

★ MAGIC SHOW ★

FEATURING: CHRISTIAN RASMUSSEN

HOLIDAY EXTRAVAGANZA
DECEMBER 3, 2025

Fulton Township Hall / Fulton Senior Center
3425 W. Cleveland Rd M-57, Perrinton, MI

Deadline to RSVP November 24, 2025
Call 989-875-5246

MENU

- * Hot Turkey Sandwich
- * Mashed Potatoes & Gravy
- * Green Beans
- * Hot Cherry Cobbler W/Vanilla Ice Cream

Suggested donation over 60: \$3.00
Fee for under 59: \$6.00

Doors Open: 11:00am
Lunch Served: 12:00pm
Show Starts: 12:30pm

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

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

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

November 2025
Volume L
Number 11

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



(Janet Holt, Kristi Betzer, Jen Rondy, Doug VanHorn)

The Gleaner Harmony Arbor #273 hosted their annual Community Volunteer Recognition Award Program. Harmony Arbor is a non-profit that consists of members from St. Louis, Ithaca, and the surrounding communities in Gratiot County. The Arbor helps to support other organizations in the county through various financial efforts.

The Gratiot County Commission on Aging was chosen to receive one of three Local Agency Program Awards. A donation of \$1,000.00 was awarded to the Commission on Aging for the special services provided to our community.



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.



Board of Directors

- Brenda Pratt, District 1
- Yvette Franco-Clark, District 2
- Paul Showers, District 3
- David Kimball, District 4
- Gail Paradise, District 5
- Dale Clingenpeel, Member at Large
- Nancy Gott, Member at Large
- Nancy O'Brien, Member at Large
- Indira Saxena, Member at Large
- Hillary Shemes, Member at Large
- Sally Stoll, Member at Large
- George Bailey, Commissioner
- Corey Netzley, AAA Board Representative
- Diane Conroy-Kellogg, AAA Advisory Rep.

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

Social Security Announces 2.8 Percent Benefit Increase for 2026

Social Security and Supplemental Security Income (SSI) benefits for approximately 75 million Americans will increase 2.5 percent in 2026, the Social Security Administration announced.

The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 71 million Social Security beneficiaries in January 2026. Increased payments to approximately 7.5 million SSI beneficiaries will begin on December 30, 2025. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount.

Information gathered from

www.ssa.gov



SENIOR GRATIOT, INC.

JEN RONDY, EDITOR
MARITA HARKNESS
VICKIE THUM
CRAIG ZEESE

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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.

Ruthie Malek, Helen Hoard, Sherry Hurt
Irene Oliver Peck, Jim Peck,
Nancy Crispin, Linda Strohpaul,
Tricia Smith, Nancy Gulick, Ellen Martin,
Tami Coe, Janine Snyder, Ellie Freed,
Jerry Chvojka, Sue Wernick,
Marge Clapp, Janet Holt

VOLUNTEER ACTIVITY November 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 November 19, 9:00-11:30am

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month

Next meeting - November 20, 9:00-11:30am

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
November 25, 9:00 - 11:00am



