



2022 Senior Project Fresh/Market Fresh Program Registration Information

The Michigan Senior Project Fresh/Market Fresh Program is coming to Gratiot County in June. This is a coupon program for seniors 60 years of age or older who qualify. The coupons, a \$25 value, can be used at various farmer's markets in the area to purchase fresh produce grown in Michigan. Registration is required as coupon books are limited. To register for the program, call the Commission on Aging and speak with Sarah McClung, 989-875-5246. Please leave your name, phone number and that you are calling about Project Fresh if you leave a message. Please, **only leave one message**. Calls will be returned as soon as possible in the order they are received, however, due to the volume of calls, this may take a day or two. Thank you for your patience.

Eligibility Requirements:

- ◆ Must be 60 years of age or older when receiving the coupons.
- ◆ Must live in Gratiot County
- ◆ Must have a total household income of 185% of poverty or less. (One person \$2096/month; two people \$2,823/month)

Registered participants will need to pick up the coupon booklet at either location listed below. Please note the date and time of booklet pick up.

Tuesday, June 28
Senior Activity Building
1011 E North St., Ithaca
1:00-3:00 p.m.

Thursday, June 30
Alma Public Library
511 E. Superior St., Alma
10:00 am-12:00 p.m.

If you have any questions, please contact Sarah McClung, Commission on Aging, 989-875-5246.

Local Farmers Markets

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 2nd through October 27th
Thursdays, 2:00 p.m. - 6:00 p.m.



Check out your local Flag Day celebration!

Alma Elks
610 W. Warwick
12:00-2:00 p.m.

All Wars Memorial, Ithaca
214 E Center St
4:00-5:00 p.m.

St. Louis City Hall
300 N Mill St.
7:00 p.m.



Like Gratiot County Commission on Aging
On Facebook & Twitter



SENIOR GRATIOT

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Website: www.gratiotmi.com/171/Commission-on-Aging

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

June 2022
Volume XLVIII
Number 6

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

MyMichigan Health Annual Health and Safety Fair

Come join us for an afternoon filled with fun activities focusing on safety, health and wellness and BICYCLE RIDING. Parents and children will have the opportunity to build their own summer safety kits, tour emergency response vehicles and decorate their helmets and bicycles.

Be sure to bring your bike!
Safe storage of bikes will be provided.



The first 100 children will receive a FREE bike helmet.



Thursday, June 9 • 4 - 7 p.m.
Gratiot County Fair For Youth Fairgrounds

701 S. Lincoln Avenue
Alma, Michigan 48801

Schedule of Fair Events:

- 4 - 5:30 p.m. Vendor Booths & Activities
- 5:30 p.m. Bike Decorating Contest
- 6 p.m. Helmet Decorating Contest
- 6:30 p.m. Bike Parade

When you first arrive, go to the MyMichigan Health booth to receive your checklist to build your very own summer safety kit. Once you've built your kit by visiting the listed vendor booths, return to the MyMichigan Health booth to put your name in a drawing to win a brand new bike!

For additional information, call Michelle Miller at (989) 466-3378 or email michelle.miller@mymichigan.org.



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

June is Alzheimer’s & Brain Awareness Month. Everyone who has a brain is at risk to develop Alzheimer’s, the only leading cause of death that cannot be prevented, cured or even slowed. This disease kills nerve cells and tissue in the brain, affecting an individual’s ability to remember, think and plan. One way to try to reduce the risk of cognitive decline is to adopt some of the healthy lifestyles listed below.

10 WAYS TO LOVE YOUR BRAIN

START NOW. It’s never too late or too early to incorporate healthy habits.

BREAK A SWEAT
Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

HIT THE BOOKS
Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

BUTT OUT
Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

FOLLOW YOUR HEART
Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

STUMP YOURSELF
Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

HEADS UP!
Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

BUDDY UP
Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

FUEL UP RIGHT
Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

TAKE CARE OF YOUR MENTAL HEALTH
Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

CATCH SOME ZZZ’S
Not getting enough sleep may result in problems with memory and thinking.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

Visit alz.org/10ways to learn more.

alzheimer’s association®
THE BRAINS BEHIND SAVING YOURS.™

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.

