

September

Ithaca Food
SUMMER PARTY
With Friends

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

September 2024
Volume XLIX
Number 9

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SENIOR GRATIOT

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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.



The Commission on Aging office will be closed on Monday, Sept. 2 for the Labor Day holiday. We will reopen on Tuesday, Sept. 3 at 8:00 am

August 2024 Prep Team Volunteer Thank You!

Thank you to these 14 COA volunteers who devoted 30.5 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Helen Hoard, Nancy Crispin, Linda Strohpaul, Judy Zimmerman, Carole Moore, Betty Reeves, Ellen Martin, Carol Reeves, Irene Peck, Nora Kowitz, Nancy Gulick, Gail Paradise, Brady Paradise, Sherry Hurt

VOLUNTEER ACTIVITY September 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-Sept. 18, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - Sept. 19, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team
Commission on Aging in Ithaca
515 S Pine River St, Ithaca
Sept. 26, 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.

Coming Soon

Open enrollment for Medicare/Medicaid will be starting in October and going through early December. If you need assistance in reviewing your current Medicare plan, watch for further information on when to call and schedule your appointment with our Medicare/Medicaid trained assistants. Additional information will be available in the October issue of the Senior Gratiot.



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





NATIONAL
**SUICIDE
PREVENTION
AWARENESS MONTH**

September is Suicide Awareness Month

There are an average of 123 suicides each day in this country. It is the tenth leading cause of death in America. In order to create awareness and strengthen the fight against suicide, September is dedicated to Suicide Prevention.

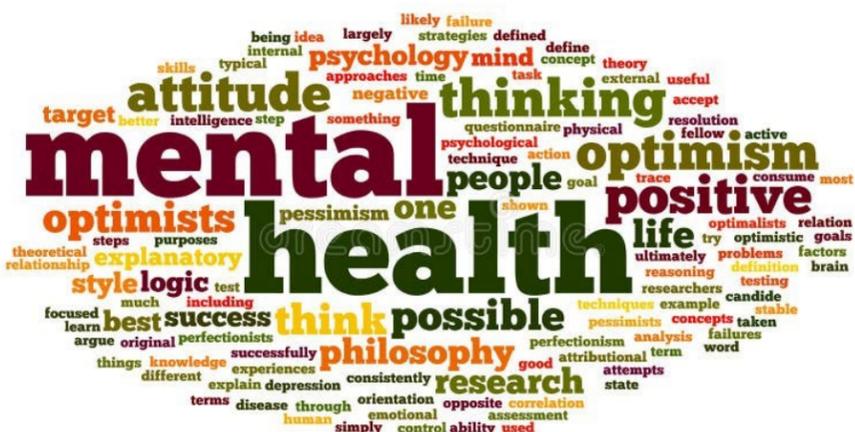
Recently, society has become more receptive to discussions about suicide. Suicide rates are still increasing and there is still a stigma that surrounds it as it is one of the fastest-growing epidemics around the world. Mental health advocates, survivors, friends and family, and mental health organizations across the country and around the world share their experiences and work towards eradicating this most tragic act.

Suicidal thoughts can plague anyone, regardless of age, gender, or social status. Commonly linked to depression, there is no foolproof indicator of suicidal tendencies and people suffering from depression or suicidal thoughts cover them up quite well. The National Alliance on Mental Illness (NAMI) is an organization that serves as a resource on the topic of suicide. NAMI helps those affected by suicide, assists with sourcing effective treatment services, and raises awareness for educating others on its prevention.

If you have concerns about a person, here are a few tips to help someone who is in crisis:

1. **Ask direct questions.** Even though it is hard, ask a person directly if they are thinking about suicide.
2. **Listen to their answers.** People with suicidal thoughts often feel alone, so be sure to let them know that you care deeply about what they have to say.
3. **Do a safety check.** If you are concerned for their well-being, try removing anything they could use to harm themselves, such as alcohol, drugs, medications, weapons, and even access to a car.
4. **Don't keep this a secret.** Let them know you will help come up with a plan that involves telling a professional who can utilize the many services and resources available to help.
5. **Ensure they seek professional help.** Unless you work in the mental health industry, it is important to suggest they seek additional help from other people, such as a doctor, counselor, psychologist or social worker.

