



April



The Commission on Aging says

THANK YOU

*To all our volunteers.
Without you, our jobs would
be much more difficult.*



Many Hands Make LIGHT Work

SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
Website: www.gratiotmi.com/Departments/Commission on Aging

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

April, 2019
Volume XLIII
Number 4

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

SPECIAL DELIVERY FOR HDM CLIENTS

This year, in late January/early February, Mrs. Theresa Vance, a kindergarten teacher from Carrie Knause Early Childhood Learning Center in St. Louis, approached the Commission on Aging about doing an outreach for the Home Delivered Meals recipients. Mrs. Vance had applied for and received a grant from the Gratiot County Community Foundation to prepare 200 individual gift bags to be given to the HDM clients. Despite many school cancellation days due to inclement weather, the students completed their task. Each snowman gift bag contained a reusable plastic cup and lid. Each cup contained 2 Hersey Kisses, a Candy Cane, a container of miniature marshmallows and a packet of Hot Cocoa Mix. Each sack held a snowman card colored by students and a poem entitled **Snowman Soup**.

One day I met a snowman
He said "Frosty" was his name.
Who told me his secret recipe,
For Snowman Soup he claimed.

So open up the soup packet
Just pour it in your cup,
Add hot water to the mix
Take the cane and stir it up.

Add some snowman kisses
A few snowflakes for fun
It's sure to warm your spirits
When your winter day is done.

A label was placed on the back of each card reading: *Made Especially for you by Mrs. Vance's Kindergarten Class at Carrie Knause Early Childhood Learning Center, St. Louis with Thanks to the Gratiot County Community Foundation.*

Cathy Yourchock, Nutrition Coordinator and Corinne Kelley, Service Specialist picked up the multiple boxes of gift bags from the school. The room was filled with excited, well-behaved five and six-year old students. Some shared how they colored their cards. Others shared how they put the marshmallows in the container; how they packed the cup with goodies; and why they wanted to help older people 'have a surprise with their lunch.'

As Mrs. Vance read the Snowman Soup poem, the children demonstrated pouring the imagined water as though they were a tea pot; opening the packet of soup (cocoa); stirring the mix with the candy cane and adding the marshmallow snowflakes for fun. Cathy and Corinne enjoyed the performance. They once again thanked the children for their kindness and beautiful pictures; collected the boxes of gift bags, and returned to Commission on Aging.

Our Home Delivered Meals volunteer drivers took pleasure in presenting the gift bags along with the hot, nutritious lunch meal for the day. The seniors offered praise, a big *Thank You*, larger than usual smiles and many OOOHs and AHHs.



Like Gratiot County Commission
on Aging On Facebook & Twitter



VOLUNTEER CORNER

~With Sue Koch, Coordinator of Volunteers



RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch, Coordinator of Volunteers
989.875.5346

On February 11, 2019, due to the extremely icy conditions on both the rural roads and the walkways of most houses in the county, Jen Cook, Executive Director of the Commission on Aging, made a decision to suspend HDM delivery by volunteers. This decision was made with the safety of the volunteers in mind. Rather than sending out our volunteers, she organized a group of staff members, comprised of Dan Dame, Cathy Yourchok, Corinne Kelley and herself, to deliver meals to every HDM client in the county. The two groups successfully delivered a hot meal to every client who was home. Additional emergency frozen meals were delivered to the out-lying routes.

During our time delivering the routes, one group found a client who had very little food in her refrigerator and they were able to leave a few extra meals in her freezer. Another group found a client had slipped outside her door and they were able to offer assistance.

Under the direction of Jen's leadership, it took both groups over seven hours to accomplish this mission. Fortunately, as we visited each client, we found 95% of them had enough food, even though the weather conditions only permitted us to deliver meals to clients four days out of the two weeks prior to February 11th.

A big Thank You goes out to Jen and her staff for assuring the senior citizens of Gratiot County are supported during difficult times.

Thank You, Mrs. Vance and Carrie Knause Kindergarten Students From Your Friends at Commission on Aging

Dear Mrs. Vance, Boys and Girls,

Thank you for being so kind. Thank you for coloring the snowman cards and filling the Snowman Cups with cocoa mix, candy canes, Hersey Kisses and marshmallows. Each beautiful gift sack was given to someone who we take hot lunch to at noon time. Each person was very surprised and very, very, very happy. Thank you for being so nice.

Thank You for making the wonderful surprise!



