

# AUGUST

## AARP

Driver Safety



### AARP Safe Driver Course

Thursday, September 29

8:30 am - 4:30 pm

515 S. Pine River, Ithaca

Cost: \$20.00 for AARP Members

\$25.00 for Non-Members

Payment made day of class in cash or check payable to AARP

This class may help to save you money by making you eligible for a discount on your auto insurance. Check with your insurance agent. Upon completion of the class, you will receive a certificate that is good for 3 years. The AARP Safe Driver course is a *classroom* course that will provide you with ways to adjust your driving due to age related changes in vision, hearing and reaction time. You will also learn about new traffic laws, rules of the road and other driving skills.

Lunch is a working lunch. A refrigerator is available if you choose to bring your lunch. You can also purchase a lunch through Commission on Aging at a cost of \$2.50 for 60 and older and a charge of \$5.00 for under 60.

Menu: Spaghetti, Winter Blend Peas & Carrots  
Applesauce and Garlic Toast

Please call 989-875-5246 to register for class by Monday, Sept. 26 as class size is limited. If you would like to purchase lunch, please let us know when you register.



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

August 2022  
Volume XLVII  
Number 8

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

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## Celebrate Pickleball Courts Grand Opening!

An exciting new sport venue is opening in Ithaca, Friday, August 26<sup>th</sup> at 5:00 pm, and the sport is Pickleball! The courts are located in Atkinson Park, near the Senior Activity Building (SAB), 1011 E. North St., Ithaca. The funding for these courts came from grants and donations made to the SAB.

The idea of installing Pickleball courts came about due to the research of the SAB's Long-Range planning committee. Since the goal of the SAB is to promote the health and activity of older adults in Gratiot County, what better way than to build courts for the fastest growing sport for adults over the age of 45.

SAB Board members and volunteers have spent countless hours in the planning and fundraising process, especially Board member Larry Ringle, who coordinated with the numerous contractors responsible for the court construction and installation. The cost of the courts came in at \$150,000 and the SAB is very pleased to have received a \$75,000 grant from the Gratiot County Parks & Recreation program as well as a \$15,000 grant from the Gratiot County Community Foundation. Countless businesses and individuals have contributed as well. Future plans include the construction of a permanent structure to recognize all donors. Donations are still being accepted and can be made in Honor of, in Memory of, or in Gratitude to someone or something that is special to you.

Plan to come Friday, August 26<sup>th</sup> at 5:00 pm to share with us the opening of the Pickleball courts. A demonstration will take place and the players will be able to answer questions you may have. Daric's Chicken Bar BQ will also be there with delicious food. Donations will be accepted. See you there!



Hear Ye, Hear Ye!

Don't forget to

# VOTE

Tuesday, August 2

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 Beautiful Old Barn

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 August 2 and will begin at 1:00 pm. Cost for the class is \$10.00 which includes all materials necessary to complete the "Old Barn" 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!



# Spot a Stroke

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
					
<b>BALANCE</b>	<b>EYES</b>	<b>FACE</b>	<b>ARMS</b>	<b>SPEECH</b>	<b>TIME</b>
<small>Loss of balance, headache/sudden or "thunderclap" headache or dizziness</small>	<small>Blurred vision</small>	<small>One side of the face is drooping</small>	<small>Arm or leg weakness</small>	<small>Speech difficulty</small>	<small>Time to call for ambulance immediately</small>

Join Commission on Aging in welcoming students from Central Michigan University College of Medicine as they present an interactive program on the risk factors of stroke and how to identify and respond to signs and symptoms of a stroke. Time is *critical* when it comes to the outcome of a stroke. Therefore, understanding how to recognize the most popular signs of stroke may allow you to provide life-saving measures for someone in the future.

**When: Tuesday, August 16, 10:00 a.m.**

**Where: Gratiot County Commission on Aging  
515 S. Pine River Street, Ithaca**

This informational program is free of charge and open to anyone who would like to learn more about the signs and symptoms of a stroke. We look forward to seeing you there!



