



greenpoint.

# Kinship Back to School Giveaway!



## Backpack & School Supplies

This giveaway is for children being raised by grandparents or adult relatives when the adult is age 55 or older and the child's biological parents do not live in the home.

The children that are registered for the backpack giveaway will be placed in a drawing for a special prize! There will be 3 winners in each of the 10 counties Region VII Area Agency on Aging serves.

Register your child or children for a backpack by calling (800) 858-1637 by August 31.

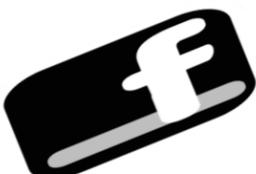
Backpacks will be available for pick up at Commission on Aging on or after September 13, 2021.

Hosted by: Region VII Area Agency on Aging



# Home Delivered Meal Volunteer Drivers Needed

Contact the Gratiot County Commission on Aging at 989-875-5246 for more information!



Like Gratiot County Commission on Aging On Facebook & Twitter



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

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Volume XLVI  
Number 9

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## Mid Michigan Medical Behavioral Health Care

### Depressed? Anxious? Stressed?

You are not alone and it is important to take care of your mental health. MidMichigan Medical Center - Gratiot is your go-to place. They have a team of experts ready to assist you.

The Psychiatric Partial Hospitalization Program is available to help address behavioral health concerns with an intensive, patient centered program designed to help people cope with life. For more information, please contact MidMichigan Medical Center - Gratiot at 989-466-3253 or by going on-line to [midmichigan.org/mentalhealth](http://midmichigan.org/mentalhealth).



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## 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.**

## Fulton Food with Friends

By: Irene Noffsinger, Site Manager

Welcome Back! It sure is nice to be able to gather again, share a meal, visit and play some cards. We sure didn't think when we closed down, it would be so long until we could meet again.

Although COVID was not a good thing, for me something good came out of it. As most of you know, I am a quilter, and like a lot of quilters, I have my share of UFO's, (unfinished objects). During lockdown, I used that time to finish some of mine, like the school memory quilt I started for my granddaughter in 2014 (can't rush these things)! I was so proud. I finally finished that project. It felt like being liberated from a heavy weight, only to be given another bag of t-shirts (memories) by her sister. Oh well, last grandchild to graduate. But, then there are the great grandchildren....Please share something you felt good about during lockdown.

The rolling book cart has been sitting dormant for the last 18 months. I am in the process of changing out the books on the cart. We are once again accepting donations for the book cart. If you would like to donate some books, they can be dropped off at the Fulton FWF site between 11:30 a.m. and 1:30 p.m., our current hours. You can choose and take home any books you might like to read as well.

During COVID and our shutdown, we have still been receiving donations for Fulton Senior Center. THANK YOU! Your donations are appreciated and will always be used to benefit the seniors from your community.

Please come join us. Sit a spell, eat, visit and relax with your neighbors and friends. We are currently meeting from 11:30 a.m.-1:30 p.m.. Lunch is usually served at 11:45. Hope to see you soon!

## Commodity Food Distribution Date

Commodities distribution will be on **Monday, October 25, 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.**

## Breckenridge Food with Friends Site

The Commission on Aging has been able to open two of the Food with Friends sites and we are excited to announce that the Breckenridge site will be opening during the month of September! As many of you know, Pat Schultz was the site manager for many years before passing away suddenly in March of this year.

We have the pleasure of announcing that Lori Chvojka will be stepping into the position as the new site manager. Lori is looking forward to meeting new people as well as welcoming past attendees to the site. Should you have time, stop in to see Lori and the gang once the site opens in September.



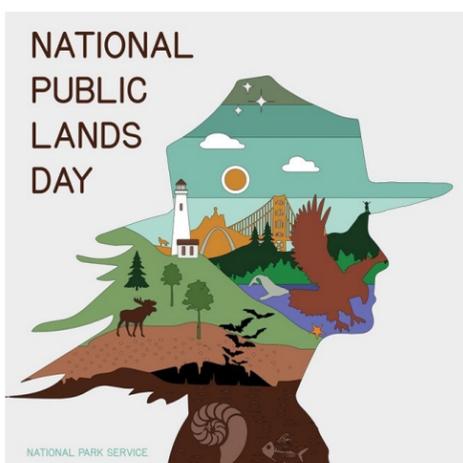
### Reminder!

