



## Thanksgiving Dinner Alma First Presbyterian Church 495 Charles St., Alma



We are happy to announce that the annual Thanksgiving Dinner will be taking place this year, but in a different format. To make your Thanksgiving a safe one, meals will be available for pick up on **Thursday, November 25<sup>th</sup> at 12 noon**. Limited home delivery will also be available. **Reservations are required!** Please call **989-285-4361** by **Nov. 23<sup>rd</sup>** to place your order for the number of meals you would like to pick up. If your name is not on the list, you will not be able to receive meals.

The meals will be prepared and served from the Alma First Presbyterian Church and will be available for pick up at **12 noon**. When arriving at the church parking lot, please **remain in your car**. Volunteers will direct you in line and will bring the meals to your car in take-out containers. Please wear a face covering when picking up your meals.

The delicious meal will consist of turkey, dressing, potatoes, gravy, squash, green beans, roll, and pumpkin pie. It will not be possible to custom make meals this year. Donations are appreciated and needed to cover the cost of the meal. A canister will be available when picking up your meal.

If you are truly homebound and unable to pick up meals, **home delivered meals** will be available on a **limited basis**. To order a home delivered meal, please call Craig Zeese at **989-681-2300** after November 15<sup>th</sup> to make your reservation.

The volunteer dinner team has been working very hard to make this year's meal available in a safe and efficient manner. Thank you for your cooperation and understanding.

# 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](http://www.gratiotmi.com/171/Commission-on-Aging)

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

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## 2022 Medicare Open Enrollment

Open Enrollment for Medicare is continuing until December 7<sup>th</sup>. 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. 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.

Please call to make an appointment with one of the COA MMAP counselors. There are **NO** walk-in appointments, however phone appointments as well as in person appointments are available by calling 989-875-5286. The counselors are trained to assist you with comparing various plans, premiums, deductibles and co-pays. They can also assist with the enrollment process should you decide to make a change. The goal is to make this process as simple as possible and get you the best coverage available for your specific situation.



### Air Conditioner Reminder

Fall has arrived and, along with it, the time has come to say goodbye to summer. Please remember to call the Commission on Aging office, 989-875-5246, to put in your request for the Home Chore department to come out and remove your COA air conditioner. Thank you!

### Social Security Announces 2022 Benefit Increase of 5.9 Percent

The Social Security Administration has announced an increase of 5.9 percent in the Social Security and Supplemental Security Income (SSI) benefits for 2022.

The 5.9 percent cost-of-living adjustment will begin with benefits payable January 2022. Increased payments to SSI beneficiaries will begin on December 30, 2021. (Note: some people receive both Social Security and SSI benefits). Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount.

Information about Medicare changes for 2022, when announced, will be available at [www.medicare.gov](http://www.medicare.gov). For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2022 are announced.



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.**

### Phyllis Schleder

Jack & Avis Ginther  
Donn & Pat Gates  
Eric & Aimee Smallworld  
John Schleder  
Joyce Raycraft  
Judith Eichorn  
David Eichorn  
Bill & Linda DeVuyst  
Bob & Nancy Smith  
A-Tractive Tractor of Central Michigan  
Bonnie Barnes  
Mary Hall  
Joan Sparks  
Sandra Reeves & Family  
Arland Sherwood  
Phyllis Schleder's Family  
Patty Reeves  
Verna Hollenbeck  
Keith & Phyllis Shaw  
Joanna Palik  
Ruth Ann Whitford  
Melda Akers  
Terry & Marcia Smith  
Ralph & Pauline Payment  
Rick & Sharlene Klumpp  
Jim & Marlene Spayd  
Larry & Anne Marrin  
Bob & Sue Deel  
Carol Reeves  
Doris Edgar  
Ithaca UMC Women's Bible Study  
Mary May

### Honorarium

**Jo Jones' 43 Years**  
Jack & Avis Ginther

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

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. We always have a puzzle started that needs your help.

The Ithaca Food with Friends sites scheduled hours are 11:30 a.m. to 1:30 p.m. with lunch 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 with Linda or you may reserve it with Jo when you are at the noon meal. We look forward to seeing you at our table soon and helping us put some pieces in the puzzle.

As we all have learned, the schedule, menu and contact phone numbers all are subject to change. We still need to encourage many more seniors to join "regulars". Reserve your meal now!

Please give Thanks to our Veterans for their service and to Gratiot County Commission on Aging for our Food with Friends program.



Happy Thanksgiving!

## Senior Activity Building Donors

Thank you for the gifts received by the Senior Activity Building from Sept. 15 through Oct. 13, 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