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

Senior Activity Building

August 2022

Ithaca Food with Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> 1:00 Shuffleboard	<b>2</b> 8-10 SAB Coffee 10:00 EZ Motion 1:00 Painting with Shirley Frederick	<b>3</b> 8-10 SAB Coffee 10:00 Knitting Group 11:00 Horseshoes <b>12:00 Food with Friends meal</b> 1:00 Dominoes	<b>4</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft's music 1:00 Wii Bowling	<b>5</b> 8-10 SAB Coffee 11:30 BP checks by Joyce Raycraft <b>12:00 Food with Friends meal</b>	<b>6</b>
<b>7</b>	<b>8</b> 8-10 SAB Coffee 10:05-11:00 Bingo <b>12:00 Food with Friends meal</b> 2-4 Dulcimers	<b>9</b> 8-10 SAB Coffee 10:00 EZ Motion 1:00 Progressive Euchre  7:00 VFW Post #7805	<b>10</b> 8-10 SAB Coffee 10:00 Knitting Group 11:00 Horseshoes <b>12:00 Food with Friends meal</b> 1:00 Dominoes	<b>11</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft's music 1:00 Wii Bowling	<b>12</b> 8-10 SAB Coffee 12:00 <b>Food with Friends meal</b> 3:00 (?) Set up for Relay for Life	<b>13</b> <b>10am - 10pm Relay for Life Atkinson Park</b>
<b>14</b>	<b>15</b> 8-10 SAB Coffee <b>12:00 Food with Friends meal</b>	<b>16</b> 8-10 SAB Coffee 10:00 EZ Motion 1:15 SAB Board meeting	<b>17</b> 8-10 SAB Coffee 10:00 Knitting Group 11:00 Horseshoes <b>12:00 Food with Friends meal</b> 1:00 Dominoes 7:00 A-Tractive Tractors	<b>18</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft's music 1:00 Wii Bowling	<b>19</b> 8-10 SAB Coffee <b>12:00 Food with Friends meal</b>	<b>20</b> 
<b>21</b>	<b>22</b> 8-10 SAB Coffee 10:05-11:00 Bingo <b>12:00 Food with Friends meal</b>	<b>23</b> 8-10 SAB Coffee 10:00 EZ Motion 1:00 Progressive Euchre	<b>24</b> 8-10 SAB Coffee 10:00 Knitting Group 11:00 Horseshoes <b>12:00 Food with Friends meal</b> 1:00 Dominoes	<b>25</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft's music 1:00 Wii Bowling	<b>26</b> 8-10 SAB Coffee <b>12:00 Food with Friends meal</b> 1:00 Friday Cards & Games 5:00 Celebrate Pickleball! Daric's Chicken Bar BQ	<b>27</b>
<b>28</b> 	<b>29</b> 8-10 SAB Coffee 11:00 Music by Helen Ann, Lou, & Delos <b>12:00 Food with Friends meal</b>	<b>30</b> 8-10 SAB Coffee 10:00 EZ Motion 1:00 Sequence	<b>31</b> 8-10 SAB Coffee 10:00 Knitting Group 11:00 Horseshoes <b>12:00 Food with Friends meal</b> 1:00 Dominoes	<b>8-10 EVERYDAY</b> SAB Coffee with Linda St. Charles <b>10:00 EVERYDAY</b> Visits, news, games, activities scheduled <b>12:00 Monday, Wednesday, Friday</b> Food with Friends Meal, Call 989-875-2135 to make your reservation <b>Anytime</b> Walk Wanda's Walk in Atkinson Park		

Senior Activity Building & Food with Friends News & Information

By Jo Jones, Site Manager

Please take the time to write down the dates that you especially want to plan on to share time with your friends at the Senior Activity Building (SAB) in August! In addition to our regularly scheduled activities, you will find some special happenings on the calendar above.

August 26<sup>th</sup> is one of those dates! At 5:00 p.m., we will be having a CELEBRATION of the Grand Opening of the Ithaca Pickleball Courts. Daric's Chicken Bar BQ will be here to help us celebrate.

You will need to call ahead to reserve a spot on August 2<sup>nd</sup> to enjoy Shirley Frederick's painting class at 1:00. Please call 989-875-2135 to make your reservation.

