

# December

SENIOR GRATIOT, INC  
515 S. Pine River  
Ithaca MI 48847  
989.875.5246  
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# SENIOR GRATIOT

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

## Christmas Day Dinner Hosted by Alma Elks

610 W. Warwick Dr., Alma  
989-463-1400

A Christmas Day Dinner will be served through the generosity of the Alma Elks Lodge #1400 on Christmas Day from noon until 3:00 p.m.

This ham dinner is open to anyone in the community who would like a hot meal, has no place to go on Christmas day, or who wants to share this day with others. We welcome everyone!

The meal will be free of charge, but donations will be accepted. The menu will be ham, mashed potatoes & gravy, vegetable, roll and dessert.

It is necessary to call in advance to make your **reservation**. Please call the **Elks Lodge at 989.463.1400** by December 20<sup>th</sup>.

It is not necessary to come right at noon, as dinner will be served until 3:00 p.m. Delivery is available for homebound people. Please give your address when you call your reservation in.

Thank you, Alma Elks members, for providing this wonderful community dinner!

## 2022 Medicare Premiums & Deductibles for Part A & B

Medicare Part A covers inpatient hospitalizations, inpatient rehabilitation, hospice, skilled nursing facilities and some home health care services. Most Medicare beneficiaries do not pay a Part A premium since they have at least 40 quarters of Medicare-covered employment. However, Part A does have an annual deductible that beneficiaries pay when admitted to the hospital. For 2022, the deductible will be \$1,556.00.

Should a Medicare Part A beneficiary require skilled nursing facility care, the daily coinsurance for days 21 through 100 will be \$194.50 per day.

Medicare Part B has a premium that is charged. The premium for 2022 will be \$170.10. Part B beneficiaries also have an annual deductible that is paid. The deductible will be \$233.00 for 2022. After the deductible has been met, Medicare pays 80% of the Medicare approved amount.

Information from [cms.gov](http://cms.gov) (Medicare & Medicaid Services)



## Learn Tools to Battle Loneliness

Loneliness is a serious issue that can affect the physical and mental health for many older adults. In addition, the COVID-19 pandemic has increased social isolation and led to a number of new challenges. Fortunately, there are many strategies that we can learn and practice to decrease this feeling and help us feel more connected and positive about our lives.

Meghan Dahl, L.M.S.W., Behavioral Health Therapist at MidMichigan Medical Center - Midland, is offering a powerful five-week series focusing on loneliness and social connection called "Bridge to Belonging", in collaboration with Senior Services of Midland.

Dahl will explore several topics, including:

- Increasing positive behaviors
- Addressing negative thoughts
- Challenging social anxiety
- Relaxation strategies
- And how to practice these ideas while adjusting for lifestyle changes with COVID-19

Anyone interested in learning more on this topic, whether for themselves or their loved ones, is invited to attend.

***There is no cost to attend***

**FREE** Virtual Zoom Series  
Tuesdays, Jan. 11 to Feb. 8, 2022  
1:00-2:30 p.m.

You will receive all program materials and login information prior to the first session.

Join the Zoom Meeting from your smart phone, computer, tablet, or other device with an internet connection. You can also listen in using your phone.

**Registration is required**  
Registration closes Thursday, Jan. 6

To register, visit  
[www.midmichigan.org/bridge](http://www.midmichigan.org/bridge)

Or you can call MidMichigan Health Line at 989-837-9090 or 800-999-3199



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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.*

**Joan Cook**  
Janet White

### Senior Activity Building News & Information

By Jo Jones, Site Manager

The Senior Activity Building Board Inc. meets at the Building on the third Tuesday at 1:15 each month. The annual meeting was held on Oct. 19. Our Class of 2024 Board members were appointed. We welcome Vic Beard, Donn Gates, and Susan Sparks as they begin their three years of service to our Seniors.

Our early morning seniors continue to express their appreciation for the Building being open from 8 to 10 on 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 that needs your help.

Ithaca Food with Friends site scheduled hours are 11:30 to 1:30 on Monday, Wednesday and Friday with the meal being served at noon. To reserve your meal, please call the kitchen at 989-875-5332 at any time. You may also call 989-875-2135 from 8 to 10 weekday mornings and again from 11:30-1:30. 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 very soon.

Thanks to our Food with Friends Kitchen Crew for the special Thanksgiving meal on November 17<sup>th</sup>. It was delicious!

The Just for Fun Dulcimer group was happy to meet and provide music for our seniors in November. The time for this activity has been changed to 2:00 p.m. beginning on December 13<sup>th</sup>. Mary Humm will continue to be our SAB Building representative to welcome you.

Do check the Building schedule for

additions to our December activities. The Cowboys from Midland are hoping to do a program in December.

