

# October Happenings



**Medicare  
2019 OPEN  
ENROLLMENT**  
Oct. 15th – Dec. 7th



The Gratiot County Commission on Aging has Medicare Medicaid Assistance Program (MMAAP) certified counselors here to assist you with reviewing your current coverages.

**Call 989-875-5246 to schedule your appointment today!**

When you schedule your appointment, you will receive assistance with the following:

- ◆ Explore Medicare Part D and/or Medicare Advantage Plans
- ◆ Compare your current plan with other additional plans for 2023 based on your current situation and medications
- ◆ Review the plans' coverage, what the premium, deductible, and co-payments will be for 2023
- ◆ Review or assist with plan enrollment if you decide to switch plans
- ◆ For those who appear eligible, assist with applications to the Social Security Extra help Program

Appointments can be either face to face or by phone. Do not wait until December to call and schedule. There are **NO walk-in times available**. If you have questions, please contact Sarah McClung at 989-875-5246.

## Mid-Michigan District HEALTH DEPARTMENT

CLINTON • GRATIOT • MONTCALM

### Flu , Pneumonia, and COVID-19 Vaccine Clinic

**When:** October 14, 2022, 8:00-11:00, 1:00-4:00

**Where:** Mid-Michigan District Health Department  
151 Commerce Drive, Ithaca

**Who:** Anyone in need of these above referenced vaccines

**Bring:** Picture ID and your insurance card(s)

The Health Department will not be taking any appointments on October 14<sup>th</sup> and is able to bill most insurance companies. If you have questions, please contact the Health Department at 989.875.3681. Yearly flu vaccines are recommended by the CDC for everyone 6 months of age and older. Be sure to get your vaccine this year to protect against the sometimes fatal disease.



## Air Conditioner Pick-Up Gutter Cleaning Window Washing

It is that time year when the air conditioner is no longer needed. It is great because energy costs will go down a little, but it also means winter is on the way. If you borrowed a Commission on Aging air conditioner, please remember to call the office, 989-875-5246, and ask for the Home Chore department to come out and pick it up.

Along with the beautiful changing of the leaves comes the annoying problem of them falling off and into your gutters. If this situation sounds familiar, don't hesitate to contact the Commission on Aging Home Chore, Home Repair department. Dan's crew is happy to come out and get rid of the clogs in your gutters. Just call the office, 989-875-5246, and put in your request.

Remember, Dan's crew will also come assist you with your window washing as you prepare for winter. Please call the office to put in your request to have the guys give you sparkling windows!



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

October 2022  
Volume XLVII  
Number 10

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# SENIOR GRATIOT

NON-PROFIT ORGANIZATION  
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ITHACA MI



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On Facebook & Twitter



### Senior Gratiot Subscription/Donation

Please check: New Subscription \_\_\_\_\_ Renewal \_\_\_\_\_ Change of Address \_\_\_\_\_

Temporarily Away \_\_\_\_\_ Stop Date: \_\_\_\_\_ Restart Date: \_\_\_\_\_

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.

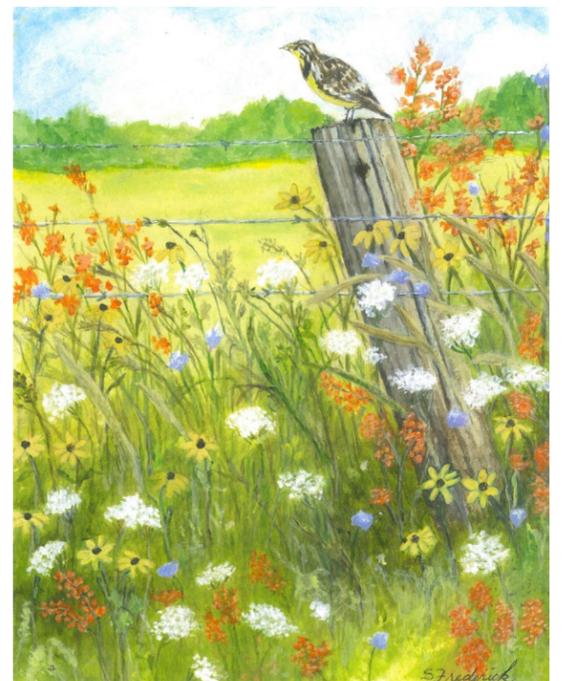
**Suggested contribution to Senior Gratiot:** **\$20.00 per year** helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

