

August



Gratiot County Commission on Aging is proud to announce the release of a new logo. The logo reflects Commission on Aging's mission and desire to focus on the future, while continuing to maintain our dedication and support to the senior community members of Gratiot County.

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

August 2023
Volume XLVIII
Number 8

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



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 have a team of seven representing their site participating in the games. There will be a "parade of nations" at 10:30 am at the Senior Activity Building 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.

We hope you will take this opportunity to enjoy the warm summer breezes, good food, fun and the company of friends. The other Food with Friends sites will be closed so all can participate in the games and picnic. We look forward to seeing everyone in Ithaca!



Like Gratiot County Commission on Aging
On Facebook & Twitter



Linda Cox, Caregiver Trainer with Commission on Aging was presented with door alarms by the First Congregational Church in Breckenridge. These alarms can be used by families who have loved ones diagnosed with Dementia or Alzheimer's. The alarms can be attached to the home doors and will sound if the door is opened without following the proper procedures. This allows the family some additional peace of mind while keeping their loved one home.

THANK YOU!

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.

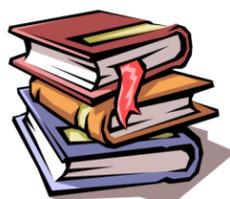
Expanding Your Horizons

Sue Koch Coordinator of Volunteers
989-875-5346

Thinking about expanding your horizons? About traveling with a friend? Learning and growing as a person? Doing good? We are in need of volunteer drivers to deliver the hot, nutritious meals made in Commission on Aging's kitchen to clients who have need of home delivered lunch-time meals.

Tap into your friendships at work, at church, service group membership or neighborhood to form a team of two to deliver meals once a week, once every two weeks or once a month within Gratiot County. We currently need drivers on Mondays, Wednesdays, and Fridays. Meals are picked by drivers at Commission on Aging in Ithaca. Most routes take one and one-half to two hours. Empty meal carriers are returned to Commission on Aging in Ithaca. Your investment of time provides at the door meal delivery, a brief social connection, and a safety check which may be the support needed for the senior to remain in his or her own home for as long as possible.

Route mileage is paid twice a month by direct deposit. Route mileage reimbursement is at the current IRS standard mileage rate of 65.5 cents per route mile. Please contact Sue Koch for more information.



Book Nook

The COA Lobby Book Nook is thriving with wonderful paperback and hardbound books. Colorful puzzles of all kinds are also available. Puzzles generally have 300 to 1500 pieces. Come in and 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.

While in the lobby, take time to browse the 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 Mondays through Fridays 8 a.m. to 4:30 p.m. We are closed holidays.



Do you have yarn you do not need or want any longer? COA is always willing to accept yarn you may have. Your donation will be used by the Mitten Makers/Hats Galore team for mittens, hats, scarfs and head bands to be donated. Thank you.

June 2023 Prep Team Volunteer Thank You!

These 16 COA volunteers devoted 26 hours to prepare the July 2023 issue of the Senior Gratiot Newspaper for mailing.

Lisa Skaryd, Ruth Malek, Nancy Crispin, Marilyn Miller, Sally Martin, Ellen Martin, Linda Cox, Carole Moore, Helen Hoard, Nora Kowitz, Betty Reeves, Kathy Pendell, Jim Peck, Irene Peck, Adyn Hoyt, Kendra Hoyt



VOLUNTEER ACTIVITY August 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 - August 16, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - August 17, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team
Commission on Aging in Ithaca
August 30, 9:00 - 11:30 am



Young at Heart

Staying socially active enriches our lives, and creating intergenerational friends keeps us young at heart and mind. Most of us make friends with people because we like them. We have interests or experiences in common. They make us laugh. They make us feel special. We should do the same for them. There is always room for more friends in our lives. Age should not matter in the least.

Scientists are starting to discover that having friends who care about us is really a vital part of living. It is a very good predictor of good health, success, and happiness.

