

July

Welcome, Linda Cox COA's Caregiver Trainer!

The Commission on Aging is happy to welcome our new Caregiver Trainer, Linda Cox. Linda has been working with the COA for a number of years as a contracted Registered Nurse, assisting with training and evaluations of our In-Home Assistants. In the course of doing evaluations, which occurred in the client's homes, Linda identified the stress of being a caregiver and that it is the most negative part of caregiving. This inspired her to return to the work field and undertake the position of Caregiver Trainer. Linda's hope is to create plans with caregivers to minimize stress, enabling them to provide better care and most importantly help them take care of themselves, so that they can continue to be good caregivers.

Linda's early training came from working as an aide in Gratiot Hospital prior to obtaining her R.N. from Hurley School of Nursing in 1972. In 1983, Linda obtained her dream job, working with MidMichigan Home Care and Hospice. Linda held that position for 33 years, allowing her to work with both the patient and family to determine a plan of care that would allow both the hospice patient and family to remain in their home.

"It feels so good to once again be providing a service that will help other people. This opportunity gives me a chance to give back to my community, and to continue doing what I love most, helping others."



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

July 2022
Volume XLVIII
Number 7

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

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



Happy 4th of July!

The Commission on Aging office is closed on Mon., July 4. It will reopen at 8:00 a.m. on Tues., July 5.



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.

Acrylic Painting Class Seagull Seascape

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. This months class will be held July 5 and will begin at 1:00 pm. Cost for the class is \$10.00 which includes all materials necessary to complete the picture shown below. We are pleased to have Shirley share her talents with us. Please call 989-875-2135 to make your reservation which is required. This will allow for Shirley to have the appropriate supplies. See you there!



Prescription for Health

Summer is a great time to increase your fresh fruit and vegetable consumption. We have a program to help you do that!

Description

- A six-session series that helps you learn:
- How to eat healthy on a budget
 - Tips for maintaining a healthy weight
 - How to use Farmers Market produce to prepare meals
 - How to make healthy eating a habit
 - Methods to increase your physical activity

Location

St. Louis Farmers Market,
City Hall parking lot,
300 N. Mill Street,
St. Louis MI 48880

Date & Time

We will be offering three series the summer of 2022 – June, July and August. Farmers Market is open Thursdays 2:00pm-6:00pm

Please contact the individual below for more information or to enroll in the program.

Like to Participate?

Contact: Rex Hoyt
Mid-Michigan District Health Department
Phone: 989-831-3627
Email: rhoyt@mmdhd.org



Participants can receive up to \$80 in produce tokens to spend at the St Louis Farmers Market. Class size is limited.



To date, J&J Party Store has donated \$10,138.43 to the HDM program at the COA!

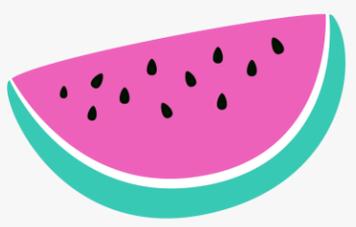


Commission on Aging is seeking volunteers to deliver Home Delivered Meals to seniors in Gratiot County. Deliveries are Monday, Wednesday and Friday. Reimbursement for mileage is available. Please contact COA for more information, 989-875-5246.

