

December

Christmas Day Dinner Hosted by Alma Elks 610 W. Warwick Dr., Alma 989-463-1400

A Christmas Day Dinner will be served through the generosity of the Alma Elks Lodge #1400 on Christmas Day from noon until 3:00 p.m.

This ham dinner is open to anyone in the community who would like a hot meal, has no place to go on Christmas day, or who wants to share this day with others. We welcome everyone!

The meal is free of charge, however donations will be accepted. The menu will be ham, mashed potatoes and gravy, vegetable, roll and dessert.

It is necessary to call in advance to make your reservation. Please call the *Elks Lodge at 989.463.1400* by December 20th.

It is not necessary to come right at noon, as dinner will be served until 3:00 p.m. Delivery is available for homebound people. Please give your address when you call in your reservation.

Thank you, Alma Elks members, for providing this wonderful community dinner!

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

December 2023
Volume XLVIII
Number 11

SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
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NON-PROFIT ORGANIZATION
US POSTAGE PAID
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ITHACA MI



Commission on Aging will be closed on the following dates for the holiday season.

December 22nd & 25th

December 29th & January 1st

The office will reopen at 8:00 am on January 2nd.

Thank You FOR YOUR SUPPORT

The COA staff would like to offer our sincere gratitude to the Taylor family of J & J Party Store of Ithaca. The Taylor's began the tradition of collecting change from their customers and donating it to the COA Nutrition Program. Over the years, over \$10,000 was donated to COA, and the generosity of many local residents allowed us to provide meals to those utilizing our services. Thank you, Joe Taylor, and we wish you a very happy retirement!



Snow Removal Service

Winter has arrived and snow is falling. The Commission on Aging's Home Chore department is ready to assist the seniors of Gratiot County with shoveling the snow.

Dan and the crew use walk behind snow blowers and shovels to clean your sidewalks, driveways and porches. Unfortunately, they are not able to clean long driveways.

All you need to do to take advantage of this service is call the COA office, 989-875-5246, on the day you need the snow cleared. Your name will be added to the list for that day. You **must call each time** you need the snow removed as snowfall amounts can differ across the county. There is no charge for this service, however donations are accepted and will help cover the costs of the program to keep it running. Every effort is made to complete the requests daily so don't forget to call.



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



There are always scams being run and during the holiday season, they are more frequent. People are busier and don't necessarily pay as much attention to calls as they should. Scammers can be very convincing. If something seems unusual or too good to be true, check it out. Here are a few tips to avoid telephone scams:

- You usually cannot win a sweepstakes or a lottery that you did not enter.
- Never "pay to play." A legitimate sweepstakes will not ask for money upfront.
- Be suspicious of any pressure to send funds via wire transfer or on a pre-paid, reloadable card.
- Pay attention to warnings from your financial institution telling you that a request sounds like a scam. Your banker may have encountered similar scams in the past.
- Scammers often claim an emergency, hoping you will respond quickly without checking out the situation first. Before offering your help to someone who claims to be a grandchild (or any other relative/friend) be sure to telephone your grandchild or his/her parents at a number you know to be valid to find out if the request is legitimate. If a caller claims to be from an established organization such as a hospital, a charity, or a law enforcement agency, look up the number of the organization yourself.
- Consider it a red flag if the caller insists on secrecy. Never allow anyone to discourage you from seeking information, verification, support and counsel from family members, friends or trusted advisers before you make a financial transaction.

Medicare open enrollment period is also a good time for scammers to strike. Take precautions to avoid becoming a victim of identity theft or Medicare fraud by guarding your Medicare number and other personal information.

- Never give your Medicare number or other personal information to an unexpected caller or someone who makes an unsolicited request for it.
- If a caller says they are from Medicare and asks for your Medicare number or other personal information **HANG UP!** The Center for Medicare and Medicaid Services will never call to ask for or check Medicare numbers.
- Don't respond to a telemarketing call relating to Medicare. Hang up on robocalls or other telemarketing calls pitching insurance plans.
- Anyone who tries to sell you Medicare insurance while claiming to be an "official Medicare agent" is a scammer. There are **no** Medicare representatives. Medicare does not send representatives to your home.
- Ignore anyone who calls saying you must join their prescription plan or you will lose your Medicare coverage.

Information from Money Smart for Older Adults Resource Guide and Michigan Attorney General Office

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.

