



### READY FOR ANOTHER DAY OF SERVICE

(Pictured left to right Home Maintenance Specialist, Dan Dame and assistants, Dewayne Mills, Aiden Smith, and Jim Handy)

Gratiot County Commission on Aging offers many services to senior community members age sixty and above. One specialized area is with the Home Chore and Home Repair Department. Dan and his crew work extremely hard each day providing assistance for minor home chores and repairs to seniors in need.

Home Chore assists with household maintenance jobs such as: washing windows, removing and installing screens and storm windows, caulking windows, installing grab bars, cleaning gutters, replacing light bulbs, minor repairs with toilets and faucets, snow blowing, and other annual tasks as needed.

Home Repair consists of services which will contribute to the extended life of an owner-occupied home. This would include: minor roof repair, window repair, repair stairs, install or repair railings, and building wheelchair ramps as needed. Clients are asked to pay for the necessary material and donations towards the labor are appreciated but never required. If you are in need of assistance please call 989-875-5246 and see if we can help.

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

October 2025  
Volume L  
Number 10

# 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](http://www.gratiotmi.com/Archive.aspx?AMID=37)

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### Book Nook Puzzles & Greeting Cards



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

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

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



### Senior Gratiot Subscription/Donation

Please check: New Subscription \_\_\_\_\_ Renewal \_\_\_\_\_ Change of Address \_\_\_\_\_

Temporarily Away \_\_\_\_\_ Stop Date: \_\_\_\_\_ Restart Date: \_\_\_\_\_

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

Name: \_\_\_\_\_

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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.

#### Sept 2025 Mail Prep Team Volunteer Thank You!

Thank you to these volunteers for ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

**Helen Hoard, Ruthie Malek, Irene Oliver Peck, Jim Peck, Nancy Crispin, Linda Strohpaull, Tricia Smith, Nancy Gulick, Ellen Martin, Nora Kowitz, Janine Snyder, Carole Moore, Tami Coe, Sue Wernick, Marge Clapp, Janet Holt, Jerry Chvojka**

#### VOLUNTEER ACTIVITY October 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 **October 15, 9:00-11:30am**

**Mitten Makers/Hats Galore Knit-In**  
Commission on Aging in Ithaca  
Third Thursday of every month  
Next meeting - **October 16, 9:00-11:30am**

**Senior Gratiot Newspaper Prep Team**  
Commission on Aging in Ithaca  
**October 30, 9:00 - 11:00am**

## Reminder:

Many of us like to travel throughout the year. If you place your mail on hold or forward it please keep in mind that The Senior Gratiot Newspaper is mailed under nonprofit postage. This means the post office will *NOT* forward it to your location. This in turn creates a fee for the postage going out, as well as the postage to come back to us. Help us reduce costs by calling our office when you have extended travel plans @ 989-875.5246. We are happy to assist and place your mailing on hold, or adjust the address to your location until you return. Thank you for your assistance.

\*\*\*\*\*  
**Social Security Administration**  
**1.800.772.1213**  
\*\*\*\*\*



### Board of Directors

- Brenda Pratt, District 1
- Yvette Franco-Clark, District 2
- Paul Showers, District 3
- David Kimball, District 4
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- Dale Clingenpeel, Member at Large
- Nancy Gott, Member at Large
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- Hillary Shemes, Member at Large
- Sally Stoll, Member at Large
- George Bailey, Commissioner
- Corey Netzley, AAA Board Representative
- Diane Conroy-Kellogg, AAA Advisory Rep.

### 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, 9:00 am-6:00 pm
- Thursday, 9:00 am-5:00 pm
- Friday, 9:00 am-1:00 pm



The Gratiot County Commission on Aging has Medicare State Health Insurance Assistance Program (SHIP) 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 2026 based on your current situation and medications
- ◆ Review the plans' coverage, as well as what the premium, deductible, and co-payments will be for 2026
- ◆ Review or assist with plan enrollment if you decide to switch plans

**What is required for the appointment**

- Your Medicare Card (red, white and blue card), as well as your current Medicare D or Medicare Advantage 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 15<sup>th</sup> through December 7<sup>th</sup>. Do not wait until December to call and schedule. There are **NO walk-in times available**. Appointments will be first come, first serve basis.



