



The Gratiot County Commission on Aging has Medicare Medicaid Assistance Program (MMAP) certified staff and volunteers here to assist you with reviewing your current Medicare coverages.



Call 989-875-5246 to schedule your appointment today!

When you schedule your appointment, you will receive assistance with the following:

- ◆ Explore Medicare Part D and/or Medicare Advantage Plans
- ◆ Compare your current plan with other additional plans for 2025 based on your current situation and medications
- ◆ Review the plans' coverage, as well as what the premium, deductible, and co-payments will be for 2025
- ◆ Review or assist with plan enrollment if you decide to switch plans
- ◆ For those who appear eligible, assist with applications to the Social Security Extra Help Program

What is needed for the appointment

- ☑ Your Medicare Card (red, white and blue card)
- ☑ List of current medications, including dosage and quantity and name of pharmacy
- ☑ If you are looking for Medicare Advantage plans, please have an idea of what plans your doctors are working with

Remember to call for your appointment as open enrollment is only available from October 15th through December 7th. Do not wait until December to call and schedule. There are **NO walk-in times available**. If you have questions, please contact Sarah McClung at 989-875-5246.

Welcome



Left: COA welcomes Danielle Wolfe as a new head cook, joining Crystal and Brian. She will be working to prepare the meals for congregate and home delivery. Danielle lives in Ashley and enjoys working on her homestead.



Above: Paula is a familiar face with Commission on Aging, having been the Senior Center Coordinator and Nutrition Assistant. Paula has moved into the Nutrition Coordinator position and is excited to begin this adventure, looking forward to new challenges.

SENIOR GRATIOT

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

October 2024
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Number 10

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

Area Food Pantries

Alma

Alma First Presbyterian Church
495 Charles Ave., 989-463-2940

Tuesdays, 1:30 - 3:00 pm, serving Alma, Elwell, Riverdale & Elm Hall, 1 box every 6 weeks

Salvation Army

425 Republic Ave, 989-463-2864

Monday - Thursday, 9:00 - 11:45 am and 1:00 - 3:45 pm, every 30 days

Ashley

East Washington United Brethren Church

8051 S Crapo Rd, 989-838-2314

2nd Tuesday every Jan, March, May, July, Sept, & Nov, 8:00 - 9:00 am, bring your own box

Bannister

Bannister United Methodist church

103 Hanvey St, 989-862-4392

3rd Sat, 12:00 - 12:30 am, please call as box is created for family, serving Banister, Ashley & Pompeii

Breckenridge/Wheeler

Breckenridge United Methodist Church

125 Third Street, 989-842-3632

Tuesdays, 10:00 am-1:00 pm, serving Breckenridge, Wheeler, & Merrill, every 60 days

Ithaca

First Presbyterian Church

218 E. Newark St, 989-875-4437

Wednesdays, 9:30 am - 11:30 am, serving Gratiot County residents south of Tyler Rd

