



## Still Need to Get Your Homestead Property Tax & Home Heating Credits Prepared?

The Commission on Aging Staff and volunteers will provide assistance with the preparation of Homestead Property Tax and Home Heating Credits for *residents of Gratiot County*. Listed below are the qualifications for either credit as well as the documentation required to prepare the forms. (The Commission on Aging *does not* complete federal or state income tax returns, only homestead property tax and home heating credits.) Please read through the information and then contact the Commission on Aging at 989-875-5246 to schedule your appointment. Appointments are available between 9:00 and 11:30 am on Wednesday, March 9<sup>th</sup>. **APPOINTMENTS ARE REQUIRED.** We look forward to assisting you with this process.

### Homestead Property Credit Qualifications:

- Homeowner's property taxes must be higher than 3.5% of the homeowner's income
- Renters, usually 20% of your rent is considered your share of property tax

### Home Heating Credit Qualifications:

- A person who owns a home or is a renter and has an income that is less than the income guidelines.

### *Bring these verifications to your SCHEDULED Tax Credit Appointment*

- All income for 2021 (Social Security, pensions, interest, farm income, etc.)
- Property Tax Statements (Homeowners only)
- Proof of heat cost for 2021 (Consumers customers bring December 2021 bill. Fuel/Propane customers bring heat expenses dating between 11/01/2020 through 10/31/2021)
- Medical Supplemental Health Insurance Premiums
- Automobile Insurance (Only the Personal Injury Protection amount is a deduction)
- Rent Payments: Rent paid to a landlord, or lot rent paid to a mobile home park. Rent verification is not needed if you live in a subsidized housing complex

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

March 2022  
Volume XLVIII  
Number 3

# SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging  
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NON-PROFIT ORGANIZATION  
US POSTAGE PAID  
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ITHACA MI

## Welcome New Staff Member!

Commission on Aging would like to welcome two new staff members to the agency. Both are working in our kitchen, preparing the meals that are home delivered and that are served at the Food with Friends sites.

### Laurie Bizzoco, Head Cook:

Throughout my working career, I have worked in various avenues that have allowed me to provide my personal services. My first job was as a waitress and from there I have been a live-in manager in an adult foster care home in Michigan and Florida, a live-in nanny in Arizona, a live-out nanny in New York, and a direct care counselor and cook in group homes for developmentally disabled individuals. I relocated to Michigan three years ago to be near my mother and family. Since returning, I worked a couple of jobs prior to becoming employed at Gratiot County COA. I enjoy working in the COA kitchen because the work is not only rewarding and challenging, it provides me with the opportunity to play a role in providing a needed service to those in my community.



It's that time of year already! Daylight Savings Time will go into effect on Sunday, March 13<sup>th</sup> at 2:00 a.m. Don't forget to set your clocks forward one hour before going to bed on Saturday, March 12<sup>th</sup>.



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.**



## Commodity Food Distribution Date

Commodities distribution will be on **Monday, April 25, 2022**. 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.**

## Book Nook & Puzzles

As the winter months drag along, it can be difficult to keep the days filled with activities. Stop by Commission on Aging, 515 S. Pine River, Ithaca, and pick up a great book from the Book Nook. We have a variety of books, including large print.

If books are not your favorite thing, there are also puzzles available for you to take home. The puzzle range from 350 pieces up to 1000 pieces.



## Text Message Scams

There are over 20 billion text messages sent every day in the United States. More and more of these texts are coming from thieves trying to scam you. Millions of "smishing" texts can be sent at the same time. A common tactic is to text a warning about a fake problem with one of your accounts and ask you for your information. Sometimes, they are giving you an offer that sounds too good to be true. **Do NOT respond!** You could have malware installed on your phone.

Here are some signs which indicate a text message is a scam:

- ⇒ You receive a message that appears to be from your bank indicating an issue with your account. A phone number or link is provided for you to respond immediately. This will take you somewhere to update your personal information.
- ⇒ A message asking you to click on a link to resolve a problem, win a prize or access a service.
- ⇒ A message claiming to be from a government agency.
- ⇒ A message that says "click here and enter #" or reply "Stop" to opt out of future messages.

If any of the things above happen on your phone, forward the text to 7726 (SPAM), so wireless carriers can investigate and block that sender. You can also report the scam text to the Federal Communications Commission by calling 888-225-5322.