**1970'S TV WORD SEARCH PUZZLE**



ALL IN THE FAMILY  
 BARNEY MILLER  
 BIONIC WOMAN  
 BONANZA  
 BRADY BUNCH

CHARLIES ANGELS  
 EMERGENCY  
 FANTASY ISLAND  
 GOOD TIMES  
 GUNSMOKE

HAPPY DAYS  
 HOGANS HEROES  
 LAND OF THE LOST  
 NIGHT GALLERY  
 POLICE WOMAN

ROCKFORD FILES  
 THE JEFFERSONS  
 THE ODD COUPLE  
 THE WALTONS  
 THREES COMPANY

**Senior Activity Building                      October 2025                      Senior Center Ithaca Food with Friends**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>WALK WANDA'S WALK</b> in the Atkinson Park Anytime /Any Day Play Pickleball</p>	<ul style="list-style-type: none"> <li><b>8:00am- 10:00am EVERYDAY</b> Coffee &amp; Conversation with Linda St. Charles</li> <li><b>10:00am EVERYDAY</b> Visits, news, games, &amp; activities</li> <li><b>12:00pm Monday through Friday</b> Food with Friends Meal at Noon, call 989-875-2135 to make your reservation (See menu on pg. 8.)</li> </ul>	1	2	3	4	
		5	6	7	8	9
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



**Senior Activity Building Senior Center & Ithaca Food with Friends News**

1101 E North St. Ithaca, MI 48847  
Jo Jones, Site Manager 989.875.2135

**Happy New Year!** Ithaca Food with Friends and the Senior Activity Building (SAB) will celebrate their new year on Wednesday, October 1<sup>st</sup>. You are invited to share in the celebration by bringing a treat for the snack table and wearing your new t-shirt! Our new t-shirts signage includes Ithaca Food with Friends and Senior Activity Building. They are expected to arrive a day or two before the October 1<sup>st</sup> new year. Do come to begin the new year with us. In addition, we will need to complete our annual registration forms for the Food with Friends program!

The new year brings a new Fundraiser for the Senior Activity Building. It begins on the 1<sup>st</sup> and concludes on the 10<sup>th</sup>. This fundraiser will include the sale of new and recycled costume jewelry, newly crafted carry bags, and handcrafted hats. These items will be displayed and sold in the building beginning on Wednesday, October 1<sup>st</sup> at 10:00am, and concludes at 2:00pm October 10<sup>th</sup>. All items have been donated and the entire profit will be given to the Senior Activity Building to use for its ongoing expenses. The items being donated by our seniors are their *gifts in gratitude*.

The new year also brings the Senior Activity Building's annual meeting on Tuesday, October 21<sup>st</sup> at 1:15pm. You are welcome to attend and learn more about SAB's operation. Each

committee will be giving their yearly report. Everyone is welcome to attend any or all of the board meetings.

Prior to the annual meeting, the election of four persons to serve as the SAB's class of 2028 will take place at the building from 9:00am until 1:15pm. The Nomination Committee announces the updated list of the nominees : Cheryl Hull, Val Mellow, Maureen Murphy, and Joyce Raycraft.

Every morning from 8:00am to 10:00am, Linda St. Charles and many seniors will be happy to welcome you to our *Senior Activity Building's Coffee and Conversation* time. You are welcome to spend just a few minutes or the full two hours. It is a great way to get your day off to a good start. Come only once as a stranger!

Please note that the Lions Club continues to invite you to bring your no longer used eyeglasses and hearing aids to their collection box located just inside the east door entrance (underneath the main SAB calendar).

The Activity Committee invites you to the *Trick or Treat Pancakes and Sausage Breakfast* on Saturday, October 26<sup>th</sup> from 8:30am to 9:30am. Wear a costume or your pajamas if you are willing. Come to enjoy Linda's super pancakes! Please sign up. There will be a donation box to cover the costs.