COA is closed September 6 to celebrate Labor Day.

### SENIOR GRATIOT, INC.

JENNIFER COOK, EDITOR  
MARITA HARKNESS  
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.



Sept 25

# Menu



# Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BBQ Meatballs Corn Caulif/Cabbage Salad Applesauce Wheat Bread	2	3 Lemon Pepper Chicken Company Potatoes Beet Salad Pears Dinner Roll
6 <b>CLOSED</b> 	7	8 Summer Chicken Salad Baked Beans Amish Potato Salad Orange Hamburger Bun	9 	10 Macaroni & Cheese Green Beans Fruited Cole Slaw Fresh Orange Wheat Bread
13 All American Hamburger Au gratin Potatoes Peas Apricots Hamburger Bun	14	15 Beef Stroganoff Beets Coleslaw Pears Wheat Bread	16	17 Roast Pork Whipped Potatoes/Gravy California Blend Cranberry Mousse Wheat Bread
20 American Goulash Green Beans Broccoli Pears Wheat Bread	21 	22 Baked Chicken Oven Roasted Potatoes Crunchy Pea Salad Pineapple Gelatin Wheat Bread	23	24 Potato Crunch Pollock Redskin Potatoes Scandinavian Vegetables Whole Grain Cookie Wheat Bread
27 Corn Chowder Hard Cooked Egg Peas Michigan Fruit Cup Cheese Bread Stick	28	29 Baked Ziti Casserole Carrots Broccoli Peaches Wheat Bread	30	

Menu is Subject to Change Without Notice, Milk or Juice provided with all meals  
To CANCEL your HDM or to order a meal for a Food with Friends site, please call the COA Kitchen, 989-875-5332.

## Senior Activity Building Donors

Thank you for the gifts received by the Senior Activity Building from July 13, 2021 through August 6, 2021.

Thank you to all of our volunteers named and unnamed who completely care for the Building.

### Gifts In Gratitude to SAB

- Bill DeVuyst
- Cleo Flegel
- Jo Jones

### Memorials

**Fred Hoard**  
Paul Showers

**Mike Baney**  
Jayne Baney



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

Mary Humm

### Senior Activity Building News & Information

By Jo Jones, Site Manager

The Senior Activity Building Board Inc. meets at the Building on the third Tuesday of each month at 1:15 p.m. Our early morning Seniors continue to be grateful to be back at the Building from 8:00 a.m. to 10:00 a.m. weekday mornings. All Seniors are welcome to stop in to borrow a book or a puzzle and to say hello to Linda St. Charles. The Horseshoe group meets at 1:00 p.m. each Wednesday at the Horseshoe pits. We are still hoping to have more Seniors pitch or come to cheer the players on to a ringer!

To contact a member of the SAB Board, please phone Linda or Jo at 989-875-2135.

The Commission on Aging opened the Ithaca Food with Friends site on August 2<sup>nd</sup> with the scheduled hours of 11:30 a.m. – 1:30 p.m., Monday, Wednesday

and Friday. The meal is served at noon. To reserve your meal, please call COA at 989-875-5246. As we have all learned, the schedule, menu and contact phone numbers are all subject to change. At the time of writing this, we plan to celebrate 43 years of Ithaca Food with Friends and Jo being together on Friday, September 3<sup>rd</sup> at the Food with Friends noon meal. Reserve your meal now! Thanks!!

To date,  
**J&J Party Store**  
has donated \$8,782.43 to the HDM program at the COA!

## 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



# Memorials

## Commission on Aging

### **Ardis Williams**

JoAnn Allen  
Cindy & Gary Ritter

### **Bob Bigelow**

Robert & Mary Sullivan

### **Donna Surbrook**

Carol Glave  
Barb Harrington  
Dave & Deb Nelson  
Richard & Robin Harrington  
Diane Harrington  
Denise Harrington  
Mike & Celina Fisher  
Brad & Cerita Roe

### **Joan Holton**

Vivian Cooper  
Carol & Gary Feltman  
Steven & Audrey Cooper  
Gail & David Sebring  
Scott & Maria Cooper

### **Dr. John Allen**

### **Darlene Clingenpeel**

### **Eldine Cole**

### **Kendall Foster**

### **Barb Iler**

### **Virginia Pfeifle**

### **Barbara Reist**

### **Steve Showalter**

Alan & Alice Schafer

### **Ardis Williams**

Kimberlee & Carl Urbon  
Sue Fuhrman  
Cheryl Hull & Bertha Pendell  
Andrea Urbon  
Mary K. Derby  
Deborah Vusich

