

December

The Senior Gratiot Inc. Board would like to thank you for subscribing to the Senior Gratiot newspaper. We hope you enjoy the information provided on a monthly basis and benefit from the many programs and articles being offered.

Many years have passed since we formally asked for subscription donations, but the time has come for us to make the request. Due to constantly increasing printing and mailing costs, our Senior Gratiot funds have decreased tremendously. If you have donated to the Senior Gratiot Inc. recently, we thank you. If you have considered donating but haven't done so, now would be a wonderful time. Donations of any amount would be greatly appreciated. The subscription form is on page 2.

Thank you again for subscribing to the Senior Gratiot and we look forward to providing information and opportunities to all of you in the upcoming months.



Snow Removal Service

Winter has arrived and snow is falling. The Commission on Aging's Home Chore department is ready to assist the seniors of Gratiot County with shoveling the snow.

Dan and the crew use walk behind snow blowers and shovels to clean your sidewalks, driveways and porches. Unfortunately, they are not able to clean long driveways.

All you need to do to take advantage of this service is call the COA office, 989-875-5246, on the day you need the snow cleared. Your name will be added to the list for that day. You **must call each time** you need the snow removed as snowfall amounts can differ across the county. There is no charge for this service, however donations are accepted and will help cover the costs of the program to keep it running. Every effort is made to complete the requests daily so don't forget to call.



When: Wednesday, December 4
10:30 am - 2:00 pm

Where: Fulton Senior Center
3425 W Cleveland Rd.
Perrinton

Who: All Gratiot County Seniors

Call 989.875.5332 to make your lunch reservation. For more information, please see page 9.



Commission on Aging will be closed on the following dates for the holiday season.

December 24th & 25th

December 31st & January 1st

The office will reopen at 8:00 am on January 2nd.

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

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Medicare Premiums and Deductibles for 2025



Medicare premiums, deductibles and coinsurance amounts have been set by the Centers for Medicare and Medicaid for the 2025 calendar year.

The deductible for Medicare Part A, which pays for an inpatient hospital stay, a skilled nursing facility, and some home health care, will be \$1,676. The Part A deductible is for up to 60 days in a benefit period. There are additional charges that must be paid by the beneficiary for any days above 60.

Most Medicare beneficiaries do not pay a Part A premium. If you do not have 40 quarters of Medicare-covered employment, you may purchase Medicare Part A for a premium. The premium for 2025 is \$518 per month.

The skilled nursing coverage through Part A covers the first 20 days at 100%. For days 21 through 100, you will pay up to \$209.50 per day. Skilled nursing facility care is *only* covered after a 3 day hospital inpatient stay.

Medicare Part B covers a portion of the cost of physicians' services, outpatient hospital services, some home health care, durable medical equipment and other items. There is a standard premium of \$185 for this coverage for 2025. There are situations, based upon income, in which you may pay a higher premium. There is also a deductible that must be met under Part B coverage and the 2025 deductible is \$257.

You must also purchase prescription drug coverage, known as Part D. This plan and its cost is determined at the time of enrollment and based upon your income as well as your medications.

If you have any questions or need to discuss your situation, please don't hesitate to contact Sarah McClung, Gratiot County's MMAP Coordinator, at 989-875-5246.