November 2023 Prep Team Volunteer Thank You!

Thank you to these 12 COA volunteers who devoted 26 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Bernie Barnes, Nancy Crispin, Helen Hoard, Nora Kowitz, Ruth Malek, Ellen Martin, Betty Reeves, Carol Reeves, Lisa Skaryd, Lora Schultz, Nancy Gulick, Judy Zimmerman and 3 Ithaca High School Leadership/Service students.



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

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month

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

Senior Gratiot Newspaper Prep Team

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



Christmas Word Search



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

- Bells
- Candle
- Decorate
- Gifts
- Holly
- Laughter
- Lights
- Mistletoe
- Nuts
- Ornaments
- Reindeer
- Santa
- Sharing
- Sled
- Snow
- Spirit
- Star
- Tidings
- Toys
- Travel
- Tree

Caregiver Burnout

Family caregivers report clinically significant mental and emotional effects of caregiving and consider their situation highly stressful. This means that you need to watch for these signs of burnout:

1. Isolation & withdrawal by not interacting with people, especially close family and friends.
2. Loss of interest in activities.
3. Feeling overwhelmed and hopeless.
4. Changes in mood, meaning becoming quick to anger even if you are normally even tempered or aren't as upbeat as usual.
5. Changes in eating patterns whether eating too much or too little can be a symptom of extreme stress.
6. Changes in sleep patterns.
7. Changes in health can be indicated by illnesses that last longer than they should.

If you recognize any of the signs in yourself, please reach out to your family doctor, therapist or social worker. Finding an ongoing caregiver support group can also be good as you will have the opportunity to connect with others who are experiencing some of the same things you are.

Information provided by agingcare.com

G.A.I.N.

A local non-profit, Gratiot Animals in Need (G.A.I.N), offers a variety of resources to Gratiot County pet owners. We have moved to **405 E Washington (M-46) in St Louis**. Office hours from November through February are Tuesdays from 12 - 2 pm. Please leave a message if no one answers at 989-875-2286.

Financial assistance for dog spay/neuter may be available. This would be either through a local vet or low-cost clinic. Call the office at 989-875-2286 for more information on the program.

The barn cat program is for people who are looking for help with rodent control in their barn, garage, warehouse, etc. To request placement of one or more of our working cats, call the office at 989-875-2286.

The Companions program can help Gratiot County seniors pay for veterinary office visits and, *depending on the issue*, for one-time medications or treatment needed from the vet. This program does not cover vaccinations or on-going medications for allergies, fleas, etc. G.A.I.N. recognizes the benefits of pet ownership and the special bond seniors have with their pets.



On Dec. 7, 1941, the Japanese military launched a surprise attack on the U.S. Naval Base at Pearl Harbor, HI. On Dec. 8, President Roosevelt asked Congress for and received a declaration of war against Japan. On Dec. 11, Germany & Italy, allied with Japan, declared war on the U.S. The United States had entered World War II.

The Japanese attack began at 7:55 am and the entire attack lasted 1 hour and 15 minutes. The attack killed 2,403 U.S. personnel, including 68 civilians, and destroyed or damaged 19 U.S. Navy ships, including 8 battleships. The USS *Arizona* remains sunk in Pearl Harbor with its crew onboard.

Senior Activity Building

December 2023

Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8-10 EVERYDAY SAB Coffee & Conversation with Linda St. Charles 10:00 EVERYDAY Visits, news, games, & activities 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 3:30-5:30 Open House</p>
<p>4 8-10 SAB Coffee Trim the Tree Day 12:00 Food with Friends Meal Celebrate December Birthdays!</p>	<p>5 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>6 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 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>11 8-10 SAB Coffee 11:30 Holiday Food with Friends Meal at Fulton with Entertainment 2:00 Dulcimer Music</p>	<p>12 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 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 Christmas Meal 12:45 Dominoes 1:00 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>18 8-10 SAB Coffee 11:00 Two Outlaws & a Good Guy Music 12:00 Food with Friends Meal Cowboy's Afterglow</p>	<p>19 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 1:15 SAB Board Meeting</p>	<p>20 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal Santa & Sharing Treats 1:00 Cornhole 7:00 A-Tractive Tractor Club</p>	<p>21 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling</p>	<p>22 CLOSED</p> 
<p>25 CLOSED</p> 	<p>26 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling</p>	<p>27 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole</p>	<p>28 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling</p>	<p>29 CLOSED</p> 



Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager

989.875.2135

Thanks to our Gram's Kitchen crew at the COA for the excellent Thanksgiving meal and to our many pie providers! You made our day special!

