

February



ANNOUNCING!!
NEW Food with Friends in
Alma/St. Louis Area
Opening Feb. 6, 2023

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

February 2023
Volume XLVIII
Number 2

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

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Commission on Aging Updates

The Commission on Aging (COA) is excited to announce the opening of an Alma/St. Louis area Food with Friends site, the Filling Station, on Monday, February 6, 2023. It is located at 415 Park Ave. in Alma. The hours will be from 10:00 am to 2:00 pm Monday, Wednesday and Friday. Reservations for lunch are necessary and can be made by calling the COA kitchen at 989.875.5332 at least a day in advance.

As many of you know, food and activities were provided at the American Legion building on Michigan Avenue for years. When the COVID pandemic arrived in March of 2020, COA was forced to discontinue the congregate services for a very extended period. During this time of closures, it was determined that remaining in the American Legion building was not possible. Therefore, the American Legion building was vacated and a new location was sought.

An Alma/St. Louis Food with Friends site was still needed, and it was determined that the Filling Station in Alma would be an excellent spot. It is located very close to Alma College and downtown Alma. This location will provide a great meeting location for seniors looking to get together for events, activities and education in the Alma and St. Louis area.

There are now four locations in Gratiot County that offer opportunities for seniors to congregate and enjoy a meal, as well as various activities. The meal cost is \$2.50 for people 60 years of age and older. You can still enjoy a great meal if you are under 60 however, it will be \$5.00 for the meal. The other three Food with Friends locations are in Breckenridge, Fulton and Ithaca. Please read the various site manager articles in this edition of the Senior Gratiot to discover opportunities available to you and others in the county. We look forward to making new friends as well as renewing old friendships. You are welcome at any of the sites!



Introducing: Kaleigh Pettigrew Site Manager, Filling Station

My name is Kaleigh and I am thrilled to be the Site Manager for Alma/St. Louis! I recently moved to Alma from Brooklyn, MI with my husband, daughter, and our three dogs. I am a graduate of Eastern Michigan University and have had various jobs, ranging from working at the library to working at a veterinary clinic. I am very excited to get to know this community, and learn how I can best serve you!



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.

2023 TAX CREDIT APPOINTMENT DATES

Commission on Aging
515 S Pine River St, Ithaca
Wednesday, February 15th
9:00 am – 3:00 pm

Heather Court
400 E Warwick Dr, Alma
Thursday, February 16th
10:30 am – 11:30 am

Pine Villa
425 E Warwick Dr, Alma
Thursday, February 16th
1:00 pm – 3:00 pm

TA Culter Memorial Library (St. Louis)
312 Michigan Ave, St Louis
Tuesday, February 21st
1:00 pm – 3:00 pm

Pinestead Apartments
224 Pine St, Breckenridge
Wednesday, February 22nd
12:30 pm – 3:00 pm

Tartan Terrace
423 Gratiot Ave, Alma
Tuesday, February 28th
10:00 am – 11:00 am

Scottish Pines
1575 Pine Ave, Alma
Tuesday, February 28th
1:00 pm – 2:30 pm

Park Colony
935 E Arcada St, Ithaca
Wednesday, March 1st
1:00 pm – 2:30 pm

Commission on Aging
515 S Pine River St, Ithaca
Thursday, March 9th
9:00 am – 3:00 pm

****Donations are encouraged to help Commission on Aging pay for postage to mail Tax Credit forms to Lansing****

Homestead Property Tax & Home Heating Credit Information

The Commission on Aging staff and volunteers will provide assistance with the preparation of Homestead Property Tax and Home Heating Credits for **residents of Gratiot County**. Listed below are the qualifications for either credit as well as the documentation required to prepare the forms. This documentation must be brought with you to your appointment. (The Commission on Aging **does not** complete federal or state *income tax* returns, only Homestead Property Tax and Home Heating Credits.) Please read through the information, review the schedule, and then contact the Commission on Aging at 989.875.5246 to schedule an appointment at any one of the sites listed. **APPOINTMENTS ARE REQUIRED, see appointment dates to the right.** We look forward to assisting you with this process.

