



# 4<sup>th</sup> July ★ Happy ★ Independence Day

The Commission on Aging office will be closed July 4<sup>th</sup> and 5<sup>th</sup> to celebrate the holiday. The office will reopen on Monday, July 8<sup>th</sup> at 8:00 am. Have a safe and happy holiday!



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

July 2024  
Volume XLIX  
Number 7

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

# 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](http://www.gratiotmi.com/Archive.aspx?AMID=37)

## Window Washing & Gutter Cleaning



Are you having difficulty seeing out your windows? Is the rain causing your gutters to run over? Call the Commission on Aging and our Home Maintenance department will be happy to come out and shine those windows, both inside and outside, and clean out your gutters. There is no charge for this service, but donations for labor are encouraged.

This is an extremely busy time of year for Dan and his crew, so if you need either of these services, please be patient. If you have additional jobs that you would like done at the same time, please let us know about those items when you call. This will assist Dan in planning the work schedule.

Call Commission on Aging at 989-875-5246 for more information, or to place your request.



## 2024 Senior Project Fresh/Market Fresh Program Registration Information

The Michigan Senior Project Fresh/Market Fresh Program is here. This is a coupon program for seniors 60 years of age or older who qualify. The coupons, a \$25 value, can be used at various farmer's markets in the area to purchase fresh produce grown in Michigan. **Registration is required** as coupon books are limited. To register for the program, call the Commission on Aging and speak with Sarah McClung, 989.875.5246. Please leave your name, phone number, and that you are calling about Project Fresh if you leave a message. Please, **only leave one message**. Calls will be returned as soon as possible in the order they are received, however, due to the volume of calls, this may take a day or two. Thank you for your patience.

### Eligibility Requirements:

- ◆ Must be 60 years of age or older when receiving the coupons.
- ◆ Must live in Gratiot County.
- ◆ Must have a total household income of 185% of poverty or less. (One person \$2,231.75/month; two people \$3,151 month)

Registered participants will need to pick up the coupon booklet.

The date and time of pickup will be determined when you call.

If you have any questions, please contact Sarah McClung, Commission on Aging, 989.875.5246.



## 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.

### June 2024 Prep Team Volunteer Thank You!

Thank you to these 6 COA volunteers who devoted 20.75 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

**Nora Kowitz, Helen Hoard, Betty Reeves, Ruthie Malek, Nancy Gulick, Lisa Skaryd**

THANK YOU VOLUNTEERS  
# # # # #

### To Our Subscribers:

The Senior Gratiot Board made the decision to print the entire paper in color at the beginning of the year. While we loved the look of the paper in full color, printing of the entire paper in color is cost prohibitive. It has been determined that in order to keep the paper advertisement free, we need to reduce the number of color pages to four pages. This decision was not made lightly and we hope to be able to revisit the color options at a later date.

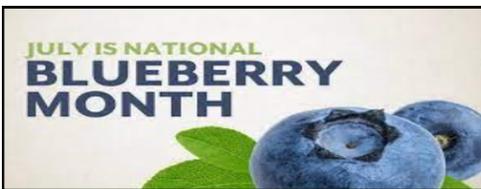
We thank you for your understanding and if you have any questions, please don't hesitate to contact one of our board members.

*Senior Gratiot Board*



### Board of Directors

- Brenda Pratt, District 1
- Yvette Franco-Clark, District 2
- Paul Showers, District 3
- Mary Humm, District 5
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- Donn Gates, Member at Large
- Nancy Gott, Member at Large
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- Hillary Shemes, Member at Large
- Sally Stoll, Member at Large
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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 July 2024

Please contact Sue Koch to register for these teams

**Recycled Greeting Cards Team**  
Commission on Aging in Ithaca

Next meeting-**Thurs, July 18, 1:00-3:30 pm**

**Mitten Makers/Hats Galore Knit-In**  
Commission on Aging in Ithaca

Third Thursday of every month  
Next meeting - July 18, 9:00-11:30 am

**Senior Gratiot Newspaper Prep Team**  
Senior Activity Building  
1011 E North St, Ithaca  
July 29, 9:00 - 11:00 am



## Gratiot County Farmer Markets Project Fresh Coupons Accepted



Summertime is here and your local Farmers Markets are open. The markets are a great place to use the Project Fresh/Market Fresh coupon booklet, should you be eligible to receive one. Be sure to stop and shop as the fresh produce season progresses.

