

JANUARY

HAPPY NEW YEAR

Homestead Property Tax & Home Heat Credit Assistance

Commission on Aging (COA) staff and volunteers are looking forward to assisting you in the completion of Homestead Property Tax and Home Heating Credit documentation beginning in February. There will be many clinics set up to aid in this assistance and the clinic schedule will be printed in the February issue of the Senior Gratiot. At that time, you can call the COA office, 989-875-5246, to schedule an appointment.

As a reminder, COA is only able to assist with the Homestead Property Tax and Home Heating Credits, we are not able to prepare federal or state income taxes for filing. Listed below are the qualifications for receiving the tax credits. More information will be forthcoming in the February Senior Gratiot.

Homestead Property Credit Qualifications:

- Homeowner's property taxes must be higher than 3.5% of the homeowner's income
- Renters, usually 20% of your rent is considered your share of property tax

Home Heating Credit Qualifications:

- A person who owns a home or is a renter and has an income that is less than the income guidelines.



COMMISSION ON AGING'S HOMESTEAD PROPERTY TAX and HOME HEATING CREDIT PROGRAM SEEKING VOLUNTEERS

Sue Koch, Coordinator of Volunteers 989-875-5246

If you enjoy working with numbers and helping seniors at the same time, the Commission on Aging can use your help and talents. Volunteers are needed to complete the Michigan Homestead Property Tax and Home Heating Credit Forms for Gratiot County senior citizens. As a person who enjoys attention to detail, possesses math skills and is familiar with a basic calculator, you will be a perfect fit.

Tax credit sessions are held at various locations throughout Gratiot County, but most sessions take place in Alma, St. Louis and Ithaca. Morning and afternoon sessions will be offered in February. Each session will last about 3 hours. The volunteer will sign up for the specific session(s) that work best in their schedule and will work alongside experienced volunteers.

Training is provided by Sarah McClung, Program Coordinator. For more information, please contact Sue Koch, Coordinator of Volunteers 989-875-5246, for more information.

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

January 2024
Volume XLIX
Number 1

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

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.

To take advantage of this service, please 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: \$20.00 _____ \$25.00 _____ \$30.00 _____ 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.

Reminder:

If you travel elsewhere for the winter, please call the office, 989-875-5246, to either cancel your Senior Gratiot subscription for the winter or update your address. Because the paper is mailed under non-profit postage, it will not be forwarded. Thank you.

December 2023 Prep Team Volunteer Thank You!

Thank you to these 13 COA volunteers who devoted 27 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Bernie Barnes, Nancy Crispin, Linda Cox, Nora Kowitz, Ruth Malek, Sally Martin, Betty Reeves, Carol Reeves, Lisa Skaryd, Carole Moore, Jim Peck, Irene Oliver Peck, and Judy Zimmerman

thank you!

VOLUNTEER ACTIVITY January 2024

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 - January 17, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - January 18, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
January 26, 9:00 - 11:30 am



Board of Directors

- Brenda Pratt, District 1
- Yvette Franco-Clark,, District 2
- Paul Showers, District 3
- Karla Childers, District 4
- Mary Humm, District 5
- Dale Clingenpeel, Member at Large
- Donn Gates, Member at Large
- Nancy Gott, Member at Large
- Indira Saxena, Member at Large
- Hillary Shemes, Member at Large
- Sally Stoll, Member at Large
- George Bailey, Commissioner
- Corey Netzley, AAA Board Representative
- Diane Conroy-Kellogg, AAA Advisory Rep.



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.

5 tips FOR WINTER WELLNESS

- ## 1 EXTRA SLEEP



take the time for extra sleep
With the shorter, cooler days and longer nights, our bodies naturally need more sleep. Try going to bed 30 minutes earlier than usual in the winter months. A sleep deprived body is more susceptible to illness.
- ## 2 EXERCISE OUTSIDE



get outside and exercise
Bundle up, and take a walk. Even a 15 minute walk can make a difference. Exercise naturally supports a healthy mood and energy levels.
- ## 3 STAY SOCIAL



stay social
The winter months can naturally cause people to turn inward and be more isolated. Make a date with friends or a family member at least once a week to keep spirits high.
- ## 4 EAT PROTEIN



eat protein at each meal
Protein helps keep blood sugar levels stable, and can reduce sugar cravings. Many people increase carbohydrate and sugar intake during winter months, which can compromise the immune system.
- ## 5 FRUITS & VEGGIES



focus on fruits and vegetables
While the Farmer's Market may be closed and your garden is under snow, it's more important than ever during the winter to get a wide variety of fruits and vegetables every single day. Think 'eat like a rainbow' when you are grocery shopping.

