

October

The Gratiot County Commission on Aging has Medicare Medicaid Assistance Program (MMA) certified staff and volunteers here to assist you with reviewing your current Medicare coverages.

Call 989-875-5246 to schedule your appointment today!

When you schedule your appointment, you will receive assistance with the following:

- ◆ Explore Medicare Part D and/or Medicare Advantage Plans
- ◆ Compare your current plan with other additional plans for 2024 based on your current situation and medications
- ◆ Review the plans' coverage, as well as what the premium, deductible, and co-payments will be for 2024
- ◆ Review or assist with plan enrollment if you decide to switch plans
- ◆ For those who appear eligible, assist with applications to the Social Security Extra Help Program

Remember to call for your appointment as open enrollment is only available from October 15 through December 7. Do not wait until December to call and schedule. There are **NO walk-in times available**. If you have questions, please contact Sarah McClung at 989-875-5246.

MEDICARE

OPEN

ENROLLMENT



MMA
MICHIGAN MEDICARE/MEDICAID
ASSISTANCE PROGRAM



Navigating Medicare

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

October 2023
Volume XLVIII
Number 10

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



Jo Jones celebrated her 45th year with the Food with Friends (FwF) program on Tuesday, September 5th, with a celebration on Wednesday, September 6th. Jo was surrounded by many friends as well as relatives of her past FwF participants. She has been dedicated to the FwF program and her service is much appreciated.

If you get the opportunity, stop by and say hello to Jo and see what is happening at the Ithaca site. Thank you, Jo, for the many years of service to this community.



Just a few of the people who came to celebrate with Jo.

Right: Ken Federspiel

Left: Jack Ginther, Rex Rimmel, Jo, Avis Ginther, Dolores "Doff" Rimmel, Evelyn Green



Like Gratiot County Commission on Aging
On Facebook

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.

August 2023 Prep Team Volunteer Thank You!

Thank you to these 11 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, Linda Cox, Helen Hoard, Nora Kowitz, Betty Reeves, Judy Zimmerman, Sally Martin, Kathy Pendell, Iris Henries, and Bernie Barnes. Also assisting were three students from the **Ithaca High School Leadership/Service program.**



VOLUNTEER ACTIVITY October 2023

Please contact Sue Koch to register for these teams

Recycled Greeting Cards Team
Commission on Aging in Ithaca
Third Wednesday of every month
October 18, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
October 19, 9:00-11:30 am

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



Thanks for the Difference You've Made

Because you care...
A senior knew someone would be stopping by today
A senior received a hot, nutritious meal today
A senior knew someone cared
A senior had the opportunity to express "Thank You"
A senior was touched by your kindness

Please consider joining the Home Delivered Meal Volunteer Driver Team. Your volunteer activity will make a difference for a senior, too.

Caring for Your Elderly Parents

It is more common than ever to find senior citizens who have elderly parents who are needing care either in their own homes or assistance in choosing a facility to care for them.

For many elderly parents, the need is primarily social. The elderly parent is still able to take care of their daily needs, but assistance with errands and appointments or a meal together is needed. As the parents' health declines, more and more support will be needed. If the decision is made to bring your parents into your home, make sure you have a good support system in place for yourself. All day, every day is a lot for one individual. You may consider hiring a part-time person to come in and give you some relief.

It is often difficult to transition the relationship from parent/child to child caring for the parent. It can be difficult to establish the new patterns in your relationship and parents can be overly critical. Try to establish boundaries and talk through the issues you are having. Your health, both physical and mental, is important.

At some point, the decision may be made to place the parent in a facility. If placement is the decision, be sure to include the parent in the decision making process. They are the ones who will be living there. Once the move is made, everyone may be happier and your relationship will improve.

Medicare Presentations

The Medicare D open enrollment period begins October 15th and ends December 7th. Any changes made to your coverage will become effective January 1, 2024. Sarah McClung, Medicare/Medicaid Assistance Program counselor, will be presenting general information about the open enrollment process and general changes to premiums for 2024. The dates and locations are listed below:

Monday, October 9, 12:30 pm

Breckenridge Senior Center
122 E Saginaw St, Breckenridge

Wednesday, October 11, 12:30 pm

Alma/St Louis Senior Center
415 Park Ave, Alma

Monday, October 16, 12:45 pm

Ithaca Area Senior Center
1011 E North St, Ithaca

Friday, October 20, 12:30 pm

Fulton Area Senior Center
3425 W Cleveland Rd (M-57),
Perrinton

These presentations will provide general information only, not individual consultations. Please call the office to schedule your consultation appointment. If you have any questions, please contact Sarah at 989-875-5246.

