

AUGUST



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

SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
Website: www.gratiotmi.com/Archive.aspx?AMID=37

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

August 2024
Volume XLIX
Number 8

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



Thank you to the Ithaca Rotary Club Legends Program for the donation of window air conditioner units. This donation will assist in COA's effort to provide air conditioning to seniors that need them during the hot summer months.

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. If an issue is returned by the post office, your subscription will be cancelled.

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.

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, the number of color pages was reduced 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

July 2024 Prep Team Volunteer Thank You!

Thank you to these 11 COA volunteers who devoted 25 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Lisa Skaryd, Helen Hoard, Nancy Crispin, Linda Strohpaul, Judy Zimmerman, Betty Reeves, Ellen Martin, Carol Reeves, Irene Peck, Nora Kowitz, and Nancy Gulick

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

Mitten Makers/Hats Galore Knit-In

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

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
515 S Pine River St, Ithaca
August 28, 9:00 - 11:00 am

SENIOR GRATIOT, INC.

**JEN COOK RONDY, EDITOR
MARITA HARKNESS
HOWARD POINDEXTER
VICKIE THUM
CRAIG ZEESE**

Senior Gratiot is published monthly for Gratiot County senior citizens 60 years and older by *Senior Gratiot Inc.*, 515 S. Pine River St. Ithaca, MI 48847. It is supported by donations and is printed at Stafford Printing of Greenville.

Book Nook & Puzzles

The COA Lobby Book Nook is thriving with wonderful paperback and hardbound books. Colorful puzzles of all kinds are also on display. Browse our shelves and take what interests you. When you are finished with the books and/or puzzles, feel free to pass them along to family or friends if you wish. You may also return them to the COA.

While in the lobby, take time to browse the recycled greeting card racks. Our Card Team members have recycled cards for all purposes. Suggested donation for a card is .25 cents.

The lobby is open Monday through Friday 8:00 am to 4:30 pm. We are closed holidays.



Board of Directors

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

Social Security Administration
1.800.772.1213

Legal Assistance

Region VII Area Agency on Aging is providing legal assistance for estate planning to older adults in our community. If you need legal assistance, contact Region VII's Legal Department, 800.858.1637.

Region VII Area Agency on Aging

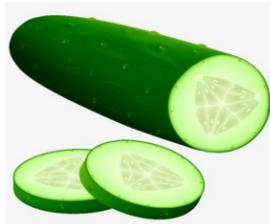




Gratiot County Farmers Markets Project Fresh Coupons Accepted

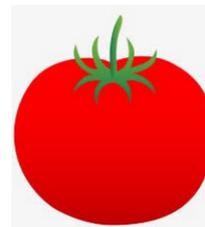


Summertime is here and your local Farmers Markets are open. The markets are a great place to use the Project Fresh/Market Fresh coupon booklet, should you be eligible to receive one. Be sure to stop and shop as the fresh produce season progresses.



Ithaca Farmers Market

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



Apple Barrel Cider Mill

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

St Louis Farmers Market

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



Wesenberg Produce

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

Loan Closet

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

Michigan Mental Health

If you are struggling with mental health issues, please call

1-888-733-7753

Peers are available from 10 am to 2 am every day to assist you with any needs you may have.

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**

**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.



Gratiot County Genealogy Library and Historical Society News

The Gratiot County Historical Society Museum is open Wednesdays from 1:00-4:00 pm and is located at 129 W Center St in Ithaca. The museum's 2024 theme, "Wedding Attire", showcases 100 years of wedding dresses from 1883 to 1984. Included are pictures of Gratiot County brides and grooms, marriage certificates and other wedding memorabilia. The store exhibit features the villages of North Star and Elwell while the log cabin and barn are also open for viewing. Tours may be arranged by calling Linda Weburg, 989-330-8240. There is no charge, but donations are gratefully accepted.

The Genealogy Library, located at 228 W Center St, Ithaca, has expanded its hours for the summer months. It is open on Tuesdays from 1:00 - 7:00 pm and on Saturdays from 1:00-5:00 pm. If you cannot make those times, you can call 989-875-6232 or email info.gchgs@gmail.com to request an appointment time for research. Parking for the library is just to the north of the library.

