

JUNE

2022 Senior Project Fresh/Market Fresh Program Registration Information

The Michigan Senior Project Fresh/Market Fresh Program is coming to Gratiot County in June. This is a coupon program for seniors 60 years of age or older who qualify. The coupons, a \$25 value, can be used at various farmer's markets in the area to purchase fresh produce grown in Michigan. **Registration is required** as coupon books are limited. To register for the program, call the Commission on Aging and speak with Sarah McClung, 989.875.5246. Please leave your name, phone number, and that you are calling about Project Fresh if you leave a message. Please, **only leave one message**. Calls will be returned as soon as possible in the order they are received, however, due to the volume of calls, this may take a day or two. Thank you for your patience.

Eligibility Requirements:

- ◆ Must be 60 years of age or older when receiving the coupons.
- ◆ Must live in Gratiot County
- ◆ Must have a total household income of 185% of poverty or less. (One person \$2,248/month; two people \$3,041 month)

Registered participants will need to pick up the coupon booklet at either location listed below. Please note the date and time of booklet pick up.

Tuesday, June 27th
Commission on Aging
515 S Pine River St, Ithaca
1:00 pm-3:00 pm

Thursday, June 29th
Alma Public Library
500 E. Superior St., Alma
10:30 am-12:30 pm

If you have any questions, please contact Sarah McClung, Commission on Aging, 989.875.5246.

Local Farmers Markets

Summertime is here and your local Farmers Markets are open. These markets are a great place to use the Project Fresh/Market Fresh coupon booklet, should you be eligible to receive one. Be sure to stop and shop as the fresh produce season progresses.

Alma

Located at Pine & Downie Streets beside the Beacon & Bridge
June to October
Wednesdays and Saturdays, 7:00 a.m. - 1:00 p.m.

Ithaca



Located at Center & Pine River Streets
June through October 10th
Tuesdays, 2:00 p.m. - 6:00 p.m.



St. Louis

Located at 300 North Mill Street, St. Louis City Hall
June 1st through October 28th
Thursdays, 2:00 p.m. - 6:00 p.m.



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On Facebook & Twitter



SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
Website: www.gratiotmi.com/Archive.aspx?AMID=37

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

June 2023
Volume XLVIII
Number 6

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

Healthy Habits Promote Well Being

With summer in full swing, fresh fruit and produce will become more available, and much will be grown locally. It is a great time to attempt to make small changes to eating habits as well as exercise habits to make aging better for yourself. It is never too late to get started.

Strong muscles and bones reduce serious injuries related to falls and make day to day activities easier. You can begin by lifting weights, just a can of soup will work to start. As time goes on, you can progress to one pound weights, etc. Doing a few exercises while watching your favorite TV shows is a great way to start.

You can make small adjustments to your diet that can have large impacts on your health. Try eating a piece of whole grain toast in place of two slices of white toast with breakfast. If you drink orange juice every day, eat an orange three days a week instead. Whole fruit is always better than juice.

As always when making changes to your diet and exercise habits, consult with your doctor first. When beginning to exercise, your muscles will likely be sore, but don't use that as a reason to stop. It will get better! No one is going to tell you it is easy to make these changes, but starting small and rewarding yourself as you go along, it will become your new habit. You are making a difference in how you feel.

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.

SENIOR GRATIOT, INC.

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

Senior Gratiot is published monthly for Gratiot County senior citizens 60 years and older by Senior Gratiot Inc., 515 S. Pine River St. Ithaca, MI 48847. It is supported by donations and is printed at Stafford Printing of Greenville.

Yarn Needed

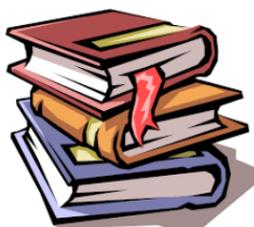
The Mitten Makers/Hats Galore team is in need of yarn. Should you find yarn that you don't know what to do with, remember COA is always ready to accept any yarn you may have. Your donation will be used by the team to make mittens, hats, scarfs and head bands which are donated to area schools and cancer patients. Thank you.



Book Nook & Puzzles

As the summer heat kicks in, it can be difficult to keep the days filled with activities and not get overheated. Stop by Commission on Aging, 515 S. Pine River, Ithaca, and pick up a great book from the Book Nook you can read while avoiding the heat. We have a variety of books, including large print.

If books are not your favorite thing, there are also puzzles available for you to take home. The puzzle range from 350 pieces up to 1000 pieces.