Thanks to Suicide Prevention Month, approaches to suicide are beginning to change. It is helping to destigmatize this mental illness and promote conversation.



**Gratiot Community
Personal Needs Pantry**

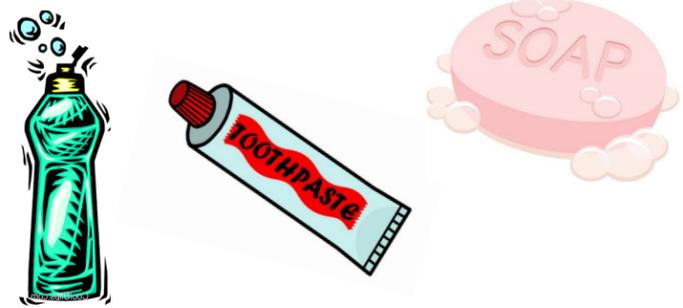
The residents of Gratiot County continue to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap, 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.



**MyMichigan
Medical Behavioral Health
Care**

Depressed? Anxious? Stressed?

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

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

Air Conditioner Pick-Up

It is that time of the year when you no longer need an air conditioner. This is great as utility bills may be reduced for a month or so before the heat has to go on.

If you borrowed a Commission on Aging air conditioner for the summer, please remember to call the office and ask for it to be removed from your home. The Home Chore department will contact you to make arrangements to pick it up. The number to call is 989.875.5246. Thank you!

Senior Activity Building September 2024 Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CLOSED  LABOR DAY	3 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	4 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole or Horseshoes	5 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 46th Anniversary of Ithaca FwF site & Jo	6 8-10 SAB Coffee 11:30 Blood Pressure checks with Joyce 12:00 Food with Friends Meal 1:00 Otago Exercise Program	7 11:45 Building Open 12:15 Senior Friends Potluck
9 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 2:00 Just for Fun Dulcimer Club	10 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 7:00 VFW Post #7805	11 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal September Birthdays 1:00 Cornhole or Horseshoes	12 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Movie	13 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program Gram's Kitchen Cookie Fundraiser Orders Due	14 Work Day! 8:30 Pancakes 9:00 Building Clean-Up
16 8-10 SAB Coffee 11:50 Nutrition Time 12:00 Food with Friends Meal 12:45 Five Crowns Card Game	17 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	18 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	19 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Cards	20 8-10 SAB Coffee 10:30 Disability Network Presentation on Assistive Devices 12:00 Food with Friends Meal 1:00 Otago Exercise Program	21
23 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 1:45 Package Cookies	24 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal Gram's Kitchen Cookie Fundraiser	25 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole or Horseshoes	26 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Cards	27 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	28 1:30 Remembering Bob Crist
30 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Five Crowns Card Game		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)			



Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager 989.875.2135

The final Senior Activity Building (SAB) fundraiser for Gram's Kitchen will be on Tuesday, September 24th. The SAB volunteers and supporters of the fundraisers are thanked for helping to raise some of the funds for the tilt skillet. Orders for the oatmeal/raisin with walnuts cookies are due on September 13th. The suggested donation is \$5.00 for a baker's half dozen and \$10.00 for the baker's dozen. Call 989.875.2135 to order your cookies for delivery or for you to pick up at the SAB on September 24th.

On Thursday, September 5th., join us for a Soup/Salad meal while we celebrate 46 years that Ithaca Food with Friends and Jo have been together. Please call now to reserve your meal.

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.

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! We have a wide variety of hot dishes, salads, and desserts most months. There is no sign up for this gathering of friends. It is a POT-Luck!

On Saturday, September 28th, we will remember Bob Crist at 1:30 pm. We will be sharing a DVD of Bob at an "Evening in the Park" and his famous rendition of "Flight of the Bumblebee" recorded at a Relay for Life event. We will also have a cookie buffet to remember Bob's birthday, September 26th. If you would like to furnish cookies, put your name on the sign up sheet.

