



Community Foundation Grant

The Commission on Aging would like to send gratitude and appreciation to the Gratiot County Community Foundation Board of Directors for awarding COA the Transport Wheelchair Project grant. The Community Foundation grant was awarded from the Carl L. and Esther M. Macklin Memorial Fund and Senior Homebound Endowment Fund. The Commission on Aging was able to purchase a limited number of transport wheelchairs, which are lightweight and easy to maneuver. Should you be in need of a transport wheelchair, please feel free to reach out to the Commission on Aging at **989-875-5246** to check on availability.

Homestead Property Tax & Home Heating Credit Information

Limited appointments still available

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 date 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 DATE

Commission on Aging
515 S Pine River St, Ithaca
Wednesday, March 13th
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, INC
515 S. Pine River
Ithaca MI 48847
989.875.5246
Change Service Requested

March 2024
Volume XLIX
Number 3

NON-PROFIT ORGANIZATION
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SENIOR GRATIOT

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Commission on Aging will be closing at noon on Friday, March 29th in observance of Good Friday



Spring Forward

Don't forget to set your clocks ahead on March 10th at 2:00 am Sunday

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.

February 2024 Prep Team Volunteer Thank You!

Thank you to these 10 COA volunteers who devoted 25.75 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Nancy Crispin, Nancy Gulick, Helen Hoard, Nora Kowitz, Ruth Malek, Ellen Martin, Irene Oliver Peck, Betty Reeves, Carol Reeves, and Judy Zimmerman

thank you!

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

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - March 21, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
March 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
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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.



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.

As spring cleaning time comes along, should you find yarn that you don't know what to do with, remember COA is always ready to accept any yarn you may have. Your donation will be used by the Mitten Makers/Hats Galore team for mittens, hats, scarfs and head bands. Thank you.





Jean McNab - your guide for the bus trips!

**Broadway Presents
WICKED the MUSICAL
Thursday May 16, 2024
\$189.00**

Stephen Schwartz's acclaimed Tony Award Winning musical Wicked is coming to DeVos Performing Hall. This Wicked Grand Rapids production is your chance to experience the music, the romance, and the magic of the true story of the "Witches of Oz," one of the most iconic musicals of the last two decades-and one you absolutely won't want to miss! More details on where we will be stopping before the show for lunch will be in next months paper. The bus will leave at 9:00am from Gratiot County Commission on Aging, 515 South Pine River St, Ithaca, MI and return around 5:00 p.m. Price includes, transportation, Broadway ticket, lunch, and all taxes and gratuities. To make a reservation, please call 989-875-5246. Money is due by April 1, 2024.



**Westbound Lighthouse Cruise
Monday, July 22, 2024
\$189.00**

This Summer we will be taking the Westbound Lighthouse Cruise and remark at five spectacular Lake Michigan Lighthouses while taking in the stunning coastline views of Wilderness State Park and beyond.

During this 3 hour tour we will be able to see:

- Old Mackinac Point Lighthouse
- White Shoal Lighthouse
- Grays Reef Lighthouse
- Waugoshance Lighthouse
- St Helena Island Lighthouse

The cruise starts in Mackinaw City and returns to the same port. Bathrooms are on board.

More details will follow in next months newspaper regarding our lunch stop before the cruise.

The bus will leave at 8:00a.m. from the Gratiot County Commission on Aging 515 South Pine River St, Ithaca MI and return around 9:00 p.m.

Trip includes: transportation, cruise, lunch and all tips and gratuities.

Please call 989-875-5246 to make reservation.

Money is due by June 1, 2024.



March is Severe Weather Month

Join us as we welcome

Fred Harris—Gratiot County Emergency Manager & Dave Rapacz—911 Coordinator to our Senior Center Sites

- **Fred Harris Coordinator, Gratiot County Emergency Management & Homeland Security, will present and provide materials and information on Steps to Prepare for Weather and other potential emergencies.**
- **Dave Rapacz will be available to assist seniors on setting up their cell phones for County emergency alerts.**



Friday, March 15, 2024

Alma/ St. Louis Senior Center @ 11:00 am

Monday, March 18, 2024

**Ithaca Senior Center @ 11:30 am
Fulton Senior Center @ 1:00 pm**

Monday, March 25, 2024

Breckenridge Senior Center @ 10:30 am

Lunch, served at 12:00 pm is available at all sites with reservation. To RSVP for Lunch please call the Kitchen at 989-875-5332 and let us know which site you will be attending.