Driver Safety



July 18, 2023

8:15 am -5:00 pm

Commission on Aging

515 S Pine River St, Ithaca

The AARP Safe Driver course is a classroom course that will provide you with ways to adjust your driving due to age related changes in vision, hearing and reaction time. New traffic laws, rules of the road and other driving skills will also be addressed. Upon completion, you will receive a certificate that is good for 3 years and may make you eligible for a discount on your auto insurance. Discuss this with your insurance agent. Cost for the class is \$20.00 for AARP members and \$25.00 for non-members. Checks are made payable to AARP and due at the time of the class.

Lunch is available for purchase from the Commission on Aging kitchen. The cost is \$2.50 for those 60 and above and \$5.00 for under 60. A refrigerator is available should you choose to bring your lunch. Payment for lunch is to Commission on Aging. Let us know if you would like a lunch when you call to register.

Registration is **required** as class size is limited. Registration ends on Friday, July 14.

May 2023 Prep Team Volunteer Thank You!

These 15 COA volunteers devoted 23 hours to prepare the April 2023 issue of the Senior Gratiot Newspaper for mailing.

Evelyn White, Jim Peck, Lisa Skaryd, Ruth Malek, Helen Hoard, Nancy Crispin, Marilyn Miller, Lora Schultz, Mary Patterson, Sally Martin, Judy Zimmerman, Ellen Martin, Bernie Barnes, Carol Reeves, Carole Moore

Thank you very much!

VOLUNTEER ACTIVITY June 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 - June 21, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In

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

Senior Gratiot Newspaper Prep Team

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

2023 Window Washing

With warmer weather just around the corner, it is time to be thinking about washing your windows. Our maintenance crew can wash your windows, both inside and outside. There is no charge for this service, but donations for labor are encouraged.

This is an extremely busy time of year for Dan and his crew, so if you need your windows washed, please be patient. If you have additional jobs that you would like done at the same time as having your windows washed, please let us know what those are when you call. This will assist Dan in planning the work schedule.

Call Commission on Aging at 989.875.5246 for more information, or to place your request.



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.

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.

Loan Closet

Commission on Aging has a loan closet that is available to seniors (60 years of age or older) who live in Gratiot County and may be in need of adaptive medical equipment. There is limited availability of disposable bed pads and adult diapers as well. If you are in need of something, please call 989.875.5246 to see if we have the item available.



COA Air Conditioners

As summer draws near, so does the heat! The Commission on Aging (COA) has air conditioners which can be loaned out to you thanks to a grant received from the Gratiot County Community Foundation. The units are either window units or floor units. Just call the COA, 989.875.5246, and ask for one. We will ask you a few simple questions, and then get our Home Chore department to deliver and set one up! The air conditioners are given out on a first come, first served basis. When you are ready for the unit to be removed in the fall, call the COA and the crew will come and take it out.



Gratiot Animals in Need (GAIN)

A local non-profit, Gratiot Animals in Need (GAIN), offers a variety of resources to Gratiot County pet owners. **Office hours** for February through October are Mondays, from 9:00 am - 1:00 pm and Thursdays from 1:00 - 5:00 pm. Please leave a message if no one answers at 989.875.2286.

- ♥ **Low Cost Cat Spay/Neuter Clinic:** These clinics are for owned and free roaming unowned community cats and they are held from March through October. Free roaming cats are \$15.00 which includes a mandatory ear tip and Rabies vaccination. Owned cats are \$55 for spay/neuter only. Rabies and/or distemper vaccinations are \$10 each and microchips are \$20. Live traps are available for check out in order to catch cats for the purpose of spay/neuter. Call 989.875.2286 to schedule an appointment. Be sure to leave a message if no one answers. Dates for clinics:

June 10 and 24 July 8 and 15 August 12 and 26

- ♥ **Pet Food Pantry:** This is for low income/senior citizen pet owners in Gratiot County. The pantry is intended to lend an *occasional* helping hand during times of great need or emergencies. Our donations and supplies do not allow us to give out food every month to the same individuals. We encourage people who can afford to purchase pet food to not request a donation from us as it limits what we have to help others. The pantry operates solely on donations and supplies are limited. The pantry is located at Ways of the West, 1696 W Monroe (M-46) between Alma and St. Louis. Hours of operation: Tuesday, 2:00-5:00 pm and Thursdays, 3:00-5:00 pm. Hours are subject to change as we do not have paid employees, only volunteers. You can call 989.681.5993 to confirm hours. Donations of money, pet food, or pop cans are gratefully accepted at this location also.