- ♥ Scientists have found that being lonely is more dangerous than air pollution, obesity, or excessive drinking.
- ♥ Individuals who are not lonely have as many problems as lonely people. But when you are lonely, the problems faced stress you more and for a longer time. People with active social groups are able to move past stress faster. It is believed that their friends make that possible.
- ♥ When an individual stresses, their friends remind them of their value, giving the person the ability to quickly move out of feeling negative.
- ♥ Friendship is the leading factor of happiness.
- ♥ We learn to make friends accidentally. No one, even our parents, teach us how to do it.

Friendships can't be looked at as either black or white; either we are best friends forever, or not at all. Holding a hard and fast rule about friendships will hurt you. Try to focus on ranges of friendships from acquaintances, to very casual, to very close. Having a broad and interesting social circle is key to happiness. With casual friends, your investment of time and energy is just smaller, and you share less intimate information.

Information courtesy of <https://seniornews.com>



Pictured L to R:
David Travis,
Worthy Patron;
Paula Moeggenborg,
Commission on
Aging;
Pat Miller, Worthy
Matron



The Alma #43 Order of the Eastern Star Recently made a donation of \$500 to the Gratiot County Commission on Aging to assist the Home Delivered Meals program. This program provides one meal per day to home bound senior citizens aged 60 years and over who live in Gratiot County.

Each year the current Worthy Matron selects a project for the chapter to support, this year being Home Delivered Meals. In the past, this chapter has supported such entities as Camp Cancer, the Baby Pantry and Foster Closet just to name a few.

Thank you very much for your generous donation!

Mosquitoes...More Than Just a Nuisance!

Summer is in full swing and we have now had rain to green up the landscape and add some puddles around. Some mosquitoes like living near people, while others prefer forests, marshes, or tall grasses. All mosquitoes like water because mosquito larvae and pupae live in the water with little or no flow.

Almost everyone has been bitten by a mosquito. Most types of mosquitoes are just nuisance mosquitoes, however, some types can spread viruses that can cause disease, serious illnesses, and infections that can lead to death. Below are some tips to protect yourself against mosquito bites.

- ☼ **Use insect repellent:** When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. Use an EPA-registered insect repellent with one of the following active ingredients: DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), or 2-undecanone.
- ☼ **Cover up:** Wear long-sleeved shirts and long pants when you will be in an area prone to mosquitoes.
- ☼ **Keep Mosquitoes outside:** Use air conditioning or window and door screens. Make sure your screens are in good repair. If you are not able to protect yourself from mosquitoes inside your home, sleep under a mosquito bed net.



Enjoy the outside during the summer months, but remember to protect yourself from mosquitoes.

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 accept 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!



Senior Activity Building

August 2023

Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Play Pickleball anytime! Want to try Pickleball? Call 989.875.2135	1 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 12:40 Euchre	2 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Horseshoes or Cornhole	3 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	4 8-10 SAB Coffee 11:30 Blood Pressure Checks with Joyce 12:00 Food with Friends Meal 1:00 Otago Exercise Program	5
7 8-10 SAB Coffee 10:30 Senior Summer Games and Picnic Lunch	8 8-10 SAB Coffee, Celebrate Linda's Birthday 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 7:00 VFW Post #7805	9 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Horseshoes or Cornhole	10 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	11 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	12 SAB FUN DAY 11:00-1:00 Games and Hot Dog Roast
14 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo 2:00 Dulcimers	15 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 1:15 SAB Board Meeting	16 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	17 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	18 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	19
21 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Cribbage	22 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 12:40 Euchre	23 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Horseshoes or Cornhole	24 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	25 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	26
28 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo	29 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 12:40 Euchre	30 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Horseshoes or Cornhole	31 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	8-10 EVERYDAY SAB Coffee & Conversation with Linda St. Charles 10:00 EVERYDAY 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

Senior Summer Games will be held in Atkinson Park and the Senior Activity Building (SAB) on Monday, the 7th. Seniors from all four Food with Friends food sites will be competing and cheered on by their fellow seniors. A great picnic lunch, prepared by our excellent kitchen staff will be served following the competition.