The historical society has taken on the ownership of the Wright House in Alma which is undergoing restoration after many years. A.W. Wright was one of the major benefactors of Alma in its early years and this was his mansion, built in the late 1800's. It later became the Smith Memorial Hospital which operated from 1935-1955. Over 7,000 Gratiot County babies were born there. A special Babies' Reunion will be held on Saturday, August 17, from 1:30-3:00 pm at Wright Park. For further information regarding the reunion, go to the Wright House Restoration Facebook page or pick up a registration form at the Gratiot Historical Museum.



Senior Activity Building

August 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.) EVERYDAY Wanda's Walk and Pickleball! (see game schedule posted at fence)</p>			<p>1 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>2 8-10 SAB Coffee 11:30 Blood Pressure checks with Joyce 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>3 11:45 Building Open 12:15 Senior Friends Potluck</p>
<p>5 8-10 SAB Coffee 10:30 - 2:00 pm Senior Summer Picnic</p>	<p>6 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>7 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole or Horseshoes</p>	<p>8 8-10 SAB Coffee Linda's Birthday 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal August Birthday's 12:45 Movie</p>	<p>9 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>10</p>
<p>12 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 2:00-4:00 Music by the Dulcimer Club</p>	<p>13 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Ceo Bauer's D-Day Visit to Normandy 7:00 VFW Post #7805</p>	<p>14 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole or Horseshoes</p>	<p>15 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>16 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>17 </p>
<p>19 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00-2:00 Self-Defense Class for Seniors</p>	<p>20 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</p>	<p>21 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole or Horseshoes 7:00 A-Tractive Tractor Club</p>	<p>22 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>23 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>24</p>
<p>26 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo</p>	<p>27 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>28 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole or Horseshoes</p>	<p>29 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>30 8-10 SAB Coffee 12:00 Food with Friends Meal 12:00 Remembering Working Days 1:00 Otago Exercise Program</p>	<p>31 </p>

Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager 989.875.2135



Thanks to the Volunteers who created the fundraiser towels and hot pads and to all who supported our June and July Senior Activity Building (SAB) fundraisers that benefited Gram's Kitchen at the Commission on Aging (COA). The new tilt skillet is now installed and the seniors have begun to taste the results. The COA cooks very much appreciate the skillet as well as the new ovens. Thanks to all who donate to the Nutrition program through donations to Gram's Kitchen. Look for another Cookie Fundraiser in September to complete our goal of financially helping to make the new tilt skillet a reality.

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.

We will be celebrating Linda St. Charles's birthday on August 8th from 8:00 - 10:00 am. Then at noon, we'll be honoring all seniors born in the month of August. Before the meal, we will discuss "How Food Choices Affect Chronic Illnesses". Our birthday party will conclude with cake and ice cream.

If you would like to learn to play pickleball, call 989.875.2135 to register for lessons. Thanks to Greg Brown

for his many volunteer hours teaching and encouraging many seniors. All pickleball players are welcome anytime.

Gratiot VFW Post #7805 will meet at the SAB on the 12th at 7:00 pm. The A-Tractive Tractor Club meets at 7:00 pm on Wednesday, the 21st.

All seniors are welcome to enjoy the Senior Friends Potluck. If you have a friend or family member you would like to invite, please do that! There is no sign up for this gathering of friends. It is a POT-Luck!

The Senior Summer Picnic will be on the first Monday in August. Ithaca Food with Friends is the host for this county wide event. There will be games played as well as good food to enjoy.

Bingo games will be on Monday, August 12th and on Monday, August 26th with games beginning at 12:45 pm. Yvette from Schnepf Health Care will call the games and bring prizes on the 12th. McDonalds will offer the prizes on the 26th.

On Monday, August 12th, the Just For Fun Dulcimer Club welcomes you to stop in to enjoy their music. Thanks to Mary Humm who serves as our faithful volunteer host.

On Monday, Aug. 19th, a Self Defense class will be offered by Casey Mueller. Please call to reserve your spot in this class.

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.

EZ Motion exercise class starts at 10:00 am each Tuesday and Thursday. Come stretch with us! We will have a chair ready for you to use. Wii Bowling fun follows EZ Motion at 11:00 am on both Tuesday and Thursday. Congratulations to Ron Peters! Ron bowled nine strikes in a row and finished with a 279 score in July. All seniors are invited to bowl with us.

The SAB Board meets at 1:15 pm on Tuesday, August 20th. You are welcome to attend these monthly meetings.

The knitting group gathers at 10:00 am each Wednesday. Horseshoes or cornhole is scheduled at 1:00 pm every Wednesday.

