

September



SUMMER GAMES



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

September 2023
Volume XLVIII
Number 9

SENIOR GRATIOT

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Senior Gratiot Newspaper
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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
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VICKIE THUM
CRAIG ZEESE

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July 2023 Prep Team Volunteer Thank You!

Thank you to these 15 COA volunteers who devoted 25 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Lisa Skaryd, Ruth Malek, Nancy Crispin, Marilyn Miller, Ellen Martin, Linda Cox, Carole Moore, Helen Hoard, Nora Kowitz, Betty Reeves, Adyn Hoyt, Evelyn White, Jim Peck, Irene Peck and Judy Zimmerman.



VOLUNTEER ACTIVITY September 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 - September 20, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month

Next meeting - September 21, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
September 29, 9:00 - 11:30 am

Scammer Can't Scam You if You Don't Help!

Sue Koch, Coordinator of Volunteers

Listed below are four types of scams that are very successful, especially with older people.

- The Email Scam:** The scammer makes the email look like it is from someone you know or a business you may have previously dealt with. You are asked by the sender to use your credit card to purchase a money card for him. The scammer says "the site won't accept my credit card. I must be doing something wrong. I'll pay you back Monday."
- The Phishing Scam:** The caller identifies himself as a member of the Microsoft Tech Support Team. There is an issue with your computer. He asks you to "turn your computer over to him so he can fix the problem. May I have your password please?"
- The Romance Scam:** You have been expanding your horizons and established an on-line relationship with "the nicest man". Eventually the nicest man will call and say he has some unexpected medical expenses that must be paid immediately in order for him to receive treatment. He can't reach his son. Can you send me the funds to make payment so I can receive treatment?
- The Grandma Scam:** You receive a phone call and the connection is very bad. The voice sounds like it could be one of your grandchildren. You ask the person if they are "Timmy" and the conversation continues with you struggling to hear him. He needs money immediately because he is traveling and has been mugged or arrested and must pay up now. He doesn't have enough money and is asking you to send him the money he needs. The line suddenly improves to allow him to tell you where and how to send the money that he needs and you are able to wire the money to him.

What can you do to protect yourself? Here is the golden rule for not getting scammed:

WAIT. SETTLE YOURSELF DOWN AND HIT PAUSE! The scammer is playing on your emotions, fears and anxieties. Have the caller identify himself by name and title. Ask him to identify the name of the company he works for. Ask for the company's phone number and website. Ask for his superior's name, title and phone number.

HANG UP. Do your research. Google or call utilizing the information you have been given to verify what you have been told. Call your child or grandchild and ask if they are really travelling and in need of money.

ACT IMMEDIATELY. If you have given any personal information to the scammer, report the probable scam to your bank or credit card company immediately to "freeze" the process from moving further. Scammers can't scam you if you don't help!

Information from CBS Sunday Morning, David Pogue

Deceptive Door-to-Door Salesmen

Attorney General Dana Nessel wants to make Michigan residents aware of a scam being perpetrated by individuals claiming to be home or business security sales representatives. These individuals are claiming to work for ADT, a contractor hired by ADT, or a company that allegedly purchased ADT. They typically don't have a uniform or ADT identification. The point of the scam is to get the homeowner to sign up for a new service.

"Consumers should be cautious and ask solicitors for identification, review the terms and all documents they provide thoroughly and ensure you understand what that means for the security of your family, your home, and your business", Nessel said.

Here are some tips from ADT to **help you protect yourself**:

- Use ADT's **credential verification tool** to verify the person's credentials while they are at your door by entering the representative's ID number or by going to ADT's website for an ADT-authorized dealer and select your state to see if the dealer's name is listed.
- When in doubt, call 800-ADT-ASAP to verify the work order before you let them into your home.
- Don't give in to high-pressure sales tactics or crack under the pressure. You have **no** obligation to buy something "right now" without being fully informed.
- Listen for phrases that have been used by unscrupulous sales representatives in previous years:
 - "We are here to upgrade your ADT system."
 - "I'm with the company that manufactured your alarm system."
 - "Your service will be canceled because another company is taking over ADT."
 - "ADT just monitors your home; they do not service the equipment."
 - "ADT is no longer covering your area."

