



## Community Thanksgiving Day Dinner in Alma

**When:** 12:00 Noon, Thursday, November 24<sup>th</sup>

**Where:** First Presbyterian Church  
495 Charles St., Alma

**Menu:** Turkey, dressing, potatoes, gravy, green beans, rolls, cranberry sauce, beverages, pumpkin pie

Join your friends and neighbors for a delicious Thanksgiving Day dinner. Reservations are required and can be made by calling Roger Allman, 989-330-5407, and leaving a message. Everyone is welcome to come and enjoy. There will be a donation basket available for a free will offering.

Volunteers are also needed to serve the meal. Please call Roger Allman, 989-330-5407, if you would like to volunteer.

If you are homebound, live in Gratiot County and would like to have a hot dinner delivered to you, please call Craig Zeese at 989-681-2300 by November 20<sup>th</sup>.



30<sup>th</sup> Year!

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

November 2022  
Volume XLVII  
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# SENIOR GRATIOT

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L to R: Cindy Simmons, Gleaner Member, Jennifer Cook, COA Executive Director, Janet Holt, Gleaner Secretary

Gleaner Harmony Arbor #273 recently voted on local agencies and organizations to honor at their Annual Community Volunteer Recognition Award Program on Oct. 17, 2022. The Commission on Aging (COA) was chosen to receive an award and donation for continually demonstrating passion for senior citizens in our community through the numerous programs and services that are provided.

The COA staff is delighted to receive such a wonderful donation. Donations like these assist us in providing services, programs, and support to Gratiot County residents. Thank you to all of the Gleaner Harmony Arbor #273 members for choosing COA as a recipient of such a wonderful award!



Commission on Aging is excited to announce that bus trips will resume in December. As some of you are aware, Jean McNab coordinated bus trips for many years prior to her move to Florida. Jean has recently relocated back to Michigan and is ready and willing to lead our groups on some wonderful new adventures!

As the Trip Coordinator, Jean will plan fun and interesting bus trips around the state of Michigan for all to enjoy. More details will be provided in the December issue of the Senior Gratiot, including details for the December trip. Stay tuned!



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.

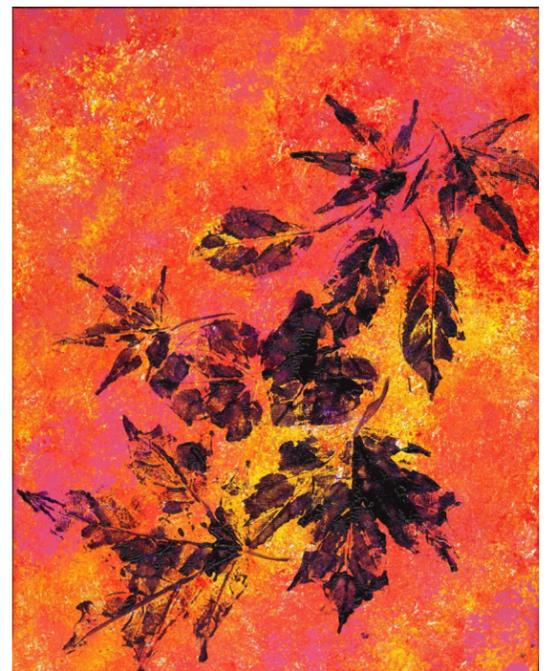
**Address Changes:** Senior Gratiot is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office.

**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 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, this month sponging and stamping, 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!



## Reminder: Medicare Open Enrollment

October 15<sup>th</sup> - December 7<sup>th</sup>

**Call 989-875-5246 to schedule an Appointment**

Appointments can be either in person or by phone. Do not wait until December to call and schedule. There are **no walk-in times available**. You will meet with one of the Medicare/Medicaid certified counselors who will be able to assist in reviewing your current coverages.

If you have any questions or to schedule your appointment, please contact Sarah McClung at 989-875-5246.



## 2023 Medicare Premiums & Deductibles

Most Medicare beneficiaries do not pay a Part A premium since they have at least 40 quarters of Medicare covered employment. Part A does have an annual deductible that beneficiaries pay when admitted to the hospital. For 2023, the deductible will be \$1,600.00. The skilled nursing facility care daily coinsurance amounts for days 21 through 100 will be \$200/day for 2023.