The monthly nutrition class will be on the first Monday, the 6<sup>th</sup> at 11:50am. After our FWF meal, we'll deal the cards for a game of 5 Crowns. There are two regular bingo dates in October. Yvette will bring the Schnepf prizes and call bingo for us on the 13<sup>th</sup>. The Food with Friends program will donate many prizes, including the special Coverall prize on the 27<sup>th</sup>. The Bingo Bash in September was enjoyed and appreciated by all of the seniors (especially those who won the gift certificate prizes). Please see the lucky coverall winners, Marty Wieferich and Doug Johnston.

We welcome you to play a game of 5 Crowns on the 4<sup>th</sup> and again on any of the Tuesdays when card games are scheduled. The Nutrition lesson will be on the first Monday, the 6<sup>th</sup> just before we enjoy our FWF meal. After lunch, we'll deal the cards for our 5 Crown game. Bingo with Yvette is on the 13<sup>th</sup> at 12:45pm. She will share the prizes donated by Schnepf's. Then at 2:00pm, *The Just for Fun Dulcimer Club* will be at the building. The third Monday we'll play dominoes after our meal. Finally, on the last Monday you are invited to enjoy another day of bingo. The FWF program donates the prizes for this activity.

Tuesday are busy days with EZ Motion at 10:00am and Wii Bowling at 11:00am. We have been welcoming more seniors

for these activities. The bowlers have been getting more strikes! The seniors invite you to join them. As mentioned above, October 21<sup>st</sup> will find the polls open for voting. The EZ Motion and Wii Bowling will also take place.

Wednesdays are active days at SAB. The knitters meet at 10:00am and then at 1:00pm the Cornhole games begin. If the weather cooperates, you might enjoy a walk on *Wanda's Walk* in the Atkinson Park.

Thursday schedule is similar to Tuesday, with the exception of the second Thursday. That is *Movie and Popcorn* day! The movie choice is made from our supply or a donated movie.

Friday, the 3<sup>rd</sup>, volunteer Joyce Raycraft will be available to check your blood pressure at 11:30am. Then on the last Friday, Halloween fun and food will be enjoyed. You can add to the fun if you show up in a costume. Sip some cider and enjoy a fresh donut! We will welcome our students from Central Michigan at 1:00pm each Friday. The Otago Class stresses ways to improve your balance. To join this class, arrive at 1:00pm any Friday to enroll.

Hoping you will be a part of some or all of the activities, meals, and visits as we begin this new year!

## Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from August 15, 2025 through September 12, 2025:

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

### GIFTS IN GRATITUDE FOR THE SAB

Cleo Flegel  
 Marci Browne  
 Rob Endter  
 Donn Gates  
 Helen Hoard  
 Paul Hornak  
 Jo Jones  
 Ron Peters  
 Joyce Raycraft  
 Linda St. Charles  
 Mary Sullivan

#### **In MEMORY of JOE SHELEST**

Food With Friends

#### **In MEMORY of AVIS GINTHER**

Joan Sparks  
 Jim & Bonnie Ludwick  
 Ryan & Cara Sample  
 Ellen Martin  
 Kathy Barnes  
 Jerry Clagg  
 Stan & Martha Oserowsky  
 Jim & Cecille Bowen  
 Beverly Bryant  
 Nan Freed  
 Steve & Bonnie Wolfgang  
 Jackie & David Jackson

### **GIFTS RECEIVED AT THE GRATIOT COUNTY COMMUNITY FOUNDATION SENIOR ACTIVITY BUILDING AGENCY ACCOUNT:**

Mary Humm

**Alma/St. Louis Senior Center**  
**The Filling Station, 415 Park Ave., Alma**  
 Sue Waber, Site Manager 989.875.9118



**HAPPY OCTOBER FROM THE FILLING STATION**

I absolutely am ready for some fall colors as it's my favorite time of the year, anyone else? We certainly had some great weather in September. Remember the garden I had wanted to downsize this year? It sure happened but not by choice. With everything that had went on the past couple of months there will be no pumpkins for the first time in six years. I need to remind myself there is always next year!