Homestead Property Credit Qualifications:

- Homeowner's property taxes must be higher than 3.2% of the homeowner's income
- Renters, usually 20% of your rent is considered your share of property tax

Home Heating Credit Qualifications:

- A person who owns a home or is a renter and has an income that is less than the income guidelines

Bring these verifications to your SCHEDULED Tax Credit Appointment

- **All income for 2022:** Social Security, pensions, interest, farm income, etc.
- **Property Tax Statements:** Homeowners only
- **Proof of heating cost for 2022:** Consumers Energy customers bring December 2022 bill. Fuel/Propane customers bring heat expenses dating between 11/01/2021 through 10/31/2022
- **Medical Supplemental Health Insurance Premiums**
- **Automobile Insurance:** Only the Personal Injury Protection amount is a deduction
- **Rent Payments:** Rent paid to a landlord, or lot rent paid to a mobile home park. Rent verification is not needed if you live in a subsidized housing complex

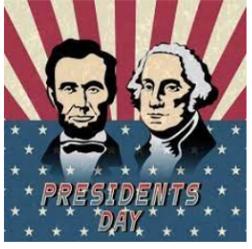
We Need Volunteers!

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, 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.

Senior Activity Building

February 2023

Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	2 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling	3 8-10 SAB Coffee 11:30 B.P. Checks by Joyce Raycraft 12:00 Food with Friends Meal
6 8-10 SAB Coffee 12:00 Food with Friends Meal 12:35 "Painting Rocks" Story by Diane Yonker	7 8-10 SAB Coffee 10:00 EZ Motion 12:45 Sequence	8 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	9 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling	10 8-10 SAB Coffee 11:00 Helen Ann & Lou's Music 12:00 Food with Friends Meal
13 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo 2:00 Just For Fun Dulcimer Club	14 8-10 SAB Coffee 10:00 EZ Motion 1:00 Painting Class with Shirley 7:00 VFW #7805	15 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole 7:00 A-Tractive Tractor Club	16 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling	17 8-10 SAB Coffee 12:00 Food with Friends Meal (Brunch) 12:40 Cards
20 CLOSED 	21 8-10 SAB Coffee Paczki Day 10:00 EZ Motion 1:15 SAB Board Meeting	22 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	23 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling	24 8-10 SAB Coffee 12:00 Food with Friends Meal (Brunch) 1:00 A Second Visit to Paris with Jo
27 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo	28 8-10 SAB Coffee 10:00 EZ Motion 12:30 Cribbage	8-10 EVERYDAY SAB Coffee & Conversation with Linda St. Charles 10:00 EVERYDAY Visits, news, games, & activities 12:00 Monday, Wednesday, Friday 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

Food with Friends meals are on Monday, Wednesday and Friday at 12:00 pm. Please take a peek at the menu and then call in your reservation, 989.875.2135, for the days you will be joining us around the table. The suggested donation is still only \$2.50! Food with Friends and the Senior Activity Building (SAB) will be closed on February 20th in observance of President's Day.

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 hours.

Bingo days are the second and fourth Monday of the month. Thanks go out to Schnepf's Health Care for providing the prizes on the 13th and Ashley Care Center for prizes on the 27th.

EZ Motion exercise class starts at 10:00 am each Tuesday and Thursday morning. If you have an interest in playing Sequence on the 7th or Cribbage on the 28th, please call ahead so we can gather enough players to make it happen. On Thursdays, Wii Bowling follows the EZ

Motion class at 11:00 am. You are always welcome to join in the activities.

The knitting group gathers at 10:00 am each Wednesday. Dominoes are played at 12:45 pm with Cornhole following the dominoes games, about 1:00 pm.

Friday, the 3rd we welcome Joyce Raycraft. She is happy to check your blood pressure for you prior to lunch.

