



Commission on Aging Services Offered

The Gratiot County Commission on Aging provides a variety of services for Gratiot County citizens who are 60 years of age and older. The mission of the Commission on Aging (COA) is to coordinate programs and provide services which promote and safeguard the independence, well-being, and dignity of older adults.

COA services include: Case Coordination and Support, Personal Care, Respite Care, Homemaking, Home Chore, Minor Home Repair, Home Delivered Meals, Food with Friends, Medicare/Medicaid Information and Assistance, Volunteer Opportunities, as well as general information.

Some services are funded in part by Region VII Area Agency on Aging, Behavioral and Physical Health and Aging Services Administration, Gratiot County Senior Millage and donations. Programs comply with Title VII, Civil Rights Act.

Please contact the Commission on Aging at 989-875-5246 to request services or additional information.



SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
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SENIOR GRATIOT, INC
515 S. Pine River
Ithaca MI 48847
989.875.5246
Change Service Requested

May 2024
Volume XLIX
Number 6

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



Wednesday, July 10, 2024

8:15 am - 5:00 pm
Commission on Aging
515 S Pine River St, Ithaca

The AARP Safe Driver course is a classroom course that will provide you with ways to adjust your driving due to age related changes in vision, hearing and reaction time. New traffic laws, rules of the road and other driving skills will also be addressed. Upon completion, you will receive a certificate that is good for 3 years and may make you eligible for a discount on your auto insurance. Discuss this with your insurance agent. Cost for the class is \$20.00 for AARP members and \$25.00 for non-members. Payment to the instructor in cash or personal check made payable to AARP is due at the time of the class.

Lunch is available for purchase from the Commission on Aging kitchen. The cost is \$2.50 for those 60 and above and \$5.00 for those under 60. A refrigerator is available should you choose to bring your lunch. Payment for lunch is to Commission on Aging and can be made in cash or check. Let us know if you would like a lunch when you call to register.

Registration is **required** as class size is limited. Registration ends on Friday, July 3, 2024.

Air Conditioners

As summer draws near, so does the heat that comes with it. The Commission on Aging has air conditioners which can be loaned out to you thanks to a grant received from the Gratiot County Community Foundation. Just call the COA, 989-875-5246, and ask for one. We will ask you a few simple questions, and then get our Home Chore department to deliver and set one up! The air conditioners are given out on a first come first served basis. At the end of the summer, you just need to call us and we will come and remove it as well.

The Home Chore department can also install your personal air conditioner unit if you need assistance with that. Just call the office and put in your request. The guys will come out and get your own air conditioner installed for you.



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.

April 2024 Prep Team Volunteer Thank You!

Thank you to these 14 COA volunteers who devoted 23 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Nancy Crispin, Nancy Gulick, Bernie Barnes, Nora Kowitz, Helen Hoard, Ellen Martin, Betty Reeves, Sally Martin, Carole Reeves, Ruthie Malek, Lisa Skaryd, Chris Berry, Judy Zimmerman

THANK YOU VOLUNTEERS

May Day

May 1st is May Day and its history and traditions date back to pagan rituals from the 12th and 13th centuries. Flowers are a symbol of this spring celebration and a way of sharing the pleasure of flowers is by creating a May basket for a special someone. May baskets became popular in the late 19th and early 20th centuries. It was usually a small basket, with a few flowers and trinkets or other homemade treats inside and hung on a neighbors front door handle without being caught. If the basket was hung by a boy for a girl they were interested in and the recipient opened the door and saw him running away, she could chase him and give him a kiss!



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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.

VOLUNTEER ACTIVITY May 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 - May 15, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - May 16, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team
Commission on Aging in Ithaca
May 29, 9:00 - 11:30 am

Spring Fling Fun!