We have started up line dancing with Betty Apple again on Fridays from 10:15am to 11:15am. Come join us! It will be great to have her back as her music always puts some pep in our step!

We made some blingy fairy wands and everyones turned out great. For October we have planned a jar solar light filled with glass balls. We will also be crafting a long neck bottle with a painted scarecrow face and making a burlap hat for him then filling the jar with straw or raffia. We would love to have you join us!

A little fun...Where does a pirate go to buy his hook? The second hand store. Did you guess it right? Please remember to sign up for any craft projects so enough supplies will be available.

Dates to remember

<b>Wed 10/1/25</b>	11:15pm	SCARECROW MADE FROM A LONGNECK GLASS BOTTLE
<b>Wed 10/8/25</b>	12:30pm	NUTRITION TALK
<b>Fri 10/10/25</b>	12:30pm	CELEBRATE OCTOBER BIRTHDAYS
<b>Fri 10/17/25</b>	12:30pm	MEDICARE OPEN ENROLLMENT ASSISTANCE/INFORMATION SESSION –SARAH MCCLUNG
<b>Wed 10/22/25</b>	11:00am	BINGO WITH SCHNEPPS OF ST. LOUIS
<b>Wed 10/22/25</b>	11:15am	GLASS JAR SOLAR LIGHT CRAFT
<b>Fri 10/31/25</b>		HALLOWEEN TREATS
<b>Mondays</b>	10:00am 12:00pm 12:30pm	SIT AND STITCH: BRING IN A PROJECT YOU'RE WORKING ON. SHOW OFF YOUR TALENTS! LUNCH BINGO
<b>Wednesdays</b>	10:30-11:00am 12:00pm 12:30pm	EASY MOTION WITH LAURELS LUNCH GAMES
<b>Fridays</b>	10:15am—11:15am 12:00pm 12:30pm	LINE DANCING WITH BETTY APPLE LUNCH CARDS

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



**HAPPY FALL Y'ALL!**

**We have had some beautiful weather for fall. So much it could be called an Indian Summer. The center has really been laid back these past few months. We have just been enjoying each other's company and welcoming the new friends we have had coming lately. We have had enough people to be able to have two tables of games be it Dirty Marbles or Euchre and that has been great!**

**I am planning some Christmas crafts and things for the coming months with more to follow. Like I said we have been very laid back and that's ok. Have a super spooky October and enjoy!**

1st – International Day of the Older Persons 2nd – International Day of Non-Violence 3rd – World Smile Day 4th – National Taco Day 5th - National Do Something Nice Today 6th - Noodle Day	11th – International Day of the Girl Child 14th – National Dessert Day 16th – Boss's Day 18th - Sweetest Day 31st - HALLOWEEN
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<b>October 3</b>		NUTRITION TALK—WAYS TO REDUCE FOOD WASTE (FIRST FRIDAY OF THE MONTH)
<b>October 13</b>	12:30pm	MEDICARE OPEN ENROLLMENT ASSISTANCE/INFORMATION SESSION –SARAH MCCLUNG.
<b>October 15</b>	12:30pm	BINGO WITH YEVETTE
<b>October 20</b>	10:00 am—12:00pm	DRYER VENT PUMPKIN CRAFT (SIGN UP AT SITE BY OCTOBER 13TH)
<b>Monday</b>		* 10:00AM AM DIRTY MARBLES * 12:00 PM LUNCH *12:30 PM EUCHRE/SEVENS
<b>Wednesday</b>		* 10:00AM AM DIRTY MARBLES * 12:00 PM LUNCH *12:30 PM BINGO/SEVENS
<b>Friday</b>		* 10:00AM AM DIRTY MARBLES * 12:00 PM LUNCH *12:30 PM MEXICAN TRAIN DOMINOES

Our state erupts in the splendor of full color; truly one of life's miracles. It brings to memory days of taking my children trick-or-treating. I loved strolling along beside them, as they ran, all excited up to the houses to get candy. I also loved that there always



seemed to be a house that had either caramel or candy apples for the adults. They never tasted as good to me as they did on those nights. I loved all the kids running all over and having fun. What is it about October that sets you tripping down memory lane? As always I wish for everyone to enjoy the beautiful colors and the activities that are available in October.

