

MAY

Older Americans Month

May has been declared Older Americans Month (OAM) since the early 1960's. It has become a time to acknowledge the contributions of older persons to our country. This year's theme is "Age My Way". There is no right way to age – every person is unique and that continues to be true as one ages. The Administration for Community Living's focus this year is on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

Here are some things to consider as you navigate Aging Your Way:

- ◆ **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities.
- ◆ **Engagement:** Remain involved and contribute to your community through work, volunteer and/or civic participation opportunities.
- ◆ **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- ◆ **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Diverse communities are strong communities. Keeping older adults involved and included for as long as possible benefits everyone.



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

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Number 5

NON-PROFIT ORGANIZATION
US POSTAGE PAID
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ITHACA MI



As it warms up and summer approaches, so does the desire for fresh produce from the local area. Alma, Ithaca and St. Louis all have weekly farmers markets with a wide variety of goods: fruits, vegetables, baked goods and crafts. You can find additional information at www.gratiotfarmersmarkets.com.

Alma

Located at Pine & Downie Streets beside the Beacon & Bridge
May to October
Wednesdays and Saturdays, 7:00 a.m. - 1:00 p.m.

Ithaca

Located at Center & Pine River Streets
May 3rd through October 11th
Tuesdays, 2:00 p.m. - 6:00 p.m.

St. Louis

Located at 300 North Mill Street
June 7th through October 27th
Thursdays, 2:00 p.m. - 6:00 p.m.

BUY LOCAL



BUY LOCAL



The Commission on Aging office and the Food with Friends sites will be closed on Monday, May 30, 2022 in order to celebrate Memorial Day. Please remember and honor those who have given their all in their service to the country.



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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: _____

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Temporarily Away Address (use only if wish to receive the paper while away)

Name: _____

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Donation: \$10.00 _____ \$15.00 _____ \$20.00 _____ Other _____

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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.

 **Child Advocacy**
The Link for Families! Presents:



PARTICIPANTS WILL BE OFFERED A COMPREHENSIVE LOOK AT WAYS TO SUPPORT THE LIVES OF VULNERABLE CHILDREN IN OUR COMMUNITY!

Located at Child Advocacy
515 N. State Street, Alma MI 48801

 **May 5th 11:30am - 1pm**

Registration required!

www.childadvocacy.net | 989-463-1422 | Facebook: Child Advocacy-Gratiot County

Stroke Awareness Month

May is stroke awareness month. Stroke is a leading cause of death in men, and kills twice as many women as breast cancer does. The good news is that 4 out of 5 strokes are preventable.

A stroke happens when the blood flow to part of the brain is blocked or when a blood vessel in the brain bursts. Blood carries oxygen to the cells in the body and when brain cells are starved of blood, they die. A stroke is a medical emergency and quick treatment is important. The following letters can assist you if you think someone may be having a stroke and 911 needs to be contacted:

- F.** Face drooping
- A.** Arm weakness
- S.** Speech difficulty
- T.** Time to call 911

Additional symptoms to look for when a stroke is suspected are: sudden numbness or weakness of face, arm, or leg; confusion, trouble speaking or understanding speech; trouble seeing on one or both eyes; trouble walking, dizziness, loss of balance or coordination; or a severe headache with no know cause.

Some of the risk factors for strokes are:

- Smoking, which damages the blood vessels
- Overweight
- Diabetes, which can injure the blood vessels in the brain
- Alcohol consumption, which can raise blood pressure levels
- Not enough physical activity
- For women, birth control medicines and depression can also increase the risk for a stroke

There are also risk factors that you cannot control such as getting older, your heredity and race, your gender and a history of a prior stroke.

You can do plenty to make your heart and blood vessels healthy, even if you have had a stroke. A healthy lifestyle plays a big part in decreasing your risk for disability and death from a stroke. Some suggestions:

- Don't smoke, and if you do, quit
- Be physically active
- Check your blood pressure regularly. If it is high, get with your healthcare provider
- Decrease your stress level
- Limit alcohol
- Take your medications as directed



Project Fresh 2022

The Michigan Senior Project Fresh/Market Fresh Program is still scheduled to be available. However, the Commission on Aging has not received the information on this year's program at the time the Senior Gratiot had to be submitted for printing. Please watch for June's paper for the information. If you have questions, you may contact the office at 989-875-5246.



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.