On Monday, the 6th we welcome Diane Yonker to the SAB. Diane will share her story about "Paining Rocks" at 12:35 pm. Plan to enjoy a meal and then stay to hear Diane's story and see some of her artistic creations.

Helen Ann and Lou will be here on Friday, the 10th to share their musical talents.

You will need to make your \$20.00 payment to reserve a spot for Shirley Frederick's painting class on Valentines Day, the 14th. More information about this class can be found in the article on page 4.

Gratiot VFW Post #7805 will meet at the SAB on the 14th at 7:00 pm. A-Tractive Tractor Club meets at 7:00 pm on Wednesday, the 15th.

If you would like to play cards on Friday the 17th, call ahead so we can be sure to have enough players to enjoy a card game or more.

The Senior Activity Building Board meets at the SAB on the third Tuesday of the month, the 21st this month. Meeting

time is 1:15 pm and you are always welcome to attend.

On the last Friday of February, the 24th, Jo will take us back to Paris. Since we had to reschedule the "Visit to Paris" in November, we are returning! The popcorn treat will be back too!

Be sure to check the calendar at the SAB since there may be changes (snow days?) as we go through our 12th month back full time! It is still our hope to add more of your favorite activities. Suggestions are always welcome! Masks are no longer required, but may be worn for your comfort.

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!

May you enjoy a Happy Valentine's Day!



Senior Activity Building Donors

Thank you for the gifts received by the Senior Activity Building from December 13, 2022 through January 10, 2023.

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

Gifts In Gratitude to SAB

Jo Jones
Helen Hoard
Bill & Linda DeVuyst
Evelyn Green

Memorials

Coleen Trexler
Roger & Kristi Cook
Donn & Pat Gates
Food with Friends
Helen Hoard

Bob Monroe
Donn & Pat Gates

Cookie Decorating With Carolyn!

Join Carolyn who will instruct you on decorating the perfect Valentine's cookie for your special someone. All decorating supplies will be provided, including the cookies! You will be given instruction on the proper use of cake decorating bags and tips and will be able to take home your creation.

Where: The Filling Station
415 Park Ave, Alma

When: Friday, February 10th
12:30 p.m.

Reservations are required to make sure that Carolyn has enough supplies for everyone. Please call 989.875.5288 by Wednesday, February 8th. Looking forward to seeing you there!



Fred Jones
Fred & Jo's Parents
Senior Friends
Jo Jones

Edna Johnson
Paulette Somers

Lloyd Brandal
Paulette Somers

Linda Gulick
San & Gary Krupala
Channing Tanis

Donna Husted
Dick & Joyce Colbry

Emma Troub
Bob & Gail Paradise

Honorarium

Jo's Senior Friends
Jo Jones

Pickleball Courts

Larry & Sue Ginther
Greg & Pam Brown
Mike & Cheryl Ginther

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

Mary Humm

Memorial

Fred Jones
Fred & Jo's Parents,
Many Senior Friend
Jo Jones

Honorarium

Jo's Senior Friends
Jo Jones



The Simon and Garfunkel Story

Whiting Auditorium, Flint
Friday, March 24, 2023
\$129 (all inclusive)

Bus Departs: 4:00 pm Returns: 11:30 pm

The Simon and Garfunkel story is a concert style show that chronicles the journey of these two folk-rock artists from their beginning as young boys from Queens, New York to becoming one of the world's most successful music duos of all time. Using state of the art video projection, incredible lighting and a full live band, this is a moving and powerful concert. Hearing their repertoire in chronological order is a gift and you will enjoy all the hits from Mrs. Robinson, Bridge Over Troubled Water to the Sounds of Silence.

We will be stopping first for dinner at the **Wrought Iron Grill** in Owosso. Here the past meets the present with an old wrought iron fencing company having been turned into a Grill!

Departure will be from Gratiot County Commission on Aging (COA), 515 S Pine River St, Ithaca, at 4:00 pm and will return there approximately 11:30 pm. The trip includes transportation, dinner, theatre tickets and all tips and gratuities.