Senior Activity Building

June 2023

Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8-10 EVERYDAY SAB Coffee & Conversation with Linda St. Charles 10:00 EVERYDAY Visits, news, games, activities, exercise 12:00 Monday through Friday Food with Friends Meal (Tuesday and Thursday meal, Soup & Chef Salad) Call 989.875.2135 to make your reservation</p>			<p>1 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>2 8-10 SAB Coffee 11:30 Blood Pressure Checks with Joyce 12:00 Food with Friends Meal 1245 Friday Cards</p>
<p>5 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Cribbage</p>	<p>6 8-10 SAB Coffee 9:00 Pickleball Lesson 10:00 EZ Motion 11:00 WISE Program 12:00 Soup & Salad Food with Friends Meal</p>	<p>7 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Horseshoes or Cornhole</p>	<p>8 8-10 SAB Coffee 9:00 Pickleball Lesson 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>9 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Friday Cards</p>
<p>12 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 2:00 Just for Fun Dulcimer Music</p>	<p>13 8-10 SAB Coffee 9:00 Pickleball Lesson 10:00 EZ Motion 11:00 WISE Program 12:00 Soup & Salad Food with Friends Meal 7:00 VFW Post #7805</p>	<p>14 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Horseshoes or Cornhole</p> 	<p>15 8-10 SAB Coffee 9:00 Pickleball Lesson 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>16 8-10 SAB Coffee Honor Fathers! 12:00 Food with Friends Meal 1:00 Friday Cards</p>
<p>19 CLOSED</p> 	<p>20 8-10 SAB Coffee 10:00 EZ Motion 11:00 WISE Program 12:00 Soup & Salad Food with Friends Meal 1:15 Senior Activity Building Board Meeting</p>	<p>21 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Horseshoes or Cornhole 7:00 A-Tractive Tractor Club</p>	<p>22 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>23 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Friday Cards</p>
<p>26 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo</p>	<p>27 8-10 SAB Coffee 10:00 EZ Motion 11:00 WISE Program 12:00 Soup & Salad Food with Friends Meal</p>	<p>28 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Horseshoes or Cornhole</p>	<p>29 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>30 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Friday Cards</p>



Jo Jones, Site Manager

989.875.2135

email: jjones@gratiotmi.com

Senior Activity Building Senior Center & Ithaca Food with Friends News

Linda St. Charles sends her heartfelt Thanks for all of your cards, gifts, and well wishes. "You made my 20th Anniversary at SAB a very special celebration. It feels so good to be appreciated and I so appreciate all of you."

Linda's celebration and the Bring a Friend day with Angie Ballard and Al Bartholomew's music were enjoyed by many seniors.

The Board is pleased to announce that there will be more Pickleball lessons offered by Volunteer Gregg Brown. The Senior Activity Building (SAB) Board has purchased paddles and balls to be used by seniors for these lessons. There is no charge for the lessons, but it is important if you sign up for them, SHOW UP! You will see the dates on the calendar above. The Tuesday class will meet at 9:00 on the 6th and 13th. The Thursday class will meet at 9:00 on the 8th and 15th. Please call 989.875.2135 to sign up for Gregg's lessons.

Every morning from 8:00-10:00, 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.

Food with Friends hot meals are available on Monday, Wednesday, and Friday at 12:00. On Tuesday and Thursday, soup and salad meals will be served at 12:00. Your reservation is needed at least a day ahead for the hot meals, and a week ahead for the soup and salad meals. Please take a peek at the menu and then call in your reservation for the days you'll be joining us around the table. The suggested donation remains at \$2.50.

Cribbage players will play at 12:45 on the 5th. Bingo is enjoyed on Mondays, the 12th and 26th at 12:45. Yvette, from Schnepf Health Care, will provide the prizes on the 5th while Betsy, from Ashley Care Center, will do the same on the 26th.

The Just for Fun Dulcimer Club invites you to come listen on Monday the 12th from 2:00 to 4:00. You may pop in for a few minutes or for the entire time.

EZ Motion exercise class starts at 10:00 each Tuesday and Thursday.

Tuesdays at 11:00 the Wellness Initiative for Senior Education (WISE) program will continue the lessons that began in May. Registration is required and may be done by calling Sara Krebs at 989.463.1422.

Shirley Frederick is taking the summer months off to pursue other things. She will be back in the fall, though, with more wonderful pictures for you to paint. Classes will resume on Tuesday, September 12th.