Here are a few general things to know about door-to-door solicitors and what you can do to protect yourself:

- **Look to see who is visiting before opening the door.** If you don't recognize the person, don't open the door. It is safer to speak to strangers through your door.
- **Don't open your door at odd hours.** Solicitors should not be knocking on your door before 8 am or after 9 pm.
- **Don't crack under pressure.** You have no obligation to buy something "right now". You can ask them to make an appointment to come back when it is convenient for you.
- **Reserve your right to say "no".** The longer you engage in the conversation, the greater the chance you will commit to something. The swift ending of a conversation can stop a crime before it takes place.
- **Remember that you are in charge.** If you feel intimidated, pressured, or threatened at any time, call 911.

Information provided by Attorney General Nessel



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 Session 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 or sara@childadvocacy.net

Program will be held on the following dates from 11am-12pm:

Wednesday, September 6th
Friday, September 8th
Friday, September 15th
Wednesday, September 20th
Wednesday, September 27th
Friday, September 29th

**Alma – St. Louis Food With Friends Site
The Filling Station**

**415 Park Ave
Alma, MI 48801**



Window Washing Gutter Cleaning

Our maintenance crew can wash your windows both inside and outside. They can also clean out those dirty gutters until the weather turns too cool and items are freezing. There is no charge for this service, but donations for labor are encouraged.

This is a busy time of year for Dan and his crew, so if you would like your windows washed or gutters cleaned, please be patient. If you have additional jobs that you would like done at the same time, 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.



Senior Activity Building

September 2023

Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8-10 EVERYDAY SAB Coffee & Conversation with Linda St. Charles 10:00 EVERYDAY Visits, news, games, & activities scheduled 12:00 Monday through Friday Food with Friends Meal at Noon, Call 989-875-2135 to make your reservation (See menu on back page.)</p>				<p>1 8-10 SAB Coffee 11:30 Blood Pressure Checks with Joyce 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>2</p>
<p>4 Closed </p>	<p>5 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 45 Years of Ithaca Food with Friends & Jo!</p>	<p>6 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal with 45 year Celebration! 1:00 Horseshoes or Cornhole</p>		<p>7 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>8 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>
<p>11 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo 2:00 Dulcimers</p>	<p>12 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 1:00 Painting Class with Shirley 7:00 VFW #7805</p>	<p>13 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Horseshoes or Cornhole</p>	<p>14 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>15 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>16</p>
<p>18 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Skip Bo</p>	<p>19 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 1:15 SAB Board Meeting</p>	<p>20 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Horseshoes or Cornhole 7:00 A-Tractive Tractor Club</p>	<p>21 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>22 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>23 </p>
<p>25 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo</p>	<p>26 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 12:45 Bob Crist's Evening in the Park CD</p>	<p>27 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Horseshoes or Cornhole</p>	<p>28 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>29 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>30</p>



Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager

989.875.2135

email: jjones@gratiotmi.com

You are invited to share in the celebration on September 6th at noon. The Ithaca Food with Friends and Jo's 45th anniversary is on the 5th, but will be celebrated on Wednesday. It was the Ithaca Food with Friends seniors who had the dream of building a building in the Atkinson Park where seniors could gather for more hours than the four hours they already enjoyed at Food with Friends. A task force was formed with members from Ithaca Food with Friends, the Commission on Aging Board and the City of Ithaca. The Ithaca Food with Friends have enjoyed each day in the Senior Activity Building (SAB) for almost 30 years.

Every morning from 8-10, the SAB coffee and conversation happens. You will be welcomed by 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 meals are available Monday through Friday with hot meals on Monday, Wednesday and Friday and soup and salad meals available on Tuesday and Thursday. Meals are served at noon. Your reservation is needed at least a day ahead for the meals. 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.

The SAB Board continues to thank Greg Brown for encouraging all pickleball players. There are no scheduled lessons in September, but call if you need help. 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. Greg has posted more information on the pickleball fence and on Facebook. Stop by to play or to just sit on the benches while watching the action!

There will be no Food with Friends meal on Labor Day, September 4th, and the SAB will be closed as well.

The annual SAB Clean-up is on Saturday, the 9th at 9:00 am. Pancakes and sausage will be served to the volunteers at 8:30 am.