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.



© CanStockPhoto.com



Medication Disposal

Proper disposal of both prescription medication and over the counter items is important to help prevent accidental poisonings, contamination of the water we drink, or drug abuse. Listed below is information for where and when you can dispose of unwanted medications.

Gratiot County Sherriff's Department

226 E. Center Street, Ithaca

The Gratiot County Sherriff's Department will accept pills. They will not accept liquids, needles/syringes, or inhalers. There is a drop box in the lobby of the Sherriff's office. The lobby is open 24 hours a day. Place the medication in a Ziploc bag and dispose of it in the drop box. If you have any questions, you may call 989-875-5214 for more information.

Alma Police Department

**525 E. Superior St., Alma
Located in Alma City Hall**

The Alma Police Department will accept pills and liquids. Liquids need to be in the bottle and the bottle needs to be inside a baggy. Pills also need to be placed in a baggy. They do not accept inhalers or needles of any kind. They are open from 8:00 a.m. to 5:00 p.m. Monday through Friday (closed from 11:30-12:30 for lunch). If you have any questions, please call 989-463-8317 for more information.

St. Louis Police Department

300 N. Mill St., Located in the City Hall Building

The St. Louis Police Department will accept any type of pills and there is a drop box for them. They will also take liquids, creams and powders, but those need to be turned in at the desk. They do not take needles. The office is open from 8:00 a.m. to 4:00 p.m. Monday through Friday. For more information, please call 989-681-4620.

Meijer

**2805 W Cheesman Rd., Alma
Located at the Pharmacy**

The Meijer Pharmacy will accept any unused or expired prescription medication, including Schedule II-V controlled substances, unused or expired over the counter medication and pet medication. They will not accept Schedule I controlled substances, thermometers, aerosol cans, inhalers, needles, lotions/liquids or hydrogen peroxide. The box is located by the pharmacy and is available to access from 6:00 am to midnight daily.



Medication Lock Boxes Available



Sarah McClung and Kristi Betzer, Social Workers with Commission on Aging (COA) are pictured with medication lock boxes which were donated to COA by the Gratiot County Substance & Suicide Prevention program at Child Advocacy. The purpose of a medication lock box is to ensure medication is only accessible to the prescription holder and to help reduce accidental overdose or misuse of medication. If you would benefit from a medication lock box, stop by the office and request one.



Senior Activity Building

October 2023

Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8-10 SAB Coffee 12:00 Food with Friends Meal Happy New Year 1:00 Top Hat Movie/Popcorn	3 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 12:45 Euchre	4 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole	5 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Wii Bowling	6 8-10 SAB Coffee 11:30 Blood Pressure Checks with Joyce 12:00 Food with Friends Meal 1:00 Otago Exercise Program	7
9 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 2:00 Dulcimers	10 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	11 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole	12 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Wii Bowling	13 8-10 SAB Coffee 10:45-11:45 Fire Safety - Jeremy 12:00 Food with Friends Meal 1:00 Otago Exercise Program	14 
16 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Medicare Updates with Sarah	17 8-10 SAB Coffee 9:00-1:15 SAB Polls are Open 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 1:15 SAB Board Meeting	18 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole 7:00 A-Tractive Tractor Club	19 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Wii Bowling	20 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	21
23 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo	24 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 12:45 Euchre	25 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole	26 8-10 SAB Coffee No Food with Friends SAB Closes at 10:00	27 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling No Food with Friends Meal 1:00 Otago Exercise Program	28 8:30-9:30 Trick Or Treat Pancakes & Sausage
30 8-10 SAB Coffee No Food with Friends Meal SAB Closes at 10:00 am	31 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal Halloween FUN	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.)			

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 of the New Year for Ithaca Food with Friends, Senior Center, and the Senior Activity Building on Monday, October 2nd. The Fiscal Year begins on October 1st. We will share the movie, "Top Hat" at 1:00 pm. Fred Astaire and Ginger Rogers will dance while you enjoy your popcorn!

