



### 1st Annual Gratiot Beautification Event Commission on Aging, 515 S. Pine River St., Ithaca

Sponsored by Commission on Aging, Padnos Central Michigan,  
Alleyce, City of Ithaca

**Thursday, April 26 and Friday, April 27th**

11 am to 3 pm

**Saturday, April 28th**

10 am to 2 pm

Old Computer  
Towers



Old Laptops

Stop by **Saturday** for a hot dog, bag of chips and pop!

### Recycle & Renew our Community!

Funds raised from this event will be donated to Commission on Aging for the Modular Ramp Program. For more information, please call the COA at 989-875-5246. Please see **page 10** for additional information and accepted items.

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

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# SENIOR GRATIOT

NON-PROFIT ORGANIZATION  
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Save the date!



*Gratiot County Food with Friends Spring Fling  
May 23, 2018, 12:00 P.M., St. Louis Senior Center*

*Lunch, Prizes, Entertainment*

### Attorney General's Consumer Program Presentations at the COA

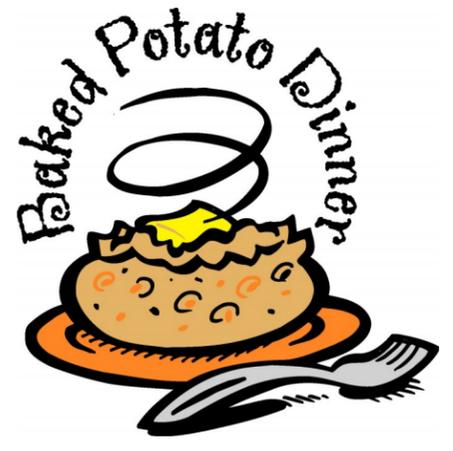
We receive many phone calls with concern regarding fraudulent and scam operations. Your safety and wellbeing are very important to us so we've called in some professional help. Members of the Attorney General's Consumer Programs Team of Experts will be presenting informational seminars. These easy to understand presentations are "designed to help you make savvy consumer decisions and to protect you and your loved ones from scams." You may select the ones that fit your personal needs. We have your best interest at heart and recommend you consider signing up for all five sessions. Each seminar will only run about 45 minutes with a brief question and answer period to follow and there is no fee. General public is welcome. **All seminars will be held at the Commission on Aging in Ithaca, 515 S. Pine River St. and will begin at 1:00 p.m.**

- ⇒ **Identity Theft: Tuesday, April 10** - Learn about the signs of identity theft, how to protect your personal information online and off, and what steps to take if you are victimized by identity theft.
- ⇒ **Phone, Mail & e-Scams: Thursday, April 12** - Learn the telltale signs of scams that are predominant in text message, phone calls, e-mail, and mail along with steps to take to minimize your risk of being victimized.
- ⇒ **Online Safety: Tuesday, April 17** - Learn how to protect your personal information while online, as well as your devices and money. Also provides information on how to avoid common and emerging online scams.
- ⇒ **In-Home Care & Senior Residence: Thursday, April 19** - Catch up on the resources available to help you make the best decisions regarding care for yourself or your loved ones at home or in a senior residence.
- ⇒ **Home Repair & Improvement: Tuesday, April 24** - Arm yourself with the signs of home repair scams, unscrupulous contractors, and how to navigate the home improvement process.

Please call 989-875-5246 to reserve your seat!

### "Hot Baked Potato Bash" Wednesday, April 25 5:00-6:30 p.m.

This event is open to the public and takes place at the Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis. You, your family and friends are invited to join us for a special "Baked Potato Bash" fundraising dinner. A fun time will be had by all on **Wednesday, April 25 from 5:00-6:30 p.m.** Enjoy a hot baked potato with your choice of toppings that include chili, broccoli, cheese, bacon bits, sour cream and butter. The dinner will also include coleslaw, pie and beverages. There will be special entertainment and door prizes. Tickets are only \$8.00 and are available from any Senior Center board member or at the Center. Call Jamie at 989-681-4341 to reserve your spot! Come and join us for our first community supper of the season. This is a fundraising event and all proceeds will go toward the operating costs of our Center. Thank you for supporting our Center!



## VOLUNTEER CORNER

~With Sue Koch, Coordinator of Volunteers



### A VOLUNTEER'S TIME AND TALENTS

Sue Koch Coordinator of Volunteers  
989-875-5346

Volunteers are recognized during National Volunteer Month each April. It is the month dedicated to honor all volunteers in our communities as well as encouraging volunteerism throughout the year. The following bits and pieces are credited to Wikipedia.

Volunteering is generally considered an altruistic activity by which an individual or group provides services without expectation of financial or social gain; but rather "to benefit another person, group or organization." Volunteering is often intended to promote goodness or to improve human quality of life.

During the 1800's our country experienced what is often referred to as the Great Awakening. Our ancestors became more aware of the disadvantaged with the realization of the movement against slavery. It was during this time that younger people started helping the needy in their communities. In 1851, the first YMCA in the United States was started; seven years later the first YWCA was started. During the Civil War, women volunteered their time to sew supplies for the soldiers. Clara Barton and a team of volunteers began providing aid to service men. By 1881 the American Red Cross had become part of our country's fabric. The Salvation Army is one of the oldest and largest organizations working for disadvantaged people through the efforts of well-organized volunteer programs.

Early in the 20<sup>th</sup> Century volunteer organizations such as Rotary International, Kiwanis International, the Association of Junior Leagues International, and the Lions Club International were formed.

During the Great Depression one of the first large-scale nationwide efforts to coordinate volunteering for a specific need evolved. During World War II, thousands of volunteer offices supervised the volunteers who helped with the need of the military and those on the home front including collecting supplies, entertaining soldiers on leave and caring for the injured. After World War II, altruism refocused to helping those living in poverty in the United States and to outreach to those living overseas. We recall in 1960, President Kennedy's unveiling of the Peace Corps and President Johnson's declaring a War on Poverty in 1964.

Throughout my lifetime, volunteerism has expanded and become more formalized. In the past two decades, the World Wide Web has facilitated our community members to find and become associated with specific organizations providing specific volunteer opportunities. This has allowed volunteers to truly volunteer in an area that provides greatest satisfaction.

Volunteering has the ability to improve the quality of life and health, including longevity of those who donate their time. Research has found that older adults will benefit the most from volunteering. Physical and mental ailments plaguing older

*Continued*

adults can be healed through the simple act of helping others. Volunteering improves not only the communities in which one serves, but also the life of the individual providing the service.

We welcome your inquiry about opportunities to serve senior citizens in Gratiot County through Commission on Aging.

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

The Commission on Aging hears from Gratiot County seniors about the scam phone calls they receive and the uninvited salespersons who knock at the front door of their homes. Recently we seem to be receiving more reports of scams from seniors. Certainly, the intrusion of scams in our lives are ongoing but we do notice periodic increases in exploitative activities.

A timely article was published in *Aging in Michigan* by Chalgian and Tripp Law Offices, PLLC's November 2017 Newsletter. Our appreciation for their permission to reprint this article. It follows the acronym I WILL FIGHT. Here is how it reads:

**"I is for Isolation.** There are common patterns in cases where older adults are exploited. Being alert to these behaviors may help you identify a situation and take steps before it is out of control, and possibly avoid a WILL FIGHT."

**"W is for Watchful Eyes.** When a predator goes after a vulnerable adult, they typically attach to the target closely and begin monitoring everything they do, and everyone they communicate with."

**"I is for Isolation and Alienation.** Likewise, predators will almost always begin to isolate their target from their natural supports, and take steps to cause the vulnerable adult to become distrustful of others."

**"L is for Lack of Transparency.** The predator will often seek to control information about the vulnerable adult and prevent those who would otherwise be protective from having access to information about the person and their resources."

**"L is also for Loss.** Vulnerability may follow the loss of a loved one, particularly the death of a spouse or other support person. This loss often opens the door to the predator."

**"F is for Family Dysfunction.** Family dynamics are almost always an issue when the predator is one of the family members. Exploitation of an aging parent can be more likely when unresolved hostilities exist between siblings."

**"I is for Involvement of New Friends and Advisors.** When the predator comes from outside the family, they typically bring with them a new cadre of cohorts. The children of the predator suddenly cozy up to the target, and the vulnerable adult starts using a lawyer or financial advisor selected by the predator."