**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 Important Changes! Shirley Frederick, Instructor

Are you interested in expanding your creativity? Or, maybe you don't know if you have any creativity and want to find out. 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. This is a fun class that will allow you to learn the basics of acrylic painting and take home a beautiful creation at the end of class. If this sounds interesting, please call **989-875-2135** to **register as reservations are required**. Classes are the first Tuesday of the month and run from 1:00-3:00 p.m. Cost for the class is **\$20.00 which must be paid in advance** and that cost includes all supplies and instruction. We are pleased to have Shirley share her talents with us. Please call 989-875-2135 to make your reservation. See you there!



## Foster Grandparent and Senior Companion Programs

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

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

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

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

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

Serving: Clare, Gratiot and Isabella Counties

**Please contact: Brandi, Jodi, or Anne at (989) 772-0748**



### September 2022 Prep Team Volunteer Thank You!

Twelve volunteers donated 25.25 hours preparing the September issue of the Senior Gratiot newspaper for mailing. It is a team effort. Thank you!

Irene Oliver Peck, Jim Peck, Ruthie Malek, Vicki Bertoni, Doris Tinson, Sally Martin, Marty Peet, Cheryl Wiseman, Helen Hoard, Mary Patterson, Carole Moore, and Linda Cox



# 988

SUICIDE & CRISIS LIFELINE

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

Senior Activity Building

October 2022

Ithaca Food with Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 8-10 SAB Coffee Happy New Year FWF & SAB <b>12:00 Food with Friends Meal</b>	4 8-10 SAB Coffee 10:00 EZ Motion 1:00-3:00 Painting Class with Shirley	5 8-10 SAB Coffee 10:00 Knitting group <b>12:00 Food with Friends Meal</b> 1:00 Dominoes & Cornhole	6 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling *Tentative Pickleball*	7 8-10 SAB Coffee 11:30 Blood Pressure <b>12:00 Food with Friends Meal</b> 12:45 Friday cards	8
9	10 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> 12:30 Bingo 2:00 Dulcimers	11 8-10 SAB Coffee 10:00 EZ Motion 11:00 Cribbage 7:00 VFW #7805	12 8-10 SAB Coffee 10:00 Knitting group <b>12:00 Food with Friends Meal</b> 1:00 Dominoes & Cornhole	13 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling *Tentative Pickleball*	14 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> 12:45 Friday Cards	15 
16 	17 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> *Tentative Pickleball*	18 8-10 SAB Coffee 10:00 EZ Motion 9:00-1:15 Election of SAB Board Members 1:15 Annual Meeting of SAB Board	19 8-10 SAB Coffee 10:00 Knitting group <b>12:00 Food with Friends Meal</b> 1:00 Dominoes & Cornhole 7:00 A-Tractive Tractor	20 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling *Tentative Pickleball*	21 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> 12:45 Friday Cards	22
23	24 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> 12:30 Bingo	25 8-10 SAB Coffee 10:00 EZ Motion *Tentative Pickleball*	26 8-10 SAB Coffee 10:00 Knitting group <b>12:00 Food with Friends Meal</b> 1:00 Dominoes & Cornhole	27 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling *Tentative Pickleball*	28 8-10 SAB Coffee 11:00 Music by Lou, Helen Ann, Delos <b>12:00 Food with Friends Meal</b>	29 <b>8:30 - 9:30 Trick or Treat Pancakes &amp; Sausage Breakfast</b>
30	31 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> Halloween Fun at Coffee and FWF	<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> Pickleball and 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 in October! In addition to our regularly scheduled activities, you will find some special happenings on the calendar above.