Acrylic Painting Class

Please join instructor Shirley Frederick from the Alma Community Art Center at the Senior Activity Building, 1011 E North St., Ithaca for an acrylic painting class. Classes are the first Tuesday of the month, beginning June 7th at 1:00 p.m. Cost for the class is \$10.00 and all materials are supplied. We are pleased to have Shirley share her talents with us. Call 989-875-2135 as reservations are required to make sure Shirley has the appropriate supplies. See you there!



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

June 2022

Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>		<p>1 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes 1:00 Horseshoes</p>	<p>2 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling</p>	<p>3 8-10 SAB Coffee 11:30 B.P. Checks by Joyce Raycraft 12:00 Food with Friends Meal</p>
<p>6 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Sequence</p>	<p>7 8-10 SAB Coffee 10:00 EZ Motion 1:00 Painting Class with Shirley</p>	<p>8 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes 1:00 Horseshoes</p>	<p>9 8-10 SAB Coffee 10:00 EZ Motion 1:00 Helen Ann & Lou with percussionist, Delos MacLaren</p>	<p>10 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Friday Cards and Games</p> 
<p>13 8-10 SAB Coffee 10:05-11:00 Bingo 12:00 Food with Friends Meal 2:00 Dulcimers</p>	<p>14 8-10 SAB Coffee 10:00 EZ Motion Flag Display 1:00 Progressive Euchre 7:00 VFW Post #7805</p>	<p>15 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes 1:00 Horseshoes 7:00 A-Tractive Tractor Club</p>	<p>16 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling</p>	<p>17 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Travel on the Rhine River with Larry Ringle</p>
<p>20 8-10 SAB Coffee 12:00 Food with Friends Meal Birthday Celebration for Seniors born or married in June 1:00 Hand & Foot</p>	<p>21 8-10 SAB Coffee 10:00 EZ Motion 1:15 Senior Activity Building Board Meeting</p>	<p>22 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes 1:00 Horseshoes</p>	<p>23 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling</p>	<p>24 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Friday Cards & Games</p>
<p>27 8-10 SAB Coffee 10:05 Bingo 12:00 Food with Friends Meal 1:00 Shuffleboard</p>	<p>28 8-10 SAB Coffee 10:00 EZ Motion 1:00 Progressive Euchre 1:00 Project Fresh Coupon Pick Up</p>	<p>29 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes 1:00 Horseshoes</p>	<p>30 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling</p>	<p>Walk Wanda's Walk Everyday!!! (WWW)</p> 

Senior Activity Building & Food with Friends News & Information

By Jo Jones, Site Manager

Please jot down the dates that you especially want to share with friends at the Senior Activity Building in June! In addition to our regularly scheduled activities, you will find some special happenings on the calendar above. You will need to call ahead to reserve a spot on the 7th to enjoy Shirley Frederick's painting class at 1:00 p.m.

It is not necessary to reserve a seat on Thursday, June 9th, when we welcome back our accordion players, Helen Ann and Lou. They have asked Delos MacLaren to join them with some percussion sounds. Bring your dancing shoes and your sing-a-long voice to join them. Maybe you just want to bring your appreciation for their talent. The enjoyment begins at 1:00 p.m.

On Friday, the 17th, come for a delicious meatloaf meal, followed by a 10 day trip down the Rhine River with Larry & Mary Ringle. They really enjoyed their 10 days on the boat, but we'll travel along in about one hour through the travel video that Larry has created. Please know that you are always welcome to attend any program. The only

time you need to make a reservation is to enjoy a Food with Friend's meal on Monday, Wednesday and Friday. Please call 989-875-2135 to make your reservation at least one day ahead.

You will see that EVERY morning from 8:00-10:00 a.m. 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 a.m. each Tuesday and Thursday. Dominoes and Horseshoes are played each Wednesday at 1:00 p.m. Cleo Flegel has the backboards on the horseshoe pits painted bright blue. We hope that will help us make more ringers! Thursdays we have Joyce Raycraft's piano music in the morning and at 1:00 p.m., Wii Bowling. The cards and games are on Fridays. Bingo is also back. The Dulcimers are making music on the second Monday of each month. Progressive Euchre is back (but we need players)! Cribbage, Skip Bo, Bean Bag Toss and our monthly birthday celebration have all returned!