Ithaca Seventh Day Adventist Church

935 N Pine River St, 989-560-5683

4th Monday, 10:30 am - 12:00 pm, 1 box per month

Middleton

New Haven Church of the Brethren, Gratiot SW Food Pantry

7587 Grant Rd, 989-236-7728

2nd & 4th Thursday, 4:00-6:00 pm, call ahead, 3-4 days of food

Riverdale

Lincoln Rd. United Methodist Church

9479 W. Lincoln Rd., 989-463-5704

Third Thursday, 10:00 am - 12:00 pm, serving Seville & Sumner Townships

M-46 Tabernacle

11098 Howard City-Edmore Rd M-46, 989-233-1540

Tuesdays 10:00 am, 1 box per month

St. Louis

Office of Human Services

232 N Mill St, 989-681-4289

Tuesdays - Thursdays, 9:00-11:15 am, 1 box every 30 days

St Louis Church of Christ

1075 W Monroe Rd, 989-681-2524

4th Thursday, 3:00-5:00 pm, Please phone ahead, use the back entrance

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



Gratiot Community Personal Needs Pantry

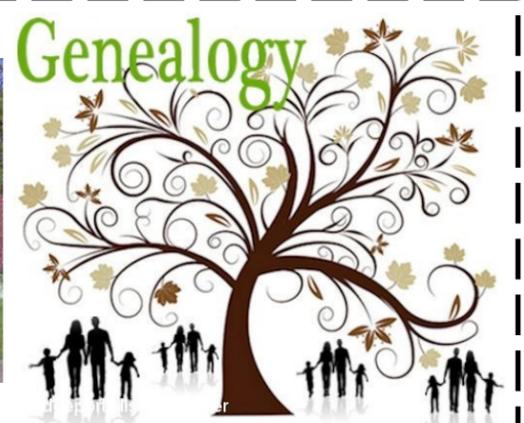
The residents of Gratiot County continue to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap,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



Are you interested in your family history? Recording your research digitally? Join presenter Adam Oster, Library of Michigan Community Engagement Librarian as he presents **Digitizing My Family Tree: Formats, Software, and Techniques**. He will explore the digital options for saving your family history research. The presentation will begin at 7:00 pm at the Genealogy Library in Ithaca, 228 W Center St.



Senior Activity Building

October 2024

Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-10 EVERYDAY SAB Coffee & Conversation 10:00 EVERYDAY Visits, news, games, & activities	1 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal New Year Celebration	2 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole or Horseshoes	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 11:30 Blood Pressure checks with Joyce 12:00 Food with Friends Meal 1:00 Otago Exercise Program	5 11:45 Building Open 12:15 Senior Friends Potluck
7 8-10 SAB Coffee 11:45 Nutrition Education 12:00 Food with Friends Meal	8 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	9 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole or Horseshoes	10 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Movie	11 8-10 SAB Coffee 10:45-11:45 Fire Prevention Tips 12:00 Food with Friends Meal 1:00 Otago Exercise Program	12
14 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo	15 8-10 SAB Coffee 9:00-1:15 SAB Election 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:15 SAB Board Annual Meeting	16 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	17 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Hand & Foot	18 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	19
21 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Campfire Sing-a-long with Renee Hahn	22 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Card Making Class	23 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole or Horseshoes	24 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Euchre	25 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	26 Trick or Treat Pancakes & Sausage 8:30-9:30
28 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal	29 8-10 SAB Coffee 9:00-11:45 Label Senior Gratiot Newspaper 12:00 Soup & Salad Food with Friends Meal 12:45 Crown Card Game	30 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole or Horseshoes	31 8-10 SAB Coffee Trick or Treat FUN! 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	12:00 Monday through Friday Food with Friends Meal at Noon, call 989-875-2135 to make your reservation (See menu on back page.)	



Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager 989.875.2135

Happy New Year to Ithaca Food with Friends, Senior Activity Building (SAB), and the Senior Center! The fiscal year is from October 1st to September 30th. Come to enjoy some treats and for the Food with Friends Seniors, it is time to update your NAPIS form.

The final SAB cookie fundraiser for Gram’s Kitchen was very successful. SAB volunteers and supporters of the tilt skillet fundraisers are thanked for helping to raise part of the funds needed.

Thanks to the seniors and Rotary members who volunteered to help with SAB’s annual cleaning day. See the names of the volunteers listed under Gifts in Gratitude.

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 on Saturday, October 5th. 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. If you are not a cook, a monetary donation can be given. Over time ,

a very generous donation on behalf of all our “Potluckers” will be donated to the SAB for use of the building. There is no sign up for this gathering of friends.

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 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 will only be on Monday the 14th. Yvette from Schnepf Health Care will call the games and bring prizes. Come join us. Also on the 14th, the Just for Fun Dulcimer Club will welcome you to stop in and enjoy their music. Thanks to Mary Humm who serves as our faithful volunteer host.