*Continued*

### RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch, Coordinator of  
Volunteers  
989.875.5346

### RIGHT PLACE AT THE RIGHT TIME

Sue Koch Coordinator of Volunteers  
989-875-5346

Spring is arriving at Commission on Aging and bringing lots of good things. Kathy Redman's Monthly Movie and Popcorn is a hit. The lobby's book and puzzle Nook is being used and replenished on a daily basis. And where else can greeting cards be purchased for a donation of .25 cents each? But wait. There is more. The COA Lobby Shop has been emptied and painted. Soon the shelves will be re-hung and the shop open for business. We look forward to your visits and the pleasure of greeting and serving you.

Recently, towards the end of the work day, a woman stopped in to browse the Nook. I spoke to her about feeling free to take the books she wishes without need to return them to the Nook. I mentioned there is no sign out process for books or puzzles. She asked, "Do you accept donations of puzzles?" My response, "Certainly, and with appreciation. The Nook has become very popular." Our visitor paused and I offered to get her a bag to help carry her treasures home. She thanked me and then shared she had been here before to find "treasures". She paused again then told me how much the puzzles had helped her pass the time when her husband was very ill. She had been able to keep him at home for several months before he died. Puzzles became a comforting part of that period of time. And now she continues her puzzles because it gives her the comfort of her memories. She felt the time had come to pass along the puzzles she had completed during the time of her husband's illness and take "new" ones from The Nook to complete.

Whether you stop in to find a good book or a puzzle or enjoy freshly popped popcorn on a Movie and Popcorn Afternoon, we welcome you.

**"G is for Growing Confusion.** Although not always the case, the onset of dementia and other age-related cognitive impairments often trigger the opening to exploitation. Research suggests that older adults become vulnerable to exploitation even before the typical signs of memory loss and cognitive decline are observed by close friends and family."

**"H is for History of Financial Dependence.** Exploitation can arise in situations where one child or other person has become financially dependent on an older adult. Dependence turns to exploitation when, due to cognitive decline, the older adult begins to lose the ability to monitor their finances and resist the pressures of the perpetrator."

**"T is for Talk of Asset Protection.** Be wary when an older adult becomes overly concerned about 'Asset Protection.' Popular concepts about estate planning, Medicaid eligibility and qualification of Veterans benefits are frequently used as an excuse to persuade older adults to give away their assets or take steps that are not in their best interest."

**PATH-DIABETES WORKSHOP**

Sue Koch, Coordinator of Volunteers ,  
989-875-5346, and  
Scott Hicks, Caregiver Trainer,  
989-875-5269

PATH-D is a Diabetes Self-Management Workshop developed by Stanford University's Patient Education Research Center. PATH stands for Personal Action Toward Health. The six-week workshop is for people with long-term health conditions and/or for persons concerned about the health of a loved one or friend living with long-term health conditions. Our focus for this PATH Workshop is **Diabetes**.

A recent "outcomes study" of persons having taken the PATH-D Workshop indicate participants who took the workshop from January 2015 - September 2017 "realized a variety of positive outcomes at the end of the six-week workshop. Participants showed the most significant increases in their ability to handle diabetes-related stress, exercising for 30 minutes at least four days a week, and eating fruits and vegetables. Increases were also found in participants' understanding of foot and retinal exams, how exercise and carbohydrates impact blood sugar." Additionally, participants reported they are better able to face the daily challenges of living with an ongoing health condition. They report having more energy and less pain, feel more comfortable talking to their health care providers, and are more confident that they can manage their health.

We are grateful to Region VII Area Agency on Aging for providing us with the most updated training for this unique program. Gratiot County Commission on Aging's PATH-D Workshops are supported, in part, by the U.S. Administration on Aging, Michigan Aging and Adult Services Agency and Region VII Area Agency on Aging.

When dealing with a chronic illness, the best PATH to better health is the one you make yourself. Your journey begins here. To register for this PATH - Diabetes Workshop, please call Sue Koch at 989-875-5346. There is no charge for this workshop.

**Location:** Commission on Aging, 515 S. Pine River Street, Ithaca

**Dates:** Six consecutive Thursday afternoons June 7, June 14, June 21, June 28, July 5 and July 12, 2018

**Time:** 1:00 pm - 3:30 pm

A friend or family member interested in learning how he/she can support you is welcome to attend. Class size is limited to 12 - 15 persons. Please dress for comfort. A light mid-afternoon snack is provided.

*Please note: The PATH-D Workshop offered in the March Issue of Senior Gratiot during August and September will no longer be offered due to a scheduling conflict. Thank you.*

**DAY TRIPS**

By Trip Coordinator

**DAY TRIPS:** Notify the Senior Center office (989)-681-4341 immediately if you must cancel a reservation. If you found your own replacement, please provide their name to the Senior Center office. 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.

**Making Memories with Each Trip!****WALKING LEVELS**

- **Level 1:** Minimal walking - for example: theatre trips. Usually involves getting on and off the bus three times.
- **Level 2:** Sightseeing—getting off the bus multiple times, might involve easy walking from one place to another (shops to restaurants and other points of interest) museums, ball games.
- **Level 3:** Lots of walking—for example: shopping trips, outdoor destinations, walking tours in cities. There may be stairs to climb and might involve walking on uneven surfaces such as gravel, grass, cobblestones, etc. Participants need to be able to keep up with the group.

If you are in doubt about your level of ability, please ask for more information about specific trips before you sign up.

**ALL PAYMENTS** are made out to:  
**Gratiot Community Senior Center**  
and mailed to the address below:  
**Gratiot Community Senior Center**  
**P O Box 205, St. Louis, MI 48880**

**Rules to follow for Day Trip:**

1. Please call right away to 989-681-4341 if you are interested in a trip. Check your calendar & 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 if you do not make your payment as scheduled.
2. When we set a date for a performance, the theater needs to know many weeks in advance how many people will be coming. Tickets are expensive and we don't want to buy tickets that do not get used.
3. If you have to cancel because of illness, you must call 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.

**Meadow Brook Hall & Theatre**

**Wednesday, May 9, 2018**  
**\$94.00**

**Bus Leaves at 8:00 a.m.**

**Back at 7:00 p.m.**

**Money due by Friday, April 6, 2018**  
**Walking Level 1**

Our trip begins with lunch and a tour of Meadow Brook Hall, a National Historic Landmark built by one of automotive aristocracy's most remarkable women, Matilda Dodge Wilson, widow of automobile pioneer John Dodge, and her second husband, lumber broker Alfred Wilson.

*Continued*

Lunch at the estate, will include: Sliced Sirloin of Beef with Rosemary Demi Glace, Wild Rice Blend, Seasonal Vegetable, Roll, Coffee, Hot Tea and Apple Pie.

Next, we will head to the Meadow Brook Theatre where we will see a classy, sassy musical celebration of the 1930s and '40s **The All Night Strut!** This musical is filled with jazz, blues, bebop and classic songs such as Chattanooga Choo Choo, Minnie The Moocher, Ain't Misbehavin' and more.

This is sure to be a trip you won't want to miss. **Call Jamie today at 681-4341 to reserve your spot.** Trip includes transportation, lunch, tour, theater ticket, tax and gratuity. Please note: There will be some, but not excessive, walking during our tour of Meadow Brook Hall. There will also be a few steps in the theater.

**"The Village" at**  
**Grand Traverse Commons**  
**Thursday, June 21, 2018**

**\$78.00**

**Bus Leaves at 8:00 a.m.**

**Back at 7:30 p.m.**

**Money due by Mon., May 21, 2018**  
**Walking Level 1**

Kick off the first day of summer with a trip to The Village at Grand Traverse Commons in Traverse City. An historic landmark, The Northern Michigan's Asylum's first buildings were completed in 1885. Later renamed the Traverse City State Hospital, it grew to be a 1,000-acre self-contained facility with farms, warehouses, a power plant, and more. The first superintendent was Dr. James D. Munson, who served in that role for 39 years. His noble "Beauty is Therapy" philosophy of patient care now inspires the transformation and preservation of the campus into The Village at Grand Traverse Commons.

Our first stop will be lunch at Sleder's Family Tavern, Michigan's oldest, continuously operated restaurant established in 1882. Here you will enjoy your choice of one of the following options:

1 - Pacific Cod (3 pieces of battered cod loin, deep fried or baked with lemon, garlic and thyme)

2 - Slabtown Ribs (baby back pork ribs, oven roasted until tender, then char-broiled in BBQ sauce)

3 - Cherry Barbequed Chicken (1/2 split chicken, oven roasted, then char-broiled in homemade cherry BBQ sauce.)