The Gratiot VFW Post #7805 will meet at the Building on June 14th at 7:00 p.m. The A-Tractive Tractor Club meets at 7:00 p.m. on Wednesday, June 15th. The Senior Activity Building Board will meet at the

building on the third Tuesday of the month at 1:15 p.m.

Some members of our SAB Board visited the Rich and Helen Hospice Suite at Maple View Retirement Community. Ruthanne Larry, SAB Activity Chairperson, welcomes volunteers that would be interested in serving as a member of a group that would be on call to sit, visit or read to Hospice residents. This could be especially helpful for persons without any family/friends in the area. To offer your volunteer time for this newly forming group, call 989-875-2135 to leave your name and contact information for Ruthanne. THANKS!

Project Fresh will be on Tuesday, June 28th from 1:00-3:00. See the article on the front page for details.

Be sure to check the calendar at the building since there may (no, probably will) be several changes as we go through our fourth month back full time! It is our hope to add more of your favorite activities. Suggestions are welcome! Masks are no longer required. Some of our seniors have health concerns and need to wear a mask as an extra precaution.

Feel free to call to check on updates about a scheduled event and make your reservation for your Food with Friends meal, 989-875-2135. We look forward to your call and to welcoming you!

Senior Activity Building Donors

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

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

Gifts In Gratitude to SAB

Jo Jones
Linda St. Charles

Memorials

Nancy Crites
Food with Friends

Jim Whitaker
Alice McCrory

Joyce Beard
Alice McCrory



Honorarium

Bob Brown
Aircraft Precision Products, Inc.

Pickleball Court

Ithaca Rotary Club
Gratiot County Community Foundation
Town & Country Group
Chris & Diane Yonker
Aircraft Precision Products, Inc.
Mercantile Bank of Michigan

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

Mary Humm

Gratiot Historical Museum Reopens

The Gratiot County Historical Museum, located at 129 W Center St. in Ithaca is now open Wednesdays from 1:00 - 4:00 p.m. through October. There is no admission fee, but donations are gratefully accepted. Private tours are available by contacting John Kemler, (989) 463-5896, or Linda Weburg, (989) 875-4747.

The Museum's 2022 theme is "Leisure Activities in Gratiot County." The exhibit will feature all kinds of entertainment: music, sports, fairs, toys and other leisure activities and events from Gratiot's past. The log cabin and barn will also be open for viewing.

"Dinner for Six at the Museum" is again planned as a museum fundraiser with the winning raffle ticket being drawn in the fall. Donation tickets will be available at the museum and sold until the drawing date.



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.



2022 Window Washing

With warmer weather here, 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.



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.

The Home Chore department can also install your air conditioner unit if you need assistance with that. Just call the office and put in your request. The guys will come out and get your own air conditioner installed for you.



Gratiot Animals in Need (GAIN)

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

- ♥ **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.

**COA Says
“Thank You!!”**



Over 80 members of the Seventh Day Adventist Church Youth Rally came to Ithaca to do community outreach. This group with people from all over Michigan were able to assist 12 senior citizens with yard clean-up. Atkinson Park also received clean-up from the group. They were much appreciated by the people whose lives they touched.



The Commission on Aging received goody bags from the ladies of the Resurrection Life Church of St. Louis Women’s Group. The bags were delivered in May to HDM recipients in the St. Louis area. Thank you! Pictured L to R: Cathy Yourchock, COA, Barbara Lang, Naomi Snider, Patti Smith, Susan Worley, Paula Moegenborg (COA), and Sarah McClung (COA).



Thank you from COA to the Somethin’ Special 4-H group that was able to assist a senior in Alma with yard clean up. The weather cooperated and the home owner was delighted. Thanks also go out to Alma True Value Hardware for donating the biodegradable yard waste bags for this project.