**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.

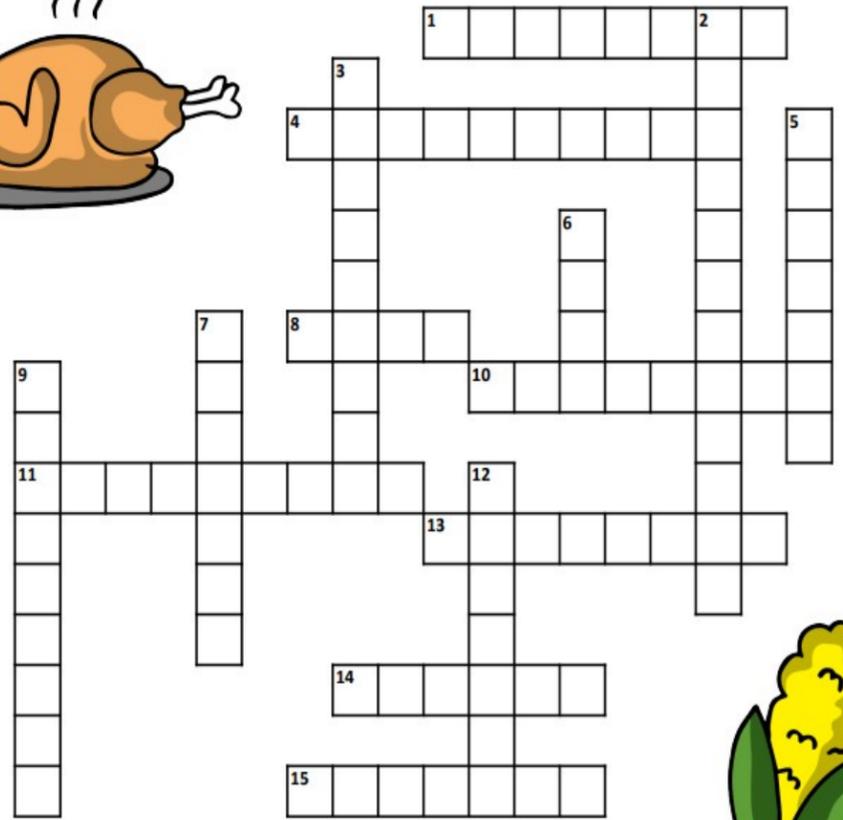
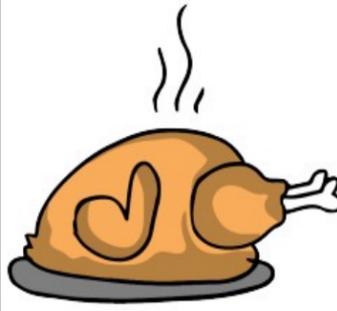
While in the lobby, take time to browse the recycled greeting card racks. Our Card Team members have recycled cards for all purposes. Suggested donation for a card is .25 cents.

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



THANKSGIVING

Crossword



ACROSS

- 1. First village established by the Pilgrims
- 4. Symbol of abundance and nourishment
- 8. An essential grain in the New World diet
- 10. Literally, travelers going to a holy place
- 11. The Pilgrims' boat
- 13. 16th and 17th century English Protestants
- 14. The traditional holiday bird
- 15. American Indian who taught the Pilgrims many things

DOWN

- 2. 4th Thursday of November
- 3. A traditional American Indian dwelling
- 5. Gathering of crops
- 6. Season for harvesting
- 7. Country the Pilgrims left behind
- 9. Indigenous people who were present at the first Thanksgiving
- 12. Bright orange squash used to make pie

**HEART OF MICHIGAN
CHORUS OF SWEET
ADELINES**

Thursday, November 13, 2025 @
12:30pm

The Senior Activity Building
1011 E. North Street, Ithaca MI

RSVP today 989-875-2135 and join us for
Lunch!



Love - Laugh - Sing!



Enjoy Apple Cider & Donuts



Lunch served at 12:00pm
RSVP Required
Sloppy Joe Sandwich
Normandy Veg Blend & Peas
Suggested donation 60 and over \$3.00
Fee for 59 and under \$5.00



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

Senior Activity Building November 2025 Senior Center Ithaca Food with Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WALK WANDA'S WALK in the Atkinson Park Anytime /Any Day Play Pickleball</p> <ul style="list-style-type: none"> 8:00am- 10:00am EVERYDAY Coffee & Conversation with Linda St. Charles 10:00am EVERYDAY Visits, news, games, & activities 12:00pm Monday through Friday Food with Friends Meal at Noon, call 989-875-2135 to make your reservation (See menu on pg. 8.) 						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



Senior Activity Building Senior Center & Ithaca Food with Friends News
 1101 E North St. Ithaca, MI 48847
 Jo Jones, Site Manager 989.875.2135

GIVING THANKS is our theme for this month! Thanks to the Seniors who donated jewelry, handcrafted bags, hats, dishcloths, and potholders for the recent SAB Fundraiser. Their names are listed in the Gifts in Gratitude. All persons who purchased were as generous as those who donated all of the sale items. All funds were donated to the Senior Activity Building. Ithaca Food with Friends is thankful that many of you will be coming to the Senior Activity Building on the 13th to enjoy the *Sweet Adelines*. Apple cider, donuts, and a Sloppy Joe meal will be provided at 12:00pm. Please reserve your place around the table. Call 989.875.2135.

Every morning from 8:00am - 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 box was really heavy when they took the contents to their next stop. Thank you for spreading the word that the Lion's collection is located inside

the Senior Activity Building.

Let's take a look at the calendar above. You'll see that we are closed on Veteran's Day, the 11th and on Thanksgiving Day and the Friday following that special holiday. Hopefully you'll be with your family, friends, or at the Community Thanksgiving dinner at the Presbyterian Church in Alma. We are grateful to the many volunteers who have given hours upon hours and support for so many years so that this traditional gathering may continue. The Food with Friends Thanksgiving Meal will be on November 19th.

