



Grant Received for New Air Conditioners

The Commission on Aging (COA) applied for and received a grant through the Gratiot County Community Foundation. The grant was for the purpose of purchasing new air conditioning units that are placed in the homes of Gratiot County senior citizens. Seniors can call and request an air conditioner which can be installed by the Home Chore department for use during the summer months. In the fall, the units are retrieved by the Home Chore department and stored by COA. The grant was awarded from the Senior Homebound Endowment Fund allowing COA to purchase new, energy efficient units, which replaced some low functioning models. The COA would like to extend our gratitude to the Gratiot County Community Foundation for this grant.



Sarah McClung with some of the new air conditioners.



2023 Senior Project Fresh/Market Fresh Program Registration Information

The Michigan Senior Project Fresh/Market Fresh Program is still available to seniors 60 years of age or older who qualify. A limited number of coupon books are still available. 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** and can be completed by calling the Commission on Aging and speaking 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.

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)

Arrangements for picking up the coupon booklet will be made once you are registered. If you have any questions, please contact Sarah McClung, 989-875-5246.



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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

July 2023
Volume XLVIII
Number 7

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



The Commission on Aging office will be closed on Monday, July 3rd and Tuesday, July 4th in celebration of Independence Day. The office will reopen on Wednesday, July 5th at 8:00 am.

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.

May 2023 Prep Team Volunteer Thank You!

These 15 COA volunteers devoted 27 hours to prepare the June 2023 issue of the Senior Gratiot Newspaper for mailing.

Evelyn White, Lisa Skaryd, Ruth Malek, Nancy Crispin, Marilyn Miller, Linda Cox, Ellen Martin, Sally Martin, Betty Reeves, Judy Zimmermzn, Carole Moore, Carol Reeves, Cheryl Wiseman, Helen Hoard, Irene Peck, Kathy Pendell, and Bernie Barnes



VOLUNTEER ACTIVITY July 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 - July 19, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - July 20, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team

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



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.

Volunteer: Benefits

Being a volunteer is a wonderful feeling. As an older adult, there are health benefits that come from volunteering as well.

1. Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among older adults provides benefits to physical and mental health, and volunteers report better physical health than do non-volunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety. Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received. Reduced stress further decreases risk of many physical and mental health problems.
2. The work that volunteers provide is essential to everyday activities, which gives volunteers a sense of purpose. Older volunteers experience greater increases in life satisfaction and self-esteem.
3. Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity. Dedicating time as a volunteer helps expand social network and practice social skills with others.

Information from <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering>

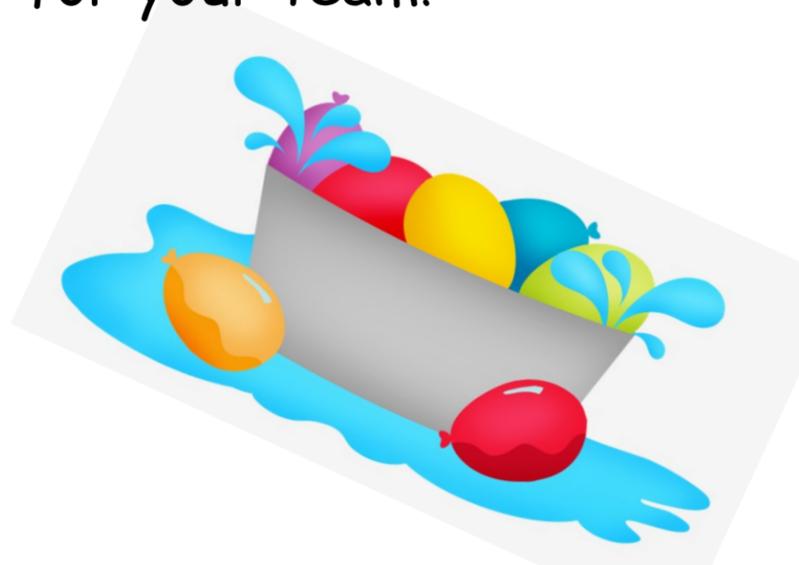


For Seniors!
 Presented by Commission on Aging
 Food with Friends

When: August 7th, 10:30 am to 1:00 pm
 Where: Atkinson Senior Park, 1011 E North St, Ithaca

Each Food with Friends site will make up a team to participate in the games. There will be a "parade of nations" at 10:30 am with the games beginning at 11:00 am. Bring your favorite lawn chair and cheer for your team!