On Monday the 21st, at 12:45 pm, we welcome back Renee Hahn to lead us in another Campfire Sing-a-long.

We will be having an EZ Motion exercise class on Monday the 28th at 10:00 am as volunteers will be at the SAB prepar-

ing the Senior Gratiot for mailing on the usual Tuesday morning meeting time. We will have Wii Bowling at 11:00 am on the 28th as well.

Monday the 28th, join Sarah McClung for a presentation about the Medicare/Medicaid open enrollment process. The presentation will begin at 12:45 pm and is a general overview of the process. To make individualized consultation appointments, please call the COA to schedule.

EZ Motion class starts at 10:00 am on Tuesday and meets every Tuesday except as noted above. Come stretch with us. We will have a chair ready for you to use. Wii Bowling fun follows the EZ Motion exercise class at 11:00 am. The Gratiot VFW Post #7805 will meet at the SAB on the 8th at 7:00 pm.

The Annual meeting of the SAB Board is at 1:15 pm on the 15th. You are welcome to attend. The election of the Class of 2027 Board members is from 9:00 am to 1:15 pm on October 15th. The nominees are Donn Gates, Ellen Martin and Diane Yonker.

On Tuesday the 22nd, Jane Baleja will lead a card making class. There is no charge for this class. Please sign up by the 18th to help Jane plan on how many supplies to bring.

On Tuesday the 29th, we welcome back the dedicated volunteers that fold and label the Senior Gratiot newspapers. You are welcome to help with this monthly project. The work begins at 9:00 am.

Soup and salad lunch is at noon, followed by a Five Crown card game at 12:45 pm. Consider reserving a lunch so you can check out the soup and salad offerings.

The knitting group gathers at 10:00 am each Wednesday. Cornhole is scheduled at 1:00 pm every Wednesday. The October birthday celebration is not yet scheduled. Check the main calendar at the SAB for an update. The A-Tractive Tractor Club meets at 7:00 pm on the 16th.

The Thursday schedule is similar to Tuesdays. We plan to have a movie and popcorn on the 10th. A Hand and Foot game is on the 17th and Euchre is on the 24th. On the 31st, we will have some Trick or Treat Fun!

Joyce Raycraft will be happy to check your blood pressure on the first Friday, the 4th. Jeremy Gallagher will present a program on Fire Prevention on the 11th at 10:45 am. There will be Otago balance classes each Friday at 1:00 pm. There is no fee for these Central Michigan University classes.

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

Be sure to check the calendar at the 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 August 16 through September 13, 2024:

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

Gifts In Gratitude to SAB

- Cleo Flegel
- Linda St. Charles
- Nancy Hunt
- Ellen Martin
- Donn Gates
- Ron Peters
- Chuck Wieferich
- Diane Yonker
- Robert Endter
- Marci Browne
- Mary Sullivan
- Jo Jones
- Senior Friends Potluck Group

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

Mary Humm



Left: Officer Casey Mueller's program on Self Defense for Seniors



Below: Celebrating Ithaca Food with Friends and Jo's 46 years together



Right: Bob Fraker and Mary Sullivan renew friendship



Senior Activity Building Clean-up Volunteers



Alma/St. Louis Senior Center
The Filling Station, 415 Park Ave., Alma
 989.875.9118



A sincere thank you to you all for welcoming me to Gratiot County when I took this job over a year and a half ago. I have decided to step away from my role as the Site Manager. It has been so fun watching our little community grow. When we first opened the site, I had one person for lunch, and now that has grown to multiple regulars. It's been an honor to work with you all, thank you for welcoming me to the COA family, and for becoming part of my family too. I will miss you all so much! Please say hi if you see me out and about.

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 989.875.5332 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. On the 28th, Schnepf's will be calling the game.

Fridays, 10:00 am: Beginning October 18th, Line Dancing is back! Join us while Betty teaches us some moves.