You are invited to share in our Open House celebrating the 30th anniversary of the Senior Activity Building (SAB) on Friday, December 1st from 3:30 to 5:30 pm. Enjoy refreshments, renewing friendships, and meeting new friends all while creating notes for future seniors to be placed in a time capsule. At 4:45 pm there will be a brief program honoring our many volunteers, board members, and supporters over the past three decades.

The winner of our trivia contest will be announced and will receive the Holiday Gift Basket donated by Americas Choice Realty. Trivia contest entries are available at the SAB, COA and Ithaca City Hall. **The deadline for entry is November 30th.** Please drop off your entry at the SAB.

The December 1st schedule also includes blood pressure checks at 11:30 am by volunteer, Joyce Raycraft followed by the Food with Friends noon meal and the Otago Exercise class at 1:00 pm.

Every morning from 8:00 - 10:00 am, coffee and conversation happens at SAB. 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.

Seniors who were born in the month of December are invited to join us on Monday, December 4th for our Food with Friends meal. We want to wish you a Happy Birthday. We

hope that you will help us trim the Christmas tree today. Linda will have already done her magic with all of the other December decorations to welcome the seniors on Friday, the 1st.

Monday, the 11th, we will join all Food with Friends seniors at the Fulton Senior Center in the Fulton Township Hall for a special holiday celebration, including music by the Sweet Adelines Heart of Michigan Chorus. The SAB coffee and conversation will keep their normal schedule from 8-10 and the Dulcimers plan to be at SAB from 2:00-4:00 pm.

Monday, the 18th, we welcome back our cowboy friends from Midland - Two Outlaws and a Good Guy. This is their 32nd visit with Ithaca Food with Friends. Join us at 11:00 am.

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 one 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.

Please look at the activity calendar above to remind yourself about the dates that you will be with us at the SAB.

Due to the busy December schedule and special holiday celebration at Fulton, there will be no Bingo this month. Look for Bingo to return in January.

EZ Motion exercise class starts at 10:00 am each Tuesday and Thursday. Come stretch with us! We will have a chair

ready for you to use. Wii bowling fun follows EZ Motion at 11:00 am on both Tuesday and Thursday.

The painting class with Shirley Frederick meets on December 12th at 1:00 pm. This month's picture is a cute snowman.

The SAB Board meets at 1:15 pm on the 19th. The Class of 2026 (Roger Cook, Gail Paradise, and Diane Yonker) was elected in October. The new officers that will serve for this fiscal year were elected at the November meeting. The results were not available at the time this news was submitted, but will be reported in the January Senior Gratiot.

The knitting group gathers at 10:00 am each Wednesday. Dominoes will be back this month at 12:45 pm and corn hole is scheduled at 1:00 pm. There are special events on the last three Wednesdays, check the calendar on page 4.

The Thursday schedule is similar to Tuesdays, but take another look! Friday the 15th will conclude the Otago Exercise until January 12, 2024 when the Central Michigan students are back to lead the classes.

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

Be sure to check the calendar at the SAB since there may be changes and additions to the schedule. Suggestions for activities are always welcome.

Food with Friends and the SAB 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 enjoy the holidays with your family and friends. Remember, you are invited to be with friends on Wednesday, the 13th for our special Christmas meal and to greet Santa and share treats on the 20th. Welcome the New Year (early) on the 27th when the Ithaca tradition of Raising Cane is scheduled.



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from October 13 through November 8, 2023.