Be sure to put the first SAB Fun Day on your personal calendar! The fun will happen on Saturday, the 12th from 11:00 am to 1:00 pm. We ask you to call 989.875.2135 by August 9th to let us know you will be joining us for fun, games and the Hot Dog roast!

The Fun Day games will include horseshoes, shuffleboard, pickleball, ladder game, croquet and walking Wanda's Walk. All levels of expertise are welcome. Spectators are welcome to bring a lawn chair or enjoy one of the special benches near the building to cheer on their participant There will be indoor games in case of rain, but the hot dog chefs will still carefully cook your hot dog on the grill for you.

The SAB Board continues to thank Gregg Brown for offering pickleball lessons. There are no scheduled lessons in August. The 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. Gregg has posted more information on the pickle-

ball 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, our 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. We will celebrate Linda's birthday on Tuesday, the 8th.

Food with Friends hot meals are available on Monday, Wednesday and Friday at 12:00 pm. On Tuesday and Thursday, soup and salad meals will be 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 meal. 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.

Bingo is enjoyed on Mondays, the 14th and 28th at 12:40 pm. Yvette from Schnepps Health Care will provide prizes on the 14th, and Betsy from Ashley Care Center will do the same on the 28th.

The Just for Fun Dulcimer Club will be back on Monday,, the 14th at 2:00 pm. Cribbage is scheduled for Monday, the 21st after our Food with Friends meal.

EZ Motion exercise class starts at 10:00 am each Tuesday and Thursday. Come stretch with us! Following the EZ Motion class on Thursday is the opportunity to enjoy Wii Bowling. 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 Tuesdays, the 1st, 21st and 29th.

The knitting group gathers at 10:00 am each Wednesday. Dominoes are on the schedule at 12:45 pm and, depending on the weather, we will compete at cornhole or horseshoes at 1:00 pm on Wednesdays. You are always welcome to join us for any of the activities.

Friday, the 4th we welcome Joyce Raycraft, who will be glad to check your blood pressure before lunch. After lunch on Fridays, we welcome the Otago Exercise Program at 1:00 pm. This program is led by Central Michigan University College of Medicine staff and student trainers. The goal of the program is to improve your balance and reduce the risk of falls. Please call CMU at 989.774.1350 to register for this FREE program!

The Gratiot VW Post #7805 will meet on the 8th at 7:00 pm. The A-Tractive Tractor Club meets at 7:00 pm. on Wednesday, the 16th. The Senior Activity Building Board meets at the Building on the third Tuesday, the 15th this month. The meeting will begin at 1:15 pm and you are always welcome to attend.

Be sure to check the calendar at the building since there may be changes and additions to the schedule for the Senior Center,

Senior Activity Building and Ithaca Food with Friends. Suggestions for activities are always welcome.

Food with Friends and the SAB's phone number is 989.875.2135. Feel free to call to check on updates about a scheduled event. Always call ahead of time to make your reservation for your meals. We look forward to your call and to welcoming you!

Hoping that you will 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.

We hope to see you at the Senior Summer Games on August 6th as well as the SAB Fun Day!



MyMichigan Medical Behavioral Health Care

Depressed? Anxious? Stressed?

You are not alone and it is important to take care of your mental health. MyMichigan Medical Center - Gratiot is your go-to place. They have a team of experts ready to assist you.

The Psychiatric Partial Hospitalization Program is available to help address behavioral health concerns with an intensive, patient centered program designed to help people cope with life. For more information, please contact MidMichigan Medical Center - Gratiot at 989-466-3253 or by going on-line to mymichigan.org/mentalhealth.



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from June 9 through July 7, 2023.