OBSERVATIONS FROM THE COORDINATOR OF THE VOLUNTEER'S DESK

Sue Koch, Coordinator of Volunteers
989-875-5346

March 1st was the first morning this year that I was awakened by the birds calling to one another outside my bedroom window. The child in me shouted "Spring is Here!" The next sound I heard was a snow plow, followed immediately by another, plowing our street. Patience is a virtue, especially in Michigan. April is promised to be a true period of renewal and rebirth. Isn't that the gift of Spring? We hope you will consider renewing yourself through volunteerism. We encourage you to consider volunteering at any Gratiot County non-profit whose Mission Statement touches your heart. We welcome you to consider Commission on Aging's Volunteer Team where you will make a difference in the quality of life for Gratiot County senior citizens 60 years or older.



Meet the Volunteer

Here is another gift. Meet Evelyn White, whose gentle presence and warm smile is always welcomed at Commission on Aging.

Do you recall when you first understood the concept of volunteering?

Yes. It was when I developed some health issues. I talked to God and asked him to please get me through my problems and I would commit the rest of my healthy life volunteering to make other people's lives better. HE did and I do!

Why did you decide to join the volunteer team at Commission on Aging?

It was a start for me and being a senior myself, it was the place to come.

What role(s) do you fill as a Commission on Aging volunteer?

I have two roles at Commission on Aging. I help prepare the Senior Gratiot Newspaper for mailing and I welcome those seeking assistance with Homestead Property Tax and Home Heating Credit to Commission on Aging. I ensure each person's paperwork is in order. I ask each person to make him/herself comfortable in the lobby until the next Credits Volunteer is ready to assist him/her. I am known as the "chocolate candy lady." When each person's appointment is completed, I invite him/her to take a candy bar from the basket of chocolates I've brought from home. It makes the day fun. There is a third way I help seniors. Because I live close to the Gratiot/Montcalm County border, I lend a hand in Montcalm County Commission on Aging billing department, when needed.

What do you hope the people we serve will "get out of" your volunteer activities?

I am not sure; but I hope I can make a difference for them. I know I love volunteering.

What do you "get out of" volunteering at Commission on Aging?

I get a very good feeling when I am giving back for all the blessings God has given me.

From your vantage point, why do you believe volunteering is important?

In today's times, with all the budget cuts, volunteers are needed more than ever to work alongside Commission on Aging employees.

Do you have a philosophy that guides your life?

Lots of things I do are part of my philosophy of life: Live. Laugh. Love. Share a smile. I follow the Golden Rule. Do unto others as you would have them do unto you. I believe that each day given is a gift and I treat it as such.

Thank You



YOUR HELP WOULD BE APPRECIATED

Sue Koch Coordinator of Volunteers
989-875-5346

Our need for Home Delivered Meals volunteer drivers is urgent. Your help would be appreciated on routes in the Alma, St. Louis and Sumner areas as more and more homebound seniors are requesting our Home Delivered Meals service.

Our volunteers drive their own vehicles. Mileage is reimbursed at .58 cent per route mile. Most meals are picked up at 11 a.m. Most routes are delivered within 90 minutes. Pre-volunteer training requires completion of the single page Volunteer Registration Form and successful completion of the ICHAT Background Check Form, also a single page. We require a copy of Proof of Auto Insurance Certificate and a copy of your drivers license. Volunteer Training takes from 1 – 1 ½ hours. The newly trained Home Delivered Meals volunteer driver is encouraged "to do a ride along" once training is completed. This is an opportunity to ride with a volunteer who is delivering the route assigned to you.

There are opportunities to drive one day a week or up to five days a week. You may also choose to be a substitute volunteer driver. Substitute volunteer drivers are on-call. They serve when a regular route driver is unable to drive his/her assigned route.

Volunteer drivers may drive solo. Some volunteers do team driving – such as a husband and wife or best friends. Some volunteers are part of a trained team from a church, organization, or business who share the commitment to a route one or more days each week.

Please contact Sue Koch to learn more about the Home Delivered Meals program that provides a volunteer delivered hot, nutritious meal to homebound seniors.

GAIN: Companions

A GAIN program partially funded by a grant from Gratiot County Community Foundation

Pet Adoption, Retention and Support

The Purpose:

1. To support a lifelong human/animal bond.
2. To help lower-income senior citizens and individuals with special needs by providing financial support for the extras a pet requires. This may include rental deposits, vetting, spaying and neutering, food, or emergency care.
3. To help with adoption of a new pet and/or with retention of a current pet.