The Thursday schedule is similar to Tuesdays. We plan to have a movie and popcorn on August 8th. Card games are available on the other afternoons.

Joyce Raycraft will be happy to check your blood pressure on the first Friday of the month, August 2nd. There will be Otago classes each Friday at 1:00 pm. There is no fee for these classes.

Friday, August 30th will give you an opportunity to share your working days' experiences. If you have a photo, a piece of equipment, an award, etc. from those years, bring them with you today to kick off the beginning of the Labor Day weekend.

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.

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

Senior Activity Building Donors

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

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

Gifts In Gratitude to SAB

- James Rowland
- Cleo Flegel
- Sue Daniels
- Jo Jones
- Pompeii Fireworks
- Sue Shinabery

Pickleball Wind Screen

- Donn & Pat Gates
- Dave Stead
- Paul & Patrice Hornak
- Jay & Laura Laffoon
- Liz Brown
- Greg & Pam Brown
- Volunteers who Installed the Wind Screen
- Sparks Pickle Company

Memorials

Garry Frisbey
Rebecca Frisey

Gloria Kleinhans
Jim & Bonnie Ludwick

Gary Hill
Phyllis Johnson

Linda St. Charles' Senior Friends
Linda's Memorial Garden

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

Mary Humm



Above: Sue Shinabery with bookcases she donated to the SAB.

Below: Ron Peters helps Cleo Flegel install the bookcases.



Below: Marty Samuelson shares his many experiences of "Living on a Submarine" for years.



Above: Greg Brown, Paul Hornak and several volunteers install wind screens on the fences at the Pickleball courts.
Left: Richard Klein & Nancy Hunt celebrate June birthdays.



Alma/St. Louis Senior Center
The Filling Station, 415 Park Ave., Alma
 Kaleigh Pettigrew, Site Manager 989.875.9118



July brought us a break in the heat! My garden is finally producing. I am looking forward to everything that is going on in August at The Filling Station. Read below for more details.

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.

Monday, Aug. 5th: We will be closed here and will join the rest of the Food with Friend sites at the Senior Activity Building in Ithaca for the Senior Summer Picnic. There will be games, activities and a chance to gather with friends from across the county.

Friday, Aug. 30th: Join us at 1:00 pm for a presentation on Self-Worth by Michelle from MyMichigan. “The self-worth training helps individuals build a solid foundation for self-worth. The participants will gain an understanding of where negative self-worth comes from, learn to build the solid foundation for self-worth to stop the rollercoaster, and gain skills to stop the critical voice.” Please call with your reservation so that we can have a rough headcount.

Join us every Wednesday, beginning August 14 through September 4, at 10:30 am for classes presented by Joanna Urban from the MSU Extension office. Topics will be: 8/14) Rethink Your Drink, how much sugar is actually in your drink? 8/21) Healthy Snacks, discussing the difference between snacks and treats, 8/28) Decreasing Fat, Sugar and Salt, what is their impact on your health? and 9/4) Food Budgeting and Meal Planning, eating healthy and saving money.

Friday, Aug. 9th: Button Art, registration required

Friday, Aug. 23rd: Wind Chimes, registration required

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



Some of the fun puzzle art that was created last month at the Filling Station. Great job!



Breckenridge/Wheeler Senior Center
Wheeler Township Hall, 8510 E. Monroe Rd., Wheeler
 Lori Chvojka, Site Manager 989.330.7508



We are already into the last month of summer! Where has the time gone? We had a wonderful Fourth of July here at the Center. We made the cutest clothespin wreaths to help show our patriotic spirit. We have more crafts planned for the coming months. In August we will be making Smash Can Wall Hangings. As a reminder, we will be closed on Monday, August 5 and joining seniors from all over the county at the Ithaca site for the Senior Summer Picnic. Activities will begin at 10:30 am and continue to 2:00 pm and include lunch.

Join us in October as Holli from the Michigan State University extension office comes back for some classes. Once the schedule is confirmed, information will be available. You can also check out the September issue of the Senior Gratiot. On the second Friday of every month, there will be training on various nutrition topics. Don't miss them! If you are interested in any of the activities or presentations, or have questions, please don't hesitate to contact me at 989-330-8874. Join us for lunch too!

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 3rd Wednesday of the month, and nutrition information day is the 2nd Friday of the month. I will have various informational handouts on different ways to help with our nutrition subjects.