The Monday Nutrition class (November 3rd) will include a discussion about Fats and Unsaturated Fats. There are two regular Bingo dates in November. The dates are the 10th and 24th. The Food with Friends program will donate many prizes, including the special coverall prize on the 24th. We welcome you to play a game of 5 Crowns on the 3rd. Dominoes or a card game of your choice will be on the 17th. The *Just for Fun Dulcimer Club* will be with us on the 10th at 2:00pm. The scheduled time is 12:45pm, right after our FWF meal.

Tuesdays are active days! The EZ Motion class and the Wii Bowling Seniors are happy to welcome even more seniors. We have lots of chairs! The EZ Motion group begins stretching at 10:00am. Then at 11:00am, the Wii Bowling games begin!

The participants rotate so that everyone has an opportunity to participate in a game or two! Cheerleaders add to the fun. You'll see that Wii Bowling is cancelled on the 13th. We need that time to set up the room for the special Sweet Adeline program. All bowlers—do notice that there will be an afternoon Wii Bowling right after lunch on the 20th.

Our Senior Activity Building Board meets on the 18th at 1:15pm. The officers for 2025-2026 will be elected by the Board members at this meeting. Our Class of 2028 Board members begin their three years of service at this meeting. You are always welcome to attend. Thanks to our Class of 2025 for their years of service for our seniors. These dedicated persons are Cleo Flegel, Marita Harkness, Joyce Raycraft, and Mary Sullivan.

On Friday, November 21st from 10:30am -11:30am we have Michigan State University Extension Office speaking about "Holiday Baking". Come join in the fun.

Wednesdays are busy with the knitting group at 10:00am and then the cornhole players and cheerleaders pick up the pace at 1:00pm. You are welcome to attend these and all activities and classes each day. A special thank you to Cleo Flegel who hand crafted another set of cornhole boards. We do need two sets. The players rotate so that everyone gets to be part of the competition. Our FwF Thanksgiving meal will be on Wednesday, the 19th. The Ithaca Food with Friends Thanksgiving tradition is a pie table. If you would like to furnish a pie, please place your name on the pie volunteer list.

Thursday schedules are similar to those on Tuesday. You'll

find this month that the first Thursday is reserved for the November *Movie and Popcorn* day this month. Our movie will be *Crocodile Dundee*. The time is right after our noon FwF meal.

The first Friday, you will find Joyce Raycraft available to check your blood pressure at 11:30am. The Central Michigan students will lead the *Otago Class* that stresses exercise that will help you to improve your balance. There is no charge for any of the scheduled activities. The grant that funds this program is temporarily on hold. Instead we have continued to have the class with our seniors leading it or with the Stretch Exercise DVD (used for EZ Motion classes) leading. The Otago Class will once again be led by our Central Michigan college students once the grant is available.

Looking ahead, we will have chef salad and your favorite soup on the menu on Tuesday, the 18th and Thursday, the 20th. Let us know if you'll be with us for these meals and/or the special pie day!

Please take another look at the calendar now that you've scanned this November update. Hoping that you will now make your plans to enjoy being at the Senior Activity Building often. Call to make your reservation for your Food with Friends meals at 989.875.2135.

Ithaca Food With Friends and the Senior Activity Building Seniors look forward to welcoming you to "Our Home Away from Home."

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from September 14, 2025 through October 15, 2025:
Thank you to our Volunteers (named and unnamed) who take care of our Building daily.

GIFTS IN GRATITUDE FOR THE SAB

Linda Strohpaal
Carolyn Kimmel
Helen Hoard
Nancy Wiltfong
Bonnie Coon
Mary Sullivan
All supporters of the
Jewelry/Hand crafted items
SAB Fundraiser
Rob Endter
IHS Class of 1970