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

Gifts In Gratitude to SAB

Jack Alton
Trick or Treat Pancake Group

Memorial

Fred G. Jones
Fred & Jo's Parents
Jo's Senior Friends
Jo Jones

Honorarium

Jo's Senior Friends
Jo Jones

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

Mary Humm

Memorial

Fred G. Jones
Fred & Jo's Parents
Jo's Senior Friends
Jo Jones

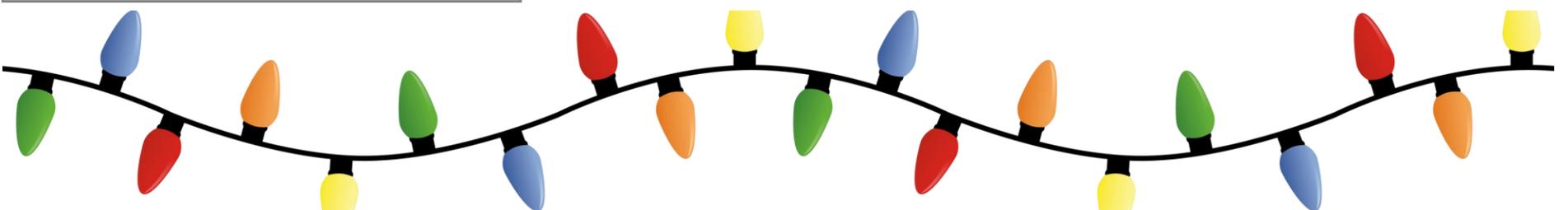
Honorarium

Jo's Senior Friends
Jo Jones

Right: Sondra Schaub and Phyllis Johnson's October birthday celebration!

Below: EZ Motion exercise group stretches every Tuesday and Thursday at 10:00 am.

Below Right: Sue Grigar's November birthday celebration!



The Filling Station

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

Kaleigh Pettigrew, Site Manager 989.875.9118



It's the most wonderful time of the year! What is your favorite part about the holiday season? I love Christmas lights, crafts, baking desserts, and giving gifts! I'm not a huge fan of cold weather and snow, but there is nothing like a white Christmas. I hope you all have a wonderful holiday season, surrounded by the ones you love and good health!

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.

Fridays, 10 am: Line Dancing! (Please note the time change.)

- December 1** 12 - 2:00 pm: Blood Pressure Checks with Alma College nursing Students
- December 1** 12:30 pm: Sleep Basics with MSU Extension
- December 4** 12:45 pm: Bingo
- December 6** 10:15 am: Diamond Art Ornaments, Registration Required.
- December 11** 11:30 am-2:00 pm: Christmas Party at the Fulton site!
- December 13** 10 am: Pine Cone Christmas Trees, registration required.
- December 13** 12:30 pm: Nutrition Education- Choosing High Fiber Foods
- December 15** 12 - 2:00 pm: Blood Pressure Checks with Alma College Nursing Students
- December 15** 12:45 pm: Color Block Tree Ornaments, registration required.
- December 18** 12:45 pm: Bingo

Please be sure to register for your class at least two day prior to the class to assure there are enough supplies. Thank you.



Thanksgiving Fun



CRAFTS



Breckenridge Senior Center!

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

Lori Chvojka, Site Manager 989.330.7508



Let it snow, let it snow! Not! I do not know about you, but I am not ready for the white stuff to start. Do not get me wrong, I love a white Christmas and New Year, and then I am ready for green grass and warm weather. But, as we all know, that is not going to happen as we live in Michigan and have our four seasons. We have been busy at the Breckenridge Senior Center this year and we have a few things on the schedule for December.

On December 11th, we will be visiting the Fulton site for a Christmas party with lunch, entertainment from the Sweet Adeline Heart of Michigan Chorus, and prizes. This is a county wide event and all the sites are participating. Please join us by calling in your reservation for your meal to 989-330.7508. On Wednesday, December 13th, Yvette from Schnepps Nursing Facility will be joining us to call Bingo and on Friday, December 15th, I will be giving a talk on Choosing High Fiber Foods and their health benefits.

Mondays: 10:00 Dirty Marbles
12:00 Lunch is served
12:30 Euchre

Wednesdays: 10:00 Dirty Marbles
12:00 Lunch is served
12:30 Games of Choice

Fridays: 10:00 Dirty Marbles
12:00 Lunch is served
12:30 Games of Choice

We all at the Breckenridge Senior Center want to wish you all a very Happy Holiday Season and we will see you in 2024!



Greetings From Fulton

Fulton Township Hall, 3425 W. Cleveland Rd., Perrinton
Irene Noffsinger, Site Manager 989-236-5019

DECEMBER

Now it is December and you know what that means. CHRISTMAS! I wonder if the holidays will ever arrive without me being wildly excited. I love the Christmas season and all that goes with it. I love decorating, baking, the music, shopping, and wrapping presents. All of it. But what I really love the most is the time set aside just to visit and share a meal with family and friends. We get so busy in our day to day activities that sometimes it is hard to fit in visiting with our families. So, as we are getting ready to end the year, my wish for all of you is that you get to spend some quality time with the people you love.