The SAB will be hosting the Relay for Life on Saturday, August 13<sup>th</sup> from 10:00 to 10:00 in Atkinson Park. Set up for the event will be on Friday, August 12<sup>th</sup>.

Come to enjoy music provided by Helen Ann, Lous and Delos MacLaren on Monday, August 29<sup>th</sup> at 11:00. They will also play after lunch is served.

You will see that EVERY morning from 8:00-10:00, SAB coffee happens. You will be welcomed by Linda St. Charles and other seniors whenever you stop in to find a seat at the table. Stay a few minutes or two hours. The SAB morning coffee group will be celebrating Linda's birthday on August 8<sup>th</sup>.

EZ Motion exercise starts at 10:00 every Tuesday and Thursday. Every Wednesday, horseshoe players meet outdoors at 11:00 to play one game. After lunch, a second game is played. Dominoes also happens after lunch, at 1:00.

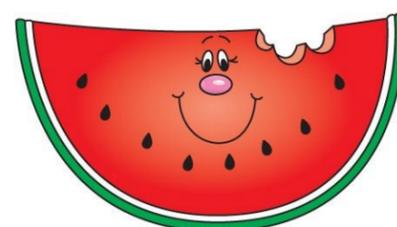
Progressive Euchre is on the schedule for Tuesdays, and other card games are on the schedule for Fridays, but there have not been enough participants to play. Please call ahead if you wish to play to make sure there are enough players for the day. Shuffleboard is on for August 1<sup>st</sup> at 1:00. Come join in the fun.

Bingo is scheduled for August 8<sup>th</sup> and 22<sup>nd</sup>. The Dulcimers will be meeting at 2:00 on August 8<sup>th</sup>. Gratiot VFW Post

#7805 will meet on August 9<sup>th</sup> at 7:00. The SAB Board will meet on the third Tuesday, August 16<sup>th</sup> at 1:15 and the A-Tractive Tractor Club meets at 7:00 on Wednesday, August 17<sup>th</sup>.

Be sure to check the calendar at the building to keep up to date on the activities and any changes that may occur during the month. This is our sixth month back to full time and it is our hope to add more of you favorite activities. Suggestions are always 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.

Food with Friends and the SAB's phone number is 989-875-2135. Feel free to call to check for updates with a scheduled event or to make your reservation for your Food with Friends meal. 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 June 7, 2022 through July 8, 2022.

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

### Gifts In Gratitude to SAB

Jo Jones  
Sue Chaffin

### Memorials

#### **Howard & Nancy Crites**

Judy Roslund  
Annabel Peet  
Stanley & Connie Martin  
Sally Martin  
Marcella Brauher  
Karen Dietz  
Alice Schleder  
Eric & Dawn Williams & Family  
Joe & Cindy Castillo & Family  
David & LaDaun Longanback  
Mary Humm  
Paul Bollinger & Barb  
Helen Hoard & Family  
Nancy & Dan O'Boyle  
Beverly & Garry Higgins & Family  
Myrna & Rod Shattuck & Family  
Linda Frank & family  
Linda Crumbaugh  
Linda Cook  
Jamie Boblotz  
Carol Ebnit

#### **Delbert Towersey**

Mary & Bob Sullivan  
Jo Jones  
Martha Moore  
Food with Friends  
Sally Martin

#### **Clare Bare**

Rex & Doff Rimmel  
Wanda & David Hodges  
David & LaDaun Loganback  
Judy Roslund  
Chris & Susan Sparks

#### **Howard Crites**

Food with Friends  
Judy Brown  
Willowdean Cassady

### Honorarium

#### **Linda St. Charles**

Memorial Day Pancake Breakfast  
Seniors

### Pickleball Court

Larry & Mary Ringle  
Worley Chiropractic Life Center

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

Mary Humm

## Volunteering A Way to Better Aging?

Sue Koch, Volunteer Coordinator

I discovered a new book this summer that has to do with volunteering titled **Wonder Drug: 7 Scientifically Proven Ways that Serving Others is the Best Medicine for Yourself**. This book is written by two doctors.