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



Programs funded by Region VII Area Agency on Aging, AASA, Gratiot County Senior Millage, and donations. Programs comply with Title VII, Civil Rights Act



GRATIOT COUNTY PARTNERED WITH AMERICAN RED CROSS TO HOLD A BLOOD DRIVE ON FEBRUARY 12TH, 2024. WITH THE HELP OF **15 EMPLOYEES AND 12 COMMUNITY MEMBERS**, WE WERE ABLE TO **DONATE 26 UNITS OF BLOOD**. WE TRULY APPRECIATE ALL OF THE DONORS AND VOLUNTEERS WHO MADE THIS EVENT POSSIBLE. STAY TUNED FOR OUR NEXT BLOOD DRIVE IN APRIL!!!

thank you

Senior Activity Building

March 2024

Ithaca Food with Friends Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 -10:00 EVERYDAY SAB Coffee & Conversation with Ljnda St. Charles	10:00 EVERYDAY Visits, news, games, activities scheduled	12:00 Mon,Wed,Fri Food With Friends Hot Noon Meals (Menu on the back of this Senior Gratiot)	12:00 Soup & Salad Meals on Tues. and Thurs.	MEAL Reservations call 989-875-2135	1 8-10 SAB Coffee 11:30 Blood pressure 12:00 Food With Friends Noon meal 1:00 Otago Class	2 11:45 SAB open 12:15 Senior Friends Potluck
3	4 8-10 SAB Coffee 11:50 Nutrition lesson: Tips to staying active 12:00 Food With Friends Noon meal	5 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup/Salad 12:45 Wii Bowling	6 8-10 SAB Coffee 10:00 Knitting group 12:00 Food W Friends 12:45 Dominoes 1:00 Cornhole	7 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup/Salad 12:45 Cards	8 8-10 SAB Coffee 12:00 Food With Friends Noon meal 1:00 Otago Class	9
10 Lois Barden's 100th! Open House at SAB 1:00-3:30	11 8-10 SAB Coffee 12:00 Food W Friends 12:45 Bingo-Yvette 2:00 Just For Fun Dulcimer Club's music	12 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup/Salad 1:00 Painting Class 7:00 VFW Post # 7805	13 8-10 SAB Coffee 10:00 Knitting group 12:00 Food W Friends 12:45 Dominoes 1:00 Cornhole	14 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup/Salad 12:45 Movie	15 8-10 SAB Coffee Deliver Shamrock Sunshine bags 12:00 Food With Friends Noon meal 1:00 Otago Class	16
17	18 8-10 SAB Coffee 11:30 Severe Weather Awareness 12:00 Food With Friends Noon meal	19 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup/Salad 1:15 SAB Board meets	20 8-10 SAB Coffee 10:00 Knitting group 12:00 Food W Friends 12:45 Dominoes 1:00 Cornhole 7:00 A-Tractive Tractor	21 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup/Salad 12:45 Cards	22 8-10 SAB Coffee 12:00 Food With Friends Noon meal 1:00 Otago Class	23
24/31	25 8-10 SAB Coffee 12:00 Food With Friends Noon meal 12:45 Bingo -- Prizes from McDonald's	26 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup/Salad 12:45 Cornhole	27 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food W Friends Honor March Birthdays 1:00 Cornhole 12:45 Cards 12:45 Cards	28 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup/Salad Easter Hat Parade	29 SAB Closed No FWF today No Otago class	30

Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager

989.875.2135



When you looked at last month's calendar, there were many changes from the originally submitted copy. The computers glitches have been addressed, but if you should question anything on the monthly calendar, please call or take a look at the main calendar at the SAB.

Thanks to the Volunteers who packaged and delivered the Valentine cookie boxes.

The February 3rd Senior Friends Potluck was hosted by Linda St. Charles. The March Potluck will be on March 2nd at 12:15. The SAB will be open at 11:45. Please 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. Notice the Gift in Gratitude from the Senior Friends Potluck Group.

We will be honoring all Seniors born in this month of March at our Food With Friends meal on Wednesday the 27th. Lois Barden's Family invites you to an Open House on Lois's 100th Birthday on Sunday, March 10th from 1:00 to 3:30 at the Senior Activity Building.

Plans are being made to continue the traditional Ithaca Food With Friends Shamrock Sunshine project. We are planning to deliver "sunshine" to our friends who are unable to join us at the Congregate meals.