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

If you have any games that you like to play, but don't have anyone to play them with, bring them to the center and teach us all how to play. It may become a favorite. 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 August.

Aug. 1: Spiderman Day Aug. 2: Ice Cream Sandwich Day Aug. 3: Watermelon Day Aug. 4: Family Day



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

As we near the end of summer, I can't help but feel that we barely experienced summer. Time sure has a way of slipping by in a fast hurry.

Once again, Fulton Food with Friends is saving plastic bottle tops. These are collected and sent to Muir to build a proposed park for autistic children. Since April of this year, our contact has delivered over 200 pounds. The only plastic tops we cannot use are medicine bottle tops. If you wish to donate, please make sure they are clean. The tops can be turned in at the center on Monday, Wednesday or Friday between 10:00 am and 2:00 pm.

On Monday, August 5th, we will be closed in order to participate in the county wide Senior Summer Picnic being held in Ithaca at the Senior Center, 1011 E North Street. We look forward to playing games and enjoying lunch with seniors from all over the county. You are welcome to join us on Friday, August 16th to play Bingo. We will have lunch at noon and Bingo will follow at 12:30 pm. On Wednesday, August 21st, join us to make a Smashed Can Wall Pocket. They are fun to make and when you are finished, they make a lovely addition to your wall decorations. There is no fee for this class. Registration is required. Sign up either in person when you come for lunch, or call the center at 989-236-5019.

If you are doing some fall cleaning and have some books you would like to donate, don't forget Fulton Food with Friends. We are always delighted to receive different books and 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 on Monday, Wednesday or Friday from 10:00 am to 2:00 pm. Call 989-236-5019 to reserve your meal. We look forward to seeing you!

Aug. 2	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Aug. 5	Closed Senior Summer Picnic at Ithaca SAB	Aug. 7	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Aug. 9	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	Aug. 12	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	Aug. 14	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Aug. 16	10:30 Cards 12:00 Lunch 12:30 Bingo	Aug. 19	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Aug. 21	10:30 Smashed Can Craft 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Aug. 23	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	Aug. 26	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice	Aug. 28	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Aug. 30	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo				



Smashed Can Wall Pocket



Dial 988 for Suicide Prevention and Mental Health Crisis

988 is the new universal Suicide & Crisis Lifeline. This was formerly known as the National Suicide Prevention Lifeline, 1-800-273-TALK. The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives. For more information, visit 988.lifeline.org.

Information provided by 988lifeline.org

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.

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

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

There are still a few seats remaining for this trip to Shipshewana's Blue Gate Theatre to see *When Calls the Heart: the Musical*. Prior to the show, we will be having lunch at the Shipshewana Blue Gate Restaurant and will enjoy the Signature lunch buffet. 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 August 15, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

Saugatuck Dune Tour & Sternwheel Boat Cruise Monday, September 16, 2024 \$169.00 (Inclusive)

Bus Departs: 8:30 am Bus Returns: 6:30 pm

Let's celebrate the end of summer by traveling to Saugatuck, MI to ride the famous Dunes and enjoy a cruise. Our first stop will be for lunch at the Butler Restaurant. This beautiful waterfront dining establishment in downtown Saugatuck has been a staple for 60 years. Menu choices will be in next months Senior Gratiot.



After lunch, we will enjoy a dune ride. The dune ride dates back to 1954 when Ron Jousma, then 21 and home from the Army, decided Saugatuck needed a dune ride tour for the young and the old. This is one of west Michigan's premier attractions. Learn of the lost town of Singapore and check out the local vegetation and wildlife.

Once the dune ride is complete, we will be able to relax and enjoy a cruise on The

Star of Saugatuck. The Star is an authentic sternwheeler operating on the Kalamazoo River. Heading up river, we will view the natural beauty of the Kalamazoo River and take a cruise around Lake Kalamazoo. Exiting the lake and continuing downriver, we will move along the 2,500 feet of pier head that is the gateway to an amazing view of Lake Michigan. If conditions are favorable, we will travel a portion of Lake Michigan's shoreline. There is narration which points out local landmarks and history. What a way to enjoy the end of the summer!



The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:30 am sharp and will return to COA around 6:30 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, dune ride, lunch, boat cruise and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by September 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

Elk Viewing Carriage Ride, Gourmet Dinner & Wine Tasting Monday, October 14, 2024 \$229.00 (Inclusive)

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



Embark on a journey through the woods, led by massive draft horses, to Thunder Bay Resort's Elk Preserve - a sight that promises to leave you in awe! Viewing the

majestic elk in their natural habitat is a must see adventure. During the carriage ride, your guide will provide insights about these magnificent creatures.