Medicare Part B does have a monthly premium and for 2023 it will be \$164.90/month. There is also an annual deductible that is paid. The deductible for 2023 will be \$226. After the deductible has been met, Medicare pays 80% of the Medicare approved amount.

*Information from CMS*

## MMAP

MICHIGAN MEDICARE/MEDICAID ASSISTANCE PROGRAM



Navigating Medicare

## Medicare Presentations

Confused about the 2023 Medicare changes? Sarah McClung, Commission on Aging's Medicare/Medicaid specialist will be at the following locations to provide general information and answer general questions regarding Medicare and open enrollment.

**Wed., Nov. 2<sup>nd</sup>, 12:30 pm**

Fulton Area Food with Friends  
3425 W Cleveland Rd, Perrinton

**Mon., Nov. 7<sup>th</sup>, 12:30 pm**

Breckenridge Food with Friends  
122 E Saginaw St, Breckenridge

**Tues., Nov. 8<sup>th</sup>, 12:45 pm**

Ithaca Area Food with Friends  
1011 E North St, Ithaca

These presentations are **not** for individual consultations, but general information. If you would like to schedule an appointment for a consultation with one of our certified counselors, please call Sarah at 989-875-5246.

Senior Activity Building

November 2022

Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 EZ Motion 1:00 - 3:00 Painting Class	2 10:00 Knitting Group <b>12:00 Food with Friends meal</b> 12:45 Dominoes 1:00 Cornhole	3 10:00 E - Motion 11:00 Wii Bowling	4 11:30 Blood Pressure Checks <b>12:00 Food with Friends meal</b> 12:45 Friday cards
7 <b>12:00 Food with Friends meal</b> 12:45 Indoor Shuffleboard	8 10:00 EZ Motion 12:45 Medicare Updates for 2023 by Sarah McClung 7:00 V.F.W. 7805	9 10:00 Knitting Group <b>12:00 Food with Friends meal</b> 12:45 Dominoes 1:00 Cornhole	10 10:00 E - Motion 11:00 Wii Bowling  <b>Honor Veterans</b>	11 <b>Closed</b> 
14 <b>12:00 Food with Friends meal</b> 12:30 Bingo, Prizes by Schnepf 2:00 Just for Fun Dulcimer Club	15 10:00 EZ Motion 1:15 Senior Activity Building Board meeting	16 10:00 Knitting Group <b>12:00 Food with Friends meal Thanksgiving Dinner</b> 1:00 Cornhole 7:00 A-Tractive Tractor Club	17 10:00 E - Motion 11:00 Wii Bowling	18 <b>11:50 Food with Friends Brunch</b> 12:45 Visiting Paris presented by Jo Jones
21 <b>12:00 Food with Friends meal</b> 12:45 Wii Bowling	22 10:00 EZ Motion 1:00 Card games 	23 10:00 Knitting Group <b>12:00 Food with Friends meal</b> 12:45 Dominoes 1:00 Cornhole	24 	25 <b>CLOSED</b> 
28 <b>12:00 Food with Friends meal</b> 12:30 Bingo, Prizes by McDonalds	29 10:00 EZ Motion 1:00 Christmas Craft	30 10:00 Knitting Group <b>12:00 Food with Friends meal</b> 12:45 Dominoes 1:00 Cornhole	8-10 EVERYDAY SAB Coffee with Linda St. Charles <b>10:00 EVERYDAY</b> Visits, news, games, <b>12:00 Monday, Wednesday, Friday</b> Food with Friends Meal, Call 989-875-2135 to make your reservation	

Senior Activity Building & Food with Friends News & Information

By Jo Jones, Site Manager

The beginning of November is the time to remember and honor our Veterans and thank their families for their gift of service and love.

You will need to call ahead to *reserve a spot* in Shirley Frederick’s painting class. It will be held on Tuesday, November 1<sup>st</sup> from 1:00-3:00 pm. The \$20.00 payment is due before the 1<sup>st</sup>. More information about this class can be found in the related article on page 2.

Sarah McClung, Commission on Aging’s Medicare specialist will be here to update seniors on Tuesday, November 8<sup>th</sup> at 12:45 pm. The presentation will provide general information on Medicare and open enrollment.

