



Homestead Property Tax & Home Heating Credit Information

The Commission on Aging staff and volunteers will provide assistance with the preparation of Homestead Property Tax and Home Heating Credits for *residents of Gratiot County*. Listed below are the qualifications for either credit as well as the documentation required to prepare the forms. This documentation must be brought with you to your appointment. (The Commission on Aging *does not* complete federal or state *income tax* returns, only Homestead Property Tax and Home Heating Credits.) Please read through the information, review the schedule, and then contact the Commission on Aging at 989.875.5246 to schedule an appointment at any one of the sites listed. **APPOINTMENTS ARE REQUIRED**, see *appointment dates below*. We look forward to assisting you with this process.

Homestead Property Credit Qualifications:

- Homeowner's property taxes must be higher than 3.2% 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

Bring these verifications to your SCHEDULED Tax Credit Appointment

- **All** income for 2023: Social Security, pensions, interest, farm income, etc.
- Property Tax Statements: Homeowners only
- Proof of heating cost for 2023: Consumers Energy customers bring December 2023 bill. Fuel/Propane customers bring heat expenses dating between 11/01/2022 through 10/31/2023
- Medical Supplemental Health Insurance Premiums
- Automobile Insurance: Only the Personal Injury Protection amount is a deduction
- Rent Payments: Rent paid to a landlord, or lot rent paid to a mobile home park. Rent verification is not needed if you live in a subsidized housing complex

2024 TAX CREDIT APPOINTMENT DATES

Commission on Aging 515 S Pine River St, Ithaca Wednesday, February 14th 9:00 am – 3:00 pm	Scottish Pines 1575 Pine Ave, Alma Tuesday, February 27th 1:00 pm – 2:30 pm
Heather Court 400 E Warwick Dr, Alma Thursday, February 15th 10:00 am – 11:30 am	Pinestead Apartments 224 Pine St, Breckenridge Wednesday, February 28th 10:00 am - 12:00 pm
Pine Villa 425 E Warwick Dr, Alma Thursday, February 15th 1:00 pm – 3:00 pm Residents Only	TA Culter Memorial Library (St. Louis) 312 Michigan Ave, St Louis Wednesday, February 28th 1:00 pm – 3:00 pm
Tartan Terrace 423 Gratiot Ave, Alma Tuesday, February 27th 10:00 am – 11:00 am	Commission on Aging 515 S Pine River St, Ithaca Thursday, March 7th 9:00 am – 3:00 pm

****Donations are encouraged to help Commission on Aging pay for postage to mail Tax Credit forms to Lansing****

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
TON
515 S. Pine River
Ithaca MI 48847
989.875.5246
Change Service Requested

February 2024
Volume XLIX
Number 2

US POSTAGE PAID
PERMIT NO. 4
ITHACA MI

NON-PROFIT ORGANIZATION



The Commission on Aging office will be closed Monday, February 19th in observance of President's Day

Book Nook & Puzzles

As the winter months drag along, it can be difficult to keep the days filled with activities. Stop by Commission on Aging, 515 S. Pine River, Ithaca, and pick up a great book from the Book Nook. We have a variety of books, including large print.

If books are not your favorite thing, there are also puzzles available for you to take home. The puzzles range from 350 pieces up to 1000 pieces.

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.

January 2024 Prep Team Volunteer Thank You!

Thank you to these 13 COA volunteers who devoted 25.75 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Bernie Barnes, Linda Cox, Sandy Elliott, Nancy Gulick, Helen Hoard, Nora Kowitz, Ruth Malek, Carole Moore, Irene Oliver Peck, Carol Reeves, Lora Schultz, Lisa Skaryd, and Judy Zimmerman

thank you!

VOLUNTEER ACTIVITY February 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 - February 21, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - February 15, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
February 27, 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.