According to the synopsis of the book, found at Barnes & Noble, it indicates that "the science behind how serving others is a secret superpower that can bring longer life; better health; more energy and resilience; less burn-out, depression and anxiety, more happiness, fulfillment and well-being; more personal and professional success; and has no harmful side effects. Serving others, pitching in to make a difference in your world is a better way to live your life. Kinder people not only live longer, they also live better."

The best way to begin is to "start small. Per science, the best way to well-being and finding your true fulfillment is to scan your orbit for the people around you in need of help, and go fill that need as often as you can."

Four words that may help to keep you on track:

- ♥ Compassion
- ♥ Empathy
- ♥ Altruism
- ♥ Giving

This is your invitation to join Gratiot County Commission on Aging as a volunteer assisting other seniors in the county.

# Area Food Pantries

#### Alma

*First Presbyterian Church*  
495 Charles Ave., 989-463-2940  
Tuesdays (except 5th Tuesday of the month) from 1:30-3:30 p.m.  
Serves Alma, Riverdale, Elm Hall and Elwell. Can receive food every other month. 6 times per year. Must have picture ID for yourself, names and date of birth for all members of the household.

#### Ashley

*East Washington United Brethren Church*  
8051 S. Crapo Road, 989-838-2314  
Second Tuesday, every other month (Jan, March, May, July, Sept, Nov) from 3:00-5:00 pm. Must be a resident of Gratiot County and provide proof of residence. Bring box or bag for items.

#### Bannister

*Bannister United Methodist Church*  
103 E. Hanvey Street, 989-862-4392  
Third Saturday of every month, 1:00-3:00 pm. Must be a resident of Gratiot County and show proof by drivers license or ID.

#### Breckenridge

*United Methodist Church*  
125 Third Street, 989-842-3632  
Tuesdays, 10:00 am-1:00 pm. Residents of Breckenridge, Hemlock, Merrill, and Wheeler only. Can receive food once every 60 days, show state drivers license or ID.

#### Ithaca

*First Presbyterian Church*  
218 E. Newark St, 989-875-4437  
Wednesdays, 9:30-11:30. Residents of Gratiot County south of Tyler Rd **only**. Six times per year. Bring picture ID.

#### Riverdale

*Lincoln Rd. United Methodist Church*  
9479 W. Lincoln Rd., 989-463-5704  
Third Thursday, 9:00-11:00 am. Residents of Sumner and Seville townships who meet financial guidelines receive 1 week of food. On first visit, bring DL/State ID and proof of address.

#### St. Louis

*St. Louis Church of Christ*  
1075 W. Monroe Rd, 989-681-2524  
Third Thursday of the month 11:30 am - 2:00 pm. Please bring own box/bag for items. Photo ID, proof of income, residence and number of people in household required once a year and for new participants.

**Please call number listed to confirm days and times.**

# Government Imposter Scams

There is no question that if you receive unexpected contact from the government, it gets your attention. Criminals use real government references and the threat of government action to try and force you into doing something that will help them steal from you. The initial contact can come in any form - letter, text, phone call or email. The goal of any of these is to get your personal information and steal your money.

## FAKE GOVERNMENT TEXTS OR EMAILS

Before opening any attachment or link in a text or email from someone claiming to be from a government agency, verify that it is really from the government. The attachment or link, usually in a zip file, can have malware that will open a virus or other malware that will infect your computer and allow the criminal to steal your personal information, monitor your online activity, and commit fraud. Scammers know that the threat of government action will have many people open the attachment. Always be cautious of any unsolicited email or text.

## IRS SCAMS

The most frequently reported scam involves criminals contacting you and claiming that you owe taxes. You will know it is a scam if you are told that you must pay immediately to avoid additional taxes and penalties or jail. The scammer will also specify how you need to pay them, often using a pre-paid debit card, wire transfer, an iTunes card or other method that is difficult to trace. The caller ID may actually show the IRS and display a badge number. This is all faked information. If you owe the IRS money, the IRS will first contact you by mail and there will be no restrictions on how to pay. And the IRS does not accept iTunes cards as a form of payment.