Thanks to the shrub trimmers, Larry Ringle and Cleo Flegel, for their hours of work. Thanks also go to the Volunteers at our Clean Up Day. Linda St. Charles's pancakes gave the Volunteers their extra energy for the morning of work. Dedicated Volunteers are the backbone of the Senior Activity Building.

EVERY morning from 8:00-10:00, our Senior Activity Building (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..

There will be **NO Food with Friends** meals on Thursday, October 25th, Friday, October 26th, and Monday, October 30th

since the COA Kitchen will be closed to have the floors re-sealed. SAB Coffee and Conversation will still welcome you on those days from 8 to 10. The building will close at 10:00 am on the 26th and 30th. The SAB will be open on Friday, the 27th for EZ Motion at 10:00 am, Wii Bowling at 11:00 am and Otago Exercise class at 1:00 pm.

The SAB Board continues to thank Greg Brown for encouraging all Pickleball players. There are no scheduled pickleball lessons in October, 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!

Bingo is enjoyed on Monday, the 9th and 23rd at 12:45pm. Yvette, from Schnepps Health Care will provide the prizes on the 9th while Ashlyn, from Ashley Care Center will do the same on the 23rd.

The Just for Fun Dulcimer Club will be playing their music on Monday, the 9th at 2:00 pm.

Medicare updates will be shared with us at 12:45 pm on Monday, the 16th. Sarah McClung will take time for your

questions following her presentation. Be sure to attend that day for valuable information regarding Medicare.

EZ Motion exercise class starts at 10:00 am each Tuesday and Thursday. Come stretch with us! The painting class with Shirley Frederick will meet on October 10th at 1:00 pm.

The SAB Board meets at 1:15 pm on the 17th. The election of the Class of 2026 Board Members will take place from 9:00 am until 1:15 pm when the Annual Meeting of the Board begins. The Class of 2026 Nominees are: Roger Cook, Gail Paradise, and Diane Yonker.

EUCHRE players are invited to COME to play a few games on Tuesdays, the 3rd and 24th at 12:45 pm. Call ahead and order your Soup and Salad lunch to enjoy at 12:00 pm.

Halloween FUN is happening on the 31st! Come enjoy a glass of cider with a donut. You are invited to come in costume or just cheer on the seniors who still enjoy that fun part of Halloween.

The knitting group gathers at 10:00 am each Wednesday. Corn Hole is scheduled at 1:00pm. 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 6th, we welcome Joyce Raycraft who will be glad to check your blood pressure before lunch.

Otago Exercise Program led by Central Michigan University College of Medicine staff and student trainers s at 1:00 pm every Friday. To register for this FREE program, call CMU at

989.774.1350. The goal is to improve your balance and reduce the risk of falls.

Gratiot VFW Post #7805 will meet at the building on the 10th at 7:00 pm . A-Tractive Tractor Club meets at 7:00 pm on Wednesday, the 18th.

Be sure to check the calendar at the building since there may be changes and additions to the schedule for the Senior Activity Building, 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 before the nets come down for the winter. You are encouraged to take a walk on Wanda's Walk in Atkinson Park.

Come enjoy the start of our new Year! We invite seniors who have an October birthday to reserve a meal on Wednesday, the 25th. We'll celebrate with you and then enjoy a treat following the meal. Will the treat be ice cream, cookies, and/or a piece of cake??



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from August 12 through September 14, 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
- Cleo Flegel
- SAB Clean Up Volunteers
- Jo Jones
- Nancy Hunt
- Jack Ginther
- Marci Browne (Rotary)
- Avis Ginther
- Paul Hornak (Rotary)
- Joyce Raycraft
- Scott Crumbaugh (Rotary)
- Susan Sparks
- Cleo Flegel
- Mary Sullivan
- Ellen Martin
- Helen Hoard
- Linda St. Charles

Memorials

Gary Hill
Sally Martin

Janet White
Sally Martin

Alice McCrory
Donn & Pat Gates

Larry Barnes
Donn & Pat Gates

Annabel Peet
Food with Friends

Honorariums

Jo Jones
Ken & Nola Owen

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

Mary Humm



Above: Jack Alton models a top hat while at the museum in Ithaca

Right: Seniors visiting Museum, Log Cabin and Barn in Ithaca



Above: Building Clean Up Crew

Below: Joyce Raycraft and Ellen Martin prepare gift bags for the Rotary's golf outing.