Senior Activity Building

July 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 Anytime Walk Wanda's Walk in Atkinson Park</p>				<p>1 8-10 SAB Coffee 11:30 B.P. Checks by Joyce Raycraft 12:00 Food with Friends Meal Red/White/Blue Day</p>
<p>4 Building Closed </p>	<p>5 8-10 SAB Coffee 10:00 EZ Motion 1:00 Painting Class with Shirley</p>	<p>6 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes 1:00 Horseshoes</p>		<p>7 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling</p>
<p>11 8-10 SAB Coffee 10:05-11:00 Bingo 12:00 Food with Friends Meal</p>	<p>12 8-10 SAB Coffee 10:00 EZ Motion 1:00 Outdoor Shuffleboard</p>	<p>13 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes 1:00 Horseshoes</p>	<p>14 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling</p>	<p>15 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Friday Cards and Games</p>
<p>18 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Hand & Foot Games</p>	<p>19 8-10 SAB Coffee 10:00 EZ Motion 1:15 Senior Activity Building Board Meeting</p>	<p>20 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>21 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling</p>	<p>22 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Friday Cards and Games</p>
<p>25 8-10 SAB Coffee 10:05 Christmas in July BINGO 12:00 Food with Friends Meal</p>	<p>26 8-10 SAB Coffee 10:00 EZ Motion 1:00 Outdoor Shuffleboard</p>	<p>27 8-10 SAB Coffee 10:00 Knitters 12:00 Food with Friends Meal 1:00 Dominoes 1:00 Horseshoes</p>	<p>28 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling</p>	<p>29 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Friday Cards and Games</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 July! In addition to our regularly scheduled activities, you'll find some special happenings on the calendar above. You will need to call ahead, 989-875-2135, to reserve a spot on the 5th to enjoy Shirley Frederick's painting class at 1:00.

You will see that EVERY morning from 8-10, 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 on each Tuesday and Thursday. Dominoes and horseshoes 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 scheduled on the 11th, prizes thanks to McDonald's and Car Wash,

and then Christmas in July Bingo is on the 25th!

Dulcimers will not be meeting at the SAB this month. Our Monthly Birthday celebration is scheduled for Friday, the 8th at noon. The A-Tractive Tractor Club meets at 7:00 on Wednesday, 20th. Our Senior Activity Building Board will meet at the Building on the third Tuesday, July 19th, at 1:15.

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 **875-2135** to leave your name and contact information for Ruthanne. THANKS!

Be sure to check the calendar at the Building since there may (no, probably will) be several changes as we go through our fifth month back full time! It is our hope to add more of your favorite activities. Suggestions are welcome! Masks are no longer required if you have been vaccinated. Some of our Seniors have

health concerns and need to wear a mask as an extra precaution.

FWF's 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!

Happy Birthday America!!

Commodity Food Distribution Date

Commodities distribution will be on **Monday, August 22, 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.**

Senior Activity Building Donors

Thank you for the gifts received by the Senior Activity Building from May 13, 2022 through June 6, 2022.

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

Gifts In Gratitude to SAB

Jo Jones
Bill DeVuyst
Martha Moore
Evelyn Green

Memorials

Nancy Crites

Joyce Raycraft
Jack & Avis Ginther
Sondra Schaub
Stephanie & Jeffrey Ritz
Evelyn Green

Jerry Beck

Joyce Raycraft

Fred Hoard

Joyce Raycraft

Greg Siefker

Russ Peters

Bill Six, Jr.

Tom Morrow

Joe & Shar Earegood

Clare Bare

Jack & Avis Ginther
Carl Anderson
Joyce Raycraft
Rodney & Sandra Bare
Gary Hill & Phyllis Johnson
Donna Vernon
Elaine Flegel
Pat & Sue Crawford
Bill & Linda DeVuyst
Food with Friends
Jo Jones
Bob & Gail Paradise
Gary & Marilyn Shaw
Mary & Bob Sullivan
Marvin & Barbara Litwiller
Mark & Karen Hoard
Philip & April Alt
Helen Hoard
Edith Beck
Sally Martin
Paul & Patrice Hornak
Cathy & Bob Patterson
Marita & Doug Harkness
Marian McDonald
Fred & Connie Bare
Becky Patton

Joyce Beard

Evelyn Green

Howard Crites

Mary & Bob Sullivan
Evelyn Green
Food with Friends

Guy Fidler

Evelyn Green

Jennie Taylor

Willowdean Cassady

Many Senior Friends, Memorial Flower Garden

Linda St. Charles

In Appreciation

The Devoted Senior Puzzle Finishing Group

Judy Moomey-Brown

Pickleball Court

Jack & Avis Ginther

Bryan Wieferich, CFP

Patrice & Paul Hornak

Ellie Newson, Bench in Honor of My Deceased and Loving Friends

GRATIOT COUNTY COMMUNITY FOUNDATION SENIOR ACTIVITY BUILDING AGENCY ACCOUNT gifts received:

Mary Humm

Jo Jones, in Memory of Clare Bare

Absentee Voting

Are you not going to be home on August 2 to cast your ballot? If not, it doesn't mean that you can't vote. Just apply for an absentee ballot with your city or township clerk and you will still be able to exercise your voting rights.

