



# Thank You Gratiot County Voters!

We are grateful for your support in the passing of the millage on August 2nd.

Your Commission on Aging will continue to provide services and support for the seniors of Gratiot County.



**Reminder:**  
**Commission on Aging and  
all Food with Friends sites  
will be closed Monday,  
September 5, 2022**



Like Gratiot County Commission on Aging  
On Facebook & Twitter



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

September 2022  
Volume XLVII  
Number 9

# 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)

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

## 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.

There are still openings for this important course. The 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.

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 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.*

## 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

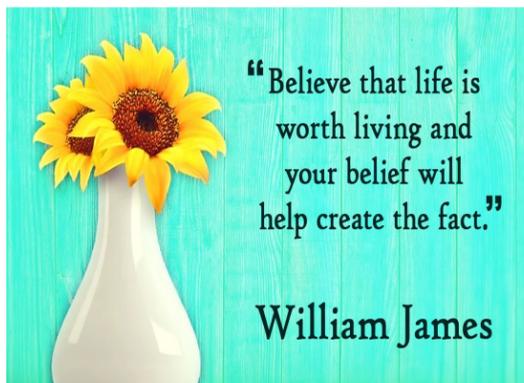
**Please contact: Brandi, Jodi, or Anne at (989) 772-0748**



### August 2022 Prep Team Volunteer Thank You!

The following nine Senior Gratiot Prep Team members provided 18.25 hours of service preparing the paper for mailing. Thank you for your support!

Lisa Skaryd, Helen Hoard, Carol Reeves, Jim Peck, Ruthie Malek, Linda Cox, Sally Martin, Carole Moore, Lora Schultz



“Believe that life is worth living and your belief will help create the fact.”

William James

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

### 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!



Senior Activity Building

September 2022

Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
<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			<b>1</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft's music 1:00 Wii Bowling Pickleball?	<b>2</b> 8-10 SAB Coffee 11:30 BP checks by Joyce Raycraft <b>12:00 Food with Friends meal</b> 1:15 Bob Crist's "Evening in the Park" Come share Bob Memories on his 75 <sup>th</sup> & Jo's 44 <sup>th</sup> with FWF
<b>5</b> 	<b>6</b> 8-10 SAB Coffee 10:00 EZ Motion 1:00 Painting with Shirley Frederick Pickleball?	<b>7</b> 8-10 SAB Coffee 10:00 Knitting Group <b>12:00 Food with Friends meal</b> 1:00 Dominoes 1:00 Horseshoes Pickleball?	<b>8</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft's music 1:00 Wii Bowling Pickleball?	<b>9</b> 8-10 SAB Coffee <b>12:00 Food with Friends meal</b> Pickleball?
<b>12</b> 8-10 SAB Coffee <b>12:00 Food with Friends meal</b> 12:30 Bingo 2-4 Just for Fun Dulcimers Pickleball?	<b>13</b> 8-10 SAB Coffee 10:00 EZ Motion Pickleball?  7:00 VFW Post #7805	<b>14</b> 8-10 SAB Coffee 10:00 Knitting Group <b>12:00 Food with Friends meal</b> 1:00 Dominoes 1:00 Horseshoes Pickleball?	<b>15</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft's music 1:00 Wii Bowling Pickleball?	<b>16</b> 8-10 SAB Coffee <b>12:00 Food with Friends meal</b> Pickleball?
<b>19</b> 8-10 SAB Coffee <b>12:00 Food with Friends meal</b> 12:30 Hand & Foot Pickleball?	<b>20</b> 8-10 SAB Coffee 10:00 EZ Motion 1:15 Senior Activity Building Board meeting Pickleball?	<b>21</b> 8-10 SAB Coffee 10:00 Knitting Group <b>12:00 Food with Friends meal</b> 1:00 Dominoes 1:00 Horseshoes Pickleball? 7:00 A-Tractive Tractor Club	<b>22</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft's music 1:00 Wii Bowling Pickleball?	<b>23</b> 8-10 SAB Coffee <b>12:00 Food with Friends meal</b> Pickleball?  
<b>26</b> 8-10 SAB Coffee <b>12:00 Food with Friends meal</b> 12:30 Bingo Pickleball?	<b>27</b> 8-10 SAB Coffee 10:00 EZ Motion Pickleball?  	<b>28</b> 8-10 SAB Coffee 10:00 Knitting Group <b>12:00 Food with Friends meal</b> 1:00 Dominoes 1:00 Horseshoes Pickleball?	<b>29</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Joyce Raycraft's music 1:00 Wii Bowling Pickleball?	<b>30</b> 8-10 SAB Coffee <b>12:00 Food with Friends meal</b> Pickleball?

