

April

Commission on Aging is very grateful for the wonderful volunteers who give their time and talents to assist the seniors of Gratiot County. Without you, we would not be able to provide the services we do.



Thank You !

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

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

April 2023
Volume XLVIII
Number 4

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



Michigan Princess Riverboat Mother's Day Cruise

Grand River, Lansing
Sunday, May 14, 2023
\$98 (all inclusive)

Bus Departs: 12:30 pm from COA
Returns: 6:00 pm

Who could be more special in our lives than our mother? Bring her and your family out for a cruise on the beautiful Grand River. You will be cruising on the Michigan Princess, a replica of a 19th century steamboat, enjoying the picturesque scenery of the Grand River. The Michigan Princess is climate controlled and fully enclosed with outside seating to enjoy the views.

Mom will be treated like a princess on her special day with a 5 star menu of herb roasted chicken, redskin mashed potatoes, vegetarian lasagna, green beans, corn, bowtie pasta salad, garden salad, dinner rolls and chef's choice of dessert. A full bar is available for individual purchase. While enjoying your meal, the Dixieland Jazz Band will provide entertainment.

Moms bring your moms, husbands bring your wife, sisters bring your sisters, or bring whomever you want to celebrate this special day. No matter the weather, it will be a day filled with FUN!

Departure will be from Commission on Aging (COA), 515 S Pine River St, Ithaca, at 12:30 pm and will return there at approximately 6:00 pm. The trip includes transportation, cruise tickets and dinner as well as all tips and gratuities. This event will sell out quickly, so call COA at 989-875-5246 to make your reservation. Payment is due by **Monday, May 1** and can be made at COA in cash or check. Please make your check payable to Gratiot Community Senior Center.



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Senior Gratiot Subscription/Donation

Please check: New Subscription _____ Renewal _____ Change of Address _____

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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.

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, training will be provided. Mileage is reimbursed, currently \$0.655 per mile. Routes are available throughout the county. We have individual drivers, and husband/wife teams. If you are interested, please call 989.875.5246 and ask to speak with Sue Koch, the volunteer coordinator.

Critical Risk Reduction Program & Fire Prevention

Join instructor, Jeremy Gallagher, Gratiot Emergency Services Authority (GESA) and firefighter, as he shares his knowledge on various common household dangers that you as a senior may face. Some of these things can impact the ability of the firemen and other first responders to assist you when responding to an emergency call as well.

Topics that will be covered include:

- ⇒ Fall Hazards
- ⇒ Home Safety (Cooking, Hoarding, Accessibility)
- ⇒ Basic First Aide and CPR
- ⇒ Basic Fire Protection (Cooking fires, fire extinguisher usage)

This presentation will last approximately one hour and will be presented at the following locations:

- * **Fulton Food with Friends**
Fulton Township Hall
3425 W. Cleveland Rd. (M-57)
Friday, April 21st, 10:30 am
- * **Alma/St Louis Food with Friends**
Filling Station
415 Park Ave.
Friday, April 28th, 12:30 pm



The COA Lobby Book Nook is thriving with wonderful paperback and hardbound books. Colorful puzzles of all kinds are also on display. Puzzles generally have 300 to 1500 pieces. You are invited to browse our shelves and take what interests you. When you are finished with the books and/or puzzles, feel free to pass them along to family or friends if you wish. Or you may return them to us.

While in the lobby, take time to browse the recycled greeting card racks. Our Card Team members have recycled cards for all purposes. Suggested donation for a card is .25 cents.

The lobby is open Monday through Friday 8:00 am to 4:30 pm. We are closed holidays.



Driver Safety Refresher Course

Coming July 18, 2023

8:15 am -5:00 pm

Additional information to follow in the May Senior Gratiot

VOLUNTEER ACTIVITY April 2023

Please contact Sue Koch to register for these teams

Recycled Greeting Cards Team

Commission on Aging in Ithaca
Third Wednesday of every month
Next meeting - April 15, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - April 16, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
April 28, 9:00 - 11:30 am