You can complete an online application at Michigan.gov/Vote. A paper application can also be completed and mailed to your city or township clerk. You can find out who your city or township clerk is on the same website, Michigan.gov/Vote.

The request to have an absent voter ballot mailed to you must be received by your clerk no later than 5:00 p.m. the Friday before the election (for August 2, that means July 30). Once your request is received by the clerk, your signature on the request will be checked against your voter registration record before a ballot is issued. You must be a *registered voter* to receive an absent voter ballot.

After receiving your absent voter ballot, you have until 8:00 pm on Election Day to complete the ballot and return it to the clerk's office. **Your ballot will not be counted unless your signature is on the return envelope and matches your signature on file. If you received assistance voting the ballot, then the signature of the person who helped you must also be on the return envelope.** Only you, a family member or person residing in your household, a mail carrier, or election official is authorized to deliver your signed absent voter ballot to your clerk's office.



For several years, the Youth Advisory Council of Gratiot County Community Foundation have paired with COA to respond to senior citizens in Gratiot County who have asked for help with yard raking. This program, like many others at COA, is "fueled" by volunteers. We are grateful to the Youth Advisory Council and their leadership for being a big part of serving seniors.

GRATIOT COUNTY SENIOR CITIZEN MILLAGE RENEWAL

.6492 for 4 years

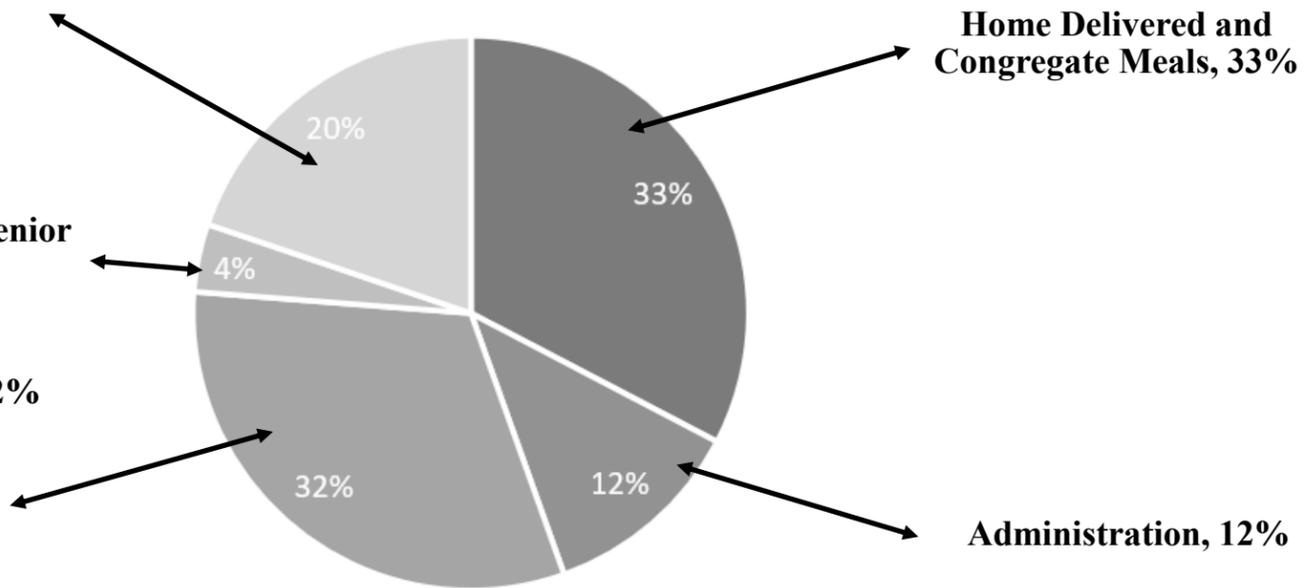
AGING AFFECTS ALL OF US
(no matter what our age)

- Direct Client Assistance, 20%**
 - Case Coordination
 - Medicare/Medicaid Assistance
 - Volunteer Programs
 - Caregiver Training
 - Community Services