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

Gifts In Gratitude to SAB

VFW Post #7805
Cleo Flegel
Jo Jones

Memorials

Howard Lott

Food with Friends
Jill & Martin Lott
Jackie Lott
Marty & Lorna Derry
Wayne & Minnie Freed
John & Cynthia Adams
Larry Schafer
Michelle & Todd Carpenter
Robert Lott
Duane & Sue Dickinsen
Rita & Tony Webster
Joyce Raycraft
Bill & Linda DeVuyst

Ken Yordy

Food with Friends
Jack & Avis Ginther
Jim & Bonnie Ludwick

John Shimunek

Joe & Shar Eargood

Harold McClintic

Joe & Shar Earegood

Victor Smith

Food with Friends

Janet White

Mark & Sue Boyer
Ellen Martin
Kat Johnston
Robin & Mike Boyer
Deb & Hugo Garofalo
Kerry & Sharon Welch
Connie Etheridge
Mike & Cheryl Leight
Karen Turja
Steve & Betty Schaumacher

Jim Swartzmiller

Joe & Shar Earegood

Roger Hudson

Joe & Shar Earegood

Gary Hill

Food with Friends
Jack & Avis Ginther
Dave Delongchamp
Joyce Raycraft
Barbara Cashmore Lee
Kaye Cashmore Scholler
Jim & Bonnie Ludwick
Paul Showers
Bernard & Linda DeVuyst

Karen Dietz

Judy Brown

Florence DeVuyst

Bernard & Linda DeVuyst

Honorariums

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

Mary Humm

The Filling Station

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

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



August means that the Alma/St. Louis site has officially been open for six months! Time has flown by, and I feel like I've known you all for years. Thank you again for welcoming me with open arms. It has been so nice getting to know you all and being a part of this wonderful community.

Friday, August 25th, the Filling Station will be closed. Please feel free to join one of our other sites for lunch!

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, 10am: Morning Movies and Munchies! Bring your favorite munchies, and we'll watch some of your favorite movies together, or ones you've never seen!

August 2nd, 12:45-1:45 pm: Bingo

August 7th **CLOSED** due to Senior Summer Games in Ithaca. Come join us.

August 9th 12:30 pm: Cooking for One. Join us for this fun class with Joanna Urban from MSU Extension.

August 11th 12:45-1:45 pm: Karaoke

August 15th 12:45 pm: Charger Plate Craft. Registration required

August 16th 12:30 pm: Cooking for One. Join us as we wrap up this fun class with Joanna Urban from MSU Extension

August 21st 12:45-1:45 pm: Karaoke

August 23rd, 12:45 pm: Painting class. Registration required

August 25th **CLOSED**

August 28th 12:45-1:45 pm: Bingo

August 30th 12:30 pm: Pine Cone Wreaths. Registration required

September 1st 12:30 pm: Pine Cone Wreaths. Registration required



Filling Station Fun!

Friday morning
Movie and Munchies
pictured at left

Spin Art Class
projects pictures at
right

Make plans to join in
the fun



Breckenridge Sassy Seniors!

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

Lori Chvojka, Site Manager 989.330.7508 email: lchvojka@gratiotmi.com



Welcome to the last month of summer! This is one of my favorite times of year, it is still warm during the day, but with occasional cooler nights. The kids are starting to think about going back to school. They have missed their friends and, truth be told, they are getting bored and looking forward to getting back into the daily routine of school. And of course, parents are, and have been ready, for the kids to be back in school. Last-minute vacations are being planned as well as last-minute shopping trips for that special backpack or pair of shoes.

This is also the time that the gardens are in full bloom and producing their glory. I truly just love this time of year. I remember always canning veggies with my mother-in-law, picking blueberries, and canning peaches. She loved Red Havens, the beautiful red color of the skin and pulp, oh, and the fragrance of the peaches. I sure miss those times. It was a lot of work, but it was well worth it. Do families even can anymore? If I had the time and the green thumb for a garden, I would.

Things have changed so much, things are more rushed, more dependent on our devices, but it is all progress. Without that progress I could not bring you my crazy special days of August. So here we go!