**CHAIR EXERCISES**

Come join us on Friday Mornings for Easy Motion Exercises. This will be from 10:30-11:30 am.

**October 8th / CRAFT / DRYER VENT PUMPKINS 10:30 AM**

Please come and join us for this FUN-EASY-SUPER CUTE- Fall Craft. We will be using glue guns, dryer vent hose, fall colored leaves and moss. So, even if you feel like you aren't a "super crafter", please come out and give crafting a try. All community seniors are welcome to come. Lunch will be served after the craft. There is no fee.

Reservations for this craft are required.

You can either sign up at the Fulton Senior Center or call and leave a message at 989-236-5019.



**October 20th - Medicare Open Enrollment assistance/information session –Sarah McClung.**

**October 22<sup>nd</sup> / CRAFT / PUMPKIN PAINTING 10:30 AM**

Come and join us and paint a pumpkin in the spirit of the season. There is no fee. Reservations are required.

# OCTOBER

MONDAY		WEDNESDAY		FRIDAY	
				<b>OCT 3RD</b>	<b>10:30 Easy Motion</b> 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
<b>OCT 6TH</b>	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	<b>OCT 8TH</b>	10:00 CRAFTS-Dryer vent pumpkin 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	<b>OCT 10TH</b>	<b>10:30 Easy Motion</b> 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
<b>OCT 13TH</b>	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	<b>OCT 15TH</b>	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	<b>OCT 17TH</b>	<b>10:30 Easy Motion</b> 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
<b>OCT 20TH</b>	10:00 Cards <b>11:00-12:00 ADVISORY COUNCIL</b> 12:00 Lunch 12:30 Medicare Help Session 12:30 Euchre, Dice, Skip Bo	<b>OCT 22ND</b>	<b>10:30 PUMPKIN PAINTING</b> 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	<b>OCT 24TH</b>	<b>10:30 Easy Motion</b> 12:00 Lunch 12:30 <b>HOLLOWEEN BINGO</b>

**Gratiot County COA**

**FWF Eat Smart Menu**

**Lunch 12:00-12:30 pm**

**October 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MILK PROVIDED WITH ALLMEALS</b></p> <p><b>SUGGESTED DONATION \$2.50</b></p>	<p><b>MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE</b></p> <p><b>RESERVATIONS ARE REQUIRED 24 HOURS IN ADVANCE</b></p>	<p>1</p> <p>Macaroni &amp; Cheese Mixed Vegetables Carrots Tropical Fruit Wheat Bread</p>	<p>2</p> <p>Meatloaf Whipped Potatoes Corn Papaya &amp; Mango Fudge Chip Brownie Wheat Bread</p>	<p>3</p> <p>Smothered Chicken Squash Nantucket Vegetables Pineapple Wheat Bread</p>
<p>6</p> <p>Pulled Pork Sandwich Green Beans Normandy Vegetables Mandarin Oranges</p>	<p>7</p> <p>Baked Ziti Cauliflower Peas &amp; Carrots Peaches Wheat Bread</p>	<p>8</p> <p>Basil Parmesan Chicken Brown Rice Spinach Mixed Fruit Dinner Roll</p>	<p>9</p> <p>BBQ Meatballs Redskin Potatoes Peas &amp; Carrots Strawberry Applesauce Wheat Bread</p>	<p>10</p> <p>Sloppy Joe Mixed Vegetables Cauliflower Triple Berry Fruit Bar Hamburger Bun</p>
<p>13</p> <p>White Bean Chicken Chili Green Beans Tropical Fruit Cup Tomato Juice Corn Bread</p>	<p>14</p> <p>Spaghetti Peas Carrots Cheese Bread Stick Triple Berry Crunch Bar</p>	<p>15</p> <p>Beef and Noodles Squash Broccoli Berry Fruit Cup Wheat Bread</p>	<p>16</p> <p>Pork Chop Whipped Potatoes Brussel Sprouts Mixed Fruit Cup Wheat Bread</p>	<p>17</p> <p>Turkey Stew Green Beans Mixed Vegetables Applesauce Dinner Roll</p>
<p>20</p> <p><b>NEW MENU ITEM</b> Pizza Casserole Succotash Blend Hot Roasted Apples Chees Bread Stick</p>	<p>21</p> <p>BBQ Chicken Breast Roasted Potato Blend Broccoli Pears Wheat Bread</p>	<p>22</p> <p>Meatballs w/Mushrooms &amp; Gravy Company Potatoes Peas Cranberry Mousse Wheat Bread</p>	<p>23</p> <p><b>NEW MENU ITEM</b> Chicken Teriyaki Brown Rice Kyoto Vegetables Mandarin Oranges Wheat Bread</p>	<p>24</p> <p>Roast Pork Whipped Potatoes/Gravy Mixed Vegetables Applesauce Wheat Bread</p>
<p>27</p> <p>American Goulash Normandy Vegetable Blend Spinach Pears Dinner Roll</p>	<p>28</p> <p>Spanish Chicken Green Beans Winter Blend Vegetables Apple Slices Fudge Chip Brownie Wheat Bread</p>	<p>29</p> <p>Philly Steak Sandwich on a Hogie Bun Provolone Cheese Tossed Salad Baked Potato Chips Apple Slices</p>	<p>30</p> <p>Chili Corn Bread Normandy Vegetable Blend Oven Roasted Potatoes Peaches</p>	<p>31</p> <p>Beef Stew Corn Hot Cherry Cobbler Dinner Roll</p> 