Tuesday, the 26th, we welcome back our Pickleball Seniors to a FWF's Soup/Salad meal followed by some Cornhole competition.

EVERY morning from 8-10, 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.

The monthly Nutrition lesson on the 4th will give you tips about Staying Active! Then on the 18th, we will receive updates on "Severe Weather Awareness" at 11:30.

Bingo games will be on Monday the 11th and the 25th at 12:45. Yvette from Schnepf Health Care will call the games and bring prizes on the 11th and McDonald's will provide the prizes on the 25th.

The Just for Fun Dulcimer Club members plan to provide their music on the 11th from 2-4. You are welcome to listen for a few minutes or for two hours.

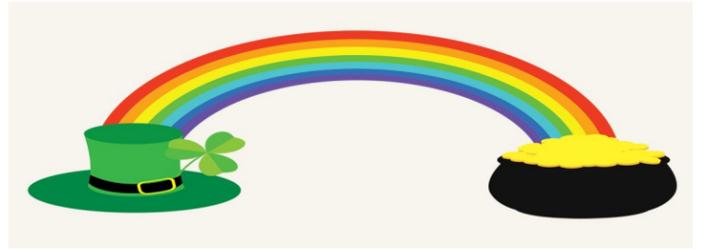
Food With Friends hot meals are available on Monday, Wednesday, and Friday at 12:00.

On Tuesday and Thursday, our Salad/Soup meals are served at 12:00. 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 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 on both Tuesday and Thursday.
 The painting Class with Shirley Frederick meets on Tuesday, the 12th at 1:00. SAB Board meets at 1:15 on the 19th.
 The knitting group gathers at 10:00 each Wednesday. Dominoes will be at 12:45 and Corn Hole is scheduled at 1:00.
 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 on the 14th..
 Joyce Raycraft will be happy to check your blood pressure on Friday the 1st, before our FWF meal. There will be Otago classes each Friday at 1:00 except on the 29th when the SAB is closed. Many Seniors are finding these Otago classes that stress balance to be 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 12th at 7:00.
 A-Tractive Tractor Club meets at 7:00 on Wednesday, the 20th.
 As mentioned at the start of this "news", 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 to enjoy the Senior Friends Potluck. If you have a friend or family member you would like to invite—do that! There is no sign up for this gathering of friends. It is a POT-Luck!
 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 and Spring!! Happy Easter!



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from January 9, 2024 through February 12, 2024:

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

Gifts In Gratitude to SAB

By Senior Friends Potluck Group
 Joyce Raycraft

In MEMORY of JACKIE BOWEN

By Linda St. Charles
 Jim & Bonnie Ludwick
 Bonnie Barnes

In MEMORY of BARB PHARR

By Bonnie Barnes

In MEMORY of DICK PARLING

By Keith & Phyllis Shaw

In MEMORY of ISABELLE SINKO

By Willowdean Cassady & Family

In MEMORY of YVONNE MUNIEO

By Sally Martin

In MEMORY of CHARLIE KERNEN

By Linda St. Charles

In MEMORY of BOB SULLIVAN

By Mike & Mary Reichard
 Vivian Cooper
 Rosemary Duckworth
 Jo Jones
 Jim & Bonnie Ludwick
 Becky Dickman
 John & Cleo Leppien
 Bernard & Frances Bessert
 Ken & Jan Davis
 Craig Zeese
 Joyce Raycraft
 Linda St. Charles
 Bill & Sue West
 Carolyn Feltman
 Russ & Joann Jones & Family
 Maggie Fowler
 Ernestine Border & Jim Mikek
 Gary & Kathleen Kuerbitz
 Dale & Colleen Moeggenborg
 Rosemary Gunther

In MEMORY of BOB SULLIVAN

Gary & Leona Maylee
 Bill & Linda DeVuyst
 Connie Barden
 Margaret Sullivan & Family
 Jack & Kathy Hutfilz
 Jim & Nola Hale
 Jim & Venita Sharrar
 Mathew & Nanette Brown
 Kari & Gabe Rodriguez
 Gary, Carole & Trevor Stahl
 Chris & Diane Yonker
 Dave Johnson
 Darryl & Pam Fowler
 Ryan & Rachel Jones & Family
 Marion & Jeanne Bendele
 Evelyn Vega

GIFTS RECEIVED at the GRATIOT CO. COMMUNITY FOUNDATION SENIOR ACTIVITY BUILDING AGENCY ACCOUNT:

By Mary Humm

In MEMORY of FRED G. JONES

By Cynthia Jones & Steve Gutterman



Linda Strohpaul's puzzle that took one and a half years to complete.