Senior Activity Building

May 2022

Ithaca Food with Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
1  Happy May Day!	2 8-10 SAB Coffee 12:00 Bring a Friend to the FWF meal today!	3 8-10 SAB Coffee 10:00 EZ Motion 1:00 Corn Hole	4 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes	5 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling	6 8-10 SAB Coffee 11:30 B.P. Checks by Joyce Raycraft 12:00 Food with Friends Meal Honor Our Mothers	7
8  Happy Mother's Day!	9 8-10 SAB Coffee 10:05-11:00 Bingo 12:00 Food with Friends Meal 2:00 Dulcimers	10 8-10 SAB Coffee 10:00 EZ Motion 1:00 Progressive Euchre 7:00 VFW #7805	11 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes	12 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling	13 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00-3:00 Friday Cards and Games	14
15	16 8-10 SAB Coffee 10:45-12:00 Three Outlaws & A Good Guy Music 12:00 Food with Friends Meal 2:00 Dulcimers	17 8-10 SAB Coffee 10:00 EZ Motion 1:15 Senior Activity Building Board Meeting	18 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes 7:00 A-Tractive Tractor Club	19 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling	20 8-10 SAB Coffee 12:00 Food with Friends Meal May Birthday Celebration	21
22	23 8-10 SAB Coffee 10:05-11:30 Bingo 12:00 Food with Friends Meal	24 8-10 SAB Coffee 10:00 EZ Motion 1:00 Progressive Euchre	25 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes	26 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling	27 8-10 SAB Coffee 12:00 Food with Friends Meal Display of American Flags from Veterans 1:00 Friday Cards & Games	28 8:30-9:30 Red, White & Blue Memorial Weekend Pancakes & Sausage
29	30 CLOSED  MEMORIAL DAY REMEMBER AND HONOR	31 8-10 SAB Coffee 10:00 EZ Motion 1:00 Sequence		8-10 EVERYDAY SAB Coffee with Linda St. Charles 10:00 EVERYDAY Visits, news, games, activities scheduled 12:00 Monday, Wednesday, Friday Food with Friends Meal, Call 989-875-2135 to make your reservation		

Senior Activity Building & Food with Friends News & Information

By Jo Jones, Site Manager

Happy MAY DAY and the start of Older American's Month! On Monday, May 2nd, we will celebrate SENIORS with a challenge to you! How many friends will you bring with you to enjoy a delicious Food with Friends meal? Please call in your reservation NOW and those for your friends you will bring with you. There will be good food, entertainment, and great visits. Please call **989-875-2135** to make your reservation at least one day ahead.

Our cowboy friends from Midland will be back on Monday, May 16th at 10:45. Then they will join us for our noon meal and play a few more songs after lunch. The Three Outlaws and a Good Guy have been sharing their talent with Ithaca Food with Friends for years! This will be their 29th visit!

You will see that EVERY morning from 8:00-10:00, Senior Activity Building (SAB) coffee happens. You will be welcomed by our Linda St. Charles and other Seniors whenever you stop in to

find a seat at the table. Stay a few minutes or two hours.

When you look at the calendar, you will find that EZ Motion exercise starts at 10:00 each Tuesday and Thursday. Dominoes are played at 1:00 each Wednesday. Thursdays we have Joyce Raycraft's piano music in the morning and at 1:00, Wii Bowling. The cards and games are on Fridays. Bingo is Back! Progressive Euchre is Back! Skip Bo, our monthly Birthday celebration, and Bean Bag Toss (Corn Hole) are back!

The Gratiot VFW Post #7805 will meet at the Building on May 10th at 7:00 pm. The Senior Activity Building Board will meet at the Building on Tuesday, May 17th at 1:15 pm. A-Tractive Tractor Club meets at 7:00 pm on Wednesday, May 18th.

Be sure to check the calendar at the Building since there will probably be several changes as we go through our third month back full time! It is our hope to add more of your favorite activities. Suggestions are always welcome!

Masks are no longer required to be worn. Some of our Seniors have health concerns and need to wear a mask as an extra precaution. Mask requirements are

always under review.

Food with Friends and the SAB's 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 meals. We look forward to your call and to welcoming you!

Hoping you will find some May flowers after all of the April showers the last few weeks.



When the world is so complicated, the simple gift of friendship is within all of our hands.

-Maria Shriver

Senior Activity Building Donors

Thank you for the gifts received by the Senior Activity Building from March 12, 2022 through April 13, 2022.