Please call COA, 989.875.5246, to make your reservation. Payment is due by **Wednesday, March 15** and can be made at COA in cash or check. Please make your check payable to Gratiot Community Senior Center.

Upcoming bus trips to look forward to:



Henderson Castle Mother's Day Brunch
Sunday, May 14, 2023
\$129.00

Lilac Festival, Mackinaw Island
Wednesday, June 14, 2023
\$225.00



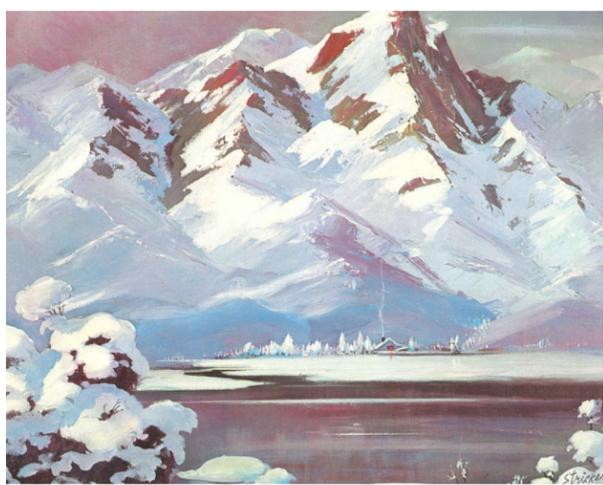
Both of these trips are all inclusive. Additional details will follow in the March Senior Gratiot.

Acrylic Painting Class Important Changes!

Shirley Frederick, Instructor

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 fun class will teach you the basics of acrylic painting and you will take home a beautiful picture at the end of class. The project this month is pictured below. If this sounds like fun, please call **989.875.2135** to register as reservations are required.

The class is on **Tuesday, February 14th** from 1:00-3:00 pm. The fee for class is \$20.00 and payment for the class must be received prior to class. The fee 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.



RECRUITING VOLUNTEERS



**AmeriCorps
Seniors**

FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS



BENEFITS

- EARN A NON-TAX STIPEND
- MILEAGE REIMBURSEMENTS
- MEAL BENEFITS DURING SERVICE HOURS
- PTO/HOLIDAY PAY
- TRAINING
- SOCIALIZATION

Call Brandi, Jodi or
Anne

(989) 772-0748

Orientation Starting Soon!

QUALIFICATIONS

- 55 OR BETTER
- MEET INCOME REQUIREMENTS
- PASS BACKGROUND CHECKS
- IN GOOD STANDING HEALTH
- BE READY TO MAKE A DIFFERENCE



ISABELLA COUNTY
COMMISSION ON AGING

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.

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.

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, 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.



Commodity Food Distribution Date

Commodities distribution will be on **Monday, February 27, 2023**. 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 am to 11:00 am 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

Wow...Spring is soon upon us! I don't know about you, but I cannot wait...flowers blooming, green grass and SUNSHINE!! I don't think I have ever had such a weird winter as this one with not much snow, which isn't going to be good for the farmers, and no sunshine. I think that is what bothers me the most. The lack of sunshine causes some people to become depressed to a point that it interferes with their day to day living. They become tired and withdrawn, not really caring if they leave the house. This disorder can become a big problem if not treated properly. If you know anyone who seems to be having a difficult time, take the time to ask them how they are feeling and perhaps suggest that they talk with their medical provider.

Now on to nicer things, Valentine's Day and President's Day. When I was a kid in school, I loved the month of February. First was Groundhog Day and we made cute little critters to decorate the walls. President Lincoln's birthday on the 12th came next, and then the big day, Valentine's Day. How I loved getting ready for our school party. We would make little mailboxes to sit on our desks to collect all our cards. Oh, and the homemade treats... Many people think Valentine's Day is just a day to get candy, a special card and maybe pretty flowers, but I like to think of it as a day when most people think of the ones they love. We need all the love and kindness we can get and if it takes a special day, so be it. We cannot forget

George Washington, his birthday was the 22nd. We would have decorations for all these special days up on the walls and windows of our classrooms and down the halls.

