

February

Homestead Property Tax & Home Heating Credit Information

The Commission on Aging staff and volunteers will provide assistance with the preparation of Homestead Property Tax and Home Heating Credits for *residents of Gratiot County*. Listed below are the qualifications for either credit as well as the documentation required to prepare the forms. This documentation **must** be brought with you to your appointment. (The Commission on Aging **does not** complete federal or state *income tax* returns, only Homestead Property Tax and Home Heating Credits.) Please read through the information, review the schedule, and then contact the Commission on Aging at 989.875.5246 to schedule an appointment at any one of the sites listed. **APPOINTMENTS ARE REQUIRED, see appointment dates below.** We look forward to assisting you with this process.

Homestead Property Credit Qualifications:

- Homeowner's property taxes must be higher than 3.2% of the homeowner's income
- Renters, usually 20% of your rent is considered your share of property tax

Home Heating Credit Qualifications:

- A person who owns a home or is a renter and has an income that is less than the income guidelines

Bring these verifications to your SCHEDULED Tax Credit Appointment - if all the documents are not provided at the appointment, the appointment will need to be rescheduled.

Continued Below

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

February 2025
Volume L
Number 2

NON-PROFIT ORGANIZATION
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SENIOR GRATIOT

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

TAX CREDITS

- All income for 2024: Social Security, pensions, interest, farm income, etc.
- Property Tax Statements (both Summer and Winter of 2024): Homeowners only
- Proof of heating cost for 2024: Consumers Energy customers bring December 2024 bill. Fuel/Propane customers bring heat expenses dating between 11/01/2023 through 10/31/2024
- Medical Supplemental Health Insurance Premiums paid in 2024
- Automobile Insurance: Only the Personal Injury Protection amount is a deduction. May need to contact your insurance agent for this amount.
- Rent Payments for 2024: Rent paid to a landlord, or lot rent paid to a mobile home park. Rent verification is not needed if you live in a subsidized housing complex

The appointment dates and locations are listed to the right. Please call 989.875.5246 to schedule your appointment.

Tax Appointments

Commission on Aging
515 S Pine River St, Ithaca
Thursday, March 6th
9:00 am - 3:00 pm

Alma Public Library
500 E Superior St, Alma
Wednesday, March 12th
10:00 am - 3:00 pm

Commission on Aging
515 S Pine River St, Ithaca
Tuesday, March 18th
9:00 am - 3:00 pm

Commission on Aging
515 S Pine River St, Ithaca
Wednesday, March 26th
9:00 am - 3:00 pm

Alma Public Library
500 E Superior St, Alma
Thursday, April 3rd
10:00 am - 3:00 pm



The Commission on Aging office will be closed on Monday, Feb. 17th for the President's Day holiday. The office will reopen on Tuesday, Feb. 18th at 8:00 am. All senior centers will also be closed and will reopen on Wednesday, Feb. 19th. If you have any questions, please contact the office at 989.875.5246.

Senior Gratiot Subscription/Donation

Please check: New Subscription _____ Renewal _____ Change of Address _____

Temporarily Away _____ Stop Date: _____ Restart Date: _____

Name: _____

Address: _____

City: _____ Zip: _____

Phone Number: _____ DOB: _____

Temporarily Away Address (use only if wish to receive the paper while away)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation: \$25.00 _____ \$35.00 _____ \$50.00 _____ Other _____

In Memory of _____

In Honor of: _____

Please make checks payable to *Senior Gratiot Newspaper* and submit to:

Senior Gratiot Newspaper
515 S. Pine River St.
Ithaca, MI 48847



The **Senior Gratiot, Inc.** organization is operated exclusively for charitable purposes, within the meaning of Section 501 (c)(3) of the Internal Revenue Code to encourage and assist with the provision of programs and services for older adults in Gratiot County operated in cooperation with the Gratiot County Commission on Aging.

Suggested contribution to Senior Gratiot: **\$25.00 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.

SENIOR GRATIOT, INC.