Although GAIN can't do everything for everyone, GAIN can provide some help and refer to other resources.

Older adults and owners with special needs have time to provide love and pets provide companionship, decreasing loneliness. Physically, pet owners get more exercise, have less stress, and lower blood pressure.



Cat Spay/Neuter Clinics

Sponsored by G.A.I.N. (Gratiot Animals in Need)

GAIN continues to offer low cost cat spay/neuter clinics for low income individuals, seniors and disabled individuals. Cat spay/neuter of owned cats is only \$35.00 per cat regardless of sex. Vaccinations can be obtained for \$10.00 each. This year we have added a microchip for \$10.00. Our Free Roaming cat program is available for only \$10.00 per cat and includes a free rabies vaccine and a mandatory ear tip. Individuals who are feeding colonies of cats or barn cats can take advantage of this low rate and end the cycle of unwanted kittens. GAIN does have high quality traps available and in some situations will help with trapping if needed. Trapping is done only for the purpose of spay or neuter.

Appointments are required and fill up quickly! Call Marie Green, 989-875-2286 to schedule your appointment.

Clinic Dates:



April 8	July 8	Oct. 14
April 22	July 22	Oct. 28
May 13	Aug. 12	Nov. 11
May 27	Aug. 26	Nov. 25
June 10	Sept. 9	Dec. 9
June 24	Sept. 23	

Cooking Matters for Adults

The Commission on Aging has partnered with the Michigan State University Extension to offer Cooking Matters for Adults classes. This is a nutrition program where participants will learn how to eat healthy, cook and grocery shop on a limited budget. The program consists of six lessons, beginning at 12:30 p.m. and lasting 1 1/2 to 2 hours each. With the help of an experienced chef and nutrition educator, participants will gain the skills and confidence to make healthy, budget friendly meals for their family. Each week, participants will receive take-home groceries which they can use to practice a recipe they learned in class. One of the lessons includes a grocery store tour. After the tour, participants do a \$10 shopping challenge and get to take those groceries home.

Below is the list of the Food with Friends sites and the dates the classes will be offered. If you would like to attend, please contact the site manager listed where you would like to attend the class. There is no cost to attend the classes, however, registration is required. Class size is limited to 15 participants.

Fulton Township Hall
3425 W. Cleveland, Perrinton
Irene Noffsinger, Site Manager
989-236-5019
April 8, 15, 22, 29, May 6, 13

Gratiot Community Senior Center
1329 Michigan Ave., St. Louis
Alyssa Bowen, Site Manager
989-681-4341
April 9, 16, 23, 30, May 7, 14

Senior Activity Building
1011 E. North St., Ithaca
Jo Jones, Site Manager
989-875-2135
April 10, 17, 24, May 1, 8, 15

Breckenridge Masonic Temple
122 E. Saginaw St., Breckenridge
Pat Schultz, Site Manager
989-842-3338
April 11, May 2, 9, 16

Sumner Community Center
10820 Pine St., Sumner
Cindy Simmons, Site Manager
989-833-7624
April 12, May 10, 17, 24, 31



To date,
J&J Party Store
has donated \$7,575.43 to
Gram's Kitchen at the
Commission on Aging!

WANTED— Table Leaders at a Food with Friends Senior Center. Do you enjoy puzzles or cards and table games? There is a place for you at the table.

WANTED— Do you enjoy visiting older people? Visit a homebound senior in his/her home.



Gleaner Harmony Arbor #273 contributed \$500 to the Commission on Aging. Kristi Betzer, COA Social Worker, received the check from Sue Brenner, Harmony Arbor President.

THANK YOU!!

April 2019
Gratiot Community Senior Center, 1329 Michigan Ave., P.O. Box 205, St. Louis, MI 48880
989-681-4341