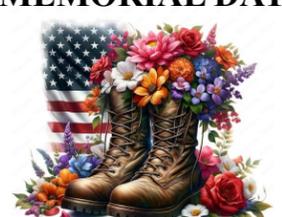


Senior Activity Building

May 2024

Senior Center

Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.)</p>		<p>1 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal Bring a Friend Day 1:00 Cornhole or Horseshoes</p>	<p>2 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal Cards?</p>	<p>3 8-10 SAB Coffee 11:30 Blood Pressure Checks with Joyce 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>4 11:45 Building Open 12:15 Senior Friends Potluck</p>
<p>6 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo</p>	<p>7 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>8 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole or Horseshoes</p>	<p>9 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Movie & Popcorn</p>	<p>10 8-10 SAB Coffee 11:30 Apron Display Honor Our Mothers 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>11</p>
<p>13 8-10 SAB Coffee 11:00 Two Outlaws & a Good Guy 12:00 Food with Friends Meal 2:00 Dulcimer Club Music</p>	<p>14 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</p>	<p>15 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole or Horseshoes 7:00 A-Tractive Tractor Club</p>	<p>16 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal Cards?</p>	<p>17 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	 <p>ARMED FORCES DAY</p>
<p>20 8-10 SAB Coffee 11:50 Nutrition Class 12:00 Food with Friends Meal May Birthday Celebration</p>	<p>21 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 Benefit Cookie Sale</p>	<p>22 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole or Horseshoes</p>	<p>23 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal Cards?</p>	<p>24 8-10 SAB Coffee Red, White & Blue Day 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>25 Red/White/Blue Pancakes/Sausage (Please sign up to help with ordering)</p>
<p>27 CLOSED FOR MEMORIAL DAY</p> 	<p>28 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>29 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole or Horseshoes</p>	<p>30 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal Cards?</p>	<p>31 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	

Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager 989.875.2135



May 1st is the date for our annual "Bring a Friend Day". This is short notice for making Food with Friends lunch reservations for you and a friend, so

CALL NOW!

Pickleball players are grateful to Cleo Flegel and Larry Ringle for putting up the nets. If you would like to learn to play Pickleball, call 989.875.2135 to register for lessons with Greg Brown. Players can be found at the courts Monday through Thursday from 9:00 to 11:00 am and 5:30 to 7:30 pm. All are welcome anytime.

May 4th is the date for the Senior Friends Potluck at 12:15 pm. The Senior Activity Building (SAB) will be open at 11:45 am. Please remember to bring your tableware. If you are not a cook, your donation of cash will be added to the next donation given to the SAB for use of the building by this group.

The next SAB Cookie Sale, which will benefit Gram's Kitchen at Commission on Aging, will be on May 21st. Thanks to those who call in their order by Friday, May 10th. There will be two choices this fundraiser: Oatmeal Raisin Walnut or White Chocolate. Suggested donation for a Baker's half dozen is \$5.00 while the suggested donation for a Baker's dozen is

\$10.00. Thanks to the volunteers who will deliver the flyers, as well as package and deliver the cookie boxes.

Memorial weekend Red, White and Blue Pancakes and Sausage breakfast is on Saturday, May 25th. Please reserve your spot by signing up soon. This will help the Activity Committee with ordering for this traditional event.

Every morning from 8:00 - 10:00 am, our SAB coffee and conversation happens. You will be welcomed by Linda St Charles and other seniors whenever you stop in to find a seat at the table. Stay a few minutes or two hours.

Food with Friends meals are available Monday through Friday with hot meals on Monday, Wednesday and Friday and soup and salad meals available on Tuesday and Thursday. Meals are served at noon. Your reservation is needed at least 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.

Bingo will only be on Monday, May 6th at 12:45 pm. Yvette from Schnepps Health Care will call the games and bring prizes.

Our Cowboy friends from Midland will be with us on Monday, May 13th at 11:00 am. After our Food with Friends meal, they will share a couple more songs.

We will be honoring all seniors born in the month of May at our Food with Friends meal on Monday, May 20th. Yes, we will also discuss "Healthy Meals Made with Pantry Staples". Our pantry will have cake and ice cream for you.

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, May 14th at 1:00 pm. This will be the last class as Shirley will take a break for the summer. Classes will resume in the fall.

The Gratiot VFW Post #7805 will meet at the building on May 14th at 7:00 pm.

The knitting group gathers at 10:00 am each Wednesday. Dominoes will be at 12:45 pm and horseshoes or cornhole is scheduled at 1:00 pm. The SAB board meets at 1:15 pm on May 21st, the same day as the benefit cookie fundraiser.

A-Tractive Tractor Club meets at 7:00 pm on Wednesday, May 15th.

The Thursday schedule is similar to Tuesdays, but take another look! We do have a movie and popcorn at 1:00 pm on May 9th. Card games are available on the other afternoons.