Senior Activity Building

April 2023

Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
3 8-10 SAB Coffee 11:00 Cribbage 12:00 Food with Friends Meal	4 8-10 SAB Coffee 10:00 EZ Motion 12:30 Sequence	5 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	6 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling	7 <p style="text-align: center;">Closed</p> 
10 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo 2:00 Dulcimers	11 8-10 SAB Coffee 10:00 EZ Motion 1:00-3:00 Painting Class with Shirley 7:00 VFW Post #7805	12 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	13 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling	14 8-10 SAB Coffee 11:30 Blood Pressure Checks 12:00 Food with Friends Meal 12:45 Friday Cards
17 8-10 SAB Coffee 11:00 Euchre 12:00 Food with Friends Meal	18 8-10 SAB Coffee 10:00 EZ Motion 1:15 SAB Board Meeting	19 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	20 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling	21 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Friday Cards
24 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo	25 8-10 SAB Coffee 10:00 EZ Motion 12:30 Hand & Foot	26 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	27 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling	28 8-10 SAB Coffee 11:00 Cowboy Music by "2 Outlaws and A Good Guy" 12:00 Food with Friends Meal
<p> 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 </p>				



Senior Activity Building & Food with Friends News & Information

By Jo Jones, Site Manager

St. Patrick’s Day was celebrated with the Ithaca Food with Friends tradition of delivering shamrock treats to our friends who are unable to attend our congregate meals. The many seniors who received these bits of Irish sunshine thank the seniors who made this surprise possible.

Our congregate seniors certainly appreciated the opportunity to welcome back Abi Whitford on St. Patrick’s Day. Once again she shared her vocal talent which lifted both her Grandma, Judy Brown, and our spirits as she shared a medley of songs. We appreciated her return after doing the same for Valentine’s Day.

Looking forward to the April schedule, you will see that on Tuesday, April 11th, Shirley Frederick will be teaching a painting class. You will need to deposit your \$20.00 payment at the time you reserve your spot.

Friday, April 14th, we welcome Joyce Raycraft. Joyce will be glad to check your blood pressure before lunch.

On Friday April 28th, we will welcome back “2 Outlaws and A Good Guy” from Midland. They will share their cowboy music at 11:00 am on the 28th. Additional music will follow the Food with Friends meal as they share a few more tunes.

Food with Friends meals are available on Monday, Wednesday and Friday at 12:00 pm. Please take a peek at the menu and then call in your reservation for the days you will be joining us around the table. The suggested donation remains at \$2.50.

Cribbage players will play at 11:00 am on the 3rd and Euchre players at 11:00 am on the 17th. Bingo is enjoyed on the 10th and 24th at 12:40 pm. Yvette from Schnepf Health Care will provide the prizes on the 10th while Betsy from Ashley Care Center will do the same on the 24th.

The Just for Fun Dulcimer Club invites you to come listen on the 10th from 2:00-4:00 pm. You may pop in for a few minutes or for the entire time.

EZ Motion exercise class begins at 10:00 am each Tuesday and Thursday morning. Tuesday, the 4th is Sequence at 12:30 pm and on the 25th is Hand and Foot. Please let us know if you want to play or learn these games.

The knitting group gathers at 10:00 am each Wednesday. Dominoes are scheduled at 12:45 pm most Wednesdays. Cornhole follows dominoes at 1:00 pm.

Thursdays we have Wii Bowling at 11:00 am following the EZ Motion class. You are always welcome to join us for any of the activities.

If you would like to play cards on the 14th and 21st, please call ahead so we can

be sure to have enough players to enjoy Euchre or whatever at 12:45 pm.

EVERY morning from 8:00 - 10:00 am our 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.

Gratiot VFW Post #7805 will meet at the SAB on April 11th at 7:00 pm.

Our Senior Activity Building Board meets at the SAB on the third Tuesday of every month. This month’s meeting will be on the 18th at 1:15 pm. You are always welcome to attend the SAB Board meetings.

The A-Tractive Tractor Club meets at 7:00 pm on Wednesday, the 19th.

Be sure to check the calendar at the SAB since there may be changes and additions as we are now in our second year of being open full time (5 days a week) as the Senior Center and Ithaca Food with Friends. Your suggestions for activities are always welcome!

Food with Friends and 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.

Enjoy the April showers that will bring the May flowers!

The Filling Station

Alma/St. Louis Food with Friends Site

Kaleigh Pettigrew, Site Manager

It's officially spring! Spring means birds chirping, flowers growing and blooming, and sunshine! One of my favorite things about moving is the anticipation of seeing what the previous owners have planted. It's always a fun surprise to see what blooms, guess what is growing, and to then see what flowers I need to fill in with. I'm itching to get my grandma's blue ribbon winning peonies back in the ground. I'm also very excited to plant my vegetable garden this year. I'm going to try to grow cantaloupe for the first time this year, and to try and grow watermelon and strawberries. Are you planting anything new this year?