If you would like to learn to play pickleball, call 989.875.2135 to register for lessons with Greg Brown. All pickleball players are welcome anytime.

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, September 9th and September 23rd at 12:45 pm. Yvette from Schnepf Health Care will call the games and bring prizes on the 9th. McDonalds will offer the prizes on the 23rd. Come join us!

On September 9th, the Just for Fun Dulcimer Club welcomes you to stop in and enjoy their music. Thanks to Mary Humm who serves as our faithful volunteer host.

On Mondays the 16th and 30th, the card game Five Crowns starts at 12:45 pm.

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 exercise at 11:00 am on both Tuesday and Thursday. Congratulations to Kevin Hamilton for his high score in the 100 pin game. He had 1977 points!

The SAB Board meets at 1:15 pm on September 17th. You are welcome to attend these monthly meetings. The Cookie Fundraiser is Tuesday, September 24th. Volunteers will package the cookies on Monday, the 23rd at 1:45 pm.

The knitting group gathers at 10:00 am each Wednesday. Horseshoes or cornhole is scheduled at 1:00 pm every Wednesday. The September birthday celebration is on September 11th at the Food with Friends meal.

The Thursday schedule is similar to Tuesdays. We plan to have a movie and popcorn on September 12th. Card games are available on September 19th and 26th.

Joyce Raycraft will be happy to check your blood pressure on the First Friday of September, the 6th. There will be Otago classes each Friday at 1:00 pm. There is no fee for these Central Michigan University classes. On Friday, Sept. 20th, the Disability Network will do a presentation on assistive technology and the benefits it may have for you or someone you love.

The Gratiot VFW Post #7805 will meet at the SAB on September 10th at 7:00 pm. The A-Tractive Tractor Club meets at 1:00 pm on Wednesday, September 18th.

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.

Food with Friends and the SAB 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 July 16 through August 15, 2024:

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

Gifts In Gratitude to SAB

- Cleo Flegel
- Larry Ringle
- Joyce Raycraft
- Bill & Linda DeVuyst
- Earl Wilson

Pickleball Wind Screen & Court Maintenance

Alida Stone

Memorials

- Mike Baney**
Jayne Baney
- Bob Sullivan**
Mary Sullivan
Joe & Shar Earegood
- Bob McCormack**
Joe & Shar Earegood

Richard Colbry
Joe & Shar Earegood

Doff Rimmel
Food with Friends

Dr. Rex Rimmel
Food With Friends

Verna Bringold
Bob & Gail Paradise & Family
Mid Michigan District Health
Department
Bob & Cathy Patterson

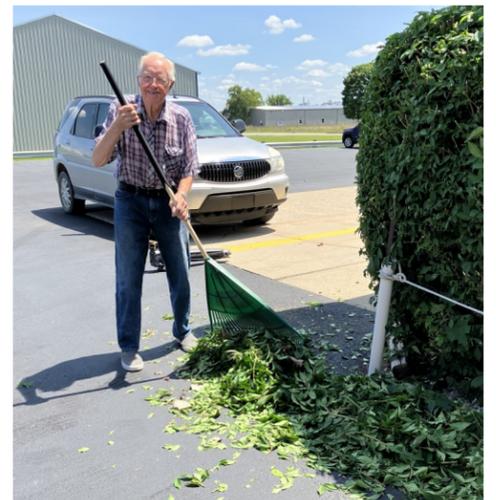
Robert Brandal
Rodney Brandal
Barb Kench

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

Mary Humm



Above: Renee Hahn leads the Campfire Sing-along at the Senior Picnic
Below: Volunteers fold and label the Senior Gratiot newspaper at SAB



Above Right & Right: Cleo Flegel and Larry Ringle trim the shrubs at the SAB



Above: Ceo Bauer shares his experiences at the 80th anniversary of D-Day in Normandy, France
Right: August birthdays celebrated by Cheryl, Linda, Tricia, Jeff, Cleo and Helen.