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 September! In addition to our regularly scheduled activities, you will find some special happenings on the calendar above.

Shirley Frederick will be hosting a painting class at the SAB on Sept. 6 from 1:00-3:00. In order to participate, you **must register and pre-pay** for the class. Payment is due by Sept. 2<sup>nd</sup>. See more information and a picture of what you will be painting in the related article on page 2.

On Friday, September 2<sup>nd</sup> at 1:15, we will celebrate two occasions - Bob Crist's 75th birthday, (9/26) and Jo Jones anniversary, (9/5), of 44 years as the Ithaca Food with Friends Site Manager! We will head outside to dedicate the SAB's Memorial Bench to Bob. This bench will be located by the Pickleball courts. Fol-

lowing that, we will share our multitude of memories of Bob and all the good times here at Food with Friends.

Pickleball is on the calendar for most days with a question mark since the plans for learning as well as for playing were not available at the time this news was due. Stop by SAB to get updates on this *new* activity.

You will see that **every** morning from 8-10, 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. Linda appreciated her many birthday greetings in August. THANKS!

When you look at the calendar, you will find that EZ Motion exercise starts at 10:00 on each Tuesday and Thursday, Dominoes are played at 1:00 each Wednesday. We also pitch horseshoes after our Food with Friends meal.

Thursdays we have Joyce Raycraft's piano music in the morning and then at 1:00 Wii Bowling. The cards and games are on Fridays. Please call if you are coming to participate.

Bingo is scheduled on September 12<sup>th</sup> and 26<sup>th</sup> at 12:30. The Dulcimers will be meeting at 2:00 on the 12<sup>th</sup>. The Gratiot

VFW Post #7805 will meet on September 13<sup>th</sup> at 7:00. Our monthly SAB Board meeting is September 20<sup>th</sup> at 1:15. The A-Tractive Tractor Club meets at 7:00 on Wednesday, the 21<sup>st</sup>.

Friday, September 30<sup>th</sup>, at 11:00, we hope to enjoy music provided by Helen Ann, Lou, and our own Delos MacLaren. You do not find this on the schedule since the date has not been confirmed.

Be sure to check the calendar at the building since there may be several changes as we go through our seventh month back full time! It is our hope to add more of your favorite activities. Suggestions are always welcomed. Masks are no longer required if you have been vaccinated.

Food with Friends and the SAB's phone number is **989-875-2135**. Feel free to call to check on updates about a scheduled event. 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 July 9, 2022 through August 12, 2022.

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

### Gifts In Gratitude to SAB

Chris & Susan Sparks  
Jo Jones

### Memorials

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

Marcella Brauher  
Karen Dietz  
Judy Brown  
Willowdean Cassady

#### **Bertha Pendell**

Jo Jones  
Food with Friends  
Mike & Lynn Hull  
Connie Roslund  
Doug & Mary Merchant  
Bertha & Her Family  
Jack & Avis Ginther  
Gary & Darci Honaman  
Matthew Honaman  
Alison & Ryan Cicinelli & Family  
George & Linda Weburg  
Mike & Carol Walker & Family  
Marilyn Hancock  
Larry & Audrey Mitchell