January is National Blood Donor Month

America's Blood Centers are greatly appreciative of all the individuals who donate blood. New and returning donors are critically needed as the blood donor base throughout the U.S. continues to shrink.

Blood transfusion remains one of the most common hospital procedures, with patients requiring a blood transfusion every two seconds. More than 42,000 units of red blood cells, platelets, and plasma are used by patients every day.

The winter months are especially challenging for the blood community due to weather-related events like severe storms and debilitating snow, ice, and cold that can impact blood drives and complicate the ability to transport blood to hospitals.

Should you wish to donate blood, please contact one of the following organizations to schedule an appointment.

- ♥ AABB: 301.907.6977
- ♥ America's Blood Centers: 202.393.5725
- ♥ American Red Cross: 800.733.2767

Information provided by Redcross.org

Reminder: Carbon Monoxide Dangers

As the temperature continues to trend downward, the Michigan Department of Health and Human Services (MDHHS) urges Michigan residents to prevent carbon monoxide (CO) poisoning by installing CO detectors and making sure fuel burning appliances are properly working.

CO is known as the "silent killer" as it is a colorless, odorless and tasteless poisonous gas. Most CO poisonings take place at home and are caused by items that are not properly installed, cared for or vented, including furnaces, water heaters, generators, gas grills, dryers, lanterns, space heaters, fireplaces, chimneys and gas stoves. CO is a gas that forms whenever a fossil fuel is burned (charcoal, wood, propane, gasoline, etc.). CO can build up indoors and poison people and animals who breathe it.

Everyone is at risk for CO poisoning. Infants, the elderly, people with chronic heart disease, anemia, or breathing problems are more likely to get sick from CO. Each year, more than 400 die from unintentional CO poisoning not linked to fires, more than 100,000 visit the emergency room, and more than 14,000 are hospitalized.

Following these important steps can help to keep your family safe:

- * Install battery-operated or battery back-up CO detectors near every sleeping area in your home. Check the CO detectors regularly to be sure they are functioning properly.
- * Have your heating system, water heater, and any other gas, oil, or coal burning appliance inspected every year.
- * Never use a generator inside your home or garage, even if the doors and windows are open. Only use generators outside, more than 20 feet away from your home, doors, and windows.
- * Do not use portable flameless chemical heaters indoors.
- * Make sure your gas appliances are vented properly.
- * Have your chimney checked or cleaned every year. Chimneys can be blocked by debris which can cause CO to build up inside your home or cabin.
- * Never use a gas range or oven for heating.
- * Never burn charcoal indoors.
- * Never use a portable gas camp stove indoors.

By following these simple reminders, you will be keeping your family safe from CO poisoning.

Common Symptoms of Carbon Monoxide Poisoning



- Headache, dizziness, and fatigue
- Blurry or double vision
- Shortness of breath
- Confusion
- Chest pain
- Nausea and vomiting

What to do if these symptoms are felt?

- Open windows and doors
- Turn off fuel-burning appliances
- Leave the building
- Seek medical attention

What if someone else is a victim?

- Quickly move victim into fresh-air
- Call 911 or emergency assistance
- Administer oxygen
- Start CPR



Senior Activity Building

January 2024

Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED 	2 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	3 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	4 -10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Card Games	5 8-10 SAB Coffee 11:30 Blood Pressure Checks with Joyce 12:00 Food with Friends Meal No Otago Class	6 12:15 PM Senior Friends Potluck
8 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 2:00 Dulcimer Club Music	9 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Painting with Shirley 7:00 VFW Post #7805	10 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	11 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Movie	12 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	13
15 	16 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:15 SAB Board Meeting	17 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole 7:00 A-Tractive Tractor Club	18 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Card Games	19 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	20
22 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo	23 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Cornhole	24 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	25 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Card Games	26 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	27 
29 8-10 SAB Coffee 11:50 Food Safety 12:00 Food with Friends Meal January Birthday Celebration	30 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Card Making with Ella Martyn	31 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	8-10 EVERYDAY SAB Coffee & Conversation with Linda St. Charles 10:00 EVERYDAY Visits, news, games, & activities 12:00 Monday through Friday Food with Friends Meal 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