Friday, October 11th, 10:30 am: Smart Food Choices with Holly Tired from the MSU Extension office
12:30 pm: Medicare/Medicaid open enrollment presentation by Sarah McClung from COA

Wednesday, Oct. 30th, 12:30 pm: Jeremy Gallagher will give us a fire safety presentation.



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



Breckenridge/Wheeler Smashed Can project from last month!

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



Hello Fall! As I write this newsletter, Fall is in full swing, even though the weather sure seems more like summertime. But, beware, colder temps are on their way. We do live in Michigan, and we all know what they say about Michigan weather, "wait 5 minutes and the weather will change".

It is going to be a busy month with several activities planned. Holly Tired from the MSU Extension office will return for two presentations. These presentations begin at 11:15 am and go until lunch begins. The two presentations are:

October 7: Diabetes Simplified

October 18: Smart Food Choices

On Wednesday, October 9th, Sarah McClung from the COA office will be joining us to do a Medicare/Medicaid open enrollment presentation. She will be going over the changes to Medicare/Medicaid for 2025. This is informational only. If you wish to make an appointment for an individualized consultation, please call the office at 989-875-5246 to schedule. Open enrollment begins October 15th and goes through December 7th. On October 14th, Michelle Lucchesi MA, LLP, Psychiatric Partial Hospitalization Therapist/Liaison with MyMichigan will share helpful tips and discussion promoting healthy mental health practices at noon. On Wednesday, October 16th, we will be doing a pumpkin craft. This will not be with real pumpkins! Then, on Wednesday, October 23rd, Jeremy Gallagher will be coming out to do a Fire Prevention presentation. This presentation will begin at 10:45 am and last about an hour.

We have been at the new site for six months and love it! To celebrate, we will be hosting an Open House on Monday, November 4th. Come and meet me and those who attend and try your hand at a game of Euchre or Dirty Marbles. If you prefer, you can sit and chat. We look forward to seeing you and sharing our new site.

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 in our new surroundings, so 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.

Some October fun days:

Oct. 5: World Teacher's Day Oct. 9: Leif Erikson Day Oct. 14: National Dessert Day Oct. 31: Halloween



Fulton Senior Center

Fulton Township Hall, 3425 W. Cleveland Rd., Perrinton

Irene Noffsinger, Site Manager 989-236-5019

Irene Noffsinger's definition of October: Pure Joy! Unbelievable color. The final gathering of crops, getting ready for the quiet resting of winter. Apple cider, doughnuts, hay rides and all things festive. I hope you all enjoy this month as much as I do.

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. If you look around you will be surprised at the tops you have around that can be used: milk, mustard, ketchup, mayo, coffee tops. The only plastic tops we cannot use are medicine bottle tops. If you wish to donate, please make sure they are washed. The tops can be turned in at the center on Monday, Wednesday or Friday between 10:00 am and 2:00 pm. We have started to receive bags of bottle caps from the community. We want you to know that we have received them and much appreciate your donations. We will continue to collect bottle tops until we are told there is no longer a need for them.

I am still looking for folks that are interested in sharing their craft with seniors. 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.

Get into the spirit of the season and join us for some old fashioned pumpkin painting. This craft will take place on October 9th at 10:30 am. There is no fee. Please do sign up to make sure we have enough pumpkins. On Friday, October 11th, at 12:30 pm, Jeremy Gallagher will be doing a presentation on Fire Prevention. He has been coming to update us for the last couple of years. This is a very interesting presentation and participation is encouraged. Sarah McClung will be joining us at 12:30 on Monday, October 14th to update us on Medicare/Medicaid open enrollment. To make an appointment to review your specific insurance, contact the COA and make an appointment. On Wednesday, Oct. 16th at 12:30 pm, Michelle Lucchesi MA, LLP, Psychiatric Partial Hospitalization Therapist/Liaison from MyMichigan will join us to briefly share information about services available at PHP. She will also provide information on promoting healthy mental health practices.