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



Welcome to September. The site will be closed on Monday, September 2 for the Labor Day holiday. A couple of other site closures for you to make note of: Wednesday, September 11th, we will be closing after lunch is finished. We will also be closed for the day on Monday, September 23rd. Thank you for your understanding.

We are open Mondays, Wednesdays, and Fridays from 10:00 am - 2:00 pm. Join us for lunch at noon any day we are open. Call 989.875.9118 to make your reservation. Also, join us for cards or puzzles any time!

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.

Wednesdays, 10:30 am: MSU Extension classes

Sept. 4: Budgeting and Meal Planning

Sept. 11: Go, Slow, Whoa!: This is about foods we should feel free to eat anytime (Go Foods), foods we should eat sparingly, (Slow Foods), and foods we should avoid when possible (Whoa Foods)...think of a traffic light.

Sept. 18: Healthy Holidays: Holidays can be difficult to stay active and eat healthy. You will learn some tips and tricks to help through the holiday season

Fridays, 10:30-11:30 am: Chair Exercises, (no class on Sept. 13th)

Friday, Sept. 13th, 10:30 am: Diabetes Simplified: You will learn about common terms related to diabetes, how diabetes affects the body, testing and ways to be proactive and improve self-management skills.

Wednesday, Sept. 18th, 12:30 pm: Pumpkin Craft, reservation required

Wednesday, Sept. 25th, 10:30 am: Puzzle Piece Wreaths, reservation required

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



Pumpkin Craft that will be done at Fulton, Breckenridge/Wheeler, and Alma/St Louis Senior Centers during the month of September. Come join the fun!

Fun playing Skip-Bo at the Alma/St Louis Senior Center.

Button craft completed in July



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



Hello Fall! Well, almost. This is the time of year when we start to think of apple cider and doughnuts, football games and cooler sweater weather. We have had a nice summer here at the Breckenridge/Wheeler site. I myself went on vacation last month, and even though I had a good time, I missed all my people at the site. We are now all ready to face the upcoming fall together.

During the month of September, we will be hosting the Wellness Initiative for Senior Education (WISE) training. The purpose of the training is to help you learn ways to stay healthy and meet new people. Classes will be from 11:00 am -12:00 pm and are free for anyone 60 years of age or older. See the flyer on page 10 for more information. The second Friday of every month, general nutrition information is presented. 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 love to have you.

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

Sept. 6: Read a Book Day Sept. 9: Teddy Bear Day Sept.12: Chocolate Milkshake Day Sept. 13: Think Positive Day

Have a wonderful September and enjoy the cooler days and brisk nights!



Fulton Senior Center

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

Here we are, once again heading into fall. This is such a beautiful time of year. It seems like all the flowers peak out and are at their full beauty of the season. This is the time we can enjoy the show as all the leaves turn colors. I love the harvest season. It is the end of another season. I look to winter as a chill out time. No more grass cutting, weeding. It is my time to focus on other things like sewing and reading. Whatever it is for you, I hope you enjoy both the show all fall and the rest time of the upcoming winter season.

On August 5th, Fulton seniors headed over to the Ithaca Senior Center for their summer picnic. We had a really good time. Thanks to Renee Hahn for the sing along. That was fun. We were singing songs that we haven't heard in years.

Thank you also to Betty Black for leading the August craft of flower making. We had an excellent turnout and everyone made at least one flower of each available color. If you have a craft you would like to share with us please contact me and let me know. I can be reached at 989-236-5019. We are always interested in learning a new craft. The September craft will be three pumpkin faces put together as cute fall wall hanging, which can be used to decorate for Halloween and can also be displayed through Thanksgiving. Please join us on September 20th to create this adorable wall hanging. A signup sheet will be on the table in the sign up area or you can call 989-236-5019. There is not fee for this craft.

Please plan on joining us on Friday, September 27th for a presentation by the MSU Extension office. Holly Tired will be with us at 10:30 am to simplify diabetes. During this workshop, you will learn about common terms related to diabetes, how diabetes affects the body, testing, and ways to be proactive and improve self-management skills.