**JEN RONDY, EDITOR
MARITA HARKNESS
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.



Board of Directors

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Legal Services of Eastern Michigan (LSEM)

There is a new legal service that is available for Gratiot County residents. The LSEM can assist clients who are low income, and those who are facing foreclosure, discriminated against in housing or seniors (persons 60 years of age and older) regardless of income. If you are in need of legal assistance, you will need to call the Counsel and Advocacy Law Line at 888-783-8190 where you will be asked about your issue. Hours of operation are:

- Monday-Tuesday, 9:00 am-5:00 pm
- Wednesday, 9:00am-6:00 pm
- Thursday, 9:00-5:00 pm
- Friday, 9:00 am-1:00 pm



National Heart Month

Heart disease is the leading cause of death in the United States. However, it can often be prevented. By adopting a heart-healthy lifestyle, you can help to reduce the risk of heart disease and its risk factors. Here are a few tips:

- * Get enough quality sleep 7-9 hours a night
- * Eat better
- * Maintain a healthy weight
- * Be more active, spend about 2.5 hours a week doing physical activity
- * Stop smoking
- * Control cholesterol
- * Manage stress by using relaxation techniques including breathing techniques
- * Manage blood sugar
- * Control blood pressure
- * Practice self-care & find social support by doing at least one positive action for your heart each day

By making a few changes in your lifestyle, you can help to reduce your risk of heart disease.

January 2024 Prep Team Volunteer Thank You!

Thank you to these 14 COA volunteers and 4 Ithaca HS National Honor Society students who devoted 30 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Ruth Malek, Lisa Skaryd, Helen Hoard, Betty Reeves, Tricia Smith, Nancy Crispin, Nora Kowitz, Sherry Hurt, Carole Moore, Linda Cox, Jim Peck, Irene Oliver Peck, Janine Snyder, Gail Paradise, Jacob, Tanner, Emma and Izabelle.

VOLUNTEER ACTIVITY February 2025

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-Feb. 19, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - Feb. 20, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team
Commission on Aging in Ithaca
Feb. 27, 9:00 - 11:00 am

Medication Disposal

Proper disposal of both prescription medication and over the counter items is important to help prevent accidental poisonings, contamination of the water we drink, or drug abuse. Listed below is information for where and when you can dispose of unwanted medications.

Gratiot County Sherriff's Department 226 E Center Street, Ithaca

The Gratiot County Sherriff's Department will accept pills. They will not accept liquids, needles/syringes, or inhalers. There is a drop box in the lobby of the Sherriff's office. The lobby is open 24 hours a day. Place the medication in a Ziploc bag and dispose of it in the drop box. If you have any questions, you may call 989-875-5214 for more information.

Alma Police Department 525 E Superior Street, Alma Located in Alma City Hall

The Alma Police Department will accept pills and liquids. Liquids need to be in the bottle and the bottle needs to be inside a baggy. Pills also need to be placed in a baggy. They do not accept inhalers or needles of any kind. They are open from 8:00 a.m. to 5:00 p.m. Monday through Friday (closed from 11:30-12:30 for lunch). If you have any questions, please call 989-463-8317 for more information.

St. Louis Police Department 300 N Mill Street Located in the City Hall Building

The St. Louis Police Department will accept any type of pills and there is a drop box for them. They will also take liquids, creams and powders, but those need to be turned in at the desk. They do not take needles. The office is open from 8:00 a.m. to 4:00 p.m. Monday through Friday. For more information, please call 989-681-4620.

Meijer Pharmacy 2508 W Cheesman Rd, Alma

There is a drop box in the corner of the Meijer Pharmacy area. They will accept unused or expired prescription medication, including Schedule II-V controlled substances, unused or expired over-the-counter medications and pet medication. They are not able to accept Schedule I controlled substances, thermometers, inhalers, needles, hydrogen peroxide, lotions, or aerosol cans. Hours are 6:00 am to midnight.



Volunteers Needed

Seeking volunteers who are interested in delivering meals to home bound Gratiot County senior citizens. Choose your route and how often you would like to drive. Delivery days are Mondays, Wednesdays and Fridays. Mileage reimbursement is available. To sign up, contact Sue Koch, Volunteer Coordinator, at 989.875.5246.