Our grand opening was a huge success! We had a large crowd throughout the day, and it was great to meet some new faces, and also see some familiar ones. I hope those of you that stopped in or ate with us for the first time, will come back to join us for lunch or a program!

Last month we had Officer Mueller from the Alma Police Department talk to us about scams. One thing he said, I found very interesting, and would like to share with all of you. There is never a time constraint to bond someone out of jail. If you get a call from someone you think you know, and they claim that they need bail money in the next 20 minutes, or they will have to stay in jail all weekend, it's a scam! You can bond out someone in Gratiot County 24/7.

In April I'm trying to bring in some new programs, and bring back some programs I've heard people enjoy. Exciting events in April:

Mondays 10 am-12 pm: Sit and Stitch! Crochet, knit, sew, needlepoint, cross stitch, etc. All levels are welcome, bring your own supplies, and learn from your peers.

Wednesday April 5th 10:00 am: Alma College Nursing students will perform blood pressure checks.

Wed April 5th 10 am-12 pm or 12:30 pm-2 pm: Decoupage Easter Eggs. Come learn a new way to decorate easter eggs, that will last! Participants are welcome to bring their own fancy napkins, if they would like. Registration required.

Wednesday April 13th, 19, and 26 at 10:30 am: Chair Exercises. We will be doing different exercises this week and they will be done while seated. No supplies needed.

Wednesday April 13th 12:30 pm-2 pm: Trivia. Come test your knowledge!

Fridays beginning April 14th 10 am: Betty Apple will be teaching line dancing every Friday. Bring your dancing shoes, some water and lets have some fun!

Friday April 14th 10 am-2 pm: Puzzle and book exchange! Donations of puzzles and books are welcome, but not required in order to take some.

Friday 21st 12:30 pm-2 pm: National Jelly Bean Celebration. Taste test different jelly beans, and decide which flavor is your favorite.

Monday April 24th 12:30 pm-2pm: Tissue Paper Painting.

Wed April 26th 12:30 pm-2 pm: BINGO!

Friday April 28th 10 am-12 pm: Floral arrangements with Patty Macha. Participants will learn basic floral design techniques, while creating their own fresh flower centerpiece. Patty will also show us a few other ideas for spring centerpieces. Registration is required, and there is a \$10 fee. **Following at 12:30 pm** will be a fire safety presentation by Jeremy Gallagher. See page 2 for full details.



Left: St. Patrick's day wreath made by Pam.

Right: Enjoying the Food with Friends meal during the Grand Opening.



MSU EXTENSION PRESENTS: Mindfulness for Better Living

Join instructor Holly Tiret as she presents various topics to help you in living a more mindful life. Holly has over 35 years of experience working with children and families. She was trained in mindfulness by Jane Riffe and Becky Smith. Holly has taken Mindfulness Based Stress Reduction through the Grand Rapids Center for Mindfulness and attended a two-day workshop on Mindful Self Compassion with Authors Kristen Neff and Christopher Germer. Holly and her work team at MSU Extension are mentored by Dr. Roxane Chan, a holistic nurse, mindfulness teacher and expert.



Holly will be providing presentations at various Food with Friends sites from April through June. Listed below are the April and May presentations.

April 14: Changing Negative Self-Talk	April 21: Be Kind to Your Mind
♥ 10:00-11:00 am <i>Breckenridge</i>	♦ 10:00-11:00 am <i>Breckenridge</i>
♥ 12:30-1:30 pm <i>Alma/St Louis</i>	♦ 12:30-1:30 pm <i>Alma/St Louis</i>

May 12:

♥ 10:00-11:00 am <i>Fulton</i>	Be Kind to Your Mind
♥ 12:30-1:30 pm <i>Alma/St Louis</i>	Mindful Eating

Please contact the site you wish to attend to make your reservation so the program packets can be prepared. We look forward to seeing you there.