Once again, we need to start looking forward to the holiday season. As we always host during this season, it is time to start planning. If you have any ideas on centerpieces or entertainment, please let me know.

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. We will continue to collect bottle tops until we are told there is no longer a need for them.

In July, we played bingo for produce. A big Thank You to the owners of the produce stand at the Artesian Well, for the donation of produce. If you do not know where they are, they are located at 7777 Monroe Rd, Elwell, MI. Also, because of road construction they have a full produce stand in the parking lot in Alma by the NCG Cinemas. That was fun and everyone went home with food they could use. You are welcome to join us on Friday, September 27th to play bingo. We will have lunch and immediately after, at 12:30 pm, play bingo.

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!

Sept. 2	Closed for Labor Day	Sept. 4	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	Sept. 6	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Sept. 9	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	Sept. 11	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	Sept. 13	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Sept. 16	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Sept. 18	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Sept. 20	10:30 Pumpkin Craft 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Sept. 23	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	Sept. 25	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice	Sept. 27	10:30 MSU Health Talk 12:00 Lunch 12:30 Bingo
Sept. 30	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice				

Smashed Can craft completed in July at the Fulton Senior Center.





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.

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. You will have three options for lunch:

1. Grilled Flatbread Turkey Club: Turkey, bacon, cheddar and Swiss cheese, lettuce, tomato, mayo all folded in a flatbread and served with chips.
2. Classic Burger: Lettuce, tomato, onion, served with chips.
3. Southwest Chicken Salad: Artisan greens, corn, black beans, tomato, onion, avocado, Colby jack cheese, corn tortilla chips, roasted poblano vinaigrette.

Please make your lunch choice when making your reservation.



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.

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.



Continued on page 9



HAVING SUICIDAL THOUGHTS? ASK FOR HELP NOW.

988 National Suicide Prevention Lifeline

989-463-4971 GRATIOT INTEGRATED HEALTH NETWORK CRISIS LINE

TEXT HOME TO 741741 NATIONAL CRISIS TEXT LINE

Get involved

Raise awareness for suicide prevention - attend events held this month & through the year & share the message of **HOPE**

Attend or host a FREE Question Persuade Refer (QPR) training

Wear **YELLOW** or **cont;inue** shirts to raise awareness for suicide prevention & share pictures with us on Facebook

Use #gratiotcountysuicideprevention on social media

05 QUESTION, PERSUADE, REFER (QPR) LUNCH & LEARN 11:30AM-1PM
FREE Suicide Prevention Training located at Child Advocacy. Training presented by Rachael Wakley, Gratiot County Substance & Suicide Prevention Coalition Member.

06 GOAT YOGA 5:30PM-6:30PM
Donation based class taught by Shana Dancer of ZenLightenment Wellness Center. Class will be located behind Child Advocacy.

09 GCSPP COALITION MEETING 1PM - 2:30PM
Join us for *Preparing the Pathway for Healing* presented by Gwen Kapcia, Author of *Not Another Lasagna*. Meeting located at Child Advocacy.

10 WORLD SUICIDE PREVENTION DAY ALL DAY
Wear either a cont;inue shirt or yellow to raise awareness for suicide prevention. Send pictures to Child Advocacy-Gratiot County Facebook page!
HOPE IN THE PARK 5PM-7PM
An evening in Wright Park for the whole family to help spread HOPE! This event is in collaboration with City of Alma Parks & Recreation and GIHN.

11 YOGA IN THE GARDEN 6PM
This donation based class will be taught by Jennifer Woodman at Magnolia View Flower Farm 5747 Crosswell Rd, St. Louis, MI 48880.