**To CANCEL your Home Delivered Meal or to make a reservation for a meal at a Food with Friends site, please call the Commission on Aging 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.**

## Home Delivered Meals and Food with Friends Donation Increase Starting November 1, 2025

The Gratiot County Commission on Aging has always had a mission to provide the most nutritionally balanced meals for its clients. Without sacrificing the quality of the food being provided, we are always seeking to keep costs from rising. The last increase to the suggested donation amount for Home Delivered Meals and Food with Friends meals occurred in November 2008.

Since that time, the costs of food, packaging, and fuel have continued to rise. After careful consideration, the Commission on Aging Board decided to update our suggested donation from \$2.50 per meal to \$3.00 per meal, effective November 1, 2025. The donation increase helps ensure we can continue delivering nutritious meals to our homebound seniors as well as to individuals attending our Food with Friends sites. As always, the \$3.00 is a suggested donation. Donations at any level are welcome, and no one will ever be denied service due to an inability to contribute.

Everything we do circles back to our mission statement. The Gratiot County Commission On Aging coordinates programs and provides services that protect and safeguard the independence, well-being, and dignity of citizens of Gratiot County who are 60 years of age or older.

## Loan Closet

Commission on Aging has a loan closet that is available to seniors (60 years of age or older) who live in Gratiot County and may be in need of adaptive medical equipment. If you are in need of something, please call 989-875-5246 to see if we have the item available. This program is made available by various grants.



Incontinence is one of the most common disorders among seniors with over 15% to 35% of older adults dealing with some form of incontinence. However, older adults can use supplies to help manage the discomfort associated with bladder and fecal incontinence.

The costs associated with managing incontinence from absorbent products such as pads and adult diapers to additional laundry, to skin care products can add up quickly, often turning this personal struggle into an economic one.

Gratiot County Commission on Aging, through their Loan Closet, offers free supplies to seniors in need. Availability is based on supplies in stock. If you are in need of assistance, please call 989-875-5246 to see if we have the items available.



## BENEFITS OF SHOWER GRAB BARS

As mobility decreases with age, everyday activities like showering can become more challenging. Shower grab bars for seniors provide essential stability, reducing the risk of slips and falls while promoting confidence and independence. These safety features make bathrooms more accessible and secure.

Benefits of Grab Bars:

1. **Increased Safety**  
Wet bathroom surfaces can be slippery, increasing the risk of falls. Shower grab bars provide a firm grip, helping seniors maintain balance.
2. **Greater Independence**  
With a secure grab bar to hold onto, seniors can shower with more confidence and reduced assistance.
3. **Enhanced Comfort**  
Shower grab bars help with movement inside the shower, making it easier to step in and out safely.
4. **Support for Mobility Challenges**  
Individuals with mobility limitations, arthritis, or injuries benefit from the added support, reducing strain on joints.