We begin the month by welcoming the New year for both the Senior Activity Building (SAB) and Food with Friends on Monday, October 3<sup>rd</sup>.

You will need to call ahead to **reserve a spot** on October 4<sup>th</sup> to enjoy Shirley Frederick's painting class from 1:00-3:00. The \$20.00 payment is due **before** the 4<sup>th</sup>. More information about this class can be found in a related article on page 2.

Bingo is scheduled on the 10<sup>th</sup> and 24<sup>th</sup> at 12:30 pm. The Dulcimers will be meeting at 2:00 pm on the 10<sup>th</sup>. Gratiot VFW Post #7805 will meet at the SAB on October 11<sup>th</sup> at 7:00 pm and the A-Tractive Tractor Club meets at 7:00 pm on Wednesday, the 19<sup>th</sup>.

Friday, October 28<sup>th</sup> at 11:00 am, we will enjoy music provided by Helen Ann, Lou and our own Delos MacLaren. They play a variety of music for sing-a-longs, dancing, and even doing the Hokey-Pokey!

When you look at the calendar, you will find that EZ Motion exercise starts at 10:00 am on each Tuesday and Thursday. Dominoes are played at 1:00pm on Wednesday, along with Cornhole competition indoors.

Thursdays we have Wii Bowling at 11:00 am after EZ Motion. If the weather cooperates, we hope to have Pickleball lessons each Thursday afternoon. If you can help to make this happen, call 989.875.2135 to let us know.

The cards and games are on Fridays. Please call if you are coming to participate. If you would like to have your blood pressure checked on the first Friday, Joyce Raycraft will help you with that.

You will see that EVERY morning from 8:00-10:00 am, SAB coffee and conversation 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.

October 18<sup>th</sup> is the date for the election of SAB Board Members for the Class of

2025. The polls at the SAB will be open from 9:00 am to 1:15 pm. The nominees are as follows: Cleo Flegel, Marita Harkness, Joyce Raycraft and Mary Sullivan. Thanks to the devoted Class of 2022 for their many years of service and commitment on the Board: Marci Browne, Cleo Flegel, Ruthanne Larry and Larry Ringle.

Our Trick or Treat Pancake and Sausage breakfast is on the schedule for October 29<sup>th</sup> from 8:30-9:30 am. Please call in or sign in on the reservation book to help us estimate how many to plan for. If you have been to our Trick or Treat breakfasts before, you already know you are welcome to come in a Halloween outfit or "get-up" or your pajamas. Looking forward to sharing lots of yummy pancakes and laughs with you! Your donation toward food costs will be appreciated. Then on Monday, October 31<sup>st</sup>, we will have more Halloween fun at both SAB coffee and at Food with Friends.

Pickleball is listed at the top of the calendar along with Walking Wanda's Walk. The plans for learning as well as for teaching seniors are not yet set up. PLEASE stop by or call the SAB to let us know if you want to learn or if you are

willing to teach others about Pickleball. We have some paddles and balls available for the lessons. It is our hope that the courts will find more folks playing on them. Perhaps we can have lessons in the afternoons of these dates: October 17<sup>th</sup>, 25<sup>th</sup>, and Thursday afternoons. The courts are available anytime, unless lessons are scheduled.

Special thanks to Daric & Ryan for their gift of cooking and serving the chicken Barbeque at the Grand Opening of the Pickleball Courts. Thanks to Larry Ringle and Cleo Flegel for their continued volunteer efforts at the new courts. They have donated many hours digging,

laying landscaping cloth and stones around the entire exterior of the courts.

Be sure to check the calendar at the building since there may be changes as we go through our eighth month back full time! It is our hope to add more of your favorite activities. Suggestions always welcomed!

FwF and the SAB's phone number is **989.875.2135**. Feel free to call to check on updates about a scheduled event. Always call ahead of time to make your reservation for your Food with Friends meals. 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 August 13, 2022 through September 12, 2022.