Bingo is enjoyed on Mondays, the 11th and 25th at 12:40 pm. Yvette from Schnepps Health Care will provide the prizes on the 11th while Ashlyn from Ashley Care Center will do the same on the 25th.

The Just for Fun Dulcimer Club will be playing their music on Monday the 11th at 2:00 pm. Skip Bo is scheduled for Monday, the 18th after our Food with Friends meal.

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!

The painting class with Shirley Frederick resumes on September 12th at 1:00 pm. Tuesday the 26th at 12:45 we will have some popcorn while enjoying the CD of Bob Crist's Evening in the Park. Join us!

The knitting group gathers at 10:00 am each Wednesday. Depending on the weather, we will compete at cornhole or horseshoes at 1:00 pm on Wednesday.

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, the 1st, we welcome Joyce Raycraft who will be glad to check your blood pressure before lunch.

Be sure to call in your reservation today for your meal on Wednesday, the 6th. We will be celebrating the 45 years of Ithaca Food with Friends and Jo being together.

Otago Exercise Program, led by Central Michigan University College of Medicine staff and student trainers, is at 1:00 pm every Friday. This program is aimed at improving your balance and reducing the risk of falls. Please call CMU, 989.774.1350, to register for this FREE program.

Gratiot VFW Post #7805 will meet at the SAB on the 12th at 7:00 pm. A-Tractive Tractor Club meets at 7:00 pm on Wednesday, the 20th.

The SAB Board meets at the building on the third Tuesday of the month. This months meeting is on the 19th 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 the schedule for the SAB, Senior Center 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 Food with Friends 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.

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from July 8 through August 11, 2023.

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

Gifts In Gratitude to SAB

Larry Ringle
Jo Jones

Memorials

Gary Hill

The Hill Family
Kendra Smith
Donald Sanborn
Joan Sparks
Keith & Phyllis Shaw
Helen Hoard
Bill & Ella Martyn
Bob & Mary Sullivan
Ron Littell

Ken Yordy

Helen Hoard
Joan Sparks
Bob & Mary Sullivan
Bradly & Victoria Thum
Dan & Nancy O'Boyle
Gayla Phillips
Ray Kindel
Grace Brauher
John & Pat Myers
Carole Shea

Robert Brandal

Rod Brandal

Kim Cotter

Barb Kench

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

Mary Humm



Beautiful weather allowed for a fun day of shuffleboard at the Senior Center Ithaca Senior Activity Building. Ellen Martin and Ron Peters are challenging each other to a game!



The action is intense at the Pickleball Courts as Paul & Patrice Hornak take on Donn Peters and Greg Brown.



Chris and Susan Sparks are serving up hot dogs and ice cream!



The Dulcimer's have resumed meeting and are providing great music for everyone to enjoy!



The Filling Station

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

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



September welcomes fall with open arms, and brings all the things that I love about fall: Apple desserts, pumpkin patches, cooler weather, changing leaves, and fall themed crafts! Do you love fall? Or are you sad to see summer go?

Ever see a craft at The Filling Station that you think would be fun to try, but you don't want to bring more "junk" into your house? Donate it to our bingo prizes, or gift it to a friend! We would love to have you.

If you ever put together a puzzle, and end up having pieces missing, please don't throw the puzzle away! I'd love to take it off your hands and repurpose it for a craft. I will also take any craft supplies you're looking to get rid of, as well! I love the challenge of trying to find something to make with a unique item.

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

Mondays, 12:45-1:45 pm: BINGO. September 18th is Grocery Store Bingo hosted by Schnepps!