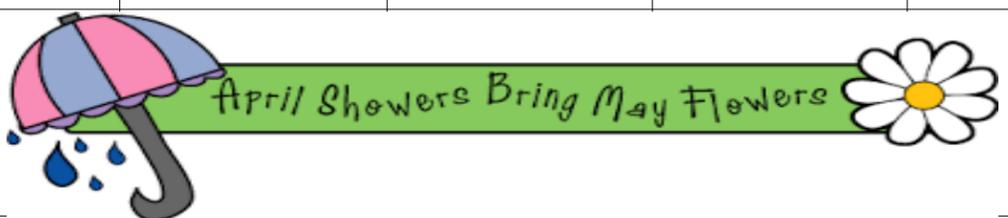
All meals include choice of redskin potatoes or french fries, salad, roll, non-alcoholic beverage and brownie.

Next, we will depart on a one hour, guided bus tour around the campus of the former Traverse City State Hospital now known as The Village at Grand Traverse Commons. Along the ride we will learn the purpose of the architecture, self-sustainability, Dr. Munson's theory of beauty and more.

Following the tour, we will have plenty of time to explore the Mercato, (marketplace) a quaint collection of boutiques, cafés and fine dining on the garden level of historic Building 50.

We hope you will join us for this unique and informative experience! Don't delay, call Jamie today at 681-4341 to make your reservation and don't forget to tell her your lunch selection. Trip includes transportation, lunch, tour, tax and gratuity. This is sure to be a place you'll want to visit again!

**April 2018**  
**Gratiot Community Senior Center, 1329 Michigan Ave., P.O. Box 205, St. Louis, MI 48880**  
**989.681.4341**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 12:00 Lunch 12:30 "Spring Cleaning Tips"	3 12:00 Lunch 1:00 Senior Center Board Meeting	4 11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	5 10:00 Line Dancing 12:00 Lunch 12:30 "Thinking Thursday"	6 11:00 Puzzles 12:00 Lunch 12:30 Healthy Habits-part 1	7
8	9 12:00 Lunch 12:30 Keep America Beautiful Month 6:30 American Legion Meeting	10 12:00 Lunch 12:30 "Moments of Laughter"	11 11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	12 10:00 Line Dancing 12:00 Lunch 12:30 "Thinking Thursday"	13 11:00 Puzzles 12:00 Lunch 12:30 Healthy Habits-part 2	14
15	16 12:00 Lunch 12:30 Nutrition Program "Stretch Your Food Budget"	17 12:00 Lunch 12:30 Fire Safety Tips	18 11:00 Coffee Hour 12:00 Birthday Lunch 12:45 Bingo with Sarah	19 10:00 Line Dancing 12:00 Lunch 12:30 Mesh Wreath	20 11:00 Puzzles 12:00 Lunch 12:30 Laughter is the Best Medicine	21
22	23 12:00 Lunch 12:30 "Just Saying"	24 12:00 Lunch 12:30 Being Your Best Self	25 12:00 Lunch 5:00-6:30 Hot Baked Potato Bash fundraising dinner	26 10:00 Line Dancing 12:00 Lunch 12:30 "Thinking Thursday"	27 11:00 Puzzles 12:00 Lunch 12:30 "Your Bucket List"	28
29	30 12:00 Lunch 12:30 "Just Saying"					

**Gratiot Community Senior Center**  
 By Jamie Bolsby

Dear Friends,  
 Welcome April! Are you warming up? I don't just mean with the temperature outside, but with your activities and social involvements? It's time to get out of the house, get moving to shake off the winter blues and have some fun. If you have lived in Michigan a short time or your whole life, you are familiar with seasonal ups and downs. Many folks hibernate during the coldest months and I miss them here at the Center. We also have many seniors who leave our state for a warmer climate and will be returning soon. Put us on your radar and call today for lunch reservations or activities.

I am inviting all of you to help us kick off our first fundraising dinner of the year with a **Hot Baked Potato Bash** on Wednesday, April 25 from 5:00-6:30 p.m. Our delicious menu will include a hot baked potato with your choice of toppings that include chili, broccoli, cheese, bacon bits, sour cream and butter. The dinner will also include coleslaw, pie and beverage. We will have special entertainment and door prizes. Tickets are \$8.00 and will be available from any board member or at the Center. Come and join us for our first supper of the season. This is a fundraising event and all proceeds will go toward the operating costs of our Center.

Our Senior Center Board Meeting will be on Tuesday the 1<sup>st</sup> at 1:00. I would like to thank all our members for their participation and support. Please remember to call ahead for lunch reservations.

Come on out and Line Dance with Betty and the group. Mark your calendar for

Thursday's at 10:00 and enjoy a wonderful aerobic exercise. Move at your own pace to lively music and easy to follow instructions from Betty. Learn new dance steps to all types of music. It's time to spring into step while improving your memory, make new friends and just get out and be active. Remember, everyone is welcome from beginners to more seasoned dancers.

Our nutrition program for this month is "Stretch Your Food Budget" on Monday the 16th at 12:30. Finding simple ways to cut food costs while still enjoying a variety of nutritious food looks good on everyone's table.

Join us for coffee hour at 11:00 every Wednesday morning. It's time to catch up with each other and take a break. We will also sweeten you up with some doughnuts.

We will celebrate our April birthdays on Wednesday the 18 with a delicious lunch along with cake and ice cream! Call today and sign up for lunch and help us salute our birthday folks.

We will be crafting a **Mesh Wreath** with Rose on Thursday, April 19 at 12:30. You will need to bring the following supplies: a 10" by 10 yard piece of your choice of either yellow or white mesh to make a daisy or red to make a poinsettia, a 14" wire wreath ring and pipe cleaners. The cost for the exciting project is just \$5.00!

Bingo games are held every Wednesday after lunch and are always a fun time to relax with friends. Make sure to call in advance for lunch reservations. If you happen to have any items to donate for prizes, they are welcome.

I also have many different programs dealing with Spring Cleaning, Fire Safety, and Healthy Habits for your daily routine. Different ways to improve your own lives, be positive and enjoy each day.

Calling all readers! Another popular area here at the Center is our well-stocked bookshelf that has a variety of good

stories. You are welcome anytime.

We would love for you to join us around the lunch table and share your day with us. Our Food with Friends offers a delicious home cooked meal five days a week for the suggested donation of only \$2.50. It's a value for eating out in this day and age. Just call one day in advance for your reservation, 989-681-4341.

*Be good to yourself.  
 "Nobody really cares if you're miserable, so you might as well be happy."  
 ---Cynthia Nelms*



**Happy February birthday to Elizabeth Myers with friend, Michael Patterson.**



**A big March birthday wish goes out to Wilma Richardson, Terry Courtney, Frank Jones and Victor Smith.**



## West Gratiot

By Cindy Simons

West Gratiot Food with Friends attendees celebrated the March birthdays of Kathryn Daymon, Harry Freed, Patricia Freed, Sara Freed, Lyle Parks, Evelyn White, Carol Hilts, Elizabeth Cook, Joyce Koutz and Allen Thompson. We also celebrated the anniversary of Dennis & Carole Brauher.

A thank you goes out to everyone who has donated time, energy, financial support, snacks and other special items to the West Gratiot Site. We truly appreciate your thoughtfulness.

Tinker's Follies entertained us with Celtic and folk music. Thank you for the visit and wonderful music! The dulcimer musical group practices on the second Monday of every month from 7-9 p.m. at the Ithaca Senior Center.

We had fun with St. Patrick's Day by dressing up in our finest green garb. Prizes were awarded to two participants as the "Most Spirited". The following week we dressed in our brightest colors to welcome spring once again!

Attendees helped the Harmony Arbor Gleaners by filling Easter bags. The gifts were given to residents at Palmer's Place in Ithaca.

### Now, Here are activities coming up in April:

The nutrition and wellness topic for April will focus on "How to Stretch Your Food Budget".

Join us for birthday celebrations on April 11th and 13th. The Schnepps Nursing Home is sponsoring BINGO on the 18th. Kim Mears, from United Healthcare is sponsoring BINGO and will bring special treats on both April 20th and 25th.

Keep bringing in donations for the VA Hospital Project any day the site is open. Thank you for the boxes full of items that have already been forwarded to the hospital in Saginaw.

Please join us on Monday, Wednesday, and Friday at the Sumner Senior Center located in the Sumner Community Center as we reestablish and develop friendships and share in good times with others from around the area.

To get started with the Food with Friends program: **Call the Gratiot FWF Kitchen (989-875-5332) from 7:30-1:00 M-F to reserve lunch 24 hours before the day you would like to attend.** After that, sign up ahead of time while you are in attendance at the site or call the kitchen 24 hours in advance of your net visit. Contact Cindy at 989-833-7624 from 10:00-2:00 MWF at the West Gratiot site for more information.

