

APRIL

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
Change Service Requested

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SENIOR GRATIOT

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Coming Soon! Mandatory 10-digit local dialing will be required in the 989 area code

The FCC (Federal Communication Commission) approved 988 as the 3-digit dialing code to reach the National Suicide Prevention Lifeline starting July 16, 2022.

What is changing to the way we dial phone numbers?

To complete local calls, the new dialing procedure requires callers to dial the area code + telephone number. This means that all local calls in the 616, 810, 906, and 989 will change to a 10-digit dialing for all local calls.

When will the dialing change begin?

Change will be optional beginning **April 24, 2021** and mandatory beginning **October 24, 2021**. On or after October 24, 2021, local calls dialed with only 7-digits will not be completed as dialed; one must hang up and dial again using the area code with the 7-digit telephone number.

What will remain the same?

- Your telephone number, including area code, will not change
- The price of a call, coverage area, or other rates and services will not change due to the dialing change
- What is a local call now will remain a local call
- You will continue to dial a 1 + area code + telephone number for long-distance calls
- You can still dial just 3 digits to reach 711, 911, or 211.

When can one begin dialing 988 to reach the National Suicide Prevention Lifeline?

Beginning July 16, 2022, dialing "988" will route your call to the National Suicide Prevention Lifeline. Customers must continue to dial 1-800-273-8255(TALK) to reach the Lifeline until July 16, 2022.

Still have questions?

Customers with questions about the dialing change should contact their local service provider, or they can visit the FCC website <https://www.fcc.gov/suicide-prevention-hotline>.

3 Ways to Avoid COVID 19 Vaccine Scams

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at:

[Ftc.gov/coronavirus/scams](https://www.ftc.gov/coronavirus/scams) or
[Consumerresources.org/beware-coronavirus-scams](https://www.consumerresources.org/beware-coronavirus-scams)

Federal Trade Commission

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



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.

Free Easter Dinner

Supper Club is back!

Restoration Ministry Center Supper Club will be hosting a drive up Easter Dinner.

Please place your order by calling the church office at **(989)681-3467 by March 31st.**

Please leave a message with your name, phone number, and the number of meals that you need for your family.

Dinners can be picked up on **Saturday, April 3, 2021** from **3:00 pm to 5:00pm** at

Restoration Ministry Center
520 Olive Rd, St Louis, MI 48880
(Formerly St. Louis 1st Church of God)

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.**

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

Senior Gratiot is published monthly for Gratiot County senior citizens 60 years and older by **Senior Gratiot Inc., 515 S. Pine River St. Ithaca, MI 48847.** It is supported by donations and is printed at Stafford Media Solutions of Greenville.

Senior Activity Building Information

By Jo Jones



Larry Ringle welcomes "early bird" Marilyn Green to the Senior Activity Building "March Drive-Thru"

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 thank you for coming to our "Drive-Through" on Friday, March 12, 2021. The next "Drive-Through" will be from 1:00 until 2:00 on April 9, 2021. If the weather cooperates, you may bring a lawn chair and sit outdoors to visit with other Seniors. We have hopes that we will see you then. The SAB Board will meet on April 20th and hope to be able to look at possibly opening the Senior Activity Building for Morning walks, coffee, and games May 3rd.

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 closest to the Industrial Park. You will continue to drive around to exit using the drive next to Atkinson Park. We will thank you with a hearty welcome as well as 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 April wish for you is that you will continue to STAY WELL and that we will be able to gather inside of our Building in May or whenever it is safe for us to do so!