Following your elk viewing, be treated to a five course gourmet dinner and wine tasting event at the Elk Antler Cabin. Your hosts will entertain you with captivating stories while you savor an exquisite menu prepared on 125 year old wood cook stoves. The dinner includes pear & apple dumpling, shrimp cocktail, homemade chicken noodle soup, Thunder Bay sweet Napa salad and croissant, crown roast of pork with roasted red skin potatoes and white chocolate mousse filled pizzelles with fresh berry sauce.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:30 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, carriage ride, dinner, wine tasting and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by October 1, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.



Winter Wonderettes at Cornwell's Turkeyville Tuesday, November 12, 2024 \$124.00 (Inclusive)

Bus Departs: 9:30 am Bus Returns: 6:00 pm

Let's kick off the holiday season by taking a Thanksgiving trip to Turkeyville! The Cornwell Dinner Theatre presents: Winter Wonderettes. This energetic seasonal celebration finds the all-girl singing group, The Wonderettes, entertaining at the annual Harper's Hardware Holiday Party. When Santa turns up missing, the girls use their talent and ingenuity to save the party! Featuring great 60's versions of holiday classics such as "Santa Claus is Coming to Town", "Jingle Bell Rock", and "Winter Wonderland".

Lunch will be served before the show. A soup and salad will be served to you, then the waitstaff will dismiss you to the buffet. Homemade rolls and Grandma's cranberry relish will be brought to the table. Of course, your choice of three deserts will top off the meal. There will be plenty of time before lunch and after the show to visit the fabulous gift shop, bakery, and ice cream parlor.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 9:30 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, lunch buffet, luncheon show and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by November 1,**

2024. Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.



Signs of a Scam

Scammers are creative and continue to come up with new and more effective ways to trick you into handing over money or personal information. Most scams have common characteristics. Listed below are a few of the signs it is a scam if you are:

- ☞ Contacted out of the blue with an urgent request
- ☞ Pressured to act or respond immediately
- ☞ Urged to keep the call a secret
- ☞ Asked to provide personal or financial information
- ☞ Asked for money
- ☞ Asked for payment in an unusual form
- ☞ Told to go to your financial institution to withdraw money and instructed to put your phone in your pocket while they remain on the line
- ☞ Told you have won or inherited a large sum of money, then instructed to pay an up-front fee to collect on the windfall
- ☞ Promised something too good to be true

Scams can be received through text messages, emails or over the phone. If you receive a scam, report it to the Michigan Attorney General's office. You can do this by going to the following website and following the prompts:

[Michigan.gov/consumerprotection/scams](https://www.michigan.gov/consumerprotection/scams)

Information from the website: [Michigan.gov/consumerprotection/scams/recognize-a-scam](https://www.michigan.gov/consumerprotection/scams/recognize-a-scam)

Perseid Meteor Shower

The Perseid meteor shower is an annual occurrence during the month of August. The peak viewing days are between August 9th and 14th. Meteors



are seen as the Earth passes through the orbit trail of a comet. As the comet streaks through the heavens, it sheds dust and small debris. When this debris enters the earth's orbit, friction from the upper atmosphere burns up the meteorite, resulting in a streak of light quickly blazing across the night sky. The brightness and longevity of the light is a function of the size of the meteor.

This meteor shower is one of the brightest, most numerous, and long-lasting of all the meteor showers. Since it happens in August each year, the weather tends to cooperate with warm evenings and many cloudless nights. Your ability to view the meteors is dependent on how dark of a location you watch from, and the expected number of meteors. On a good, moonless night, 60-100 meteors per hour are likely.

Take advantage of this annual opportunity by enjoying an evening in the dark star gazing. Since ancient times, seeing a shooting star was a sign of good luck to come.

FALL PREVENTION PROJECT

FREE Otago Exercise Program!

Where: Ithaca Senior Center at the Senior Activity Bldg.
1011 E. North St, Ithaca
When: Fridays at 1:00 pm

The Otago Exercise Program is a key intervention that reduces the risk of falling in older adults. This is an evidence-based program that employs strength training and balance retraining exercises, combined with a walking regimen. Free ankle weights and exercise manual included.