In MEMORY of JOE SHELEST
Bill & Linda DeVuyst
Linda St. Charles

In MEMORY of AVIS GINTHER
Stan & Joan Oserowsky
Bill & Linda DeVuyst
Mary Humm

In MEMORY of LOIS PITCHER
Jo Jones
Linda St. Charles

In MEMORY of LINDA WEBURG
Roger & Kristi Cook

In MEMORY of JACK & AVIS GINTHER
Roger & Kristi Cook
Mary Humm

In MEMORY of AARON CRISPIN
Mom—Nancy Crispin

In MEMORY of BILL
& ELEANOR SEAMON
Nancy Crispin

In MEMORY of ART BURCH
Nancy Crispin
Jo Jones
Raymond Fish

In MEMORY of KEITH HAGEN
Sally Reava

In MEMORY of SYLVIA BAJENA
Joe Earegood

In MEMORY of TERRY BAILEY
Joe Earegood

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

Mary Humm

In MEMORY of ART BURCH
Jo Jones

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



HAPPY NOVEMBER FROM THE FILLING STATION

Hello friends! Hoping everyone enjoyed the beautiful October weather we had, I know I sure did. Busy month for me, as I helped my nephew build his new home. The good news is that we are almost to the finish line. I know I'm looking forward to him hosting the holidays as our family creates new traditions after the passing of my parents. Holidays can be hard with the loss of a loved one but we know that together there are better days ahead.

With the approach of colder weather and the urge to hibernate, I want to invite you to come join us at the Filling Station where we will welcome you with a smile. We just might be the cure for winter blahs. Enjoy a delicious and nutritious meal, conversation, and make new connections. Just a reminder with the winter months coming soon, along with exercise we need to stay hydrated and dress in layers. Be sure to wear the correct footwear as to not slip and fall. Make sure our pathways are clear and no need to rush, go slowly.

We have a 1/2 hour exercise class with a licensed physical therapist on Wednesdays from 10:30am - 11:00am and it's free. We are so lucky to have this available to us. I tell everyone nothing is free in life but this one really is.

Wednesday, November 5th at 11:30am, we will be making stackable pumpkins out of dryer vents. Registration is required so we have enough supplies. Please call 989-875-9118. I will be posting pictures of last month's crafts so be sure to check those out. I don't want to forget to mention *line dancing* with Betty Apple on Fridays from 10:15am - 11:15am.

Big shout out to Alma Chrysler Jeep Dodge Ram for coming in and doing a pumpkin craft with us in October. Stay tuned as they may be coming again to do something with us for Christmas. Our friends at Schnepps will pause calling *BINGO* on the 3rd Wednesday of the month and will resume in the spring. We are still playing BINGO every Monday afternoon so hopefully we'll see you there!

Reminder: *The Holiday Extravaganza Magic Show* at the Fulton Township Hall is December 3rd. Please sign up ahead of time at one of the sites or by calling 989.875.5246. All Food with Friends sites will be closed that day so we can all gather in Fulton.

Wishing everyone a very safe and Happy Thanksgiving!

Wed 11/5/25	11:30am	Stacking pumpkins craft/finish after lunch
Fri 11/7/25	12:30pm - 1:30pm	Michigan State University Extension– Holiday Baking
Fri 11/14/25	12:30pm	Nutrition talk
Mon 11/17/25	12:30pm	Celebrate November birthdays
Wed 11/19/25	12:00pm	Thanksgiving lunch
Fri 11/28/25		Site Closed
Mondays	10:00am -12:00pm	Sit and Stich: Bring in a project you're working on such as a fun adult coloring book, knitting, crochet, or whatever. Show off your talents!
	12:00pm	Lunch
	12:30pm -1:30pm	Bingo every Monday
Wednesdays	10:30am -11:00am	EZ Motion with Laurels
Fridays	10:15am -11:15am	Line Dancing with Betty Apple

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



What a warm October we had, can we be so lucky for November? November kicks off the busy holiday season and traveling to a lot of family dinners. What are your plans for the holidays? If you are taking your favorite food dishes, please remember to keep food safety at the top of your list. Prepare them correctly, serve and store them properly by keeping your hot dishes at 144-165 degrees and your cold dishes 40 degrees and below. Don't forget to put all leftovers in the refrigerator. We don't want anyone to get sick with food poisoning. As we age this pesky ailment can be more dangerous for us, so please take care and handle food properly.

With November comes deer season and those pesky four-legged lovelies are on the run! Please take extra care and watch for them. Also, the farmers are trying to get the last of their crops in and are on the road and in the fields scaring up those deer too, so watch around fields and beware of darting deer.

November 10 we are crafting Scarecrow or Snowmen bottles. Please sign up so I know how many supplies are needed. *November 13* is a Thursday, and we do not meet, but I invite you to the Ithaca Food with Friends at the Senior Activity Building in Ithaca. The *Sweet Adeline's Heart of Michigan Chorus* will be performing at 12:30pm. Call Jo at 989-875-2135 to RSVP for lunch and stay for the show. Cider and Donuts will be served.