A picnic lunch of hot dogs, potato chips, baked beans, potato salad, watermelon and ice cream will be served at noon (suggested donation of \$2.50). Please call the COA kitchen to make your reservation, 989-875-5332.



To register for a team, contact the site listed below that you wish to compete for. Maximum of 7 team members per site. You must register by July 17 2023 to participate in the games.

Breckenridge:
 Contact Lori Chvojka
 989-330-7508

Alma/St. Louis:
 Contact Kaleigh Pettigrew
 989-875-9118

Ithaca:
 Contact Jo Joans
 989-875-2135

Fulton:
 Contact Irene Noffsinger
 989-236-5019

Senior Activity Building

July2023

Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed 	4 Closed 	5 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Horseshoes or Cornhole	6 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	7 8-10 SAB Coffee 11:30 Blood Pressure Checks with Joyce 12:00 Food with Friends Meal 12:45 Friday Cards
10 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo	11 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 12:40 Euchre 7:00 VFW Post #7805	12 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes or Cornhole 1:00 Horseshoes	13 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	14 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Friday Cards
17 8-10 SAB Coffee 11:00 Bocce 12:00 Food with Friends Meal	18 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 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 Horseshoes or Cornhole 7:00 A-Tractive Tractor Club	20 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	21 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Friday Cards 1:00 Otago Exercise Program
24 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo	25 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 12:30 Hand & Foot	26 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Horseshoes or Cornhole	27 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	28 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Friday Cards 1:00 Otago Exercise Program
31 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 SkipBo	8-10 EVERYDAY SAB Coffee & Conversation with Linda St. Charles 10:00 EVERYDAY Visits, news, games, & activities 12:00 Monday through Friday Food with Friends Meal, Call 989-875-2135 to make your reservation Wanda's Walk , every weekday this month join in walking			



Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager

989.875.2135

email: jjones@gratiotmi.com

The Board THANKS Greg Brown for providing the Pickleball lessons in May and June. There are no scheduled lessons in July. The Senior Activity Building (SAB) Board has purchased paddles and balls to be used by seniors for lessons and for use as an SAB activity. The sign out and sign in of this equipment needs to be done with a building representative inside the building. Please call 989.875.2135 with any questions you may have regarding Pickleball. Greg has posted more information on the Pickleball fence and on Facebook. Stop by! Come to play or to just sit on the benches while watching the action!

Every morning from 8:00-10:00 am, the (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 pm. On Tuesday and Thursday, Soup and Salad meals are served at 12:00 pm. 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.

Bingo is enjoyed on Mondays, the 10th and 24th, at 12:40 pm. Yvette from Schnepps Health Care will provide the prizes on July 10th. Betsy from Ashley Care Center will do the same on July 24th.

The Just for Fun Dulcimer Club does not meet in July. Bocce is scheduled on the 17th at 11:00 am and SkipBo will be on the 31st at 12:40 pm.

EZ Motion exercise class starts at 10:00 am each Tuesday and Thursday. Come stretch with us! Do take an enjoyable walk on Wanda's Walk in Atkinson Park any day and anytime!

Euchre players are invited to come at 12:40 pm on Tuesday, July 11th to play a few hands. On July 25th, Hand an Foot is being played at 12:30 pm.

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

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.

Friday, July 7th, we welcome Joyce Raycraft who will be glad to check your blood pressure before lunch. Friday cards are on the schedule at 12:45 pm each Friday. Bring your friends!

Gratiot VFW Post # 7805 will meet at the Building on July 11th at 7:00 pm. A-Tractive Tractor Club meets at 7:00 pm on Wednesday, the 19th.

Our Senior Activity Building Board meets at the building on the third Tuesday of the month, the 18th this month, at 1:15 pm. 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 the SAB, Senior Center or Ithaca Food with Friends. Suggestions for activities are always welcome.

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

Happy Birthday United States of America!

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from May 12 through June 8, 2023.

