



Pat Schultz



The Gratiot County Commission on Aging Board of Directors and Employees wish to express their deep sympathy to the family of Patricia Schultz. Pat was a site manager at the Breckenridge Food with Friends site for many years and she passed away unexpectedly last month. We appreciate all that she did for the agency and the seniors in Gratiot County. Rest in Peace, Pat.

# OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

## Senior Project Fresh/Market Fresh Program 2021 Information

The Michigan Senior Project Fresh/Market Fresh Program is coming in June. This is a coupon program for seniors 60 years of age or older who qualify. The coupons, a \$20 value, can be used at various farmer's markets in the area to purchase fresh produce grown in Michigan. Registration is required as a limited number of coupon books are available. To register for the program, call the Commission on Aging office and speak with Sarah McClung, 989-875-5286. If you have to leave a voicemail, please leave your name, phone number and that you are calling about Project Fresh. Please, **only leave one message**. Calls will be returned as soon as possible in the order they are received, however, due to the volume of calls, this may take a day or two. Thank you for your patience.

### Eligibility Requirements:

Must be 60 years of age or older when receiving the coupons.  
Must live in Gratiot County

Must have a total household income of 185% of poverty or less. (One person \$1986/month; two people \$2686/month)

There is no class to attend this year as the COVID-19 restrictions are still in place. The coupon books will be distributed in the parking lot using a drive-through system, with one day at Commission on Aging and one day at the St. Louis Senior Center. See below for the details. If you are unable to pick up your own coupons, you may designate a proxy to pick them up on your behalf.

### Pick Up Schedule:

**Wednesday, June 16<sup>th</sup>**  
9:00 a.m. to 11:00 a.m.  
St. Louis Senior Center  
1329 Michigan Ave., St. Louis

**Thursday, June 17<sup>th</sup>**  
1:00 p.m. to 3:00 p.m.  
Commission on Aging  
515 S. Pine River St., Ithaca

If you have any questions, please contact Sarah McClung at Commission on Aging, 989-875-5286.

## 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

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging  
Website: [www.gratiotmi.com/Departments/Commission on Aging](http://www.gratiotmi.com/Departments/Commission on Aging)

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

May 2021  
Volume XLVI  
Number 5

NON-PROFIT ORGANIZATION  
US POSTAGE PAID  
PERMIT NO. 4  
ITHACA MI

### 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.**



### Gratiot Community Personal Needs Pantry

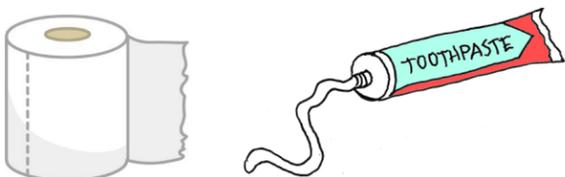
The residents of Gratiot County are continuing to be served by the Gratiot Community Personal Needs Pantry by supplying supplemental personal care items which cannot be purchased with a Bridge/SNAP card. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap, 2 bars of soap, laundry soap and other items, if available, upon request. These items are available thanks to the generous donations received from individuals, churches, and non profit organizations.

The Personal Needs Pantry is open to all Gratiot County residents. A client may use the pantry every 28 days and will need to present identification when they come. Please come to the rear of the church and remain in your vehicle. A volunteer will meet you and provide you with your bag of items.

**Location: St. Louis 1st United Methodist Church**  
 116 S. Franklin St., St. Louis  
 (Next to the 7-Eleven)

**When: Every Thursday**  
 12:00-1:30 p.m. and  
 5:00-6:30 p.m.

A big thank you goes out to the volunteers of the community for their dedication to the pantry. If you have any questions, please contact the church at 989-681-3320.



### Commodity Food Distribution Date

Commodities distribution will be on **Monday, June 28 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 \$8,782.43 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.