Have a wonderful and safe start to the holiday season and enjoy the craziness!

November 7		Nutrition Handout (First Friday of the month)		
November 10	12:30pm	Scarecrow or Snowman Bottles		
November 12	12:30pm	Celebrating December Birthdays		
November 21	12:30pm	Michigan State University Extension– Holiday Baking		
Monday		* 10:00AM AM DIRTY MARBLES	* 12:00 PM LUNCH	*12:30 PM EUCHRE/SEVENS
Wednesday		* 10:00AM AM DIRTY MARBLES	* 12:00 PM LUNCH	*12:30 PM BINGO/SEVENS
Friday		* 10:00AM AM DIRTY MARBLES	* 12:00 PM LUNCH	*12:30 PM MEXICAN TRAIN DOMINOES

FULTON FOOD WITH FRIENDS CRAFTS



Fulton Senior Center

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

Irene Noffsinger, Site Manager 989-236-5019



Well, once again, November has arrived. With the cold weather and grey sky, some considered it a blah kind of month. Fortunately, it also brings Thanksgiving and all the wonderful things that the holiday represents.

As always, November is a great month to stop and reflect on all of the many blessings we have received. I personally have received many; one of which is all of you. I am thankful every day for the wonderful people that come and spend their afternoons with me at Fulton Food with Friends. I am looking forward to another year of seeing you all and spending time with you!

Thanks to all of you that came out for our October pumpkin craft. It was fun and they all turned out cute.

November 5th- Please join me to assemble our centerpieces for our Holiday Extravaganza Magic Show. We just need to put together about 30 top hats for the centerpieces, and add some holiday greens for decoration.

November 7th – Shannon from the Michigan State University Extension Office will be here to present a Holiday Baking Class at 10:30am – Please RSVP to me so we know how to prepare.

November 19th- Please join me to make a door hanger Christmas Gnome. We will begin at 10:30. A sign up sheet will be at the sign in table or you can call me at 989-236-5019.

November 21st – Bingo at 12:30.

Bottle Caps: Please don't forget to save and bring in your bottle caps, as we are still collecting. I will check into getting an update for December.

Books: Thank you to all of the folks that so generously donate their used books. We really enjoy them. I don't always get to see you when you drop them off, but please know the donations are needed and appreciated.

NOVEMBER

MONDAY		WEDNESDAY		FRIDAY	
Nov 3rd	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov 5th	10:30 Decorate Top Hats 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov 7th	10:30 MSU Extension– Holiday Baking 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Nov 10th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov 12th	10:30 Nutrition Talk & Shelf Stable Ideas 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov 14th	10:30 EZ Motion 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Nov 17th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov 19th	10:30 Gnome Door Hanger 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov 21st	10:00 Cards 12:00 Lunch 12:30 Bingo
Nov 24th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov 26th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov 28th	CLOSED Thanksgiving

Gratiot County COA

FWF Eat Smart Menu

Lunch 12:00-12:30 pm

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to Change without notice	Suggested Donation \$3.00 Milk provided with All hot meals			
3 Autum Chicken Mixed Vegetables Peas Pineapple Wheat Bread	4 Pork Chop Whipped Potatoes/Gravy Northwest Vegetable Blend Pears Wheat Bread	5 Chicken Parmesan Corn Peas and Carrots Berry Fruit Cup Dinner Roll	6 Corn Chowder Hard Cooked Egg Green Beans Applesauce Corn Bread	7 Baked Ham Whipped Potatoes Mixed Vegetables Orange Dinner Roll Oatmeal Raisin Cookie
10 American Goulash Brussel Sprouts Corn Fruit Cocktail Wheat Bread	11  CLOSED	12 Chicken Teriyaki Brown Rice Kyoto Vegetables Strawberry Applesauce Dinner Roll	13 Sloppy Joe on Bun Normandy Vegetable Blend Peas Mandarin Oranges	14 Spaghetti Lima Beans Peas & Carrots Peaches Garlic Toast Chocolate Chip Cookie
17 BBQ Meatballs Oven Roasted Potatoes Nantucket Vegetable Blend Pineapple Wheat Bread	18 Salad Stuffed Roast Pepper Soup Deluxe Fruit Salad Dinner Roll	19 THANKSGIVING DINNER Sliced Turkey Whipped Potatoes/Gravy Stuffing Green Bean Casserole Cranberry Sauce Pumpkin Custard Dinner Roll	20 Salad Baked Potato Soup Deluxe Fruit Salad Dinner Roll	21 Pancakes Roasted Apples Sauage Orange Juice Triple Berry Crunch Bar
24 Macaroni & Cheese Carrots Corn Pears Wheat Bread	25 Baked Chicken Breast Whipped Potatoes/Gravy California Vegetables Peaches Cookie Wheat Bread	26 Turkey Stew Biscuit Mixed Vegetables Applesauce	28 THANKSGIVING DAY  CLOSED	29 THANKSGIVING HOLIDAY CLOSED

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.