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.



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



Senior Activity Building February 2025 Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.)</p>					<p>1 11:45 Building Open 12:15 Senior Friends Potluck</p>
<p>3 8-10 SAB Coffee 11:00 Nutrition Info 12:00 Food with Friends Meal 12:45 5 Crown Card Game</p>	<p>4 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 Dominoes</p>	<p>5 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole</p>	<p>6 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal Celebrate February Birthdays</p>	<p>7 8-10 SAB Coffee 11:30 Blood Pressure Checks 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>8</p>
<p>10 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 2:00 Just for Fun Dulcimer Music</p>	<p>11 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 7:00 VFW Post #7805</p>	<p>12 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole</p>	<p>13 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 Movie</p>	<p>14 8-10 SAB Coffee 11:00 Hawaiian Hula Show 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	
<p>17 CLOSED</p> 	<p>18 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 1:15 SAB Board Meeting</p>	<p>19 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole 7:00 A-Tractive Tractor Club</p>	<p>20 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal</p>	<p>21 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>22</p>
<p>24 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo</p>	<p>25 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal</p>	<p>26 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal</p>	<p>27 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 Doll Display</p>	<p>28 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	

Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager 989.875.2135



Aloha! That is the Hawaiian greeting you will hear on Valentine's Day at Ithaca Food with Friends. We will welcome Sue Courtington and her senior friends who will bring "Hawaiian Aloha" to us at 11:00 am. Enjoy their music and Hula dances before our Valentine's Day Food with Friends dinner at noon. Wear some red or other bright Hawaiian colors.

Every morning from 8:00-10:00 am, our Senior Activity Building (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 February 1st. 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 allowing the use of the SAB.

The Gratiot VFW Post #7805 will meet at the SAB on February 11th at 7:00 pm. The A-Tractive Tractor Club meets on February 19th at 7:00 pm, also at the SAB.

Food with Friends meals are available Monday through Friday with hot meals served every day at noon. There will not be Soup and Salad meals available until further notice. Your reservation is needed at least one day ahead for the meals.

Please take a peek at the menu on the back page and then call in your reservation for the days you will be joining us around the table. The suggested donation remains at \$2.50.

Monday, February 3rd, the nutrition lesson will give you some ideas about planning for your meals at home. Then at 12:45 pm we will play the card game 5 Crowns.

Bingo will be on Mondays, February 10th and 24th. The Just for Fun Dulcimer Club will add their sound of music on the 10th at 2:00 pm.

EZ Motion exercise class stars 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. Give both activities a try on Tuesday or Thursday. No reservation needed.

The SAB Board meets at 1:15 pm on February 18th. You are always welcome to attend these monthly meetings.

The knitting group gathers at 10:00 am each Wednesday. Cornhole is scheduled at 1:00 pm after our meal. Stop by to join these seniors any Wednesday. No experience is needed to compete or to cheer for those tossing the bean bags.

The Thursday schedule is similar to Tuesdays with the monthly birthday and anniversary celebration scheduled for February 6th. The movie and popcorn date is February 13th at 12:45 pm.

On the last Thursday, you are invited and encouraged to bring your dolls to display at 12:45 pm. Share your doll or dolls' story. Feel free to bring vintage or brand new models.

Joyce Raycraft will be happy to check your blood pressure on Friday, February 7th, or at another time if needed. The Otago balance class starts at 1:00 pm each Friday. The students look forward to welcoming you each week. There is no fee for these Central Michigan University balance classes.

You will find several card games and Dominoes on the schedule. We do welcome all seniors to come join us. No reservation is needed for most activities.

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

Food with Friends and the SAB's phone number is 989.875.2135. Feel free to call to check on updates about a scheduled event or to make your reservation for your meals. We look forward to your call and to welcoming you!

May you enjoy a most Happy Valentines Day!



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from December 11, 2024 through January 14, 2025.