### Alma Farmers Market

Located on State St, North of Superior, Alma  
June through October  
Saturday 7:00 am to 1:00 pm

### Apple Barrel Cider Mill

1418 E Center St, Ithaca  
September through October  
Monday - Saturday, 7:30 am to 5:30 pm

### Artesian Well Produce

7777 W Monroe Rd, Elwell  
May through November  
Monday - Saturday, 9:00 am to 7:00 pm  
Sunday, 9:00 am to 5:00 pm



### Ithaca Farmers Market

Center St and S Pine River St, Ithaca  
May through October  
Tuesday, 2:00 pm to 6:00 pm



### St Louis Farmers Market

300 N Mill St, St Louis City Hall Parking Lot, St Louis  
June through October  
Thursday, 2:00 pm to 6:00 pm

### Wesenberg Produce

7290 Hayes Rd, Middleton  
May through October  
Monday - Saturday, 10:00 am to 6:00 pm

### Tips to Prevent Medicare Fraud

Medicare fraud affects everyone. You can team up with Medicare to help. *Here are some things you can do:*

1. Guard your Medicare and Social Security Numbers. **Treat them like you would treat your credit cards.**
2. Hang up the phone if someone calls and asks for your Medicare number,

3. Be suspicious of anyone who offers Social Security number, or bank or credit card information. Medicare employees will **NEVER** call and ask for this information, and Medicare will **NEVER** call you or come to your home uninvited to sell Medicare products.

4. Do not let anyone borrow or pay you to use your Medicare ID card or your identity. **It's illegal, and it's not worth it!**

*Information gathered from www.medicare.gov*

### Gratiot Community Personal Needs Pantry

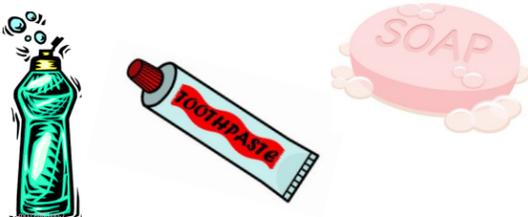
The residents of Gratiot County continue to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap, 2 bars of soap, laundry soap and other items, if available, upon request. These items are available thanks to the generous donations received from individuals, churches, and non profit organizations.

The Personal Needs Pantry is open to all Gratiot County residents. A client may use the pantry every 28 days and will need to present identification when they come. Please come to the rear of the church and remain in your vehicle. A volunteer will meet you and provide you with your bag of items.

**Location: St. Louis 1st United Methodist Church**  
116 S. Franklin St., St. Louis  
(Next to the 7-Eleven)

**When: Every Thursday,**  
12:00-3:00 p.m.

A big thank you goes out to the volunteers of the community for their dedication to the pantry. If you have any questions, please contact the church at 989-681-3320.



### Extra Help is Available for Medicare Prescription Drug Plans

Depending on your income and assets, you may qualify for a reduced or eliminated premium and deductible on your Medicare Drug Plan. You could also see reduced copayments on your medications at the pharmacy. If your income and assets are below the following, you may be eligible for this extra help:

#### For a Single Person

Monthly Income of \$1,902\* or less  
Assets of \$17,220\*\* or less

#### For a Married Couple

Monthly Income of \$2,575\* or less  
Assets of \$34,360\*\* or less

\*Income amounts include a \$20 disregard. Income limit is the net income limit. (Do not double the disregard for couples.)

\*\* The figures are shown without burial exclusion (\$1,500 for individual, \$3,000 for couples). Assets do NOT include your home, car, personal possessions, or life insurance policies.

To apply, call the Social Security Administration toll free at 1-800-772-1213, or go online to [www.ssa.gov](http://www.ssa.gov). The Social Security Administration makes the determination of eligibility for this program. Extra help can be applied to any Medicare Drug Plan or Medicare Advantage Plan with Prescription Drug Coverage.

If you have questions or would like assistance in applying for the extra help, you can contact Sarah McClung at the Gratiot County Commission on Aging office at 989-875-5246.