August 1: National Girlfriends Day, National Mahjong Day, National Raspberry Cream Pie Day, National Mountain Climbing Day

August 2: Find a 4-Leaf Clover Day and have some good luck, National Ice Cream Sandwich Day

August 3: National Watermelon Day, Grab Some Nuts Day

August 4: National Chocolate Chip Cookie Day, National Water Balloon Day, US Coast Guard Day

August 5: Campfire Day, National Clown Day, National Mustard Day

August 6: Friendship Day, International Forgiveness Day, National Fresh Breath Day, Sisters Day, Wiggle Your Toes Day

August 7: National Lighthouse Day, Professional Speakers Day

August 8: International Cat Day, Sneak Some Zucchini onto Your Neighbors Porch Day

August 9: Book Lover's Day, Smokey Bear Day

August 10: Lazy Day, National S'mores Day, World Lion Day



Hope you enjoy these first few days of August, and as always just Google Special Days in August, or whatever month you want, and see what other interesting days there are. Until next month, have a great month and enjoy these last few days of summer!



Greetings From Fulton

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

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

AUGUST

August, the last of our beautiful summer. Soon we will be into fall. Where does the time go?

The Fulton Food with Friends Senior site has been closed due to renovations being done to the Fulton Township Hall. Renovations should be completed prior to August 1st, however, if we are not able to open when August arrives, any events planned for the first week in Fulton will move to the second week. If we still can't open the second week, the same will apply. The August 7th Senior Games will happen regardless as they are held in Ithaca.

Did you know that during the month of August, the Annual Perseid Meteor Shower lights up the sky? You can see them most of the month of August, with the peak days being August 12th and 13th. These are bits and pieces of space debris and dust entering the earth's atmosphere before burning up. When you see one, make a wish. Take a glance out into the night sky and see if you can spot any meteors.

Please remember that on August 7th, the Fulton Food with Friends site will be closed. That is the day of our Annual County Wide Senior Summer Games. We will all be meeting at Atkinson Senior Park, located right next to the Ithaca Senior Center. Please come out and support your Senior Center, as we participate in various games against the other senior sites in Gratiot County. We have been playing cornhole, practicing up for the big day. Please call and reserve your lunch and support your fellow Seniors. We have a lot of fun.

On July 12th, Tonya from Laurels of Fulton Therapy Department, led us in exercises that were low impact and very easy. A Body in Motion Stays in Motion. Please join us on August 9th at 11:00 am for our next class. We would like to see more of the community join us for this event. It is free.

Aug. 2 10:00 Cards, Skip Bo
12:00 Lunch
12:30 Euchre, Dice

Aug. 4 10:00 Cards
12:00 Lunch
12:30 Euchre, Skip Bo
Ice Cream Social/August B-Days

Aug. 7 10:30-1:00 FULTON SITE CLOSED FOR SUMMER GAMES AT ATKINSON SENIOR PARK NEXT TO THE ITHACA SENIOR CENTER.

Aug. 9 10:00 Cards
11:00 A Body in Motion Stays in Motion exercise
12:00 Lunch
12:30 Euchre, Dice, Skip Bo

Aug. 11 10:00 Cards
12:00 Lunch
12:30 Nancy Dulin, Blood Pressure Checks
12:30 Euchre, Dice

Aug. 14 10:30 Wii Bowling
12:00 Lunch
12:30 Euchre, Wii Bowling

Aug. 16 10:00 Cards
11:00 Short meeting to discuss centerpieces to be made for Christmas Celebration.
12:00 Lunch
12:30 Euchre, Skip Bo

Aug. 18 10:00 Cards
12:00 Lunch
12:30 Euchre, Cornhole

Aug. 21 10:00 Cards
12:00 Lunch
12:30 Euchre, Skip Bo

Aug. 23 10:00 Cards
12:00 Lunch
12:30 Euchre, Dice

Aug. 25 10:00 Cards
12:00 Lunch
12:30 Nancy Dulin, Blood Pressure Checks
12:30 Produce Bingo