**KNOW THIS: The IRS does not call, text or email you and demand immediate payment. Anybody contacting you claiming to be from the IRs and asking you for personal or financial information is a crook.**

## LOTTERY OR SWEEPSTAKES WINNING NOTICES

Another common scam is when someone contacts you telling you that you have won a federally supervised lottery or sweepstakes. The criminals claim to be from the National Consumer Protection Agency, the non-existent National Sweepstakes Bureau, the Federal Trade Commission or even the Michigan Attorney General's Consumer Protection Unit. When the scammer makes contact, he might tell you that in order to claim your prize you have to pay taxes or service fees and that you must wire the money first, then you will be able to claim your prize. This is a scam! In reality, no government agency is involved, and there are no winnings.

## COLLECTING ON A FAKE DEBT

You may also receive a call from an imposter pretending to be from the government and communicating a threat to collect a debt. You may also receive an official-looking letter claiming to be from a debt collector acting on behalf of a law firm or government agency. The scammer will threaten to arrest you or take you to court on the debt and may even have your address and Social Security number. Always ask for written verification of the debt. Never pay a debt by wiring money or using a pre-paid debit card. Even if you owe a debt, you still have rights under the Fair Debt Collection Practices Act.

## AWARDING FAKE GOVERNMENT GRANTS

Criminals also contact consumers and tell them that they have been selected to receive a government grant. To receive the grant money, a fee must be paid and the scammer will ask for your bank account information. Grants are not benefits or entitlements. Note the following:

- No government grant-making agency will make phone calls, send emails or letters to solicit money or personal banking information from a potential grant recipient;
- There are no processing fees for federal grants; and
- Federal grants are not issued for personal use but are intended for institutions and non-profits to carry out projects with a public purpose.

## PROTECT YOURSELF

- Never send money to someone you do not know.
- Never give a caller your personal or financial information.
- Always be suspicious of someone calling and asking for money.
- If you get an email or pop-up message that asks for personal or financial information, do not replay or open any attachment or click on any link in the message.
- Be cautious about opening any attachment or downloading any file from emails you receive, regardless of who sent them.
- Don't text or email personal or financial information. If you must send it electronically, only send it on a secure website - look for the lock icon or the "https".
- Install protective anti-virus, anti-spyware, and firewall software, keep them up to date, and set them to update regularly.

## REPORT GOVERNMENT IMPOSTERS

If you receive suspicious contact from someone claiming to be from the federal government, you can file a complaint with the FTC by calling 877-382-4357. When reporting, include the purported agency, what the imposter asks you to do, the phone number, and any other information you can provide. If you receive suspicious contact from someone claiming to be from state or local government, report the contact to the actual agency by looking them up so you know the contact information is accurate. The official State of Michigan website provides reliable contact information for State government.

## Contact the Attorney General's Office

If you have a general consumer complaint, you may file a complaint with the Attorney General's Consumer Protection Unit by calling 517-335-7599, toll free 877-765-8388. You may also write to:

Consumer Protection Unit  
P.O. Box 30213  
Lansing, MI 48909



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Information provided by the State of Michigan Attorney General's Office

## We Need Volunteers!

Commission on Aging is in need of **Home Delivered Meal Volunteer Drivers** to deliver meals made in the kitchen at COA, in Ithaca, to home bound seniors in Gratiot County. If you choose to volunteer with us, it will be the beginning of a great adventure and you will be providing a great service to the seniors of Gratiot County. If you are interested, please give the office a call at 989-875-5246 and ask to speak with Sue Koch, the volunteer coordinator. Sue will get your journey started!

## 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.

### Book Nook & Puzzles

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

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

## 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.

## Breckenridge Sassy Seniors!

By Lori Chvojka, Site Manager

August....the last month of summer. How has your summer been so far? We at the Breckenridge site have had a pretty good summer so far and are looking forward to the pleasantness of Fall. But we are not ready to give up yet!! We will take every day of warm weather that we can get.