### West Gratiot Highlights

- 6 Nutrition & Wellness Topic
- 11 & 13 Celebrate Birthdays & Anniversaries
- 18 Grocery BINGO - Sponsored by Schnepps Nursing Home
- 20 & 25 BINGO - Sponsored by United Healthcare
- 23 Craft

### Weekly Activities

All activities listed below are in the gym

	Mon	Wed	Fri
Walking	10:00-1:30	10:00-1:30	10:00-1:30
Adv. Line Dancing	9:30-Noon		9:30-Noon

## Breckenridge

By Pat Schultz

Spring is in full swing, time to get out of the house and enjoy it. Come on down to the Breckenridge Senior Center, have lunch and join us for one of our activities. Visit with old friends or make some new ones. We have lots of good times and are always glad to see new faces.

Everyone had a blast making ceramic Easter eggs last month to go with the baskets that we made in February. They are all so pretty. We have a ceramic class the second Monday of the month and will be making something really great. All materials are furnished and Patsy from Special Touch Ceramics teaches us and helps us when we need it. Cost is only \$10.00. Give me a call if you would like to join us for one of these classes.

We are going to make some Thank You cards to send to veterans, thanking them for their service. If you would like to help with this project just give me a call, 989-842-3338. It will be on April 16th.

Here are some of the other things that we will be doing in April.

- Card making at the Library-2nd
- Making laundry soap to share-4th
- Ceramic Class, making an animal flower pot-9th
- Bingo w/ Schnepps Health Care-10th
- Knit and crochet fun-13th
- Making Thank You cards for Veterans-16th
- High School Honor Students visiting-18th
- Puzzle day-20th
- Ask the Chief of Police questions-23rd
- Beach Ball Memory Toss-25th
- Movie Day at the Library-26th

We have coloring pages, puzzles, and lots of other games to play. We always have some who like to play Euchre in the mornings. Stop in and see what we are all about. Everyone is Welcome!

## Legal and Financial Planning for Alzheimer's Disease

A FREE informational event for anyone who may be affected by Alzheimer's disease or dementia. The time for legal and financial planning is now. The workshop is presented by the Alzheimer's Association on Tuesday, April 24 from 6:30-8:00 p.m. at the First Presbyterian Church, 495 Charles Ave., Alma. The presenter is Laura J. Ruhl, CT from the Alzheimer's Association. Please RSVP by April 23 to Jim Gall, 989-486-9557. Refreshments will be provided.

April is Parkinson's Awareness Month  
World Parkinson's Disease Day  
April 11th



SPREAD THE WORD  
EDUCATE YOURSELF  
SUPPORT THE CURE

For more information, please contact the Parkinson's Disease Foundation at (800) 457-6676, [www.pdf.org/en/parkinson\\_awareness](http://www.pdf.org/en/parkinson_awareness) or [info@pdf.org](mailto:info@pdf.org)

## Greetings from Fulton

By Irene Noffsinger

And then it was April, truly a mood lifting time of year. All the flowers are starting to poke through. The weather is finally starting to turn warmer. I am ready for spring and summer.

After the hard winter we have endured, it is time to celebrate April 8<sup>th</sup>, National All Is Ours Day. It is once again, time to look around at the beauty of nature as everything once again blooms, as well as thinking about all the natural wonders we have been given. With all that is happening in this world today, a moment to look around, take in a sight, a smell, or just enjoy the quiet, can go a long way.

If you have donated books to our rolling book shelf, thank you! If you have borrowed and returned books that others haven't yet read, Thank You! If you have books that you no longer wish to keep, please remember the senior center when disposing of them. We would be thrilled to place them on the shelves for others to read. Also, if you are looking for something to read, please stop in, browse the shelves and take your favorites home to read. The books are rotated periodically, so there should always be something different to read.

Come join us for lunch. We have a good time and it is good for everyone to meet, visit and have lunch together.

- 4-2 12:00 Lunch  
12:30 Wii/Cards, your choice
- 4-4 12:00 Lunch  
12:30 BINGO
- 4-6 12:00 Lunch  
12:30 Euchre
- 4-9 12:00 Lunch  
12:30 Wi/Cards, your choice
- 4-11 12:00 Lunch  
12:30 Cards, your choice
- 4-13 12:00 Lunch  
12:30 Euchre
- 4-16 12:00 Lunch  
12:30 Wii/Cards, your choice
- 4-18 12:00 Lunch  
12:30 BINGO
- 4-20 12:00 Lunch  
12:30 Euchre
- 4-23 12:00 Lunch  
12:30 Wi/Cards, your choice
- 4-25 12:00 Lunch  
12:30 Cards, your choice
- 4-27 12:00 Lunch  
12:30 Euchre
- 4-30 12:00 Lunch  
12:30 Wii/Cards, your choice



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COMMISSION ON AGING  
IN ITHACA

Senior Activity Building

April 2018

Ithaca Food With Friends

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<b>1</b>	<b>2 12:30</b> Bob Crist's Piano Music <b>1:20</b> Bob's Sunshine Gang visits Arbor Grove--Alma	<b>3 10:20</b> Walking <b>10:30</b> Cribbage <b>7:00</b> VFW #7805	<b>4 10:20</b> Walking <b>1:00</b> Dominoes	<b>5 9:00</b> EZ Motion <b>10:00</b> Golf games <b>11:00</b> Joyce Raycraft's Piano Music <b>1:15</b> Wii Bowling	<b>6 10:20</b> Walking <b>11:30</b> Blood Pressure Checks by Joyce Raycraft	<b>7 10:45</b> Building is Open <b>12:15</b> Family Potluck
<b>8</b>	<b>9 10:05-11:30</b> Bingo (prizes McDonalds & Bee Clean Car Wash) <b>7-9</b> Dulcimers	<b>10 10:20</b> Walking <b>1:00</b> Progressive Euchre	<b>11 10:20</b> Walking <b>1:00</b> Dominoes	<b>12 9:00</b> EZ Motion <b>10:00</b> Golf Games <b>11:00</b> Joyce Raycraft's Piano Music <b>1:15</b> Wii Bowling	<b>13 10:20</b> Walking <b>1:00</b> Friday Cards with Volunteers Jack & Avis Ginther	<b>14</b>  National Pecan Month
<b>15</b>	<b>16 10:20</b> Walking <b>11:50</b> Nutrition - "Stretch your Food Budget"	<b>17 10:30</b> Cribbage <b>1:15</b> SAB Board Meeting	<b>18 10:05-11:30</b> Bingo (prizes Schnep's) <b>1:00</b> Dominoes <b>7:00</b> Attractive Tractor Meeting	<b>19 9:00</b> EZ Motion <b>10:00</b> Golf Games <b>11:00</b> Joyce Raycraft's Piano Music <b>1:15</b> Wii Bowling	<b>20 10:20</b> Walking <b>12:00</b> April Birthday Celebrations	<b>21</b>
<b>22</b> 	<b>23 10:05-11:30</b> Bingo Prizes by Barb <b>1:00</b> Sequence	<b>24 10:20</b> Walking <b>1:00</b> Progressive Euchre	<b>25 10:20</b> Walking <b>1:00</b> Dominoes	<b>26 9:00</b> EZ Motion <b>10:00</b> Golf Games <b>11:00</b> Joyce Raycraft's Piano Music <b>1:15</b> Wii Bowling	<b>27 10:20</b> Walking <b>1:00</b> Friday Cards with Volunteers Jack & Avis Ginther	<b>28</b>
<b>29</b>	<b>30 YOUNG SENIOR DAY</b> <b>10:20</b> Walking <b>1:00</b> Sequence		<b>8:00 EVERYDAY</b> Building open coffee's ready <b>10:00 EVERYDAY</b> Visits, news, games, activities <b>12:00 Mon.-Fri.</b> Food With Friends Noon Meal Reservation 875-2135			

**Senior Activity Building & Food with Friends News**  
By Jo Jones

Our many Senior Friends who received Shamrock Sunshine plates on the Friday before St. Patrick's Day thank you Seniors who provided, packaged, and delivered their treat. The Irish sunshine brightened their day.

Monday (the 2<sup>nd</sup>), at 12:30, Bob Crist will tickle the piano keys. This time will be used to warm up our voices before Bob's Sunshine Gang travels to Arbor Grove in Alma. Be sure to come back to the Building to enjoy ice cream sundaes after the sing a long.