MMAP

MICHIGAN MEDICARE/MEDICAID ASSISTANCE PROGRAM



Navigating Medicare

This information is from: www.cms.gov

Gratiot Community Personal Needs Pantry

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

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

**Location: St. Louis 1st United Methodist Church
116 S. Franklin St., St. Louis**

**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.



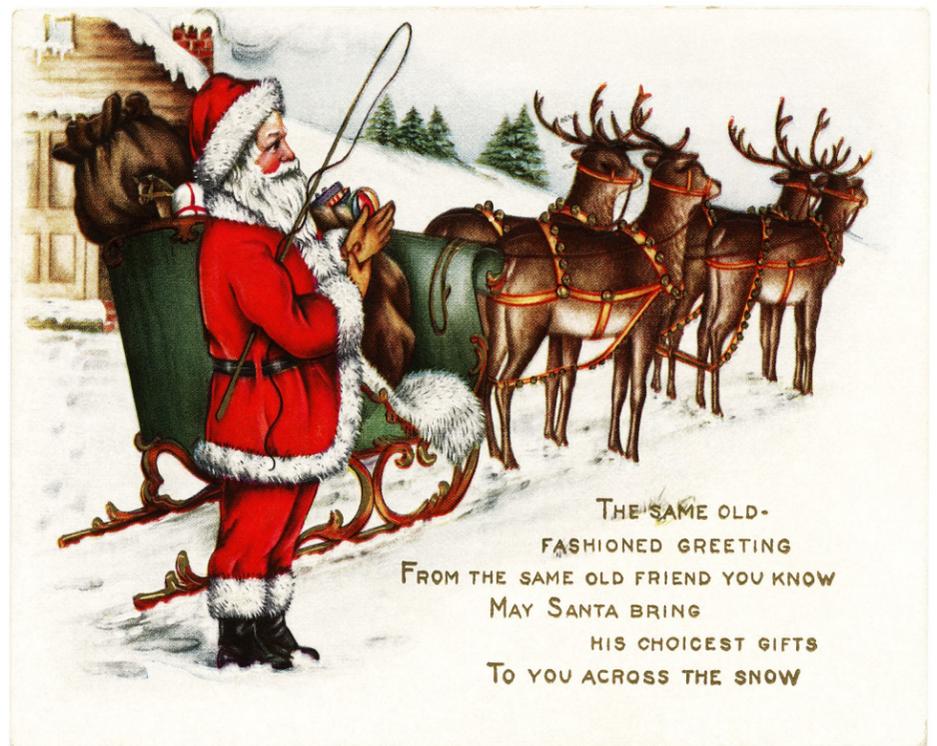
Sharps Disposal Program

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 989-875-3681.



Medicare Advantage Open Enrollment Period

There is a separate open enrollment period for Medicare Advantage plans that runs from January 1st through March 31st. During this time you can:

- ⇒ Switch to another Medicare Advantage Plan
- ⇒ Drop your Medicare Advantage plan and return to Original Medicare as well as joining a Medicare drug plan

The new enrollment will take effect the first of the month after the plan gets your request.

If you have any questions, please contact Sarah McClung, Gratiot County MMAP Coordinator at 989-875-5246. You can also visit Medicare.gov or call Medicare directly for information.

Information taken from Medicare.gov

Senior Activity Building December 2024 Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8-10 SAB Coffee 10:00 Trim the Tree 12:00 Food with Friends Meal 12:45 Sing-a-long with Renee Hahn	3 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal Celebrate 31 years at SAB	4 8-10 SAB Coffee Holiday Luncheon at Fulton Senior Center	5 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	6 8-10 SAB Coffee 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 Music	10 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Patti's Class 7:00 VFW Post #7805	11 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal Holiday Dinner 1:00 Cornhole	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 11:50 Nutrition Lesson, "Healthy Eating" 12:00 Food with Friends Meal	14 SAB Rental
16 8-10 SAB Coffee 11:00 Two Outlaws & a Good Guy Music 12:00 Food with Friends Meal	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 11:45 Abi Whitford's Holiday Serenade 12:00 Food with Friends Meal December Birthdays 1:00 Cornhole 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	20 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Movie	21
23 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo	24 CLOSED 	25 CLOSED	26 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	27 8-10 SAB Coffee 12:00 Food with Friends Meal	28
30 8-10 SAB Coffee 12:00 Food with Friends Meal Raising Cane to Welcome 2025!	31 CLOSED 			8-10 EVERYDAY SAB Coffee & Conversation 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.)	

Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager 989.875.2135



December will be a music filled month, bring joy to the Senior Activity Building (SAB). We will welcome Renee Hahn on Dec. 2nd, Two Outlaws and a Good Guy on Dec. 16th, and Abi Whitford on Dec. 18th. Be sure to call in you reservation for a meal.

Be sure to join us at the Fulton Senior Center on Dec. 4th for the annual Holiday Luncheon and party. There will be entertainment and a great lunch prepared for you by the COA kitchen staff. Please call 989.875.5332 to make your lunch reservation.

Patti Macha will be at the SAB to lead a "Winter Arrangement" class on Tuesday, Dec 10th at 1:00 pm. The fee for this class is \$30.00, payable to Patti Macha and can be given to her on class day. Call 989.875.2135 to register for class as well as reserve your Soup and Salad lunch.