Diane Yonker, Gail Paradise, Helen Soderberg and Joyce Raycraft packaging cookies.



Greg and Pam Brown and pickleball players compete at Cornhole after enjoying FWF's soup and salad lunch.

Card Making Class



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

Kaleigh Pettigrew, Site Manager 989.875.9118



In February we had a couple of seniors volunteer with the Church of God's His Kids program. We created Valentine's Day crafts with the kids. We also had a great time making Valentine's Day Wreaths at the site, and enjoyed spending Valentine's Day together with special bingo and a party! In March we are looking forward to having Holly from MSU extension join us again for two different classes (see flyers). The Alma/St. Louis site is busy preparing for our Spring Fling in April! We can't wait to host you all.

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 12:30-1:30pm: BINGO

Fridays 10am: Line Dancing

Friday March 1, The Alma Site will be Closed.

March 6, 10:00am: Saint Patrick's Day Wreaths, Registration Required.

March 6, 12:30pm: Nutrition Talk: Tips to Staying Active

March 8th after lunch: March B-day celebration

March 13th, 10am: Flower Arrangement class with Patty Macha. \$20 fee, required at the time of registration

March 27th, 10:15am: Easter Craft, Registration Required.

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



Beautiful bookmarks from students in Ithaca



Valentine's Day Wreaths



Playing Valentine's Day Bingo

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

Lori Chvojka, Site Manager 989.330.7508



Top of the morning to you all! Happy St. Patrick's Day! Nothing brings spring more than rainbows and the pots of gold in the flowers that are just waiting to burst open. 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

Please, if anyone is interested in coming to any of these presentations, feel free to contact the Commission on Aging at 989-875-5246 or myself at 989-330-8874. Also, if you plan on coming for the presentation, why not join us for lunch too? We'd love to have you!

We would also like to invite anyone who likes to play Mexican Train Dominos to come join us on Fridays. We have been playing Mexican Dominos on Fridays and enjoying being able to play as the whole group and would love to have more players join us. We continue to play Dirty Marbles every morning from 10 am until 12 noon when we have lunch.

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

Wednesdays: 10:00 Dirty Marbles
12:00 Lunch
12:30 Bingo

Fridays: 10:00 Dirty Marbles
12:00 Lunch
12:30 Mexican Trian Dominoes

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 March. I am going to teach participates how to make a fabric bowl to give as a gift or just to use to help keep track of trivial things on your counter or table. We are expanding with more people and always looking forward to adding more! 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 with new Seniors in attendance, and like I said we are always looking for more.

I also have a few of my crazy March holidays too!

March 1 –Employee Appreciation Day, World Compliment Day, Pig Day and Peanut Lovers Day

March 2 – Dr. Seuss Day, Play Outside Day, Sock Monkey Day

March 3 – I Want You To Be Happy Day, Irish Whiskey Day, What if Cats and Dogs Had Opposable Thumbs Day

March 4 – March Forth and Do Something Day, Marching Music Day, Toy Soldier Day, Grammar Day

March 5 – Cheetos Day

And don't forget March 17th, Saint Patrick's Day. Enjoy the green!



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!

March

Welcome to March. I always feel we are in count down now, heading into spring. I cannot wait. I am ready for the yard work, flowers and just hanging out outside. **NO SEW FABRIC BOWL CRAFT** What a fun day. It kind of reminded everyone of being a kid again and doing paper mache in school. Everyone chose different fabric kits and they all did a fine job of covering their bowls. We let them dry until our next day there. Then had the fun of cutting away excess fabric, revealing their fabric bowls. I hope everyone had as much fun making them as I did watching them make them. Tonya from Laurels of Fulton Therapy Department, is leading us in chair exercises that are low impact and very easy. 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 March 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.** Classes will be on March 6th, March 13th and March 20th. This class is continuing from February. **BOOKS 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. To the lady who dropped all the books off last month, I apologize; I did not get your name. Thank you for all the books. They came at a time when we needed some fresh books. **March 15th** please join us to assemble the bunny treats we want to put together for our friends that reside in Laurels of Fulton. This is a good time to visit while having fun putting this Easter Bunny together. On **March 22nd**, Friday from 10:30 – 11:30, we will have speaker Holly Tired from MSU Extension visiting us to speak on Sleep Basics. This will involve getting a better understanding of the importance of sleep for both physical and mental health. Recognize the importance of sleep hygiene and be able to identify strategies to improve sleep. Please join us for this upcoming event.