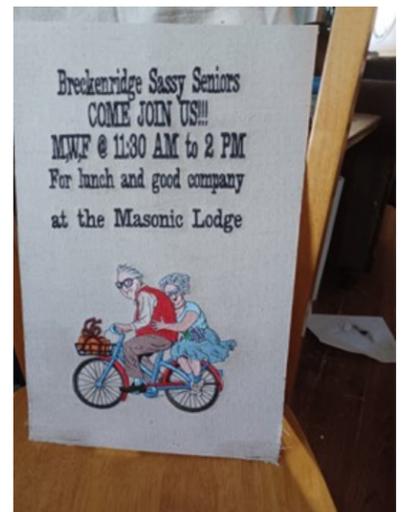
I am pleased to say that our numbers are on the rise. We usually have 12-14 people that enjoy each other's company and a delicious meal each time we meet. We have started to play Penny Bingo and there are mixed feelings about it. We will give it some more time to grow on people. We play Euchre pretty much every time we meet, as you can't pass up a good Euchre game if you live in Michigan!! If you love the game, feel free to come to any of the Gratiot FWF sites and you will find a rousing game going on.

I know I have said this before, but we really could use some volunteer drivers to deliver meals to our county's Seniors and shut ins. I have been delivering meals for close to 10 years and love every minute of it. The look on the people's faces when they come to the door is priceless. For some, we are the only other people they see during the day and sometimes we are the only contact

they have during the day. I love to talk to them and learn of their lives, their dislikes and likes. The stories they can tell! So, if you or someone you know has a few hours a week to donate some time, please think about becoming a driver for the COA. I promise you, you will enjoy it too.

I have been working on a sign for our Center and it is coming along good. I have most of it done and need to get it mounted so we can put it out on the street, so people know where to find us. Here is a picture of it so far. I hope to have it completed by our next newsletter.

See you in September!!!



## EightCAP's Weatherization Assistance Program

Winter is on its way and with it comes colder weather and higher energy costs. EightCAP's Weatherization Assistance Program (WAP) is a federally funded, low-income residential energy conservation program. The program provides free home energy conservation services to low-income Michigan homeowners and renters. These services reduce energy use and lower utility bills, making homes more comfortable and utilities more affordable, while helping families become more self-sufficient.

Services offered may include water heater insulation blanket, wall, ceiling and floor insulation and ventilation, caulking, glass replacement, smoke detectors, and weather stripping.

The WAP utilizes private (for profit) licensed contractors in providing services. Every house is pre and post inspected both before and after improvements have been completed to verify the standards of the program have been met.

Eligibility is based on household income being at or below 200% of the federal poverty guidelines. Recipients of the Family Independence Program (FIP) administered by the Department of Human Services (DHS) or those who receive Supplemental Security Income (SSI) automatically qualify for this no-cost program. Please call 866-754-9315 for further information or you can find an application on the website, [www.eightcap.org](http://www.eightcap.org).

2022 Income Guidelines			
Family Size	Income	Family Size	Income
1	\$ 27,180	5	\$ 64,940
2	\$ 36,620	6	\$ 74,380
3	\$ 46,060	7	\$ 83,820
4	\$ 55,500	8	\$ 93,260



# Menu



# Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Corn & Lima Beans Macaroni Salad Fruit Cocktail Wheat Bread	2 	3 Sliced Turkey Lettuce & Tomato Multi Bean Salad Cranberry Mousse Applesauce Wheat Bread	4	5 Walking Taco Black Beans & Rice Crunchy Veg Salad Orange Dinner Roll 
8 Baked Chicken Herb Glazed Carrots Cauliflower & Peas Fruit Cocktail Gelatin Potato Salad Wheat Bread	9	10 Pulled Pork Carrots Coleslaw Pears Hamburger Bun	11	12 Chicken Pattie Redskin Potatoes Lettuce & Tomato Applesauce Hamburger Bun
15 Home Style Beef Stew Broccoli Mixed Vegetables Peach Crisp Biscuit	16	17 Sloppy Joe Winter Blend Corn Strawberries Hamburger Bun	18  <i>Fajitas</i>	19 Summer Chicken Salad on a Bun Broc/Caulif Salad Carrots Bananas
22 Breaded Veal Parmesan Corn Lima Beans Peaches Dinner Roll	23	24 Potato Crunch Pollock Lettuce & Tomato Mixed Vegetables Fruited Cole Slaw Hamburger Bun	25	26 French Toast Sausage Links Hash Browns Cinnamon Roll Apple Slices 
29 Eggplant Parmesan Peas Carrots Mandarin Oranges Dinner Roll 	30 	31 Cheese Omelet Redskin Potatoes Sausage Links Orange Juice Cinnamon 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

August is upon us already.