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

Gifts In Gratitude to SAB

- Jo Jones
- Bill & Linda DeVuyst
- Cheryl Girvan
- Nan Freed
- Sue Moomey
- John & Agnes Clark

In Memory

Bob Crist
Sale of Bob Crist's CD's

Emma Troub
Bob & Gail Paradise

Dorothy Wiser
Sally Martin

Ida Bakker
Diane Yonker
Steve Bakker

Marilyn Green
Linda St. Charles

Joe Wing
Ithaca Food with Friends
Linda St. Charles

Larry Barnes
Kathy Barnes

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

Mary Humm

Honorarium

Jo Jones
Cynthia Jones & Steve Gutterman



Seniors enjoyed Kay Piersell's candy wreath



Abi Whitford's music brings joy to the Ithaca seniors



Above: Raising Cane to bring in the new year

Left: 2 Outlaws and a Good Guy

Below: Senior Activity Building Board meets



January birthdays celebrated by Jim Freestone, Helen Soderberg, Neal Raymond and Kathy Luke



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

Sue Waber, Site Manager 989.875.9118



Happy 2025 to anyone reading this! Hope your new year thus far has been a great one. We are keeping busy at the Filling Station in Alma with some new games. We are also trying to come up with a way to incorporate a low impact exercise of some kind into our day. If anyone can help or knows of anyone that might be willing to help with this, please contact me at 989.875.9118. Thank you.

We have line dancing on Friday mornings from 10:15 to 11:15 am with Betty Apple and she plays some great music. Come on in and just listen if you don't want to dance.

On a different note, where in the heck is the time going?! We are in the beginning stages of planning the spring event at His Place for 2025. It will be in early May, so hope to see you there. We are planning some great entertainment, so fun should be had by all.

There are a couple of crafts in store for you during February. You will be able to either paint or decoupage a wooden egg and the other will be decorating a wooden sheep. It's so darn cute! We will celebrate February birthdays on Wednesday, the 5th and have our nutrition talk on Friday, February 14th. Please come join us. I know it's not easy making a change or coming by yourself if you are alone, but I promise you we will make you feel welcome.

Once again, I want to remind you we would love for you to come and join us on Monday, Wednesday and Friday between 10:00 am and 2:00 pm for some socializing, games, and of course lunch!

Mondays, 10:00 am-12:00 pm: Sit and Stitch! Bring in your project and supplies, and sit with us and chat it up!

Mondays, 12:30-1:30 pm: Bingo.

Wednesdays: Games and cards day

Fridays, 10:15 am: Line Dancing with Betty Apple.



Dates to remember:

- * **Friday, February 7:** Egg decorating
- * **Friday, February 14:** Happy Valentine's Day
- * **Monday, February 17:** Closed for President's Day
- * **Wednesday, February 19:** Wooden sheep craft

Please be sure to sign up for the crafts ahead of time so that I can have enough supplies.



Groundhog Day is a tradition observed in the United States on February 2nd every year. It comes from the Pennsylvania Dutch superstition that if a groundhog emerging from his burrow on this day sees it's shadow, there will be six more weeks of winter. If it does not see it's shadow, spring will arrive early. The largest Groundhog Day celebration occurs in Punxsutawney, Pennsylvania where large crowds gather to watch "Punxsutawney Phil" arrive and give his weather prediction. There have only been 20 years that an early spring was predicted in the 138 years of the event.

Punxsutawney Phil's prediction statistics are kept by the Pennsylvania's Groundhog Club was founded in 1899 and which cares for the animal. The groundhog was not named Phil until 1961, possibly as an indirect reference to Prince Philip, Duke of Edinburgh.

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

Lori Chvojka, Site Manager 989.330.7508



Happy Valentine's Day! We are all hoping everyone had a great January and that you were able to stay warm. We sure had some cold, cold days. The Wheeler Township Hall will be getting a face lift which may affect the ability of the senior center to be open. Please feel free to call me, 989.330.7508, or the COA at 989.875.5246 for any questions or updates. We are all looking forward to seeing what is in store for us.

We will be making some bird feeders February 12th after lunch. If you would like to join us, please give me a call. I also have a wall hanging craft, and an Easter Bonnet that we will be making. I am not sure exactly when those crafts will take place due to the remodeling. If you have any artificial flowers that you would like to donate for the bonnets, please let me know. I can pick them up or you can bring them to the center.