Joyce Raycraft will be happy to check your blood pressure on the first Friday, May 3rd. There will be Otago classes each Friday at 1:00 pm. There is no fee for these classes.

Walking Wanda's Walk in Atkinson Park is available anytime. Enjoy taking a rest on one of the many benches in the park and around the pickleball courts.

Be sure to check the calendar at the building since there may be changes or additions to the schedule for the SAB, the Senior Center or for 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!

Food with Friends and the SAB's phone number is 989-875-2135. Feel free to call to check on updates about a scheduled event. Always call ahead of time to make your reservation for your Food with Friends meal. We look forward to your call and to welcoming you!

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from March 13 through April 15, 2024:

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

Gifts In Gratitude to SAB

- Cleo Flegel
- Larry Ringle
- Bill DeVuyst
- Linda Strohpaul
- A-Tractive Tractor Club

Memorials

Jackie Bowen
Bernard & Linda DeVuyst

Linda Workman
Neal & Marg Raymond

Ralph Brillhart
Bernard & Linda DeVuyst
Sandy & Rod Bare

Fairy Lepley
Jeff & Viola Doyle

Donna Jacobs (Mom)
Linda Strohpaul

Charlie Kernen
Linda St Charles

Bob Sullivan
Don & Janet Cook
Marilyn Smith
St. Mary's Church Choir

Neville Pitcher
George & Linda Weburg
Dennis & Renee Adams
American Legion Post
Muriel Derby

Charlie Lott
Food with Friends
Mary Sullivan

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

Mary Humm



April Birthdays: Ellen Martin and Ron Peters



March Birthdays: Seated: Bill Crowell, Bill Martyn, Mary Davis, Mary Sullivan
Standing: Jayne Baney, Joyce Raycraft, Chuck Wieferich



Above: Larry Ringle and Cleo Flegel set up the Pickleball nets



Above: Bill DeVuyst succeeds in keeping the birds from their nest building project in the SAB's furnace outlets
Left: Shirley Frederick's painting class



The Filling Station

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



I just wanted to take a moment to thank everyone that came to our Spring Fling party at His Place. We had a great turn out and it was a pleasure being the host!

While we do plan to keep the site open as normal while I am off, there may be a time that changes need to be made to the hours that we are open. In this event, those that are signed up for lunch will be notified. Please don't hesitate to call the site with any questions.

Be patient with staff as they try to figure out how to fill in for me, and still do their own jobs! Once we find a groove of how things will work, there may be more activities added to the schedule. As always, join the group for lunch, or try your hand at some cards!

Join us on Wednesday, May 8th as we create tin can pocket planters from old cans. These planters can be hung on the wall or set on a table. We will begin crafting at 10:00 am and finish up before lunch. Please call to register, 989-875-9118.

The nutrition education for this month will be on Wednesday, May 22nd at 12:30 pm. Also, now that nicer weather is upon us, we have started rock painting to spruce up our gardens. Join us any Wednesday morning and get creative. Bring your own rocks or use one of ours.

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, 12:30-1:30 pm: Bingo

Fridays, 10:30 am: Line Dancing

Friendly Reminder: Please sign up for all registration required classes two days in advance to make sure we have enough supplies.



A few of the bunny pictures that were done in April



Right: A sample of the kind of rock painting we are doing at the site on Wednesday mornings. Join us!



Breckenridge Senior Center

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



We are moving! We have outgrown our cozy little spot here at the Breckenridge Masonic Lodge. We will be moving to the Wheeler Township Hall in the coming weeks. We truly have loved our little spot here but just like a growing family, we have gotten too big for our little spot. I want to thank the Breckenridge Masons for allowing us to use their space for the time we have been here. Looking forward to new and exciting things to come. We will keep everyone posted regarding the move with more information to follow.

With spring in full swing and summer just around the corner, things are sure looking up. I am in the process of getting a project for us to do, small plant holders, for our members and some special people here in Breckenridge. This will be a fun project! Our presentations from MSU Extension with Holly Tired will continue. The presentations will be from 10:30 - 11:30 am. Since you will already be at the site for the presentation, why not join us for lunch too? We would love to have you.