Senior Activity Building

July 2024

Senior Center

Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 8-10 SAB Coffee 11:45 Nutrition "Ways to Stay Hydrated" <b>12:00 Food with Friends Meal</b>	<b>2</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling <b>12:00 Soup &amp; Salad Food with Friends Meal</b>	<b>3</b> 8-10 SAB Coffee 10:00 Knitting Group <b>12:00 Food with Friends Meal</b> 1:00 Corn hole or Horseshoes	<b>4</b> CLOSED 	<b>5</b> CLOSED 	<b>6</b> 11:45 Building Open 12:15 Senior Friends Potluck
<b>8</b> 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> 12:45 Bingo	<b>9</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling <b>12:00 Soup &amp; Salad Food with Friends Meal</b> 7:00 VFW Post #7805	<b>10</b> 8-10 SAB Coffee 10:00 Knitting Group <b>12:00 Food with Friends Meal</b> July Birthdays! 1:00 Corn hole or Horseshoes	<b>11</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling <b>12:00 Soup &amp; Salad Food with Friends Meal</b>	<b>12</b> 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> 1:00 Otago Exercise Program	<b>13</b>
<b>15</b> 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> 12:45 "Living on a Submarine" with Marty Samuelson	<b>16</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling <b>12:00 Soup &amp; Salad Food with Friends Meal</b> 1:15 SAB Board Meeting	<b>17</b> 8-10 SAB Coffee 10:00 Knitting Group <b>12:00 Food with Friends Meal</b> 1:00 Corn hole or Horseshoes 7:00 A-Tractive Tractor Club	<b>18</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling <b>12:00 Soup &amp; Salad Food with Friends Meal</b>	<b>19</b> 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> 1:00 Otago Exercise Program	<b>20</b> 
<b>22</b> 8-10 SAB Coffee 11:50 Nutrition Class <b>12:00 Food with Friends Meal</b> June Birthday Celebration	<b>23</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling <b>12:00 Soup &amp; Salad Food with Friends Meal</b>	<b>24</b> 8-10 SAB Coffee 10:00 Knitting Group <b>12:00 Food with Friends Meal</b> 1:00 Corn hole or Horseshoes	<b>25</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling <b>12:00 Soup &amp; Salad Food with Friends Meal</b>	<b>26</b> 8-10 SAB Coffee <b>12:00 Food with Friends Meal</b> 1:00 Otago Exercise Program	<b>27</b>
<b>29</b> 8-10 SAB Coffee 9:00-11:00 Label Senior Gratiot newspaper <b>12:00 Food with Friends Meal</b>	<b>30</b> 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling <b>12:00 Soup &amp; Salad Food with Friends Meal</b>	<b>31</b> 8-10 SAB Coffee 10:00 Knitting Group <b>12:00 Food with Friends Meal</b> 1:00 Corn hole or Horseshoes	<b>8-10 EVERYDAY</b> SAB Coffee & Conversation <b>10:00 EVERYDAY</b> Visits, news, games, & activities <b>12:00 Monday through Friday</b> Food with Friends Meal at Noon, call 989-875-2135 to make your reservation (See menu on back page.) <b>EVERYDAY</b> Wanda's Walk and Pickleball! (see game schedule posted at fence)		



Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager 989.875.2135

Please notice the Senior Activity Building (SAB) will be closed on Thursday, July 4<sup>th</sup>, America's Birthday, and Friday, July 5<sup>th</sup>.

The SAB fundraiser to benefit Gram's Kitchen at the COA began in June. The product is not cookies, but handcrafted crocheted kitchen towels. These quality towels reflect a variety of themes and will be available at the SAB while the supply lasts. The suggested donation for each towel is \$5.00. Stop in to make your choice.

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

July 6<sup>th</sup> is the date for the Senior Friends Potluck at 12:15 pm. The SAB will be open at 11:45 am. Thanks to Linda St. Charles who provided a potato bar at the June potluck. Several other dishes completed the delicious meal. 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 from this group.

We will be honoring all seniors born in the month of July at our Food with Friends meal on Wednesday, July 10<sup>th</sup>. If you would like to learn to play Pickleball, call 989.875.2135 to

register for lessons with Greg Brown. You can find more information at the Pickleball Court bulletin board. Cheerleaders are welcome anytime.

Marty Samuelson will be sharing his many experiences of living and working on a submarine on Monday, July 15<sup>th</sup> at 12:45 pm. Plan to join us for our Food with Friends meal at noon. See the menu on the back page of this Senior Gratiot.

Food with Friends hot meals are available on Monday, Wednesday, and Friday at 12:00 pm. On Tuesday and Thursday, Soup and Salad meals are served at 12:00 pm. Your reservation is needed at least a day ahead for the hot meals, and a week ahead for the soup and salad meals. Please take a peek at the menu and then call in your reservation for the days you'll be joining us around the table. The suggested donation remains at \$2.50.

Bingo games will be on Mondays, July 8<sup>th</sup> and July 22<sup>nd</sup> at 12:45 pm. Yvette from Schnepf Health Care will call the games and bring prizes on the 8<sup>th</sup>. McDonalds will offer the prizes on the 22<sup>nd</sup>.

Please notice that the Just for Fun Dulcimer Club will not be meeting this month.