Friday, November 11<sup>th</sup> is Veteran’s Day. Plan to attend the services in your community on Veteran’s Day. The building will be closed.

November 16<sup>th</sup> is the date for the Food with Friends Thanksgiving meal. In addition to this special meal prepared by the COA kitchen, we will welcome your donation of a pie. If you are willing to treat the seniors with a pie, please put your name on the sign up sheet. THANKS!

Crafters will be meeting on Tuesday, November 29<sup>th</sup> to create Christmas Crafts. To learn more about this, stop by anytime to sign up to tell us you will be joining the group at 1:00 pm.

Pickleball will be back in May of 2023. There will be scheduled lessons listed in the April Senior Gratiot newspaper. We regret that the weather did not work with our plans to have done this in October.

You will find that **every** morning, from 8:00-10:00 am, Senior Activity Building (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.

When you look at the calendar, you will find that EZ Motion exercise starts at 10:00 am on Tuesdays and Thursdays. Dominoes are played at 12:45 each Wednesday. Then, after our Food with Friends meal, we will compete at Cornhole at 1:00 pm. Thursdays we have Wii Bowling at 11:00 am, after EZ Motion. Monday, November 21<sup>st</sup> at 12:45 pm presents another opportunity to participate in the competition.

If you would like to have your blood pressure checked, Joyce Raycraft will be happy to assist on Friday, November 4<sup>th</sup> prior to the Food with Friends meal.

Cards will be on Friday, November 4<sup>th</sup> and Tuesday, the 22<sup>nd</sup>. Please call if you are coming to participate.

Bingo is scheduled on November 14<sup>th</sup> with prizes donated by Schnepf Health Care. McDonald’s will be providing the prizes for the Bingo games on November 28<sup>th</sup>. The Dulcimers will be meeting at 2:00 pm on the 14<sup>th</sup> as well

The Gratiot VFW Post #7805 will meet at the SAB on the 8<sup>th</sup> at 7:00 pm. A-Tractive Tractor Club meets at 7:00 pm on Wednesday, November 16<sup>th</sup>.

Our SAB Board meets at the building on the third Tuesday of the month at 1:15 pm. This month, the meeting will be on November 15<sup>th</sup>.

Friday, the 18<sup>th</sup>, our favorite Food with Friends Brunch will be served at **11:50 am**. “Visiting Paris” will start at 12:45 pm. Jo will share some highlights from her trip in September.

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

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 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 September 13 through October 10, 2022.

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

### Gifts In Gratitude to SAB

Jo Jones

### Memorials

#### **Ida Teall**

Joe & Shar Earegood

#### **Mike Dwyer**

Joe & Shar Earegood

#### **Larry Salters**

Joe & Shar Earegood

#### **Bob Crist & Bob's Mother, Virginia**

Sale of Bob's CD's

#### **Clare Bare**

Linda Crumbaugh

### Pickleball Court

### Memorials

#### **Jack & Kathleen Humm**

Mary Humm

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

Mary Humm



*It is through the idealism of youth that man catches sight of truth, and in that idealism he possesses a wealth which he must never exchange for anything else.*

~ Albert Schweitzer



## 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. Since yard raking is a volunteer service, COA is not able to guarantee the service due to the following:

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

## Social Security Benefit Increase

The Social Security Administration has announced an increase of 8.7% in the Social Security and Supplemental Security Income (SSI) benefits for 2023.

The 8.7% cost of living adjustment (COLA) will begin with benefits payable January 2023. Increased payments to SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount.

*Information from www.ssa.gov*



## Attorney General Scam Alert

A new cryptocurrency scam, called "pig butchering" has highlighted a need for fraud awareness. According to the FBI, the term "pig butchering" refers to a time-tested, heavily scripted, and contact intensive process to fatten up the prey before slaughter.

This scam is generally executed by a ring of cryptocurrency scammers who look at dating apps and social media sites in search of victims. The goal is to initiate a cordial discussion with the victim, attempting to be their new friend or lover.

The new friend slowly develops a relationship with the victim and begins to become a part of the victim's daily life. While building trust, they slowly introduce the idea of making a business investment using cryptocurrency. The new friend employs persuasion rather than requesting money outright, gradually drawing the victim into what appears to be a discussion about cryptocurrency investments and earnings, but they are really being manipulated to make an investment.