May 6, 2024 Mindful Eating June 3, 2024 Keys to Embracing Aging 101

We would also like to invite anyone who likes to play Mexican Train Dominoes to come join us on Fridays. We have been playing Mexican Dominoes as a whole group and would love to have more players join us. Mondays are Euchre days and we always have an exiting game or two. Wednesdays are Bingo days and on the third Wednesday, May 15th, we will be joined by Yvette from Schnepps. Nutrition Information Day is the 2nd Friday of the month, May 10th. I will have various informational handouts on different ways to help with our nutrition subjects.

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
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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. Join us for lunch, served at 12:00 pm, on Monday, Wednesday and Friday.

Here are a few crazy holidays for May. Did you know that the month of May is named after the Roman goddess Maia, who over-saw the growth of plants?

May 1: May Day

May 2: Dandelion Day

May 3: Tuba Day

May 4: Star Wars Day

May 5: Cinco De Mayo





Greetings From Fulton

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

Flower time! I can't wait to see the trees and all of the spring flowers open.

Come join us on May 15th to make a Screwball Flower craft (pictured on right) for your garden. There will be a sign up sheet at the sign in table.



On Friday, May 24th, from 10:30 - 11:30 am we will have speaker Holly Tiret from MSU Extension visiting us to speak on Keys to Embracing Aging 101. Get a better understanding of how current lifestyle behaviors affect future health and well being. Topics covered include positive attitude, eating healthy, knowing your health numbers, and increasing your physical, mental and social activities. Please join us for this upcoming event.

We played Bingo on April 12th and everyone had a good time. So please join us on Friday, May 24th as we play Bingo again.

Please come join us on Wednesday, May 29th to paint rocks. This event was rescheduled from April. While I am aware that Rocks for Kindness have been around a long time, I just recently heard about it. Painting pretty rocks and leaving them around your town for someone to see and pick up is a pretty neat way to cheer people up. So, join us at 10:30 am, paint some rocks and help us spread some cheer in the places we live.

We are in need of some different books. We welcome any books that you wish to donate. We are open 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.

Please come and join us for lunch, cards or just to visit. Call 989-236-5019 and reserve your meal. We look forward to seeing you!

May 1	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	May 3	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	May 6	10:30 Wii Bowling 12:00 Lunch 12:30 Euchre, Dice
May 8	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	May 10	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	May 13	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
May 15	10:30 Screwball Flower Craft 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	May 17	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	May 20	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
May 22	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	May 24	10:30 Keys to Embracing Aging 101 with Holly Tiret, MSU Ext. 12:00 Lunch 12:30 BP Checks with Nancy 12:30 Bingo	May 27	Closed for Memorial Day 
May 29	10:30 Rock Painting 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	May 31	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo		

Healthy Blood Pressure for Healthy Hearts Small Steps To Take Control



Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressures, you may have high blood pressure, also known as hypertension.

High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. Millions of Americans have high blood pressure, but many people who have it don't know it. That's why it is important to have your blood pressure checked at least once a year.



High blood pressure is a "silent killer."
It doesn't usually cause symptoms, but it can damage your body over time.

- If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as:
 - Heart disease
 - Stroke
 - Kidney disease
 - Dementia
- The only way to know whether you have high blood pressure is to have your blood pressure measured—a process that is simple and painless.
- If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, including disability and premature death.

Some things put us at greater risk for high blood pressure.

- Age:** Blood pressure tends to get higher as we get older. But it can affect many of us when we're younger too.
- Genes:** High blood pressure often runs in families.
- Sex:** Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.
- Race or ethnicity:** While anyone can have high blood pressure, African Americans tend to get it at a younger age. Among Hispanic adults, people of Cuban, Puerto Rican, and Dominican backgrounds are at higher risk.
- Lifestyle habits:** Eating too much salt, drinking too much alcohol, being obese, smoking, and not getting enough exercise can raise our blood pressure.

What steps can you take to lower your blood pressure?

- Set targets**
Work with your doctor to set blood pressure numbers that are healthy for you. Use our [worksheets at nhlbi.nih.gov/hypertension](http://nhlbi.nih.gov/hypertension) to track your progress.
- Take control**
Make lifestyle changes such as eating healthy, staying active, and watching your weight. If you smoke, quitting can help prevent heart disease and other complications of high blood pressure.
- Work together**
Studies show that if you engage in heart healthy activities with people at home, at work, in your community, or online, you have a better chance of staying motivated.