The Senior Gratiot Volunteer group will label the August newspaper at the SAB on Monday, July 29<sup>th</sup> from 9:00-11:00

am. If you would like to help with this activity, please know you are very welcome to join the group.

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 class at 11:00 am on both Tuesdays and Thursdays.

SAB Board meets at 1:15 pm on July 16<sup>th</sup>. You are welcome to attend these monthly meetings. If you would like to enjoy a card game, gather your friends to come to the SAB. Please check the schedule to review what opportunities are available.

The knitting group gathers at 10:00 am each Wednesday. Horseshoes or corn hole is scheduled at 1:00 pm every Wednesday. The weather determines if we can be outdoors. If you have been thinking about joining ---COME!

The Thursday schedule is similar to Tuesdays. We hope to have a movie and popcorn on July 11<sup>th</sup>.

There will be Otago classes each Friday at 1:00 pm. There is no fee for these balance classes that are led by students from Central Michigan University.

Gratiot VFW Post #7805 will meet at the building on July 9<sup>th</sup> at 7:00 pm. A-Tractive Tractor Club meets at 7:00 pm on Wednesday, July 17<sup>th</sup>.

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 SAB since there may be changes and additions to the schedule for the SAB, the Senior Center and 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 meals. 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 May 15 through June 13, 2024:

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

### Gifts In Gratitude to SAB

- Cleo Flegel
- Joyce Raycraft
- Jo Jones
- Larry Ringle
- Gratiot VFW Post #7805
- Anonymous

### Memorials

- Karen Wilson**  
Judy Roslund
- Gloria Kleinhans**  
Sally Martin  
Helen Hoard  
Sharon Davis  
Patrice & Paul Hornak  
Joan Sparks  
Joe & Shar Earegood  
Jack & Avis Ginther  
Cheryl Reeves  
Diane & Mike Longanbach  
Scott & Shari Nevins  
Dave & LaDaun Longanbach  
Chuck & Marty Wieferrich  
Judy Roslund  
Bill & Linda DeVuyst  
Donn & Pat Gates

- Pat MacDonald**  
Joan Sparks  
Jack & Avis Ginther  
Judy Roslund

- Bob Sullivan**  
Jack & Avis Ginther

- Dave Wetzel**  
Jack & Avis Ginther
- Jackie Bowen**  
Jack & Avis Ginther
- Evelyn Green**  
Mary Sullivan  
Sally Martin  
Food with Friends  
Joyce Raycraft  
Judy Roslund  
Marlene Teegardin  
Robert & Shelley Boden  
Donn & Pat Gates  
Barb Kench  
Bill & Linda DeVuyst

- Charlie Kernen**  
Jack & Avis Ginther

- Neville Pitcher**  
Jack & Avis Ginther

- Anna Kench**  
Donn & Pat Gates

- Jerry Beck**  
Edith Beck & Family

### Honorariums

- Linda St Charles**  
Memorial Day Pancake & Sausage  
Breakfast Participants

- Diane Yonker**  
Edith Beck  
Sheryl Mason

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

- Mary Humm

Two Outlaws and a Good Guy



Above & Below: Memorial Weekend Red, White & Blue SAB Pancake group enjoy a great meal!



Knitting group that meets on Wednesdays at the SAB.

### Alma/St. Louis Senior Center The Filling Station, 415 Park Ave., Alma

Kaleigh Pettigrew, Site Manager 989.875.9118



June was a fun filled month! I am glad to be back and look forward to an exciting summer at the Filling Station. Thank you to Paula for filling in while I was on leave. We had a full house of crafters for the Red, White and Blue Wreath project. They all turned out awesome and will look great displayed for the 4<sup>th</sup> of July holiday. Friendly reminder, we will be closed Friday, July 5<sup>th</sup> and hope you all enjoy your Independence Day weekend. See you back at the table on Monday, July 8<sup>th</sup>.

Thank you to Kayla and the Alma Meijer store for the educational talk on how to use and benefit from m-Perks. It was very helpful to many and we look forward to using our new found knowledge. If you missed the first presentation, Kayla will be back again Monday, July 29<sup>th</sup> at 10:30 am to answer and assist you with one-on-one attention. Also, thank you to Terri at the Disability Network for presenting all those gadgets that will make our lives easier.

Wednesday, July 10<sup>th</sup> at 10:15 am, we will do Puzzle Art. Registration is required. Join us after lunch to celebrate National Pina Colada Day! We will be enjoying some virgin Pina Coladas - please call to reserve your spot!