The new friend slowly convinces the victim to invest in cryptocurrency and refers them to a bogus website or app that looks authentic but is controlled by the scammer. The victims are encouraged to invest small amounts and the scammer will make sure to post a modest gain on the investment. The victim is then persuaded to invest larger amounts on the fake platform. Once the money is sent to the fake investment app, the

scammer vanishes, taking all the money with them, resulting in significant losses for the victim.

### **Red Flags:**

- Receiving a text from a stranger.
- Strangers who try to move the conversation to WhatsApp or other social media sites.
- Someone chit-chatting about their insider investment knowledge.
- The investment app generates warnings of being "untrusted" when launched, or the computer's antivirus software marks it as potentially dangerous.
- The investment opportunity sounds too good to be true.

### **Protect yourself:**

- Don't send money, trade, or invest with a person you have only met online.
- Don't share personal information or current financial status with strangers.
- Don't provide your banking information, social security numbers, or any other sensitive information to anyone online.
- If an online investment or trading site promotes unbelievable profits, it is most likely just that - unbelievable.
- Be cautious of individuals who claim to have exclusive investment opportunities and urge you to act fast.

Billions of dollars have been scammed and most people don't recover their funds.

*Information from michigan.gov/ag/consumer-protection*

## Gratiot Community Personal Needs Pantry

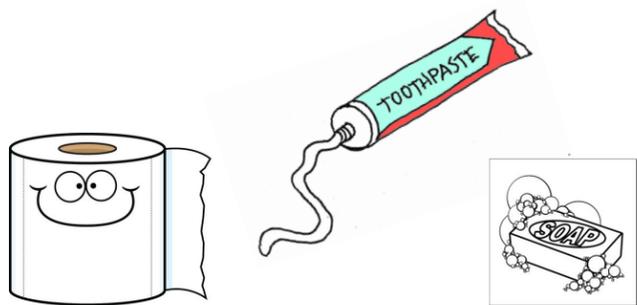
The residents of Gratiot County are continuing to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card during this difficult time. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap, 2 bars of soap, laundry soap and other items, if available, upon request. These items are available thanks to the generous donations received from individuals, churches, and non profit organizations.

The Personal Needs Pantry is open to all Gratiot County residents. A client may use the pantry every 28 days and will need to present identification when they come. Please come to the rear of the church and remain in your vehicle. A volunteer will meet you and provide you with your bag of items.

**Location: St. Louis 1st United Methodist Church**  
 116 S. Franklin St., St. Louis  
 (Next to the 7-Eleven)

**When: Every Thursday**  
 12:00-1:30 p.m. and  
 5:00-6:30 p.m.

A big thank you goes out to the volunteers of the community for their dedication to the pantry. If you have any questions, please contact the church at 989-681-3320.



## 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**



### October 2022 Prep Team Volunteer Thank You!

These 14 COA volunteers devoted 21.25 hours to prepare the October 2022 issue of the Senior Gratiot Newspaper for mailing.

**Carol Reeves, Lisa Skaryd, Ruth Malek, Francine Throop, Jim Peck, Irene Peck, Carole Moore, Sally Martin, Lora Schultz, Betty Reeves, Evelyn White, Mary Patterson, Linda Cox and Helen Hoard.**

Thank you very much!



**988**  
 SUICIDE  
 & CRISIS  
 LIFELINE

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



November is  
**NATIONAL  
 FAMILY CAREGIVERS  
 MONTH**

Are you a family caregiver? If you spend time tending to the needs or concerns of a person with an ongoing illness, injury or disability, you are considered a caregiver. November is National Family Caregivers Month and is meant to shine a spotlight on caregivers. It gives us an opportunity to raise awareness of caregiver issues, educate communities, and increase support for family caregivers.

Families are the primary source of support for older adults and people with disabilities in the US. That means it can be difficult for the caregiver to juggle work and other responsibilities. It can often take a toll on the caregiver, both financially and physically. Nearly half of all caregivers are over the age of 50 and are vulnerable to a decline in their own health, reporting significant stress, depression, anxiety and fatigue. Studies indicate that coordinated support services can reduce some of these things, allowing the caregiver to provide care longer, which avoids or delays the need for institutional care.