Mid-Michigan District Health Department
will be offering the **FLU SHOT** and **COVID BOOSTERS**:

Gratiot County Commission on Aging
515 S Pine River St. Ithaca, MI 48847

Wednesday, November 5th from 9:30am - 2:30pm

Reserve a spot by calling 989-875-5246

State your preference: Flu & Covid, Flu only, or Covid only

Bring your drivers license and insurance card



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.

Important note: The location of the installed grab bar will vary depending on the layout of the home.



Commodity Food Distribution Date

Commodities distribution will be on **Wednesday, December 10, 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 **10:00am 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



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 15th through December 7th. Do not wait until December to call and schedule. There are **NO walk-in times available**. Appointments will be first come, first serve basis.

COMMUNITY THANKSGIVING DAY DINNER

WHEN: 12:00 NOON, Thursday, November 27th

WHERE: First Presbyterian Church
495 Charles Ave, Alma

MENU: Roast Turkey, dressing, mashed potatoes, gravy,
Green beans, cranberry sauce, pumpkin pie,
Beverages

COME JOIN your friends and neighbors for a delicious Thanksgiving Dinner. Reservations are **required**, and will be capped at 230 and can be made by calling **Roger Allman, 989-330-5407**, and leaving a message. Reservations must be made by 5:00 PM ON Tuesday, November 25.

Everyone is welcome to come and enjoy this communal meal!

Unfortunately, home delivered and take out meals will not be available this year. Everyone is encouraged to join your friends in First Pres's Fellowship Hall for this **COMMUNITY DINNER!!**

There is no charge for this meal; a donation basket will be available for a free-will offering.

Volunteers are also needed to serve the meal, and to help clean up. If you would like to volunteer (You also get to eat!), please also call Roger Allman at 989-330-5407, and leave a message that you would like to help.



Thanks to MyMichiganHealth for their financial support

Government Imposter Scams Can Happen to You

Scammers are targeting people through emails, calls, or texts and claiming they are from a government department. The messages may offer grants, special medication rates, requests for updated personal information, or demand money.

If the message contains a link or attachment, do NOT click the link, or download the attachment. It may contain a virus which will infect your device when it's opened. The scammer will then be able to access information on your device.

Scammers know that calls, texts, or emails from a government agency will get you to react, either out of fear or curiosity. Replying to a spam message or phone call lets a scammer know that your information is active, and they may get a response.

How do you protect yourself?

- Block the text, email, or call;
- Don't click links or open attachments;
- Report the spam; and delete the text or email from your device.

Government Agencies:

- Do not offer grants or money and will NEVER demand money through email, over the phone, or text. They will mail you a notice and offer payment options.
- Do not ask for or take payment by prepaid gift card, wire transfer, cryptocurrency, or a pay app.
- If you get an email, call, or text from someone claiming to be from the government, **HANG UP AND DO NOT RESPOND**. Silence is always the best policy.

Report Fraud

To report a scam, file a complaint, or get information, call the Attorney General's Consumer Protection Team:

Consumer Protection Team

P.O. Box 30213
Lansing, MI 48909
517-335-7599
Fax: 517-241-3771

MEMORIALS

Commission on Aging

Chris Sparks
Pat Vernon
Dianne Beard
Roger & Kristi Cook

Eleanor O'Boyle
Nancy & David Harger
Inez-Bae O'Boyle
Elizabeth Dershem & Family

Rebecca Adams
Sheri McKinstry

Gary Zimmerman
Judy Zimmerman

Willard & Nellie Litwiller
Cheryl Davis(Litwiller)
Robin Litwiller

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Carol Glave

Pat Thompson
Matthew Pung

In Honor of

Bob & Peg Jarrett
Anna M. Jarrett

Pastor Zella Daniel
Bruce & Connie Andersen

Thank you for your support and generous donations.

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SENIOR GRATIOT

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John McCallester
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