Thanks to all who attended the Senior Activity Building's (SAB) 30th Anniversary on December 1st. The program honored our many volunteers, the task force, board members and its officers over three decades, Commission on Aging, City of Ithaca, Ithaca Food with Friends seniors and the generous supporters. It took so many people to make the dream of building the SAB a reality! It takes many dedicated people to continue SAB's mission of serving the seniors of Gratiot County. A special thanks to those who provided the cookies!

The winner of our trivia contest was Kevin Hamilton who was pleased to receive the Holiday Gift Basket donated by America's Choice Realty. The development of the time capsule to be opened on December 1, 2043 (SAB's 50th!) is ongoing. You are welcome to add to it.

When you take a look at the January calendar, please notice that there are some new opportunities being offered. The first one is that our senior friends will be welcomed by the January host, Marty Wieferich, to gather for a potluck at 12:15 pm. The second one is honoring seniors born in January at our Food with Friends (FwF) meal on Monday, the 29th. Then on Tuesday, the 23rd, we have invited our pickleball seniors to join us for a FwF's soup and salad meal followed by some cornhole competition. Finally, on the 30th, Ella Martyn will be

leading a Stamping Up Valentine Card making class at 1:00 pm. A sign up sheet can be found at the SAB.

Every morning from 8:00-10:00 am, 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.

Bingo games will be at 12:45 pm on Monday, the 8th, with prizes donated by Schnepps, and the 22nd, with prizes from McDonalds. The Just for Fun Dulcimer Club members plan to provide music on the 8th from 2:00-4:00 pm. You are welcome to listen for a few minutes or for 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 one day ahead for the meals. Please take a peek at the menu found on page 12 and then call in your reservation for the days you will be joining us around the table. The suggested donation remains at \$2.50.

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 the 9th at 1:00 pm. Remember to call and make your reservation for this

class. As previously mentioned, the schedule for Tuesday, the 23rd and Tuesday, the 30th offer some new opportunities.

The SAB Board meets at 1:15 pm on the 16th. The officers elected in November who will serve for this fiscal year are President Roger Cook, Vice President Donn Gates, Secretary Diane Yonker, and Treasurer Mary Sullivan. Mary has been serving as the Treasurer for the past 18 years!

The knitting group gathers at 10:00 am each Wednesday. Dominoes will be at 12:45 pm and cornhole is scheduled at 1:00 pm.

The Thursday schedule is similar to Tuesday, but take another look! We hope to have some card games and a movie at 1:00 pm.

Joyce Raycraft will be happy to check your blood pressure on the first Friday, the 5th, before our FwF meal. There will not be an Otago class on the 5th since the Central Michigan

students are still on their winter break. Otago classes will resume on Friday, the 12th, at 1:00 pm.

The Gratiot VFW Post #7805 will meet at the SAB on the 9th at 7:00 pm. A-Tractive Tractor Club meets at 7:00 pm on Wednesday, the 17th.

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

All seniors are welcome at the Senior Friends Potluck on Saturday, the 6th. If you have a friend or family member you would like to bring, please do. There is no sign up for this gathering of friends.

The phone number to call to make your lunch reservation or to check on a scheduled event is 989-875-2135. We look forward to your call and welcoming you!

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from November 9 through December 14, 2023.