12 WALK A MILE FOR MENTAL HEALTH 12PM
Gather at the front of GIHN at noon to walk a mile and raise awareness for mental health, or Attend "Walk a Mile" at the Capitol in Lansing OR Walk a Mile anywhere & share a photo to raise awareness for Mental Health Care #gratiotcountysuicideprevention #walkamile.
ST. LOUIS FARMERS MARKET 2PM-6PM
Stop by our booth at the Farmer's Market for suicide prevention materials, prescription disposal bags, NARCAN or medication lock boxes. * While supplies last.

14 BREAK THE STIGMA SUICIDE PREVENTION WALK 3PM-10PM
Raise Awareness for suicide prevention by joining this walk held at the Ithaca High School Track. Hosted by the Gratiot Action Association.

17 SURVIVORS OF SUICIDE SUPPORT GROUP 7PM
Located at Child Advocacy- support group for individuals who have lost a loved one to suicide. Email emily@childadvocacy.net for details.

18 VIRTUAL SUBSTANCE USE & MENTAL HEALTH CME SESSION 12PM-1:30PM
FREE Virtual Education CME session with Dr. Jason Klimer. This event is presented in collaboration with MyMichigan Health, GIHN, MMDHD.

19 MENTAL HEALTH FIRST AID 8:30AM-4PM
For more information and to register for this FREE training, contact Rachelle at 989-466-4131. Located at Gratiot Integrated Health Network.

23 SELF WORTH TALK 7PM-8:30PM
This FREE training helps individuals build a solid foundation for self worth. Parents/Guardians & children ages 11+ are encouraged to attend this event at Child Advocacy.

25 VIRTUAL BREASTFEEDING COALITION MEETING 4:30PM
Safe Beginnings: Suicide Prevention for Pregnant and Postpartum women. Special Guest Speaker Stephanie Hall, MPH, PhD.
VIRTUAL QUESTION, PERSUADE, REFER (QPR) TRAINING 6PM-7PM
FREE Virtual Suicide Prevention Training presented by the Gratiot County Substance & Suicide Prevention Program.

WELLNESS INITIATIVE FOR SENIOR EDUCATION 11AM-12PM ON SEPTEMBER 6, 9, 13, 23, 27, 30
FREE 6-session wellness program throughout September for individuals ages 60 and up. Located at Breckenridge - Wheeler Food With Friends Site.



cont;inue Apparel for Sale

Scan QR Code below for ordering information!



TO VISIT OUR WEBSITE

SCAN ME!

TO SEE ALL EVENT FLYERS FOR SEPTEMBER

Contact us at 989-463-1422 or emily@childadvocacy.net to learn more or become involved with Gratiot County Suicide Prevention efforts www.gratiotdrugfree.org

Fields of Flags will be located throughout Gratiot County to commemorate those who have died by suicide. If you would like a field of flags, contact leah@childadvocacy.net





Celebrating healthy aging and educating older adults



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




MICHIGAN STATE UNIVERSITY | Extension

Fulton Senior Center
Friday Health Talks with Holly

Healthy Habits for a Healthier Life
Holly Tiret from MSU Extension
tiret@msu.edu, 616-570-5818

September 27, 2024
Friday 10:30-11:30 AM
Diabetes Simplified – During this workshop you will learn about common terms related to diabetes, how diabetes affects the body, testing, and ways to be proactive and improve self-management skills.

October 25, 2024
Friday 10:30-11:30 AM
Smart Food Choices – During this workshop you will learn about food choices that support health goals, meal planning and shopping for healthy foods on a budget.

November 8, 2024
Friday 10:30-11:30 AM
Keep Moving to Prevent Health Problems – During this workshop you will learn about various types of physical activity, challenges for staying active and tools to cope with them, and various ways to stay active.