Gratiot County Commission on Aging offers installation of grab bars through our own Home Chore program. If you have a need for installation of a grab bar call 989-875-5246 to see if we can assist you. A grant from the Community Foundation has made this a no cost program for Gratiot County residents over the age of sixty.



Image used as an example of possible installation placement. Commission on Aging cannot install through tiled walls.

### Commodity Food Distribution Date

Commodities distribution will be on **Wednesday, October 15, 2025. (Receive October and November boxes)** 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 **10:00am am to 12:00 pm.** or at Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 2:30 p.m.**

## 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

# JOIN OUR ART EXPLORATIONS CLASS

Come Curious - Leave Inspired

Here is your chance to explore different art forms without having to commit to just one. No prior experience needed - just a willingness to try something new.



Second Thursday of each month  
1:00 - 3:00  
\$20 per class

Check our website for registration or call to reserve your spot

### WHAT TO EXPECT

- Guided Instruction
- Diverse Media
- Community

 [www.alma-ca.org](http://www.alma-ca.org)

 989-463-8366

Spots fill quickly!

ALMA COMMUNITY ART CENTER

### Come Curious - Leave Inspired

*Whether you're a seasoned painter or simply looking for a new way to express yourself, the Alma Community Art Center has a new class that's perfect for anyone who's creatively curious.*

The **Art Exploration** class is a monthly creative experience designed to let participants dip their toes into a wide variety of artistic media. Held on the second Thursday every month, each session focuses on a different medium—from watercolor and collage to clay, acrylic, mixed media, and beyond. It's an ideal way to discover new passions or reconnect with your artistic side in a welcoming, no-pressure environment.

"This class is all about discovery," said Diane Clise, founder and president of the Alma Community Art Center. "We want to give people the chance to explore different art forms without having to commit to just one. You don't need any prior experience—just a willingness to try something new."

**Art Exploration** is open to adults and teens and offers all necessary supplies and tools, so participants only need to bring their creativity and curiosity. It's perfect for individuals looking for a fresh hobby, friends wanting to try something new together, or anyone in the community eager to engage with local art opportunities.

Each class is led by a skilled local artist who brings their own expertise and energy to the session, ensuring that no two months are ever the same.

The next Art Exploration class will be held on September 11th, from 1:00 - 2:30pm, and every second Thursday through December. Spots tend to fill quickly and only cost \$20 per session. For registration and more information, visit [www.alma-cac.org](http://www.alma-cac.org) or call (989) 463-8366.

Come curious—leave inspired.

# MEMORIALS

## Commission on Aging

**Mary Slater**  
Barbara Stuckey

**Sylvia Bajena**  
Diane & Ted Conklin  
Gala Feith  
Julia Hardy  
Betty & Jody Miller  
Robert Hamlin

**Marilyn Goodwin**  
Charles Goodwin  
Jerry & Norma Hendon  
Rosalie & Diane Davis

**Rebecca Adams**  
Todd & Kelly Bennett  
Scott & Wendy Cary  
Craig Zeese  
Gayla Foster  
David & Sue Smith  
The Lunch Bunch  
Jan Naumes  
The Kipp Family  
Ken & Trina Haggerty  
Jo Jones  
Rod & Beth Brick