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

Gifts In Gratitude to SAB

- Mary Sullivan
- VFW Post #7805
- Neville & Lois Pitcher (Building Rental)
- Jo Jones
- Evelyn Green
- Bob & Nancy Smith (Building Rental)
- Just for Fun Dulcimer Club
- Bill & Linda DeVuyst

Memorial

- Dave Wetzel**
Donn & Pat Gates
- Emma Troub, Gail's Mom**
Bob & Gail Paradise

- Mike Baney**
Jayne Baney

- Don Fry**
Donn & Pat Gates

Honorarium

- SAB's 30 Years**
Linda St. Charles

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

- Mary Humm

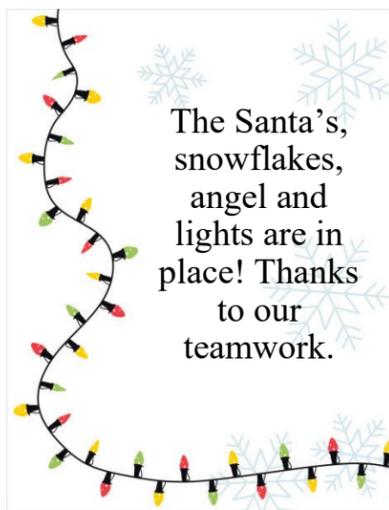
Memorial

- Fred G. Jones**
Heng Srey

Decorating for the Holidays



Many seniors finding 30 Santa's to place on the tree.



The Line Dancing group from the Filling Station.

The Filling Station

Alma/St. Louis Site, 415 Park Ave., Alma
 Kaleigh Pettigrew, Site Manager 989.875.9118



December was filled with many holiday festivities. We did many crafts, including a Christmas Plaque, as well as many people got to try Diamond Art for the first time! We also all enjoyed our time at Fulton for the holiday party- it was just a wonderful event.

January marks my one year anniversary with Commission on Aging, which means we've been open almost a year! It has FLOWN by. I am thankful for every single person that has ever come to The Filling Station and spent time with us. I can't wait to see what 2024 has in store!

Mondays, 10:00 am-12:00 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: Bingo!

Fridays, 10:00 am: Line Dancing!

- January 3** 10:15 am: Wine Bottle Craft, registration required.
- January 6:** January Birthday Celebration
- January 17:** 12:30 pm: Snowman Craft, registration required.
- January 24:** 10:30 am-2:00 pm: Reiki sessions. Call Kaleigh to reserve your spot as spots are limited.
- January 24:** 12:30 pm: Nutrition Education- How to follow food safety at home and when dining out

Filling Station Participants and some of their finished projects!



Breckenridge Senior Center

Breckenridge Masonic Temple, 122 E. Saginaw St., Breckenridge
 Lori Chvojka, Site Manager 989.330.7508



Hello January! We here at the Breckenridge Senior Center hope you all had a wonderful holiday season. We are so excited to get back to normal, as normal as we can get. We all had a super holiday season and are ready to face the rest of winter and looking forward to spring.

The MSU Extension will be offering some exciting presentations this spring and we are looking forward to them. The presentations will begin at 10:30 am and last for about one hour. The tentative dates are as follows (all Mondays) Keep a lookout for additional information as the presentations get closer:

April 1, 2024 Sleep Basics May 6, 2024 Mindful Eating June 3, 2024 Keys to Embracing Aging 101

<p>Mondays: 10:00 Dirty Marbles 12:00 Lunch 12:30 Euchre</p>	<p>Wednesdays: 10:00 Dirty Marbles 12:00 Lunch 12:30 Bingo</p>	<p>Fridays: 10:00 Dirty Marbles 12:00 Lunch 12:30 Mexican Triangulo Dominoes</p>
---	---	---

The second Wednesday of the month, Yvette from Schnepps Rehabilitation Center joins us for Bingo. Please take the time to visit us and I am sure you will return. We are an excellent group, friendly and always looking for more to join us.

Enjoy some of these January fun days:

3rd: Festival of Sleep 10th: Houseplant Appreciation Day 14th: Dress up Your Pet Day 17th: Ditch New Year's Resolution Day

Have a great month and we will see you in February!



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

JANUARY

HAPPY NEW YEAR!

Here we are starting another New Year. Before we go on, I want to take a minute to thank everyone that helped make our Holiday Party a success. You all rock! Thank You. Also, thank you to the Heart of Michigan Chorus for their fine performance. Thank you to Sue Waber for the beautiful centerpieces she made and donated for our raffle. Also, thank you to Paula Moeggenborg for the decorated trees that we raffled. I had a good time and hope you all did too.