The knitting group gathers at 10:00 each Wednesday. Dominoes are on the schedule at 12:45 on Wednesday. Depending on the weather, we will compete at Cornhole or Horseshoes at 1:00 on Wednesday.

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

Friday, the 2nd we welcome Joyce Raycraft who will be glad to check your blood pressure before lunch. On the 16th, we will

Continued from page 4

honor our fathers. Bring a picture of your dad to share. Friday cards are on the schedule at 12:45. Bring your friends!

Gratiot VFW Post #7805 will meet at the SAB on Tuesday, the 13th at 7:00. A-Tractive Tractor Club meets at 7:00 on Wednesday, the 21st.

Our SAB Board meets on the third Tuesday, the 20th at 1:15. You are always welcome to attend the SAB Board meetings.

Be sure to check the calendar at the Building since there may be changes and additions to schedules for both the Senior

Center and Ithaca Food with Friends. Suggestions for activities are always welcome!

The phone number to reach us 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 make time to enjoy playing or watching Pickleball. You are encouraged to take a walk on Wanda's Walk in the Atkinson Park. Come to sit for awhile on the many benches around the park and Pickleball courts.

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from April 15 through May 11, 2023.

Thank you to our Volunteers, named and unnamed, who take care of our Building daily.

Gifts In Gratitude to SAB

Evelyn Green
Cleo Flegel
Kevin Hamilton
Mary Sullivan
Jo Jones

Memorials

Helen Guernsey
Jack & Avis Ginther

Marilyn Lumsden
Judy Roslund

Sandra Reeves
Judy Roslund

Rebecca Allen
Judy Roslund

Kevin C. Hoepfner
Jo Jones

Honorariums

All Service Men
Rose Capen



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

Mary Humm

Thank you



Angie Ballard and Al Bartholomew provided entertainment during the Bring a Friend Day at the Ithaca Senior Center.



Jim Ludwick, Linda St. Charles & Bill Bowen. Jim & Bill were with Linda on her 1st day at SAB, 20 years ago!



Acrylic Painting Class

Shirley Frederick, Instructor

Shirley is taking the summer off, but will be returning in September. Enjoy your summer. See you in September.

The Filling Station

Alma/St. Louis Site, 415 Park Ave., Alma

Kaleigh Pettigrew, Site Manager 989.875.9118 email: kpettigrew@gratiotmi.com



It's June- my favorite month of the year! Probably because my birthday is in June, and it's the start of summer! I'm amazed at how fast this year has flown by. My toddler is obsessed with being outside, as well as with being in the water. I foresee lots of sunshine and bathing suits on the clothes line in our future.

June Events

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

Wednesdays at 10:30 am: Chair Exercises. Beginner friendly and no supplies needed.

June 2nd 12:30pm : Ping Pong and Pool! Come show off your skills, or remind yourself how to play.

June 5th 12:30pm: Abstract Watercolor Painting. Registration Required

June 7th 12:30 pm: Officer Mueller, Alma Police Dept., Scam discussion

June 9th 10:30-11:45am: Open Paint! Bring your own canvas, and I will supply the paints and brushes!

June 12th 12:30 pm: June Birthday Celebration with Cupcakes

June 14th 12:30pm: Patriotic Craft. Registration Required.

June 16th 10:30-11:45am: Bingo!

June 21st 12:30pm: Open Paint! Bring your own canvas, and I will supply the paints and brushes!

June 23rd 10:30am: Euchre

June 23rd 12:30pm: Handmade Milkshakes without using a blender! Registration Required.

June 26th 12:30-1:30pm: Bingo

June 28th 12:30pm: Euchre

Fun at the Alma/ St. Louis site with chair exercises, show and tell and flower arranging.



Breckenridge Sassy Seniors!

Breckenridge Masonic Temple, 122 E. Saginaw St., Breckenridge

Lori Chvojka, Site Manager 989.330.7508 (New Phone Number) email: lchvojka@gratiotmi.com



Summer is upon us!! Barbeques, picnics, and family time at its best! I really enjoy the summer, even though it gets hectic at times. This month I have two granddaughters graduating and from different schools. This also means two open houses to attend , throw in a craft show and my month of June is done. No wonder time flies by so fast.

Even with the hecticness, I do find time to do some new things too like learning to play shuffleboard. Both new and old friends are playing. It is fun and good exercise with minimal effort.