### 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

MyMichigan 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

MyMichigan 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 & B

MyMichigan Medical Center Gratiot

Contact Michelle Miller, 989-466-3378



**To date, J&J Party Store has donated \$9,432.43 to the HDM program at the COA!**

Senior Activity Building

March 2022

Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>8:00 EVERYDAY Building open, coffee ready soon</b>  <b>10:00 EVERYDAY Visits, News, Games, Activities</b></p>	<p><b>1</b>                      10:00 EZ Motion                      7:00 VFW Post #7805</p>	<p><b>2</b>  <b>12:00 Food with Friends Meal</b>                      1:00 Dominoes</p>	<p><b>3</b>                      10:00 EZ Motion                      11:00 Joyce Raycraft at the Piano                      1:00 Wii Bowling</p>	<p><b>4</b>  <b>12:00 Food with Friends Meal</b>                      11:30 Blood Pressure Checks by Joyce Raycraft</p>
<p><b>7</b>  <b>12:00 Food with Friends Meal</b></p>	<p><b>8</b>                      10:00 EZ Motion                      1:00 Progressive Euchre</p>	<p><b>9</b>  <b>12:00 Food with Friends Meal</b>                      1:00 Dominoes</p>	<p><b>10</b>                      10:00 EZ Motion                      11:00 Joyce Raycraft at the Piano                      1:00 Wii Bowling</p>	<p><b>11</b>  <b>12:00 Food with Friends Meal</b>                      1:00 Friday Cards with Jack &amp; Avis Ginther</p>
<p><b>14</b>  <b>12:00 Food with Friends Meal</b>                      2:00 Just For Fun Dulcimers</p>	<p><b>15</b>                      10:00 EZ Motion                      11:00 Cribbage  <b>1:15 SAB Board Meeting</b></p>	<p><b>16</b>                      Prepare Treats  <b>12:00 Food with Friends Meal</b>                      1:00 Dominoes                      7:00 A-Tractive Tractor Club</p>	<p><b>17</b>                      10:00 EZ Motion                       Deliver Shamrock Treats                      1:00 Wii Bowling                      2:00 Helen Ann &amp; Lou's Accordion Music</p>	<p><b>18</b>  <b>12:00 Food with Friends Meal</b></p>
<p><b>21</b>  <b>12:00 Food with Friends Meal</b></p>	<p><b>22</b>                      10:00 EZ Motion                      1:00 Progressive Euchre</p>	<p><b>23</b>  <b>12:00 Food with Friends Meal</b>                      1:00 Dominoes</p>	<p><b>24</b>                      10:00 EZ Motion                      11:00 Joyce Raycraft at the Piano                      1:00 Wii Bowling</p>	<p><b>25</b>  <b>12:00 Food with Friends Meal</b>                      1:00 Friday Cards with Jack &amp; Avis Ginther</p>
<p><b>28</b>  <b>12:00 Food with Friends Meal</b></p>	<p><b>29</b>                      10:00 EZ Motion                      11:00 Cribbage                      1:00 Sequence</p>	<p><b>30</b>  <b>12:00 Food with Friends Meal</b>                      1:00 Dominoes</p>	<p><b>31</b>                      10:00 EZ Motion                      11:00 Joyce Raycraft at the Piano                      1:00 Wii Bowling</p>	<p><b>Monday, Wednesday &amp; Friday Food with Friends Meal at Noon.</b>  <b>Call 989-875-2135 to make your reservation.</b></p>

**Senior Activity Building & Food with Friends News & Information**

By Jo Jones, Site Manager

The Gratiot VFW Post #7805 will meet at the Building on March 1<sup>st</sup> at 7:00 pm.

The Just for Fun Dulcimer Club will provide music for your pleasure on Monday, March 14<sup>th</sup>. The time for the Dulcimers is 2:00-4:00 pm with Mary Humm as our Building representative. This date is also the 10<sup>th</sup> Anniversary of Joyce Raycraft's Thursday piano music. Since the pandemic (two years ago), we have not been open for Food with Friends on Thursdays, but fortunately she will be back on the schedule for March 3<sup>rd</sup>, 24<sup>th</sup> and 31<sup>st</sup>! Thanks to Joyce for her gift of music.

The Senior Activity Building Board will meet at the Building on the 3<sup>rd</sup> Tuesday, March 15<sup>th</sup> at 1:15 pm.