Stop by the Wheeler Township Hall on Monday, Wednesday or Friday between 10:00 am and 2:00 pm and check us out. Call 989.330.7508 with questions or to make reservations for lunch.

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. 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. Join us for lunch, served at 12:00 pm, on Monday, Wednesday and Friday. Looking forward to seeing some new faces and making new friends.

February comes from the Latin word "februs" meaning "to cleanse". The month was named after the Roman Festival, Februalia, a month-long festival of purification and atonement.

Feb. 2: Groundhog Day Feb. 4: Thank Your Mailman Day Jan. 5: Weatherman's Day Feb. 6: National Sweater Day

Fulton Senior Center

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



It always amazes me how fast time flies. Yes, it is February. The gateway to spring. I am ready. Please join us at 10:30 am on Wednesday, February 12th for some good old fashioned cookie decorating to celebrate Valentine's Day. Please call or sign up at the senior center by February 7th.

This month we will be making a Suncatcher on Monday, February 24th. We have high hopes that the sun will start to make an appearance more often to shine through our Suncatchers. Please call or sign up when you are at the senior center by February 21st to ensure that we have enough supplies for this craft. Bingo will follow lunch.



Bottle caps (plastic) can be dropped off at Fulton Food with Friends on Monday, Wednesday or Friday between 10:00 am and 2:00 pm. In the last two months we have collected 87 pounds of bottle caps. We are receiving bags of bottle caps from the community as well as other senior centers in the county 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. We are not collecting metal pull tabs at this time.

Thank you for the donations of books we received. 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!

*February sings a softer tune
A lullaby of late winter swoon.
The days grow longer, light returns,
In hearts, a warmth begins to burn.
~unknown*

Feb. 3	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Feb. 5	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Feb. 7	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Feb. 10	10:00 Cards 12:00 Lunch, Nutrition Talk 12:30 Euchre, Dice, Skip Bo	Feb. 12	10:30 Cookie Decorating 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Feb. 14	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Feb. 17	CLOSED PRESIDENT'S DAY	Feb. 19	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Feb. 21	10:00 Cards 12:00 Lunch 12:30 Bingo
Feb. 24	10:30 Suncatcher Craft 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Feb. 26	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Feb. 28	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo



Working on bird seed wreaths
at the Fulton Senior Center
Food with Friends





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. Remember, you will also have to get on and off a charter bus with steps.

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.

Broadway Presents *Pretty Woman: The Musical*

Sunday, May 4, 2025

\$189.00 (All Inclusive)

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

Pretty Woman: The Musical is based on one of Hollywood's most beloved romantic stories of all time. The powerhouse creative team of Jerry Mitchell, Bryan Adams and Jim Vallance, and a book by the movie's legendary director Garry Marshall and screenwriter J.F. Lawton bring the story to life. *Pretty Woman: The Musical* will lift your spirits and light up your heart.

We will be having lunch before the show at Anna's House. The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 9:00 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 Broadway tickets, lunch, transportation, and all tips and gratuities. Seating is limited for this show. To make your reservation, please call COA at 989.875.5246. **Payment is due by April 1, 2025.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.



Ned & Nancy See America,

A New Musical Comedy

Tuesday, June 3, 2025

\$139.00 (All Inclusive)

Bus Departs: 8:00 am

Bus Returns: 7:00 pm

The Blue Gate Theatre in Shipshewana, Indiana presents *Ned & Nancy See America!* To celebrate his retirement and 40th wedding anniversary, Ned Richards surprises his wife Nancy with a cross-country road trip in his shiny new RV! As good as his intentions are, this "vacation of a lifetime" quickly turns into one hilarious disaster after another. An encounter with a biker gang, a hot air balloon ride gone wrong, an Amish stowaway, a mugging in DC - and many other twists and turns down the road. Through it all new memories are made, old ones relived, and vacation frustrations melt away in the beauty that is America. This show will have the audience singing along, and laughing their bobby socks off!