Cleo Flegel  
Jack & Avis Ginther  
Howard & Nancy Crites  
Jo Jones

### Memorials

**Helen & Lloyd Brandal**  
**Robert Brandal**  
**Rodney Brandal**  
**Floyd Brandal**  
Barb Kench

**Ardis Williams**  
**Eldine Cole**  
Donn & Pat Gates

**Dorothy Rhines**  
Jack & Avis Ginther  
Donn & Pat Gates  
Sandra Reeves & Family

**Ione Hull**  
Food with Friends

**Ida Bakker Kramer**  
Sandra Reeves & Family

# Menu

# November

# Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Stroganoff Capri Vegetables Pineapple Wheat Bread	2	3 Swedish Meatballs Whipped Potatoes Kyoto Vegetable Strawberries Wheat Bread	4	5 American Goulash Spinach California Veggie Blend Fruit Cocktail Whole Wheat Bread
8 Pork Chop Whipped Potatoes/Gravy Broccoli Pears Wheat Bread	9 	10 Chicken/Broc/Cheese Lima Beans Pineapple Gelatin Biscuit	11 <b>CLOSED</b> 	12 Potato Crunch Pollock Whipped Potatoes Brussel Sprouts Fresh Orange Wheat Bread
15 Chicken a la King Carrots Peas Mandarin Oranges Biscuit	16	17 <b>THANKSGIVING DINNER</b>  Sliced Turkey Whipped Potatoes/Gravy Stuffing Green Bean Casserole Cranberry Sauce Pumpkin Custard Dinner Roll	18	19 Breakfast Bake Sausage Links Redskin Potatoes Orange Cinnamon Roll
22 Corn Chowder Hard Cooked Egg Green Beans Applesauce Corn Bread	23	24 BBQ Meatballs Roasted Potatoes Koyto Vegetables Pineapple Wheat Bread	25 <b>CLOSED</b> 	26 <b>Thanksgiving Holiday</b>  <b>CLOSED</b>
29 Spanish Chicken California Blend Lima Beans Peach Crisp Wheat Bread	30 		<b>Menus are subject to Change without notice</b>	<b>Suggested Donation \$2.50</b>

**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.**

## 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 Wednesday, 3-5 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](mailto: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.



## Commodity Food Distribution Date

Commodities distribution will be on **Friday, December 10, 2021** due to the holidays. 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 \$1,396; income per couple not to exceed \$1,888 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.**



Flu shots available now!  
Check your Pharmacy

## Food with Friends

There are three Food with Friends sites open for meals. The sites are open Mondays, Wednesdays and Fridays from 11:30-1:30. Reservations are required for Food with Friends at least 1 day prior to attending. Please call the COA kitchen at 989-875-5332 to make your reservation. The site managers look forward to seeing you and being able to spend a little time with you.

### Breckenridge Site

Breckenridge Masonic Temple  
122 E. Saginaw St., Breckenridge  
Phone: 989-842-3338  
Site Manager: Lori Chvojka

### Fulton Site

Fulton Township Hall  
3425 W. Cleveland Rd., (M-57)  
Perrinton  
Phone: 989-236-5019  
Site Manager: Irene Noffsinger

### Ithaca Site

Senior Activity Building  
1011 E. North St., Ithaca  
Phone: 989-875-2135  
Site Manager: Jo Jones

# Memorials

## Commission on Aging

**Dorothy Rhines**  
**Virginia Pfeifle**  
 Pat & Gene Pitcher

**Barbara Iler**  
 Kelvin & Lavonne Price & Mitch

**Joyce McGillis**  
 Donald & Deanna Leslie  
 Janice Helman  
 Sandra J. Simmons  
 Cynthia Mepham

**Carl & Erma Cole Family**  
 The Descendants of the Cole  
 Family

**Glenna Ockert**  
 Bob & Sue Green

**David Norris**  
 Mom & Family

**Phyllis Schleder**  
 Veronica Norris

**Darlene Moore**  
 Debra Cash  
 Beverly Clark  
 Karen Freshney  
 Mary Ruth Gay  
 Janet Holt  
 Janice King  
 Velma Spicer  
 Phyllis Studer  
 Dennis Terwilliger  
 Mary Wicks  
 Dorothy Wiser

**Barb Jones**  
 Joan Sparks

**Phyllis Schleder**  
 Mavis Lippert

**Gene Neitzke**  
**Ellen Keeler**  
**Mike Mates**  
**Barbara Jones**  
 Carol Reeves

**Max & Alma Root**  
 Connie & Kip Walworth

**Betty Woods**  
 Theodore Woods

**Mike Mates**  
**Ellen Keeler**  
**Phyllis Schleder**  
 Janet & David Gault

**Dean Giles**  
**Shirley Snell**  
 Dale Snell

**Ione Hull**  
**Barb Jones**  
**Ellen Keeler**  
**Mike Mates**  
**Phyllis Schleder**  
**Robert Junior Smith**  
**Rodney Smith**  
 Alan & Alice Schafer

## Senior Gratiot

**Melba Bebow**  
 Hilda Oakes

**Lila Decker, Mother**  
 Norma & Dave Bast

**Joyce McGillis**  
 Sheila Nelson

**Jean Bush**  
 Tim & Rachel Musselman

**Charles "Don" Smith & Nancy Smith**  
**Joan Lowery**  
 William & Linda Devuyt

# COA Donors

Lincoln Rd. United Methodist Church  
 Ithaca Knights of Columbus, #8785  
 First United Methodist Church

**Home Delivered Meals**  
 Marty Peet

**Food with Friends**  
 Sally A. Martin

*Thank you for your support  
 and generous donations.*

# Honorariums

**All Gratiot County Seniors**  
 Mary Sullivan

**COA Volunteers**  
 Lynn Cratsenburg

# Senior Gratiot Donors

Keith & Betty Apple  
 Dale Snell  
 John Cremin  
 Lillian Chapko  
 Barbara Prikasky



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



**Support Groups Meet in Alma**

**Parkinson's Disease**  
 2<sup>nd</sup> 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**  
 3<sup>rd</sup> Wednesday of each month, 4:30 p.m.  
 300 E. Warwick Dr., Room 1161  
 MidMichigan Medical Center Gratiot  
 Contact: Michelle Miller, 989-466-3378

**Brain Injury Group**  
 2<sup>nd</sup> Wednesday of each month, 5:30 p.m.  
 300 E. Warwick Dr., Room 1161A  
 MidMichigan Medical Center Gratiot  
 Contact Michelle Miller, 989-466-3378

**SENIOR GRATIOT, INC.**

JENNIFER COOK, EDITOR  
 MARITA HARKNESS  
 HOWARD POINDEXTER  
 VICKIE THUM  
 CRAIG ZEESE

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