Fridays, 10:00 am: Line Dancing with Betty Apple, beginning September 10th

- September 6** 11:00 am-12:00 pm: WISE Program
12:30 pm: Watercolor Dandelion, Registration Required.
- September 8** 11:00 am-12:00 pm: WISE Program
12:00-2:00 pm: Blood Pressure checks with Alma College
1:00 pm: Brag about your grandkids to celebrate National Grandparent's Day!
- September 13** 10:15am: Acorn Craft. Registration required.
1:00 pm: Show and Tell
- September 15** 11:00 am-12:00 pm: WISE Program
1:00 pm: Technology Help
- September 20** His Place Exercise classes resume! Join them for class, and join us for coffee or lunch afterwards.
11:00 am-12:00 pm: WISE Program
1:00 pm: Curious about grocery pickup, and how to do that for yourself? Come learn how!
- September 22** 10:00 am-12:00 pm: Technology Help.
12:00-2:00 pm: Blood Pressure checks with Alma College
12:30-2:00 pm: Fabric pumpkins. Please call Kaleigh for a supplies list of things you need to bring!
- September 27** 11:00 am-12:00 pm: WISE Program
12:30-1:00 pm: Beginner Zinnia Flower Painting. Registration Required.
- September 29** 11:00 am-12:00 pm: WISE Program
12:30-2:00 pm: Book Pumpkins. Registration Required.

GRANDPARENTS
fill the world
with LOVE



Various crafts and some of the crafters that are having a fun time at the Filling Station! Come join us and discover your inner talents.

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



Happy Fall ya all!!! The most beautiful of seasons is upon us. This is my favorite time of the year! The crisp nights and warm days. We have a big craft show on Labor Day weekend to say goodbye to summer and hello to the fall season. Kids have gone back to school. Fall sports are starting and oh, the sights and smells of Fall are all around us. Our grandson is playing football again this year so off to Friday night football games we will go. I am looking forward to Homecoming week in our small town. There is a big celebration starting on Wednesday and going on until after the game on Friday with store front decorations and, of course, the Homecoming Parade! The problem is our grandson plays football for a different school! Luckily the two schools usually have their homecomings on different weekends so we can enjoy both schools' celebrations.

Things start to wind down and life sort of relaxes just a bit. I think that's what I like about this time of the year, it just seems to be so much calmer and at a slower pace than the rush of summer. Oh, but we must remember this is only temporary, because the hub-bub of the Holidays will quickly be upon us!! But that is for another monthly newsletter.

As we proceed into the fall season, we must remember that this is the time of year when we need to make sure things are in order for the coming winter months. Make sure to get your flu shots and to get any other vaccinations that are recommended by your health provider.

As usual I have a list of the crazy holidays in the month of September. So here goes!

- September 1: Emma M. Nutt Day
- September 2: VJ Day, WWII
- September 3: Skyscraper Day
- September 4: Labor Day; **Reminder**, we are closed this day
- September 6: Read a Book Day
- September 7: National Salami Day
- September 8: International Literacy Day
- September 9: Teddy Bear Day
- September 10: Grandparent's Day

Have a great September and think about coming and joining us for a fun game of Dirty Marbles, Euchre, Bingo and/or Yahtzee and a great lunch. We are open 10 am to 2 pm Mondays, Wednesdays, and Fridays at the Breckenridge Masonic Lodge, between the Howe Memorial Library and the Village Offices. See you all next month!



Greetings From Fulton

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

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

Oh my goodness, can you believe it? Fall has arrived. I love fall. I know I said the same thing about spring and summer. I guess I love all the seasons. The beautiful colors are so uplifting and enjoyable. I love cider and doughnuts and all the things that are part of the fall season. I hope this fall finds each and every one of you in good health and able to enjoy all that fall has to offer.

For all of the Fulton Seniors, it feels really good to be back at our site. We missed most of August and I missed all of you! The Fulton Township Hall went through a makeover. We are so lucky to be able to enjoy the fruits of all that hard work. The Township Hall looks great.

Many of us attended the summer games at the Ithaca Senior Center. What a good time. Well, we did not win the gold, but, we will be practicing hard over the winter so we can change that outcome next summer. **FULTON OLYMPIANS GOING FOR THE GOLD!**

On July 12th, Tonya from Laurels of Fulton Therapy Department, led us in **A Body in Motion Stays in Motion**. Tonya provided instruction and guidance through a group of exercises that were low impact and very easy. Please join us on September 13th at 11:00 am for our next class. We would like to see more of the community join us for this event. A COA liability form will need to be filled out and put on file. This class is **free**.