E-mail or call to sign-up or learn more!
FallPrevention@cmich.edu (989) 774-1350
med.cmich.edu/healthy-aging



Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people? Join us, and bring a friend!

The **FREE 6 Week program** offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

To register for this FREE training call or email Sara Krebs at 989-463-1422 or sara@childadvocacy.net

Program will be held on the following dates from 11am-12pm:

- Friday, September 6th 11am
- Monday, September 9th 11am
- Friday, September 13th 11am
- Monday, September 23rd 11am
- Friday, September 27th 11am
- Monday, September 30th 11am

Breckenridge/Wheeler Food With Friends Site



Wheeler Township Hall
8510 E Monroe Rd. Wheeler



Senior Self-Defense Presentation

Join us as we welcome
Ofc. Casey Mueller of the Alma Police Department
Monday, August 19th, 2024
1:00pm—2:00pm
Senior Activity Building
1101 E. North St. Ithaca

Lunch, served at 12:00 pm, reservation required.
To RSVP for Lunch please call the Ithaca FWF site at
989-875-2135.



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

Free Fun Workouts



Fitness Classes

Mondays at 5:30pm in Wright Park

Yoga

Mondays and Wednesdays at 6:00pm
in Conservation Park

Cardio Clubs

Coming soon on weeknights

LEARN MORE / CONTACT

Facebook: City of Alma Parks and Recreation

Instagram: @almaparksandrec

Email: parksandrec@myalma.org

Sponsored by



G.A.I.N.
Helping Gratiot Animals in Need
Since 2014
a 501(c)(3) organization
www.gainmichigan.org

\$10 Donation requested for each microchip and vaccine: *rabies, distemper

***For a 3-year rabies vaccine certificate, proof of prior rabies vaccine must be provided.**

Vaccination & Microchip Clinic for dogs and cats

**Saturday - August 24, 2024
8am - 12noon**

at

**G.A.I.N. (Gratiot Animals in Need)
405 E. Washington St. Louis**

To schedule an appointment call G.A.I.N.'s office:
989-875-2286

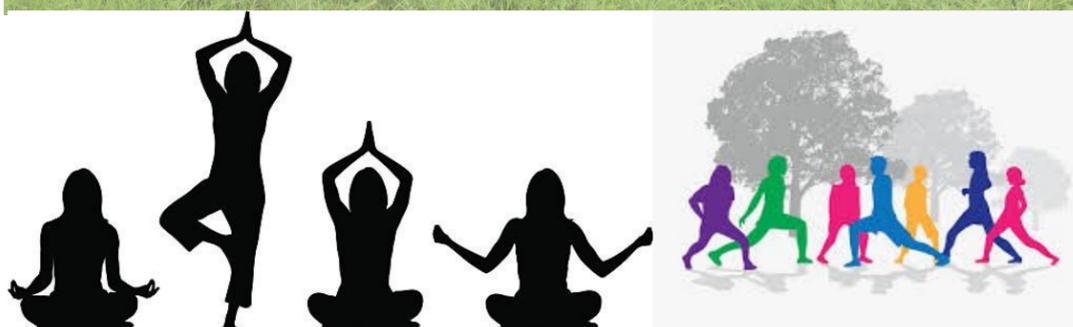
"Walk-Ins" will be accepted, but appointments have priority.

Cats MUST be in carriers and handleable

Dogs MUST be leashed

Proceeds to benefit G.A.I.N.'s Pet Food Bank and spay/neuter programs.

Rev Aug 2024



Memorials

Commission on Aging

Maynard Gross
Carol Hoard
 Joan Sparks

Senior Gratiot

William Lamey
 Raymond L. Fish

Bob Ward

Doris Ward & Family

Ellie McCreery

Sally McCreery

Arron Crispin

Raymond L. Fish

Donna Rowland

James Rowland

Jack & Betty Noffziger, Father & Mother

Amy Pyle, Daughter

Josh Pyle, Son

Karen Pyle



Donations

COA

Raymond & Doris Ortiz

Gram's Kitchen

Marty Peet
 Senior Activity Building Fundraisers

Senior Gratiot

Elena Brand
 Paula & Todd Moeggenborg
 Connie Brown
 Sharon Helman
 Deborah Brune
 Beatrice Cremin
 Willowdean Cassady

Thank you for your support and generous donations.

Sharps Disposal Program

The Mid-Michigan District Health Department (MMDHD) is pleased to announce that it is now accepting used sharps from people who live in Gratiot County.