Before the show, we will enjoy lunch at the Grand Blue Gate Restaurant Buffet, which will include all the homemade pies!

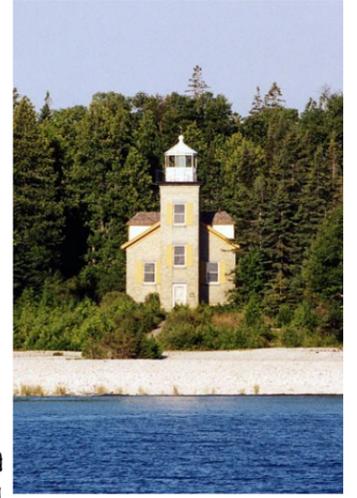
The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:00 am sharp and will return to COA around 7:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents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

The price includes transportation, theater tickets, buffet and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by May 1, 2025.**

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



Bus Trips Continued



Extended Eastbound Lighthouse Cruise Tuesday, July 22, 2025 \$189.00 (All Inclusive)

Bus Departs: 8:00 am

Bus Returns: 9:30 pm

Take a more in depth look at our eastern Lake Huron lights. Begin with a pass under the Mighty Mac, then sail across the Straits of Mackinac to view the following: Round Island Lighthouse, Round Island Passage Light, Bois Blanc Lighthouse, Spectacle Reef Light (can only be viewed up close from a boat), Poe Reef Light and Fourteen Foot Shoal Light. A quick trip up the Cheboygan River to view the Cheboygan Crib Light and Cheboygan Front Range Light will round out the trip. You will enjoy the clear blue waters of the Straits, and an up-close view of the Coast Guard cutter "Mackinaw". Maritime history will be shared by an expert from the Great Lakes Lighthouse Keepers Association.

Before the cruise, we will be stopping at Audie's Restaurant in Mackinaw City for their wonderful buffet.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:00 am sharp and will return to COA around 9:30 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 Lighthouse Cruise, lunch buffet, transportation, and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by July 1, 2025.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

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 - Friday, 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, 3:00 - 5:00 pm, 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, 9:00 am - 10:30 am, 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
3rd Thursday, 11:30 am-1:30 pm, Please phone ahead, use the back entrance

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



FREE Otago Exercise Program!

Where: Ithaca Senior Center at the Senior Activity Bldg.
1011 E. North St, Ithaca

When: Fridays at 1:00 pm

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

Free ankle weights and exercise manual included.



E-mail or call to sign-up or learn more!

FallPrevention@cmich.edu (989) 774-1350

med.cmich.edu/healthy-aging



College of
Medicine



Diabetes PATH A Self-Management Resource Center Program

DATES

Mar 6 to Apr 17, 2025

TIMES

10:00 AM - 12:30 PM ET

LOCATION:

219 N State, Alma MI
48801

COST: Free

This class is being sponsored
by the St. Louis Alma Lions
Club Michigan



Instructors:

Holly Tiret, tiret@msu.edu
Sheilah Hebert,
murphysh@msu.edu

The Diabetes PATH Program, a
Self-Management Resource Center
Program, has been identified by
the American Diabetes Association
for providing high-quality Diabetes
Support* programming.



*The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming.



WHO SHOULD ATTEND:

Adults of all ages may attend, including adults with prediabetes, type 1 or type 2 diabetes, and their family members/caregivers.

DESCRIPTION:

A six-week workshop where participants learn strategies to help:

- Deal with difficult emotions
- Develop a healthy eating and exercise plan
- Set goals
- Problem solve
- Learn a variety of other tools to manage diabetes

REGISTER ONLINE

<https://bit.ly/3BITa3N>

OR CONTACT:

Holly Tiret, tiret@msu.edu, 616-570-5818



MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations. Accommodations for persons with disabilities may be requested by contacting Holly Tiret, 616-570-5818 Feb 21, 2025 to make arrangements. Requests received after this date will be fulfilled when possible.

AG Nessel Provides Guidance on Filing a Consumer Complaint

Consumers can file a complaint with the Department of Attorney General online, by fax, or by mail. When the Department receives an online complaint, consumers will be taken to a confirmation screen with their assigned Attorney General file number. The Consumer Protection Team receives thousands of consumer complaints, so it may take a few weeks until a complaint is fully processed.