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

Paul Bollinger & Barb

#### **Watson & Harriet Kenworthy**

Chuck & Marty Wieferich

#### **Alice Schafer**

Ken & Nancy Federspiel  
Chuck & Marty Wieferich

#### **Pat Chadderdon**

Food with Friends  
Mary & Bob Sullivan

#### **Joyce Beard**

Ken & Nancy Federspiel

#### **Carol Merchant**

Chuck & Marty Wieferich

#### **Jim Mc Veigh**

Chuck & Marty Wieferich  
Food with Friends

#### **Uncle Jim McVeigh**

Duane & Colleen Wineland  
Dave & Jeanene Wright  
Dave & Jan Eckelbarger

#### **Mary Kimmel**

Food with Friends

### Pickleball Court

Elizabeth & Barry Palmer  
Ithaca Rotary Club  
Mary & Bob Sullivan  
Terry & Karen Nestle

#### **In Honor of Fred Jones & All Dedicated SAB Volunteers**

Jo Jones

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

Mary Humm

#### **Bertha Pendell**

Jo Jones



## 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.

♥ **Companions Program:** This program can assist Gratiot County Seniors in paying for veterinary office visits and, in certain circumstances, pet medications or treatments. Contact Julie at 989-875-2286 or via email, [Julie@gainmichigan.org](mailto:Julie@gainmichigan.org) for more information. GAIN recognizes the benefits of pet ownership and the special bond seniors have with their pets. Our goal is to help Gratiot County seniors retain their pets.

♥ **Barn Cats:** 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.



Knowing the signs of stroke can help save lives. When you know what to look for, you can help others get the care they need.

For more information and support:

1-888-4-STROKE  
[Stroke.org/speakwithus](https://www.cdc.gov/stroke/about.htm)  
<https://www.cdc.gov/stroke/about.htm>

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



## September: Suicide Prevention Awareness Month

Suicidal thoughts can affect anyone regardless of age, gender or background. It is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Suicide is a leading cause of death and many factors can increase the risk for suicide. It is connected to other forms of injury and violence. For example, people who have experienced violence, including child abuse, bullying, or sexual violence have a higher suicide risk. Being connected to family and community support and having easy access to health care can decrease suicidal thought and behaviors.

The rates of suicide vary by ethnicity, age, and other factors. People who live in rural areas, veterans and workers in certain industries and occupations like mining and construction have a higher than average rate of suicide.

Suicide and suicide attempts cause serious emotional, physical, and economic impacts. People who attempt suicide and survive may have long-term effects on their health and experience depression and other mental health concerns. The good news is that more than 90% of people who attempt suicide and survive never go on to die by suicide. Suicide and suicide attempts also affect the health and well-being of friends, loved ones, co-workers and the community.

Suicide is preventable and everyone has a role to play to save lives and create healthy and strong individuals, families, and communities. Suicide prevention requires a comprehensive public health approach.

If you are someone who is feeling alone, find someone you can talk with that you trust.

- Find a therapist/support group
- Build and use a support network
- Make a safety plan for yourself

If you are someone who is concerned for another who may be at risk, there are steps you can take to help:

- Listen without judging and show you care
- Stay with the person or make sure the person is in a private, secure place with another caring person until you can get further help
- Remove any objects that could be used in a suicide attempt
- Call or text 988 to reach the 988 Suicide and Crisis Lifeline to talk to their professionals and follow their guidance



Information courtesy of CDC, NAMI, and SAMHSA

## Michigan Attorney General Warns of Recent Scams

The Michigan Attorney General's office has issued alerts for three scams that have been reported by numerous consumers over the last month. Please become familiar with these so you can avoid getting taken in by one of them.