As a caregiver, it is important to take the time to care for yourself. Here are some tips:

- ♥ Seek support from other caregivers. You are not alone!
- ♥ Take care of your own health so that you can be strong enough to take care of your loved one.
- ♥ Accept offers of help and suggest specific things people can do to help you.
- ♥ Learn how to communicate effectively with doctors.
- ♥ Caregiving is hard work, so take respite breaks often.
- ♥ Watch out for signs of depression and don't delay getting professional help when you need it.
- ♥ Be open to new technologies that can help you care for your loved one.
- ♥ Organize medical information so it is up to date and easy to find.
- ♥ Make sure legal documents are in order.
- ♥ Give yourself credit for doing the best you can in one of the toughest jobs there is!



# 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 **Friday, December 9**. Please make sure you note the change in delivery schedule. 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 \$1,473; income per couple not to exceed \$1,984 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

Oh, how I love Thanksgiving!! The time when family gets together for good food, company and making memories. One of my memories of Thanksgiving when I was a girl, was when we would go to Grandma and Grandpa's house. All my grandma's brothers and sisters would come to "the farm". They lived in the big cities of Lansing and Flint. They would bring us each a new silver dollar, and back then that was a lot of money!! Grandma would fix such a wonderful meal. But the best thing was she let us kids drink sweet hot tea out of one of her eggshell China cups. We kids would sit and ponder which cup we wanted to use. When the adults had their coffee or tea, we got to drink ours in those beautiful cups. It was one of the best things this little girl got to do, and Grandma made us all feel just as important as anyone else at the dinner table.

When I was married and had our girls, we started a tradition of going to deer camp the day before Thanksgiving and my sister and her girls would come out and join us. We would sit around the camp and just have fun. The kids would play on the big hill behind the camp waiting for their dads and grandpa to come in from hunting. The next day we would travel to Oscoda to the Air Force

base, where my sister and her family lived, and we would cook Thanksgiving dinner with all the trimmings. It never failed that it would be late before dinner was served because all the residents were cooking dinner pretty much at the same time and it put a strain on the electric grid. We still had a wonderful time and made lots of memories.

I also love this time of year because it brings more niceness out in people. They know the big guy in red is watching them and they do not want coal in their stocking at Christmas...oh well, that's a story for next month!! We here at Breckenridge Senior Center want to wish you all a very happy holiday season and I will see you next month.

As always, I must mention the wonderful family here at GCOA, here's wishing you all a wonderful and blessed holiday season. I would not have such a wonderful life if it were not for you all. Also, if anyone has a few extra hours in your day, we can always use a few volunteers to help out.



P T H S T U F F I N G F A N  
K I S E Z I A M G G I A V S  
I N L G I T S R N K A M T E  
I R M G S E E O I C P I E I  
F T E A R B O G V I E L T R  
T H E W M I H E I T R Y U R  
N F T E O O M D G S N H R E  
E N V R L L A S S M I A K B  
S O R I A E F Y K U K R E N  
N S D O R V A Y N R P V Y A  
A A N B C M E D A D M E G R  
Y R A T S A I L H M U S T C  
U S N A I D N I T D P T E G  
V Z Q T H U R S D A Y X R L



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

- |             |           |              |
|-------------|-----------|--------------|
| Acorn       | Holiday   | Pumpkin      |
| Bread       | Indians   | Stuffing     |
| Cranberries | Maize     | Thanksgiving |
| Drumstick   | Mayflower | Thursday     |
| Family      | November  | Travel       |
| Feast       | Pie       | Turkey       |
| Harvest     | Pilgrims  | Yams         |

# Menu

# November

# Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		Swedish Meatballs Whipped Potatoes Kyoto Vegetable Strawberries Wheat Bread		Walking Taco Fiesta Bean Salad Refried Beans Tortilla Scoops
7		8	9	10
Pork Chop Whipped Potatoes/ Gravy Brussel Sprouts Pears Wheat Bread		Chicken/Broc/Cheese Squash Spinach Pineapple Biscuit		<b>CLOSED</b> 
14	15	16	17	18
Chicken a la King Carrots Peas Mandarin Oranges Biscuit		<b>THANKSGIVING DINNER</b> Sliced Turkey Whipped Potatoes/Gravy Stuffing Green Bean Casserole Cranberry Sauce Pumpkin Custard Dinner Roll		French Toast Sausage Links Redskin Potatoes Orange Cinnamon Roll
21	22	23	24	25
Corn Chowder Hard Cooked Egg Green Beans Applesauce Corn Bread		BBQ Meatballs Roasted Potatoes Kyoto Vegetables Pineapple Wheat Bread		
28	29	30		
Salisbury Steak California Blend Spinach Peaches Cookie Wheat Bread		Baked Ham Au gratin Potatoes Winter Blend Leprechaun Fluff Apple Juice Wheat Bread		