				March 1	10:00 Cards 12:00 Lunch 12:30 Cards
March 4	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	March 6	10:00 Cards 12:00 Lunch 12:30 Cooking for 1 12:30 Euchre, Dice	March 8	10:30 Wii Bowling 12:00 Lunch 12:30 Euchre, Dice
March 11	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	March 13	11:00 A Body in Motion Stays in Motion 12:00 Lunch 12:30 Euchre, Dice, Skip Bo 12:30 Cooking for 1	March 15	10:30 Bunny Craft 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
March 18	10:00 Cards 12:00 Lunch 12:30 Cards, Dice, Skip Bo	March 20	10:00 Cards 12:00 Lunch 12:30 Cooking for 1 12:30 Euchre, Dice	March 22	10:30 Speaker Holly Tired 12:00 Lunch 12:30 B/P ck w/Nancy 12:30 Cards, Dice
March 25	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	March 27	10:00 Cards 12:00 Lunch 12:30 Cards, Dice, Skip Bo	March 29	Closed, Good Friday





Child Advocacy
The Link for Families!

**LUNCH & LEARN
IN PERSON EVENT**
515 N. State St. Alma, MI 48801

Self Worth

TRAINING

THURSDAY MARCH 7TH • 11:30AM-1 PM



SCAN TO REGISTER OR VISIT:
<https://forms.gle/P7E1AK2Jg8p4iwUQ6>

Gratiot County Substance & Suicide Prevention Program welcomes
Michelle Lucchesi, MA L.L.P.
Psychiatric Partial Hospitalization Therapist/Liaison for a
FREE IN PERSON Self Worth Lunch & Learn Training (lunch provided)
on March 7, 2023.

Pre-Registration is REQUIRED by March 5, 2024

If you have any questions, please contact
Sara Krebs at sara@childadvocacy.net or 989-463-1422

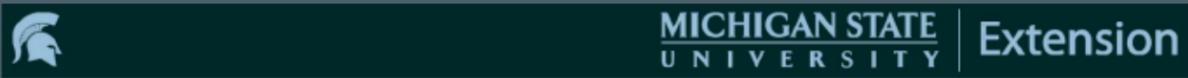
The self worth training helps individuals build a solid foundation for self worth.
A strong self worth can be a protective factor for suicide.

This training is for everyone who:

- Has ever asked "AM I Okay?"
- Has felt like their sense of worth is on a rollercoaster
- Hears that self-critical voice inside their head

In this paradigm-shifting training participants will:

- Gain understanding of where our negative self worth comes from
- Learn to build the solid foundation for self worth to stop the rollercoaster
- Gain skills to stop the critical voice



Experience the Walk With Ease Program
Arthritis Foundation Certified.
Doctor Recommended



The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

MSU Extension offers the Walk With Ease Self-Directed Enhanced program where a group of individuals begin and end the six-week program at the same time. An MSU Extension leader coordinates communication to ensure participants are organized and motivated to complete the program. Participants are encouraged to walk 10 to 35 minutes at least three times per week.

During the six-week program, participants will:

- Understand the basics about arthritis and the relationship between arthritis, exercise, and easing pain.
- Exercise safely and comfortably.
- Use methods to make walking fun.
- Make a personal walking plan with realistic goals for improved fitness.
- Learn tips and resources to help them overcome barriers and continue to be physically active.
- Learn about other programs and resources that can help them maintain their walking and try other physical activity.

Benefits to You

Walk With Ease will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

Extension Lead:
Holly Tiret
Senior Extension Educator
tiret@msu.edu
616-570-5818

Kaleigh Pettigrew
kPettigrew@gratiotmi.com
Site Manager



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually.

Now I am confident in my ability to walk easily without making my arthritis worse."
— Walk With Ease participant

SPONSORS:

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

**Onsight Registration
Required**
Alma/St Louis Senior Center
Wed Feb 28
1:30-2:00 PM
Paperwork &
Books Distributed

Then:
Meet Weekly at
Alma/St Louis Senior Center
415 Park Ave
Alma MI 48801
From 1:30-2:00 PM

Fri Mar 8
Wed Mar 13
Fri Mar 22
Wed Mar 27
Fri Ap 5

AND
Commit to walking 10-35 min
3 times a week for 6 weeks.