2-1-1 is a public service number for Northeast Michigan, including Gratiot County, for non-emergency needs. It is easy to remember and there is someone available 24 hours a day to assist you, connecting you with services that are in your area. Visit the 2-1-1 website, www.211nemichigan.org to read more about the services they offer.

211

GET CONNECTED.
GET HELP.

You Can Report Scams & Frauds

The Federal Trade Commission (FTC) is the main agency that collects information on scams and fraud. If you would like to report a suspected scam or attempt at fraud, you can call **1.877.382.4357** or report online to usa.gov, looking under the Consumer Issues section. By clicking on the Consumer Issues section, you will be able to follow the prompts to report a fraud or scam, file a complaint, ask a question and learn how to protect yourself from identity theft.



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.



Please give blood.

American Red Cross

Blood Drive Gratiot Commission on Aging

515 S. Pine River Street, Ithaca

Monday, February 12, 2024
11:00 a.m. to 3:45 p.m.

To schedule an appointment log onto RedCrossBlood.org (sponsor code GRATIOTCC) OR CALL 1-800-RED CROSS (1-800-733-2767).

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

© 2014 The American National Red Cross | QA/000000

[50] - Order ID: 1628734 - Item ID: 7500255 - Qty: 1 of 1 - EB8888 - 2015-APL-01555 - ANCL - 24027 1

February is American Heart Month

Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits.

<https://nationaltoday.com/american-heart-month/>

February is American Heart Month



2024 Leap Year

2024 is upon us and with the new year comes new goals and checklists. If you were unable to achieve your goals in 2023, the good news is that you'll have an extra day in 2024 to catch up on those!

We're entering a leap year, which means February 2024 will have an extra day added to the calendar. Leap days come every four years, so this our first such year since 2020 and will be our only one until 2028 comes around.

www.yahoo.com/news/2024-leap-leap-day-know

Senior Activity Building

February 2024

Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Card Games	2 8-10 SAB Coffee 11:30 Blood Pressure Checks with Joyce 12:00 Food with Friends Meal No Otago Class	3
5 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 2:00 Dulcimer Club Music	6 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	7 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	8 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Movie	9 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	10
12	13 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	14 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	15 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Card Games	16 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	17
19 Holiday	20 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Cornhole	21 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	22 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Card Games	23 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	24
26 8-10 SAB Coffee 11:50 Food Safety 12:00 Food with Friends Meal January Birthday Celebration	27 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	28 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole	29 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Card Games		

Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager

989.875.2135



When you take a look at the February calendar, please notice that there is a Cookie order due date on February 2nd. The SAB is having a Cookie Sale to benefit the Gram's Kitchen. Recently, some of the daily used pieces of cooking equipment have needed repair causing sudden menu changes and quick thinking by the Kitchen staff. Some Seniors have suggested that in a small way they would like to support the Kitchen by having a fundraiser. The result is this Oatmeal/Raisin cookie Fundraiser. The cookies will be delivered by SAB Volunteers or you may pick up your order at the Building on Tuesday, February 13th. The suggested donation for a Baker's half dozen is \$5.00 and a Baker's dozen is \$10.00.

The total profit from the Cookie Sale will be given to Gram's Kitchen equipment fund. Surprise your Valentine with your gift of yummy cookies.

The February 3rd Senior Friends Potluck will be hosted by Linda St. Charles at 12:15 pm. The SAB will be open at 11:45 am. Please wear some red color and remember to bring your tableware. If you are not a cook, you can make donations of cash. The donations are given to the SAB for use of the Building from this group.

We will be honoring Seniors born in this leap month of February at our Food With Friends meal on Friday the 16th. Then on the 29th, expect a surprise in celebration of this Leap Day.

Tuesday, the 27th, we welcome back our Pickleball Seniors to a FWF's Soup/Salad meal followed by some Cornhole competition.

EVERY morning from 8 am-10 am, our Senior Activity Building (SAB) coffee and conversation happens. You will be welcomed by our Linda St. Charles and other Seniors whenever you stop in to find a seat at the table. Stay a few minutes or two hours.