June Events

Mondays, Wednesday, and Fridays 10:00 am - 12:00 pm: Dirty Marbles. 12:30 pm - 2:00 pm: Euchre

June 21st 12:30 pm - 2:00 pm: Bingo, prizes provided by Schnepf of St. Louis

The Breckenridge High School National Honor Society students join us on the 2nd Wednesday of every month during the school year for Bingo and Euchre. Additional events will be added as the year progresses. Remember, lunch is available every day we are open. Call 989.330.7508 to make your reservation!



Greetings From Fulton

Fulton Township Hall, 3425 W. Cleveland Rd., Perrinton
Irene Noffsinger, Site Manager 989-236-5019 email: inoffsinger@gratiomi.com

As we head into summer, lots of activities start. One of them is strawberry picking. National Strawberry Shortcake Day is observed on June 14th. The month of June is supposed to be when strawberries are at their best for picking. The national day is best observed by, no big surprise here, eating strawberry shortcake. So, please join us for a delicious dessert on June 14th for Strawberry Shortcake.

June Events

- June 9th 12:30 Blood Pressure check / Nancy Dulin
- June 13th Wii Bowling / 11:00 -12:00
- June 14th Strawberry Shortcake
- June 16th 10:30 - 11:30: The Importance of Adult Sibling Relationships, Holly Tired, presenter
12:30: Blood Pressure check, Nancy Dulin
- June 19th **CLOSED , JUNETEENTH DAY**
- June 23rd Cornhole Games, Inside
- June 27th 11:00 - 12:00: Wii Bowling
- June 30th 10:30 - 11:30: Laughter is the Best Medicine, Holly Tired, presenter
12:30 - 1:30 Bingo

Please join us for lunch, cards or just to visit. The Senior Center is open on Monday, Wednesday and Friday from 10:00 am to 2:00 pm. There are usually card games starting as early as 10:15. Come join us. We look forward to hearing from you.



Several Veterans spent time with students from North Elementary School, Ithaca, sharing stories about their experiences as soldiers. The veterans were in the service between the times of WWII through the Gulf War.



Bus Trip General Information

Below are some rules as well as general information regarding the bus trips.

Please notify the Commission on Aging (COA) *immediately* if you must cancel your reservation. The number to call is 989.875.5246. Please leave a detailed message if calling outside of normal business hours. If you found your own replacement, please provide their name and contact information to the office when you call. Refund checks may be issued when the trip does not include prepaid expenses and you cancel more than 30 days prior to the trip date. Otherwise, a refund will be issued only if we can find a replacement from the reserve list.

If you are not sure about your walking abilities after reading a description of the trip, please ask for more information about the trip before you sign up.

All payments are made out to:

Gratiot Community Senior Center and mailed to:

Gratiot Community Senior Center
c/o Gratiot County Commission on Aging
515 S Pine River St, Ithaca, MI 48847

If you are interested in a trip that is advertised, please call as soon as possible to make your reservation. The number to call is 989.875.5246. Check your calendar and check it again after you make the reservation. Make your payment by the due date so you may be assured of a seat. Otherwise, those names on the waiting list will be contacted and your seat may be filled. The only way to assure your reservation is confirmed is by making payment.

Reservations for the trips are made weeks in advance. Tickets are paid for and are expensive. If tickets get purchased for a trip and then not used, we are not able to get a refund on those tickets. That is why it is important to confirm the dates prior to making a reservation.

If you have to cancel because of illness, please call as soon as possible before the day of the trip. If you forget to attend or just do not show up, we will not give a refund or credit because we have reserved a ticket for you and someone else may have wanted to go but was unable due to a full coach.

If you have questions about any of the above, please don't hesitate to call. We look forward to having you take part in the trips.

Mother's Day fun on the Michigan Princess Riverboat



Jean McNabb and the captain of the Princess.

Charity Island Cruise Tuesday, July 11, 2023 \$169.00 (Inclusive) Bus Departs: 7:00 am Return: 5:00 pm

Your adventure begins in the lovely Caseville, MI harbor of Saginaw Bay. We will board the 50 foot "Lady of the Lakes" with Captain Tom taking us on a 1 1/2 hour trip to Charity Island. Upon arrival, the Lady motors the last 1/4 mile into the cozy marina basin and docks. We will disembark on the island and walk through a beautiful wooded trail to the outdoor, screened and covered pavilion where lunch is served.

The crew will be preparing a picnic type lunch for us. Complimentary iced tea, lemonade, and bottled water will be available. While lunch is being prepared in the outdoor kitchen, there will be an interesting history presentation about Charity Island Lighthouse and maritime history. What a special day this will be on this primitive island in Saginaw Bay!