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	2 10:00 EZ Motion 12:00 Lunch 1:00 Board Meeting	3 10:00 Swing Dancing 12:00 Lunch 12:30 Bingo	4 10:00 Line Dancing 12:00 Lunch 12:30 Scrabble	5 10:00 Low Impact Exercises 12:00 Lunch 12:30 Euchre
8 10:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	9 10:00 EZ Motion 12:00 Lunch 12:30 Brush with Bravata 12:30 Cooking Matters	10 10:00 Swing Dancing 12:00 Lunch 12:30 Bingo	11 10:00 Line Dancing 12:00 Lunch 12:30 Yahtzee	12 10:00 Low Impact Exercises 12:00 Lunch 12:45 Euchre
15 10:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	16 10:00 EZ Motion 12:00 Lunch 12:30 Cooking Matters	17 10:00 Swing Dancing 12:00 Lunch 12:30 Bingo	18 10:00 Line Dancing 12:00 Lunch 12:30 Cards	19 Closed for Good Friday
22 10:00 Gentle Yoga 12:00 Lunch 12:30 Bingo <i>Earth Day!</i>	23 10:00 EZ Motion 12:00 Lunch 12:30 Cooking Matters	24 10:00 Swing Dancing 12:00 Birthday Lunch 12:30 Bingo	25 10:00 Line Dancing 12:00 Lunch 12:30 Nutrition Program	26 10:00 Low Impact Exercises 12:00 Lunch 12:30 Euchre
29 10:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	30 10:00 EZ Motion 12:00 Lunch 12:30 Cooking Matters			

Gratiot Community Senior Center
 1329 Michigan Ave., St. Louis
 By Alyssa Bowen

Hello friends,

Spring is here and that means warm weather and pretty flowers are almost upon us. As always, if you have any suggestions for me as far as the activities you would like to have, please feel free to talk with me, or fill out a suggestion slip and put it in the basket on our donut table.

Many things have changed so far, especially with the daily activities, however, I am sure we will continue to grow and alter the calendar with each new month. Remember Bingo is not only on every Wednesday but it is also on every Monday now as well. Euchre is also back on Fridays. We do not have a big crowd in for Euchre yet, but we are all hoping to have more people come in for that as well. If you do plan on coming in for Bingo or Euchre and you are wanting to eat lunch, please give me a call 24 hours in advance to reserve your meal. The Senior Center phone number is 989-681-4341.

I also have kept our exercise classes on every morning as there seems to be an ever growing interest. Keep in mind, these may change next month if it is not peaking your interest. On Mondays we will be doing Gentle Yoga. On Tuesdays there will be EZ Motion exercise videos. Wednesdays we will be learning swing dancing together through my past experience and YouTube due to your requests. On Thursdays we will continue to have the line dancing and on Fridays we will have low impact exercises. These classes will start at 10 a.m.

We also have a painting party scheduled this Month featuring Deb from "Brush with Bravata". In her class, on the 9th of

April you will be painting on a 10x10 wooden pallet. The painting this month features a beautiful sun flower with the saying "You are my sunshine". Deb is very encouraging and patient. She loves to do this for us! What a perfect way to kick off a great spring. All materials will be provided, just bring a smile and your payment. As always, you are more than welcome to join us for lunch as well at noon. Call ahead to make reservations for lunch, painting, or more information at 989-681-4341.

We are also very excited to announce that we have partnered with the Michigan State University Extension office to offer Cooking Matters classes for you. Throughout this program you will learn how to eat healthy, how to cook healthy, and how to shop with limited money. These classes will be held every Tuesday beginning April 9th and ending May 14th. Each week the participants will receive groceries which they can take home and apply their new skills. One of the lessons does include a grocery store tour. These classes are of no cost to you, however, you must pre-register with me as there is a limit to the class size. These classes will last for about an hour and a half and will start around 12:30 pm. Again, if you would like to register for one or all of these classes please contact meet at 989-681-4341.

Please note that we will be closed on Friday, April 19th due to Good Friday. We hope everyone has a nice and restful time over the Easter holiday with their families and loved ones.

Again, I thank you all for accepting me to the center with open arms and smiles. My time here so far has been so great. I feel like I am making great friends with you all and I love to hear all of your stories. You truly make my day!

"Friends are the sunshine of life"

-John Hay



Gratiot Community Senior Center Donations

May you find comfort in knowing your thoughtful gift has made a difference in the lives of others. We would like to thank the following individuals, who have generously donated to the Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis from February 15, 2019 through March 13, 2019.

Donations

Leslie Hunt Jr.

In Loving Memory...

Mary Bush
 Ron and Julia Alward
 Rachel Musselman

Madge Oomen
 Alice Patterson





COUPON
SENIOR GRATIOT, INC.
 515 S. PINE RIVER ST.
 ITHACA, MI 48847

SUGGESTED YEARLY DONATION

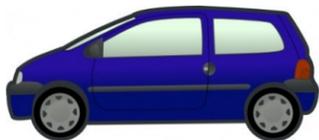
- \$10.00
- \$15.00
- \$20.00
- \$25.00
- Other _____

NAME _____

ADDRESS _____

IN MEMORY OF:

IN HONOR OF:



GRATIOT COUNTY COA TRANSPORTATION FARES

0 – 20 miles	\$ 5.00
21 – 40 miles	\$10.00
41 – 60 miles	\$15.00
61 – 80 miles	\$20.00
81 – 100 miles	\$25.00

Mileage is calculated beginning from the COA office.