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

### Gifts In Gratitude to SAB

Gratiot VFW Post #7805

Jo Jones  
Linda Crumbaugh  
Joyce Raycraft  
Phil & Cheri Booth

### Memorials

**Nancy & Howard Crites**

Bill & Ella Martyn

**Bertha Pendell**

Judy Roslund

**Pat Chadderdon**

Judy Brown

**Bert Coe**

Martha Moore

**Marilyn Nemeth**

Bill & Ella Martyn

### Pickleball Court

Linda St. Charles  
Verlynn & Barb Kench  
Gratiot Co. Community Foundation  
Ruthanne Larry  
City of Ithaca  
Gratiot County Parks & Recreation

### Memorials

**Bob Crist & Bob's Mom,  
Virginia**

Sale of Bob's CD's

**Dick & Emmy Showalter**

John & Angi Raab

**Carol Merchant**

Bob & Nancy Smith

**Jack & Kathleen Humm**

Mary Humm

**Mary Kimmel**

Judy Brown

Judy Roslund

### Honorariums

**Gratiot Veterans**

Donn & Pat Gates

**Kelly Parling Lynch**

**Maria Parling Wolfgang**

Dean & Vicky Parling

**Linda St. Charles**

**Jo Jones**

Bill & Ella Martyn

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

Mary Humm

## 2022 Fall Yard Raking

Sue Koch, Volunteer Coordinator  
989-875-5246

Commission on Aging coordinates fall yard raking with a *limited* number of service groups, churches and schools who volunteer their time to rake yards of seniors in Gratiot County. Most groups schedule a single day for this service.

- Yard raking may be cancelled due to inclement weather and is usually not

## Gratiot Animals in Need (GAIN)

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

- ♥ **Pet Food Pantry:** This is for lower income or senior citizen pet owners. Pet owners can pick up pet food and, in certain limited circumstances, delivery may be available. The pet food pantry is located at Ways of the West on M-46 between Alma and St. Louis, 1696 W. Monroe Rd. Pantry hours are Tuesdays, 2-5 p.m. and Thursdays 3-5 p.m. Please call 989-681-5993 to confirm hours.

- ♥ **Low cost cat spay/neuter clinic:** For owned and free roaming cats. Free roaming cats are \$15 (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 for the purposes of spay/neuter. Call 989-875-2286 to schedule appt. Leave a msg if no answer.

- ♥ **-Dog Spay/Neuter:** Financial assistance for dog spay/neuter either through a local vet or low-cost clinic. Call the office at 989-875-2286 for more infor-



rescheduled by the group.

- There may not be groups available in your area to assist you.
- This is a volunteer service and there is no charge, however, donations are accepted either by the group or Commission on Aging.
- If the leaves fall late in the season, there may not be any group that can assist you.

For more information, please contact Sue Koch at 989-875-5246.



# Halloween Fun Facts

1. Candy Corn was originally named Chicken Feed and was created in 1880 by the Wunderley Candy Company. Americans purchase over 20 million pounds each year.
2. Approximately 1.5 billion pounds of pumpkins are produced in the U.S. each year with Illinois having over 15,000 acres of land devoted to pumpkins.
3. Trick or treating has been around since the medieval times.
4. Trick or treating's origin is hard to trace, but the custom has been established since the 1950's. This came about because it was referenced in a Peanuts comic strip.
5. Jack-O-Lantern's name originated from an Irish folktale about a man tricking the devil over and over. When Jack died he was forced to walk the earth with only a carved out turnip and burning coal to light his way.
6. Chocolate is the most popular candy
1. A full moon on Halloween is very rare. It has only happened 4 times since 1950.

# Functional Decline in Seniors

After a certain age, some level of decline should be expected. In our forties and fifties, the decline is incremental and happens slowly. Most can still live comfortably. But in our sixties and beyond, the decline begins to speed up. When the point of functional declines is large enough, elderly care can be required to live comfortably and safely. This decline can happen so slowly that it is not noticed, resulting in the senior living without the support they need.