On September 18th, we will meet to discuss the Christmas celebration. Bring your best ideas for entertainment. While tossing around ideas, we will work on Christmas centerpieces and visit. Doughnuts and coffee will be there as well. On September 22nd, we will be working on a beautiful Luminous Leaf Lantern project. This project will make a beautiful centerpiece for your fall table. Registration is required, but there is no fee for the class.

Sept. 1	10:00 Cards, Skip Bo 12:00 Lunch 12:30 Euchre, Dice	Sept. 13	11:00 A Body in Motion 12:00 Lunch 12:30 Euchre, visiting	12:30 Ice Cream Cones to celebrate National Ice Cream Cone Day! 12:30 Euchre, Dice	
Sept. 4	Closed for Labor Day	Sept. 15	10:00 Cards 12:00 Lunch 12:30 Euchre, Skip Bo	Sept. 25	10:00 Cards 12:00 Lunch 12:30 Euchre, Skip Bo
Sept. 6	10:00 Virtual Chair Exercise , Volunteer led. Must have a signed COA liability form on file. 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Sept. 18	10:30 Christmas discussion, work on centerpieces 12:00 Lunch 12:30 Euchre, Dice, visit	Sept. 27	11:00 Virtual Chair Exercise 12:00 Lunch 12:30 Euchre, Dice
Sept. 8	10:00 Cards 12:00 Lunch 12:30 Nancy Dulin, Blood Pressure Checks 12:30 Euchre, Dice, Skip Bo	Sept. 20	10:00 Cards 12:00 Lunch September Birthday Dessert 12:30 Euchre, Skip Bo	Sept. 29	10:00 Cards 12:00 Lunch 12:30 Bingo, color you wins in chocolate
Sept. 11	10:30 Wii Bowling 12:00 Lunch 12:30 Euchre, Dice	Sept. 22	10:30 Lantern Craft 12:00 Lunch 12:30 Nancy Dulin, Blood Pressure Checks		

*Luminous Leaf Centerpiece Craft
September 22*



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. 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 any of our other activities. 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.



Celebrating Joyce Smith's birthday in August at Breckenridge Food with Friends!



Jean McNab -
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 \$169.00 (Inclusive) Bus Departs: 9:00 am, Return: 6:00 pm

Join us for this *limited seating*, sensational Broadway revival. *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 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 she became one of the most beloved performers in history thanks to her indomitable spirit. 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".

Before the show we will be stopping for lunch at the Blue Water Grill. The view is Frank Lloyd Wright inspired architecture with clean lines, open space and giant walls of glass framing the beautiful lake. We will have a fabulous Brunch Buffet including: classic Caesar salad, mushroom, spinach, and feta scrambled eggs, breakfast casserole baked with bell peppers, red onion, sausage, bacon, potato and cheese. Sweet breads, Danishes, assorted pastries and muffins are also included. Yum! Adult beverages may be purchased on your own.

After the show, we will be stopping at Robinette's for a treat on the way home. Robinette's Apple Haus and Winery was established in 1911 and has been a West Michigan staple for over 100 years. Don't forget your cider and doughnuts.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 9:00 am and will return to COA around 6:00 pm. The trip includes transportation, Broadway theatre tickets, lunch and **all tips and gratuities**. To make your reservation, please call COA at 989.875.5246. **Payment is due by September 15, 2023**. Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847. **Reminder, seating is limited!**



Fall Color Trip Wednesday, October 4, 2023 \$139.00 (Inclusive) Bus Departs: 7:00 am, Return: 9:00 pm

This is always a FUN trip! Our bus will be traveling to the scenic Little Traverse Bay in Petoskey, MI where we will board the Harbor Princess for a color tour around the Bay. With the double-deck seating, you will have beautiful views of the three ports, Harbor Springs, Bay Harbor and Petoskey.

Before our boat color tour, the bus will be stopping at the famous City Park Grill, one of Petoskey's oldest buildings. It was originally constructed in 1875, known as McCarty Hall, and was a male-only billiard parlor, offering cigars and "intoxicating beverages". The storied history includes tales of prohibition, underground tunnels, of young Ernest Hemingway, and ghost sightings. We will be calling to find out your choice of entrée as soon as the arrangements are completed.

After the cruise, we will be stopping at Kilwins. Since 1947, Kilwins has been a celebrated part of Americana, having earned a reputation for providing high quality chocolates, ice cream, and confections combined with excellent service. At this location, you can watch them make their little goodies!