Here are some fun facts about Valentine's Day:

- ♥ The first celebration of Valentine's Day was in Paris on February 14, 1400.
- ♥ 145 million cards are exchanged in the US alone.
- ♥ Candy hearts were originally medicinal lozenges.
- ♥ 8 billion conversation hearts are manufactured each year.
- ♥ Over 1 billion dollars' worth of chocolate is purchased for Valentine's Day.
- ♥ 250 million roses are grown each year for Valentine's Day.
- ♥ Teachers are the number one recipient of Valentines.
- ♥ The heart shape was not always a romantic symbol and chocolate did not always mean love.
- ♥ Lovebirds are actual birds.

Enjoy your Valentine's Day with the ones you love and don't forget to also celebrate the other holidays in February. Until next month, enjoy your days, take care of yourself, and don't eat too much chocolate!



HEROES CENTER

A Full-Service Center to Help ALL Veterans & Their Families

GRAND OPENING

Saturday, February 25, 2023
12 PM – 3 PM

1329 Michigan Avenue
Saint Louis, MI

Ribbon Cutting Ceremony – 12:30 PM
Hors d'oeuvres & Refreshments

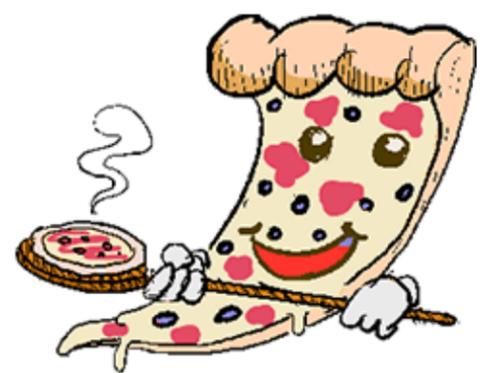
All Veterans, Families, and the Public are Invited to Attend



Gratiot County Veterans Affairs
(989) 875-5258



This advertisement is funded by MVAAs CVSF Grant



National Pizza Day

Support Groups Meet at MyMichigan Medical Center Gratiot, Alma

Contact Michelle Miller, 989-466-3378

Parkinson's Disease

2nd Thursday of each month, 5:00 p.m.
300 E. Warwick Dr.
Wilcox Auditorium

Alzheimer's/Dementia

3rd Wednesday of each month, 4:30 p.m.
300 E. Warwick Dr., Room 1161

Brain Injury Group

2nd Wednesday of each month, 5:30 p.m.
300 E. Warwick Dr., Room 1161A & B



Menu February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Stroganoff Capri Blend Vegetable Beets Vanilla Pudding Wheat Bread	2 	3 Baked Ziti Mixed Vegetables Brussel Sprouts Mixed Fruit Cup Wheat Bread
6 Potato Crunch Pollock Red Skin Potatoes Peas and Carrots Fresh Orange Wheat Bread	7	8 Chicken Pattie/Bun Italian Blend Potato Rounds Mandarin Oranges	9	10 Macaroni & Cheese Green Beans Carrots Leprechaun Fluff Wheat Bread
13 Sloppy Joe Broccoli California Blend Veggies Peaches Hamburger Bun	 14	15 Walking Taco Corn/Bean Fiesta Blend Refried Beans Tortilla Scoops	16	17 Cheese Omelet Sausage Links Redskin Potatoes Cinnamon Roll Orange
20 CLOSED 	21	22 Macaroni & Cheese Normand Blend Multi Bean Salad Cherry Cobbler Wheat Bread	23	24 French Toast Hashbrowns Sausage Patty Cinnamon Roll Strawberries
27 Chicken Stew Winter Blend Corn Pears Corn Bread	 28	February is American Heart Month 		

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

FEBRUARY

February is here. I like February because I feel we are on our way to spring. We also have Valentine's Day. Any reason to celebrate works for me.