Bingo games will be on Monday the 12th and the 26th at 12:45 pm. Yvette from Schnepf Health Care will call the games and bring prizes on the 12th and McDonald's will provide the prizes on the 26th.

The Just for Fun Dulcimer Club members plan to provide their music on the 12th from 2 pm-4 pm. You are welcome to listen for a few minutes or for two hours.

Food With Friends hot meals are available on Monday, Wednesday, and Friday at 12:00 pm. On Tuesday and Thursday, our Salad/Soup meals are served at 12:00 pm. Your reservation is needed at least a day ahead for these meals. 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 the EZ Motion at 11:00 am on both Tuesday and Thursday.

The painting Class with Shirley Frederick meets on Tuesday, the 13th at 1:00 pm. SAB Board meets at 1:15 pm on the 20th.

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

The Thursday schedule is similar to Tuesdays, but take another look! We do hope to have some Card games and for sure, a movie at 1:00 pm.

Joyce Raycraft will be happy to check your blood pressure on the first Friday, the 2nd before our FWF meal. There will be Otago classes each Friday at 1:00 pm. Many Seniors are finding these classes that stress balance are helpful. The EZ Motion classes focus on STRETCHING. There is no fee for these classes.

Gratiot VFW Post # 7805 will meet at the Building on 13th at 7:00pm.

A-Tractive Tractor Club meets at 7:00 pm on Wednesday, the 21st. 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.

All Seniors are welcome at the Senior Friends Potluck. If you have a friend or family member you would like to bring—do that! There is no sign up for this gathering of friends.

FWF's 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!

CELEBRATION



Past and current Board Members at the 30th Anniversary celebration

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from December 15, 2023 through January 8, 2024:

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

Gifts In Gratitude to SAB

- By Just for Fun Dulcimer Club
- Bill & Linda DeVuyst
- Evelyn Green
- Jo Jones
- Anonymous
- Linda Strohpaull
- The Raycraft Girls

In MEMORY JACKIE BOWEN

By Carl & Mary Anderson & Family

In MEMORY of BARB PHARR

By Carl & Mary Anderson & Family

In GRATITUDE to Jo Jones

for 30 years of Service to SAB

By Mary & Bob Sullivan

In MEMORY of FRED G. JONES

By Cynthia Jones & Steve Gutterman

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

Mary Humm



Retired Staff from Isabella COA honored at SAB's 30 years of commitment to serving seniors



Linda St.Charles and Jo Jones celebrate Linda's 20 years and Jo's 30 years with the SAB Seniors

Marci Browne (former Board Member) thanks Jo for her 30 years as Volunteer Executive Director



The Filling Station Alma/St. Louis Site, 415 Park Ave., Alma

Kaleigh Pettigrew, Site Manager 989.875.9118



January was filled with lots of cold weather and snow! Here's to hoping we can get together more in February. February marks one year of the Alma/Saint Louis site being open! What a fast and wonderful year it has been. I'm thankful for each and every person who has stopped by, ate lunch with us, or joined us for bingo or a craft. Here's to many more memories in the upcoming year!

- Mondays 10am-12pm: Sit and Stitch! Crochet, knitting, sewing, needle point, cross stitch, etc. All levels are welcome, bring your own supplies, and learn from your peers
- Mondays 12:30pm-1:30pm: BINGO. ** Please note the time change!!
- Fridays 10am: Line Dancing. Afternoons: Cards/Puzzles/ Socialization Time
- February 2, 12:30pm: February Birthday Celebration.
- February 7, 10:15am: Valentine's Day Wreaths, (registration required)
- February 14, 10:30am: Valentine's Bingo! (registration required) so that there are enough prizes. 12:30pm: Valentine's Day Party
- February 21, 12:30pm: How to Make Easy Healthy Food Choices at Home
- February 28, 10:15am: Gnome Painting, (registration required)

As a reminder, all registration required classes are needed two days in advance, to make sure we have enough supplies!



