



COA Update

The COA staff has continually worked throughout the COVID-19 pandemic to provide services to seniors in need of assistance. The staff has had to adapt to changing protocols and it is looking forward to COA programs moving towards a sense of normalcy in the upcoming months.

Due to Governor Whitmer's announcement that beginning June 22, capacity at both indoor and outdoor venues will increase to 100%, the COA staff will begin the process of reopening Food with Friends sites as well as all other services in stages. We must work with our funding agencies and the Mid-Michigan District Health Department by following their policies and procedures to ensure we obtain their approval to reopen our sites and services in the safest way possible.

We ask for your patience and understanding during this process, and look forward to seeing those that we serve. The staff is excited to share events, activities and meals together again as soon as all requirements are in place.

SENIOR GRATIOT

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SENIOR GRATIOT, INC
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NON-PROFIT ORGANIZATION
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Support Groups Meet in Alma

Parkinson's Disease

Where: MidMichigan Medical Center Gratiot
300 E. Warwick Drive, Wilcox Auditorium
When: 5:00 p.m., 2nd Thursday of each month

MidMichigan Health and Michigan Parkinson Foundation offer a support group facilitated by Michelle Miller, M.S.N., R.N., community health nurse educator. This group allows people with Parkinson's Disease and caregivers to share their journey, the obstacles, and the triumphs as well as provide emotional support for each other.

Group Topics Include:

- ◆ What Disease Management Resources are available
- ◆ A Matter of Balance
- ◆ Taking Control: Recognizing and Managing Signs and Symptoms
- ◆ Advance Directives
- ◆ Physical Activity and Parkinson's Disease

For more information, please contact Michelle Miller at 989-466-3378 or email at michelle.miller@midmichigan.org

Alzheimer's & Related Dementia

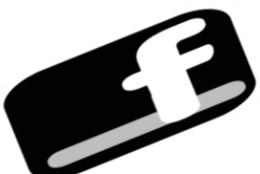
Where: MidMichigan Medical Center Gratiot
300 E. Warwick Drive, Room 1161
When: 4:30 p.m., 3rd Wednesday of each month

The Alzheimer's Association offers this support group to provide caregivers an ongoing opportunity to exchange support and encouragement as they assume the demanding task of caring for individuals who experience the physical, intellectual and behavioral difficulties associated with Alzheimer's Disease.

Group Topics Include:

- What Home Care & Community Resources Can Offer You
- Validation Therapy vs. Reality Orientation
- Understanding Difficult Behaviors
- Caregiver Time
- The Effect of Dementia on Feelings

For more information, contact Michelle Miller at 989-466-3378.



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515 S. Pine River St.
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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 News & Information

The Senior Activity Building Board Inc. is now meeting at the Building on the third Tuesday of the month at 1:15. The Board members, along with Linda St. Charles and Jo Jones thank you for coming to our "Drive-Through" on the very HOT Friday, June 11th. It has been a lot like a reunion to have early morning Seniors coming back to the Building from 8 to 10 a.m. on weekday mornings. The Horseshoe group meets at 1:00 p.m. each Wednesday at the Horseshoe pits. We are still hoping to have more Seniors join in.

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

Our July wish for you is that you will continue to STAY WELL!

Happy Birthday, America!

Commodity Food Distribution Date

Commodities distribution will be on **Monday, August 23, 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 to 1:30 p.m.**

COA Window Washing

With warmer weather here, it is time to be thinking about washing your windows. Our maintenance crew can get your windows washed for you. There is no charge for this service, but donations for labor are encouraged.

This is an extremely busy time of year for Dan and his crew. If you call in a request for windows to be washed, please be patient. Our staff will get you on the schedule as soon as possible. If you have additional jobs that you would like done at the same time, please let us know what those are when you call. This will assist Dan in planning the work schedule.

Call Commission on Aging at 989- 875-5246 for more information, or to place your request.



Consumers Energy Summer Peak Rate

There is a new electric rate, called the summer peak rate, that will be charged by Consumers Energy. This new rate is only charged between the hours of 2:00 and 7:00 p.m. Monday through Friday and is in effect from June 1 through September 30 each year. This is the time when energy use and the cost of energy is at the highest. If you don't make any changes to your energy use, most people will see less than a \$2/month increase to their summer bills. By making some simple changes, such as doing your laundry on the weekends and doing the dishes in the morning, there will not be much increase in your bill.

This change is a way to assist in the clean energy transformation sweeping the country by reducing the demand for electricity and avoiding the need to build new power plants. You have more control over your electricity use and monthly bill.

If you find yourself needing assistance with your energy bill, the Consumers Affordable Resource for Energy (CARE) Program may be able to help. Visit ConsumersEnergy.com/care to see if you qualify,



SENIOR GRATIOT, INC.

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Memorials

Commission on Aging

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Florence Ann & Jim Farrough

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Sarah Zamarron
Marsha Beck
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Barbara Mephram

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Mark, Scott, LuAnn & Wade
Kim & LuAnn (Crumbaugh) Diffin
Ken Bush
Tim & Rachel Musselman

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Shrinker Club of Alma

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*Thank you for your support and
generous donations.*

Gratiot Historical Museum Dinner at the Museum

The Gratiot County Historical Museum is open Wed. 1:00-4:00 p.m. through October. This year's theme is "Gratiot County Women in the Home and Beyond." Displays feature sewing, laundry and kitchen tools of yesterday as well as displays relating to various women's occupations outside the home. Come and enjoy the items on display as well as some recent improvements which have taken place at the museum. The log cabin and barn are also open.

While visiting the museum, don't forget to purchase your raffle ticket for a chance to win a "**Dinner for Six at the Museum**". This annual fundraising dinner offers the guests an evening which includes a private tour and delicious meal. An early 1900's entrée will be provided by the Hearthstone Oven and served using the museum's collection of antique china and tableware. Donation raffle tickets are \$10 each and are available through September 15th. Tickets can also be purchased at the Genealogy Library, Burford's Plumbing & Heating and Alley T's in Ithaca, and The Depot Museum in St. Louis. The winning raffle ticket will be drawn on Wednesday, September 15th, at 2:00 p.m.