A-Tractive Tractor Club meets at 7:00 pm on Wednesday, March 16<sup>th</sup>.

Thursday, March 17<sup>th</sup> at 2:00 pm we will enjoy celebrating **St. Patrick's Day** with accordion music. Helen Ann and Lou will play some Irish tunes as well as a variety of songs. Mark your calendar right now! Wear some GREEN!

Our early morning Seniors continue to enjoy Linda St. Charles' coffee and conversation at the Building from 8:00 to 10:00 am each weekday morning. All Seniors are most welcome to find a spot around the coffee table. Stop in!

The Commission on Aging is opening our Ithaca Food with Friends site for five

days a week as of March 1<sup>st</sup>. You will see there are some activities on the schedule above. Be sure to check the calendar at the Building since there may (no, probably will) be several changes as we go through our first month back full time! It is our hope to add more of your favorite activities in April. Suggestions are welcome!

As of January 11<sup>th</sup>, masks are required when attending Food with Friends. Obviously, we are also trying to leave more space in between participants and masks are off while eating. Whenever this schedule changes, we will try to keep you informed. The phone number is 989-875-2135. Feel free to call to check on updates about a scheduled event. Please call ahead of time to make your reservation for your Food with friends meal. We look forward to your call!



**Support Group Offerings from Sparrow Hospital**

Sparrow Hospital out of Lansing is offering several support groups for grief and bereavement. You can attend the group in person or virtually.

The Open Support Groups meet on Thursdays, from 3:30-4:30 p.m. The discussions are based on the following:

- Any Loss: First and Third Thursdays
- Loss of Spouse or Partner: Second Thursdays
- Loss of Adult Child: Fourth Thursdays

They are also offering groups that have special topics which meet from 10:00-11:00 a.m.

- Loss Beyond One Year: First
- Men's Group: Second Wednesdays

These groups are free of charge and open to anyone in the community. They meet at Sparrow Hospital at St. Lawrence Campus, 1210 W. Saginaw St., Lansing. Enter the west entrance and proceed to the second floor gathering room.

Should you wish to attend one of these groups virtually, please contact Jen Scholes, Bereavement Coordinator, to obtain the correct phone number or link. You may reach Jen by calling 517-364-7223 or via email at [Jennifer.Scholes@Sparrow.org](mailto:Jennifer.Scholes@Sparrow.org).

## Senior Activity Building Donors

Thank you for the gifts received by the Senior Activity Building from January 12, 2022 through February 11, 2022.

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

Crystal Jar Donations

### Gifts In Gratitude to SAB

Jo Jones

### Memorials

**Joyce Beard**

Judy Brown

**Kathleen Humm**

Jim & Bonnie Ludwick

Bob & Mary Sullivan

**Hazel Clagg**

Judy Brown

**Garold Baker**

Food with Friends

Bill & Linda DeVuyst

**Irene Reed**

Jo Jones

**Virginia (Ginny) Maxwell**

Ken & Sharon Hayes

Food with Friends

**Jerry Beck**

Food with Friends

Jo Jones

Mary & Bob Sullivan

Bill & Linda DeVuyst

Edith Beck & Family

**Doris Browne**

Garold Browne & Family

**Virginia Teachman**

Bill & Linda DeVuyst

Judy Brown

**Gifts received at GRATIOT COUNTY  
COMMUNITY FOUNDATION SENIOR AC-  
TIVITY BUILDING AGENCY ACCOUNT:**

Mary Humm

**Jerry Beck**

Jo Jones



## Foster Grandparent and Senior Companion Programs

Benefits: \$3.00 an hour non-tax stipend (will not affect social security, subsidized housing etc.), mileage reimbursement and a meal during service hours, training, PTO, and holiday pay.

Must be: 55 and older, meet income guidelines, available to volunteer 15-20 hours per week and pass background checks.

Serving: Clare, Gratiot and Isabella Counties

**Please contact: Brandi Knivila, Jodi Onstott, or Anne Acles at (989) 772-0748 for more information.**

## Loan Closet

Commission on Aging has a loan closet that is available to seniors (60 years of age or older) who live in Gratiot County and may be in need of adaptive medical equipment. There is limited availability of disposable bed pads and adult diapers as well. If you are in need of something, please call 989-875-5246 to see if we have the item available.