Breckenridge: Lori Chvojka, 989-842-3338 or lchvojka@gratiotmi.com
 Fulton: Irene Noffsinger, 989-236-5019 or inoffsinger@gratiotmi.com
 Alma/St Louis: Kaleigh Pettigrew, 989-875-9118 or kpettigrew@gratiotmi.com

Alma/St. Louis Food with Friends Presents

Senior Sampler - Art Activity

By Alma Community Art Center (ACAC)

April 19, 2023 12:30 PM - 2 PM

Picture to be painted on 9 x 12 canvas board shown here:



\$20 Fee, reservation needed

See Kaleigh to RSVP or call 989-875-9118

Join us the third Wednesday of every month as ACAC leads us in a new project

Lunch served at 12 pm, reservation needed

Call 989-875-9118.
 Donatoin Suggestion:
 \$2.50 for those 60 and older
 \$5.00 fee for those under 60

 The Filling Station
 415 Park Ave,
 Alma

Program is funded by Region VII Area Agency on Aging, AASA, Gratiot County Senior Millage and Donations. Program complies with Title VII, Civil Rights Act.

Parkinson's Disease Awareness Month

Parkinson's disease is a progressive nervous system disorder that affects movement. Symptoms begin gradually, with a slight tremor in a hand or stiffness and slowing of movement. Parkinson's disease symptoms worsen as the condition progresses over time. Although Parkinson's disease can't be cured, medications might improve symptoms.

Signs and symptoms of Parkinson's include:

- ⇒ Tremor
- ⇒ Slowed movement
- ⇒ Rigid muscles
- ⇒ Impaired posture and balance
- ⇒ Loss of automatic movements
- ⇒ Speech changes
- ⇒ Writing changes

See your doctor if you have any of the symptoms associated with Parkinson's disease. This is important not only to diagnose your condition, but rule out other causes for the symptoms you are experiencing.

The actual cause of Parkinson's is unknown. However, certain nerve cells in the brain gradually break down or die. Many of the symptoms are due to a loss of neurons that produce dopamine. When dopamine levels decrease, it causes abnormal brain activity, leading to impaired movement and other symptoms.

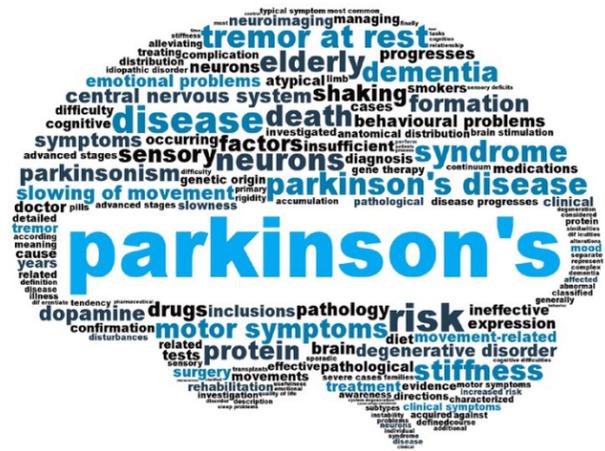
Several factors appear to play a role in the cause of Parkinson's disease. There are specific genetic mutations that can cause Parkinson's disease. Environmental triggers such as exposure to certain toxins can increase the risk of Parkinson's development later. Changes in the brain cells with the presence of Lewy bodies can also be markers for the development of Parkinson's disease.

There are many complications that accompany Parkinson's disease such as:

- ⇒ Thinking difficulties
- ⇒ Depression and emotional changes
- ⇒ Swallowing, chewing and eating difficulties
- ⇒ Sleep disorders
- ⇒ Bladder and constipation problems
- ⇒ Blood pressure changes
- ⇒ Smell dysfunction
- ⇒ Fatigue
- ⇒ Pain

Many of these complications are treatable with medications, but not all. It is important to keep your doctor informed of any changes in your physical wellbeing.

Since the cause of Parkinson's is unknown, proven ways to prevent the disease remain a mystery.



Breckenridge Sassy Seniors!

By Lori Chvojka, Site Manager

April showers bring May flowers!! Oh, how I am looking forward to the pretty flowers and green grass!! But unfortunately, weeds and mowing come right along with the green grass and pretty flowers. We can look at it as a good form of exercise, better than going to a stuffy gym. Exercise is important at any age, but as seniors we need to keep it up to help ward off falls, arthritis and more.

Balance is one of the things that seems to worsen as we age, and exercise can help you keep your balance. Here are a few that may help you: Always check with your doctor before attempting any type of exercise.

Standing March. Standing near a sturdy support, begin marching in place slowly for 20-30 seconds.

Standing 3-Way Kicks. Standing on one leg (with a soft, unlocked knee), slowly raise your other leg out in front of you. Keep your extended leg as straight as possible and return it to the center. Gently lift the same leg out to the side and back down and then extend your leg behind your body and back down. Do as many on each side as you can comfortably.