Gratiot Community Senior Center, 4%

- Direct In-Home Services, 32%**
 - Personal Care
 - Respite Care
 - Home Chore
 - Home Repair
 - Homemaking

2021 Allocation of Funds



Direct Client Assistance - 88%

The Gratiot County Commission on Aging millage renewal will support funding to maintain and expand services for senior citizens in Gratiot County. 72% of the Commission’s funds are received through the millage and the services of the Commission would not be able to exist without millage dollars. As the Gratiot County senior citizen (60+) population continues to increase, requests for services are also increasing. Millage funding is needed more than ever to meet the growing need for important services which help to keep seniors independent and in their own homes. All Commission on Aging in-home services are funded by millage dollars.

Decisions regarding financial distribution are made by the Board of Directors. The Board is comprised of thirteen volunteers appointed by the Board of Commissioners and represent all communities within Gratiot County. The first senior millage in Gratiot County began in 1994. More than two-thirds of Michigan counties realize the benefits of a senior citizen millage and depend on local funding for services.

The Gratiot County Commission on Aging is thankful for the support of its citizens in the past years. Please remember to vote on August 2, 2022.



TAXABLE VALUE
\$25,000

Total Cost: \$16.23



TAXABLE VALUE
\$50,000

Total Cost: \$32.46



TAXABLE VALUE
\$75,000

Total Cost: \$48.69



TAXABLE VALUE
\$100,000

Total Cost: \$64.92

PLEASE VOTE AUGUST 2

Emergency Address Signs

Make sure first responders know where to find you in case of an emergency. Reflective address signs and numbers make it easy to find your house in case of an emergency. Police, Fire and emergency responders are recommending all homeowners, tenants and businesses display their address in a highly visible, reflective material for an accurate first response.

The Home Chore department is able to install these signs at your home. The signs can be attached to an existing mailbox post or fence post where it can be easily seen from the road. There is no charge for the sign, however, if you need a post installed, you would need to pay for those materials. We will gladly except donations for labor.

If this is something that you might be interested in having installed, please call Commission on Aging at 989-875-5246 and let us know. We will get the information to the Home Chore department and Dan and the crew will get a sign installed!



Medication Safety

Sara Krebs, GCSAC Prevention Coordinator

Everyone has some sort of medication in their house- over the counter medication, vitamins, or prescription medications; and as we know- most medications are taken to help keep us well. However, any medication can cause harm if taken in the wrong way or by the wrong person. ALL medications need to be taken care of properly in order to prevent medication misuse or abuse. About 50,000 children end up in emergency rooms each year because they ingested a medication that was not intended for them. Learning about, practicing medication safety, and teaching children about medication is essential.

There are several ways that you can practice medication safety:

1. If you have prescription drugs or medications you keep at home, make sure they are put away. Pick a storage place in your home that is not easily accessible to children or guests. Consider taking a walk around your house to figure out what is the safest place to keep your medicines and vitamins.

2. Lock medications up in a secure box and store them out of sight and out of reach. Need a lockbox for your medications? Contact the Gratiot County Substance Abuse Coalition at 989-463-1422 to get a FREE medication lockbox. ALL medications are safest when they are LOCKED UP!

3. If you are done taking a medication, don't leave it in the cupboard. Clean out your medicine cabinet regularly to keep all medications and prescriptions safe.

4. Teach children about medicine safety and explain why a trusted adult must be the one to give it to them. Even if a child does not like a medicine they need to take, DO NOT tell children medicine is candy in order to get them to take it.

Breckenridge Sassy Seniors!