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

Lori Chvojka, Site Manager 989.330.7508



Hello! Wow it is already the 2nd month of 2024. We here at the Breckenridge Senior Center had a pretty quiet January and are ready for what the next month has to bring. Our presentations from MSU Extension coming this spring are in place and the dates are as follows:

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

Mondays:	10:00 Dirty Marbles	Wednesdays:	10:00 Dirty Marbles	Fridays:	10:00 Dirty Marbles
	12:00 Lunch		12:00 Lunch		12:00 Lunch
	12:30 Euchre		12:30 Bingo		12:30 Mexican Triangulo

We also will have Nutrition Information Day on the 2nd Friday of the month. I will have various informational handouts on different ways to help with our nutrition subjects. I am also planning on a couple of craft days for the month of February and Valentines Day. We will be closed on February 19th for Presidents Day. 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. We have grown a bit these last couple of months and our count is up to 12 to 14 regular Seniors in attendance, and like I said we are always looking for more! I also have a few of my crazy February holidays too! 2/1 Spunky Old Broads Day, National Politics Day; 2/2 Bubble Gum Day, Ground Hogs Day; 2/3 Eat Ice Cream for Breakfast Day, National Carrot Cake Day; 2/4 Stuffed Mushrooms Day, Thank a Mailman Day; 2/6 Lame Duck Day, National Chopsticks Day. Oh and don't forget it is a Leap Year this year so we have an extra day this month! What are you going to do on your extra day? Have a great month and we will see you in March!



Greetings From Fulton

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

Irene Noffsinger, Site Manager 989-236-5019

Please come and join us for lunch, cards or just to visit. We meet Monday, Wednesday and Friday from 10:00 am – 2:00 pm. Just call 989-236-5019 and reserve your meal. We look forward to seeing you!

HAPPY VALENTINES DAY!

It doesn't seem possible that we are already in February. Winter seems to be flying by this year. I am ready for longer daylight hours. **NO SEW FABRIC BOWL CRAFT** Please come and join us at 10:30 am on February 5th and try your hand at crafting a no sew fabric bowl. I will have different size bowls and strips of fabric for you to choose from. If you have specific colors you want to make your bowl out of and have the fabric at home, you are welcome to bring your own fabric. I will have a sign up sheet or you can call me and let me know you wish to do this craft, so I can be sure to have enough supplies. There is no charge for this class. So, come out and have a little fun creating a fabric bowl. **COA SERVICES AVAILABLE FOR SENIORS** On February 7th, I have asked Jennifer Cook to come and speak to us. Besides Home Delivered Meals, there are many other services available through the Commission on Aging. Although we may not need them, often we run into a fellow senior that does need some help. Jen will enlighten us on the services available to all seniors, through the Commission on Aging. **A Body in Motion Stays in Motion.** Tonya from Laurels of Fulton Therapy Department, is leading us in chair exercises that are low impact and very easy. 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 **February 14th 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** begins this month. 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 and let me know. It is not too late at this time to join. Our February classes will be on the 21st and 28th after lunch. Call 989-236-5019 and reserve your place. Please leave a message if I do not answer. We are closed Tuesday and Thursday. I will phone you back and let you know I received your call. **BOOKS BOOKS** As always we welcome any books that you wish to donate. We are open on Monday, Wednesday and Friday from 10:00 am – 2:00 pm. Feel free to walk in and leave them, or take some time and browse through what we already have for a book or books you might enjoy. There is no sign out. Just grab some books and enjoy.