The kitchen staff will also prepare a special holiday lunch that will be served on Dec. 11th at all the food sites. So far, Santa is not sure if he can be with us as it is a busy time at the North Pole!

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 for the entire two hours.

Senior Friends potluck is on Dec. 7th. If you would like to bring a friend or a family member, feel free to do that. Do remember it is a Potluck! We have a wide variety of hot dishes, salads, and desserts most months. If you are not a cook, a donation of cash may be made to the SAB for providing the use of the SAB.

The Gratiot VFW Post #7805 will meet on Dec. 10th at 7:00 pm. The A-Tractive Tractor Club meets on Dec. 18th at 7:00 pm.

Food with Friends meals are available Monday through Friday with hot meals on Monday, Wednesday and Friday and soup and salad meals available on Tuesday and Thursday. Meals are served at noon. Your reservation is needed at least one day ahead for the meals. Please take a peek at the menu and then call in your reservation for the days you will be joining us around the table. The suggested donation remains at \$2.50. Please note that there will not be soup or salad available on Thursday, Dec. 26th due to the holidays.

Come to help decorate the Christmas tree on Dec 2nd at 10:00 am. We will then welcome back Renee Hahn at 12:45

pm when she will lead our Christmas Carol sing-a-long. Bingo will be on Dec 9th and Dec 23rd. The Just for Fun Dulcimer Club will add their sound of music on Dec 9th at 2:00 pm. On Dec 30th, we will have an early welcome to the New Year. Bring your cane to raise while we enjoy some snacks.

Tuesday, Dec. 3rd is the 31st anniversary of the opening of the SAB. Please stop by to celebrate with us! EZ Motion exercise class starts at 10:00 am on Tuesdays and Thursdays. 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. Don't forget the Winter Arrangement class on Dec. 10th at 1:00 pm. The SAB Board will meet on Dec. 17th at 1:15 pm. You are always welcome to attend.

The knitting group gathers at 10:00 am each Wednesday. Cornhole is scheduled at 1:00 pm every Wednesday. The exception is Dec. 4th when we will be at the Fulton Senior Center for the Holiday Luncheon and party.

The Thursday schedule is similar to Tuesdays, with a movie and popcorn on Dec. 10th.

There will only be one Otago balance class during the month of Dec and that will be on Friday, Dec 6th. This is due to the CMU schedule. There is no fee for these classes and

they will resume on Friday, Jan. 17, 2025. A Christmas movie and popcorn will be available on Friday, Dec. 20th.

Be sure to check the calendar at the SAB since there may be changes and additions to this schedule. Suggestions for activities are always welcome.

The Food with Friends and the SAB phone number is 989.875.2135. Feel free to call to check on updates about a schedule 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.

May you enjoy this busy Holiday season!



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from October 16 through November 8, 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
- Greg Brown
- Jo Jones

Pickleball Court

William & Laura Compton

In Memory

Dr. Rex & Doff Rimmel

Dan & Nancy O'Boyle

Janet White

Ellen Martin

Bill Bowen

- Jim & Bonnie Ludwick
- Bernard & Linda DeVuyst
- Bill & Linda DeVuyst
- Ellen Martin

Marvin Cumberworth

Bill & Linda DeVuyst

Jack Ginther

- Mike & Marci Browne
- Beverly Bryant
- Joan & Stan Oserowsky
- Jim & Cecille Bowen
- Jean Bare
- Dan & Nancy O'Boyle
- Steve & Bonnie Wolfgang
- Marci Browne, America's Choice Realty
- Bernard & Linda DeVuyst
- Larry & Sue Ginther
- Bill & Linda DeVuyst
- Ellen Martin
- Sally Martin
- Amy & Eli Alexander

Honorarium

Avis Ginther

Marci Browne, America's Choice Realty

Linda St. Charles

Trick or Treat Pancake Breakfast Group

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

Mary Humm



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

Sue Waber, Site Manager 989.875.9118



Happy December to All! We had a fun filled November here at the Filling Station with quite a bit of crafting for the upcoming holidays. We painted a scarecrow pin, a turkey and a snowman. We would love to welcome more friends to join us for lunch, games, crafting, card playing or just to sit and talk. As December rolls in and life gets a bit crazy, don't forget to take a little me time. Make a reservation, come on in and for a suggested \$2.50 donation, we will serve you lunch.