If you haven't already done it, please call and RSVP for our **Holiday Luncheon** on December 11th from **11:30 am – 2:00pm**. For your entertainment we will have the Sweet Adeline Chorus, Heart of Michigan. With lunch, entertainment and door prizes, it promises to be a very good time. Please come join us by calling 989-236-5019 to make your reservation.

Tonya from Laurels of Fulton Therapy Department, is leading us in exercises that are low impact and very easy using a program titled **A Body in Motion Stays in Motion**. Tonya is very knowledgeable and is fun to exercise with. If you are already coming, please keep coming. If you are out in the neighborhood, please join us. This program is available to anyone who wishes to come. Please join us on **December 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.

Cooking for One or Two has been moved out to February, due to printing problems with the cook books. If you were here for the first class, you are still signed up. If you haven't been here but wish to join the class, please call 989-236-5019 and let me know. It is not too late. I will post the February dates in the January Senior Gratiot.

Thanks again to everyone that donated books to Fulton Senior Center last month. As always, books may be donated at any time. We are open Monday, Wednesday and Friday from 10:00 am to 2:00 pm.

Please join us for lunch, cards, dice, Skip Bo, or just to visit. Remember to call, 989-236-5019, and make your reservation for lunch. There are usually card games starting as early as 10:00 am. Come join us, we look forward to hearing from you.

Dec. 1	10:30 Wii Bowling 12:00 Lunch 12:30 Euchre, Dice	Dec. 4	12:00 Lunch 12:30 Cards, Dice	Dec. 6	12:00 Lunch 12:30 Cards, Skip Bo
Dec. 8	12:00 Lunch 12:30 Blood Pressure Checks with Nancy Dulin 12:30 Cards, Euchre, Dice	Dec. 11	11:30 Holiday Luncheon 12:30 Sweet Adelines Heart of Michigan Chorus	Dec. 13	11:00 A Body in Motion Stays in Motion 12:00 Lunch 12:30 Euchre
Dec. 15	10:00 Cards 12:00 Lunch 12:30 Euchre, Skip Bo	Dec. 18	10:00 Cards 12:00 Lunch 12:30 Cards	Dec. 20	10:00 Cards 12:00 Lunch 12:30 Nutrition Education
Dec 22	CLOSED	Dec. 25	CLOSED	Dec. 27	10:30 Cards 12:00 Lunch 12:30 Cards, Dice
Dec. 29	10:00 Cards 12:00 Lunch 12:30 Bingo 12:30 Cards				

Dial 988 for Suicide Prevention and Mental Health Crisis

988 is the new universal Suicide & Crisis Lifeline. This was formerly known as the National Suicide Prevention Lifeline, 1-800-273-TALK. The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives. For more information, visit 988.lifeline.org.



Suicide Awareness

Information provided by 988lifeline.org

Chronic Health Conditions & the Flu

For most, the flu is a mild illness with fever, chills, congestion, sore throat, muscle aches and fatigue which generally make you feel lousy for a few days. Seniors with compromised immune systems face different risks. The flu can cause serious complications like pneumonia and bronchitis.

Some of the medical conditions that increase the risk of complications include diabetes (type 1 or type 2), chronic respiratory conditions (asthma, lung disease, COPD), heart disease, kidney disorders, liver disorders, neurological conditions (epilepsy, Parkinson's, stroke) or cancer and HIV. If you have any of these conditions, please educate yourself on ways to protect yourself from contracting the flu.

Should you develop flu symptoms, contact your primary care physician as soon as possible. They will be able to assess your risks and provide you with the appropriate treatment to help you recover quickly.

Information provided by agingcare.com



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.

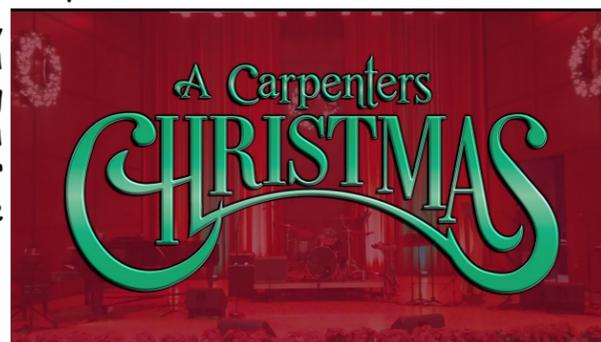
A Carpenters Christmas Sunday, December 3, 2023 \$179 (Inclusive)

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. 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.