Once again we need to start looking forward to the Holiday season. As we always host during the Christmas season, it is time to start planning. I seem to be drawing blanks on centerpieces. I need your help. We have a plan for entertainment that we think you will enjoy. Now it is time to plan our table centerpieces. Please join me on Friday, Oct. 18th at 11:00 am and I will supply the doughnuts and coffee, and you can share all your ideas! Holly Tiret with the MSU Extension office will be doing a workshop on Friday, Oct. 25th at 10:30 am. During this workshop, you will learn about food choices that support health goals, meal planning and shopping for healthy foods on a budget. After lunch, at 12:30 pm, we will 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. Thank you for the donations we received during September. 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!

Oct. 2	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Oct.. 4	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Oct. 7	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Oct. 9	10:30 Pumpkin Painting 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Oct. 11	11:00 Fire Prevention Talk 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Oct. 14	10:00 Cards 12:00 Lunch 12:30 Medicare Presentation
Oct. 16	10:30 Cards 12:00 Lunch 12:30 Michelle Lucchesi 1:00 Euchre, Dice, Skip Bo	Oct. 18	11:00 Holiday Brainstorming 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Oct. 21	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Oct. 23	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Oct. 25	10:30 Holly Tiret Workshop 12:00 Lunch 12:30 Bingo	Oct. 28	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Oct. 30	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo				



International
OLDER PERSONS DAY

The United Nations General Assembly has designated October 1st as the International Day of Older Persons. The number of older people, those 65 years and older, tripled from around 160 million in 1980 to 761 million in 2021. The rapid growth in the number of people reaching older ages underscores the significance of promoting health, preventing, and treating illnesses throughout life. The capability to carryout essential functions and partake in everyday activities is influenced by social and physical environments in which the person resides.

A longer life brings with it opportunities, not only for the older people and their families, but also for societies as a whole. Additional years provide the chance to pursue new activities. It allows a sharing of information and knowledge that has been accumulated over time.

As populations age, the demand for healthcare and social support has surged, especially for those with conditions like dementia. Specialized care is now essential to meet these growing needs. Women contribute roughly 70% of global informal care hours. This makes women more vulnerable to poverty in old age.



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.

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.

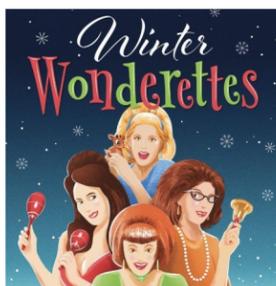
The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:00 am sharp and will return to COA around 7:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents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

The price includes transportation, 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.



Bus Trips Continued

Holiday Market & Tour at Kellogg Manor Christmas Light Drive Thru Saturday, December 7, 2024 \$118.00 (Inclusive)

Bus Departs: 9:30 am Bus Returns: 8:00 pm

WK Kellogg Manor House in Hickory Corner is the former estate of cereal magnate WK Kellogg and his wife, Dr. Carrie Staines Kellogg. Located on Gull Lake, the restored home is rich with history and elegance. Stroll through each holiday decorated room of the manor then complete your holiday shopping at the Holiday Market. Items are handmade by local artists and vendors. At the end of the market, enjoy hot spiced tea.



We can't start our Manor tour and Holiday Market without having a fabulous lunch at Clara's on the River in Battle Creek. The restaurant is located in the Michigan Central Railroad Depot, built in 1888 to support the growing transportation needs of Battle Creek and the US army training center at Fort Custer. It was heavily used by soldiers departing for overseas duty in both World War I and II. While we enjoy the rich history of the depot, we will be able to order off the menu.



To complete our fabulous Holiday trip, we will head up to Grand Rapids to the Drive Thru Christmas Light Show. This display is west Michigan's largest, animated drive through light show. Enjoy nearly two miles of Christmas magic with over a million lights, animated displays, lighted tunnels and more.