On Wednesday, December 4th, from 10:30 am-2:00 pm, we are having the annual Holiday Party at the Fulton Senior Center in the Fulton Township Hall. Be sure you get your reservation in by calling 989.875.5332. It's sure to be a good time!

Mondays, 10:00 am-12:00 pm: Sit and Stitch! Crochet, knit, sew, needle point, cross stitch, etc. Bring in your current project and show us what you are working on or teach us.

Mondays, 12:30-1:30 pm: Bingo. On the 18th, Schnep's will be calling the game.

Fridays, 10:15 am: Line Dancing. Put on your dancing boots and come on in and join us as Betty teaches us some moves.

There is a lot planned for the site this month. Listed below are some highlights:

- * **Monday, Dec. 2:** Painting craft
- * **Friday, Dec. 6:** Painting a wood gingerbread man
- * **Wednesday, Dec. 11:** 10:00 am, Nutrition talk to be followed by a presentation by the Alzheimer's Association regarding Empowering the Caregiver at 10:30 am. After lunch, we will be painting mittens.
- * **Wednesday, Dec. 18:** 10:30 am, Empower Caregivers, Part 2
- * **Friday, Dec. 20:** The Filling Station Christmas party.

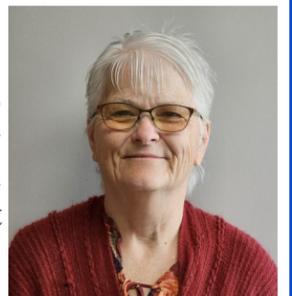
During our down time, we will be filling in with cards and games. I want to thank everyone for making me feel so welcome. May everyone have the happiest of Holidays!

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



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

Lori Chvojka, Site Manager 989.330.7508



It's beginning to look a lot like Christmas. Well, no snow yet, but I am sure it's coming. With that, I want to tell everyone to get prepared for foul weather. Put fresh batteries in your flashlight in your car. Add a blanket or two to the backseat, so you don't have to get out of your car if you happen to get stranded. Always keep a charger for your phone in your car so you can get ahold of someone if you need to. Please stay safe. If you don't have to go out in bad weather, don't. Let's all have a safe winter.

We are heading to Fulton on December 4th for our annual Holiday Luncheon put on by Irene and her seniors. They have never failed to show us all a great time. If you would like to attend, please call 989-875-5332 to make your reservation. Come and enjoy a great meal and the company of some wonderful people and enjoy the entertainment.

Here at the Breckenridge/Wheeler site, we are planning to make a cute Christmas Lantern that we did not get to in November. This is scheduled for Monday, Dec. 16th at 10:00 am. We will be having a Christmas Bingo on the 18th with some special prizes. Bingo will start at 12:30 pm. Join us for lunch beforehand.

We will be closed for the holidays on December 25th and January 1st. Wow, where has 2024 gone? They say time flies when you are having fun, so we must really be having fun because this last year has flown by.

Mondays are Euchre days and we always have an exciting game or two. Wednesdays are Bingo days, with Yvonne from Schnep'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. We play Dirty Marbles every morning and Mexican Train Dominoes on Fridays.

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

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

We want to wish everyone a joyous and healthy holiday season and hope you take the time out to come and visit and maybe become a regular at the Breckenridge/Wheeler site.

Some crazy December days:

- Dec 4: Santa's List Day
- Dec. 7: Pearl Harbor Day
- Dec. 13: National Hot Cocoa Day

Fulton Senior Center

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



Holiday Party, Wednesday, December 4th. Don't forget our county wide Holiday Party beginning at 10:30 am on the 4th. There will be activities, entertainment, lunch and social time for everyone to enjoy.

Join us December 9th as Kim has offered to share her crafting ideas with us. We will be making a beautiful gnome centerpiece for this class. There will be a \$10.00 fee for this class to cover the cost of supplies. Please call or sign up when you are at the Senior Center so Kim can make sure she has enough supplies.

We will be having 2 presentations by the Alzheimer's Association discussing how Alzheimer's effects the caregiver/care partner. They will share practical answers to the questions that arise in the early stages of Alzheimer's. Learn what you can do to cope with changes that come as you hear from those directly affected. This is a three part series. Join us on December 11th and 18th.