As we all have learned during this pandemic, the schedule, menu and contact phone numbers all are subject to change. We still need to encourage many more seniors to join the "regulars". Reserve your meal now! Please note that the Senior Activity Building and the Food with Friends program are closed on these dates: December 23, 24, 30 and 31.

May we all find the New Year filled with promises of good health and heaps of happiness! Enjoy your families during this special time of the year.

### Senior Activity Building Donors

Thank you for the gifts received by the Senior Activity Building from Oct. 14 through Nov. 12, 2021.

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

#### Gifts In Gratitude to SAB

Bill DeVuyst  
Jo Jones

#### Memorials

**Phyllis Schleder**  
Marion May  
Howard & Nancy Crites  
Helen Hoard  
Chuck & Marty Wieferrich  
George & Linda Weburg

#### Food with Friends

**Lucille Kosnik**  
Ray & Carol Gross  
Sharon Haggart  
Colleen & Mark Truxell  
Christopher & Konnie Bovee  
Craig & Jane Snyder  
Tom & Judy Cole  
Debbie & Bruce Hubble  
JoAnn Smolka  
Richard & Theresa Sova  
Jon & Carol Lauer  
Marcella Brauher  
Willowdean Cassady  
Judy Brown  
Nancy & Howard Crites  
Karen & Randy Dietz

**Dorothy Rhines**  
Helen Hoard

**Ione Hull**  
Helen Hoard  
Judy Shinabarger  
Wanda Whitaker  
Sally Reava

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

Mary Humm

*thank you!*

To date,  
J&J Party Store  
has donated \$9,082.43 to the  
HDM program at the COA!

# Menu



# Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef and Noodles Squash Broccoli Citrus Salad Fruit Cocktail Wheat Bread	2	3 Basil Parmesan Chicken Brown Rice Carrots Leprechaun Fluff Dinner Roll
6 Potato Crunch Pollock Winter Blend Tossed Salad Fresh Orange Wheat Bread	7	8 Meat Loaf Oven Roasted Potatoes Corn & Lima Beans Cinnamon Applesauce Wheat Bread		
13 Meatballs Brown Rice Capri Veggie Blend Beet Salad Pineapple Wheat Bread			15 <b>CHRISTMAS DINNER</b>  Baked Ham Whipped Sweet Potatoes Broccoli Jell-O Cake Dinner Roll	16 17 Smothered Chicken Redskin Potatoes California Veggie Blend Mandarin Oranges Wheat Bread
20 Salisbury Steak Whipped Potatoes Spinach Mixed Fruit Cup Wheat Bread	21	22 Veal Parmesan Whipped Potatoes Green Beans Tapioca Pudding Dinner Roll		
27 Baked Ziti Casserole Brussel Sprouts Corn Citrus Fruit Cup Wheat Bread			29 Chicken Pattie on a Bun Mixed Vegetables Baked Potato Peaches Apple Crisp	30 31 <b>CLOSED</b>  

shutterstock.com - 515971120

**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 Gratiot Donors

- Pat McCreery
- Marie Green
- Jane Brown
- Diane Davis
- Lillian Chapko
- Harold & Marguerite Upham
- Helen Woodcock
- Rhonda Harrell
- Doug & Marita Harkness
- Howard & Gladys Poindexter
- Peggy J. Trgina
- George & Linda Weburg
- Kristi & Roger Cook
- Mary Rohde
- Judith Bovee
- Jo Heidger

### Commodity Food Distribution Date

Commodities distribution will be on **Friday, December 10, 2021** due to the holidays. 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.**

## Greetings from Fulton

By Irene Noffsinger

Welcome to one of the most enjoyable months that we have. December! This month has always been a time of decorating, shopping, concerts, holiday parties, and a time of gathering together with the people we love. This past year has been quite the challenge. For almost everyone, our lives have changed in some way. I hope we all can find a way to enjoy some of the things we have always enjoyed during the holiday.

In the past, I have shared things about growing up and our family traditions. Along the same line, and growing up in Mt. Clemens, on Christmas my sisters and I wanted a Lionel train set. Christmas Eve comes and we all go to bed, eagerly anticipating the morning. During the night I awoke to a very strange sound. Yep! Dad was out in the living room playing with the train we were getting for Christmas. We sure enjoyed that train. So did dad until his time of passing. By then, he had many more trains added to his set, as well as houses and trees. If you have special memories of your early years, please share them with us over lunch. We would all love to hear them.

Wednesday, December 15<sup>th</sup>, is "Ugly Sweater Day". It is also the special

Christmas lunch Please be sure to wear your ugly sweater when dining with us.