Sidestepping. Facing a countertop or wall for support, step sideways in one direction with your toes pointed straight ahead until you reach the counter or wall. Repeat on the other side. Do as many as you are comfortable with.

1-Leg Stand. Stand on one leg as long as you can, up to 30 seconds. Hold on to something for support if needed. Repeat with the other leg. This is good to do while brushing your teeth or talking on the phone.

Sit to Stand and Stand to Sit. Rise out of a chair without using your arms to push up. If this is difficult at first, place a firm pad underneath you on

the chair to raise you up. As you return to your seated position, slowly lower yourself all the way back down and ease into your seat. Do as many as you can comfortably.

Heel-to-Toe Standing or Walking. Place one foot directly in front of the other, so the heel of the front foot touches the toe of the back foot. Hold this position as long as you can, up to 30 seconds. As this becomes more comfortable, try taking a few steps in this heel-to-toe manner. Like walking a tight rope.

You can read this complete article at choosopt.com

Now for the flowers ... plant a few in a pot to enjoy on your porch or go big and make a nice flower garden somewhere you can sit and enjoy it. If flower gardening is not your thing, you can pick up a nice bouquet at your local grocery or department store. Flowers can make a person smile and just feel better. An added benefit is they smell good and brighten up your home. Some of my favorite spring flowers are tulips, daffodils, and my favorite lilacs!!

Oh, and I can't forget my special April days, so here are a few:

- April 1- April Fools Day
- April 2- National Peanut Butter and Jelly Day
- April 3- Find a Rainbow Day
- April 4- Tell a Lie Day
- April 5- National Walking Day
- April 6- National Burrito Day
- April 7- Caramel Popcorn Day
- April 8- Zoo Lover's Day
- April 9- Name Yourself Day

These are just a few but go on the internet and find more.

Have a lovely April and come join us for a good meal and great company at the center in Breckenridge, Monday, Wednesday, and Friday, 10am till 2pm.

March 2023 Prep Team Volunteer Thank You!

These 10 COA volunteers devoted 19 hours to prepare the March 2023 issue of the Senior Gratiot Newspaper for mailing.

Jim Peck, Irene Peck, Lisa Skaryd, Carole Moore, Helen Hoard, Sally Martin, Linda Cox, Bernie Barnes, Lora Schultz, Judy Zimmerman

Thank you very much!



Commodity Food Distribution Date

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

Menu



Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef and Noodles California Blend Veg Brussel Sprouts Mixed Fruit Cup Colby Jack Cheese Stick Wheat Bread	4 	5 Baked Chicken Whipped Potatoes/Gravy Malibu Vegetable Blend Pineapple Gelatin Wheat Bread	6	7 Good Friday Closed No Home Delivered or Food with Friends Meals
10 Pork Chop Baked Potato Mixed Vegetables Pineapple Corn Bread	11	12 Chicken Pattie/Bun Redskin Potatoes Mixed Vegetables Lettuce and Tomato Pears	13 	14 Walking Taco Corn/Bean Fiesta Blend Refried Beans Tortilla Scoops
17 Baked Ziti Casserole Broccoli Applesauce Garlic Toast Choc Chip Cookie	18	19 Beef Stew Green Beans Kyoto Vegetable Tropical Fruit Dinner Roll	20	21 Spanish Chicken Brown Rice Corn Cinnamon Applesauce Wheat Bread
24 BBQ Meatballs Redskin Potatoes California Veggies Rice Pudding Dinner Rolls	25 	26 Corn Chowder Hard Cooked Egg Peas Peaches Bread Stick	27	28 Sloppy Joe/Bun Au gratin Potatoes Normandy Blend Veg Apple Slices
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

Finally, a long waited spring. I am so ready for the April showers because they lead to the May flowers. We need some color in our lives again. It is so good for our well being.

Did you know that April 13th is National Make Lunch Count Day? It is said that taking a break from what you are doing and going out for lunch refuels your creative juices. Works for me. I could use some refueling. Our brains and our bodies need that time away.

How do the experts say you should observe this time? Join your friends. Share lunch time and visit. Share laughter. Just taking a break and hanging with other people for a couple of hours can be so uplifting. Plug in to one of your senior centers in the area. Gratiot County currently has four locations that are available to you. You are welcome in all of them. All of them offer companionship, different activities, and of course, wonderful site managers. Take advantage of these lunch sites and the opportunities available and please join us. We will be glad to see you.