Bingo will be on the second and fourth Mondays (9<sup>th</sup> and 23<sup>rd</sup>) from 10:05 until 11:30. Bingo Prizes for the 9th are provided by McDonalds and Bee Clean Car Wash. Barb will provide the prizes on the 23<sup>rd</sup>. Schnep's Health Care will provide grocery prizes on Wednesday the 18<sup>th</sup> Bingo game.

Just For Fun Dulcimer Club meets for an evening of music on April 9<sup>th</sup> from 7 to 9. Fred Hoard, Building Volunteer, will welcome you. There is no charge for this activity, and you are welcome to enjoy the music for awhile or the entire time.

You'll see several scheduled days for Walking at 10:20. If the weather permits, you are encouraged to walk on Wanda's Walk in the Atkinson Park just outside of our front door. If not, we will play our "Walk to the Beat" tape and walk indoors.

Continued

The nutrition program for April will be about Stretching your Food Budget. The date is Monday, the 16<sup>th</sup>.

The last two Mondays Sequence is scheduled for 1:00. It is good to have a renewed interest in this game and it is often enjoyed at the Building. Young Senior Day is on the 30<sup>th</sup>.

Cribbage will be on the 3<sup>rd</sup> and 17<sup>th</sup> at 10:30.

Our Senior Activity Building Board meeting will be at 1:15 P.M. on Tuesday, April 17, 2018. You certainly are encouraged to attend and participate at these meetings.

Progressive Euchre will be on Tuesdays, April 10<sup>th</sup> and 24<sup>th</sup>. Blue ribbon winner in February was George Vojtas. Dennis Sierakowski won the Red ribbon.

Each Wednesday at 1:00, the game of Dominoes is enjoyed. As mentioned earlier, Bingo will be from 10:05 to 11:30 on the 18<sup>th</sup>.

EZ Motion "happens" at 9:00 on Thursdays. This provides a time to stretch and enjoy the benefits received from these DVD and video led exercises.

Thursday at 10:00, the golf games are scheduled. There is always room for you around the table.

Joyce Raycraft's enjoyable piano music on Thursday mornings provides an informal sing a long time. She tries to be with us by 11:00.

Wii BOWLING is at 1:15 Thursdays. Joyce Raycraft, our Volunteer Nurse, will be glad to check your blood pressure on the first Friday of the month (6<sup>th</sup>) from 11:30 to noon.

Friday Cards (which includes bridge) will be on the 13<sup>th</sup> and 27<sup>th</sup> from 1:00 to

Continued

3:30. Volunteers Jack and Avis Ginther will help you to join one of the games. The suggested donation for the afternoon of enjoyment is \$0.25, the same as it is for Progressive Euchre and blood pressure screening. You will find these donations listed under the Crystal Jar donations each month.

Please honor our Seniors born in the month of April at the monthly birthday celebration on Friday, the 20<sup>th</sup>.

YOUNG SENIORS!! Please call in your reservation for Monday, the 30<sup>th</sup>. Your support of the Food With Friends program is important.

We encourage you to bring some of your family members with you to our monthly potluck. The food is always excellent, as well as the fellowship. Do remember to bring your own table service.

The Spring Raffle will be held on Saturday, May 5<sup>th</sup> at 1:00. Tickets are \$1.00 and all proceeds benefit the operation of the Senior Activity Building. There are many great prizes!

Our Building is open each weekday morning at 8:00. A warm welcome back to Linda St.Charles, and a big Thank You to Sue Grigar who warmly welcomed Seniors during Linda's recuperation time the last two months. Soon after opening, a cup of coffee and a donut or a slice of toast will be available. By 10:00, games, news, and visits are in full gear!

Food With Friends' VOLUNTEERS clean the dining room, kitchen, and wash and sanitize all the serving pans each day. Each volunteer is needed and appreciated. Our dedicated Senior Activity Building volunteers often complete their volunteer

Continued

efforts behind the scenes. To each and every Volunteer—**THANKS!!! Happy Volunteer Month!!**

**If you have been missing a jacket or an umbrella, check out our front hall entry coat rack! We have an abundance of jackets that have lost their owner. If not claimed soon---they will be donated.**

Hoping you'll come to see us soon!



THANK YOU for your gifts received by the Senior Activity Building from February 9, 2018 through March 2, 2018.

Volunteers (named and unnamed) who completely care for the Building and its programs and activities.

Musicians: Bob Crist, Joyce Raycraft, Kevin Smith

Crystal Jar donations (unnamed donations, Progressive Euchre, Friday Cards, Blood Pressure checks)

GIFTS in GRATITUED to SAB

By Dolores Lombard

Jo Jones

Janice Nicewander

Joyce Raycraft

Fed & Helen Hoard

In MEMORY of BOB SCHLEDER

By Judith Eichorn

In MEMORY of DORIS JEAN BROWNE

By Kathy Densmore

Cherie Yost

Bob & Sue Chaffin & Mike

Chaffin

Jo Jones

Joyce Beard

Florence Saurman

Florence Farrough

Judy Bovee

Dolores Lombard

Lyle & Mary Hale

Bill & Sharon Bushy

Marv & Pat Cumberworth

Bill Hirschman & Carol Reeves

Sherry & Dennis Harkness

Joanna Brown

Joyce Raycraft

Brent Meyers & Helen Meyers

Dave LaDaun Longanbach

Carl & Mary Anderson

Gary & Barb Jones

Scott & Kelly Hipolite

Bill & Linda DeVuyst

Judd & Jody Anderson

Pete & Sandy Gross

Barry & Maryann Freed

Darren & Cathy Musil

Anonymous

Merchant Family

Randy & Karen Dietz

Dianne Beard

Bob & Mary Sullivan

Eileen Nicholas & Family

Nancy Wood

Willowdean Cassady

Barb & Dan Carey

In MEMORY of BOB BRANDAL

By Judith Eichorn

Barb & Verlynn Kench

Fred & Helen Hoard

In MEMORY of WILMA ANDREWS

By Joyce Beard

*Continued*

In MEMORY of DOROTHY E. SMITH

By Bob & Mary Sullivan

Joyce Beard

In MEMORY of BETTY LANE

By Dolores Lombard

Joyce Beard

Dawn Peterson

Bill & Linda DeVuyst

In MEMORY of KAREN DANIEL

By Carl & Mary Anderson

In MEMORY of MARY JANE EMERY

By Joyce Beard

In MEMORY of RICHARD (RICK) SMITH

MARTIN & LULA PRAHIN

MARTIN (MARTY) SMITH

MARTIN & MILDRED MIKEK

PRAHIN

WILLIAM & ESSIE POSEY

VIRGINIA POSEY STOWITS

WILLIAM & CATHERINE PRAHIN

STAHL

By Linda M. Smith & Family

In MEMORY of PAMELA & BRITT FREED

By Elmer & Pat Freed

In MEMORY of KARYL BRANHAM

By Joyce Beard

THANK YOU for GIFTS received at the GRATIOT COMMUNITY FOUNDATION SENIOR ACTIVITY BUILDING AGENCY ACCOUNT Feb. 9, 2018 to March 2, 2018.

In MEMORY of DORIS JEAN BROWNE

By Jo Jones



February Birthdays celebrated by Lianne Thunell, Joe Shelest, Pat Chadderdon, Mary Cooper, Jo Jones, Fred Hoard, Sandra Reeves and Judith Eichorn



Judy Brown and her granddaughter Abi Whitford, who made Valentines Day special with her musical talents.



Sue Grigar, Helen Hoard, Leprechaun Delbert Towersey, Marty Wieferrich, and Jo Jones completed the packaging of the Shamrock Sunshine Plates for delivery to our Friends.

## UPCOMING EVENTS AT ALMA COLLEGE

**April 7:** The Alma College student film organization Short Stack sponsors the second annual Pine River Student Film Festival from noon to 8 p.m. Saturday, April 7 at the Strand Theatre in downtown Alma. Categories include high school and college narrative and documentary films. Admission is free and open to the public.

**April 7-8:** The Alma Symphony Orchestra joins forces with the Alma College Choirs to perform Franz Joseph Haydn's masterpiece, "The Creation," at 7:30 p.m. Saturday, April 7 and 4 p.m. Sunday, April 8 in the Remick Heritage Center. Tickets are \$15 for adults, \$5 for seniors 62 and up, and free for Alma College staff, students and youth 18 and under. Seating is reserved. Call (989) 463-7304 for ticket information.

**April 10:** The Alma College Jazz Ensemble performs at 8 p.m. Tuesday, April 10 in the Remick Heritage Center. Tickets are \$15 for adults, \$5 for seniors 62 and up, and free for Alma College staff, students and youth 18 and under. Seating is reserved. Call (989) 463-7304 for ticket information.