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. You have 3 choices for lunch: 1) Salmon, bacon wrapped asparagus, herbed rice with dill sauce, 2) Cherry Chicken Pasta, rich creamy Alfredo sauce tossed with penne pasta, diced chicken, cherries, onion, tomatoes, 3) Tavern Burger with Fries, half pound of Michigan Beef, lettuce, tomato, pickle, onion, garlic parm sauce, cheddar cheese. Please let us know your meal choice when you call in for your reservation.

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. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.



Thank you to all who have participated in the bus trips this year. Jean will be taking a well deserved break for winter and we all look forward to the resumption of the bus trips in the spring of 2024.

Enjoying the trip to the Dixboro House for lunch and to the Purple Rose Theatre production, *Diva Royale*.



Gratiot Community Personal Needs Pantry

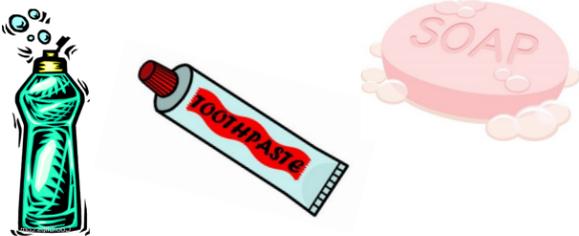
The residents of Gratiot County continue to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap, 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.



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 Street, 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 Street 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 Pharmacy 2508 W Cheesman Rd, Alma

There is a drop box in the corner of the Meijer Pharmacy area. They will accept unused or expired prescription medication, including Schedule II-V controlled substances, unused or expired over-the-counter medications and pet medication. They are not able to accept Schedule I controlled substances, thermometers, inhalers, needles, hydrogen peroxide, lotions, or aerosol cans. Hours are 6:00 am to midnight.

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 (OHS)

232 N. Mill St, 989-681-4289
 Tuesday, Wednesday, and Thursday
 9:00 am-11:45am. Please bring own box/bag for items.

Please call number listed to confirm days and times.



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



Sponsored by



G.A.I.N. Helping Gratiot Animals in Need Since 2014 a 501(c)(3) organization www.gainmichigan.org

\$10 Donation requested per vaccine: rabies, distemper

Vaccination Clinic for dogs and cats

Saturday - December 2, 2023 8 am - Noon

at

G.A.I.N. (Gratiot Animals in Need) 405 E. Washington St. Louis

To schedule an appointment call G.A.I.N.'s office:

989-875-2286

Walk-Ins will be accepted, but appointments have priority.

Cats MUST be in carriers and handleable

Dogs MUST be leashed

Proceeds to benefit G.A.I.N.'s Pet Food Bank and spay/neuter programs

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, December 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.



Holiday Luncheon

Monday, December 11, 2023

11:30am - 2pm

Fulton Food With Friends

Fulton Twp Hall

3425 W Cleveland Rd (M57) Perrinton

Entertainment

Sweet Adelines

Heart of Michigan Chorus

Door Prizes

Centerpieces- donated by Sue Waber

Holiday Trees Decorated by:

- Michael Richard Floral Boutique—Alma
Brecht's Backyard Creation—Alma
Twin City Landscape—St. Louis
43 North Realty—Alma
Alma Community Art Center, Young Artists
Jeff Neassens—Alma

MENU

- * Walking Taco
* Refried Beans
* Cilantro-Lime Rice
* Vanilla Ice Cream
* Fudge Brownie

Suggested donation 60 and over \$2.50 Fee for 59 and under \$5.00

Make your reservation today!