February 7th is National Wave All Your Fingers at Your Neighbor Day. It is a good day to greet your neighbors with a big wave. This is meant to show respect and appreciation for them, putting a smile on your face as well as theirs. Don't keep it to only your neighbors, go out and wave at everyone, with a big five finger wave. This should bring smiles and a five finger wave in return. A wave is a great way to start a conversation with a neighbor you haven't had a chance to meet yet.

The quote for today is:

Life is really simple, but we insist on making it complicated.

~Confucius

On February 13th, we will have a special dessert day to observe Valentine's Day. Come join us for lunch and enjoy!

On February 15th, we will be welcoming back Dana Kenneth Johnson, author, publisher, photographer, historian and education media producer to Fulton Food with Friends. Following lunch, Mr. Johnson will give his final presentation about the Historic Schools of Gratiot County. Please joins us for the presentation beginning at 12:30 pm. Lunch is available prior to this presentation. Please call 989.236.5019 to make your reservation for lunch.

February 24th, we will be playing Bingo after lunch from 12:30-1:30 pm.

BOOKS BOOKS BOOKS

As always, if you have books you are wishing to part with, we are always glad to give them a home. They can be dropped off at the site anytime, Monday, Wednesday, and Friday from 10:00 am until 2:00 pm. We would be most happy to give them a new home for you. Also, you can come and take books from the rolling cart during the same hours.

Regular hours have resumed with the site open Monday, Wednesday and Friday from 10:00 am to 2:00 pm. Early birds have started playing cards at 10:00 am, then break for lunch at 12:00 pm and resume playing until 2:00 pm. If this sounds like something that works for

you, come on down and join us. Euchre as well as Skipbo and other card games are played.

Come join us for lunch. Lunch is served at 12:00 pm. Call for your reservation, 989.236.5019.



Food with Friends

Alma/St. Louis Site

Filling Station
415 Park Avenue, Alma
Phone: 989.875.9118
Site Manager: Kaleigh Pettigrew

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

James Norris

Veronica & Family

Mike Troub

Gene & Mary Price

David Norris

Mom & Family

Jim, Bill, Ron, Ralph & Bert Coe

George & Sharron Kirkby

Joan Cook

Janet White

Nutrition

Marilouise Raske

Gleaner Harmony Arbor #273

William O'Boyle

Tommy & Carol (O'Boyle) Crow

Merle Troub

Joanne Pomprantz
Pam Zemore
Pat & Katrina Elcoate
Jayne Beard & Family
Bob & Gail Paradise & Family

Senior Gratiot

Jerry Glave

Don & Anne Ebnit
Dorothy & Art Harrison
Carol Glave

Vandoran & Barbara Stahl

Norman Allen
Jacob Quackenbush
Sharon Allen
Bill & Sandi Allen

Larry Ackels

Andrea Ackels

Colene Trexler

Linda Gulick
Mabel Dayringer
Donna Husted
Marilyn House

Marilyn Sinclair

Dee & David Sinclair

Harold, Opal & Jerry Weaver

Shirley Smith

Allen Cooper

Vivian Cooper

Hubert, Violet, & Linda Church

Kathleen Hutchins

Bill Francetic, My Husband

Nancy Francetic

Clare & Emma Troub

Gail Paradise

In Loving Memory

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January 2023 Prep Team Volunteer Thank You!

These 20 COA volunteers devoted 27 hours to prepare the January 2023 issue of the Senior Gratiot Newspaper for mailing.

Marilyn Miller, Jim Peck, Ruth Malek, Lisa Skaryd, Evelyn White, Judy Zimmerman, Nancy Crispin, Betty Reeves, Garrett Skinner, Ellen Martin, Cheryl Wiseman, Carole Moore, Lora Schultz, Mary Patterson, Helen Hoard, Carol Glave, Sally Martin, Megan Mankey, Elise Schall, Kelsey Upton

Thank you very much!



*To date,
J&J Party Store
has donated \$10,388.43 to
the HDM program at the
COA!*

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



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