### Gratiot County Alert: From Michigan Attorney General's Office

A growing number of texts are from thieves trying to scam you. They can send millions of smishing texts at the same time. Smartphone users are three times more likely to fall for fake text messages than computer users are to fall for fake email messages, which means text message scams are on the rise.

A common smishing tactic is to send a text warning about a fake problem with one of your accounts and ask for your information. Some scammers will pitch offers too good to be true or even promise free gift cards or trips. Do **NOT** respond! You may get malware or become an identity theft victim.

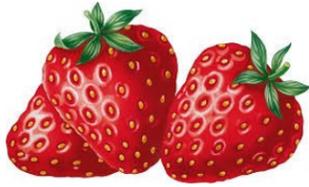
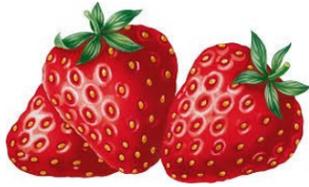
For all the details go to:  
<http://bit.ly/MichTextingScamAlert>



Home Delivered Meal Menu



Home Delivered Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pork Chop Lima Beans Carrots Cinnamon Applesauce Biscuit	4 	5 Bar B-Q Chicken Baked Beans Broccoli Apricots Dinner Roll	6 	7 Egg/Cheese Casserole Sausage Links Redskin Potatoes Cherry Fruit Cup Cinnamon Roll
10 American Goulash Kyoto Vegetable European Vegetables Pears Wheat Bread	11 	12 Salisbury Steak Whipped Potatoes Broccoli Mixed Fruit Cup Wheat Bread	13 	14 Baked Chicken Whipped Potatoes/Gravy California Blend Veggies Grape Banana Fruit Wheat Bread
17 Meatballs Redskin Potatoes Capri Vegetables Mandarin Oranges Wheat Bread	18 	19 Hot Dog on a Bun Potato Salad Baked Beans Broccoli/Cauliflower Salad Strawberry Shortcake	20 	21 Basil Parmesan Chicken Brown Rice California Blend Veggies Ambrosia Fruit Cup Wheat Bread
24 Chicken Salad/Bun Carrots Bananas Whole Grain Cookie	25 	26 Lemon Pepper Chicken Whipped Potatoes Green Beans Fresh Orange Dinner Roll	27 	28 Turkey Loaf Au gratin Potatoes Broccoli Pears Wheat Bread
31 	Menus may change Without notice		Please call the Gratiot Kitchen to cancel a meal At (989) 875-5332. Thank you	Suggested donation is \$2.50 a meal

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.

Larry & Coleen Trexler  
 A-Tractive Tractor of  
 Central Michigan  
 Linda St. Charles

**For SAB**

Joyce Raycraft  
 Joe & Irene Wing

**Memorials**

**Pauline Sparks**  
 Food with Friends  
 Mary & Bob Sullivan  
 Jo Jones  
 Terry & Connie Mikesell



**Florence Saurman**  
**Berneda DeMott**  
**Mary Toth**  
**Roger Huych**  
**Dick Braman**  
 Marv & Pat Cumberworth

**Honorarium**

**Jo Jones**  
 Jeff & Viola Doyle

**For SAB**

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



## Senior Activity Building News & Information

By Jo Jones

The Senior Activity Building Board, Inc. has conducted its monthly meeting 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, April 9, 2021. Unfortunately, the weather did not cooperate for many Seniors to sit in their lawn chairs to enjoy a visit. The Senior Activity Building Board would like to invite you to the May "Drive-Through" on May 14<sup>th</sup>. It will be held from 1:00-2:00 p.m. Please bring your lawn chair so you may sit a while to enjoy a visit with other Seniors. Hopefully the weather will cooperate on the 14<sup>th</sup>! We have hopes that we will see you when it is safe for us to gather.