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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



In Remembrance of
September 11, 2001



Memorials

Commission on Aging

Jo Gould

Mary, Renee & Denise
Don Gould

Joyce Leonard

Pauline McCaul

Leona Quidort

Joyce Colbry

Michael Dwyer

Theresa Steele

Lelah Dwyer

Marsha Myers

Phyllis Studer

Janet Holt

Velma Spicer

Lois Cutting

Pat Sinko

Bev Clark

Gail Jankowski

Jim Freestone

Debra Cash

Carren Smith & Duane Evans

Dallas & Bev McClain

Linda Trieb

Filling Station

Timothy Liberty

Bonnie Cooper

Manley McDonald

Leona Quidort

Roberta Charney

Gram's Kitchen

Gram

Jo Jones

Senior Gratiot

Harold Upham

Marguerite Upham

Robert Cassady

Willowdean Cassady

Donna Howe

Shirley Hopper

Donations

COA

Raymond & Doris Ortiz

Danny & Marlene McGuirk

Jack & Avis Ginther

R.L. & Joanne Green

Edward & Carol Hooper Donor

Advised Fund

Gram's Kitchen

Senior Activity Building Board

Senior Gratiot

Valerie Cole

Gretchen Harrison

Richard & Janace Mizer

Marsha A. Beck

Gillene Weller

Thomas Schmitz

Stanley Glowacki

Rosemary Buhl



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 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

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p>	<p>3</p> <p>Chef Salad Minestrone Soup Pears Grape Juice Wheat Bread</p>	<p>4</p> <p>Lemon Pepper Chicken Company Potatoes Beets Pears Dinner Roll</p>	<p>5</p> <p>Chef Salad Beef Vegetable Soup Mandarin Oranges Wheat Bread</p>	<p>6</p> <p>Macaroni & Cheese Green Beans Corn Fresh Orange Wheat Bread</p>
<p>9</p> <p>All American Ham-burger Baked Beans Corn Mixed Fruit Cup Hamburger Bun</p>	<p>10</p> <p>Chef Salad Chicken Vegetable Soup Pears Apple Juice Wheat Bread</p>	<p>11</p> <p>Beef Stroganoff Mixed Vegetables Brown Rice Pears Wheat Bread</p>	<p>12</p> <p>Chef Salad Minestrone Soup Cinnamon Apple-sauce Wheat Bread</p>	<p>13</p> <p>Pork Chop Whipped Potatoes/Gravy California Blend Cranberry Mousse Wheat Bread</p>
<p>16</p> <p>American Goulash Green Beans Kyoto Vegetable Pears Wheat Bread</p>	<p>17</p> <p>Chef Salad Stuffed Roast Pepper Pineapple Wheat Bread</p>	<p>18</p> <p>Baked Chicken Oven Roasted Potatoes Peas and Carrots Pineapple Gelatin Wheat Bread</p>	<p>19</p> <p>Chef Salad Chicken Vegetable Soup Pineapple Gelatin Apple Juice Wheat Bread</p>	<p>20</p> <p>Walking Taco Redskin Potatoes California Veg Blend Whole Grain Cookie Wheat Bread</p>
<p>23</p> <p>Corn Chowder Hard Cooked Egg Peas Peaches Cheese Bread Stick</p>	<p>24</p> <p>Chef Salad Beef Vegetable Soup Peaches Wheat Bread</p>	<p>25</p> <p>Baked Ziti Casserole Carrots Brussel Sprouts Peaches Wheat Bread</p>	<p>26</p> <p>Chef Salad Stuffed Roast Pepper Tropical Fruit Apple Juice Wheat Bread</p>	<p>27</p> <p>Basil Parmesan Chicken Brown Rice Mixed Vegetables Apple Crisp Pineapple Dinner Roll</p>
<p>30</p> <p>Chili Green Beans Carrots Applesauce Apple Juice Corn Bread</p>				

Menus are *subject to change without notice*, milk is provided with all meals. Suggested donation is \$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, October 28, 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, MI

Contact Michelle Miller, 989-466-3378

Parkinson's Disease

2nd Thursday of each month, 5:00 p.m.
300 E. Warwick Dr.
Wilcox Auditorium

Alzheimer's/Dementia

3rd Wednesday of each month, 4:30 p.m.
300 E. Warwick Dr.
Wilcox Auditorium

Food with Friends

Alma/St. Louis

Filling Station
415 Park Avenue, Alma
Phone: 989.875.9118
Site Manager: Kaleigh Pettigrew

Breckenridge/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