## Senior Gratiot

**Joyce Carpenter**  
Glenda Konecny

**Jim & Reva Rummer, Waldo Johnson, and Evelyn Lockwood**  
Bob and Donna Rummer

**Ed & Betty Bednarick**  
Barb Trgina

**William Raycraft**  
Joyce Raycraft

**James Farrough**  
Florence Farrough

*Thank you for your support and generous donations.*

# DONATIONS

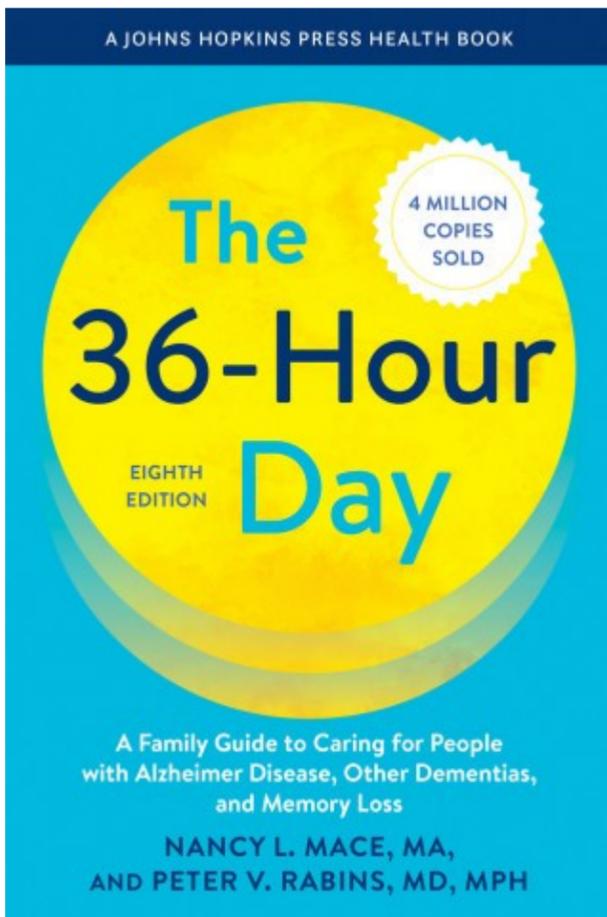
## SENIOR GRATIOT

Gillene Weller  
Louis Dame  
Patricia Stimson  
Carol Leonard

## COA

Richard and Joanne Green  
A. Dean Parling, Jr.  
Richard and Rhonda Harrell  
T.J. Schmitz

# SUPPORT



The Gratiot County Commission on Aging has recently purchased a supply of this supportive book to assist those in need. If you would like a copy, simply stop into our office to inquire. 515 South Pine River. Ithaca, MI 48847 between the hours of 8:00am and 4:30pm.

**With over 4 million copies sold, the best-selling guide to understanding and caring for people with dementia is now redesigned, revised, and updated!**

For 40 years, *The 36-Hour Day* has been the leading work on the care of people with dementia and their family members. Written by experts with decades of experience caring for individuals with memory loss, Alzheimer disease, and other dementias, the book's authoritative and compassionate approach to care features discussions of the causes of dementia and the management of its symptoms from the early stages to late-stage disease.

This edition highlights the significant advances in diagnostic testing, treatment, and research that have occurred in recent years. Offering useful takeaway messages and informed by the latest practices in dementia care, this new edition has been thoroughly updated. It features:

- updated information on prevention, new diagnostic methods and criteria, and advances in medication therapy;
- essential insights on everything from home care aides to useful apps to promising preventive techniques and therapies; and
- practical advice for avoiding caregiver burnout—plus tips for when and how to get additional help.

Like earlier editions, the eighth edition focuses on improving the lives of those with dementia and memory loss as well as those who love and care for them. The definitive guide to dementia care, *The 36-Hour Day* offers readers *compassionate guidance and a ready resource for every step of the journey.*

# ALMA FUN AT THE FILLING STATION



# FUN AND GAMES AT THE ITHACA SENIOR ACTIVITY BUILDING

Author Judy King shares her experiences while writing her first book, "The Crooked Handled Shovel".



Linda St. Charles volunteered to provide a tea party in honor of Judy King.



Retiring SAB Treasurer, Mary Sullivan welcomes SAB new Treasurer Gail Paradise.



Bingo Bash coverall winners: Marty Wieferich and Doug Johnston



Jo and Ithaca Food with Friends celebrated 47 years together



Godley's Country Floral owner, Brian Godley, shovels stone as he completes the SAB landscaping project



Rob Endter, SAB board member, thanks Brian Godley for his completion of the contract.



SAB clean up volunteers (see names under gift in gratitude)



SAB cleanup volunteers