The Filling Station

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

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



October is easily one of my favorite months. The leaves are changing, and I'm excited for cooler weather, and all the activities that come with that. My garden is currently overtaken with pumpkins, and I'm looking forward to roasting the seeds!

Alma - St. Louis is hosting their first Halloween Party! I'm excited to see how it all comes together, and hope you'll join us for the festivities.

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.

Mondays, 12:45 pm-1:45 pm: BINGO.

Fridays, 10:00 am - 12:00 pm: Chronic Disease PATH with MSU Extension, beginning October 13th

October 6 12:00 pm-2:00 pm Blood Pressure Checks with Alma College Nursing Students
12:30 pm: Pumpkin Plaque, Registration Required
1:00 pm-2:00 pm: Line Dancing

October 11 12:30 pm: Come and learn about Medicare with Sarah from COA

October 13 1:00 pm - 2:00 pm: Line Dancing

October 16 Join us for Grocery Store Bingo hosted by Schnepps!

October 18 10:15 am - 12:30 pm: Painting, registration required

12:30 pm - 2:00 pm: Carmel Apple Bar! Registration is suggested to be assured of having enough supplies

October 20 12:00 pm - 2:00 pm: Blood pressure checks with Alma College Nursing Students

12:30 pm: Fire Prevention Class with Deputy Chief Gallagher. Participants will receive a complimentary fire prevention gift for attending.

October 23 Join us for Produce Bingo with Joanna from MSU Extension!

October 25 Open Hours: Halloween Party! Stop in for some Witches Brew, Pumpkin Decorating, among other games and goodies. Costumes Optional, Fun Required. Registration suggested.

October 27 and 30 The site will be closed due to the COA Kitchen floors being refinished. See you again November 1st!



Various craft projects being completed at the Filling Station.



Bingo being enjoyed by the Alma/St. Louis seniors!

Breckenridge Sassy Seniors!

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

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



Happy Fall you all! Fall is in full swing with crisp days and nights and a sure chill in the air. My favorite time of the year. Apples are in full harvest, farmers are busy with their harvest be it corn, soybeans, or sugar beets and everyone is bustling to get it all done.

We have been busy here at Breckenridge Sassy Seniors. We painted rocks to add to the Village stone snake, "stoney". We are making plans to hand out treats for Halloween with maybe a few tricks along the way.

There is still time to take a beautiful color tour. Michigan has some of the most beautiful fall colors in the country, and with the Great Lakes in the background, you can't go wrong. I just love this state we live in!

As we all know, this is Flu season and we need to protect ourselves against it. You need to speak with your own medical provider and make the best decision for your health. As seniors, we need to keep up to date with our vaccinations and any boosters that we may need.

We all need to keep busy and get exercise, socialize among people and, as my mother-in-law always said, "use it or lose it!". This goes for both muscles and brain cells. I play solitaire to keep my mind active. You need to find something you enjoy and do it on a regular basis to keep your mind sharp. I also have a hobby that I love to keep me busy, sometimes too busy! Let's get our bodies and minds moving. Enjoy these lovely days of fall and go for a walk and enjoy your surroundings before the snow starts to fly.

Fun October days to celebrate:

Oct. 1	World Music Day	Oct. 3	Virus Appreciation Day	Oct. 5.	World Teachers Day
Oct. 7	Bookshop Day	Oct. 9	Indigenous People Day	Oct. 10	World Mental Health Day

Join us for 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. We will be closed October 27 and 30 as the COA Kitchen floors are being refinished. Have a safe October and do not forget to do a couple of tricks to get the treats on Halloween!



Greetings From Fulton

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

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

OCTOBER

Welcome to October. As you know, we were not able to re-open in September. Our date to re-open is now October 9th. Won't it be wonderful to meet again after all this time? And if you haven't had a chance to stop in at the Township Hall, then you will be surprised at how nice it looks when you do.

In July, 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** was the name of the class. Please join us on October 11th 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 October 18th Joanna Urban will be joining us to teach a **Cooking for 1 or 2** class. This is a six week class that will extend into November. Registration is required to receive the cookbook and any other handouts. The class begins at 12:30 pm. Anyone not taking the class can play cards as usual.