Aug. 28 10:00 Cards
10:30 WII Bowling
12:00 Lunch
12:30 Euchre, Dice

AREA FARMERS MARKETS

Ithaca – Tuesdays 2:00 pm – 6:00 pm St. Louis – Thursdays 2:00 pm – 6:00 pm Alma – Saturdays 7:00 am – 1:00 pm

BOOKS BOOKS BOOKS

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 the books have made it through our senior center, they are passed on to one of the other senior centers in our county.

Please join us for lunch, cards, dice, and Skip Bo or just to visit. The Senior Center is open on Monday, Wednesday and Friday from 10:00 am to 2:00 pm. Call to make your lunch reservation. Come join us. We look forward to hearing from you.



Fulton practicing cornhole for the big day, Summer Games in Ithaca!

A Body in Motion Stays in Motion class led by Tonya from Laurels of Fulton Therapy Department.



Jean McNabb - your guide for the bus trips!

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.

Broadway Presents: Funny Girl Sunday, September 24, 2023 DeVos Performance Hall, Grand Rapids

The next trip will be heading to Grand Rapids to take in the touring Broadway show *Funny Girl*. At the time of publishing, tickets have not gone on sale, so the price and other details are yet to be determined. But, we don't want you to miss out as tickets will be **limited!** Call and sign up if you think this is a trip you would like to go on. More details will be in the September issue of the *Senior Gratiot*.

Funny Girl is a biographical musical comedy-drama loosely based on the life and career of Fanny Brice, a major Broadway, radio and pop music star of the 1920's and 1930's, and her relationship with entrepreneur and gambler, Nicky Arnstein. Fanny Brice is a girl from the Lower East Side who dreamed of a life on stage. Everyone told her she'd never be a star, but then something funny happened...she became one of the most beloved performers in history, shining brighter than the brightest lights of Broadway. Featuring one of the greatest musical scores of all times, you will hear celebrated classic songs, including "Don't Rain on my Parade", "I'm the Greatest Star", and "People".

If this sounds like fun, don't forget to call 989.875.5246 and get your name on the list as tickets are limited!

Funny Girl



Air Quality, Wildfire Smoke & the Impacts

Hotter and drier conditions in North American forests mean that there is more dry wood and underbrush that can easily be ignited by a stray campfire spark or a lightning strike. This is making the wildfire season worse as has been seen by the number of wildfires in our neighbors to the north, Canada.

Wildfire smoke is made up of gases and small particles that can harm your health if you breathe it. Everyone should avoid breathing wildfire smoke, and some people are more sensitive to it because of their age or pre-existing health conditions. The particles are small enough to penetrate homes and buildings and can become concentrated enough that the particle pollution is visible to the naked eye.

Individuals at a greater risk of health effects from wildfire smoke include those with cardiovascular or respiratory disease, older adults, children under 18 years of age, pregnant women, outdoor workers and those of lower socio-economic status. Once inhaled, these particles can affect the lungs and heart and cause serious health effects.

The best thing to do is to try and limit your exposure to the outdoors and outdoor activities when wildfire smoke is present. Some ways to do that are:

- **Stay indoors when appropriate:** Particle levels and activity levels are generally lower indoors
- **Reduce activity level and time outdoors:** Smoke levels can change a lot during the day, so wait until air quality is better before you are active outdoors
- **Reduce smoke in your vehicle:** Close the windows and vents and use the air conditioner in recirculate mode to reduce air intake from outside.
- **Close windows and doors inside:** Limit the amount of smoke that comes indoors by keeping doors and windows closed. Use fans and air conditioning to stay cool.
- **Use a portable air cleaner:** During a wildfire smoke event, portable air cleaners fitted with high efficiency filters may reduce indoor particle concentrations by as much as 45%.

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.



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. Classes will be held every Friday at 1:00 pm.