The bus will leave from Gratiot County Commission on Aging (COA), 515 S Pine River St, Ithaca, MI at 7:00 am sharp! We will return to the COA approximately at 5:00 pm. The trip includes transportation, lunch, boat ride and all tips and gratuities. To make your reservation, please call the COA at 989.875.5246. **Payment is due by July 1, 2023.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S. Pine River St., Ithaca, MI 48847.



Les Cheneaux Lighthouse Cruise Wednesday, August 2, 2023 \$189.00 (Inclusive) Bus Departs: 10:00 am Return: 10:00 pm

We will be traveling to Mackinaw City where we will board the Shepler Ferry for our five hour cruise. Enjoy remarkable views of six spectacular Lake Huron Lighthouses along with an inside look at the beautiful 36 island Les Cheneaux archipelago chain off the southeastern Upper Peninsula. Narration will be provided by an expert from the Great Lakes Lighthouse Keepers Association. The islands sheltered channels and bays near the Straits of Mackinac offer some of the most dramatic and tranquil scenery throughout the Midwest.

The six lighthouses we will see are: Martin Reef, Spectacle Reef, DeTour Reef, Bois Blanc Lighthouse, Round Island Lighthouse, and Round Island Passage.

Box lunches will be served on the boat. Restrooms are also available on the boat. Make sure you layer up that day...you may need a jacket as it can be chilly when out on the water.

The bus will depart from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 10:00 am and we will return around (COA) 10:00 pm. The trip includes transportation, cruise, box lunch and all tips and gratuities. To make your reservation, please call the COA at 989.875.5246. **Payment is due by July 15, 2023.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S. Pine River St., Ithaca, MI 48847.

Area Food Pantries

Alma

First Presbyterian Church
495 Charles Ave., 989-463-2940
Tuesdays (except 5th Tuesday of the month) from 1:30-3:00 p.m.
Serves Alma, Riverdale, Elm Hall and Elwell. Can receive food every six weeks.

Ashley

East Washington United Brethren Church
8051 S. Crapo Road, 989-838-2314
Second Tuesday, every other month (Jan, March, May, July, Sept, Nov) from 3:00-5:00 pm. Must be a resident of Gratiot County and provide proof of residence. Bring box or bag for items.

Bannister

Bannister United Methodist Church
103 E. Hanvey Street, 989-862-4392
Third Saturday of every month, 1:00-3:00 pm.
Must be a resident of Gratiot County and show proof by drivers license or ID.

Breckenridge

United Methodist Church
125 Third Street, 989-842-3632
Tuesdays, 10:00 am-1:00 pm. Residents of Breckenridge, Hemlock, Merrill, and Wheeler only. Can receive food once every 60 days, show state drivers license or ID.

Ithaca

First Presbyterian Church
218 E. Newark St, 989-875-4437
Wednesdays, 9:30-11:30. Residents of Gratiot County south of Tyler Rd **only**. Six times per year. Bring picture ID.

Riverdale

Lincoln Rd. United Methodist Church
9479 W. Lincoln Rd., 989-463-5704
Third Thursday, 9:00-11:00 am. Residents of Sumner and Seville townships who meet financial guidelines receive 1 week of food. On first visit, bring Drivers License/State ID/proof of address.

St. Louis

St. Louis Church of Christ
1075 W. Monroe Rd, 989-681-2524
Third Thursday of the month 11:30 am -2:00 pm.
Please bring own box/bag for items. Photo ID, proof of income, residence and number of people in household required once a year and for new participants.

Office of Human Services
232 N. Mill St, 989-681-4289
Tuesday, Wednesday, and Thursday
9:00 am-11:15am. Please bring own box/bag for items. Photo ID, proof of income, residence and number of people in household required once a year and for new participants.

Please call number listed to confirm days and times.

DANA NESSEL



MICHIGAN ATTORNEY GENERAL

Imposter Scams Take on New Forms: Missed Jury Duty and Demand for Payment Scams

Michigan Attorney General Dana Nessel warns residents that they may be targeted by scammers claiming to be representing government entities.

The Department has received reports that a missed jury duty scam is currently being perpetrated in Oakland County. In this scam, fraudsters call unsuspecting residents and tell them that they have failed to appear for jury duty in federal court. The caller threatens the person with arrest if they don't pay a "cash bond", which has reportedly been as high as \$5,000.

"The public should remember that delinquent jurors are never contacted by phone to pay fines for missed jury duty," Nessel said. "you would receive a notice by mail with specific instructions on what to do next, not a demand for immediate payment under threats of jail."