Bottle caps can be dropped off at Fulton Food with Friends on Monday, Wednesday or Friday between 10:00 am and 2:00 pm. We are receiving bags of bottle caps from the community and much appreciate your donations. As this is an ongoing project, we hope to see continued donations and will continue to collect bottle tops until we are told there is no longer a need for them.

Thank you for the donations we received during October. 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.



Dec. 2	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Dec. 4	HOLIDAY PARTY	Dec. 6	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Dec. 9	10:30: Gnome Craft 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Dec. 11	12:00 Lunch 12:30 Alzheimer's Presentation	Dec. 13	Fulton Seniors Party 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Dec. 16	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Dec. 18	10:30 Cards 12:00 Lunch 12:30 Alzheimer's Presentation	Dec. 20	10:30 Cards 12:00 Lunch 12:30 Bingo
Dec. 23	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Dec. 25	CLOSED	Dec. 27	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Dec. 30	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo				

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!



Top Left: Trick or Treat Breakfast
Above: Pie providers for Thanksgiving meal
Far Left: Last call for more pie!
Left: Tamey Casey shares November birthday cake
Right: Morning coffee on Halloween with Linda, Jo & Mary



Left: Renee Hahn's Campfire Sing-a-long
Right: Linda St. Charles' craft class



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. This trip is currently full, however, don't hesitate to call and place your name on the waiting list in case there are cancellations.

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



End the Year on a Positive Note

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

- Abundance
- Bliss
- Bright
- Brilliance
- Cheer
- Compassion
- Courage
- Flourish
- Glory
- Grace
- Gratitude
- Harmony
- Hope
- Inspiration
- Joy
- Kindness
- Optimism
- Peace
- Radiance
- Serenity
- Triumph
- Uplift
- Victory
- Wonder

ALZHEIMER'S ASSOCIATION®

The Empowered Caregiver Education Series



Location:

Alma/St. Louis Senior Center
The Filling Station
415 Park Ave.
Alma, MI 48801

Fulton Senior Center - Fulton Twp. Hall
3425 W Cleveland Rd. (M57)
Perrinton, MI 48871

Learn how to approach behavior changes with caregiver tips for the holidays and how to prepare for future changes and care decisions.



RSVP to the Gratiot County Commission on Aging at 989.875.5246 by Friday, Dec 6. Please indicate if you would like to order lunch and if you are aged 60+ (suggested \$2.50 lunch donation) or aged 59 and under (\$5 fee for lunch).

Responding to Dementia-Related Behaviors (60 min + Q&A)

Wednesday, Dec. 11

10:30 a.m. 12:30 p.m.
in Alma in Perrinton

Exploring Care and Support Services (60 min + Q&A)

Wednesday, Dec. 18

10:30 a.m. 12:30 p.m.
in Alma in Perrinton

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

24/7 Helpline: 800.272.3900 | helplinegmc@alz.org | alz.org/gmc

Dial 988 for Suicide Prevention and Mental Health Crisis

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

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

Information provided by 988lifeline.org



Holiday Luncheon

Wednesday, December 4, 2024

10:30 am - 2:00pm

Fulton Food with Friends Fulton Twp Hall
3425 W Cleveland Rd (M57), Perrinton

MENU

- * Sloppy Joes
- * Potato Rounds
- * Green Beans
- * Peaches
- * Vanilla Ice Cream
- * Fudge Brownie

Suggested donation 60 and over \$2.50 Fee for 59 and under \$5.00

Wear your favorite Holiday Sweater!



Entertainment

Music from a broad range of genres just for you.
12:30 pm

Make your reservation today!

All other FWF Sites will be closed December 4, as we all gather together at the Fulton Site for a little Holiday Cheer!

Call Irene @ 989-236-5019 to RSVP

Deadline to RSVP is November 29, 2024

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



Christmas Day Dinner Hosted by Alma Elks

610 W. Warwick Dr., Alma
989-463-1400

A Christmas Day Dinner will be served through the generosity of the Alma Elks Lodge #1400 on Christmas Day from noon until 3:00 p.m.

This ham dinner is open to anyone in the community who would like a hot meal, has no place to go on Christmas day, or who wants to share this day with others. We welcome everyone!