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 8:00 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, Manor tour, lunch, Christmas Light drive-through and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by November 15, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

October is Breast Cancer Awareness Month

Breast Cancer Awareness Month aims to promote screening and prevention of the disease, which affects one in eight women in the United State every year. The goals of the month are:

- ♥ Supporting people diagnosed with breast cancer, including metastatic breast cancer
- ♥ Educating people about breast cancer risk factors
- ♥ Stressing the importance of regular screening, starting at age 40 or an age that is appropriate for your personal breast cancer risk

Just being a woman and growing older are the two biggest risk factors for breast cancer. Breast cancer accounts for 12.5% of all new annual cancer cases worldwide, making it the most common cancer in the world. Both women and men can be diagnosed with invasive breast cancer and it is second only to lung cancer as a leading cause of cancer-related death in US women. Regular exams are important tools in breast cancer detection and the earlier it is diagnosed, the better the outcome.

Information from www.breastcancer.org



Sharps Disposal Program

The Mid-Michigan District Health Department (MMDHD) is pleased to announce that it is 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.



The Mid-Michigan District Health Department (MMDHD) is able to provide vaccinations for you and your family. There are clinics you can attend or you can call the Gratiot County office and schedule an appointment. The office number is 989-875-3681. Press Option 5, then 2 and you will be connected with the correct person to talk to about scheduling your appointment.

Don't let the cost of vaccines prevent you from getting vaccinated. MMDHD participates with different programs that offer free vaccines to those who qualify. They will also bill **most** insurance companies.

The December bus trip will be the last trip for the season. Jean will be taking time off to enjoy the winter in warmer weather. Be sure to keep checking the Senior Gratiot for the resumption of the bus trips in the spring. It will be fun to see what Jean has in store for next year!



The Gratiot County Commission on Aging

invites you to join us Monday November 4, 2024

10:30am-1:30pm

as we celebrate our

New Food with Friends location at the Wheeler Township Hall

8510 E. Monroe Rd (M46), Wheeler

Stop in for a Root Beer Float and discover what the Food with Friends Program has to offer



Lunch served at noon

Reservations are required by calling 989-875-5332

60 and over suggested donation of \$2.50 59 and under \$5.00 fee



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

SAVE THE DATE!

Food with Friends Holiday Luncheon
Wed., Dec. 4th
Fulton Senior Center

All Food with Friend sites will be closed that day so all can gather together for food, fun and friendship. More details in the November issue of

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.

Onsight Registration at Fulton Senior Center

3425 W. Cleveland Rd (M57), Perrinton

Irene Noffsinger

Site Manager

989-236-5019



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Medicare Presentations

The Medicare D open enrollment period begins October 15th and ends December 7th. Any changes made to your coverage will become effective January 1, 2025. Sarah McClung, Medicare/Medicaid Assistance Program counselor, will be presenting general information about the open enrollment process and general changes to premiums for 2025. The dates and locations are listed below:

Wednesday, Oct 9, 12:30 pm

Breckenridge/Wheeler Senior Center
8510 E Monroe Rd, Wheeler

Friday, October 11, 12:30 pm

Alma/St Louis Senior Center
415 Park Ave, Alma

Monday, October 14, 12:30 pm

Fulton Area Senior Center
3425 W Cleveland Rd (M-57), Perrinton

Monday, October 28, 12:45 pm

Ithaca Area Senior Center
1011 E North St, Ithaca

These presentations will provide general information only, not individual consultation. Please call the office to schedule your consultation appointment. **NO walk-in appointments available.** Please contact Sarah McClung, 989-875-5246, with any questions.