Tonya from Laurels of Fulton Therapy Department is leading us in exercises that are low impact and very easy. The program is called **A Body in Motion Stays in Motion** and Tonya is very knowledgeable and 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. Our next class will be **January 10th at 11:00 am**. We would like to see more of the community join us for this event. A Commission on Aging liability form will need to be filled out and put on file. The class is FREE.

Cooking for One or Two has been delayed until February. If you were here for the first class, you are still signed up. If you haven't been here but wish to join, please call and let me know. It is not too late to join. I will have the dates by the beginning of February. Call 989-236-5019 and reserve your place. Please leave a message if I do not answer. We are closed on Tuesdays and Thursdays. I will phone you back and let you know I received your call.

On January 24th we will be doing a **Button Art Craft**. If you are interested in participating, please sign up at the senior center or by calling 989-236-5019 and leaving a message. There is no charge for this craft, however, I will need a head count to ensure I have enough supplies.



As always, books may be donated at any time. We are open Monday, Wednesday and Friday from 10:00 am to 2:00 pm. Be sure to look over the selection for something that may interest you. Please come and join us for lunch, cards or just to visit. Remember to call 989-236-5019 to reserve your meal. We look forward to seeing you!

Jan. 1	CLOSED	Jan. 3	10:00 Cards 12:00 Lunch 12:30 Euchre, Skip Bo, Dice	Jan. 5	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Jan. 8	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Jan. 10	11:00 A Body in Motion Stays in Motion 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Jan. 12	11:00 Wii Bowling 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Jan. 15	CLOSED	Jan. 17	10:00 Cards 12:00 Lunch 12:30 Nutrition Education 1:00 Euchre, Dice, Skip Bo	Jan. 19	10:00 Cards 12:00 Lunch 12:30 Bingo
Jan. 22	11:00 Chair Exercises 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Jan. 24	10:30 Button Art Craft 12:00 Lunch 12:30 Euchre, Dice Skip Bo	Jan. 26	10:00 Cards 12:00 Lunch 12:30 BP Checks with Nancy 12:30 Euchre, Dice, Skip Bo
Jan. 29	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Jan. 31	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice Skip Bo		

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

JANUARY IS



Fulton Senior Center Holiday Party Fun!



The Heart of Michigan Chorus provided entertainment. The trees were decorated by the following area businesses: Twin City Landscaping, Brecht's Backyard Creations, Alma Community Art Center Young Artist, 43 North Realty, Michael Richard Floral Boutique, Jeff Neassons, and COA. They were then given away to attendees. The centerpieces were made and donated by Sue Waber. Fun was had by all!





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

- Blanket
- Blizzard
- Blustery
- Boots
- Carnation
- Earmuffs
- Frostbite
- Frosty
- Garnet
- Hibernate
- Ice
- January
- Mittens
- Parka
- Quilt
- Resolution
- Ski
- Snow
- Storms
- Winter
- Woolens

From Jimmy & Evelyn Johnson: www.qets.com

Sudoku Rules

The rules are quite simple, actually. The hard part lies in solving the puzzle!

A sudoku puzzle consists of a 9 by 9 grid. This grid is subdivided into nine 3 x 3 boxes. Some of the cells in the grid are prefilled with a number between 1 and 9, while many other cells are blank. Your job is to determine the correct number to be entered in each of the empty cells.

To figure out which number between 1 and 9 belongs in a particular cell, you need to adhere to the following rules:

The numbers 1 through 9 must appear exactly once in each **row**.

The numbers 1 through 9 must appear exactly once in each **column**.

The numbers 1 through 9 must appear exactly once in each **3x3 box**.

The challenge of sudoku is using the process of elimination and other strategies to identify the unique solution for the sudoku puzzle. Sudoku really is an excellent brain game, as it trains logical reasoning and visual perception, among other brain skills.

Rules from memory-improvement-tips.com

5		7	2				9	
		6		3		7		1
4							6	
1			4	9				7
			5		8			
8				2	7			5
	7							9
2		9		8		6		
	4				9	3		8

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



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 only. Please leave a message if no one answers at 989-875-2286.