Taking the first step toward a healthy blood pressure.

Making lifestyle changes now can help keep your blood pressure in a healthy range—whether you have high blood pressure or you're trying to prevent it. You don't have to make big changes all at once. Small steps can get you where you want to go. Here are some ideas to start. If you have elevated blood pressure and your doctor prescribes medications, make sure to take them as directed.



Why should I change?	How can I change?
<p>Eat Healthy Foods A diet low in sodium and saturated fat—like the DASH eating plan—can lower your blood pressure as effectively as medicines.</p> <p>Move More Get at least 2½ hours of physical activity a week to help lower and control blood pressure. That's just 30 minutes a day, 5 days a week.</p> <p>Aim for a Healthy Weight Losing just 3 to 5 percent of your weight can improve your blood pressure. If you weigh 200 lbs., that's a weight loss of 6 to 10 lbs.</p> <p>Manage Stress Stress can contribute to high blood pressure and other heart risks. If it goes on for a long time, it can make your body store more fat.</p> <p>Stop Smoking The chemicals in tobacco smoke can harm your heart and blood vessels. Quitting is hard. But many people have done it, and you can, too.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Add one fruit or vegetable to every meal. <input type="checkbox"/> If you get fast food, ask for a salad instead of fries. <input type="checkbox"/> Give Meatless Monday a try. <input type="checkbox"/> Commit to one salt-free day a week. Use herbs for flavor instead. <input type="checkbox"/> Invite a colleague for regular walks or an exercise class. <input type="checkbox"/> Give the elevator a day off and take the stairs. <input type="checkbox"/> Take a break to play outside with your kids. <input type="checkbox"/> March in place during commercial breaks while watching television with your family. <input type="checkbox"/> Join a weight loss program with a buddy. <input type="checkbox"/> Sign "social support" agreements with three family members or friends. <input type="checkbox"/> Practice mindful meditation for 10 minutes a day. <input type="checkbox"/> Share a funny video, joke, or inspirational quote with a friend. <input type="checkbox"/> Talk with your doctor if you have trouble managing stress on your own. <input type="checkbox"/> Visit Smokefree.gov or BeTobaccoFree.hhs.gov to connect with others trying to quit. <input type="checkbox"/> Sign up for a support group at work or your local clinic. <input type="checkbox"/> Join a sewing, knitting, or woodworking group to keep your hands busy when you get urges.

Take control of your blood pressure today! Learn more at www.nhlbi.nih.gov/hypertension



May is American Stroke Month as well as Blood Pressure Education Month.

Review the fact sheets, left, to become aware of things you can do to try and take control of your blood pressure and hypertension.





Jean McNab - your guide for the bus trips!

Bus Trip General Information

Below are some rules as well as general information regarding the bus trips.

Please notify the Commission on Aging (COA) **immediately** if you must cancel your reservation. The number to call is 989.875.5246. Please leave a detailed message if calling outside of normal business hours. If you found your own replacement, please provide their name and contact information to the office when you call. Refund checks may be issued when the trip does not include prepaid expenses and you cancel more than 30 days prior to the trip date. Otherwise, a refund will be issued only if we can find a replacement from the reserve list.

If you are not sure about your walking abilities after reading a description of the trip, please ask for more information about the trip before you sign up.

All payments are made out to:

Gratiot Community Senior Center and mailed to:

Gratiot Community Senior Center
c/o Gratiot County Commission on Aging
515 S Pine River St, Ithaca, MI 48847

If you are interested in a trip that is advertised, please call as soon as possible to make your reservation. The number to call is 989.875.5246. Check your calendar and check it again after you make the reservation. Make your payment by the due date so you may be assured of a seat. Otherwise, those names on the waiting list will be contacted and your seat may be filled. The only way to assure your reservation is confirmed is by making payment.

Reservations for the trips are made weeks in advance. Tickets are paid for and are expensive. If tickets get purchased for a trip and then not used, we are not able to get a refund on those tickets. That is why it is important to confirm the dates prior to making a reservation.

If you have to cancel because of illness, please call as soon as possible before the day of the trip. If you forget to attend or just do not show up, we will not give a refund or credit because we have reserved a ticket for you and someone else may have wanted to go but was unable due to a full coach.