In order for you to determine if your loved one needs assistance due to functional decline, you need to be able to recognize the signs. Functional decline includes *both* physical and cognitive function.

### Physical Decline

- ♥ Limited mobility
- ♥ Change in posture/gait
- ♥ Frailty/lack of strength
- ♥ Poor coordination
- ♥ Difficulty Breathing
- ♥ Limited Stamina
- ♥ Exhaustion
- ♥ Poor balance
- ♥ Pain/soreness
- ♥ Signs of injury

### Cognitive Decline

- ♥ Memory problems
- ♥ Mixed-up words
- ♥ Confusion
- ♥ Aggression
- ♥ Irritability
- ♥ Anxiety
- ♥ Inexplicable behavior
- ♥ Poor self-care
- ♥ Poor housekeeping

Family members need to be making a conscious effort to monitor their elderly loved ones and track changes in their functional abilities.

One way to do this is to observe the things your loved one has difficulty with over the course of a typical week or month either mentally or by writing it down. Gradual changes become much more visible if you can compare how well they are doing now to six months or a year ago.

Have a family discussion to compare notes. Also talk with your loved one to get their input on how they are feeling and what they are having the most trouble with.

If you determine that your loved one is suffering from functional decline, you may be to the point of exploring elder care options. This can be in-home care, assisted living, or adult foster care.

Information from seniornews.com



# 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.



Information from cresearch.com

Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early.

Please talk to your doctor about getting a mammogram and how often you should have one. Also confer with them about your risk for breast cancer, especially if a close family member had breast cancer.



# 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.



# MyMichigan Medical Behavioral Health Care

## Depressed? Anxious? Stressed?

You are not alone and it is important to take care of your mental health. MyMichigan Medical Center - Gratiot is your go-to place. They have a team of experts ready to assist you.

The Psychiatric Partial Hospitalization Program is available to help address behavioral health concerns with an intensive, patient centered program designed to help people cope with life. For more information, please contact MidMichigan Medical Center - Gratiot at 989-466-3253 or by going on-line to [mymichigan.org/mentalhealth](http://mymichigan.org/mentalhealth).

## Incontinence Supplies

Gratiot County Commission on Aging is able to provide limited assistance with incontinence supplies for those in need. Please check with your insurance to see if these supplies are covered. If they are not or if you are awaiting approval, we may be able assist with filling the gap. The supplies we receive are through donation and we are able to distribute them to those in need in limited quantities. Please know that we do not have all sizes at all times. Contact Commission on Aging by calling 989-875-5246 to confirm that the size you need is available and to arrange your pick up. If there are other items you may need, be sure to check mention them when calling to confirm availability.

## Commodity Food Distribution Date

Commodities distribution will be on **Monday, October 24, 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.**



## Breckenridge Sassy Seniors!

By Lori Chvojka, Site Manager

Well, another month has flown by! Why is it the older we get the faster time seems to go? When we were kids, we couldn't wait to be 16 so we could drive, 21 so we were legal. Now at 60+, we just want time to slow down.

So here we are, and it is October, the month of flags and goblins. There are a few holidays to celebrate: the 10<sup>th</sup> is Columbus Day, the 15<sup>th</sup> is Sweetest Day, (personally the 14<sup>th</sup> is my Sweetest Day, our 50<sup>th</sup> wedding anniversary!), the 17<sup>th</sup> is Bosses Day and the 31<sup>st</sup> is Halloween!! Here are some you may not know about: October 1st National Black Dog Day, 2<sup>nd</sup> National Smarties Day, 3<sup>rd</sup> National Boyfriend Day, 4<sup>th</sup> National Cinnamon Bun Day, 5<sup>th</sup> National Get Funky Day, 6<sup>th</sup> National Noodle Day, 7<sup>th</sup> National Chocolate Covered Pretzel Day. Well, that's enough of those. If you want to find out more just look up National Days in October...there are a bunch of them!

