

October

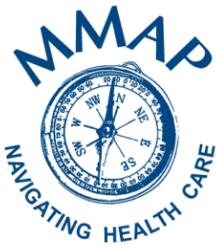
Open Enrollment is Here for 2022!

As many of you already know, Open Enrollment for Medicare begins October 15th and will go through December 7th. Now is the time to review your coverage and make any changes that may be necessary to be sure you are getting the best coverage that you can afford. Your MMAP trained counselors are here to help.

- ◆ Medicare Advantage Plans cover a portion of your costs, however there are co-pays that you will be responsible for paying. Many of the plans also include prescription drug coverage.
- ◆ Prescription Plans (Medicare D plans) help to pay for prescriptions you may be taking. Drug coverage is optional, however, there is a late enrollment penalty that will be paid if you join a plan later than when you first become eligible for Medicare coverage.
- ◆ Assistance with Social Security Extra Help is also available for those who may qualify.

The COA MMAP counselors are trained to assist you with comparing various plans, premiums, deductibles and co-pays. The counselors will assist with the enrollment process should you decide to make a change. The goal is to assist you through this process and get you the best coverage possible.

This year we are offering both in person appointments and phone appointments. Please call beginning October 1st to schedule an appointment as there are **NO** walk-in times available. Appointments fill quickly, so please don't wait until December to schedule. To schedule your appointment, please call 989-875-5286 and speak with Sarah McClung.



SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
Website: www.gratiotmi.com/171/Commission-on-Aging

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

October 2021
Volume XLVI
Number 10

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

Breckenridge Food with Friends Update

The Breckenridge Food with Friends site is reopening on October 1st. Please plan on stopping by to welcome the new site manager, Lori Chvojka!

The site is open Mondays, Wednesdays and Fridays from 11:30 a.m. to 1:30 p.m. Lunch is served at approximately 12:00 p.m. If you would like to join Lori for a meal, please call the COA Kitchen, 989-875-5332, to make your reservation.

We are excited to welcome Lori to the Commission on Aging team.

Welcome Aboard!



Lori Chvojka, Breckenridge Site Manager

Gutter Cleaning Window Washing

Along with the beautiful changing of the leaves comes the annoying problem of them falling off and into your gutters. If this situation sounds familiar, don't hesitate to contact the Commission on Aging Home Chore, Home Repair department. Dan's crew is happy to come out



and get rid of the clogs in your gutters. Just call the office, 989-875-5246 and put in your request.

Remember, Dan's crew will also come assist you with your window washing as you prepare for winter. Please call the office to put in your request to have the guys give you sparkling windows!



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

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. The Annual meeting will be on October 19, 2021 at our usual time. Due to COVID restrictions that limit the scheduled times that our Building is open, the Board will be appointing three Board members to serve in the Class of 2024. These individuals have agreed to be nominees to serve on the Board. They are Vic Beard, Donn Gates, and Susan Sparks. To contact a member of the SAB Board, please phone Linda or Jo at 989-875-2135.

We thank the Class of 2021 for their years of service on the Board. Please thank Ken Federspiel, Nancy Smith and Jim Wideman when you see them. We are most grateful for Mary Sullivan who has been serving as our treasurer for 16 years.

Our early morning Seniors continue to express their appreciation for the Building being open from 8 to 10 weekday mornings. All Seniors are welcome to stop in to borrow a book or a puzzle and to be welcomed by Linda St. Charles. The Horseshoe group still meets at 1:00 each Wednesday at the horseshoe pits. It is their hope to continue into October, weather permitting. We always have a puzzle started that needs your help.

The Commission on Aging opened the Ithaca Food with Friends site on August 2nd with the scheduled hours 11:30 am to 1:30 pm on Monday, Wednesday and Friday with the meal being served at noon. To reserve your meal, please call the COA Kitchen at 989-875-5332. Also, you may stop in any morning to make a

reservation for a meal or you may reserve it with Jo when you are at the noon meal.

As we all have learned, the schedule, menu and contact phone numbers all are subject to change. The celebration of 43 years of Ithaca Food with Friends and Jo being together on Sept. 3rd brought back Seniors with many special memories. Some of their parents had participated in Food with Friends in the 70's and 80's. We need to encourage many more Seniors to join the "regulars". Reserve your meal now! October 1st is New Year's Day for both FWF and the SAB. Look for a special treat at FWF that Friday. Thanks!

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.**

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 to October. Can you believe it is October already?

As we all go on with what is now considered the new normal, we have all been challenged to hold up our heads, smile and just keep going. Well, Guess What!?! We have been given our very own world smile day, which always falls on the first Friday of October, this year October 1st. They say this is the day for spreading smiles and random acts of kindness. Smiles are mood enhancers, can relieve stress, lower blood pressure, boost your immune system, relieve pain and increase life expectancy. WOW! If you see me coming and I have my lips taped to my ears in a smile, you will know why. So, paste a smile on your face and keep going.

It has really been wonderful to once again meet, eat and visit. Please remember that for the time being our hours are 11:30 am to 1:30 pm. Hopefully sometime in the future we can go back to normal hours.

BOOKS, BOOKS, BOOKS

Please come in and browse our rolling book cart. Since we re-opened, all of the books have been changed out. As always, we welcome the donations of any books you wish to pass on. They can be dropped off at the Senior Center, located in Fulton Township Hall, on Monday, Wednesday, and Friday between 11:30 and 1:30. Also, find some books and take them with you.

Thank you to everyone that has donated vegetables from their garden, or has helped out our seniors in any way. Your support is very much appreciated.

Please come join us. We look forward to seeing you!