The meal is free of charge, however donations will be accepted. The menu will be ham, mashed potatoes and gravy, vegetable, roll and dessert.

It is necessary to call in advance to make your reservation. Please call the Elks Lodge at 989.463.1400 by December 20th.

It is not necessary to come right at noon, as dinner will be served until 3:00 p.m. Delivery is available for homebound people. Please give your address when you call in your reservation.

Thank you, Alma Elks members, for providing this wonderful community dinner!





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

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

Many topics are discussed, including the following:

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

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

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



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

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

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

Group topics that will be discussed include:

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

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

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

MAKE A FRESH
EVERGREEN

**WINTER
ARRANGEMENT
WITH
PATTY MACHA**

DECEMBER 10 AT 1.00 PM	COST: \$30.00 RSVP BY DEC 6
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**Ithaca Senior Activity Building
989-875-2135**

Be Aware of Utility Imposters

Attorney General Dana Nessel is reminding consumers that there are utility imposter scams going around. These schemes typically involve scammers posing as utility company employees trying to get money and personal or financial information from consumers. "Scammers often bully utility consumers, threatening to shut off their gas or electricity to coerce them into handing over personal or financial information," Nessel said.

Utility companies provide several ways to pay bills, including online, by phone, automatic bank draft, mail, or in person. They will never:

- Demand payment immediately or in an unusual form
- Solicit personal information under the guise of signing you up for a government program that claims to reduce energy bills.
- Make an unannounced visit to collect a bill or threaten shutoff.
- Show up at your home to inspect or repair equipment, investigate a leak, or do a free audit for energy efficiency.
- Request personal or financial information.
- Claim consumers are entitled to a refund or rebate and ask for bank account or credit card information to make the refund.
- Use aggressive tactics to get into a home.

If consumers suspect they have been contacted by a utility imposter, they can report it online to the Michigan Public Service Commission or call 800-292-9555. If a consumer mistakenly provided bank account or credit card information to an individual they suspect might have been an imposter, call your bank or credit card company immediately.

To report a scam, file a complaint, or get additional information, contact the Michigan Department of Attorney General.

Food with Friends Eat Smart Menu

Lunch 12:00-12:30

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 American Goulash Kyoto Vegetable Peas Tropical Fruit Wheat Bread	3 Chef Salad Chicken Vegetable Soup Cinnamon Applesauce Wheat Bread	4 Sloppy Joe w/Bun Potato Rounds Green Beans Peaches	5 Chef Salad Stuffed Roasted Red Pepper Soup Fresh Orange Wheat Bread	6 Chili Baked Potato Tossed Salad Pineapple Corn Bread
9 Walking Taco Lettuce & Cheese Refried Beans Cilantro Lime Rice Cinnamon Applesauce Tortilla Chips	10 Chef Salad Minestrone Soup Pears Wheat Bread	11 CHRISTMAS DINNER Baked Ham Whipped Sweet Potatoes Green Bean Casserole Jello Cake Dinner Roll	12 Chef Salad Beef Vegetable Soup Mandarin Oranges Apple Juice Wheat Bread	13 BBQ Chicken Whipped Potatoes Carrots Tropical Fruit Dinner Roll
16 Autum Chicken Squash Nantucket Blend Vege- tables Mandarin Oranges Wheat Bread	17 Chef Salad Chicken Vegetable Soup Peaches Grape Juice Wheat Bread	18 Salisbury Steak Whipped Potatoes Corn Mixed Fruit Cup Wheat Bread	19 Chef Salad Stuffed Roasted Red Pepper Soup Pineapple Grape Juice Wheat Bread	20 Baked Ziti Casserole Carrots Spinach Tropical Fruit Wheat Bread
23 Chicken Parmesan Kyoto Vegetable Blend Broccoli Pears Dinner Roll Oatmeal Raisin Cookie	24 Closed		26 No Salad served to- day	27 Chicken A La King Mixed Vegetables Winter Blend Pears Biscuit
30 Spaghetti Carrots Brussel Sprouts Peaches Wheat Bread	31 Closed			



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 **Wednesday, December 11, 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 **10:00 a.m. to 12:00 p.m.** or at Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 2:30 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: Sue Waber

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