**April 11-14:** Alma College Theatre closes its performance season with a musical theatre favorite, "The 25<sup>th</sup> Annual Putnam County Spelling Bee" - conceived by Rebecca Feldman, additional material by Jay Reiss, music and lyrics by William Finn, book by Rachel Sheinkin - at 7:30 p.m. Wednesday, April 11, Thursday, April 12, Friday, April 13 and Saturday, April 14. Tickets are \$15 for adults, \$5 for seniors 62 and up, and free for Alma College staff, students and youth 18 and under. Seating is reserved. Call (989) 463-7304 for ticket information.

**April 13:** Tap your toes at the 22<sup>nd</sup> annual Alma College High School Jazz Festival, featuring bands from schools across Michigan, from 8 a.m. to 5 p.m. Friday, April 13, in the Remick Heritage Center. Admission is free and open to the public.

**Through April 13:** The Flora Kirsch Beck Gallery at Alma College presents the annual Senior Show from Monday, March 19 through Friday, April 13. Admission is free and open to the public. Gallery hours are 9 a.m. to 5 p.m. Mondays through Fridays and 10 a.m. to 2 p.m. Saturdays. The artists' gala takes place from 3 to 5 p.m. Sunday, April 8. A closing reception takes place from 8 to 9 p.m. Friday, April 13.

**April 13-15:** Alma College's best student choreographers present their new work at 5 p.m. Friday, April 13, 2:30 p.m. Saturday, April 14 and 5 p.m. Sunday, April 15 in the Remick Heritage Center, Dance Studio. Admission is free and open to the public, though seating is reserved and limited. Call (989) 463-7304 for ticket information.

**April 14:** The Alma College Pipe Band performs at 4 p.m. Saturday, April 14 in the Remick Heritage Center. Tickets are \$15 for adults, \$5 for seniors 62 and up, and free for Alma College staff, students and youth 18 and under. Seating is reserved. Call (989) 463-7304 for tickets.

## Caregiver Training Program Alzheimer's Education

By Scott Hicks, LPN

The Commission on Aging's (COA) Caregiver Training program offers services to caregivers to help ease the stress of caregiving through education. The COA Caregiver Trainer can come to your home or other site for one on one or family education within Gratiot County. All Caregiver Trainer services are free.

Although most training that is done revolves around dementia, the Caregiver Trainer can help with many more topics such as Parkinson's, Diabetes, caring for bed bound loved ones, and more.

On April 5<sup>th</sup>, at the COA office we will be showing a video titled "How to Advocate for your Loved One with Dementia, Part 1". This presentation will start at 9:00 am and end at 11:00 am.

On April 11<sup>th</sup>, at the COA office, we will be showing "How to Advocate for your Loved One with Dementia, Part 2". This presentation will begin at 1:00 pm and end at 3:30 pm.

On April 24<sup>th</sup>, the Commission on Aging will be sponsoring a workshop called "Legal and Financial Planning for Alzheimer's Disease". This workshop will be held in the Fellowship Hall at the First Presbyterian Church in Alma, 495 Charles Ave, Alma, MI 48801, from 6:30 pm to 8:00 pm.

For more information on, or to register for these programs or other services please call Scott Hicks at (989) 875-5269 or email me at [shicks@gratiotmi.com](mailto:shicks@gratiotmi.com). The Caregiver Trainer is out of the office on Mondays and Fridays so please leave a message or call our front desk at (989) 875-5246.

## Join the New Dementia Care Partner Support Group

Do you care for someone who has dementia? If the answer is yes, you might be interested in attending this support group. The date is April 12 from 6:00 to 7:30 p.m. This group will give you the opportunity to meet and interact with others who are also taking care of someone with dementia. We will share experiences with each other as well as learn ways to better interact with your loved one. Emphasis will also be on learning how to take care of yourself as you progress on this journey.

We will be meeting at the Alma United Methodist Church at 501 Gratiot Avenue. If you have any questions, please do not hesitate to email Brenda Roberts at [brendaandmarkroberts@gmail.com](mailto:brendaandmarkroberts@gmail.com) or Pamela Wright-Hachet, MEd, LMSW at [pamelawrighthachet@att.net](mailto:pamelawrighthachet@att.net).

## Hoping for a Cure By Sherri Florez

Dementia is a decline and/or loss of memory, reasoning, judgment, behavior, language and other mental abilities that are not a part of normal aging; it usually progressively worsens over time. Dementia, senility, and Alzheimer's disease are not the same things. In general, there are many causes of dementia, but all dementia diseases result from dysfunction of a person's cerebral cortex, directly or indirectly. There are irreversible, and potentially reversible causes of dementia. Early signs and symptoms of dementia may go unrecognized. The first sign is usually loss of short-term memory. Some of the other early dementia symptoms and signs include:

- Personality changes
- Mood swings
- Poor judgment
- Paranoia or suspiciousness

Some of the intermediate signs and symptoms of dementia include:

- Abnormal moods
- Confabulation
- Inability to learn new information

Some of the later signs and symptoms of dementia include:

- Worsening of the intermediate signs and symptoms of dementia
- Inability to walk or move place to place unassisted
- Complete loss of short term and long term memory

*The following information was taken from [emedicinehealth.com](http://emedicinehealth.com)*

There are 7 stages of dementia based on the Global deterioration scale (Reisberg Scale). However, other dementia stages or scales exist that describe between 3 and 5 stages, but they all have similar symptoms and signs.

Generalized treatment for dementia involves medical care and day-to-day care by family members. In many cases, family members can help loved ones handle dementia symptoms at home. Dementia treatment also can focus on correcting all reversible factors and slowing irreversible factors of dementia, for example, correcting drug doses, treating symptoms, treating depression, and treating specific medical disorders such as heart disease and diabetes. Certain medications such as cholinesterase inhibitors and others may help reduce symptoms. Surgery is reserved for specific conditions that may improve the individual's condition such as removal of a brain tumor. Occupational and physical therapy may improve some symptoms of dementia. Currently, there is no known way to prevent irreversible dementia. Some reversible dementia cases may be prevented or slowed by maintaining a healthy lifestyle (avoiding excessive use of alcohol, smoking and/or substance abuse, and avoiding infections that may affect the brain). Life expectancy for someone with dementia averages about eight years after initial diagnosis. Dementia isn't a specific disease. Instead, dementia describes a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with daily functioning.

*The following provided by Mayo Clinic*

Though dementia generally involves memory loss, memory loss has different causes. So memory loss alone doesn't mean

you have dementia. Alzheimer's disease is the most common cause of a progressive dementia in older adults, but there are a number of causes of dementia. Depending on the cause, some dementia symptoms can be reversed.

Dementia symptoms vary depending on the cause, but common signs and symptoms include:

- Cognitive Changes
- Memory loss, which is usually noticed by a spouse or someone else
- Difficulty communicating or finding words
- Difficulty reasoning or problem-solving
- Difficulty handling complex tasks
- Difficulty with planning and organizing
- Difficulty with coordination and motor functions
- Confusion and disorientation
- Psychological changes
- Personality changes
- Depression
- Anxiety
- Inappropriate behavior
- Paranoia
- Agitation
- Hallucinations

Causes: Dementia involves damage of nerve cells in the brain, which can occur in several areas of the brain. Dementia affects people differently, depending on the area of the brain affected.

Dementias are often grouped by what they have in common, such as the part of the brain that's affected or whether they worsen over time (progressive dementias). Some dementias, such as those caused by a reaction to medications or vitamin deficiencies, might improve with treatment.

**When to see a doctor:** See a doctor if you or a loved one has memory problems or other dementia symptoms. Some treatable medical conditions can cause dementia symptoms, so it's important to determine the underlying cause.

*Good Company Adult Day Program is offered Monday, Wednesday and Friday from 10:30 a.m. to 2:30 p.m. at a cost of \$5 an hour at First Presbyterian Church in Alma.*

*Contact 989-463-2940 or [www.firstpres.net](http://www.firstpres.net) for more information. Good Company is partially funded by Gratiot County Community Foundation.*



## April Movie Showing at COA: "RV" April 18, 2018

Robin Williams fans, this one's for you! This PG comedy/adventure takes the Monro family on a road trip to Colorado in a rented RV where they met a bizarre community of campers. Movie begins at **1:30 p.m. on Wednesday, April 18th.** Call to reserve your seats and fresh hot popcorn, 989-875-5246.

### Sharps Disposal Program

The Mid-Michigan District Health Department (MMDHD) is please to announce that it is now offering free sharps disposal to residents of 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 8-12 and 1-5. Once inside the building, follow the signs to the Environmental Health Department.