If you have questions about any of the above, please don't hesitate to call. We look forward to having you take part in the trips.



WICKED the MUSICAL
Thursday May 16, 2024
Bus Departs: 9:00 am, Returns: 5:00 pm

Stephen Schwartz's acclaimed Tony Award Winning musical Wicked is coming to DeVos Performance Hall. So much happened before Dorothy dropped in. There is a young woman, born with emerald green skin... smart, fiery, misunderstood and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular...their initial rivalry turns into the unlikeliest of friendships until the world decides to call one good and the other one Wicked. 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!

We will be stopping for brunch at the award winning Anna's House. Everyone will be able to make their choice of what your taste buds are craving from the menu.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 9:00 am sharp and will return to COA around 5:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.



Bus Trips

Longest Day of the Year Cruise
Friday, June 21, 2024, Muskegon Lake
\$119.00 (Inclusive)

Bus Departs: 9:00 am, Returns: 6:00 pm

Let's celebrate the Summer Solstice by taking a Cruise! We will be taking a fabulous afternoon cruise on the Aquastar, enjoying the views of Muskegon Lake and Lake Michigan. The trip is narrated and will provide information on the history and natural features of the surrounding area. Make sure to bring a jacket or layers for the weather as it may be cooler on the water. The boat has a bathroom and snacks and beverages are offered for purchase. Any purchases made on the boat are **not** included in the price of this trip, and it is credit/debit cards only while on the boat.

Before our cruise, we will be stopping for lunch at the Station Grill, modeled after a 1940's service station. The Station Grill has been locally owned and operated since 1972 and is a one of a kind place for good food and fun. You will be able to choose directly from the menu. You can visit the Station Grill website, stationgrill.com, for a preview of the menu.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 9:00 am sharp and will return to COA around 6:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.

The price includes transportation, cruise, lunch and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by June 1, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.





Bus Trips Continued!

Westbound Lighthouse Cruise Monday, July 22, 2024 \$189.00 (Inclusive)

Bus departs: 8:00 am Returns: 9:00 pm

Join us this summer as we take the three hour Westbound Lighthouse Cruise. During the cruise we will see five spectacular Lake Michigan Lighthouses and be able to take in the stunning coastline views of Wilderness State Park and beyond. Lighthouse history and maritime lore will be shared by our guide from the Great Lakes Lighthouse Keepers Association. The lighthouses we will view are:



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

The cruise starts in Mackinaw City and returns to the same port. Bathrooms are on board. Prior to boarding the ferry for the cruise, we will be stopping at the fabulous Audie's Restaurant for the Thor Hot Lunch Buffet. Included in the buffet is the Audie's salad bar, bread basket, Yukon gold potatoes, steamed vegetables, a choice of three entrees, carrot cake, soft drink, coffee and tea.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:00 am sharp and will return to COA around 9:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.

The price includes transportation, cruise, lunch and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by June 1, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.



When Calls the Heart: the Musical Tuesday, August 20, 2024 \$129.00 (Inclusive)

Bus Departs: 8:00 am Bus Returns: 7:00 pm

For all you Hallmark fans, we are traveling to Shipshewana's Blue Gate Theatre to see *When Calls the Heart: the Musical*. A theatrical celebration of truth, adventure, sacrifice, faith and love, this is the story of Elizabeth Thatcher. She is beginning her teaching career in Toronto, but is feeling restless. When her older brother writes asking her if she would consider a teaching job in the great Canadian west, Elizabeth agrees and sets off on the adventure of a lifetime!



Prior to the show, we will be having lunch at the Shipshewana Blue Gate Restaurant and will enjoy the Signature lunch buffet. Choose between selections of the famous Blue Gate Fried Chicken, slow cooked roast beef and other homemade Amish entrees. Enjoy many of your favorite homemade sides like mashed potatoes, chicken dressing, homemade noodles, macaroni and cheese, green beans, corn, soup and salad bar, as well as a large desert bar. You will also have time to visit the Amish Bakery and Gift Shop.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:00 am sharp and will return to COA around 7:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.

The price includes transportation, theatre tickets, lunch and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by July 15, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

Powered by Connection

Celebrate Older Americans Month 2024

This year's theme for Older Americans Month is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Being connected can assist in supporting independence and aging in place by combating isolation, loneliness and other issues.