I love summer even as it heads us into fall. While I am not real excited about the fast approach of winter, I love all the excitement of activities offered at this time of year. If you haven't had a chance to get out and about, there are some fun activities coming up.

You could head on over to Stanton for the Stanton Old Fashion Days. Aug 11<sup>th</sup> – 14<sup>th</sup>. Or drive on over to Crystal for their Artfest, Car Show and Cruise, Aug. 13<sup>th</sup> 8:00 – 3:00.

Then there is always Summer Daze Aug 19<sup>th</sup> – 21<sup>st</sup>. If you are in the mood for some serious walking around, there is the Danish Festival in Greenville, Wed, August 18<sup>th</sup> – 21<sup>st</sup>.

Don't forget that Trufant has a flea market every Thursday that goes all morning until 12:00. Also, we have many farm markets located all over the County that are fun to visit.

**Alma:** Wednesdays & Saturdays, opening at 7 am

**Ithaca:** - Tuesdays 2:00 – 6:00 pm

**St. Louis:** Thursdays, 2:00 - 6:00 pm

You can always slide on up to the Fulton Senior Center, have lunch, visit and play some cards. Euchre is always being played as well as Skipo and other games.

## Bingo Returns!

We will be playing bingo on:

- ♥ Friday August 12 – Penny bingo
  - ♥ Monday August 22 – Produce bingo
- If this is something you enjoy, stop in, have lunch and join us for bingo.

Be sure to call ahead and make your reservation for lunch. The number to call is **989-875-5332**. We look forward to seeing you!

## BOOKS BOOKS BOOKS

Please feel free to come in when we are open and browse through the books. Books may be taken or dropped off. For everyone that donates books to make this possible, a huge **THANK YOU!**



## 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

**Delphine Kehrberg**  
Bonnie Middleton  
The Lott Family  
Shirley J. Wallace

**Jennie Taylor**  
Judy Parrish

**Hazel Clagg**  
**Betty Williams**  
**Dr. Hal Williams**  
**Arthur Droste**  
**Robert Crist**  
Jerry Clagg

**Janet Winn**  
Anonymous  
The Family of Juanita Crippen  
James Seals O.D.

**Hazel Clagg**  
**Ann Hull**  
Kimberly Clagg-Bowen

**Ken Coleman**  
Gary & Marilyn Shaw  
Keith & Janet Strong

**Pearl & George Samuels**  
Kirk & Yvonne Litwiller

## Nutrition Program

**Clare Bare**  
**Howard Crites**  
**Nancy Crites**  
**Mary Kimmel**  
**Sue Knowles**  
**Bertha Pendell**  
Donn & Patricia Gates

## Senior Gratiot

**Bill Stuckey**  
**Jim & Virginia Wishart**  
Barb Stuckey

**Irene Hopper**  
Shirley Hopper

**Janet B. Winn**  
Mary Lou Feichtenbiner

*Memories of you fill my  
mind, like thousands of  
bright stars in the sky.*

## COA Donors

Leota Wood  
Eugene C. Hindenlang Trust  
Anonymous  
Thomas Schmitz

## Nutrition Program

Marty Peet

## Senior Gratiot Donors

Lillian Chapko  
Melvin Spencer  
Jo Ward  
Joyce Vibber  
Norma Moeggenborg  
Louis Sipka  
Sally Martin  
Mavis Baxter  
Diane Yonker

*Gratitude*  
- PAUSE - SHARE - INSPIRE -

*Thank you for your support and  
generous donations.*

### July 2022 Prep Team Volunteer Thank You!

The following 12 Senior Gratiot Prep Team members provided 21.5 hours of service preparing the paper for mailing. Thank you for your support!

**Doris Tinson, Lisa Skaryd, Ruth Malek, Helen Hoard, Evelyn White, Sally Martin, Carole Moore, Linda Cox, Jim Peck, Irene Peck, Lora Schultz, and Mary Patterson**



## 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



## 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.**