Feb. 2	10:00 Cards 12:00 Lunch 12:30 Cards	Feb. 5	10:30 No Sew Fabric Bowl 12:00 Lunch 12:30 Euchre, Dice	Feb. 7	10:00 Cards 12:00 Lunch 12:30 Jennifer Cook, COA 12:30 Euchre, Dice
Feb. 9	10:30 Wii Bowling 12:00 Lunch 12:30 Euchre, Dice	Feb. 12	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	Feb. 14	11:00 A Body in Motion Stays in Motion 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Feb. 16	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Feb. 19	Closed/President's Day	Feb 21	10:00 Cards 12:00 Lunch 12:30 Cooking for 1 or 2 12:30 Euchre, Dice
Feb. 23	10:00 Cards 12:00 Lunch 12:30 B/P ck w/Nancy 12:30 Cards, Dice	Feb 26	11:00 Chair Exercises 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Feb. 28	10:00 12:00 Lunch 12:30 Cooking for 1 or 2 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.

Information provided by 988lifeline.org



Pictured above are examples of the No Sew Fabric Bowl

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.

Loan Closet

Commission on Aging has a loan closet that is available to seniors (60 years of age or older) who live in Gratiot County and may be in need of adaptive medical equipment. There is limited availability of disposable bed pads and adult diapers as well. If you are in need of something, please call 989-875-5246 to see if we have the item available.

MyMichigan Medical Behavioral Health Care

Depressed? Anxious? Stressed?

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

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

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/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 am -11:30 am. 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.





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

- Arrow
- Card
- Chilly
- Chocolate
- Cupid
- Flowers
- Football
- Friend
- Groundhog
- Heart
- Kiss
- Lincoln
- Love
- Moon
- Pallid
- Presidents
- Snowy
- Tidings
- Valentine
- Washington
- Wintered

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.

Sudoku Puzzle

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



Legal Assistance

Region VII Area Agency on Aging has taken over for Lakeshore Legal Aid, providing legal assistance to older adults in our community. If you need legal assistance, contact Region VII's Legal Department, 800.858.1637.

Region VII Area Agency on Aging



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, February 13th 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

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are Subject to Change Without Notice	Milk provided with all meals Suggested Donation \$2.50	 HAPPY GROUNDHOG DAY!	1 Chef Salad Beef Vegetable Soup Cinnamon Applesauce Wheat Bread	2 Baked Ziti Mixed Vegetables Brussel Sprouts Mixed Fruit Cup Wheat Bread
5 Potato Crunch Pollock Red Skin Potatoes Peas and Carrots Fresh Orange Wheat Bread	6 Chef Salad Stuffed Roast Pepper Soup Fresh Orange Wheat Bread	7 Chicken Pattie/Bun Italian Blend Potato Rounds Pears	8 Chef Salad Chicken Vegetable Soup Pears Wheat Bread	9 Macaroni & Cheese Green Beans Carrots Pineapple Wheat Bread
12 Sloppy Joe Broccoli California Blend Veggies Peaches Hamburger Bun	13 Chef Salad Beef Vegetable Soup Peaches Apple Juice Box Wheat Bread	14 Beef Stew Normandy Veg Blend Applesauce Biscuit	15 Chef Salad Minestrone Soup Pineapple Wheat Bread	16 Cheese Omelet Sausage Links Redskin Potatoes Cinnamon Roll Orange
19 CLOSED PRESIDENT'S DAY 	20 Chef Salad Minestrone Soup Strawberry Applesauce Wheat Bread	21 Baked Chicken Whipped Potatoes/Gravy Riveria Vegetable Tropical Fruit Wheat Bread	22 Chef Salad Stuffed Roast Pepper Soup Tropical Fruit Wheat Bread	23 French Toast Hashbrowns Sausage Patty Cinnamon Roll Strawberry Applesauce
26 Chicken Stew Winter Blend Corn Pears Corn Bread	27 Chef Salad Chicken Vegetable Soup Pears Grape Juice Box Wheat Bread	28 Spanish Rice Malibu Veg Blend Brussel Sprouts Peaches Yogurt Dinner Roll	29 Chef Salad Beef Vegetable Soup Peaches Wheat Bread	To cancel a Home Delivered Meal, please call (989) 875-5332

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.**

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