### Text Message Scams: Fake Bank Messages

**Smishing** is when you receive a fraudulent message via text. The newest scam is when a consumer receives a text message claiming to be from their bank's fraud department. The text asks them to confirm a suspicious charge or withdrawal by texting back a 'yes' or a 'no'. After responding **NO**, the consumer receives a call from the alleged fraud department directing them to log in to their online account to produce the authentication PIN number which is used to reset the account password. The caller asks the consumer to provide them with the PIN, which allows them to freeze the account and any suspicious activity. Once the caller has this code, they use it to access the account and change the password and start removing money from the account.

### Utility Imposter Scam: Utilities Never Call to Threaten Turn-Off

A new utility imposter scam involves a call by a scammer claiming to be from DTE and that a payment needs to be made immediately to avoid shut-off.

Look out for these indications that it is a scam:

- ◆ A caller claiming to be from DTE, stating they are sending field staff to turn off electricity because of nonpayment
- ◆ A requirement to pay immediately through a debit/gift card or pay app (Zelle) to avoid shut-off
- ◆ A promise of returning the funds if it's later determined payment was already made
- ◆ The number on the caller ID shows DTE's *real* toll-free number

Protect Yourself:

- ◆ Know that utility companies will never demand payment be made immediately or ask for payment in an unusual payment form
- ◆ Neither of the payment forms requested are regulated and both are irreversible and untraceable
- ◆ Utility companies won't make unannounced visits to collect a bill or threaten shut-off

### Payment Apps (P2P Apps) and Scams

There have been numerous complaints of scams involving payment apps such as Zelle, Venmo, Cash App and PayPal. Many consumers use these payment apps to easily pay others by using their phone number, email address or username. There are risks when using this type of payment. If you make a mistake in typing and send the funds to the wrong person or for the incorrect amount, there is little you can do about it.

Look out for:

- ◆ Scammers impersonating your bank may call to alert you about "suspicious activity" on your account
- ◆ Fraudsters may reach out claiming to represent a fraud department or merchant and ask you to confirm information such as your bank account username and password
- ◆ Fraudsters may try to convince you that you have been paid more than you were owed

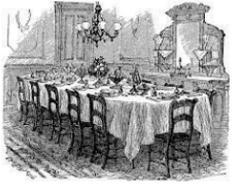
Protect Yourself:

- ◆ Peer-to-peer (P2P) apps are not federally insured, regulated, or supervised, even if they partner with an FDIC-insured bank
- ◆ Review the app's fraud protection policies and understand whether and how you can recover funds if a problem arises
- ◆ When sending money using a P2P app, the payments and transfers are instant and mostly irreversible. Link your money transfer app to a credit card rather than a debit card or your bank account.

Information provided by the Michigan Attorney General's website

## 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!



## Dinner at the Museum Enter to Win!

Travel back in time to enjoy dinner in the Gratiot Historical Museum's beautiful dining room. This summer's fundraising raffle, "**Dinner for Six at the Museum**", offers the winner and five guests an unforgettable evening including a private tour and delicious meal. An early 1900's entrée will be provided by The Hearthstone Oven of Ithaca and served using the museum's collection of antique china and tableware. Donation raffle tickets of \$10 each will be sold throughout the summer by Gratiot County Historical & Genealogical Society members and at the following locations:

- The Museum, 129 W Center St, Ithaca
- Burford's Plumbing, Ithaca
- Alley T's, Ithaca
- The Genealogy Library, 228 W Center St, Ithaca
- The Depot Historical Museum, St. Louis
- Ballyhoo Books, Alma

The winning raffle ticket will be drawn on Wed., Sept. 21 at 2:00 p.m. at the museum with the date of dining to be chosen by the winner and museum staff. Proceeds will benefit the Gratiot Historical Museum.

The museum is open Wed. from 1-4 p.m. through Oct. There is no admission fee, but donations are gratefully accepted. This year's theme is "Leisure Activities in Gratiot County". The exhibit features all kinds of entertainment: music, sports, fairs, toys and other leisure activities and events from Gratiot's past. The log cabin and barn are also open for viewing.