Sharps must be in a medical sharps container or plastic laundry detergent jug in order to be accepted. To ensure everyone's safety, the container's lid should be closed tightly and taped shut. At this time, the health department does not have medical sharps containers available. If you would like to purchase one, check with your local pharmacy.

This program is for **Gratiot County residents only**. Commercially generated sharps will not be accepted. If you have any questions, please call 989-875-1002.



### Central Michigan Area Stroke Support Group

#### STROKE SURVIVORS AND CAREGIVERS

Stroke survivors and caregivers will be able to connect with others that may have had similar successes or struggles, in an environment that fosters emotional support, empowerment, and educational opportunities.

Potential topics include: health and wellness, communication changes, social connections, and community participation.

MONDAY, April 12, 2018  
(Second Monday of every month)  
3:00 p.m. to 4:30 p.m.

Conference Room E  
(in the back of the cafeteria)

McLaren Central Michigan Hospital  
1221 South Drive Mt. Pleasant, MI 48858

Enter the hospital through the main entrance off Brown Street (under the green awning)

**TO SIGN UP and for more information, call:  
McLaren Central Michigan Rehabilitation Services at 989-779-5604**



### The Purple Angel Brain Change Seminars: Understanding Alzheimer's & Other Dementias

These seminars are for you if... you or someone you know is living with dementia or you are simply curious and want to learn more about Alzheimer's and other forms of dementia.



**Thursday, April 5, 2018**

#### Legal Issues

A diagnosis of Alzheimer's disease or another dementia often raises important legal and financial questions and concerns. In this seminar, Elder Law Attorney Rhonda Clark will address many of your legal and financial questions.

**Thursday, May 3, 2018**

#### Normal Aging Not Normal Aging

Time: 6:00 to 7:45 p.m.

Location: Alma United Methodist Church\*  
501 W. Gratiot Avenue, Alma, MI

Cosponsors: Gratiot County Commission on Aging and Alma United Methodist Church

\*Alma United Methodist Church is handicapped accessible.

### SPRING CAREGIVER TRAINING APRIL 6, 2018 1:00-4:00 PM

Supporting Caregivers and Reducing their Stressors, this event is free and open to the public

Robin Marvel, author and motivational speaker will give hands on techniques and tools to amplify your strengths and transform your caregiving experience. She will give you life changing actions paired with effective and easy to use daily tools to build a foundation of strength to achieve results.

Join us at the Isabella County Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant for the presentation. Reservations are suggested, call 989-772-0748. Refreshments will be served.



## RECYCLE & RENEW OUR COMMUNITY! AT COMMISSION ON AGING Thursday & Friday, April 26 & 27 from 11:00-3:00 Saturday, April 28 from 10:00-2:00

Mark your calendars, clean out your closets, spare rooms, garages and yards. The Commission on Aging (COA) has partnered with Padnos Recycling of Alma, Alecycle of Ithaca, and the City of Ithaca to schedule a three day event that will beautify our County, increase our recycling habits, create more living space at home, and turn trash into cash for the COA to help with new programs for the seniors of Gratiot County.

Amanda Glazer of Padnos has generously offered to place a roll off container in the parking lot of the COA office, 515 S. Pine River St, Ithaca for the collection of recyclable material. At the end of this event, Padnos will convert the recyclables into their current monetary value and the proceeds will be placed in an account to benefit the COA. Our friends from Padnos will be providing a grilled hot dog, chips, and a drink on Saturday. Thank you for your assistance in cleaning up the environment and supporting this exciting new program for the COA. Below is a listing of acceptable items.

#### METAL

- Aluminum
- Copper
- Appliances
- Grills
- Bikes
- Bed Frames
- Mowers
- File Cabinets

#### E-SCRAP

- Computer Towers
- Laptops
- Smartphones

#### RECYCLE

- Books
- Magazines
- Paper
- Newspaper
- Cardboard

## SENIOR GRATIOT NEWSPAPER DONATIONS

These people generously donated \$910.00 to the "Senior Gratiot" Newspaper contribution fund from February 15, 2018 to March 14, 2018. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca MI 48847.

John & Beatrice Cremin  
Judith Bovee  
Joan Fisher  
Ken & Bette LeBlanc  
Barbara Mephram  
Gerald & Edith Beck  
Louis & Geraldine Dame  
Shirley Wallace  
Kendall & Marlene Foster  
Dick & Peggy Stuckey  
Ellie Freed  
Beth Stephan  
George Gibbs  
Annabel Peet  
Anonymous  
Bob & Sue Chaffin  
Riva Kristin  
Bernie & Janet Winn  
Robert & Olga Schlarf

### IN MEMORY OF

**BONNIE MERRILL**  
By Harry & Fussy Sitts

**DORIS BROWNE**  
**DOROTHY SMITH**  
By Sharon Helman

**WILLIAM BENNETT**  
By Victoria Bennett

**MARY ROSE ZIMMERMAN**  
By Gary Acker

**WALTER MARTIN**  
By Nancy Francetic

**JUDY MARTYN**  
By Sue Fisher

**HARRY (BRADLEY) TRIPP**  
By Beverly Tripp

**TOM REMP**  
**DORIS JEAN BROWNE**  
By Jack Burtovoy

**MELVIN MAXWELL**  
**KIMBERLY WEBER**  
**GILBERT MAXWELL**  
By Virginia Maxwell

**ELLA SNYDER**  
By Rex Coleman

**DORIS JEAN BROWNE**  
By Erv & Theresa Koboski

**LEONA B. WOLFGANG**  
By Jacob Wolfgang

**RALPH SNYDER**  
By Sue Leonard

**ALLEN COOPER**  
By Vivian Cooper

**DORIS JEAN BROWNE**  
By Annabel Peet

**OWEN WOOD**  
By Madelyn Wood

## COMMISSION ON AGING DONATIONS

Thank you to the following individuals who made donations for older adults of Gratiot County.

First United Methodist Church  
Dorothy & Jon Bennett  
St. Louis Correctional Facility Employees  
Lincoln Rd. United Methodist Church  
Gleaner Harmony Arbor #273

### IN MEMORY OF

**BETTY LANE**  
By Madelyn Wood  
Gerald & Donna Rogers  
Andrea Ackels  
Arthur & Sharon Nott  
Lance & Jacalyn Stoneman  
Richard & Theresa Sova  
Jerry & Margie Drummond  
Jim & Doreen Slavik  
Ervin Cook Family  
Dana, Denise & Dorthea Lane  
Mike & Betty Aubin  
Delbert & Donna Crumbaugh  
Ken & Pat Anderson  
Cheryl Cook  
Judy Roslund

**CATHIE NELSON**  
By Elnora Hacker  
Joyce Vibber

**DOROTHY SMITH**  
By Susan Bates  
Ellen Martin

**DORIS BROWNE**  
By Gerldine Bailey  
Kathy & Richard Vanderbeek  
Madelyn Wood  
Barbara Conner  
Michael & Vicki Wezensky  
Kathleen Smith  
Kathy & Mike Doran  
Judy Roslund  
David & Teresa Peters  
West Gratiot FWF Site

**JAMES (MIKE) BANEY**  
**LORRAINE MERCHANT**  
**JOY WOOD**  
**ROBERT BRANDAL**  
**DAVID (JIM) MCDAID**  
**HAROLD KIMMEL**  
**LINDA BRZAK**  
**BETTY LANE**  
**RICHARD ROSLUND**  
**SCOTT BATES**  
By Gerald & Edith Beck

**BETTY LANE**  
**DORIS JEAN BROWNE**  
By Gene & Pat Pitcher

**LENORE BRANDAL**  
By Nancy Carol Vernon

**JIM DERRY, SR.**  
By Florence Saurman

**CHET SPARKS**  
**DORIS & CLAUDE BRITTEN**  
By Ruth Sparks

**AGNES KENNEY**  
**BILL SKINNER**  
**MARCIA REIST**  
By Rosewood Church

*Continued*

### IN HONOR OF

**SCOTT HICKS**  
By The Riverdale Neighborhood  
Ladies Group

## Home Delivered Meals & Gram's Kitchen Donations

Thank you to those who made financial contributions in October to the Commission on Aging Food With Friends cooking kitchen "Gram's Kitchen", where 400 plus meals are taken out daily. Donations will be used to see that the home delivered meal service continues in Gratiot County.