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

Gifts In Gratitude to SAB

Cleo Flegel
Jo Jones

Memorials

Senior Friends

Linda St. Charles
(Flowers in Memorial Garden)

Bob Crist

Sale of Bob's CDs

Lorraine (Martin) Mitchell

Bill & Linda DeVuyst
Ellen Martin
Mike & Cheryl Leight
Linda Weburg
Bob & Cathy Patterson
Steve & Betty Schumacher
Ken Wood
Carol Reeves

Rebecca Allen

Earl & Shari Wilson
Maynard & Mary Ann Allen

Wally Bringold

Bob & Gail Paradise & Family

Honorariums

Linda St. Charles

Participants at the SAB Memorial Weekend Pancake & Sausage Breakfast

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

Mary Humm



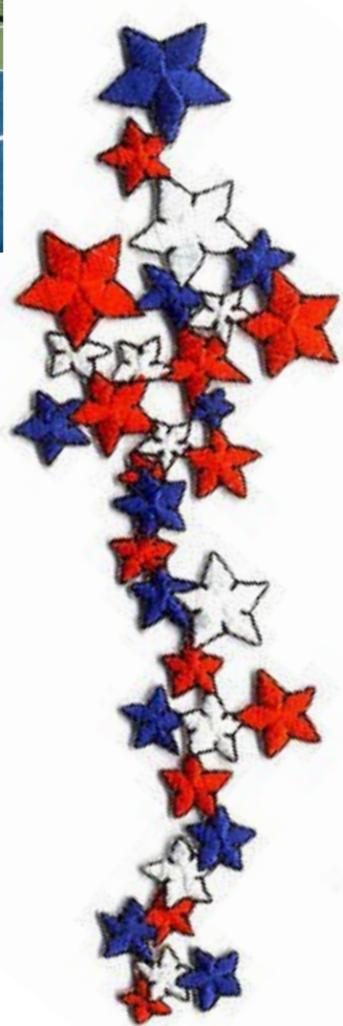
Friends Sondra Schaub, Joyce Raycraft, and Helen Hoard share helpful information to find things on their phones.



Beginners in action at the Pickleball courts with Greg Brown leading the lessons



Cleo Flegel and Ron Peters work on putting mulch around the trees at the Senior Activity Building.



The Filling Station

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

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



June brought us even more new faces to The Filling Station- for both lunch and activities! We have an exciting class starting in July - for the next six weeks on Wednesdays at 12:30pm, Joanna Urban will be hosting a series called "Cooking for One". This class involves food preparation/sampling, nutrition education, budgeting and physical fitness. Each participant will receive their own workbook to use and keep throughout our classes. The classes and materials are at no cost. I am very excited for this, so please come join us!

July Events

- Mondays** 10 am-12 pm: 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** 10:30 am: Chair Exercises. Beginner friendly!
- Fridays** 10 am: Movies and Munchies! Bring your favorite munchies, and we'll watch some of your favorite movies together.
- July 5th 12:30 pm: Cooking for One class
- July 7th 1:00 pm: Cupcake decorating. Please bring six undecorated cupcakes with you, and we'll learn how to decorate them to look like an American Flag! Registration is required.
- July 10th 12:30 pm: Bingo!
- July 12th 12:30 pm: Cooking for One class
- July 14th 12:45 pm: Canvas Spin Art. Registration is required, and this activity will partially take place outside.
- July 17th 12:30 pm: Modge Podge Wine Bottles. Registration Required.
- July 19th 12:30 pm: Cooking for One class
- July 21st 12:30 pm: Karaoke
- July 24th 12:30 pm: Laughter is the Best Medicine with Holly Tired
- July 26th 12:30 pm: Cooking for One class
- July 28th 12:30 pm: Bingo
- July 31st 12:30 pm: Button Flower Bouquet. Registration Required.

Celebrating Birthdays and enjoying Baily at the Breckenridge Senior Center.



Officer Mueller from the Alma Police Department sharing information about scams with seniors at the Filling Station in Alma/St. Louis.



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



Hello everyone! What a week I have had! The hecticness of summer has arrived for sure....open houses, craft shows and amongst all of that, my husband had some serious medical issues. He is doing much better, but his health issues have brought to mind something I want to discuss with you. Please listen to your body. Our bodies are remarkable things and will tell us when something is wrong. We just need to listen! We were too busy and ignored signs until it became urgent.

Talking with your health provider is very important. Doing your own research is ok, but your health provider will be able to answer your questions and give you the correct information. When something does not seem right with your body, please reach out to your doctor, schedule an appointment and be frank in your discussions with him/her. Make sure they listen to you and don't ignore what your body is telling you.