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

On May 5<sup>th</sup>, we thank Linda St. Charles on the occasion of the 18<sup>th</sup> Anniversary of her serving our Seniors at the SAB. She looks forward to being able to welcome you each morning in the near future. Linda had volunteered to refinish the "coffee tables" after Cleo Flegel had earlier refinished other tables. Both Volunteers did a great job! Thanks!

Our May wish for you is that you will continue to STAY WELL and that you will enjoy the many beautiful signs of spring that are all around us.



# Memorials

## Commission on Aging

**Stanley & Fran Nesen**  
**Charlene VanHaften**  
**Wilma Welch**  
**Henry Bajena**  
 Joe & Shar Eargood

**Bill Hirschman**  
**Marlene Kinney**  
 Joan Sparks

**Berneda DeMott**  
 Rachelle & Jim Mileshko

**Marlene Kinney**  
 Verna Hollenbeck

**Venetta Parling**  
 Barbara Stuckey

**Patricia Schultz**  
 Raymond & Beverly Wagoner  
 Bob & Kathy Martin  
 COA Board of Directors

**Patricia Ann Schultz**  
**Genevieve M. Edgar**  
**Dean Giles**  
**Lula & Martin Prahin, Jr.**  
**Mildred & Martin Prahin, Sr.**  
**Essie & William Posey**  
**Aunt Mary Posey Horvat**  
**Aunt Virginia Posey Stowits**  
**Aunt Helen & Milford Posey Wells**  
 Mrs. Linda M. Smith  
 Amy, Steve Chapin & Family  
 Ricky, Chelsy, Emily, Troy Martin &  
 Ely Chapin



**Pat Schultz**  
 David & Angie Curtis  
 Jeanne Bolton  
 COA Employees  
 Linda M. Smith  
 Amy Steve Chapin & Family

**Marlene Kinney**  
**Roger & Carol Mackie**  
 Chadwick & Christina Roe

## Senior Gratiot

**Henry Bajena**  
 Marian Miller

**Venetta Parling**  
 Cathleen & Jim Lucas  
 Tim & Kenny Lucas  
 Doris Barnes  
 Alfred & Mary Porubsky  
 Barbara Stuckey

**Venetta Mae Young Parling**  
 Alice Howey

**Alvin & Audrey Miller**  
 Ann Jarrett

**Shirley Roslund**  
**Richard Searle**  
 Ann Hall  
 Gleaner Harmony Arbor #273

**Bonnie Smith**  
 Robert J. Smith

**Gerald "Jerry" Wolven**  
 Ardis Wolven

**Leatha Andrew**  
 Joan Cook

**LaVerne Reeves**  
**Allen & Albert Galloway**  
**Marjorie Chaffin**  
**Mary K. Mates**  
**Albert Sr. & Mable Galloway**  
**June Demski**  
 Millie Reeves

**Owen Wood**  
 Madelyn Wood

**Linda Wilson**  
 Kathryn Denman

**John & Kathryn Wells**  
 Linda Peek

**Carolyn Broadbent**  
**Marlene Kinney**  
**Sharon Fish**  
**Genevieve Edgar**  
 Gene & Pat Pitcher

**Philip, Jim, & Fred Morton**  
 Mary Morton

## Honorarium

**Senior Activity Building Board**  
 Dean & Vicki Parling



## COA Donors

Maple Valley Lions Club  
 Marlene & Danny McGuirk  
 Betten Baker of Alma  
 Linda M. Smith  
 Bernice Casnovsky  
 Nieves Guajardo  
 Dorothy Cowdrey

Lincoln Rd. United  
 Methodist Church  
 Sharon Watkins  
 Dennis Daniel  
 Ithaca K of C No. 8785

**Home Delivered Meals**  
 Marty Peet

## Senior Gratiot Donors

Joe & Shar Earegood  
 John & Phyllis Gott  
 Nellie Lou Simmons  
 Shirley Frederick

Thomas Schmitz  
 Lillian Chapko  
 Joan Fisher



*Thank you for your support and generous donations.*