The St. Louis High School National Honors Society students have COA’s appreciation for a job well done. They volunteered to rake the yard of a senior in their community. Thank you.

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

The Commission on Aging would also like to thank Nancy Michael, representative of the Jean Bessac Chapter of D.A.R., for the donation of placemats. The placemats are colorful, cheerful and durable. We appreciate the time and talent that went into making such a useful donation to the COA Food with Friends food sites.

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

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



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.

Sudoku Solution, Puzzle, page 5

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

Breckenridge Sassy Seniors!

By Lori Chvojka, Site Manager

Wow! Where has the time gone? Here it is June already and it seems like we were just shoveling snow yesterday! We have finally been blessed with nice weather. The lilacs are in full bloom around my house and smell amazing. Farmers have been busy planting and along with that comes the dust, which collects everywhere; but I will take the dust over snow any day!

We have been growing here at our site, we are now up to 14 people coming almost every day we are open. I have been working on a sign to let passersby know where we are located, since we are on the backside of the Masonic Lodge on Saginaw Street in Breckenridge. I hope to have it done soon.

School is now out, and the kids are starting to get out and about around town. It is so nice to see kids out and about, not stuck inside. We adults can learn from the kids, get out and move. If we sit around the house and hibernate our bodies seem to lock up and make it difficult to move. We need to move to be able to keep moving! I know most of us hate the word exercise, let alone want to do much, but we really should strive to get at least 3 days of exercise in a week. I have started walking nightly with my daughter and whoever else happens to follow us, be it 4 legged or 2 legged. Walking is a good exercise for seniors because it does not put much strain on the muscles and it is free, all you really need is a good pair of shoes. Oh, and permission from your doctor. Never set out on an exercise regimen without talking with your doctor. So, let's all get out and enjoy the beautiful days ahead. Be safe and careful as you venture out into the great outdoors.

Sharps Disposal Program

The Mid-Michigan District Health Department (MMDHD) is pleased to announce that it is now accepting used sharps from people who live in Gratiot County.

Many people aren't aware that throwing used sharps in the garbage puts family members and others in the community at risk. The best way to help prevent injury and infection is to place all used or unneeded sharps in a proper container and take them to a collection site. Gratiot County residents may take advantage of this **free** service by bringing their sharps containers to the Health Dept., located at 151 Commerce Dr., Ithaca, Mon.-Fri. from 8:00-12:30 and 1:00-4:30. Once inside the building, follow the signs to the Environmental Health Department.

Sharps must be in a medical sharps container or hard sided plastic container (i.e. laundry detergent jug) in order to be accepted. You cannot use a water bottle or milk jug. To ensure everyone's safety, the container's lid should be closed tightly and taped shut. Check with your local pharmacy to purchase a medical sharps container.

This program is for **Gratiot County residents only**. Commercially generated sharps will not be accepted. If you have any questions, please call 989-875-1002.

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.**



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

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



Menu

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menus are Subject to Change Without Notice</p> <p>Reservations are Required 24 hours in advance</p>	<p>To cancel a Home Delivered Meal please call (989) 875-5332</p>	<p>1</p> <p>Spaghetti Broccoli Carrots Dinner Roll Whole Grain Cookie</p>	<p>2</p> 	<p>3</p> <p>Baked Chicken Whipped Potatoes/Gravy California Vegetables Cranberry Mousse Wheat Bread</p>
<p>6</p> <p>Pork Chop Whipped Potatoes Winter Blend Fresh Orange Wheat Bread</p>	<p>7</p>	<p>8</p> <p>Baked Ziti Casserole Green Beans Corn Leprechaun Fluff Wheat Bread</p>	<p>9</p>	<p>10</p> <p>Ham Slice Cheese Slice Brocc/Cauliflower Salad Carrot Sticks Mandarin Oranges Hamburger Bun</p>
<p>13</p> <p>Chicken Stew Lima Beans Kyoto Vegetable Fruit Cocktail Wheat Bread</p>	<p>14</p> 	<p>15</p> <p>Roast Pork Brown Rice Carrots Cinnamon Applesauce Whole Grain Cookie Wheat Bread</p>	<p>16</p>	<p>17</p> <p>Meat Loaf Whipped Potatoes Corn Strawberries Wheat Bread</p>
<p>20</p> <p>Sloppy Joe Green Beans Peas and Carrots Peaches Hamburger Bun</p>	<p>21</p>	<p>22</p> <p>Sliced Turkey Parsley/Butter Potatoes Winter Blend Pineapple Gelatin Dinner Roll</p>	<p>23</p>	<p>24</p> <p>Chicken Salad Carrot Sticks Potato Salad Apricots Hamburger Bun</p>
<p>27</p> <p>Salisbury Steak Company Potatoes Peas and Carrots Fruit Cocktail Wheat Bread</p>	<p>28</p> 	<p>29</p> <p>Chicken & White Bean Chili Corn Multi Bean Salad Apple Crisp Dinner Roll</p>	<p>30</p>	<p>Milk provided with all meals</p> <p>Suggested Donation \$2.50</p>