Before filing a complaint, consumers should keep the following in mind:

- Complaints and supporting materials become public records when they are submitted to the AG's office. This means that under the MI Freedom of Information Act, some of your materials may be disclosed to anyone who asks for them.
- Your complaint may be sent to the business you are complaining about, and it may be sent to other governmental agencies for their review.
- Some complaints may become the subject of civil or criminal cases and may be disclosed as part of a court proceeding.
- Any information that you give to us will not be sold, rented or leased.
- We do not return documents, so make copies of everything that you submit and do NOT submit any original document.
- Do not send sensitive personal information (social security number, bank account number) unless necessary for the investigation of your complaint.
- If you believe that you must submit sensitive personal information, then please send the complaint and any attachments by mail and include your name.
- Not all consumer complaints are handled by the Attorney General. By law, many other state and federal agencies assist consumers. Consult the Complaint Directory to find the agency or division that can best help you.

To file a complaint, contact:

Consumer Protection Team
PO Box 30213
Lansing, MI 48909
517-335-7599, Toll Free: 877-765-8388
Fax 517-241-3771

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 are **Tuesdays only** from 12:00 to 2:00 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 only. Hours are subject to change as we do not have paid employees, only volunteers. You can call 989-875-2286 to confirm hours. 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. 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.

- **Low Cost Cat Spay/Neuter Clinics** for owned and free roaming community cats are held from March through October. Owned cats are \$70 (spay/neuter only). Rabies, distemper & microchips are also available. Unowned free roaming cats are \$15 (mandatory ear tip & rabies vaccination included). Live traps are available for check out (\$20 deposit) for the purpose of spay/neuter. Go to gainmichigan.org (click on Spay & Neuter) to book an appointment or call the office for assistance at 989-875-2286.

- **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 fixed and vaccinated working cats, call the office.

Memorials

Commission on Aging

Dianne Beard

Janet Hunter
Rick, Kathy & Heidi
Vanderbeek
Heather Therrien
John & Cherie Yost
Doug & Mary Merchant

Harold & Marguerite Upham

Karen Upham

Wanda Whitaker

Fred & Connie Bare & Family

Karen Kaye Kindel

Bob & Gail Paradise

Thelma Patterson

Becky Dickman
Susan Moore
Tom Patterson
Kathy Hendon
Diane Williams
Deb Komperda
Doug Cooper
Daryl Cooper

Dianne Beard

Wanda Whitaker

Bernard & Linda DeVuyst

Pat Watson

Mark, Mike & Tim Mills

Joyce Hodges

Phil Hodges
Terry & Sharon Klick
Sharon Davis
Larry & Ester Litwiller
Nancy Alexander
Ken & Glenda Scheesley
Bonnie Brown
Chris & Konnie Bovee
Doug & Mary Merchant

Wanda Whitaker

Gary & Jerilyn Fidler
Donald & Kimberly Leigh
Jeffrey & Marcy Fidler
Michael & Glendalyn Ball
Jeremy & Becky Fidler
James & Carrie Fidler
Jerrod & Adrienne Fidler

Joan Freestone

Dallas & Bev McClain
Phyllis Studer
Janet Holt
Gail Jankowski
Caren Magee-Smith
Pat Robinson
Mary Gay
Deb Cash
Duane Guthrie
Lorene Youetl
Linda Trieb
Kathleen Combs
Joanne Kinzinger