## 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

My favorite time of year is upon us, Fall or Autumn, which ever you call it, is the best time of the year in my book. We still have nice days, kind of warm at times yet cool at night for sleeping. Oh, and the clouds just seem to fill the sky in huge, white, billowy puffs of beauty. There really isn't anything I don't like about the fall season. Things have been moving right along at our little Senior Center. We have grown in numbers, and we are getting into a good routine.

The kids are back in school and that means Friday night football. Our 15-year-old grandson will be playing football this fall and I am becoming a Football Grandma!! I cannot wait to watch him play. I am celebrating my 50<sup>th</sup> class reunion this year!! It seems like we just graduated from high school, but instead, we are watching our grandkids playing in sports and graduating. Time does go on.

With school back in session, the students from Breckenridge High School Honor Society will be coming to spend some time with us. They have done it in the past, but with Covid restriction they had to stop. We are looking forward to playing Euchre with the ones who know how and teaching the ones who don't.

I was hoping to have our new sign done but I ran into a few snags that I

need to work out. I am working on them and will have it done soon.

My family had a fun time at our annual family camp this past month. The kids found lots of painted rocks that a woman had painted and hidden around the camp. She asked that whoever found the rocks post on Facebook where they found them and then hide the rocks someplace different. I was thinking that it would be something we could also do at our Center, make some painted rocks and hide them around town. We are always looking for things to keep our minds sharp and have an adventure while doing that.

As the days get shorter and the nights get cooler, enjoy this lovely time of year, because it will not be long until that white stuff will be falling! As always please consider becoming a volunteer driver for Gratiot COA, they are really needed. Have a great September and I will see you in October.

Happy Fall  
you all!!



## 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](https://www.ftc.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.



## 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
			1	2 Ham/Cheese on Bun Broccoli/Caul Salad Amish Potato Salad Mandarin Oranges
5 <b>CLOSED</b> 	6	7 Lemon Pepper Chicken Company Potatoes Beets Pears Dinner Roll	8 	9 Macaroni & Cheese Green Beans Fruited Cole Slaw Fresh Orange Wheat Bread
12 All American Hamburger Baked Beans Corn Apricots Hamburger Bun	13 	14 Beef Stroganoff Mixed Vegetables Steamed Cabbage Pears Wheat Bread	15	16 Roast Pork Whipped Potatoes/Gravy California Blend Cranberry Mousse Wheat Bread
19 American Goulash Green Beans Kyoto Vegetable Pears Wheat Bread	20	21 Baked Chicken Oven Roasted Potatoes Crunchy Pea Salad Pineapple Gelatin Wheat Bread	22 	23 Potato Crunch Pollock Redskin Potatoes Scandinavian Vegetables Whole Grain Cookie Wheat Bread
26 Corn Chowder Hard Cooked Egg Peas Peaches Cheese Bread Stick	27	28 Baked Ziti Casserole Carrots Brussel Sprouts Peaches Wheat Bread	29	30 Chicken A La King Mixed Vegetables Apple Crisp Biscuit

**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

It is here! Fall that is. I can't believe summer came and went so fast.

National Grandparents Day is always the day following Labor Day. Always one of my favorite days. Wahoo, we get our own day.

In 1978 President Jimmy Carter nationally recognized Marian McQuade of Oak Hill, West Virginia as the founder of National Grandparents Day. Her goal was to teach the youth about seniors and the valuable contributions they can still make and have made throughout history. She also wanted children to be aware that some seniors do not have grandchildren, with the hopes that children would visit or better yet, adopt some seniors for grandparents and keep them.

I am now a grandparent, and great grandparent. I feel very blessed to still be able to romp around with my great grandchildren. I also have very fond memories of a gentle souled grandfather. He would take us on weekends occasionally. I loved going there. We could climb this wonderful old tree in the front yard, pick plums right off the tree and eat them. I remember sitting on a bench with my grandfather after picking produce out of his garden. He asked me if I had ever just sat and ate a tomato. I explained to him that I did not like them. Well, he

grabbed the salt shaker and convinced me in his quiet way, that I should try it. So, there we were the two of us. Sitting on the bench in the late afternoon, eating tomatoes. Who could have guessed, I loved tomatoes. But more than tomatoes, I loved him. I hope my grandchildren and great grandchild have at least one good memory of me they carry throughout their lives.