Menu is Subject to Change Without Notice, milk provided with all hot 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

### NOVEMBER

Welcome to November. It is a good time to look back at the growing season and flower gardens and decide what changes you want to make for the next year. It is also the month that we celebrate Thanksgiving. The definition of Thanksgiving is the expression of gratitude. So I would like to take a moment, and express my gratitude for some of the blessings in my life. I have many, which I will not list. But one that is near and dear to my heart is the friends I have made at the Fulton Senior Center. I have the pleasure of spending time with my friends, sharing a meal and playing cards and laughing plenty. When I need help, I always have it and it is given cheerfully. I am truly blessed. So, I just want to say Thank You and I appreciate all of you.

### COMING COMING COMING

Come join us on November 16<sup>th</sup> for another trip down memory lane, otherwise known as some local history. We will be welcoming back 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 talk about Historic Schools of Gratiot County. Grab your friends and join us for a very enjoyable afternoon. Lunch will be served at 12:00 pm with the presentation following. We will be serving our Thanksgiving meal on this day, so 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.

Also, on December 12<sup>th</sup>, we will be having our Christmas celebration. We will be welcoming the Sweet Adeline Group, Heart of Michigan Chorus, who will be performing for us. This event is open to all, so we hope to see you all then. Please call ahead to reserve your meal at 989-875-5332. If you do not wish to eat, the program will begin at 12:30 pm.

**We will be playing Bingo on November 9<sup>th</sup>. If you enjoy Bingo, please join us. As always, lunch will be served at noon with Bingo beginning at 12:30 pm.**

Please feel free to come in when we are open and browse through the books. Books may be taken or dropped off.

Euchre is always being played as well as Skipo and other games. Or just come and visit.

We are open 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. We look forward to seeing you and sharing a meal.



### 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

**Jean M. Bieske**  
Gordon Bieske

**Bill Dilts**  
**Marilyn Nemeth**  
**Beverly Godley**  
Donn & Patricia Gates

**Leona Martin**  
Her Family

**Maryellen Rogers**  
Charles & Marie Misenhelder  
Scott & Robin Friesen  
Gary & Marilyn Shaw

**Gregory Siefker**  
Carol Siefker

**Beverly Goodwin Godley**  
Randalyn Godley Jegla  
Kaynette L. Stone

**Charles Donald Smith**  
Mr. & Mrs. Gary Wermuth

**Rev. David B. Nelson**  
**Karen A. Nelson**  
Caryn & Gene Welter

**Betty Woods**  
Theodore Woods

## West Gratiot/Sumner

**Harold Daniel**  
Cindy Simmons

## Fulton

**Bob Acker**  
**Kelvin Price**  
**Alice Schaffer**  
**Dean Mitchell**  
Diane Conroy-Kellogg

## Senior Gratiot

**Kimmel Family**  
**Nieman Family**  
**Bigelow Family**  
Alton & Waneta Bigelow

**Margaret Roslund**  
Lois Cutting

**James Warthman**  
Janet Warthman

**Lester & Dorothy Smith**  
**Marshall & Sylvia DeVuyst**  
William & Linda DeVuyst

# COA Donors

Helen Hoard  
Rhonda Harrell

## Nutrition Program

Marty Peet  
Sally A. Martin

# Senior Gratiot Donors

Gary & Carol Leonard  
Charles & Barbara Dean  
Lillian Chapko  
Betty Apple  
Ronald Littell  
Sharon Goffnett  
Fred Burlingame  
Walter & Glenna Holbury

*Thank you for your support and generous donations.*



# VETERANS DAY

HONORING ALL THOSE WHO SERVED

**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



## 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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