On October 20th, Sarah from the Commission on Aging will be here to tell us about all the changes that will be happening to Medicare in 2024. Mark the date on your calendar as this is always valuable information.

A reminder that books may be donated at any time you are willing to part with them. We are open on Monday, Wednesday and Friday 10:00 am - 2:00 pm. When they have made it thorough our senior center they are then passed on to one of the other senior centers in our county.

Please join us for lunch, cards, dice and Skip Bo or just to visit. The Senior Center is open Monday, Wednesday and Friday from 10:00 am to 2:00 pm. We look forward to having you join us for fun and lunch!

Oct. 2-6 Closed		Pressure Checks	Oct. 23 10:30 Luminous Leaf Lanterns for Fall Centerpieces
Oct. 9 10:30 Wii Bowling		12:30 Euchre, Skip Bo	Registration required, no fee.
12:00 Lunch	Oct. 16 10:00 Cards		12:00 Lunch
12:30 Euchre, Dice	12:00 Lunch		12:30 Euchre, Dice
	12:30 Euchre, Dice, visit		
Oct. 11 11:00 A Body in Motion Stays in Motion	Oct. 18 11:00 Virtual Chair Exercise		Oct. 25 10:00 Cards
Must have a signed COA liability form on file.	12:00 Lunch		12:00 Lunch
12:00 Lunch	12:30 Cooking for 1 or 2		12:30 Cooking for 1 or 2
12:30 Euchre	12:30 Euchre, Dice		12:30 Euchre, Skip Bo
Oct. 13 10:00 Cards	Oct. 20 10:00 Cards		Oct. 27-30 Closed. The COA Kitchen is having the floors refinished.
12:00 Lunch	12:00 Lunch		
12:30 Nancy Dulin, Blood	12:30 Medicare Update		

Area Food Pantries

Alma

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

Ashley

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

Bannister

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

Breckenridge

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

Ithaca

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

Riverdale

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

License/State ID and proof of address.

St. Louis

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

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

Please call number listed to confirm days and times.





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.

"Diva Royale" Thursday, November 16, 2023 \$169.00 (Inclusive) Bus Departs: 9:00 am, Return 7:00 pm

We will be traveling to the Purple Rose Theater in Chelsea to see "Diva Royale", written and directed by Jeff Daniels. The Purple Rose was founded in 1991 by acclaimed actor and Chelsea native Jeff Daniels. The original building has been expanded and remodeled since 1991 and features authentic 1930's theatre décor including a marbled glass chandelier in the lobby and art deco doors and ticket booth. The theatre retains its intimate feel with only 168 seats with each seat under twenty feet from the stage.

Diva Royale was first staged in 2018 and is full of side-splitting hilarity as it follows three midwestern stay-at-home moms whose love for Celine Dion makes them plan a last minute trip to New York City. With the return of the entire original cast, this crowd pleasing comedy is guaranteed to make you laugh 'til you cry. (Contains adult language and subject matter.)

On the way to Chelsea, we will visit Dixboro General Store. This historic store and the adjoining Merchants home houses one of the busiest gift and furnishing stores in Michigan. We will enjoy lunch at the Dixboro House. This beautiful restaurant was carved out of the bones of the original barn structure, originally erected in 1880 and utilized as a restaurant beginning in the 1920's. The barn has been restored to feature exposed 140 year old timbers, a gambrel vaulted ceiling and the original stone fireplace.

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



A Carpenters Christmas Sunday, December 3, 2023 \$179 (Inclusive) Bus Departs: 10:00 am, Returns 8:00 pm

Let's visit the Lexington Village Theatre, a premier performance venue committed to bringing world class entertainment to Lexington MI. While The Carpenters are known for over a dozen chart topping hits, they also won over their fans with their Christmas celebrations. Singer and playwright Lisa Rock and her 6 piece backing band are keeping The Carpenters' holiday traditions alive and bringing their unforgettable Christmas songs to the stage. Based on the music of The Carpenter's two holiday albums and Christmas variety shows, A Carpenters Christmas is a holiday concert that spreads joy and cheer to all and includes "Merry Christmas Darling and the jazzy "Santa Claus is Comin' to Town".