Older Michiganians Day is a day set aside in Michigan to allow seniors to advocate to the state legislature regarding issues that impact older adults in Michigan. This year there are four areas of concern to be addressed:

- ♥ Support and strengthen the Long-Term Care (LTC) Ombudsmen program. The LTC Ombudsmen work with residents of licensed long-term care facilities to improve quality care for the residents.
- ♥ Support family and informal caregivers. Family caregivers provide essential care and are the largest source of long-term service and support in the country. This assistance is essential to keep care costs down.
- ♥ Expand access to MI Choice. Increasing access to the MI Choice program will allow seniors and adults with a disability who meet eligibility requirements to receive services in home instead of a facility.
- ♥ Increase access to home and community-based services which also allows seniors to remain in their home longer.



MARK YOUR CALENDAR

Older Michiganians Day

Wednesday May 1, 2024

Event 10:00 am - 12:30 pm with lunch following

Join us for a special livestream or in-person event on the Capitol Lawn

AS WE CELEBRATE

Powering Advocacy for 50 Years



AREA AGENCIES ON AGING
ASSOCIATION OF MICHIGAN

Link to Live Stream: <https://us05web.zoom.us/j/85725469136?pwd=4j8HjaV4UaHGD6CPGbWi1oNdNI0oaz.1#success>

DANA NESSEL



MICHIGAN ATTORNEY GENERAL

AG Nessel Warns Michigan Residents of New SSA Impersonation Scam

LANSING - Michigan Attorney General Dana Nessel is urging residents to be on high alert for a new impersonation scam after the Social Security Administration (SSA) Office of the Inspector General (OIG) issued an alert warning about criminals posing as SSA OIG agents and demanding in-person meetings to hand off cash. SSA OIG agents will never pick up money at your door or in any type of exchange.

“Staying informed and reporting any suspicious activity is the best way consumers can protect themselves from these harmful scams,” Nessel said. “I commend SSA OIG for their vigilance in helping protect consumers, and our Consumer Protection Team is ready to assist any Michigan residents targeted by these imposters.”

Consumers who believe they have been a victim of this crime should file a complaint with the FBI Internet Crime Complaint Center and report the scam to SSA OIG.

The Attorney General’s Government Imposter Scams alert advises consumers who have received communications from imposters to protect themselves from these scams by:

- ◆ Blocking the text, email, or call;
- ◆ Not clicking links or opening attachments;
- ◆ Reporting the text or email as spam; and
- ◆ Deleting the text or email from their device.

The Attorney General’s alert also reminds consumers that government agencies will not:

- ◆ Promise to increase benefits or fix an issue if a fee is paid;
- ◆ Threaten arrest or legal action unless money is sent immediately; or
- ◆ Demand payment in the form of gift cards, wire transfers, prepaid debit cards, cryptocurrency, or cash sent by mail.

To file a complaint with the Attorney General, contact the Consumer Protection Team, PO Box 30213, Lansing, MI 48909, 517-335-7599 or 877-765-8388. You can fax as well to 517-241-3771.

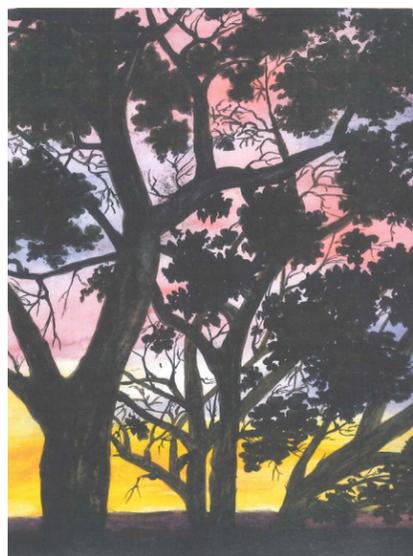
Information provided by Michigan Department of Attorney General

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, May 14th** from 1:00-3:00 pm. The fee for class is \$20.00 and payment for the class must be received **prior** to class in order to reserve your place. The fee includes all supplies and instruction. We are pleased



to have Shirley share her talents with us. Please call 989.875.2135 to make your reservation.