### COMING COMING COMING

Come join us on September 28<sup>th</sup>, for a little trip down memory lane, otherwise known as some local history. We will be welcoming Dana Kenneth Johnson, author, publisher, photographer, historian and educational media producer to Fulton Senior Center. Following lunch, he will be speaking and using Power-Point presentations to remind us of Michigan's Lost, Forgotten and Unforgettable places. Please 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.

This is one of five different presentations that are planned. The next one in October will be on the trains of Michigan.

We will also be enjoying Bingo again on Friday, September 23<sup>rd</sup>. Make sure to join us for some fun!

### 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!**

Come and join us for lunch. We have a good time and it is always good for everyone to meet, have lunch and visit. Euchre is always being played as well as Skipbo and other games. We are open Mon., Wed., and Fri. from 11:30 am to 2:00 pm for lunch and cards. Please remember to call ahead to reserve your lunch at 989-875-5332.



# Memorials

## Commission on Aging

**Leona Martin**  
Her Family

**Jerry Beck**  
**Fred Hoard**  
**Carl Reeves**  
Bob & Linda Monroe

**Alice Schafer**  
Sharon Pierce  
Rick, Kathy & Heidi Vanderbeek  
Jim & Sue Ebright  
James & Debbie Andrew  
Barbara Stuckey  
Robert & Leona Koppleberger  
Anonymous  
Joan Jensen & James Evers  
Eugene & Mary Price  
William Schafer  
Douglas & Angelina Ballard  
Daniel Kenney  
John & Joyce Raducha  
David & Debra Schutter  
Mark & Cindy Schafer  
Jennifer Foglesong  
Marlene Teegardin  
Sheila & Gordon Rummer  
Stewart McDonald  
John Bailey  
Janice Riggle & Family  
Joan Sparks  
Lorie Sparks  
Rosewood Church  
Judith Eichorn  
David Eichorn  
Andy & Vicki Root  
Gratiot County Sheriff's Office

**Harold & Aldeen Roberson,**  
**WWII Navy Veterans**  
Rod & Nora Palmer

**Diane Tester**  
Ed & Lorie Cooley  
Pamela Conway  
George & Linda Weburg

**Pat Chadderton**  
**Carol Merchant**  
**Alice Schafer**  
Donn & Patricia Gates

**Alice Schafer**  
**Diane Tester**  
**Carol Merchant**  
**James McVeigh**  
Family of Bertha Pendell

**Floydene Mitchell**  
Craig Zeese  
Lois Ramsey

## Senior Gratiot

**Irene Reed**  
Shirley Hopper

**Mr. & Mrs. Clinton Kimmel**  
**Mr. & Mrs. James Chilcoat**  
**Mickel Chilcoat**  
**Lester, Duane, Jim & Iven Kimmel**  
Sharilyn Chilcoat

**Nancy & Howard Crites**  
Sharon Pierce

**Bob Ward**  
Doris Ward & Family

**Ken Livernois**  
Nancy Francetic

## COA Donors

First United Methodist Church  
Bertha Pendell Estate  
Rhonda Harrell

## Nutrition Program

Marty Peet

## Senior Gratiot Donors

Dorothy Martinka  
Lillian Chapko  
Marilyn Trevino  
Helen Ann Malachowski  
Ilene McGill  
LuElla M. Ryan  
Stanley Glowacki  
Rosemary Buhl  
Judith Bohlmann

## Honorariums

**Barbara Shankel & Shankel**  
**Family Members in Central MI**  
The Shankel Family Reunion

**All Our Service Men & Women**  
Donald Burch

## 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 GRATIOT, INC.

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

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*Thank you for your support and generous donations.*