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 Fridays.



Loan Closet

Commission on Aging has the ability to loan adaptive equipment out, dependent upon supply. The loan closet is available to seniors (60 years of age or older) who live in Gratiot County and may be in need of adaptive medical equipment. This includes

walkers, grab bars, bedside commodes, etc. Also available (**quantities are limited**) are disposable bed pads and incontinent supplies. If you are in need of something, please call 989-875-5246 to see if we have the item available.



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:

August 5, 12 and 26

September 9 and 23

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.



VACATION



- Airport
- Auto
- Cruise
- Destination
- Directions
- Excursion
- Ferry
- Hotel
- Journey
- Luggage
- Motel
- Passenger
- Passport
- Reservation
- Rome
- Ship
- Ticket
- Tour
- Train
- Vacation
- World

T N O I T A C A V H E R E A N
 L D I R E C T I O N S V P O O
 Y A E G T A U T O E O F A D I
 I S M C O E V H E R Y C S O T
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By Jimmy and Evelyn Johnson - www.qets.com

RELAY FOR LIFE
OF GRATIOT AND ISABELLA COUNTIES

**CELEBRATE, REMEMBER
 AND FIGHT BACK**

SATURDAY, AUGUST 12TH

10AM-10PM

ALMA COLLEGE
 STONE RECREATION CENTER
 VASSAR ST. ALMA
PUBLIC EVENT
 NO ADMISSION CHARGE




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

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



FOR FULL EVENT DETAILS

VISIT US ONLINE →

WWW.RELAYFORLIFE.ORG/GRATIOTISABELLAM

QUESTIONS? PLEASE CONTACT SR. DEVELOPMENT MANAGER, TRISHA JACKSON
TRISHA.JACKSON@CANCER.ORG | 989.858.5160

NCER SURVIVORS, PLEASE REGISTER IN ADVANCE TO RECEIVE YOUR 2023 SURVIVOR T-SHIRT BY MAIL. (PLEASE ALLOW 2-3 WEEKS.)



Memorials

Commission on Aging

Sandra Reeves

Bob & Mary Waldron

John Biddinger

Patricia & Mike Smith
 Connie Lauer & Family
 Lauer Farms
 Edgewood Church of God
 John & Carol Lauer
 Alice McCrory
 Roger & Jan Olson
 Kathy Densmore

Robert Ward

Linda Harrell

Sharon Biddinger

John Biddinger

Marsha Beck & Family

Richard Avery

Paul Showers

Sharon Pierce

Alice McCrory
 Robert & Leona Koppleberger
 Joan Sparks
 Saint Louis Lions Club

Gehl Hoffmeyer

Mary Wicks
 Lois Cutting

Victor Smith

Patricia Smith
 Carol Thrush
 Suzanne & John Acton
 LeeAnn & Michael Maurer
 Anonymous

Sharon Pierce

John Biddinger

Linda & Bernard DeVuyst

Alice Schafer

Joan Sparks

Robert Brown

Judy Brown

Nutrition

Sharon Biddinger

Bob & Mary Waldron

John Biddinger

Jill & Martin Lott

Bill Dilts

Merle Troub

Bob Strong

Val Badder

Kathy Eyer

George Smith

Doreen Wilson

Roger Roslund

Pam & Darvis LaVoy

Senior Gratiot

Larry Hamp

Judy & Bob (Punk) Mann

Clinton & Hazel Kimmel

Duane Kimmel

Lester Kimmel

Ivan Kimmel

James Kimmel

Waneta Bigelow

Russell Nieman

Alton Bigelow

Alvin & Audrey Miller, Parents

Anna M Jarrett

John Paul Baxter, Son

Jesse & Delores Baxter

Gehl Hoffmeyer

Victor Smith

Kathleen Martin



Donations

COA Donors

Immanuel Ladies Society
 First United Methodist Church
 Ronald & Karen Barton
 Cathy Goodrich
 First United Methodist Church,
 St Louis
 Joanne Baker
 Jack Lloyd