Upcoming Events at Alma College

March 30 through April 13, 2019

March 30: The Alma College Percussion Ensemble presents its annual spring concert at 8 p.m. Saturday, March 30 in the Remick Heritage Center, Presbyterian Hall. 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 2: The Alma College Jazz Ensemble presents "Poultry in Motion" at 8 p.m. Tuesday, April 2 in the Remick Heritage Center, Presbyterian Hall. 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 4: Alma College students present their scholarly and creative work at the 23rd Annual Kapp Honors Day. Concurrent sessions take place from 8:30 a.m. to 5 p.m. at locations throughout campus on Thursday, April 4. Admission is free and open to the public.

April 6: The Alma College Pipe Band performs a mix of traditional and modern music at 7 p.m. Saturday, April 6 in the Remick Heritage Center, Presbyterian Hall. 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 7: The Alma College concert bands present their annual spring concert at 3 p.m. Sunday, April 7 in the Remick Heritage Center, Presbyterian Hall. 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 presents "Much Ado About Nothing," Shakespeare's classic tale of battling wits, disguises, villainy, misunderstandings and new understandings, at 7:30 p.m. Thursday, April 11, Friday, April 12 and Saturday, April 13 and 2:30 p.m. Sunday, April 14 in the Remick Heritage Center, Strosacker Theatre. 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 12: Tap your toes at the 23rd annual Alma College High School Jazz Festival from 8 a.m. to 5 p.m. Friday, April 12 in the Remick Heritage Center, Presbyterian Hall. Admission is free and open to the public; no ticket is required.

Through April 12: The Flora Kirsch Beck Gallery in the Clack Art Center at Alma College presents the annual Senior Show through Friday, April 12. 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. A closing reception takes place from 4:30 to 6:30 p.m. Saturday, April 6.

April 13-14: The Alma College Choirs and the Alma Symphony Orchestra come together to perform Beethoven's dramatic Mass in C along with the world premiere of a new work composed by Alma College composer-in-

residence Murray Gross at 8 p.m. Saturday, April 13 and 4 p.m. Sunday, April 14 in the Remick Heritage Center, Presbyterian Hall, at Alma College. 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.



VOLUNTEER ACTIVITY APRIL 2019

Please join us to see what we are about. Walk-Ins welcome. Sue Koch 989-875-5346

Cards Team

- Monday April 1st 9:00 a.m. - 12 noon
- Monday April 8th 9:00 a.m. - 12 noon
- Monday April 15th 9:00 a.m. - 12 noon
- Monday April 22nd 9:00 a.m. - 12 noon
- Monday April 29th 9:00 a.m. - 12 noon

Senior Gratiot Newspaper Prep Team
 April 25th 9:00 a.m. - 11:30 a.m.

Knit-In
 April 20th 10:00 a.m. - 2:00 p.m.

Dementia Classes

The Gratiot County Commission on Aging will be offering two classes on dementia in April.

"What is Dementia" will be offered on Wednesday, April 3, from 1:00 to 3:00 p.m. It is an introductory class about dementia and how it affects the people who are coping with it.

"Effective Caregiving" goes into more depth as to why people with dementia do what they do and how to cope with it. This class will be offered on April 17 from 1:00 to 3:00 p.m.

Both classes are free and will be held at the Commission on Aging office at 515 S. Pine Rive St., Ithaca. If you have any questions or would like to sign up for one or both of the classes, please call Scott Hicks, Caregiver Trainer, at 989-875-5269.



Gratiot County Commission on Aging (COA) Volunteers Who We Are and What We Do

Sue Koch Coordinator of Volunteers 989-875-5346

What is a Volunteer? A volunteer is a valuable resource for the COA, its staff, and its clients. A volunteer is an individual who without expectation of compensation (beyond approved reimbursement), performs a task at the direction and on behalf of the COA. A volunteer works in support roles with paid staff. Volunteers receive training and are responsible to the Coordinator of Volunteers or Designee. Many volunteer roles have flexible schedules which are tailored to the availability of the volunteer.