Menu

OCTOBER

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Ham Whipped Sweet Potatoes Kyoto Vegetables Pineapple Dinner Roll
4 Chicken Pattie Redskin Potatoes Winter Blend Mango Hamburger Bun	5 	6 Chili Corn Bread Baked Potato Pineapple Gelatin	7	8 Spaghetti Broccoli Coleslaw Apricots Cheese Bread Stick
11 Macaroni & Cheese Mixed Vegetables Peas and Carrots Citrus Fruit Cup Wheat Bread	12	13 Meat Loaf Oven Roasted Potatoes Lima Beans Fresh Orange Wheat Bread	14 	15 Baked Chicken Company Potatoes Peas Cranberry Mousse Wheat Bread
18 Pork Chop Whipped Potatoes California Blend Mixed Fruit Cup Wheat Bread	19 	20 Chicken Cordon Bleu Cas- serole Brussel Sprouts Corn Apricots Wheat Bread	21	22 Egg & Cheese Casserole Sausage Links Cinnamon Roll Fresh Orange
25 Chicken Chili Green Beans Tropical Fruit Cup Corn Bread		26 Roast Pork Whipped Potatoes/Gravy Mixed Vegetables Apple Crisp Wheat Bread	27	28 Hamburger Roasted Potato Blend Broccoli Pears String Cheese Hamburger Bun
				29

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 August 7, 2021 through September 14, 2021.

Thank you to all of our volunteers named and unnamed who take care of our Building and Memorial Flower garden.

Gifts In Gratitude to SAB

Bill DeVuyst
Cleo Flegel
Jo Jones

Memorials

Fred Hoard
Joe Eargood
Cecil Gunderman
Melba Best
Gerald Recker
Jim Sentes

Dorothy Rhines
Food with Friends
Howard & Nancy Crites

Helen & Lloyd Brandal
Robert Brandal
Rodney Brandal
Floyd Brandal

Lee W. Smith,
Bonnie J. Smith

Donna Surbrook
Howard & Nancy Crites

Honorarium

Jo Jones' 43 Years at FWF
Linda St. Charles
Bob & Mary Sullivan

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

Mary Humm



It is almost always a scam! Scammers are smart and will do and say things to get your personal information and account numbers from you. They can call you from a number with a local area code to try and make you more comfortable.

- **Never** give out your personal information to someone calling to texting you.
- Don't send money to someone using a Money Gram or Western Union. It is illegal for telemarketers to accept this type of payment.
- Government entities do not call you for anything. If you receive a call like this, get a call back number and then report it to the attorney general's office, 877-765-8388.



Flu shots available now!

Check your Pharmacy



Memorials

Commission on Aging

Sally Kaufmann
Cindy Miller

Jean Houghton
Joan Sparks & Family

Dave Wright
Ginger Vetter

Our Parents
Maynard & Shalimar Danks

Wendy Bywater
Irene Riley
Edith Riley Johnson
Janet Schollaert

Lee Smith
Bonnie J. Smith

Dorothy Rhines
Doris Edgar

Leona Martin
Her Family

Kenneth D. Parling
Penny Drummond Bearden
Jim & Cathy Lucas
Tim Lucas
Kenny Lucas

Sharon Merchant
Robert Merchant
Cheryl Merchant
Danette McDermont

Jean Sparks Houghton
Lori Mephram
Dorothy Rhines
Dave Wright
Alan & Alice Schafer

Richard & Betty Conn
Anonymous

Brain Injury Support Group Meets in Alma

Brain injury survivors, family members and caregivers often need help adjusting to changes in their lives following brain injury. This group will provide educational opportunities and the ability to connect with others to share information, experiences and advice.

Mid Michigan Medical Center-Gratiot
300 E. Warwick, Alma
Conference Room 1161A & 1161B
2nd Wednesday of the Month
5:30-7:00 p.m.

Contact Michelle Miller, M.S.N., R.N. at 989-466-3378 for more information.

Senior Gratiot

Joe & Beatrice Markley
The Family

Bill Raycraft
Joyce Raycraft

Sharon Merchant
Mary Zamarron
Maitland (Fussy) Sitts
Fred Hoard
Dick Eichorn
Edie (Bakker) Kramer
Jim Murgittroyd Jr.
Dave Wright
Gerald & Edith Beck

Larry & Monnie Helman
Bill Bushy
Doris Jean Browne
David & Vicky Browne

Jack & Betty Wingle
Kendall & Marlene Foster
David Wright
Owen & Mary Wingle
Keith & Mary Peters

Phillip Ramsey
Pat Thompson

Phillip Ramsey
Jim Sentes
Matthew Pung

Gratiot Animals in Need

Gratiot Animals in Need (GAIN) is a local non-profit that offers a variety of resources to Gratiot County pet owners. GAIN has a pet food pantry for lower income or senior citizen pet owners. Pet owners can pick up pet food and in certain limited circumstances, delivery may be available. The pantry is located at Ways of the West, 1696 W. Monroe Rd, on M-46 between Alma and St. Louis. Pantry hours are Tuesday, 2-5 p.m. and Thursday, 1-5 p.m. Please call 989-681-5993 to verify the hours as they can vary.

The GAIN Companions Program can also help Gratiot County seniors pay for veterinary office visits and, depending on the issue, for pet medications or treatments that may be needed. Contact Julie at 989-875-2286 for more information. You can also e-mail Julie at julie@gainmichigan.org. GAIN recognizes the benefits of pet ownership and the special bond seniors have with their pets. Our goal is to help Gratiot County seniors retain their pets.



COA Donors

Thomas J. Schmitz

Home Delivered Meals
Marty Peet
Bonnie J. Smith

Honorarium

Our Military Personnel
Keith & Mary Peters

Senior Gratiot Donors

Bonnie J. Smith
Lillian Chapko
Maryjane Beebe

Thank you for your support and generous donations.

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

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.

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