Nutrition Program

Central Michigan Association of
 Eastern Stars
 Marty Peet

Honorariums

Gratiot County Policemen

Gratiot County Firemen

Charles Dean
 Sandra Carr



Senior Gratiot Donors

Sandra Carr
 Charles Dean
 Ted Massar
 Valerie Cole
 Walt & Glenna Holbury
 Sue Collins
 Norma Moeggenborg
 Bill Layman
 Pamela Babcock
 Carolyn Tennant
 Sharon Helman
 Judith Bohlmann
 Judith Dow
 Sally Martin



Lazy summer afternoons, walks along the beach, balmy evenings, cloudless skies, stars just out of reach, sailing on a quiet lake, hammocks in the shade...These are the simple treasures of which August days are made.

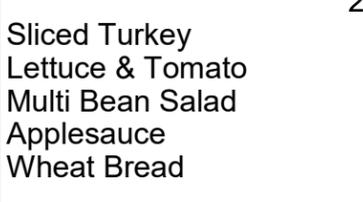
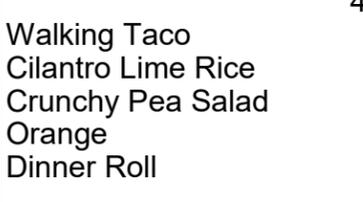
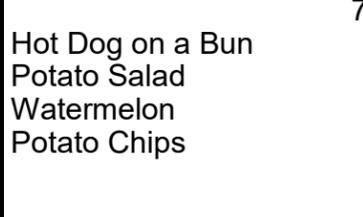
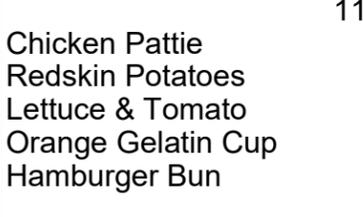
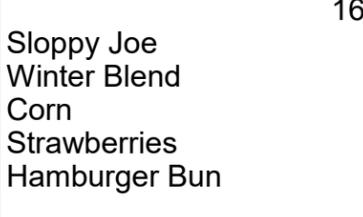
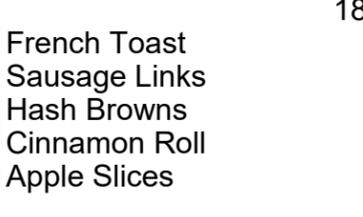
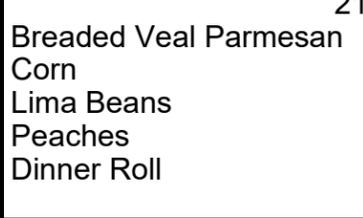
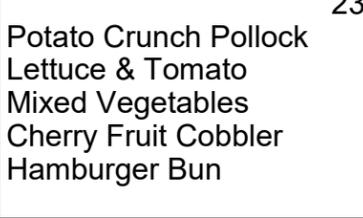
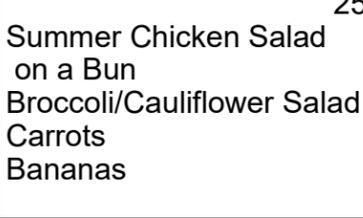
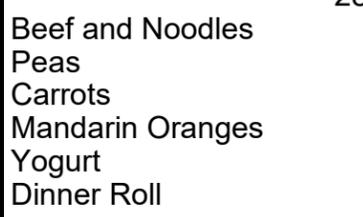
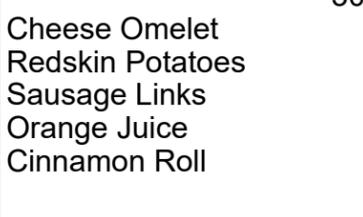
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Thank you for your support and generous donations.

Food with Friends Eat Smart Menu

Lunch 12:00-12:30

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				
				
				
				
				

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