
Heng & Savy Srey Family



Nutritional Needs of Older Adults

Eating right and staying fit are important no matter what your age. As we age, our bodies have different needs, making certain nutrients especially important for good health.

Calcium & Vitamin D

Older adults need more calcium and vitamin D to help maintain bone health. To meet these needs, aim for three servings of low-fat or fat-free dairy products each day as well as other sources of calcium. Fortified cereals and fruit juices, canned fish with soft bones and dark green leafy vegetables are also good sources of calcium. Salmon, eggs and fatty fish are good sources of vitamin D.

Vitamin B12

Some adults over 50 may not be able to absorb enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are good sources of vitamin B12.

Dietary Fiber

Dietary fiber may help lower your risk for heart disease and reduce your risk for Type 2 diabetes. Eating whole-grain breads and cereals and more beans, along with fruits and vegetables provide dietary fiber and help you stay regular.

Potassium

Having enough potassium along with limiting sodium intake may lower your risk of high blood pressure. Add flavor to food with herbs and spices.

Know Your Fats

You should be eating polyunsaturated and monounsaturated fats, primarily found in nuts, seeds, and avocados. Choosing foods lower in saturated fat and trans fat help to reduce your risk of heart disease.

Information from: <https://www.eatright.org/health/wellness/healthy-aging>

2-1-1 is a public service number for Northeast Michigan, including Gratiot County, for non-emergency needs. It is easy to remember and there is someone available 24 hours a day to assist you, connecting you with services that are in your area. Visit the 2-1-1 website, www.211nemichigan.org to read more about the services they offer.



Memorials

Commission on Aging

Wilma Welch
Brett & Karen Godwin
Mid-Michigan District Health
Department

Mary Pratt
Lorie Pitts
Clara Pitts

Gerald (Jerry) Wolven
Gleaner Harmony Arbor #273

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Mary Pratt
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Uncle Joe Malek
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