Friday, July 12<sup>th</sup> at 10:15 am, join me to learn about Junk Journaling. Junk Journaling is similar to scrap booking. You will need to bring: a notebook (any size, any kind) and "Junk" (i.e. cards/mail, stickers, pictures, tags, magazine clippings). We will be holding open craft hours for Junk Journaling Friday mornings. Also on the 12<sup>th</sup>, we will be celebrating July Birthdays. Stop in for a sweet treat. Remember, if you are joining us for lunch, please make a reservation 24 hours in advance by calling 989.875.9118.

Wednesday, July 24<sup>th</sup> at 10:00 am, we will be Pot Painting. This means we will be painting terra cotta pots. Bring your creativity! Registration is required.

**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. On the third Monday of the month, Yvette from Schnepf Health Care is our caller and provides the prizes.

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



Fourth of July  
wreath project

### Breckenridge/Wheeler Senior Center Wheeler Township Hall, 8510 E. Monroe Rd., Wheeler

Lori Chvojka, Site Manager 989.330.7508



We have been in the new space for almost two months and we love it! The staff at the Wheeler Township Hall is super and we have even gotten a couple of them to come and have lunch with us. Stop in, take a look and join us.

We are looking forward to those "lazy, hazy, crazy days of summer", but where are they? We have all been busy with one thing or another and look, it's already July. Happy Independence Day! A friendly reminder that we will be closed on July 5<sup>th</sup> for the holiday. In celebration of the 4<sup>th</sup> of July, we made some beautiful wreaths for our homes or to give to a special friend. We had a blast making them and have a few ideas for different ones for other holidays.

We have finished the presentations by Holly from the MSU Extension office in June and are anxiously awaiting her fall schedule. The schedule will be posted as soon as it is finalized.

With summer in full swing, we need to remember to be careful in the hot weather. We need to stay hydrated and do our best to avoid over exposure to the heat and sun. Take brief rests throughout the day, do your outdoor activities in the morning in the cooler hours or in the evenings. Always carry a cool bottle of water with you and use sunscreen.

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 exciting game or two. Wednesdays are Bingo days, with Yvonne from Schnepf's joining us on the 3<sup>rd</sup> Wednesday of the month, and nutrition information day is the 2<sup>nd</sup> Friday of the month. I will have various informational handouts on different ways to help with our nutrition subjects.

<b>Mondays:</b> 10:00 Dirty Marbles 12:00 Lunch 12:30 Euchre	<b>Wednesdays:</b> 10:00 Dirty Marbles 12:00 Lunch 12:30 Bingo	<b>Fridays:</b> 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 at our new location, 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 July.

July 1: Zip Code Day    July 2: Made in the USA Day    July 4: Independence Day    July 6: Fried Chicken Day



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

Once again, we are in one of my favorite months of the year. The 4<sup>th</sup> of July is probably my favorite holiday. I love to start the festivities watching the parade in Crystal, followed by swimming, eating (of course), and capping off the day with the fireworks display that night. I love all the noise, commotion, and watching the faces of children as they celebrate the day. Please note that we will be closed on July 4<sup>th</sup> and 5<sup>th</sup>.

Please join us on Wednesday, July 24<sup>th</sup> to make your own artificial flowers, taught by Betty Black. All supplies will be provided. Registration is required by July 8<sup>th</sup> and there is no fee for this activity. We will be playing Bingo on July 19<sup>th</sup>. Join us!

Last month we met and made our July 4<sup>th</sup> wreaths. They were easy to assemble and turned out very cute!

Thank you to Doug for the donation of books this month. There are some wonderful history books in the donation and are much appreciated. 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 to reserve your meal. We look forward to seeing you!

<b>July 1</b>	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	<b>July 3</b>	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice	<b>July 5</b>	<b>CLOSED</b>
<b>July 8</b>	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	<b>July 10</b>	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	<b>July 12</b>	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
<b>July 15</b>	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	<b>July 17</b>	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	<b>July 19</b>	10:00 Cards 12:00 Lunch 12:30 Bingo
<b>July 22</b>	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	<b>July 24</b>	10:30 Craft with Betty 12:00 Lunch 12:30 Euchre, Dice	<b>July 26</b>	10:00 Cards 12:00 Lunch 12:30 BP Checks with Nancy 12:30 Euchre, Dice, Skip Bo
<b>July 29</b>	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	<b>July 31</b>	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo		



**Fulton Crafting Fun**

Left: Flower craft, July 24<sup>th</sup>

Right: July 4<sup>th</sup> Wreaths



## Emergency Address Signs

Make sure first responders know where to find you in case of an emergency. Reflective address signs and numbers make it easy to find your house in case of an emergency. Police, Fire and emergency responders are recommending all homeowners, tenants and businesses display their address in a highly visible, reflective material for an accurate first response.