Now, for some fun stuff....we had a visitor this month. Mason brought his dog, Baily, to visit. She was a very well-behaved dog. We all really enjoyed her. We also celebrated the birthdays for the month. We play a game called Dirty Marble, and we have grown in numbers to where we needed another board. Thanks go out to Larry and Nancy Sensabaugh for donating another board! We really appreciate your generosity. Until next time, have a great month!



Greetings From Fulton

Fulton Township Hall, 3425 W. Cleveland Rd., Perrinton

Irene Noffsinger, Site Manager 989-236-5019 email: inoffsinger@gratiomi.com

July for me marks the middle of our short summer. Next month the kids return to school and we start to wind back down towards the fall. When you have free time and are sitting idle, I could use some craft ideas for centerpieces we could make to host our Christmas lunch and concert.

July Events

- July 3rd** CLOSED FOR 4th OF JULY
- July 4th** CLOSED FOR 4th OF JULY
- July 10th** Wii Bowling, 11:00 am
- July 12th** **A Body in Motion Stays in Motion!** 10:30 - 11:30 am. Come join us for a FREE Arthritis Exercise class, hosted by the Therapy Department of the Laurels of Fulton!
- July 14th** Blood Pressure Check by Nancy Dulin , 12:30 pm
- July 21st** Corn Hole, 12:30 pm
- July 24th** Wii Bowling, 11:00 am
- July 26th** Celebrate National Hot Fudge Sundae Day, July 25th, by enjoying Hot Fudge Sundaes with us after lunch
- July 28th** Blood Pressure Check by Nancy Dulin , 12:30 pm
- July 28th** Bingo, 12:30 - 1:30 pm

Thanks again to everyone that donated books to Fulton Senior Center last month. As always, books may be donated at any time you are willing to part with them. We are open on Monday, Wednesday and Friday from 10:00 am – 2:00 pm. When they have made it through our senior center, they are then passed on to one of the other senior centers in our county.

Please join us for lunch, cards, dice, and skipo 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.

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.

FLAGS AND FIREWORKS

By Jimmy and Evelyn Johnson—www.qets.com
Answers found on page 11

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

- | | | |
|----------|-------------|--------------|
| Bang | Firecracker | Ignited |
| Banner | Fizzle | Pyrotechnics |
| Blue | Flagpole | Red |
| Boom | Flash | Rocket |
| Crackle | Fun | Sparkler |
| Dazzling | Glitter | Starburst |
| Explode | Halyard | White |



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.

Charity Island Cruise

The trip scheduled to Charity Island has been cancelled by the charter company. This cancellation is due to a lack of water in the channel for navigation to the island. Hopefully water levels will rise and this trip will be able to be scheduled for a later date.

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, De-Tour 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 or raincoat as it can be chilly or wet 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.



Emergency Address Signs

Make sure first responders know where to find you in case of an emergency. Reflective address signs and numbers make it easy to find your house in case of an emergency. Police, Fire and emergency responders are recommending all homeowners, tenants and businesses display their address in a highly visible, reflective material for an accurate first response.

The Commission on Aging Home Chore department is able to install these signs at your home. The signs can be attached to an existing mailbox post or fence post where it can be easily seen from the road. There is no charge for the sign, however, if you need a post installed, you would need to pay for those materials. We will gladly except donations for labor.

If this is something that you might be interested in having installed, please call Commission on Aging at 989-875-5246 and let us know. We will get the information to the Home Chore department and Dan and the crew will get a sign installed!



Medicaid Renewals

The Michigan Department of Health and Human Services has returned to annual re-determinations of coverage for Medicaid. If you or someone you are helping is receiving Medicaid benefits, here is what you can expect.

You will receive a notice of renewal about 3 months prior to your original date of eligibility. For example, if you originally enrolled in September, you will receive a notice in July indicating your need to renew. In August, you will receive the necessary paperwork to complete. That paperwork must be completed and submitted prior to the deadline in September to keep your coverage.

If you have questions, please contact the Michigan Department of Health and Human Services, 989-875-5181.



Fall Prevention Intervention Otago Exercise Program

The Otago Exercise Program is a key intervention that reduces the risk of falling in older adults. Through exercise, older adults can reduce their risk of falling and improve their balance, confidence and stability.