Next stop, Lavender Hill Farms for a quick adventure. The lavender may have had its last bloom for the year, but the sunflowers may put a smile on your face. They have a lovely gift shop to visit.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 7:00 am sharp and will return to COA around 9:00 pm. The trip includes transportation, Harbor Princess Cruise, lunch and **all tips and gratuities**. To make your reservation, please call COA at 989.875.5246. **Payment is due by September 26, 2023**. Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

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



Child Advocacy
The Link for Families!

Suicide Prevention

2023 CALENDAR OF EVENTS

Scan QR Code below for ordering information!

9/6-9/29 WISE - Wellness Initiative for Senior Education
A 6-session wellness program for individuals ages 60 and up to learn ways to stay healthy and meet new people at the Alma-St. Louis Food with Friends. For more information, scan QR code; to register call Sara @ 989-463-1422.

9/7 11:30-1pm FREE Virtual Lunch & Learn NARCAN Training
For more information and to register, scan QR code.

9/7 2-6pm Suicide Prevention Booth at St. Louis Farmer's Market
Stop by our booth at the Farmer's Market for suicide prevention materials or prescription disposal bags.*

9/11 Wear a cont;nue shirt or yellow for World Suicide Prevention Day
Wear either a cont;nue shirt or yellow to raise awareness for suicide prevention. Send pictures to Child Advocacy-Gratiot County Facebook page!

9/11 9am-4pm FREE YOUTH Mental Health First Aid
Call Gratiot Integrated Health Network to register @ 989-463-4971 by 9/7/23.

9/11 1pm-2:30pm Gratiot County Substance Abuse & Suicide Prevention Coalition Meeting
Please join us at Child Advocacy (515 N. State St. Alma) as Man Therapy Michigan will be presenting on their program.

9/13 9am-10am FREE IN PERSON Question Persuade Refer (QPR) TRAINING
Learn how to save a life with this free suicide prevention training. For more information and to register, scan QR code.

9/13 Walk a Mile in Their Shoes
Attend "Walk a Mile" at the Capitol in Lansing (12:30pm-3pm) OR Walk a Mile anywhere & share a photo on social media to raise awareness for Mental Health Care #gratiotcountysuicideprevention #walkamile.

9/19 6pm Goat Yoga
Relax and do GOAT Yoga! This donation based class will be taught by Shana Dancer of ZenLightenment Wellness Center behind Child Advocacy at 515 N. State St. Alma. For more information and to register, scan QR code.

9/26 8pm-9pm FREE VIRTUAL Question Persuade Refer (QPR) TRAINING
Learn how to save a life with this free suicide prevention training. For more information and to register, scan QR code.

9/27 Gratiot County Breastfeeding Coalition Meeting
MI Journey Therapy will be presenting on perinatal/postpartum mental health.

to visit our website & see all event flyers for Suicide Prevention Month

DID YOU KNOW?

48,183 people died by suicide in the U.S. in 2021

Raise awareness for

SUICIDE PREVENTION

& share the message of

HOPE

Please contact Emily Rayburn GCSAC Program Director at 989-463-1422 if you would like to become involved in the Suicide Prevention Coalition www.gratiotdrugfree.org

Throughout September- Fields of Flags
Fields of yellow flags will be located around Gratiot County to commemorate those who have died by suicide & raise awareness for suicide prevention. If you would like a field of flags, please contact caleb@childadvocacy.net.

WAYS YOU CAN HELP PREVENT SUICIDE

- Attend or host a FREE Question Persuade Refer (QPR) training
- Help raise awareness for suicide prevention - attend events held this month
- Wear YELLOW to show your support & raise awareness for suicide prevention
- Use #gratiotcountysuicideprevention on social media
- Refer those in crisis to local and national crisis lines

National Suicide Prevention Lifeline: 988
Crisis Text line: TEXT HOME to 741741
GIHN Crisis Line: 989-463-4971/800-622-5583

cont;nue

MICHIGAN STATE UNIVERSITY | Extension

Online Chronic Disease PATH (Personal Action Toward Health)