We have been busy at the Center. In September we all traveled to the Fulton site for a wonderful presentation on forgotten sites in Gratiot County and had a great meal with the Seniors from that site. We are looking forward to their next presentation which will be on the Old Train Stations in our area.

It won't be long before we will be

getting ready for Christmas. I am ready. But I won't forget Thanksgiving, my favorite holiday of the year. I love all the fragrances of this time of year, the cooking and sharing family time with our extended family. We have the huge turkey dinner for around 40 family members, and the fun we have!! I just love it!! It gives us all time to reflect on our blessings of the year and for the ones to come.

One of my biggest blessings is the family and friendships I have received from working here at the COA. I cannot express how much they all mean to me and my husband. We both deliver meals to the citizens of Gratiot County. If you have a few hours in your busy schedules that you can spare, we are always looking for volunteers. Just give the COA a call and they can get you set up with a spot that you are well suited for.

So, with that, I leave you with the best of wishes for a spooktacular Halloween and the proudest Columbus Day. Enjoy some of those crazy holidays I mentioned. I know I will be celebrating National Chocolate Covered Pretzel Day, two of my favorite treats all wrapped up in one!!

Until next month!!



## You Can 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](http://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.



**Support Groups Meet at MyMichigan Medical Center Gratiot, Alma**  
Contact Michelle Miller, 989-466-3378

**Parkinson's Disease**  
2<sup>nd</sup> Thursday of each month, 5:00 p.m.  
300 E. Warwick Dr.  
Wilcox Auditorium

**Alzheimer's/Dementia**  
3<sup>rd</sup> Wednesday of each month, 4:30 p.m.  
300 E. Warwick Dr., Room 1161

**Brain Injury Group**  
2<sup>nd</sup> Wednesday of each month, 5:30 p.m.  
300 E. Warwick Dr., Room 1161A & B

## 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 Commission on Aging 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!





# Menu

# Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Pattie Redskin Potatoes Green Beans Mango Hamburger Bun	4	5 Chili Corn Bread Baked Potato Pineapple Gelatin	6 	7 Spaghetti Broccoli Herb Glazed Carrots Apricots Cheese Bread Stick
10 Meatloaf Oven Roasted Potatoes Lima Beans Orange Wheat Bread	11	12 Macaroni & Cheese Mixed Vegetables Carrots Tropical Fruit Wheat Bread	13	14 Baked Chicken Company Potatoes Peas Cranberry Mousse Wheat Bread
17 Pork Chop Whipped Potatoes Brussel Sprouts Mixed Fruit Cup Wheat Bread	18 	19 Chicken Cordon Bleu Casserole Cauliflower Corn Apricots Wheat Bread	20 	21 Cheese Omelet Turkey Patty Cinnamon Roll Fresh Orange
24 Chicken Chili Green Beans Tropical Fruit Cup Tomato Juice Corn Bread	25	26 Roast Pork Whipped Potatoes/Gravy Mixed Vegetables Apple Crisp Wheat Bread	27	28 Turkey Burgers Roasted Potato Blend Broccoli Pears Hamburger Bun
31 Mummy Hot Dogs Cauliflower & Peas Carrot & Raisin Salad Pumpkin Cake				

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

### OCTOBER

Here it is, one of my very favorite times of the year. There's a little chill in the air in the morning, but it can still warm up during the day. Time to take walks, enjoy the colors, pick apples and maybe even eat caramel apples.

Here are a couple of things that you can do to start off your fall celebration:

October 2, 2022 at 1:00 pm  
 Uncle John's Cider Mill, 8614 US-127, St. Johns, MI,  
 Join the Swift Brothers from Lansing for some music and enjoy all the other events at Uncle John's Cider Mill at the same time. It's a win win.

October 2, 2022 10:00am – 4:00pm  
 Finders Keepers Vintage Market at the Ionia Fair Grounds  
 Admission: \$5.00, free parking  
 If you are a picker or want to simply browse, then this huge flea market is for you.