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

A-Tractive Tractor Club of Central Michigan

Gifts In Gratitude to SAB

Jo Jones
Joyce Raycraft

Memorials

Joyce Beard

George & Linda Weburg
Dean & Vicki Parling
Helen Hoard
Marci & Mike Browne

Kathleen Humm

Helen Hoard

Carl Reeves

Carl Wymer

Doris Jean Browne

Geraldine Gager

Helen Hayes

Jerry Beck

Jean & Keith Hallock

Jim Whitaker

Joan Cook

Marlene Hale

Randy Apple

Reginald Gulick

Rev. David Nelson

Marci & Mike Browne

Lyle Rausch

Romaine & Rebecca Hale

Jo Ann Williams

Bill & Ella Martyn

Phyllis Schleder

Richard Schleder

Bob Crist

Meadow Lane Estates

Honorarium

Joyce Raycraft

Brian & Sue Moomey
Nan Freed

Pickleball Court

Dick Abbott
Steve Smith
Robert & Janet Clark

Foster Grandparent and Senior Companion Programs

Do you want to make a difference in an older adult or child's life?

Do you live on a limited income and need some extra money?

If so, then we need you to be a Foster Grandparent or Senior Companion Volunteer.

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, Jodi, or Anne at (989) 772-0748



Family Medicine-Ithaca
Richard Schleder
Downtown Auto Services, Inc.
Hub's D & J Tire Service
Meadow Lane Estates
Ithaca Motel
Dufrene Machinery, Inc.
Sally Martin
Jim & Vicki Wideman
Burford Plumbing & Heating
Commercial Bank
Helen Hoard

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

Mary Humm

Commodity Food Distribution Date

Commodities distribution will be on **Monday, June 27, 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 \$1,529; income per couple not to exceed \$2,060 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.**

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 for more 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.



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

- HONOR
- MONDAY
- PARADE
- VIETNAM
- PICNIC
- REMEMBRANCE
- FLAGS
- DECORATION
- MILITARY
- BARBECUE
- AIRMEN
- SOLDIERS
- SAILORS
- MARINES
- HEROISM
- FLOWERS

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To date, J&J Party Store has donated \$9,938.43 to the HDM program at the COA!



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

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

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.



Report Scams & Frauds

The Federal Trade Commission (FTC) is the main agency that collects information on scams and fraud. If you would like to report a suspected scam or attempt at fraud, you can call **1-877-382-4357** or report online to usa.gov, looking under the Consumer Issues section. By clicking on the Consumer Issues section, you will be able to follow the prompts to report a fraud or scam, file a complaint, ask a question and learn how to protect yourself from identity theft.

Sudoko Solution, Puzzle, page 5

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

Breckenridge Sassy Seniors!

By Lori Chvojka, Site Manager

Is it Spring yet? Are we done with cold weather and rain? Oh, the rain...I sure hope it has stopped, at least for a while, I have had enough.

I need to make a couple of corrections from my last newsletter. Jean Ostrander's 90th birthday was March 30th. We celebrated with balloons, flowers and a wonderful ice cream cake. We all enjoyed the afternoon helping Jean bring in another year. We were also treated to a fabulous meal of roast beef and all the fixings which was provided by the Breckenridge National Honors students. A great time was had by all in attendance. The students played cards with us and we sure enjoyed their company. A special thank you to Mrs. Marr and the wonderful kitchen staff from the high school.

I want to let some of you know what I have been doing for the last couple of weeks. The Fulton Site Manager, Irene Noffsinger, and I have been helping in the COA kitchen. This has really opened my eyes as to how and why things are done as they are. I have had so much fun working with the ladies of the COA kitchen and want to thank everyone for showing me the ropes. It was a great learning experience and reminds you to never underestimate what others do until you work in their shoes.

Another thing that is weighting heavy on my mind and heart is the great need for volunteers at the COA. This is such a great organization and they do much more than just supply meals for the seniors of Gratiot County. They need volunteers to be able to continue to do these things. If you find yourself bored and not knowing what to do with your idle hands, give the office a call and someone there will get you all set up. I have been a volunteer for the COA for several years and have enjoyed it so much. I have made a lot of new friends and found some old friends that I had lost contact with. This has been one of the most rewarding things I have done in my 67 years on this earth. We are never too old to give a helping hand to someone in need. Think about volunteering just a little of your time.

With that, let's us all have a great month, and I hope to see you in Breckenridge during the month!

2022 Spring Window Washing

With warmer weather just around the corner, it is time to be thinking about washing your windows. Our maintenance crew can wash your windows both inside and outside. There is no charge for this service, but donations for labor are encouraged.

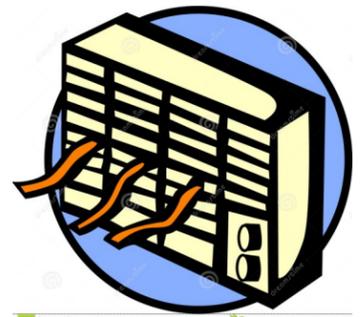
This is an extremely busy time of year for Dan and his crew, so if you need your windows washed, please be patient. If you have additional jobs that you would like done at the same time as having your windows washed, please let us know what those are when you call. This will assist Dan in planning the work schedule.