Join instructors and student trainers from Central Michigan University College of Medicine as they work with you to improve your balance and reduce the risk of falls. This class will be held at the Ithaca Senior Center at the Senior Activity Building, 1011 E North Street in Ithaca. The first class will be held on Friday, July 21 at 1:00 pm and will continue every Friday.

To register for this FREE program, email FallPrevention@cmich.edu or call CMU at 989-774-1350 to let them know you are interested in the program. You will also receive free ankle weights and exercise manual. They will be able to answer any additional questions you may have as well.

We look forward to seeing you on Friday, July 21st.



Gratiot Community Personal Needs Pantry

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

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

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

When: Every Thursday, 12:00-3:00 p.m.

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

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:

July 8 and 22

September 9 and 23

August 5, 12 and 26

October 14, 21 and 28

♥ **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.

FALL PREVENTION PROJECT

FREE Otago Exercise Program!

Where: Ithaca Senior Center at the Senior Activity Bldg. 1011 E. North St, Ithaca

When: Fridays at 1:00 pm beginning July 21st

The Otago Exercise Program is a key intervention that reduces the risk of falling in older adults. This is an evidence-based program that employs strength training and balance retraining exercises, combined with a walking regimen.

Free ankle weights and exercise manual included.



E-mail or call to sign-up or learn more!

FallPrevention@cmich.edu (989) 774-1350

med.cmich.edu/healthy-aging



Summer Picnics & Grilling Season!

Even though the official start of summer was last month, there will be plenty of grills cooking up food over the July 4th holiday and the rest of the summer.

Something to keep in mind with all this outdoor fun is that food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish. When firing up the grill, make sure to handle food safely and cook to the proper temperatures.

Keep Hot Foods Hot and Cold Foods Cold

Whether you're transporting food to go hiking, camping to a barbeque, or a picnic, the rule stays the same: keep hot foods hot and cold foods cold. Food is in the "Danger Zone" when it is in the temperature range of 40 degrees F and 140 degrees F. If food is in the "Danger Zone" for too long, bacteria can grow to dangerous levels.

- Keep cold foods cold by keeping food nestled in ice, in a cooler with a cold source, or refrigerated until ready to serve.
• Keep hot foods hot by placing food on a grill, in a pre-heated oven, warming trays, or slow cookers.

Use a Food Thermometer

Many people use cues like grill marks, color, taste, and firmness to see if their food is fully cooked, but these tests come with great risk of getting food poisoning. Measuring the internal temperature of meat with a food thermometer is the safest way to see if your food is fully cooked.

Information from MMDHD

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



* Gratiot County Residents only *

Vaccination & Microchip Clinic for dogs and cats

Saturday, July 29, 2023 8 am - 4 pm

at GAIN (Gratiot Animals in Need) 1696 W. Monroe Rd (M-46) St. Louis

Appointments are required

- No "Walk-Ins" -

Cats MUST be in carriers and handleable *Dogs MUST be leashed*

To schedule an appointment call GAIN's office:

989-875-2286

\$10 Donation requested per vaccine: rabies, distemper

\$5 Donation requested for microchips

Proceeds to benefit GAIN'S Pet Food Bank and spay/neuter programs



Memorials

Commission on Aging

Michael H. Bethka

Dennis & Connie LaFleur
 Robert & Carolyn Buchholz
 Alice Bethka
 Charles & Sharon Skinner
 Ron & Sandra Acton
 Mike & Alice Pung
 Jake & Shirley Hamilton
 Erin Harrier
 Carolyn Feltman
 Sharon Widman
 Kyle & Kathy Wilhelm
 Bill & Elena Keller
 Jerilynn Holmes
 Karen Richards
 Larry Brenner
 Leslie Thomas
 Ronald & Arlene Reidel
 Rick & Jennifer Samuels
 Corinne McMaster
 Michael & Elaine Houle

Maynard Danks

Janice King
 Wally Robinson

Janet Winn

Bernard Winn

Leona Martin

Her Family

Harold & Aldeen Roberson, WWII

Navy Veterans

Rod & Nora Palmer

Nutrition

Sharon Biddinger

Anonymous
 Hilda Oakes
 Patricia Smith
 Jon & Carol Lauer
 Kathryn A. Thomas
 Phil & Lisa Tuggle

Senior Gratiot

Andrew Schreiner

Karen Kirby

Doris LaPaugh

Nona Miller

Harold McClintic

Dick & Joyce Colbry

Gerald Pringle, Marilyn Pringle (Parents)