Come join us at the Fulton Senior Center on October 14<sup>th</sup> at 12:30 p.m. for a trip down memory lane with Dana Kenneth Johnson as he shares his knowledge

of local history. Dana is an author, publisher, photographer, historian and educational media producer. Following lunch he will be speaking and using a PowerPoint presentation to talk about when **Rails Ruled Gratiot County**. Grab your friends and join us for a very enjoyable afternoon. Lunch will be served at 12:00 with the presentation following. Please call and let us know if you will be coming for lunch. If you are unable to come and eat, then please join us for the presentation beginning at 12:30 pm. There are three additional presentations planned for the coming months.

We want to send out a big **Thank You** to Jessica from The Corner Market and M-46 Well Produce located at 7777 W. Monroe Rd., Elwell. Jessica kindly donated produce to the Fulton Senior Center for Produce Bingo Day. The produce and flowers are great and so are the cookies. It is a great place to visit as well as a nice drive to get there.

Plan on joining us on October 10<sup>th</sup> at 12:30 for another round of Bingo!

The site is open Mondays, Wednesdays and Fridays from 11:30 am- 2:00 pm, with lunch being served about 12:00 pm. We play Euchre, Skipbo and other games as well as spend time visiting.

Please remember to call ahead to reserve your lunch at 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

# Memorials

## Commission on Aging

**William Richard Young**  
Maynard Allen Family

**Alice Schafer**  
Dan & Judi Snyder  
Christine Currie  
Don & Tricia Price  
Corinne Netzley

**Kelvin Burdette Price**  
Wife, Lavonne & Family  
Louise & Roger Wing  
Mel & Mary Pasch  
Kim & LuAnn Diffin  
D.M. & M. J. Vusich  
Eugene & Mary Price  
Michael & Anna Kroll  
Dennis & Kelli Fitzpatrick  
Maple Rapids Lumber Mill, Inc.  
Cheryl & Bill Richardson  
Conrad & Judy Rattay

**Alice Schafer**  
**Dean Mitchell**  
**Mary Grace**  
Roberta Charney

**Gary L. Irvin**  
Lou Irvin  
Chad & Cory & Families

**Alice Schafer**  
**Floydene Mitchell**  
Linda & Eric Johnson

**Betty Willaman**  
Lori & Brad Yeomans

**Bertha Pendell**  
**Delbert Towersey**  
**Bill Stuckey**  
**Joyce Beard**  
**Jack & Betty Wingle**  
**Owen & Mary Wingle, Sr.**  
**Owen Wingle, Jr.**  
**Tim & Mark Wingle**  
**Sally Wingle**  
**Carol Merchant**  
Keith & Mary Peters

**Venetta & Kenneth Parling**  
Cathleen & Jim Lucas  
Tim Lucas  
Kenny Lucas

## Senior Gratiot

**Doris Jean Browne**  
**Marilyn Nemeth**  
**Gordon Lindsey**  
**Jim McVeigh**  
**Sue Knowles**  
**Danny Barnes**  
David & Vicky Browne

**Robert Deane Acker**  
Mary & Calvin Morris

**Russell Nieman**  
Alton & Waneta Bigelow

**Robert Deane "Bob" Acker**  
Marvin & Helen Woodcock

**All Our Service Men & Women**  
Rose Capen

**Julie Brauher**  
**Shirley Snell**  
**Lucille Kosnik**  
**Nancy Crites**  
Marcella Brauher

**Joan Stuart Fraker**  
Robert Fraker

## COA Donors

Barbara Prikasky  
Anonymous

## Nutrition Program

Marty Peet  
Danny & Marlene McGuirk

## Senior Gratiot Donors

Valerie Cole  
Sheila Nelson  
Anonymous  
Lillian Chapko  
Joyce Raycraft  
Russ Wight  
Dianne Wilson  
Keith Adams  
Gary & Carol Adams

*Those we love never truly leave us. There are things  
that death cannot touch.*

*~Jack Thorne*

*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.

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.

## 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 GRATIOT, INC.

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

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