Call Commission on Aging at 989-875-5246 for more information, or to place your request.



COA Air Conditioners

As summer draws near, so does the heat that comes with it. The Commission on Aging has air conditioners which can be loaned out to you thanks to a grant received from the Gratiot County Community Foundation. Just call the COA, 989-875-5246, and ask for one. We will ask you a few simple questions, and then get our Home Chore department to deliver and set one up! The air conditioners are given out on a first come first served basis. At the end of the summer, you just need to call us and we will come and remove it as well.



Support Groups Meet in Alma

Parkinson's Disease

2nd 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

3rd 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

2nd 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

Michigan Mental Health

If you are struggling with mental health issues, please call

1-888-733-7753

Peers are available from 10 a.m to 2 a.m. every day to assist you with any needs you may have.



Menu



Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork Chop Company Potatoes Carrots Cinnamon Applesauce Biscuit	3 	4 Bar B-Q Chicken Baked Beans Broccoli Apricots Dinner Roll	5	6 Cheeseburger/Bun Roasted Potato Blend Peas & Carrots Lettuce and Tomato Cantalope
9 American Goulash Corn European Vegetables Pears Wheat Bread	10	11 Salisbury Steak Whipped Potatoes Broccoli Mixed Fruit Cup Wheat Bread	12 	13 Baked Chicken Whipped Potatoes/Gravy California Blend Veggies Grape Banana Fruit Wheat Bread
16 White Bean Chicken Chili Green Beans Corn Tropical Fruit Corn Bread	17	18 Hot Dog on a Bun Potato Salad Baked Beans Winter Blend Strawberry Shortcake	19	20 Basil Parmesan Chicken Brown Rice California Blend Veggies Ambrosia Fruit Cup Wheat Bread
23 Chicken Salad/Bun Carrots Bananas Whole Grain Cookie	24	25 Lemon Pepper Chicken Whipped Potatoes Green Beans Cinnamon Applesauce Dinner Roll	26	27 Hamburger/Bun Lettuce & Tomato Steamed Cabbage Mixed fruit cup
30 CLOSED  MEMORIAL DAY	31			

Menu is Subject to Change Without Notice, Milk or Juice provided with all meals. Suggested donation \$2.50 per meal. To CANCEL your HDM or to order a meal for a Food with Friends site, please call the COA Kitchen, 989-875-5332.

Greetings From Fulton

By Irene Noffsinger, Site Manager

May!

Now it is May. April was pretty cold and wet. Trees were just starting to bud out and, with a few exceptions, the flowers are just now beginning to bloom. Hopefully, we can expect warmer weather and definitely more sun.

May is also host to many National Days and National Months. One National Month near and dear to my heart is "Get Caught Reading Month". Growing up in a home with six other siblings and two parents, being loud and highly spirited in the house simply didn't cut it. So, everyone liked to read. Saturday trips to the library were a major event. My love of reading carries on yet today.

Due to a changing world wrapped up in video games, social media and mobile apps, the Association of American Publishers created Get Caught Reading Month in 1999 to convince people that reading is not only fun, but can enable individuals with the potential to change the world. Here are a few facts to show how reading can be of benefit to you:

- Reading is a stress reducer by 68%
- Reading increases empathy. 82% of

people donating to charities are readers.

- Reading increases memory and analytical skills. (I better get right to it!)
- Reading builds your vocabulary. Children learn up to 12,000 words through reading each year. I don't think Dr. Seuss was getting the job done.
- Speed reading helps your eye sight. But, falling asleep will not help. So, grab a book, relax, kick back and travel to other worlds. ENJOY!!

Speaking of books, we will accept any books you might like to donate to the seniors. Donations can be made Mondays, Wednesdays and Fridays from 11:30-1:30. Feel free to browse. Here is a special shout out to the person who donated books this month. We did receive them and they have been read continuously since you dropped them off. The Amish series is very popular!

For those of you that are taking time out from attending the Fulton site, please know that we continue to miss you!

Please come and join us for lunch 11:30-1:30 Mondays, Wednesdays and Fridays. Call 989-875-5332 for your reservation!

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
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Memorials

Commission on Aging

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Wallace Robinson

Shirley Grover
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Guy Fidler
Kandra (Webber) Hadanek
Jim Whitaker
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Phyllis Agle
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Alma Arbor #010 Gleaner Life
Insurance Society

Senior Gratiot

Allen Cooper
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Eric Chick
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