Rod Pringle (Brother)

Claudia Kleppert-Meyer (Sister)

Jacquelyn LaCosse

Leon Houseman, Jr., My Son

Madalyne Houseman

Ellie McCreery

Sally McCreery

James K. Riley

Edith M. Johnson

Jim Riley

Irene Riley

Diana M. Riley

Larry W. Riley

Anne Derry

Matt & Laura Ahearn

Donations

COA Donors

Joanne Baker
 Ethel Durocher
 Anonymous
 Marci Browne

Nutrition Program

Marty Peet
 Alma Order of the Eastern Star #43

Honorariums

Gram's Kitchen Staff

Jo Jones



Senior Gratiot Donors

Janet Schollaert
 Joe Skriba
 Connie & Frederick Bare
 Anonymous
 Mary Lee Mull
 Caroline & David DeGraaf
 Marty Wieferich
 Julia Alward

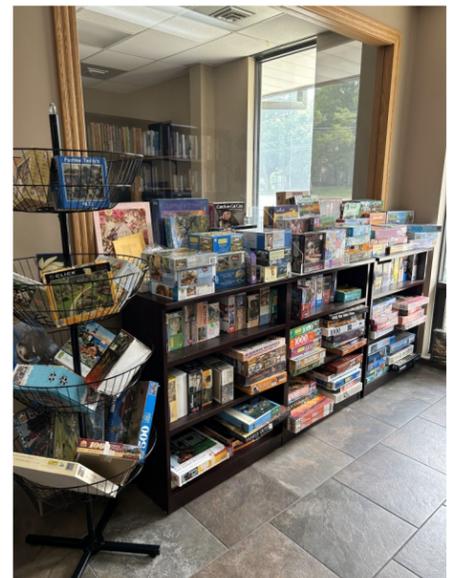
Thank you for your support and generous donations.

Answers to Word Search on Page 7



BOOK NOOK

Stop by the COA to browse our selection of donated books and puzzles. We have a constant flow of people borrowing and donating so the choices are always changing. A good book and a challenging puzzle await your arrival.



Food with Friends Eat Smart Menu

Lunch 12:00-12:30

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CLOSED</p> 	<p>CLOSED</p>	<p>4 5</p> <p>French Toast Hash Browns Sausage Links Orange West Bread</p>	<p>6</p>	<p>7</p> <p>Summer Chicken Salad On Hamburger Bun Broc/Cauli Salad Baby Carrots Apple Slices</p>
<p>10</p> <p>American Goulash Kyoto Vegetable Peas Apricots Wheat Bread</p>	<p>11</p>	<p>12</p> <p>Oven Baked Chicken Green Beans Squash Mixed Fruit Cup Strawberry Yogurt Dinner Roll</p>	<p>13</p>	<p>14</p> <p>Meat Loaf Whipped Potatoes Pickled Beets Leprechaun Fluff Wheat Bread</p>
<p>17</p> <p>Macaroni & Cheese Broccoli Carrots Pineapple Wheat Bread</p>	<p>18</p> 	<p>19</p> <p>Turkey Burgers on a Bun Brussel Sprouts Berry Fruit Cup Tater Tots</p>	<p>20</p>	<p>21</p> <p>Spanish Chicken Brown Rice California Veggies Ambrosia Fruit Cup Wheat Bread</p>
<p>24</p> <p>Chop Suey Brown Rice Broccoli Tropical Fruit Wheat Bread</p>	<p>25</p>	<p>26</p> <p>Baked Ziti Casserole Broccoli Mixed Vegetables Peaches Dinner Roll</p>	<p>27</p>	<p>28</p> <p>Hot Dog on Bun Macaroni Salad Carrots Gelatin Cup Apple Juice</p>
<p>31</p> <p>Walking Taco with Chips Corn/Bean Fiesta Blend Cilantro Lime Rice Fresh Orange Wheat Bread</p>				

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, August 28, 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

Estate Planning Legal Assistance Only

Region VII Area Agency on Aging provides legal assistance to older adults in our community for estate planning. If you need legal assistance, contact Region VII's Legal Department, 800-858-1637. After getting some general information, the attorney will contact you within 7 to 10 business days.

Region VII Area Agency on Aging



*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: 989.842.3338
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

Social Security Administration
1.800.772.1213