Please feel free to come in when we are open and browse through the books. Books may be taken and books may be left. For everyone that donates books to make this possible, Thank You!

Come and join us for lunch. We have a good time and it is good for everyone to meet, visit and have lunch together. We are open from 11:30-1:30 for lunch.

To everyone, I wish you a happy, healthy holiday season.

### Food with Friends

#### 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

### **Joan Cook**

Heather Cummings & Family  
Marlene Teegardin  
Craig Zeese  
Marie Green  
Albert & Mae Donald  
Jeannine Haag  
Mr. & Mrs. Thomas Vernon  
Judy Tanghe  
Nancy Carol Vernon

### **Shirley Cole**

The Children of Max &  
Mary Cole

### **Larry Lindke**

Kay Wohlseill

### **Lyle DeWayne Parks**

Pat's Auto, Inc.

### **Ione Hull**

### **Joan Cook**

Carol Reeves

### **Judy Tanghe**

Nancy Carol Vernon  
Mr. & Mrs. Thomas Vernon  
Leon & Carolyn VanWaggoner  
Diane Tester

### **Joyce McGillis**

Ron & Jill McGillis

### **Shirley Cole**

Darlene Martindale

### **Bill, Betty & Arden Cummings**

### **Bob Peet**

### **Hal & Betty Williams**

### **Melba Bebow**

### **Kay Wight**

### **Duane White**

### **Bill & Millie LaFreniere**

Karen Kindel

### **Joan Cook**

### **Martha Crackel**

### **Bambi Eckelbarger**

### **Gerry Gallagher**

### **Helen Hayes**

### **Larry Kiser**

### **Lucille Kosnik**

### **John Nelson**

### **Judy Tanghe**

Alan & Alice Schafer

### **Alfred Silhavy**

Millie Reeves  
Marilyn House  
Emma A. Brandal  
J&J Giles/Tires

### **Phyllis Schleder**

Roger & Kristi Cook

### **Wanda Kirkby**

Mike & Jessica West

### **Al & Phyllis Silhavy**

Phil Conklin

### **Greg Siefker**

Patrice & Paul Hornak  
Sharon Pierce

### **Ione Hull**

### **Joan Cook**

### **Helen Hayes**

Donn & Patricia Gates

### **Robert Reeves**

Carol Reeves

### **Mike Mates**

### **Joan Cook**

### **Rod Smith**

### **Melba Bebow**

Sid & Cheryl Hull

## Home Delivered Meals

### **Dorothy Rhines**

Cindy Simmons

## Senior Gratiot

### **Parents & Grandparents**

### **Rosencrans, Bolyards,**

### **Vliets, Beesons**

John & Carol Rosencrans

### **Vince Held, Sr.**

Cindy & Chuck Simmons

### **Louise Langlois**

### **Janice Langlois-Furtaw**

### **Betty Langlois**

Alice L. Howey

Laura Furtaw

### **Sam & Shirley Ortisi**

Tom Mueller

### **Charles Malek**

### **Anna Malek**

### **Jerry Malek**

### **Joseph Malek**

### **Charles Malek, Jr.**

### **Mary Ann Malek**

Ruth Malek

### **Clinton Kimmel**

### **Hazel Kimmel**

### **Lester Kimmel**

### **Duane Kimmel**

### **Ivan Kimmel**

### **James Kimmel**

### **Joseph Malek**

Ruth Malek

### **Marion E. Brown**

Joanna Brown

### **Robert Cassady**

Willowdean Cassady

### **Bill Stuckey**

Barb Stuckey

### **Red Agle**

### **Chuck Agle**

### **Gwen Draker**

### **Thelma Agle**

### **Charles Agle**

### **Laurie Agle**

Phyllis Agle

### **Ramon Wolfgang**

Berniece Wolfgang

### **Harold & Aldeen Roberson, Navy**

### **WWII Veterans**

Rod & Nora Palmer

### **Henry Bajena**

Victoria Bennett

### **Harold, Opal & Jerry Weaver**

Shirley Smith

### **Vinola Martin**

Nancy Francetic

## Sumner Food Site

### **Jim Emlinger**

### **Lyle Parks**

Cindy Simmons

## Fulton Food Site

### **Janet Simes**

Diane Kellogg Family

# COA Donors

Lewis & Helen Becker

Pat McCreery

Ginger Vetter

Judy Bigelow

Lincoln Rd. United Methodist Church

William & Ella Martyn

Immanuel Ladies Society

Paul Moeggenborg

## Home Delivered Meals

Marty Peet

## Gram's Kitchen

### **Joan Cook**

Jo Jones

# Honorariums

**Jennifer Cook**

Jo Jones

**Sarah McClung**

Gerald & Edith

*Thank you for your support  
and generous donations.*