APRIL 3RD AT 10:30 AM

Join us to make favors for Laurels of

Fulton residents. We will be making little bunny favors that hold chocolate for the residents hoping to add a little cheer and let them know that they are not forgotten.

APRIL 10TH AT 10:30 AM

Today we will be decorating hats for our upcoming Tea Party. If you currently have a hat that you prefer, bring it along and decorate it. If you need a hat, we will have some you can choose from to decorate for our big day.

APRIL 14TH AT 12:30 PM

The big day. We are having a Tea Party to put us all in the mood for spring. We would love to have you join us. Please call 989-236-5019 to make your reservation. Linda Shepard will be hosting this tea party for us. Why is it a big day, you ask? Because today we will also be celebrating Miss Ellie's (Elaine Johnson) 100th birthday. To me that qualifies as a major big day. So, on this day, we will put on our party hats and lift a cup of tea to Miss Ellie in honor of her 100th birthday.

APRIL 21ST AT 10:30 AM

Join us as Jeremy Gallagher gives a presentation on Critical Risk Reduction and Fire Prevention. See related article on page 2 for more information.

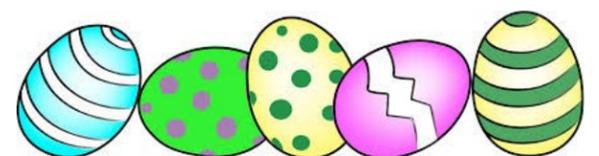
APRIL 21ST AT 12:30 PM

We will be playing Bingo, hosted by Laurels of Fulton. Mark your calendar, call up and join us for lunch, or simply arrive at 12:30 and join us for Bingo.

BOOKS BOOKS BOOKS

We are currently in need of some fresh material so if you have books you are wishing to part with, we will be happy to give them a home. You can drop them off at the senior center anytime, Monday, Wednesday and Friday from 10:00 am until 2:00 pm. Don't forget to pick up a new to you book from the rolling cart during the same hours.

We are open on Monday, Wednesday and Friday from 10:00 am – 2:00 pm. Cards and conversation begin at 10:00 am. Lunch is served at 12:00. Make sure to call 989-236-5019 to make your reservation. Cards and other activities will resume after lunch. 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. We look forward to having you join us!



Memorials

Commission on Aging

Adelia Milledge
Alfred & Mary Porubsky

Julia Denman
Donna Rowland
Rebecca Allen
Sandra Reeves
Janet Gault

Clinton & Hazel Kimmel
Lester, Duane, Ivan & Jim Kimmel
Waneta Bigelow
Ruth Malek

Robert Becker
Mary Becker

Charles & Anna Malek
Jerry Malek
Joseph Malek
Charles Malek, Jr.
MaryAnn Malek
Ruth Malek

William Peska
Pat Peska



West Gratiot

Nancy Riker
Cindy & Charles Simmons

Senior Gratiot

Wm. Mosher
Kay Mosher

William Peska
Pat Peska

Robert Cassady
Willowdean Cassady

Jim Riley
Wendy Bywater
Janet Schollaert

Thomas Palmer
Robert Elsea, Jr.
Gayla Palmer

Walter Martin, my Dad
Nancy Francetic

Bob Peet
David Evitts
Dillan Abell
Debbie Abell
Jerry Abell
Joyce Carpenter

Sam Conn
Irma Conn



MI State Police Warn of Scammers

Michigan State Police are warning residents of scammers who are spoofing state police phone numbers and asking residents for money. Michigan residents are receiving calls from what looks like the Cadillac Post, and the caller says they are with MSP and are conducting an investigation or they ask for money to avoid arrest or legal troubles from warrants in Texas.

State police may call residents, but the caller will always identify by name and rank and they will never ask residents to send money.

“Payment will never be asked to be sent in the form of gift cards or through a third-party money transfer service including, but not limited to, PayPal, Venmo, Western Union, MoneyGram, Google Pay, Apple Pay, and Cash App,” according to MSP.

If you receive this type of call, please notify the local MSP post, 989-773-5951.

Information from: <https://www.cbsnews.com/detroit/news/msp-warns-residents-of-scammers-spoofing-state-police-phone-numbers/>

*To date,
J&J Party Store
has donated \$10,388.43
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*Thank you for your
support and
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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.

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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