The Commission on Aging Home Chore department is able to install these signs at your home. The signs can be attached to an existing mailbox post or fence post where it can be easily seen from the road. There is no charge for the sign, however, if you need a post installed, you would need to pay for those materials. We will gladly accept donations for labor.

If this is something that you might be interested in having installed, please call Commission on Aging at 989-875-5246 and let us know. We will get the information to the Home Chore department and Dan and the crew will get a sign installed!



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.

## 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 July 1, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St,

## 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.





The Parkinson's Support group meets the second Thursday of every month from 5:00 - 6:00 pm in Wilcox Auditorium at MyMichigan Medical Center, Alma.

The Parkinson's support group is for people with Parkinson's, their families and any other support individuals who may benefit. It is an opportunity to share journeys and provide emotional support for each other along the way.

Many topics are discussed, including the following:

- ◆ What disease management resources are available,
- ◆ A matter of balance,
- ◆ Taking control: recognizing and managing the signs and symptoms,
- ◆ Advanced directives,
- ◆ Physical activity and Parkinson's,
- ◆ Adult immunizations,
- ◆ MAPS-Medicare enrollment,
- ◆ Parkinson's medications, and
- ◆ Coping with the holidays.

If you have questions or would like additional information, please contact Michelle Miller, M.S.N., R.N., at 989-466-7213 or michelle.miller@mymichigan.org. We look forward to having you join us. You are not on this journey alone.

*The program is held in collaboration with MyMichigan Medical Center Alma and the Michigan Parkinson Foundation.*



This group meets monthly to address the concerns of caregivers and families of individuals who suffer from Alzheimer's or other dementia disorders.

The task of caring for individuals who experience physical, intellectual and behavioral difficulties associated with Alzheimer's or other related dementia disorders is difficult and demanding. With guidance from the Alzheimer's Association, this group provides caregivers with an opportunity to exchange support and encouragement with others who are dealing with some of the difficulties associated with these disorders.

The group meets the third Wednesday of every month from 4:30 - 5:30 pm in the Wilcox Auditorium located in MyMichigan Medical Center Alma.

Group topics that will be discussed include:

- What home care and community resources can offer,
- A matter of balance,
- Alzheimer's and the importance of physical activity,
- Caregiver time,
- Adult immunization,
- Validation therapy vs. reality orientation,
- The effects of dementia on feelings,
- Handling the holidays, and
- How depression fits into Dementia

If you have questions or would like additional information, please contact Michelle Miller, M.S.N., R.N., at 989-466-7213 or michelle.miller@mymichigan.org.

*The program is held in collaboration with MyMichigan Medical Center Alma and the Alzheimer's Association.*

# Area Food Pantries

## Alma

*Alma First Presbyterian Church*  
495 Charles Ave., 989-463-2940  
Tuesdays, 1:30 - 3:00 pm, serving Alma, Elwell, Riverdale & Elm Hall, 1 box every 6 weeks

*Salvation Army*  
425 Republic Ave, 989-463-2864  
Monday - Thursday, 9:00 - 11:30 am and 1:00 - 1:30 pm, every 30 days

*Twin Cities Seventh Day Adventist Church*  
3067 W Monroe M-46, 989-463-4512  
4th Monday, 10:30 am - 12:00 pm, 1 box per month

## Breckenridge/Wheeler

*Breckenridge United Methodist Church*  
125 Third Street, 989-842-3632  
Tuesdays, 10:00 am-1:00 pm, serving Breckenridge, Wheeler, & Merrill, every 60 days

## Ithaca

*First Presbyterian Church*  
218 E. Newark St, 989-875-4437  
Wednesdays, 9:30 am - 11:30 am, serving Gratiot County residents south of Tyler Rd

## Riverdale

*Lincoln Rd. United Methodist Church*  
9479 W. Lincoln Rd., 989-463-5704  
Third Thursday, 10:00 am - 12:00 pm, serving Seville & Sumner Townships

*M-46 Tabernacle*  
11098 Howard City-Edmore Rd M-46, 989-233-1540  
Tuesdays 10:00 am, 1 box per month