The Pet Food Pantry is for low-income pet owners/senior citizen pet owners in Gratiot County. The pantry is intended to lend an *occasional* helping hand during times of great need or emergencies. Our donations and supplies do not allow us to give out food every month to the same individuals. We encourage people who can afford to purchase pet food to not request a donation from us as it limits what we have to help others. The pantry operates solely on donations and supplies are limited. Please call 989-875-2286 to confirm pantry hours. Donations are gladly accepted.

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.

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, January 9th** 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.

MICHIGAN STATE UNIVERSITY | Extension

Healthy Habits for Healthy Aging

Healthy Habits for Healthy Aging

Alma/St Louis Senior Center
415 Park Ave, Alma MI 48801

Six Week Series

Presenter: Holly Tired

tired@msu.edu, 616-570-5818

Friday, March 1, 2024, 12:30-1:30 PM

- Brain Activity and Sleep Basics

Friday, March 8, 2024, 12:30-1:30 PM

- Positive Attitude and Sleep Hygiene

Wednesday, March 13, 2024, 12:30-1:30 PM

- Health Numbers and Stimulus Control

Friday, March 22, 2024, 12:30-1:30 PM

- Stress Management and Mindfulness

Wednesday, March 27, 2024, 12:30-1:30 PM

- Social Activity and Physical Activity

Friday, April 5, 2024, 12:30-1:30 PM

- Taking Time for Yourself and Sleep Myths



MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. 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. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Quentin Tyler, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned.

Food with Friends Eat Smart Menu

Lunch 12:00-12:30

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED 1 	2 Chef Salad Chicken Vegetable Soup Mixed Fruit Wheat Bread	3 Beef and Noodles European Vegetable Squash Tapioca Pudding Wheat Bread	4 Chef Salad Beef Vegetable Soup Mixed Fruit Wheat Bread	5 Baked Ham Whipped Sweet Potatoes Green Beans Pears Dinner Roll
8 Smothered Chicken Brussel Sprouts California Blend Pears Grape Juice Wheat Bread	9 Chef Salad Stuffed Roast Pepper Soup Pears Wheat Bread	10 BBQ Meatballs Redskin Potatoes Peas & Carrots Berry Fruit Cup Wheat Bread	11 Chef Salad Chicken Vegetable Soup Cinnamon Applesauce Wheat Bread	12 Macaroni & Cheese Mixed Vegetables Carrots Peaches Wheat Bread
CLOSED 15 	16 Chef Salad Beef Vegetable Soup Mandarin Oranges Apple Juice Wheat Bread	17 Chicken Pattie/Bun Baked Beans Peas Mandarin Oranges	18 Chef Salad Minestrone Soup Pineapple Wheat Bread	19 Spaghetti Winter Blend Broccoli Apricots Garlic Toast
22 Chicken Chop Suey Brown Rice European Vegetables Applesauce Wheat Bread	23 Chef Salad Minestrone Soup Applesauce Wheat Bread	24 Spanish Chicken Broccoli Corn Mandarin Oranges Wheat Bread	25 Chef Salad Stuffed Roast Pepper Soup Mixed Fruit Wheat Bread	26 Pulled Pork/Bun Green Beans Corn Pears Potato Chips
29 Beef and Noodles Winter Blend Green Beans Fresh Orange Wheat Bread	30 Chef Salad Chicken Vegetable Soup Fresh Orange Grape Juice Wheat Bread	31 Chicken Ala King Carrots Peas Peaches Biscuit Cookie		

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, February 26, 2024**. 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.**

J&J Party Store
has donated \$11,138.43 to the HDM program at 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.
 Wilcox Auditorium

Food with Friends

Alma/St. Louis
 Filling Station
 415 Park Avenue, Alma
 Phone: 989.875.9118
 Site Manager: Kaleigh Pettigrew

Breckenridge
 Breckenridge Masonic Temple
 122 E. Saginaw St., Breckenridge
 Phone: 989.330.7508
 Site Manager: Lori Chvojka

Fulton
 Fulton Township Hall
 3425 W. Cleveland Rd., (M-57) Perrinton
 Phone: 989.236.5019
 Site Manager: Irene Noffsinger

Ithaca
 Senior Activity Building
 1011 E. North St., Ithaca
 Phone: 989.875.2135
 Site Manager: Jo Jones