## Medication Disposal



Have you checked your medicine cabinet lately for old prescriptions that you no longer use or need or over the counter medications that are expired? Once you have done this, there may be several medications that you need to dispose of. Proper disposal is important to help prevent accidental poisonings, contamination of the water we drink, or drug abuse. Listed below is information for where and when you can dispose of unwanted medications.

**Gratiot County Sherriff's Department  
226 E. Center Street, Ithaca**

The Gratiot County Sherriff's Department will accept pills. They will not accept liquids, needles/syringes, or inhalers. There is a drop box in the lobby of the Sherriff's office. The lobby is open 24 hours a day. Place the medication in a Ziploc bag and dispose of it in the drop box. If you have any questions, you may call 989-875-5214 for more information.

**Alma Police Department  
525 E. Superior St., Alma  
Located in Alma City Hall**

The Alma Police Department will accept pills and liquids. Liquids need to be in the bottle and the bottle needs to be inside a baggy. Pills also need to be placed in a baggy and baggies are available at the police department. They do not accept inhalers or needles of any kind. They are open from 8:00 a.m. to 5:00 p.m. Monday through Friday (closed from 11:30-12:30 for lunch). If you have any questions, please call 989-463-8317 for more information.



Z R N K Y J D G R W W N N J C Y Z W B A  
 E C H A D O L V M W P H I I W J C N I I  
 B H F V I K A O U I W O Y F L V M B L S  
 H L C I Y R R J M P S U U Q S B W N D L  
 F E A O T Q E B A Q N V H B M E U O R E  
 P V J R C Y M L H J Q C C K B T G D T K  
 I O H A N G E J A X C X R O K U P P T M  
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 F O H O A N Y H S X I P Z K T L O Q E Z  
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 V W A R H V S V I P W L T V A O G L F V

- BLARNEY
- CELTIC
- CHARM
- CLOVER
- DANCE
- DUBLIN
- EMERALD
- GAELIC
- GOLD
- GREEN
- HARP
- IRELAND
- ISLE
- LEPRECHAUN
- LIMERICK
- LUCK
- MARCH
- PARADE
- RAINBOW
- SHAMROCK

### Sudoku Rules

The rules are quite simple, actually. The hard part lies in solving the puzzle!

A sudoku puzzle consists of a 9 by 9 grid. This grid is subdivided into nine 3 x 3 boxes. Some of the cells in the grid are prefilled with a number between 1 and 9, while many other cells are blank. Your job is to determine the correct number to be entered in each of the empty cells.

To figure out which number between 1 and 9 belongs in a particular cell, you need to adhere to the following rules:

- The numbers 1 through 9 must appear exactly once in each **row**.
- The numbers 1 through 9 must appear exactly once in each **column**.
- The numbers 1 through 9 must appear exactly once in each **3x3 box**.

The challenge of sudoku is using the process of elimination and other strategies to identify the unique solution for the sudoku puzzle. Sudoku really is an excellent brain game, as it trains logical reasoning and visual perception, among other brain skills.

### Sudoku Puzzle

					9			6
					3	8	5	1
	6	2		1	5			
		7					6	
	2	1	9	7	6	3	8	
	3					1		
			4	5		9	7	
2	5	8	6					
4			3					

## Gratiot Community Personal Needs Pantry

The residents of Gratiot County are continuing to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card during this difficult time. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap, 2 bars of soap, laundry soap and other items, if available, upon request. These items are available thanks to the generous donations received from individuals, churches, and non profit organizations.

The Personal Needs Pantry is open to all Gratiot County residents. A client may use the pantry every 28 days and will need to present identification when they come. Please come to the rear of the church and remain in your vehicle. A volunteer will meet you and provide you with your bag of items.

**Location: St. Louis 1st United Methodist Church**  
**116 S. Franklin St., St. Louis**  
**(Next to the 7-Eleven)**

**When: Every Thursday**  
**12:00-1:30 p.m. and**  
**5:00-6:30 p.m.**

A big thank you goes out to the volunteers of the community for their dedication to the pantry. If you have any questions, please contact the church at 989-681-3320.



## 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**



## Needed!

The Commission on Aging knitters are in need of yarn donations. The knitters make children's hats, mittens, headbands, scarves, and baby blankets and caps for children in Gratiot County.