Prior to the show, we will enjoy lunch hosted by The Cadillac House which is listed on the National Register of Historic Places. It was built to accommodate visitors drawn to the area during Lexington's "golden era" of the mid-nineteenth century when it served as a significant center for the lumber and fishing industries in Michigan's Thumb and major transshipment point for goods and materials on the Great Lakes.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 10:00 am sharp and will return to COA around 8:00 pm. The price includes transportation, theatre tickets, lunch and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by November 17, 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

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



College of Medicine



Cooking Safety Starts with YOU!

Join Deputy Chief Jeremy Gallagher, Gratiot Emergency Services Authority, as he presents a special program about fire safety. He will be discussing various methods of keeping you safe when cooking. Some of the topics covered will be:

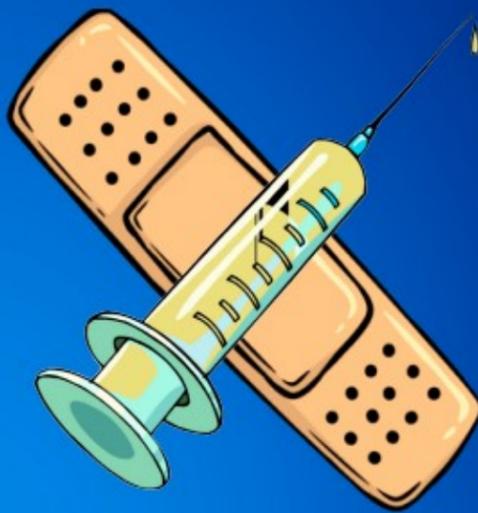
- ◇ Keep a close eye on what you are cooking.
- ◇ Clear the area of combustible items.
- ◇ Turn pot handles toward the back of the stove.
- ◇ Create a “kid and pet free zone”.

See the list below to find the presentation that will fit with your schedule and be sure not to miss this important information. Participants will receive a complimentary fire prevention gift for attending.

- ◇ October 13 10:45 - 11:45 am, Ithaca Senior Center
- ◇ October 20 12:30 - 1:30 pm, Alma/St Louis Senior Ctr.
- ◇ November 3 1:00 - 2:00 pm, Breckenridge Senior Ctr
- ◇ November 17 12:30 - 1:30 pm, Fulton Senior Center



Walk-In Flu Shot Clinics



October 12 - 8:30-4:00

Montcalm County
615 N. State Street, Stanton, MI

October 19 - 8:30-4:00

Gratiot County
151 Commerce Drive, Ithaca, MI

October 26 - 8:30-4:00

Clinton County
1307 E. Townsend Road, St. Johns, MI

Vaccines available for everyone ages 6 months & up. No appointment necessary on these days. ID & proof of insurance required. Most insurances accepted.

COVID-19 vaccines will also be offered if available.

Mid-Michigan District Health Department

Clinton | Gratiot | Montcalm



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

Dean Giles
Sondra Giles

Mickey (Deline) Raycraft
Ruth (Raycraft) Holley
Tom Raycraft, Jt.
MaryAnn Raycraft

Virginia Brauher
Bob & Gail (Troub) Paradise
Jayne (Troub) Beard
Auto-Owners Insurance

Leona Martin
Her Family

Shirley J. Cole
Maynard Cole & Family

Michael Dwyer
Theresa Steele
Lelah Dwyer

Alice McCrory
Richard & Vicki Nix
Gary & Marcy Skinner
Doug & Marita Harkness
Don & Deloris Herald
Kathryn & Cindy Thomas
Jack & Vicki Martin
Carol Reeves
Elaine Flegel
Judith Eichorn
Linda Crumbaugh
Marsha Beck
Bernard & Linda DeVuyst

Nutrition

Mike Wetzel
Sharon Pierce
John Biddinger
Gerald Peska
Carol Reeves

Senior Gratiot

George & Pearl Samuels
Kirk & Yvonne Litwiller



Donations

COA Donors

Rhonda Harrell
Sharon Aungst
Thomas Schmitz
Patricia Touzeau
Bruce & Connie Andersen
Hope Castellon

Nutrition Program

Marty Peet

Fulton Food with Friends

Commercial Bank, Ithaca



Senior Gratiot Donors

Gillene Weller
Karen Maleski
Denny Veeder
Elaine Flegel
Deborah Brune
Bruce & Bonnie Williams
Stanley Glowacki
Joyce Raycraft
Louis & Geraldine Dame
Gary & Carol Leonard

Thank you for your support and generous donations.