All other FWF Sites will be closed December 11, as we all gather together at the Fulton Site for a little Holiday Cheer! Call Irene @ 989-236-5019 to RSVP Deadline to RSVP is December 5, 2023



Memorials

Commission on Aging

Isabelle Sinko

Mike & Jodie Reeves & Family
 Randy & Cheryl Reeves
 Vicki & Jack Martin
 Carol Reeves
 Linda Crumbaugh
 Bob & Sue Deel
 Katherine & Dale Kortman
 David & Debra Mulka
 Christopher & Denise Murray
 Ken & Nola Owen
 Roger & Jane (Kirkby) Suppes
 Jared & Janet Allen
 Marcella Brauher

Maynard Danks

Janice King

Jim

Veronica Norris & Family

Margaret VanAlstine

Fred & Ann
Burlingame

David

Mom & Family

Neil Allen

Edith Beck



Earl & Shirley Zeese

Craig Zeese

Lois Leiter

Veronica Norris

Bill Clagg

Maxine Klumpp Kent
Margo House & Larry Steffenhagen

Alice Schafer

Howard & Mary Kenney

Bill, Betty & Arden Cummings

Bob Peet

Hubert & Velma Kindel

Karen Kindel & Family

Helen Brandal, Mom

Beatrice Reeves, Mom's Sister

Barb Kench

Gary Hill

Phyllis Johnson

Senior Gratiot

Venetta & Kenneth Parling

Cathleen & Jim Lucas
Tim Lucas
Kenny Lucas

Floyd & Mark Howdysshell

Carol Howdysshell

Agnes Kenney

Dorothy Terry

Howard & Mary Kenney

John Shimunek

Jack Weatherby

Jim Swartzmiller

Julie Shimunek

Bill & Eleanor Seamon, My Parents

Nancy Crispin

Vinola Martin

Nancy Francetic

Paul Robert Strohpaal

Linda Strohpaal

Harold & Aldeen Roberson, WWII

Navy Veterans

Rod & Nora Palmer

Shirley & Sam Ortisi

Tom Mueller

Gary Trgina

Dorothy Trgina



Donations

COA Donors

Gary & Cindy Johnson
 Gary & Judy Zimmerman
 Mildred Reeves
 Judith Parrish
 Isabella Bank
 Aleatha Foote
 Ethel Durocher
 Verna Beth Hayward
 Anonymous
 Wayne & Joyce Fisher

Nutrition Program

Marty Peet



Honorariums

Craig Zeese

Jeri Piccolo



Senior Gratiot Donors

Senior Activity Building Board
 Charles & Barbara Dean & Sister
 Coaline Luplow
 Howard & Gladys Poindexter
 Mary Ellen Fockler
 Evelyn M. Acker
 Linda Weburg
 Joan M. Ward
 LuElla M. Ryan
 Darrell & Karen Hundey
 Jean Blubaugh
 Bob & Donna Rummer
 Kay Maria Wert
 Peggy Jo Trgina
 JoAnne Hayward
 Anonymous
 Joseph Earegood



Thank you for your support and generous donations.

Food with Friends Eat Smart Menu

Lunch 12:00-12:30

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
Potato Crunch Pollock Garden Brown Rice Malibu Vegetable Fresh Orange Wheat Bread	Chef Salad Stuffed Roasted Pepper Soup Orange Wheat Bread	Meat Loaf Whipped Potatoes Corn Cinnamon Applesauce Dinner Roll	Chef Salad Chicken Vegetable Soup Cinnamon Applesauce Wheat Bread	BBQ Chicken Company Potatoes Carrots Tropical Fruit Strawberry Yogurt Dinner Roll
11	12	13	14	15
<u>Holiday Lunch at Fulton</u> Walking Taco Lettuce, Chips, & Salsa Refried Beans Cilantro-Lime Rice Vanilla Pudding Cup Fudge Brownie Bar	Chef Salad Beef Vegetable Soup Mandarin Oranges Wheat Bread 	<u>CHRISTMAS DINNER</u> Baked Ham Whipped Sweet Potatoes Green Bean Casserole Jello Cake Dinner Roll	Chef Salad Minestrone Soup Pears Wheat Bread 	Autumn Chicken Riced Butternut Squash Nantucket Vegetable Blend Mandarin Oranges Wheat Bread
18	19	20	21	22
Salisbury Steak Whipped Potatoes Corn Mixed Fruit Cup Wheat Bread	Soup and Salad Not available	Chicken Parmesan Brown Rice Green Beans Peaches Dinner Roll	Soup and Salad Not available	CLOSED No Home Delivered Meals or FWF Meals 
25	26	27	28	29
CLOSED 	Soup and Salad Not Available	Chicken Pattie on a Bun Mixed Vegetables Redskin Potatoes Cinnamon Applesauce	Soup and Salad Not available	CLOSED 

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 **Friday, December 8, 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 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: 989.330.7508
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