Donations of yarn can be brought to Commission on Aging, 515 S. Pine River St., Ithaca. For more information, please call 989-875-5246.

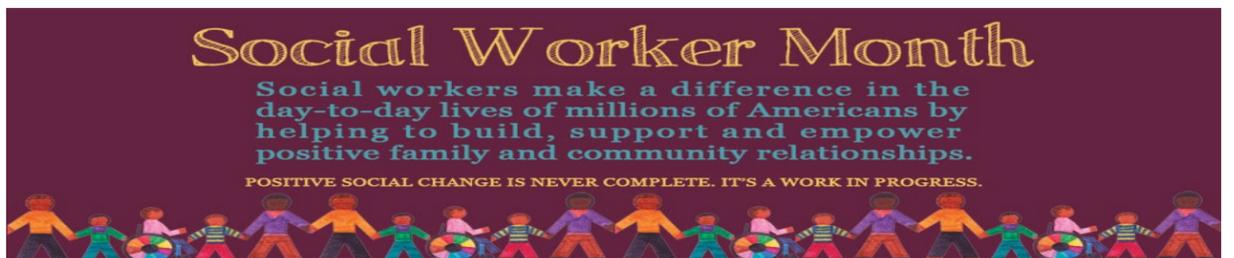
## Breckenridge Sassy Seniors!

By Lori Chvojka, Site Manager

WOW! We have been open for six months!! The holidays have come and gone and winter is on its way out. Looking forward to Spring.

It has been a long winter and many of us have become relaxed in our everyday lives. Winter has a way of doing that to people, as well as bears! But, I have come upon a way that may help us get moving more. I have found a site on YouTube that has exercises specifically for Seniors, [yes2next](https://www.youtube.com/watch?v=2nXt), which I personally enjoy. The exercises are low impact and done with a mother/daughter pair. Both are seniors. They show you that movement is important at any age and that anyone of any age can exercise. Please check it out. As you will see, there are many pages with exercises designed for seniors. If you find a different site that you enjoy, please share it with us at the Food with Friends site. Get moving and see how much better you feel!

Remember, the site is open Mondays, Wednesdays, and Fridays from 11:30 to 1:30 for lunch and visiting. If you are in the Breckenridge area, come and join us for a good meal and, more importantly, some great company. Please call 989-842-3338 to reserve your meal. There is always room for another person at our table!



## Gratiot Animals in Need (GAIN)

A local non-profit, Gratiot Animals in Need (GAIN), offers a variety of resources to Gratiot County pet owners.

- ♥ **Pet Food Pantry:** The pantry is 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 pet food pantry is located at Ways of the West on M-46 between Alma and St. Louis, 1696 W. Monroe Rd. The pantry hours are Tuesday, 2:00-5:00 p.m. and Thursday, 3:00-5:00 p.m. Please call to confirm the hours, 989-681-5993, as volunteers staff the pantry.
- ♥ **Companions Program:** The Companions program can assist Gratiot County seniors pay for veterinary office visits and, depending on the issue, for pet medications or treatments needed. Contact 989-875-2286 or email [julie@gainmichigan.org](mailto:julie@gainmichigan.org) for mor information. 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.
- ♥ **Low Cost Spay/Neuter Clinic:** This clinic is for owned and free roaming cats. Free roaming cats are \$15 with a mandatory ear tip and Rabies vaccination included. Owned cats are \$55 (spay/neuter only). Rabies and/or distemper vaccinations are \$10 each, microchips are \$20. Live traps are available for check out when catching a cat for the purpose of spay/neuter. Call 989-875-2286 to schedule an appointment. Please leave a message if there is no answer.
- ♥ **Financial Assistance for Dog Spay/Neuter:** The spay/neuter is done either through a local vet or low-cost clinic. Call the office at 989-875-2286 for more information on this program.
- ♥ **Barn Cat Program:** This program is for people who are looking for assistance with rodent control in their barn, garage, warehouse, etc. To request placement of one or more of our working cats, call the office at 989-875-2286.