***Please call number listed to confirm days, times, and eligibility guidelines.***





**4th Annual Food With Friends - County Wide**

# Senior Summer Picnic

**Monday, August 5, 10:30 am–2:00 pm**

**Senior Activity Building – 1011 E. North St. Ithaca**

**Make your Reservation Today! 10:30 am–2:00 pm**

**Call your local food site to RSVP by July 31, 2024**

**Breckenridge/Wheeler: 989-330-7508**

**Fulton: 989-236-5019**

**Alma/St. Louis: 989-875-9118**

**Ithaca: 989-875-2135**

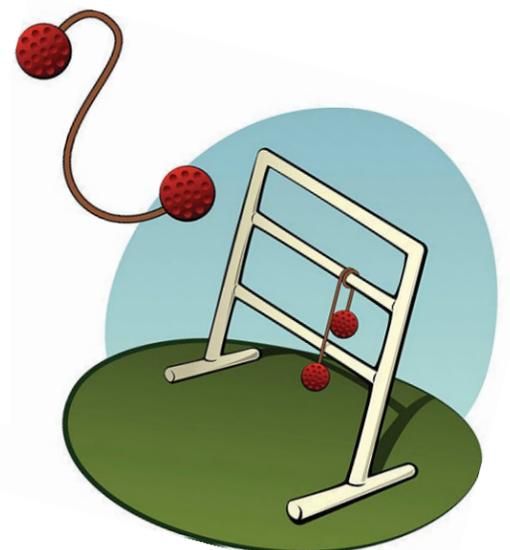
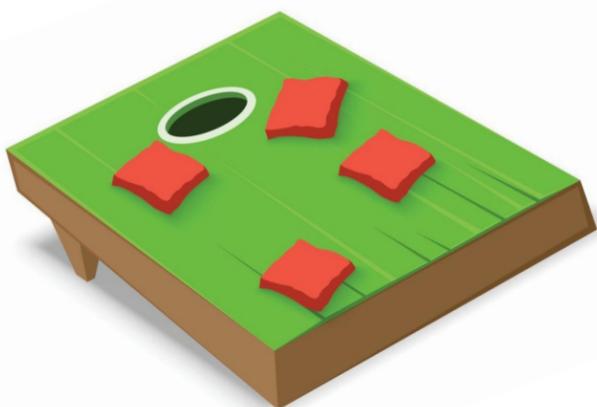
**CORN HOLE \* CROQUET**  
**LADDER GOLF**  
**BINGO**  
**ICE CREAM SUNDAES**  
**CAMP FIRE SING ALONG**

**LUNCH SERVED at 12 pm**  
**Hot Dogs—Potato Chips**  
**Baked Beans—Potato Salad**  
**Watermelon—Ice Cream**  
**\$2.50 Suggested Donation**  
**for 60 and over - 59 and**  
**under \$5.00 fee**



**Bring your Lawn**  
**Chair and enjoy**  
**the day!**

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



## Memorials

### Commission on Aging

**Josephine Gould**  
Crumbaugh Farms Partnership

**Robert "Punk" Mann**  
Plux Properties LLC

**Pat MacDonald**  
Linda Crumbaugh

**Florine Brown**  
Powell Fabrication &  
Manufacturing, LLC

**Beverly Tripp**  
Dennis & Diane Strahota  
Joyce Vibber  
Anonymous  
Annette Hanson  
Elnora Hacker  
Maggie Fowler  
Sandy Larson  
Laura & Gregory Clark  
Linda Borowicz

**Janice King**  
Wally Robinson

**Anna Kench**  
Mary Lee Mull

**Richard Colbry**  
**Susan Halcomb**  
Linda & Eric Johnson

**Evelyn Green**  
Linda Crumbaugh

### Nutrition

**Florine Brown**  
Jim & Jackie Kelly  
Melissa Allen  
Amy Komperda

### Senior Gratiot

**James K. Riley**  
**Edith M. Johnson**  
**James F. Riley**  
**Irene E. Riley**  
**Diana M. Riley**  
Larry W. Riley

**Leon Houseman, Jr.**  
Madalyne Houseman

**Robert L. Brown**  
Judy Brown

## Donations

### COA

Sondra Giles  
Sally Bond  
R.L. and Joanne Green

### Gram's Kitchen

Senior Activity Building Board Cookie  
Fundraiser



## Senior Gratiot

LuElla Ryan  
Diane Davis  
Cheryl Findley  
Elnora Hacker  
Norma Moeggenborg  
Paula Seeley  
Joy Heinlein  
Nancy Smith

*Thank you for your support and generous donations.*

## Foster Grandparent and Senior Companion Programs

Do you want to make a difference in an older adult or child's life?

Do you live on a limited income and need some extra money?

If so, then we need you to be a Foster Grandparent or Senior Companion Volunteer.

Benefits: \$3.00 an hour non-tax stipend (will not affect social security, subsidized housing etc.), mileage reimbursement and a meal during service hours, training, PTO, and holiday pay.