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

Welcome to June

It doesn't seem possible that we have reached June already. With the warmer weather, we also welcome our summer chores. On June 6th, we observe national Gardening Exercise Day. It is said that when you garden, you are adding stretches, extra steps or even squats. Gardening can also be therapeutic. It burns calories (Yes! Bring it on) and builds muscles. The walking back and forth, bending up and down, and being out in the fresh air and sun are added benefits. Add in the fact that gardening is a great stress reliever and we are in business. Whoever thought this up must have been 20 years old. I can remember those days. Working in my flower beds all day, cutting the grass and everything else that needed to be done in the yard, never breaking a sweat. But, reality is, that was yesterday. Now, I attempt to bend, gingerly I might add, and have to kneel on a foam pad. Good for a minute now that I'm down. Oh no! I forgot I need something to grab on to so that I can get up. So, I crawl backward inching myself up until I am finally standing. All right, we are good to

go. Except, now every bone in my body hurts. I make a slow, painful dash to the door in search of Bio Freeze and Motrin. Yes, now the stress has been reduced and I can look at my gardens and enjoy the flowers. Did I mention my sunburn? Oh well, the moral of this story is if you are able to find someone else to do your gardening, save your body! Hire them! Sit back and enjoy your flowers.

Be sure to check out the activities going on at the Senior Activity Building in Ithaca. A painting class is being offered June 7th, accordion playing on June 9th and on June 13th, some music from the Dulcimers. All are welcome.

BOOKS BOOKS BOOKS

Once again, book donations are being accepted Monday, Wednesday and Friday from 11:30 to 1:30. Please feel free to come in when we are open and browse through the books. For everyone that donates books to make this possible, a huge **THANK YOU!**

Come join us for lunch. We have a good time and it is always good for everyone to meet, have lunch and visit. We are open from 11:30-1:30 for lunch and cards. Please remember to call ahead to reserve your lunch at 989-875-5332.

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.

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Memorials

Commission on Aging

Phyllis Agle

Roger Wells

Bob & Sue Green

Sally Davenport Beeson

Robert & Trudy Wager & Family

Thelma Gee

Kim Clark

Bobbi Shaull

Sharon Merchant

Robert Merchant

Food with Friends

Guy Fidler

Dave Davis

Emma Jean Nelson

Donn & Patricia Gates

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Floyd & Mark Howdyshell

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Stan & Fran Nesen

John & Julie Shimunek

Webster & Ellen Kellogg

Lawrence & Ardis Fidler

Jerilyn & Gary Fidler

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Jerilyn & Gery Fidler

Bill Dickman

Becky Dickman

D-DAY

June 6, 1944



Remember & Honor

*Thank you for your support and
generous donations.*



Medication Disposal

Proper disposal of both prescription medication and over the counter items 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. 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.

St. Louis Police Department

300 N. Mill St., Located in the City Hall Building

The St. Louis Police Department will accept any type of pills and there is a drop box for them. They will also take liquids, creams and powders, but those need to be turned in at the desk. They do not take needles. The office is open from 8:00 a.m. to 4:00 p.m. Monday through Friday. For more information, please call 989-681-4620.