Home Delivered Meal Menu



Home Delivered Meal Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|--|----------|---|
| Menus are subject To change Without notice | | | | |
| 5 Beef and Noodles Squash Brussel Sprouts Michigan Fruit Cup Wheat Bread | 6 | 7 Chicken Nuggets Potato Rounds Winter Blend Whole Grain Cookie Wheat Bread | 8 | 9 Hamburger/Bun Corn Beets Mandarin Oranges |
| 12 Chili Lima Beans Baked Potato Pineapple Gelatin Corn Bread | 13 | 14 Chicken Pattie/Bun Redskin Potatoes Mixed Vegetables Lettuce and Tomato Pears String Cheese Stick | 15 | 16 Baked Ziti Casserole Broccoli Applesauce Wheat Bread |
| 19 American Goulash Winter Blend Succotash Tropical Fruit Wheat Bread | 20 | 21 Beef Stew Green Beans Kyoto Vegetable Pineapple Dinner Roll | 22 | 23 Meatloaf Stewed Tomatoes Lima Beans Ambrosia Fruit Cup Wheat Bread |
| 26 BBQ Meatballs Redskin Potatoes California Veggies Rice Pudding Wheat Bread | 27 | 28 Corn Chowder Hard Cooked Egg Peas Citrus Fruit Cup Bread Stick | 29 | 30 Macaroni & Cheese Green Beans Capri Vegetables Cherry Fruit Cup Wheat Bread |

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.

Gratiot VFW Post 7805
Lynne Strnad

Memorials (Continue)

LLOYD BRANDAL
FLOYD BRANDAL
Dad and Uncle Floyd on their birthday
Barb Kench

For SAB

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

Memorials

DORIS RIDDLE
Florence Ann & Jim Farrough

MIKE BANEY
Jayne Baney

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.



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>

Memorials

Commission on Aging

Kathryn Ann Sitts
Debbie Sitts
Elena O'Brien
Ginger Vetter

Gerald (Jerry) Wolven
Ann Hall

Sally Gushen
Janace Mizer

Lloyd Barton
Sally Gushen
Bill Hirschman
Frank Krivak
Jim Simmons
Kathryn Sitts
Alan & Alice Schafer

William "Bill" Goodwin
His Family

Vera Vernon
Donald Vernon
Jack Tanghe
Lenor Brandal
Kenneth Dringenberg
Lillian Dringenberg
Nancy Carol Vernon &
Terry Vernon

Berenda DeMott
Glenda Braman

Leatha Andrew
Joan Cook

Senior Gratiot

Shirley Snell
Janet Foote
Marcella Brauher
Judy Brown
Willowdean Cassady
Nancy Crites
Karen Dietz
Lucille Kosnik

Allen Rademacher
Willard & Ruth Wolfe
Nancy Rademacher

Tina Wager Pharaoh
Cecil Ryckman
Robert & Trudy Wager

Jack Wingle
Bonnie Smith
Tom Turner
Gary Heatherington
Bill Hirschman
Claire Wilson
Chuck Spies
Howard & Mary Kenney

Harry Sitts, Husband
Leroy Sitts, Brother-in Law
Kathryn Sitts, Sister-in-Law
Maitland Sitts

Robert Becker
Mary Becker, Wife

Allen Cooper
Vivian Cooper

Alfred Thrush
Kathy Carpenter
Barb Thrush

Margaret Wale
Shirley Roslund
Alma Moyes

Walter Martin, my Dad
Nancy Francetic

Senior Gratiot

Gus & Vivian Van DePerre
Suzie White

Ronald, Jack & Sharon Kanine
Goldie Kanine

Jim Norris & David Norris
Veronica Norris

William Louis O'Boyle
Wanda O'Boyle

Gratiot Community

Senior Center

Norma & Richard Searle
Roberta Charney

Mary Pratt
Barbara Gladding



COA Donors

Bernice Grover
Senior Activity Building Board
Gratiot VFW Post 7805
Rachelle Mileshko

Food with Friends
Home Delivered Meals
Marty Peet
Wanda O'Boyle

Honorariums

Mary Becker

THANK YOU!



Senior Gratiot Donors

Ken & Bette LeBlanc
James & Florence Farrough
Linda Hunt
Louis & Geraldine Dame
Lu Ella Ryan
Maria Page
Velma Spicer
Connie Thurston
Lillian Chapko

Virginia Brauher
Wanda O'Boyle
Arlene Schmitz
Gratiot County Community
Foundation

Thank you for your support and generous donations.