Must be: 55 and older, meet income guidelines, available to volunteer 15-20 hours per week and pass background checks.

Serving: Clare, Gratiot and Isabella Counties

**Please contact: Brandi, Jodi, or Anne at  
(989) 772-0748**



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

A local non-profit, Gratiot Animals in Need (G.A.I.N.), at 405 E Washington (M-46) in Saint Louis, offers a variety of resources to Gratiot County pet owners. Office hours from March through October 2024 are Mondays from 9:00 am to 1:00 pm and Thursdays from 1:00 pm to 5:00 pm. Please leave a message if no one answers at 989-875-2286.

- **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. It is located at 405 E. Washington, St. Louis. Hours of operation are Tuesdays 12:00 pm - 2:00 pm. Donations of money, pet food, or pop cans are gratefully accepted at this location as well.

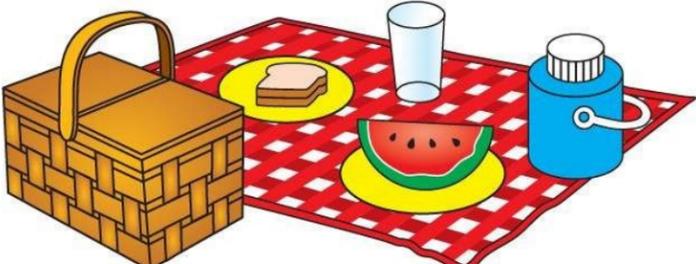
- **Companions Program** can help Gratiot County seniors pay for veterinary office visits and, **depending on the issue**, for one-time medications or treatment needed from the veterinarian. This program does not cover vaccinations or on-going medications for allergies, fleas, etc. Contact 989-875-2286 or email [deb@gainmichigan.org](mailto: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.

- **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.

**Food with Friends Eat Smart Menu**

**Lunch 12:00-12:30**

**July 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
1 French Toast Hash Browns Sausage Links Orange Wheat Bread	2 Chef Salad Stuffed Roast Pepper Soup Orange Wheat Bread	3 Summer Chicken Salad On Hamburger Bun Broc/Cauli Salad Baby Carrots Apple Slices	4 <b>CLOSED</b> 	5 <b>CLOSED</b> 
8 Pork Chop Kyoto Vegetable Red Skin Potatoes Apricots Wheat Bread	9 Chef Salad Minestrone Soup Fruit Cocktail Grape Juice Wheat Bread	10 Baked Spaghetti Winter Blend Spinach Applesauce Garlic Toast	11 Chef Salad Minestrone Soup Applesauce Wheat Bread	12 Meat Loaf Whipped Potatoes Pickled Beets Leprechaun Fluff Wheat Bread
15 Baked Ham Whipped Sweet Potatoes Cucumber Salad Apricots Dinner Roll	16 Chef Salad Beef Vegetable Soup Mandarin Oranges Apple Juice Wheat Bread	17 Turkey Burgers on a Bun Brussel Sprouts Berry Fruit Cup Tater Tots	18 Chef Salad Beef Vegetable Soup Tropical Fruit Dinner Roll	19 Hamburger Baked Beans Carrots Peaches Hamburger Bun
22 Potato Crunch Fish Fillet Potato Rounds Mixed Vegetables Apple Slices Wheat Bread	23 Chef Salad Chicken Vegetable Soup Apple Slices Blueberry Nutrigrain Bar Wheat Bread	24 Baked Ziti Casserole Broccoli Mixed Vegetables Peaches Dinner Roll	25 Chef Salad Chicken Vegetable Soup Peaches Dinner Roll	26 Hot Dog on Bun Baked Beans Carrots Gelatin Cup Apple Juice
29 Ham Slice Cheese Slice Macaroni Salad Carrot Sticks Mandarin Oranges Hamburger Bun	30 Chef Salad Stuffed Roast Pepper Soup Mandarin Oranges Wheat Bread	31 Summer Chicken Salad On Hamburger Bun Coleslaw Baby Carrots Cinnamon Applesauce		

**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, August 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 **12:00 to 1:00 p.m.**

**Support Groups Meet at MyMichigan Medical Center Gratiot, Alma**

Contact Michelle Miller, 989-466-3378

**Parkinson's Disease**

2<sup>nd</sup> Thursday of each month, 5:00 p.m.

300 E. Warwick Dr.

Wilcox Auditorium

**Alzheimer's/Dementia**

3<sup>rd</sup> 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/Wheeler**

Wheeler Township Hall

8510 E Monroe Rd., Wheeler

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