Memorials

Commission on Aging

Janice King
Janet Gault

Yvonne Muneio
Beverley Cojocari

Vickie Barnum Backes
Yvonne Muneio
Roberta Charney

Janice King
Phyllis Studer
Karen Freshney
Velma Spicer
Debra Cash
Janet Holt
Dallas & Bev McClair
Lois Culley
Patricia Sinko
Mary Wide
Linda H.
Jim Freestone

Richard Colbry
Jane Moulton

Anna Kench
Helen Hoard

Nutrition Program

Robert Sullivan
Evelyn Mary Acker

My Parents - Brothers & Sister
Paul & Orah Shaffer
Donald, Noel, Karl Shaffer
Fairy Lepley
Wanda M. O'Boyle

Willie LaFreniere
Diane Kellogg

Senior Gratiot

Dorothy Terry
Agnes Kenney
Mary Kenney

William O'Boyle
Wanda O'Boyle



Donations

COA

Eathel Gilkins
First United Methodist Church of
St. Louis
Wanda Them
Marty & Gary McDaid

Nutrition

Marty Peet

Gram's Kitchen

Senior Activity Building Cookie
Fundraiser, February 2024

Senior Gratiot

Roberta Charney
Connie & Keith Adams
Mary Sullivan
John & Phyllis Gott
Carolyn & James Guesbeck
William Layman
Marta Brush
T. J. Schmitz
Kay Clark
Julio Benitez
Eathel Gilkins

*Thank you for your support and
generous donations.*

Honorariums

**My Children, Grandchildren &
Great Grandchildren**
Wanda M. O'Boyle

Velma Spicer's 102nd Birthday
Kay Clark
Alice Schleder

Armed Forces Day



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

Admiral	Honor	Salute
Air Force	Marines	Ship
Army	May	Soldier
Coast Guard	Navy	Space Force
Flag	Peace	USA
General	Pilot	War
Holiday	Sailor	Weapon

By Jimmy and Evelyn Johnson - www.qets.com



Food with Friends Eat Smart Menu

Lunch 12:00-12:30

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pork Chop Company Potatoes Carrots Cinnamon Applesauce Biscuit	2 Chef Salad Chicken Vegetable Soup Cinnamon Applesauce Dinner Roll	3 BBQ Chicken Baked Beans Broccoli Peaches Dinner Roll
6 Turkey Burger / Bun Roasted Potato Blend Peas & Carrots Chocolate Pudding	7 Chef Salad Minestrone Soup Pears Dinner Roll	8 Chicken/Broc/Cheese Brown Rice Brussel Sprouts Peaches Wheat Bread	9 Chef Salad Beef Vegetable Soup Peaches Wheat Bread	10 Potato Crunch Pollock Whipped Potatoes Peas Yogurt Mandarin Oranges Wheat Bread
13 Baked Chicken Whipped Potatoes Gravy California Vegetables Applesauce Wheat Bread Lemon Bar	14 Chef Salad Stuffed Roast Pepper Soup Mixed Fruit Wheat Bread	15 Hot Dog on a Bun Winter Blend Baked Beans Oatmeal Cookie	16 Chef Salad Chicken Vegetable Soup Tropical Fruit Corn Bread	17 Meatballs Redskin Potatoes Capri Vegetable Blend Mandarin Oranges Wheat Bread
20 Cabbage Rolls Whipped Potatoes Green Beans Cinnamon Applesauce Dinner Roll	21 Chef Salad Beef Vegetable Soup Yogurt Mandarin Oranges Wheat Bread	22 Meatloaf Corn Squash Cinnamon Applesauce Wheat Bread	23 Chef Salad Minestrone Soup Pears Dinner Roll	24 Chicken Salad Broccoli Cauliflower Salad Potato Salad Bananas Hamburger Bun Whole Grain Cookie
27 CLOSED MEMORIAL DAY 	28 Chef Salad Chicken Vegetable Soup Peaches Dinner Roll Lemon Bar	29 Meatballs Whipped Potatoes Kyoto Vegetables Peaches Orange Juice Wheat Bread	30 Chef Salad Stuffed Roast Pepper Soup Cinnamon Applesauce Dinner Roll	31 Spanish Chicken Lima Beans Corn Mozzarella String Cheese Applesauce Dinner Roll

Menus are Subject to Change Without Notice, milk is provided with all 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, June 24, 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 **12:00 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



Commission on Aging is closed on Monday, May 27 to celebrate the Memorial Day holiday.

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