October is Breast Cancer Awareness Month

Breast Cancer Awareness Month aims to promote screening and prevention of the disease, which affects one in eight women in the United State every year. The goals of the month are:

- ♥ Supporting people diagnosed with breast cancer, including metastatic breast cancer
- ♥ Educating people about breast cancer risk factors
- ♥ Stressing the importance of regular screening, starting at age 40 or an age that is appropriate for your personal breast cancer risk

Just being a woman and growing older are the two biggest risk factors for breast cancer. Breast cancer accounts for 12.5% of all new annual cancer cases worldwide, making it the most common cancer in the world. Both women and men can be diagnosed with invasive breast cancer and it is second only to lung cancer as a leading cause of cancer-related death in US women. Regular exams are important tools in breast cancer detection and the earlier it is diagnosed, the better the outcome.

Information from www.breastcancer.org

It is the Harvest Moon! On gilded vanes and roofs of villages, on woodland crests and their aerial neighborhoods of nests deserted, on the curtained window-panes of rooms where children sleep, on country lanes and harvest-fields, its mystic splendor rests.

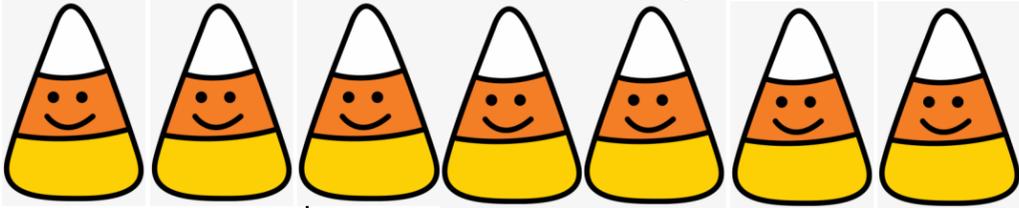
~Henry Wadsworth Longfellow



Food with Friends Eat Smart Menu

Lunch 12:00-12:30

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Macaroni & Cheese Mixed Vegetables Carrots Tropical Fruit Wheat Bread	3 Chef Salad Minestrone Soup Tropical Fruit Wheat Bread	4 Chili Corn Bread Baked Potato Pineapple Gelatin	5 Chef Salad Beef Vegetable Soup Pineapple Bits Wheat Bread	6 Spaghetti Broccoli Carrots Cherry Fruit Cobbler Cheese Bread Stick
9 Meatloaf Oven Roasted Potatoes Lima Beans Orange Wheat Bread	10 Chef Salad Beef Vegetable Soup Fresh Orange Wheat Bread	11 Chicken Pattie Lettuce & Tomato Redskin Potatoes Green Beans Peaches Hamburger Bun	12 Chef Salad Chicken Vegetable Soup Peches Apple Juice Wheat Bread	13 Baked Chicken Company Potatoes Peas Cranberry Mousse Wheat Bread
16 Pork Chop Whipped Potatoes Brussel Sprouts Mixed Fruit Cup Wheat Bread	17 Chef Salad Chicken Vegetable Soup Mixed Fruit Wheat Bread	18 Beef and Noodles Squash Broccoli Citrus Salad Rice Pudding Wheat Bread	19 Chef Salad Stuffed Roast Pepper Soup Rice Pudding Wheat Bread	20 Cheese Omelet Turkey Sausage Cinnamon Roll Fresh Orange
23 Chicken Chili Green Beans Tropical Fruit Cup Tomato Juice Corn Bread	24 Chef Salad Stuffed Roast Pepper Soup Pears Wheat Bread	25 Roast Pork Whipped Potatoes/Gravy Mixed Vegetables Apple Crisp Wheat Bread	26 Kitchen Closed Resealing of Kitchen Floor No Soup and Salad	27 Kitchen Closed Resealing of Kitchen Floor No Home Delivered Meals or FWF Meals
30 Kitchen Closed Resealing of kitchen Floor No Home Delivered Meals or FWF Meals	31 Chef Salad Minestrone Soup Pears Wheat Bread			

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