Another imposter scam involves letters mailed to residents that appear to be from a state agency. The letters, which indicate that they are a "final demand for payment" related to a tax lien, threaten potential foreclosure unless payment is made.

"Residents should verify any correspondence that demands immediate payment, particularly for debts," Nessel said. "A letter demanding payment should contain specific information about your account. If it doesn't, it's most likely a scam."

The individual perpetrating these scams may expand the deception to other agencies, such as the FVI, IRS, or some other state or federal government entity. If you are concerned that you are being targeted by a government imposter, you can protect yourself by doing your own internet research. Looking up the phone number for the government agency allows you to call and inquire without relying upon information provided by the scammer.

Residents can also simply do an internet search for the phone number they are being asked to call. This may help determine whether it actually belongs to a government agency or if it is one being used in scams.

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 during June and July. Presentations are listed below.

June 9:

♥ 12:30-1:30 pm *Alma/St Louis* Mindful Walking

June 16:

♥ 10:30-11:30 am *Fulton* Importance of Adult Sibling Relationships

♥ 12:30-1:30 pm *Alma/St Louis* Calming Down

June 30:

♥ 10:30-11:30 am *Fulton* Laughter is the Best Medicine

♥ 12:30-1:30 pm *Alma/St Louis* Six Principles of Problem Solving

July 24: Laughter is the Best Medicine

♥ 10:30-11:30 am *Breckenridge*

♥ 12:30-1:30 pm *Alma/St Louis*

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, 989-330-7508 or lchvojka@gratiotmi.com

Fulton: Irene Noffsinger, 989-236-5019 or in-offsinger@gratiotmi.com

Alma/St Louis: Kaleigh Pettigrew, 989-875-9118 or kpettigrew@gratiotmi.com



Gratiot County Community Garden

About the Community Garden:

- Located at the First Presbyterian Church: 495 Charles Ave, Alma, MI 48801
- All community members are welcome to help in the garden and/or take from the produce stand
- All ages & experience welcome
- Spring planting day to be determined

If you're interested in participating in the garden, contact Lily or scan this QR code to **join our email list & stay up to date on garden information/events**



Follow us on Facebook!



Gratiot County Community Garden
Community Organization

Contact Lily Boutwell for additional questions:
(989)-875-5101 ext. 2344
Lboutwell@giresd.net

MyMichigan Health

Gratiot Health and Safety Fair

Come join us for an afternoon filled with fun activities focusing on water safety, health and wellness. Parents and children will have the opportunity to visit local vendor booths and tour emergency response vehicles.

Generously Sponsored By




The first 100 children will receive a FREE life jacket!



Thursday, June 15 • 4 - 6 p.m.

Gratiot County Fair For Youth Fairgrounds

701 S. Lincoln Avenue • Alma, Michigan 48801

When you first arrive, go to the registration booth to receive your booth passport. Once you've completed your passport by visiting the listed vendor booths, return to the registration booth to put your name in a drawing to win a prize!

Register to be a vendor here!



For additional information, call Sydney Zuke at (989) 466-3378 or email sydney.zuke@mymichigan.org.



988

SUICIDE & CRISIS LIFELINE



FLAG DAY

June 14




RECRUITING VOLUNTEERS

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

QUALIFICATIONS

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

SCAN THE BARCODE FOR LINK TO WEBSITE AND MORE INFORMATION









Celebrating healthy aging and educating older adults

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?
Join us, and bring a friend!

The **FREE 6 Week program** offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

To register for this FREE training call or email
Sara Krebs at [989-463-1422](tel:989-463-1422) or sara@childadvocacy.net

Program will be held on Tuesdays
5/23/2023-6/27/2023
11am-12pm

Ithaca Senior Center
at the Senior Activity Building
1011 E. North Street
Ithaca, MI 48847



Memorials

Commission on Aging

Doris Marie (Hamlin)LaPaugh
Deborah Brecht-Casselmann &
Thomas Casselman

**My Brothers & Sister Donald,
Noel & Karl Shaffer, Fairy
Lepley**
Wanda O'Boyle

William O'Boyle
Wanda O'Boyle

Robert Merchant
Cheryl Merchant

Walter Smith
Pompeii Odd Fellows #417

Sharon Biddinger
Jill & Martin Lott
Alice McCrory
Roger & Jan Olson
Pat Aldrich & Family