Many people aren't aware that throwing used sharps in the garbage puts family members and others in the community at risk. The best way to help prevent injury and infection is to place all used or unneeded sharps in a proper container and take them to a collection site. Gratiot County residents may take advantage of this **free** service by bringing their sharps containers to the Health Dept., located at 151 Commerce Dr., Ithaca, Mon.-Fri. from 8:00-12:30 and 1:00-4:30. Once inside the building, follow the signs to the Environmental Health Department.

Sharps must be in a medical sharps container or hard sided plastic container (i.e. laundry detergent jug) in order to be accepted. You cannot use a water bottle or milk jug. To ensure everyone's safety, the container's lid should be closed tightly and taped shut. Check with your local pharmacy to purchase a medical sharps container.

This program is for **Gratiot County residents only**. Commercially generated sharps will not be accepted. If you have any questions, please call 989-875-1002.



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



Michigan Assistive Technology Program (MATP)

Michigan Assistive Technology Program (MATP) provides access and information on low-tech and high-tech assistive technology (AT) device options available for people with disabilities.

AT is any tool, software or app that can help people with disabilities, including older adults, do what they want to do. AT devices can assist with:

- ◇ Vision loss
- ◇ Cooking/eating/reading
- ◇ Organizing
- ◇ Communication
- ◇ Calendar reminders
- ◇ Connecting with friends and family
- ◇ Mental health
- ◇ Outdoor recreation
- ◇ Gaming
- ◇ Crafting
- ◇ Parenting
- ◇ Gardening

MATP is a free program for people with disabilities. A lending library with a wide variety of devices is available as well as trainings on how to use the devices. Short and long term loans of AT are available to help identify what does and doesn't work for you.

For more information, call MATP at 800-578-0280, email AT@MyMDRC.org or visit the website, MyMDRC.org/assistive-tech.

Food with Friends Eat Smart Menu

Lunch 12:00-12:30

August

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chef Salad Stuffed Roast Pepper Soup Cinnamon Applesauce Wheat Bread	Walking Taco Cilantro Lime Rice Corn/Bean Fiesta Blend Orange Dinner Roll
5	6	7	8	9
Hot Dog on a Bun Potato Salad Baked Beans Potato Chips Chocolate Chip Cookie	Chef Salad Minestrone Soup Peaches Apple Juice Wheat Bread	Pulled Pork Whipped Potatoes Carrots Pears Hamburger Bun	Chef Salad Minestrone Soup Pears Apple Juice Wheat Bread	Chicken Pattie Redskin Potatoes Lettuce & Tomato Corn Hamburger Bun
12	13	14	15	16
Home Style Beef Stew Broccoli Mixed Vegetables Chocolate Chip Cookie Dinner Roll	Chef Salad Beef Vegetable Soup Mandarin Orange Apple Juice Wheat Bread	Sloppy Joe Peas Corn Tropical Fruit Hamburger Bun	Chef Salad Beef Vegetable Soup Tropical Fruit Wheat Bread	French Toast Sausage Links Hash Browns Cinnamon Roll Apple Slices
19	20	21	22	23
Veal Parmesan Corn Lima Beans Pineapple Dinner Roll	Chef Salad Chicken Vegetable Soup Pineapple Nutri Grain Bar Wheat Bread	Potato Crunch Pollock Mixed Vegetables Whipped Sweet Potatoes Hamburger Bun	Chef Salad Chicken Vegetable Peaches Apple Juice Wheat Bread	Summer Chicken Salad on a Bun Potato Salad Carrots Bananas
26	27	28	29	30
Beef and Noodles Peas Carrots Mandarin Oranges Yogurt Dinner Roll	Chef Salad Stuffed Roast Pepper Soup Mandarin Oranges Strawberry Yogurt Wheat Bread	Baked Chicken Carrots Cauliflower & Peas Fruit Cocktail Wheat Bread	Chef Salad Minestrone Soup Fruit Cocktail Grape Juice Wheat Bread	Cheese Omelet Redskin Potatoes Sausage Links Orange Grape Juice Wheat Bread

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

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

Windows & Gutters

A quick reminder that the weather is still cooperating and the Home Chore department is still able to clean your windows, both inside and outside as well as taking on your gutters. To get put on their schedule, just call the office at 989-875-5246 and tell the receptionist what you need. The paperwork will be completed and the crew will call.

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