Memorials

Commission on Aging

Marietta Dickman

Justine DeFever
Diana Mizer
Shepherd High School Class of
1975

Eleanor L. Timmins

Thomas & Patricia McCreery

Senior Gratiot

Joseph Malek

Clinton & Hazel Kimmel

Lester & Sandra Kimmel

Duane, Ivan & James Kimmel

Wanieta Bigelow

Ruth Malek

Geraldine Courtney

Richard Colbry

Maynard Gross

Mary Morton

Bob Greenhoe

Sharon Beagle

Donations

COA

Millie Reeves

Sharon Goffnett

Thomas Schmitz

Nutrition

Mary Peet

Marci Browne

Senior Gratiot

Louis & Geraldine Dame

Gary & Carol Leonard

James & Bonnie Ludwick

Judith Bohlmann

Barbara Craig

Eva Zavala

Bruce & Bonnie Williams

Carol Howdyshell

Virginia Bienz

Halloween Fun Facts

1. Candy Corn was originally named Chicken Feed and was created in 1880 by the Wunderley Candy Company. Americans purchase over 20 million pounds each year.
2. Approximately 1.5 billion pounds of pumpkins are produced in the U.S. each year with Illinois having over 15,000 acres of land devoted to pumpkins.
3. Trick or treating has been around since the medieval times.
4. Trick or treating's origin is hard to trace, but the custom has been established since the 1950's. This came about because it was referenced in a Peanuts comic strip.
5. Jack-O-Lantern's name originated from an Irish folktale about a man tricking the devil over and over. When Jack died he was forced to walk the earth with only a carved out turnip and burning coal to light his way.

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

October 2024

	<p>1 Chef Salad Beef Vegetable Soup Pineapple Apple Juice Wheat Bread</p>	<p>2 Macaroni & Cheese Mixed Vegetables Carrots Tropical Fruit Wheat Bread</p>	<p>3 Chef Salad Minestrone Soup Tropical Fruit Wheat Bread</p>	<p>4 Pulled Pork Sandwich Green Beans Normandy Vegetables Cinnamon Applesauce Hamburger Bun</p>
<p>7 Meatloaf Whipped Potatoes Corn Orange Wheat Bread</p>	<p>8 Chef Salad Chicken Vegetable Soup Peaches Apple Juice Wheat Bread</p>	<p>9 Spaghetti Broccoli Carrots Cheese Bread Stick Triple Berry Crunch Bar</p>	<p>10 Chef Salad Beef Vegetable Soup Orange Triple Berry Crunch Bar Wheat Bread</p>	<p>11 Sloppy Joe Carrots Cauliflower Tropical Fruit Hamburger Bun</p>
<p>14 White Bean Chicken Chili Green Beans Tropical Fruit Cup Tomato Juice Corn Bread</p>	<p>15 Chef Salad Stuffed Roast Pepper Soup Rice Pudding Wheat Bread</p>	<p>16 Beef and Noodles Squash Broccoli Rice Pudding Wheat Bread</p>	<p>17 Chef Salad Chicken Vegetable Soup Mixed Fruit Wheat Bread</p>	<p>18 Meatballs Redskin Potatoes Peas & Carrots Berry Fruit Cup Wheat Bread</p>
<p>21 American Goulash Normandy Vegetable Spinach Pears Chocolate Pudding Dinner Roll</p>	<p>22 Chef Salad Minestrone Soup Applesauce Wheat Bread</p>	<p>23 Walking Taco Lettuce & Cheese Tortilla Chips & Salsa Spanish Rice Refried Beans Mandarin Oranges</p>	<p>24 Chef Salad Stuffed Roast Pepper Soup Pears Wheat Bread</p>	<p>25 Turkey Burgers Roasted Potato Blend Broccoli Pears Hamburger Bun</p>
<p>28 Spanish Chicken Winter Blend Green Beans Vanila Pudding Wheat Bread</p>	<p>29 Chef Salad Beef Vegetable Soup Peaches Grape Juice Wheat Bread</p>	<p>30 Chili Corn Bread Normandy Vegetable Blend Green Beans Apple Crisp</p>	<p>31 Chef Salad Stuffed Roast Pepper Soup Mixed Fruit Apple Crisp Wheat 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

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