Fridays
October 13 through
November 17, 2023
10:00 am to 12:00 pm
Free Series

Presenters:
Holly Tiret
616-570-5818
Tiret@msu.edu

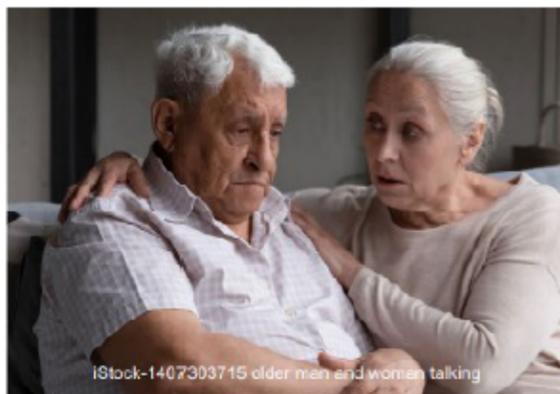
Naomi Hyso
hysonaom@msu.edu

This is an online series that will be hosted at:

The Filling Station
415 Park Ave
Alma, MI

To register contact:

Kaleigh Pettigrew
989.875.9118
kpettigrew@gratiotmi.com



Who is PATH for?

PATH programs are designed for adults living with a chronic health condition such as arthritis, heart disease, diabetes, asthma, emphysema, depression or other diseases. Family members and caregivers are also welcome.

What is PATH?

PATH is an interactive, six-week series facilitated by two trained leaders who typically have chronic conditions themselves. During each session, PATH participants discuss self-management strategies such as:

- Dealing with illness and safely managing medications.
- Talking with healthcare providers, family members, and caregivers.
- Using the mind to manage chronic disease symptoms.
- Pacing and planning activities to more easily handle everyday activities.
- Setting personal action plans to reach health goals.

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

Acrylic Painting Class

Shirley Frederick, Instructor

Join instructor Shirley Frederick from the Alma Community Art Center at the Senior Center located at the Senior Activity Building, 1011 E. North St., Ithaca for an acrylic painting class. This fun class will teach you the basics of acrylic painting and you will take home a beautiful picture at the end of class. The project this month is pictured below. If this sounds like fun, please call **989.875.2135** to register as reservations are required.

The class is on **Tuesday, September 12th** from 1:00-3:00 pm. The fee for class is \$20.00 and payment for the class must be received prior to class in order to reserve your place. The fee includes all supplies and instruction. We are pleased to have Shirley share her talents with us. Please call 989.875.2135 to make your reservation.



Memorials

Commission on Aging

Sharon Pierce

Ken Yordy

Gary Hill

Neil Hegle

Donn & Pat Gates

Alice McCrory

Rick & Kathy Vanderbeek

Bob & Gail Paradise

Sharon Pierce

Don & Barb Sanborn

Diane & Randall Crites

The Snyder's

Anonymous

Ron & Sandra Acton

Carolyn Feltman

Chris & Konnie Bovee

Leona Martin

Her Family

Bill Peska

Berniece Peska

John & Sharon Biddinger

Gary Hill

Sharon Pierce

Janet White

Alice McCrory

Edith Beck

Nutrition

Gary Hill

Raymond L. Fish

Alice McCrory

Bonnie Barnes

Senior Gratiot

Julie Ann Brauher

Shirley & Dale Snell

Lucille Kosnik

Nancy & Howard Crites

Karen Dietz

Marcella Brauher

Donna Rowland

James Rowland

Grandma & Grandpa Bigelow

Albert & Florance Bigelow

Mary Lou & Tom Rickman

Alton Bigelow

Robert E. Ward

Doris Ward & Family

Donations

COA Donors

David & Rebecca Adams

Becky & Reg Fleury

Ronald & Karen Barton

Charlotte Simmons

Nutrition Program

Marty Peet

Honorariums

Grace Brauher

Marcella Brauher



Senior Gratiot Donors

Berniece Peska

Rosemary Buhl

Darrell & Karen Hundey

Gretchen Harrison

Lee & Ardith Long

Sharon Isenhath

Reva Kristin

Thank you for your support and generous donations.