### **Eldine Cole**

Paul Showers & Jennette Peoples

### **Barbara Iler**

Janice Riggle  
Mary & Eugene Price

### **Marva Vining (Teasie)**

Maynard & Shirley Cole

## Senior Gratiot

### **Robert E. Ward**

Doris Ward

### **Leona Martin**

Her Family

### **Ken Livernois**

Nancy Francetic

### **Wesley Bott**

### **Perry & Ann Haas**

### **Robert & Bertha Bott**

### **John Benesh**

### **Joe & Sue Benesh**

Beverly (Haas) Bott

### **Bob & Janet Brady**

Cindy Kemler

### **Clinton & Hazel Kimmel**

### **Albert & Florence Bigelow**

Alton & Waneta Bigelow

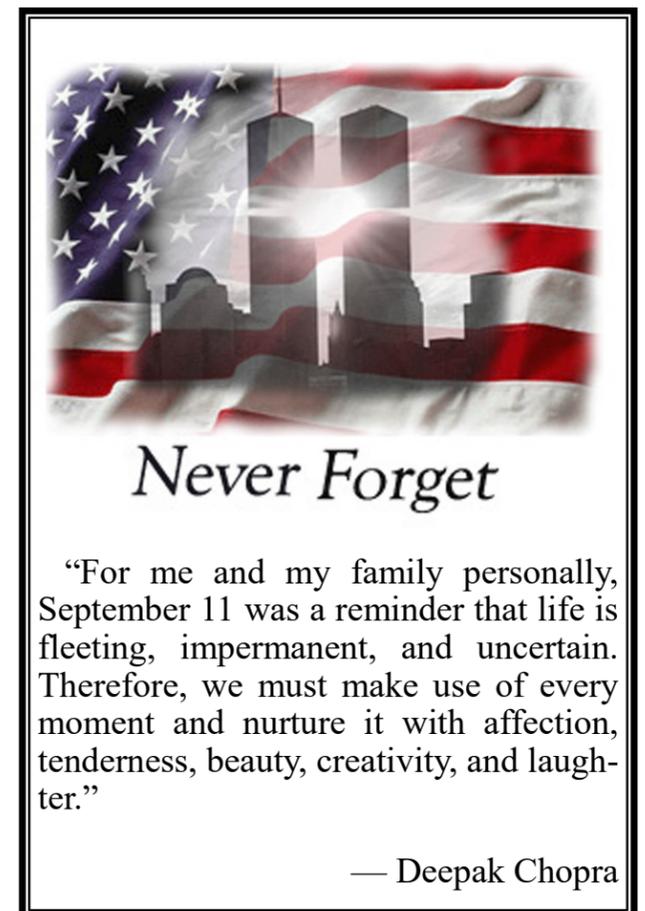
### **Jerry Munderloh**

Kay Veeder

### **Lawrence & Ardis Fidler**

### **Webster & Ellen Kellogg**

Gary & Jerilyn Fidler



## COA Donors

Barbara Shankel

Senior Activity Building Board

Vicki Carl

Mary Jane English

Lincoln Rd. United Methodist Church

Roger & Carol Walker

Shirley Frederick

Gary Sherwood

Rhonda & Richard Harrell

## Honorariums

### **All Service People**

Donald Burch

### **All Our Great Veterans**

Gary & Jerilyn Fidler

## Senior Gratiot Donors

Helen Hoard

Sally Martin

Vera Lonergan

Mary Morris

Stan Glowacki

Joanne Hayward

Gillene M. Weller

Lillian Chapko

Rosemary Buhl

*Thank you for your support and generous donations.*

### **Support Groups Meet in Alma**

#### **Parkinson's Disease**

2nd Thursday of each month, 5:00 p.m.

300 E. Warwick Dr.

Wilcox Auditorium

MidMichigan Medical Center Gratiot

Contact: Michelle Miller, 989-466-3378

#### **Alzheimer's/Dementia**

3rd Wednesday of each month, 4:30 p.m.

300 E. Warwick Dr., Room 1161

MidMichigan Medical Center Gratiot

Contact: Michelle Miller, 989-466-3378