The Start of Spring

The March equinox occurs on **Tuesday, March 19, 2023**. In the Northern Hemisphere, this is known as the vernal, or spring, equinox and marks the start of the spring season. In the Southern Hemisphere, autumn begins.

At this time, the Sun crosses the celestial equator on its way north. Also, on this day, the Sun rises exactly in the east and sets exactly in the west—a good thing to know if you get lost in the woods.

<https://www.almanac.com/content/month-march-holidays-fun-facts-folklore>

G.A.I.N (Gratiot Animals in Need) Information

Gain is a local non-profit, Gratiot Animals in Need (G.A.I.N.) located at 405 E Washington (M-46) in Saint Louis, and offers a variety of resources to Gratiot County pet owners. Office hours from March through October are Mondays from 9am to 1pm and Thursdays from 1pm to 5pm. Please leave a message if no one answers at 989-875-2286.

The following are resources available

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. Hours of operation are Tuesdays 12noon - 2pm.

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 veterinarian. This program does not cover vaccinations or on-going medications for allergies, fleas, etc. Contact 989-875-2286 or email deb@gainmichigan.org for more information. GAIN recognizes the benefits of pet ownership and the special bond seniors have with their pets. Our goal is to try to help Gratiot County seniors retain their pets when medical issues arise.

Low cost cat spay/neuter clinic for owned and free roaming community cats is held from March through October. Owned cats are \$55 (spay/neuter only). Rabies and/or distemper vaccinations are \$10 ea, microchips are \$20. Free roaming cats are \$15 (mandatory ear tip and distemper vaccination included). Live traps are available for check out (\$20 deposit) for the purposes of spay/neuter. Go to gainmichigan.org (click on Spay & Neuter) to book an appointment or call the office for assistance at 989-875-2286.

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

Barn Cat program 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.



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

- Birds
- Blossom
- Breeze
- Buds
- Butterfly
- Clouds
- Cultivate
- Flowers
- Grass
- Grow
- Newborn
- Plant
- Rain
- Rainbow
- Showers
- Sprout
- Storms
- Sunshine
- Thaw
- Warming
- Wind

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

Sudoku Puzzle

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

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



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



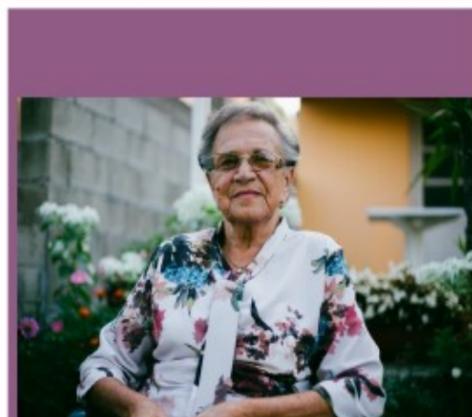
You can cut all flowers but you cannot keep springs from coming.

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, March 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.



Healthy Habits for Healthy Aging

MICHIGAN STATE UNIVERSITY | Extension

Healthy Habits for Healthy Aging

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

Six Week Series

Presenter: Holly Tiret

tiret@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

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Memorials

Commission on Aging

Sharon Hayes

Donn & Pat Gates
Cheryl Booth
David & Janet Gault
Victor & Linda Oswald

Charlie Kernen

Cheryl Booth
Todd Bennett

Elden "Al" Stamm

Betty Wakefield
Kendra Smith

Willard & Nellie Litwiller and Cheryl Davis (Litwiller)

Robin Litwiller

Francis Capen

John & Sue Belles

Mary Hayes & Ralph Brillhart

Carol Reeves

Robert Rozier

Mary Ellen Yost

Willard & Nellie Litwiller and Cheryl Davis (Litwiller)

Robin Litwiller

Nutrition

Yvonne Muneio

Patricia & Paul Hornak
Janice & Richard Jankowiak
Harriet Jankowiak
William & Kathryn Lammi
Dale & Laretta Allen
David & Janet Gault
Jamie Boboltz
Kathleen & Jerry May
Haggards Plumbing & Heating
Donn & Pat Gates
Dean & Vicki Parling
Bill Moeller