Update on Food with Friends Menu

Beginning with the September menu printed on page 12 of the Senior Gratiot, the Food with Friends menu will now list Soup and Salad on Tuesdays and Thursdays as a meal option. At this time, the Soup and Salads are **ONLY** available at the Senior Center, located at the Senior Activity Building, 1011 E North St in Ithaca. As our Senior Center, this location is open five days a week, and the soup and salad option replaces the hot meal. All seniors in Gratiot County are welcome to attend the Senior Center in Ithaca on Tuesdays and Thursdays for a cup of soup and chef salad. Not only will you enjoy a great meal, you may meet new people or renew an old friendship. Our future goal is to offer the soup and salad meal as an option at our other locations in Alma/St. Louis, Breckenridge and Fulton. However, due to current staffing limitations, we are unable to make and distribute them to all Food with Friends locations.

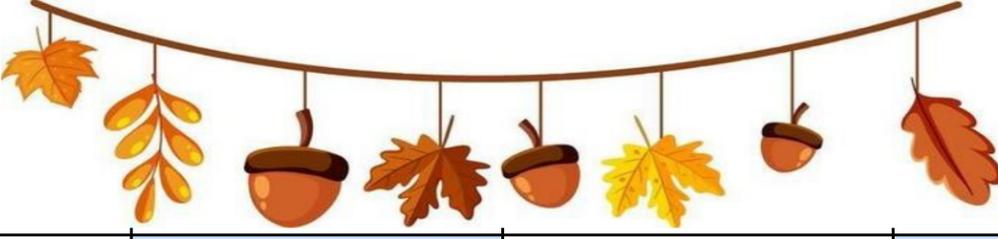
We invite you to make a reservation and attend the Senior Center at the Senior Activity Building any Tuesday or Thursday for a cup of homemade soup and chef salad. Please call Jo Jones at 989.875.2135 to make your reservation. As with all our meals, please make your reservation 24 hours in advance. Thank you and we look forward to seeing you.



Food with Friends Eat Smart Menu

Lunch 12:00-12:30

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ham/Cheese on Bun Broccoli/Caul Salad Amish Potato Salad Mandarin Oranges
CLOSED  4	5 Chef Salad Beef Vegetable Soup Mandarin Oranges Wheat Bread	6 Lemon Pepper Chicken Company Potatoes Beets Pears Dinner Roll	7 Chef Salad Minestrone Soup Pears Apple Juice Wheat Bread	8 Macaroni & Cheese Green Beans Fruited Cole Slaw Fresh Orange Wheat Bread
11 All American Hamburger Baked Beans Corn Apricots Hamburger Bun	12 Chef Salad Minestrone Soup Apricots Wheat Bread	13 Beef Stroganoff Mixed Vegetables Steamed Cabbage Pears Wheat Bread	14 Chef Salad Chicken Vegetable Soup Pears Apple Juice Wheat Bread	15 Roast Pork Whipped Potatoes/Gravy California Blend Cranberry Mousse Wheat Bread
18 American Goulash Green Beans Kyoto Vegetable Pears Wheat Bread	19 Chef Salad Chicken Vegetable Soup Pears Apple Juice Wheat Bread	20 Baked Chicken Oven Roasted Potatoes Crunchy Pea Salad Pineapple Gelatin Wheat Bread	21 Chef Salad Stuffed Roast Pepper Pineapple Gelatin Wheat Bread	22 Potato Crunch Pollock Redskin Potatoes Scandinavian Vegetables Whole Grain Cookie Wheat Bread
25 Corn Chowder Hard Cooked Egg Peas Peaches Cheese Bread Stick	26 Chef Salad Stuffed Roast Pepper Soup Apricots Apple Juice Wheat Bread	27 Baked Ziti Casserole Carrots Brussel Sprouts Peaches Wheat Bread	28 Chef Salad Beef Vegetable Soup Peaches Wheat Bread	29 Basil Parmesan Chicken Brown Rice Mixed Vegetables Apple Crisp Pineapple 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.

The Soup and Salad meals are ONLY available at the SENIOR CENTER, located at the Senior Activity Building, 1011 E North St in Ithaca. Unfortunately, NOT available for Home Delivered Meals.



Commodity Food Distribution Date

Commodities distribution will be on **Monday, October 23, 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.**

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

**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

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