By Lori Chvojka, Site Manager

Wow!! Can you believe summer is half over? It seems like we were just hoping and praying for warmer weather. July is the month we celebrate our independence from the English. Did you realize that there are 31 days of celebration in the month of July? Let's look at a few of them:

July 1: National Joke Day
 July 2: Made in the USA Day
 July 3: National Eat Beans Day
 July 5: Natl Graham Cracker Day
 July 6: National Fried Chicken Day
 July 7: Chocolate Day
 July 8: Chocolate w/ Almonds Day
 July 9: National Sugar Cookie Day
 July 10: National Pina Colada Day
 July 11: National Mojito Day
 July 12: Simplicity Day
 July 13: National French Fry Day
 July 14: Pandemonium Day
 July 15: I Love Horses Day
 July 16: National Fresh Spinach Day
 July 17: World Emoji Day
 July 18: World Listening Day
 July 19: National Daiquiri Day
 July 20: National Moon Day
 July 21: National Junk Food Day
 July 22: Summer Leisure Day
 July 23: Vanilla Ice Cream Day
 July 24: Tell an Old Joke Day

July 25: Wine and Cheese Day
 July 26: National Bagelfest Day
 July 27: National Scotch Day
 July 28: Milk Chocolate Day
 July 29: National Lasagna Day
 July 30: Paperback Book Day
 July 31: National Avocado Day

So, there are a few of the days of celebration in July according to Google!! I think there are many I could celebrate and a few not so much!! I do celebrate every day that I have the privilege of getting up in the morning!! We all should celebrate life to the fullest each and every day, because we never know what lies ahead.

What really makes my life worth living are the people that are in my life; family, friends and acquaintances. I feel that I have the best of families, both at home and work. Having family to celebrate with makes life great!

So, look at this list above and celebrate this thing called life with family and friends and have a wonderful 4th of July. Enjoy the fun, food and fireworks! See you next month and I wonder what August will bring!!

5. Be prepared in case of an emergency by programming the Poison Control Center number, **1.800.222.1222**, into your phone. If you suspect your child ingested medication call your poison control center immediately.

6. Take unused, outdated medications to one of the prescription drop box locations listed below. If you cannot make it to one of these locations, contact GCSAC at 989-463-1422 to have a FREE medication disposal pouch sent to you.

Alma Police Department

Monday – Friday
 8am-4pm

Accepted Medications: Pills, capsules, patches, and liquids.

Breckenridge Police Department

Monday – Friday
 8am-4:30pm

Accepted Medications: Pills and capsules.

Ithaca Sheriff's Department

7 days a week 24 hours a day

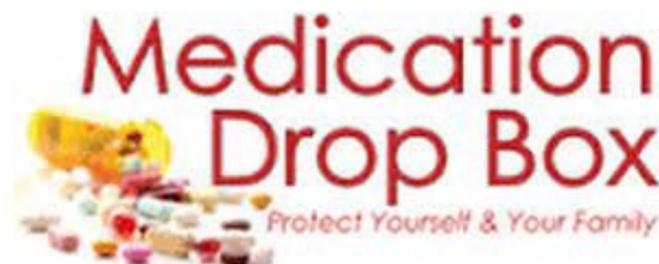
Accepted Medications: Pills and capsules.

St. Louis Police Department

Monday – Friday 8am-4pm

Accepted Medications: Pills, capsules, patches, and liquids.

If you would like additional information about medication safety, visit the Gratiot County Substance Abuse & Suicide Prevention Coalition's website www.gratiotdrugfree.org or contact us at 989-463-1422.



Menu



Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		To cancel a Home Delivered Meal Please call 989-875-5332		Sloppy Joe/Bun Green Beans 24 Hr Cabbage Slaw Fruit Cocktail
CLOSED 		Summer Chicken Salad On Hamburger Bun Broc/Cauli Salad Baby Carrots String Cheese Mandarin Oranges		Beef Stew Broccoli Multi Bean Salad Peaches Biscuit
American Goulash Kyoto Vegetable Peas Apricots Wheat Bread		Oven Baked Chicken Green Beans Squash Mixed Fruit Cup Dinner Roll		Meat Loaf Whipped Potatoes Pickled Beets Leprechaun Fluff Wheat Bread
Macaroni & Cheese Broccoli Carrots Pineapple Wheat Bread		Salisbury Steak Whipped Potatoes/Gravy Brussel Sprouts Berry Fruit Cup Wheat Bread		Spanish Chicken Brown Rice California Veggies Ambrosia Fruit Cup Wheat Bread
Chop Suey Brown Rice Broccoli Tropical Fruit Wheat Bread		Lemon Pepper Chicken Whipped Potatoes/Gravy Cottage Cheese Pineapple Wheat Bread		Baked Ziti Casserole Broccoli Mixed Vegetables Peaches Dinner Roll

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 July

Welcome to summer. Hopefully it has warmed up some.