Senior Gratiot

Donald Mull

Mary Lee Mull, Madonna, and Family

Jim Norris

Veronica & Family

David Norris

Mom & Sisters

Jerry Glave

Carol Glave

Lyle Hansen

Annette Hansen

Hershel & June Powell

Orville & Wilma Russell

Ginger Vetter

Doris Browne

Garold Browne

Jackie Bowen

Patricia & Donn Gates

James Wartham

Janet Warthman

Nancy Sensabaugh & Terry Juhas

Bob & Kathy Martin

Clare & Emma Troub

Gail Paradise

Parents, Alvin & Audrey Miller

Anna Jarrett

Barney Smith & Bob Smith

Matthew Pung

Bonnie Briggs

David & Loretta Briggs

Charles Kernen

Tammy Burns

Hazel Clagg

Jerry Clagg

VanDorau Stahl, Norman Allen, Jake

Quackenbush, Barbara (Stahl)

Brooks, and Ardis Allen

Bill & Sandi Allen

Robert "Bob" Sullivan

Robert & Mary Watson

Beverly Mitchell

David Sebring

Gail Copper-Sebring

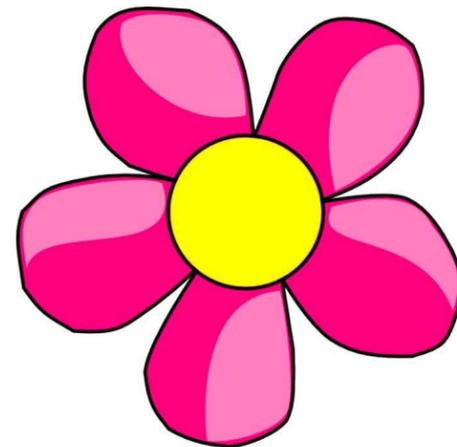
Donations

Senior Gratiot Donors

George Gibbs
Paul Mallory
James Mikek
Louise Uphold
Nancy Hodges
Kathy Blizzard
Rosemary Buhl
Joan Fisher
Ken and Bette LeBlanc
Betty Nestle
Linda Lott

COA Donors

St John's Episcopal Church
Jean Kimball
Nicholas & Jeri Piccolo
Susan Malone
American Legion Post 334



*Thank you for your support
and generous donations.*

Food with Friends Eat Smart Menu

Lunch 12:00-12:30

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	Milk is served with Hot meals. Suggested Donation Is \$2.50			 Cheese Omelet Sausage Links Redskin Potatoes Fresh Orange Cinnamon Roll
4 Beef and Noodles Steamed Cabbage Peas Fruit Cocktail Wheat Bread	5 Chef Salad Minestrone Soup Mixed Fruit Dinner Roll	6 Baked Chicken Redskin Potatoes Mixed Vegetables Peaches Apple Juice Wheat Bread	7 Chef Salad Chicken Vegetable Soup Cinnamon Applesauce Dinner Roll Apple Juice	8 Macaroni & Cheese Carrots Stewed Tomatoes Vanilla Pudding Wheat Bread
11 Chili Oven Roasted Potatoes Green Beans Pineapple Corn Bread	12 Chef Salad Stuffed Roast Pepper Soup Mixed Fruit Wheat Bread	13 American Goulash Kyoto Vegetable Broccoli Pears Wheat Bread	14 Chef Salad Beef Vegetable Soup Pears Wheat Bread	15 Potato Crunch Pollock Winter Blend Baked Beans Applesauce Wheat Bread
18 Meatloaf Whipped Potatoes Corn & Lima Beans Peaches Wheat Bread	19 Chef Salad Chicken Vegetable Soup Peaches Corn Bread	20 Chicken/Broc/Cheese Company Potatoes Kyoto Vegetable Pears Wheat Bread	21 Chef Salad Minestrone Soup Tropical Fruit Dinner Roll	22 French toast Hashbrown Pattie Sausage Links Applesauce Orange Juice
25 Cabbage Roll w/Sauce Corn Beets Apricots Wheat Bread	26 Chef Salad Beef Vegetable Soup Mandarin Oranges Strawberry Yogurt	27 Salisbury Steak Company Potatoes Normandy Blend Apple Juice Dinner Roll	28 Chef Salad Stuffed Roast Pepper Soup Cinnamon Applesauce Dinner Roll Apple Juice	29 No Meals Good Friday

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, April 22, 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 1:00 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