### IN MEMORY OF

**BETTY LANE**  
By Paul Showers  
Jennette Peoples  
Bonnie Barnes  
Robert & Arvella Divelbiss

**LLOYD BRANDAL**  
**FLOYD BRANDAL**  
By Barb Kench

## West Gratiot FWF Donations

### IN MEMORY OF

**DORIS JEAN BROWNE**  
By West Gratiot Friends  
Gerald Browne  
Elmer & Pat Freed  
Lorraine Freed

**NELOLA DANIEL**  
By Harold Daniel

**WAYNE SIMMONS**  
By Nancy Riker

**ARLENE FREED**  
By West Gratiot Friends  
Bonnie Barnes  
Mack & Tau MacLaren  
Margaret & Jim Kemp  
Brick & Jane MacLaren

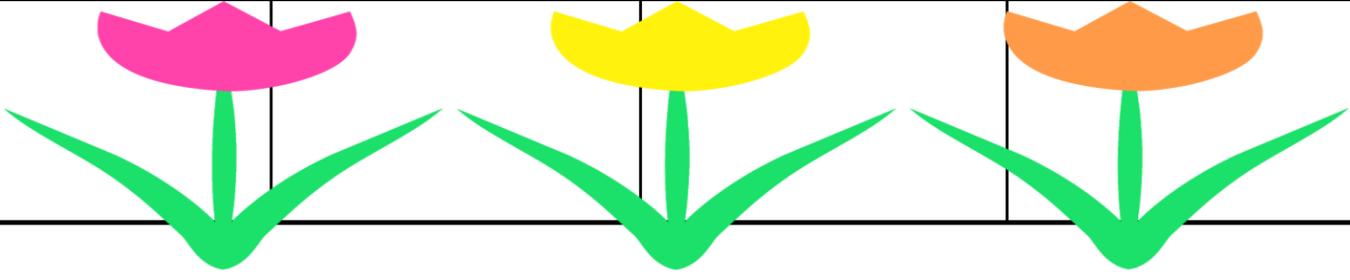
**FRANK SHEETS**  
By West Gratiot Friends

Donations for the West Gratiot FWF Site may be addressed to:  
West Gratiot/Sumner FWF Site  
c/o Commission on Aging  
515 S. Pine River St.  
Ithaca, MI 48847

### Commodity Food Distribution Date

Commodities distribution will be on **April 23, 2018**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. The income guidelines are as follows: one person's monthly income not more than \$1,307; income per couple not to exceed \$1,759 monthly. Anyone interested in the program may contact Eight Cap at 989.463.5693. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from 9:30 a.m. to 11:00 a.m. or at the Commission on Aging, 515 S. Pine River St., Ithaca from 1:00 p.m. to 2:00 p.m.

**Gratiot County COA FWF Eat Smart Menu Lunch 12:00-12:30 pm April 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pulled Pork Green Beans Corn Cinnamon Applesauce Hamburger Bun	3 Corn Chowder Hard Boiled Egg Peas Peaches Cheese Bread Stick	4 Baked Chicken Whipped Potatoes/Gravy Broccoli Mixed Fruit Cup Wheat Bread	5 Turkey Loaf Baked Potato Tossed Salad Citrus Fruit Cup Wheat Bread	6 Trout Melt Mixed Vegetables Multi Bean Salad Tropical Fruit Hamburger Bun
9 Beef and Noodles Squash Tapioca Pudding Citrus Fruit Cup Wheat Bread	10 Basil Parmesan Chicken Brown Rice Spinach Fruit Cocktail Dinner Roll	11 Turkey Stew Winter Blend Tossed Salad Whole Grain Cookie Biscuit	12 Lemon Pepper Chicken Whipped Potatoes/Gravy Peas Pineapple Wheat Bread	13 Macaroni & Cheese Green Beans Tossed Salad Cherry Fruit Cup Wheat Bread
16 Chili Baked Potato Pineapple Gelatin Corn Bread	17 Chop Suey Brown Rice European Vegetable Applesauce Wheat Bread	18 Chicken Pattie Redskin Potatoes Lettuce and Tomato Pears Hamburger Bun	19 Sloppy Joe Tossed Salad Carrots Peaches Hamburger Bun	20 Lasagna Green Beans Tossed Salad Mandarin Oranges Dinner Roll
23 American Goulash Winter Blend Coleslaw Tropical Fruit Wheat Bread	24 Potato Crunch Pollack Augratin Potatoes Fresh Orange Carrots Dinner Roll	25 Beef Stew Green Beans Tossed Salad Pineapple Biscuit	26 Spanish Chicken Mixed Vegetables Coleslaw Apple Crisp Wheat Bread	27 Meatloaf Stewed Tomatoes Lima Beans Applesauce Wheat Bread
30 BBQ Meatballs Redskin Potatoes California Veggies Rice Pudding Wheat Bread				

**Menus are Subject to Change Without Notice  
Reservations are Required 24 Hours in Advance**

**Milk provided with all meals  
Suggested Donation \$2.50**

**FOOD WITH FRIENDS**

RESERVATIONS ARE REQUIRED FOR FOOD WITH FRIENDS AT LEAST 1 TO 3 DAYS IN ADVANCE. SEE PHONE NUMBERS TO CALL LISTED BELOW:

**ALMA/ST. LOUIS AREA FOOD W/FRIENDS**

GRATIOT COMMUNITY SENIOR CENTER  
1329 MICHIGAN AVE., ST. LOUIS  
MONDAY THRU FRIDAY, 9 AM TO 2 PM  
PHONE: 989.681.4341  
JAMIE BOLSBY, SITE MANAGER

**BRECKENRIDGE FOOD WITH FRIENDS**

BRECKENRIDGE MASONIC TEMPLE  
122 E. SAGINAW ST., BRECKENRIDGE  
MONDAY THRU FRIDAY, 10 AM TO 2 PM  
PHONE: 989.842.3338  
PAT SCHULTZ, SITE MANAGER

**FULTON AREA FOOD WITH FRIENDS**

FULTON TOWNSHIP HALL  
3425 W. CLEVELAND RD. (M-57),  
PERRINTON  
MON, WED, FRI., 10 AM TO 2 PM  
PHONE: 989.236.5019  
IRENE NOFFSINGER, SITE MANAGER

**ITHACA AREA FOOD WITH FRIENDS**

SENIOR ACTIVITY BUILDING  
1011 E. NORTH ST., ITHACA  
MONDAY THRU FRIDAY, 10 AM TO 2 PM  
PHONE: 989.875.2135  
JO JONES, SITE MANAGER

**WEST GRATIOT FOOD WITH FRIENDS**

SUMNER COMMUNITY CENTER  
10820 PINE ST., SUMNER  
MON, WED, FRI., 10 AM TO 2 PM  
PHONE: 989.833.7624  
CINDY SIMMONS, SITE MANAGER

**POTLUCKS**

**EDGEWOOD**

- ◆ EDGEWOOD AREA SENIORS
- ◆ EDGEWOOD CHURCH OF GOD
- ◆ 160 S. BARRY ROAD
- ◆ 4<sup>TH</sup> THURSDAY EACH MONTH—
- ◆ NOON
- ◆ CONTACT: BONNIE WHITAKER
- ◆ 989.875.3607
- ◆ **SENIOR ACTIVITY BUILDING**
- ◆ 1011 E. NORTH STREET, ITHACA
- ◆ 1<sup>ST</sup> SATURDAY AT 12:15 PM
- ◆ CONTACT: JO JONES
- ◆ 989.875.2135



**Alzheimer's Support Group**

1st & 3<sup>rd</sup> Tuesday of each month 1:00 pm  
First Presbyterian Church  
495 Charles Ave Alma  
Contact: Scott Hicks 989.875.5269

**Parkinson's Support Group**

4<sup>TH</sup> Wednesday of month 2:00 p.m.  
Masonic Pathways  
1200 Wright Ave Alma  
Contact: Scott Hicks 989.875.5269

**MARCH 2018 PREP TEAM  
VOLUNTEER THANK YOU**

Commission on Aging is grateful to these 14 Senior Gratiot Prep Team volunteers who prepared the March 2018 Issue of Senior Gratiot. Their volunteered time is dedicated to bringing valued information to Gratiot County seniors: **Lisa Skaryd, Ruthie Malek, Jim Peck, Irene Peck, Helen Hoard, Doris Tinson, Nancy Crites, Doris Edgar, Carol Glave, Carley Fuentes, Dorothy Rhines, Sally Martin, Vicki Berton, and Martha Seiler.**



**SENIOR GRATIOT, INC.**  
**JENNIFER COOK, EDITOR**  
**RICHARD ABBOTT,**  
**VICKIE THUM,**  
**CRAIG ZEESE, AND**  
**HOWARD POINDEXTER**

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