# Menu



# Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	 1	Spaghetti Winter Blend Carrots Apricots Garlic Toast Whole Grain Cookie 2	 3	Egg & Cheese Casserole Sausage Links Redskin Potatoes Fresh Orange Cinnamon Roll 4
Hamburger Company Potatoes Lettuce and Tomato Apricots Hamburger Bun 7	8	Baked Chicken Redskin Potatoes Mixed Vegetables Apple Juice Box Citrus Fruit Cup Wheat Bread 9	 10	Potato Crunch Pollock Winter Blend Baked Beans Leprechaun Fluff Wheat Bread 11
American Goulash Kyoto Vegetables Broccoli Pears Wheat Bread 14	15	Meatloaf Corn and Lima Beans Multi Bean Salad Michigan Fruit Cup Wheat Bread 16	 17	Corn Chowder Hard Cooked Egg Brussel Sprouts Applesauce Cheesy Bread Stick 18
Meatballs Brown Rice Capri Blend Vegetables Coleslaw Pineapple Wheat Bread 21	 22	Sloppy Joe on Bun Green Beans 24 Hr Cabbage Slaw Peach Crisp 23	24	Macaroni & Cheese Carrots Stewed Tomatoes Rice Pudding Wheat Bread 25
Cabbage Roll Casserole Corn Beets Apricots Wheat Bread 28	29	Chicken Pattie/Bun Red Skin Potatoes Peas and Carrots Peaches 30	31	<b>Milk Provided with all Meals</b>  <b>Suggested Donation is \$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.**

## Greeting From Fulton

By Irene Noffsinger, Site Manager

### MARCH!

Looking Good! Getting closer to April, spring flowers, buds on trees, and warmer weather.

March is the month we celebrate St. Patrick's Day. But it is also the month we celebrate Paczki's (pronounced pownch-key) Day or Fat Tuesday. Paczki Day is always celebrated the day before Ash Wednesday and was created to use all the supplies in the kitchen that you would not be able to eat while fasting during Lent. Some of those items were lard, sugar and eggs. Originally, Paczki's were filled with pork and lard. YUCK! That sounds like a heart attack waiting to happen. The traditional Paczki filling is called Powidla, which is stewed plum jam mixed with rose hip jam. Getting better! As all of the ingredients were forbidden during Lent, they were put in the Paczki's. Additionally, alcohol was added to the dough to keep oil from absorbing into it. Interesting! Now we fill them with lemon, blueberry, apple, raspberry, Bavarian cream and many other things.

Take a ride to your local bakery or grocery store and pick up the Paczki's of your choice. The best part of all of this is that they are meant to be shared with

your friends and family. Sounds good to me. I am off in search of a mixture. Enjoy!

### BOOKS BOOKS BOOKS

As you know, we have plenty of books. 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!

**For those of you that are taking a time out from the Senior Center at this time, please know that we miss you.** Hopefully the time is coming soon, that we will once again feel comfortable being all together.

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 form 11:30-1:30 for lunch Mondays, Wednesdays and Fridays. Please remember to call ahead and reserve your lunch.

Commission on Aging is seeking volunteers to deliver Home Delivered Meals to seniors in Gratiot County. Deliveries are Monday, Wednesday and Friday. Reimbursement for mileage is available. Please contact COA for more information, 989-875-5246.

## 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

## SENIOR GRATIOT, INC.

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

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# Memorials

## Commission on Aging

### **Verna Hollenbeck**

Mary Ellen Fockler  
Gail & Robert Bebow  
Todd & Kelly Bennett  
Mark & Susan Blahnik  
Helen Beeson  
Sally Stoll  
Todd & Lu-Chin Mischke

### **Glynn Boys, Dick, Tom & Mike**

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### **Rev. David Nelson**

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Barbara, Richard, Diane &  
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Judy Bovee  
Don & Sandy Williams  
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Roger & Mary Hall  
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Beebe Methodist Church  
Mike & Joan Davis  
Faith Coston  
Eugene Rich

### **Leona Martin**

Her Family

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Lincoln Road United Methodist Church  
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## Honorariums

### **Clare & Emma Troub, My Parents' Birthdays**

Gail Paradise

### **Meals on Wheels**

### **Senior Activity Building**

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### **Shar Liimakka**

### **Millie Reeves**

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### **Pat Pitcher**

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### **Guy Fidler**

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### Home Delivered Meals

### **Gail Reynolds**

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### Senior Gratiot

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### **Sharon Merchant**

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Fairy Louise Lepley

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Robert & Linda Monroe

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### **Aldeen Roberson, Navy**

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### **Dr. William Roth**

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Robert & Mary Watson

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generous donations.*