Nutrition

Bill Cartwright

Kathy Densmore

Senior Gratiot

Donald Howell

Bernadette Howell

Ray & Edith Webber Ed & Vallie Shank

Kandra Hadanek

Darvis & Pam LaVoy

Joan Cook

Roger & Kristi Cook

Maggie Upham

Larry Dean Andrews

Barb Flegel

Muriel Crooks

Gary Hoffer

Joanne Cornwell

Bob Sali

Pat Dancer

Sharon Carman

Ryan LaVoy

Darvis & Pam LaVoy

Hershel & June Powell

Orville & Wilma Russell

Ginger Vetter

Hubert, Violet, & Linda Church

Kathleen Hutchins

Bill Francetic

Nancy Francetic



Tammy Kench

Darlene Allen

Mike Corder

Sharon Helman

Doris Browne

Garold Browne

Larry Ackels

Andrea Ackels

Donald Mull

Mary Lee Mull
Madonna Bodin

Deborah Kay

Ruegsegger, Our Daughter

Robert & Joyce
Winkelman

Jeanne Torpey, My Mother

Sue Miller

Harold, Opal & Jerry Weaver

Shirley Smith

Larry D. Smith

Gregory Bell

Marian Shinabarger

Bob Sullivan

Mary Sullivan

Donations

Senior Gratiot

John & Agnes Clark
Jo Heidger
Dorothy Pellerito
Anonymous
Larry & Anne Marrin
Joyce Colbry
Coaline Luplow
Bernard Bessert
Kathy Densmore
Dan & Linda Foster
Jo Anna Hansen
Dale & Sally Schoof
Connie Thornton
David & Loretta Briggs
Fred Burlingame
Nancy O'Boyle
Debbe Rogers
Barbara Kench
Barbara Conner
Shirley Wallace

James Johnson
JoAnne Hayward
Sheron & William Crowell
Dennis Veeder
Charles & Carol Smaltz
Martin & Jill Lott
Nanette Freed
Ronald Littell
Bernard & Linda DeVuyst
Pam Ostrander
Bill Humm

*Thank you for your
support and generous
donations.*

COA

The Flamingo Gal's
James & Kay Pavlik
John & Agnes Clark
Graco Federal Credit Union
American Legion Post #334
Charles & Carol Smaltz

Honorariums

Jo Jones

Judith Dow

Clare & Emma Troub February Birthdays

Gail Paradise



Food with Friends Eat Smart Menu

Lunch 12:00-12:30

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Ziti Mixed Vegetables Brussel Sprouts Mixed Fruit Cup Wheat Bread	4 Chicken Pattie/Bun Italian Blend Potato Rounds Pears	5 Baked Chicken Whipped Potatoes/ Gravy Multi Bean Salad Tropical Fruit Wheat Bread	6 Cheese Omelet Sausage Links Redskin Potatoes Cinnamon Roll Orange	7 Roast Pork Whipped Potatoes Carrots Cinnamon Applesauce Wheat Bread
10 Macaroni & Cheese Green Beans Carrots Pineapple Wheat Bread	11 Chicken A La King Corn Spinach Mixed Fruit Cup Biscuit	12 Sloppy Joe on a Bun Broccoli California Blend Peaches	13 Potato Crunch Pollock Red Skin Potatoes Peas and Carrots Orange Wheat Bread	14 Sliced Turkey Whipped Potatoes/ Gravy Winter Blend Apple Crisp Triple Berry Crunch Bar Dinner Roll
17 Closed 	18 BBQ Meatballs Brussel Sprouts Whipped Potatoes Pineapple Wheat Bread	19 Breaded Chicken Pattie Hamburger Bun Potato Rounds Green Beans Michigan Fruit Cup	20 Beef Stew Normandy Veg Blend Applesauce Buttermilk Biscuit	21 Beef and Noodles Mixed Veggies Corn Pears Wheat Bread
24 Spaghetti Spinach Kyoto Vegetable Garlic Toast Banana	25 Grilled Chicken Sand- wich Potato Rounds Green Beans Pineapple	26 Chicken Stew Winter Blend Corn Pears Corn Bread	27 Swedish Meatballs Kyoto Vegetables Multi Bean Salad Strawberries Wheat Bread	28 Spanish Rice Malibu Vegetables Brussel Sprouts Peaches Yogurt Dinner Roll

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 Tuesday/Thursday hot 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, February 12, 2025**. 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 \$1,632; income per couple not to exceed \$2,215 monthly. (To confirm income guidelines, please call Eight Cap.) Anyone interested in the program **must** contact Eight Cap at 616.754.9315. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from **10:00 am to 12:00 pm**. 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