There are a lot of National Days to celebrate in July. There is the obvious, Independence Day, and others like National Bikini Day (we won't go there) and National Apple Turnover Day, one of the reasons we cannot visit bikinis. But the one that stands out for me this month is National Father/Daughter take a Walk Day on July 7th.

Father/Daughter take a walk day is to promote the benefits of Father/Daughter bonding as well as to promote exercise. Obviously, I am no longer able to take walks with my father as he has been gone for many years. But this day does bring to mind many memories of different times my father spent with us bonding, when not working two jobs. I remember when I was about ten or so, dad thought he could spend some time with me and teach me how to play tennis. Saturday mornings were really hard on me. We would get up and go to the High School, to the tennis courts. Well, after a few weeks it was pretty obvious that this was not a sport that I would excel at. Poor dad. I sent him running week after week and could never quite get that ball

to go where I thought it should. He was always so patient with me. As the years progressed, we gave up on the tennis (Thank God). And as happens in life, we grow up and move away. Walks after that, and we had many, became priceless. So, this day brings back to my mind many of the wonderful conversations, or sometimes just a quiet walk with my father. As we are all in our senior years and our parents are gone, I hope you will take a few minutes and reflect on some of the great memories you have filed away of you and your father.

BOOKS BOOK BOOKS

You can bring in books you would like to donate on Monday, Wednesday and Friday between 11:30 and 1:30. 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, a huge **THANK YOU!**

We are playing euchre, and if you don't like euchre, we will play a different game while we visit.

Come and 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 to 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.

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

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Memorials

Commission on Aging

Laura Allen

VFW Auxiliary Post 5065

Jennie Taylor

Kurt & Mary Brown
Troy & Amber Bovee
Matt & Deb Vusich
Paula & Todd Moeggenborg
Anonymous
Patrice & Noble Goward
Kathy Legene
J & J Party Store Customers
Keith & Janet Strong

Guy Fidler

Sharon Pierce

Don McClintic

Janice King
Wally Robinson

Harry Gaither

Bonnie Hall

Venetta Parling

Alan & Alice Schafer

Carl Reeves

Barbara Prikasky

Leona Martin

Her Family

Jack & Marian Bouchey

Howard & Nancy Crites

Jerry Beck

Barb & Roger Litwiller

Howard & Nancy Crites

Don & Sherida Burch

David Cronkite

Carol & Vic Cronkite

Elisabeth McDonald

Linda M. Smith

Gordon Augustine

Clare Bare

Howard Crites

Nancy Crites

Joe Greer

Jennie Taylor

Alan & Alice Schafer

Jeanne L. Kirkey

Sharol Pominville

Clare Bare

Don & Sherida Burch

Senior Gratiot

Gordon Augustine

Nancy Martin Crites

Bonnie Barnes

Duane Pendell

Bertha Pendell

Kathryn Hudecz

Mark & Cheryl Grueneberg

Robert L. Brown

Judy Brown

Bonnie Whitaker

Shirley Wallace

James K. Riley

Irene Riley

Edith M. Johnson

Diana Riley

Jim Riley

Larry W. Riley

COA Donors

Jamie & Mike Bolsby

Carolyn Modlin

Larry Trexler

Gleaner Life Insurance Society Alma

Arbor #010

Anonymous

Nutrition Program

Gratiot County Chapter of Michigan

Association of Retired School

Personnel

Marty Peet

Central Michigan Association, Order of

The Eastern Stars of Michigan

Senior Gratiot Donors

Evelyn Green

Sue Sanders

Linda Shepard

Lillian Chapko

*Thank you for
your support and
generous
donations.*

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.

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



Senior Project Fresh

Senior Project Fresh provides coupons to older adults for fresh produce that can be purchased from local farmers at Farmer's Markets.

Gratiot County Commission on Aging still has coupons available. If you are 60 years of age or older and meet the income guidelines, please call 989-875-5246 and request information or to receive a coupon booklet.

Enjoy the bounty of the local Farmer's Markets and save money!