**John Wayne Anderson, Son of
Lillice Anderson**
Lanice Hall

Nutrition

Sharon Biddinger
Connie Lauer & Family
Jill & Martin Lott
Bernard & Linda DeVuyst

Daniel & Fairy (Shaffer) Lepley
Tommy & Carol (O'Boyle) Crow
Family

Dale Gene Williams
Pompeii Odd Fellows #417

Senior Gratiot

Julie Ann Brauher
Shirley & Dale Snell
Lucille Kosnik
Nancy & Howard Crites
Karen Dietz
Grace Brauher
Marcella Brauher

Philip Morton
Jim Morton
Fred Morton
Mary Morton

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

Mervin Flegel
Val Badder
Sandra Reeves
Brady Hessbrook
Marilyn Lumsden
Edith Beck

Cora Jean Kanitz
Terry, Diana, Brent & Eric Martin

Tina Wager Pharaoh
Wanda Pratt
Kathy DeWitt Eyer
Robert & Trudy Wager

John Benesh
Norma Benesh

Alex & Marjorie Capen, Parents
Pvt. Erwin A. Capen, KIA, Brother
Bill Capen, Brother
Marian Capen, Sister
Theresa Koboski

Bonnie Smith
Robert Smith

Dorothy Dougherty
Lloyd Dougherty

Gratiot Community Senior Center

Doris LaPaugh
Jan Strong
Kent Strong
Luke & Beth Strong, Kinley & Callen
Lee & Laurie Schaeffer
Dan & Nancy Throop
Mary Lu Throop

Donations

COA Donors

Maple Valley Lions Club

*May this summer bring you
Strength to heal the past wounds
Excitement to dance in the rain
Courage to love someone deeply
Urge to be your better version
Curiosity to explore the world
Belief that better days are ahead*

Ourmindfullife.com

Senior Gratiot

T. J. Schmitz
Marie Green
Josephine Huff
James Johnson
Mel Spencer
Anonymous
Don & Elaine Burns
Marita & Doug Harkness
Beth Stephan
Mary Newville
Joan Smolka
Eva Zavala



Honorariums

**My Children, Grandchildren &
Great Grandchildren**
Wanda O'Boyle

Grace Brauher
Marcella Brauher

*IN LOVING
Memory*

Thank you for your support and generous donations.

FWF Eat Smart Menu

Lunch 12:00-12:30

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Walking Taco Spanish Rice Corn/Bean Fiesta Blend
5 Pork Chop Whipped Potatoes Winter Blend Fresh Orange Wheat Bread	6 	7 Baked Ziti Casserole Green Beans Corn Leprechaun Fluff Wheat Bread	8	9 Ham Slice Cheese Slice Broccoli/Cauliflower Salad Carrot Sticks Mandarin Oranges Hamburger Bun
12 Chicken Stew Lima Beans Kyoto Vegetable Fruit Cocktail Wheat Bread	13	14 Roast Pork Brown Rice Carrots Cinnamon Applesauce Whole Grain Cookie Dinner Roll	15 	16 Chicken Salad Carrot Sticks Potato Salad Apricots Hamburger Bun
19 CLOSED 	20	21 Sliced Turkey Parsley/Butter Potatoes Winter Blend Pineapple Gelatin Dinner Roll	22	23 Meat Loaf Whipped Potatoes Corn Mandarin Oranges Wheat Bread
26 Salisbury Steak Company Potatoes Peas and Carrots Fruit Cocktail Wheat Bread	27 	28 Chicken & White Bean Chili Corn Multi Bean Salad Apple Crisp Dinner Roll	29	30 Spaghetti Broccoli Carrots Whole Grain Cookie Dinner Roll

Menus are Subject to Change Without Notice, milk is provided with all hot meals. Suggested donation \$2.50 per meal. To CANCEL your HDM or to make a reservation for a meal at a Food with Friends site, please call the COA Kitchen, 989.875.5332.

Commodity Food Distribution Date

Commodities distribution will be on **Monday, June 26, 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.



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

Coming to Fulton in July!

A Body in Motion Stays in Motion!!

Do you have pain after periods of rest?
Are you experiencing aching pain at your joints?

Do you feel stiff or immobile at times?

Come join us for a FREE arthritis exercise class hosted by the Therapy Department of the Laurels of Fulton! Look for more details in the July issue of the Senior Gratiot.

*To date,
J&J Party Store
has donated \$10,738.43 to
the HDM program at the
COA!*

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: **989.330.7508 (New Phone)**
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

Social Security Administration
1.800.772.1213