***Home Delivered Meals Program Main Kitchen Preparation Assistant:** All Gratiot County meals are prepared in the kitchen at COA in Ithaca by kitchen staff. Volunteers and kitchen staff work as a team to package meals for homebound seniors.

***Home Delivered Meals Program Volunteer Driver:** The volunteer route driver begins his/her assigned route at 11:00 a.m. at one of five Senior Center Congregate Meal Sites – St. Louis, Breckenridge, Fulton, Ithaca or Sumner. A route takes 60 to 90 minutes to complete. Mileage is reimbursed at a rate of .58 cents a mile for the route driven.

***Mini-Van Transportation Volunteer Driver:** COA has 2 mini-vans which are used for transporting seniors to appointments (medical, dental, optical and the like) and for other needs associated with activities of daily living such as hair appointment, a pharmacy stop and the like.

***Senior Center Site Assistant:** This volunteer serves by readying the meal tables for guests, calling bingo, being a 4th at a game of cards, or helping with clean-up following the meal. There will also be opportunity to assist the site manager with special projects.

***Coordinator of Volunteer's Office Assistant:** This volunteer assists with typing, data entry, filing, answering the phone, making telephone calls, assisting with mass mailings and a variety of other administrative tasks. Computer skills in Word and Excel are helpful but not required.

***Senior Gratiot Newspaper Mail-Ready Volunteer:** Senior Gratiot newspaper announces county-wide events, activities, trips, Senior Center happenings, Commission on Aging programs, support group meetings, Hot Line Assistance numbers and the like to Gratiot County seniors. Volunteers work at COA in Ithaca as a team for up to 3 hours once a month. Volunteers label, fold and tape each Senior Gratiot newspaper to meet the U.S. Postal Service requirement for the lowest postage rate available to non-profit organizations.

***Recycle Greeting Cards Team:** This team trims greeting cards previously sent to someone and creatively arranges usable pieces on fresh cardstock. All supplies are furnished. Cards and envelopes are available in the lobby at Commission on Aging for a suggested donation of .25 cents.

***Homestead Property Tax/Home Heating Credit Program Assistant, Medicare Part D Program Assistant; and Project FRESH Program Assistant:** The volunteer works under the guidance of the MAPP Coordinator and Director to help seniors through the challenges and paperwork associated with these programs.

***Mitten Makers/Hats Galore Volunteer:** The volunteer uses knitting or crocheting to create hats, mittens, scarves and headbands for lower elementary school children. We also create headbands suitable for use by adults and children experiencing hair loss due to illness or medical treatment.

Court Appointed Special Advocates Seeks Volunteers

Every 120 seconds in the United States, a child is placed in foster care. During this time, those children would benefit from a positive role model. This creates the opportunity for a child to be assigned a Court Appointed Special Advocate (CASA) to walk by their side through their journey.

CASA of Gratiot County has openings for volunteer advocates to serve as a voice for children in our community. Our volunteers are specially trained community members from all walks of life who advocate on behalf of the best interest of abused and/or neglected children. Advocates ensure no aspect of the child's experience is overlooked. No experience is required, just a passion for helping children.

CASA of Gratiot County hosts monthly "CASA and Coffee" informational sessions on the third Tuesday at 7:30am, 12:30pm, and 5:30pm at the Wilcox Non-Profit Center. You pick the time that fits your schedule and join us for information about how you can make a difference in a child's life. The next upcoming dates are April 16th, May 21st, and June 18th. Please contact Rachel Letsche at Child Advocacy (989) 463-1422 or rachel@linkforfamillies.org with any questions.

CASA OF GRATIOT COUNTY
GIVING CHILDREN A VOICE

Brush with Bravata! Tuesday, April 9 1:00 - 2:30 p.m.

Come and join Deb from Brush with Bravata and learn to paint. This class is offered only at the St. Louis Senior Center, 1329 Michigan Ave., St. Louis. Class fee is \$10.00 and all materials are supplied, but you must have a reservation. You will be painting on a wood pallet that has been prepared for you.

A different picture is done each month, and class is always the second Tuesday of every month. Below is April's project. Be sure to reserve your lunch when you call to reserve a spot in the painting class. The number to call is 989-681-4341!



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 un-needed 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.



Sponsored by the
Ithaca Senior Activity Building

Gratiot County Community Bicycle Ride

May 18, 2019, 10 am-12 pm

Registration Free, but required
Free lunch immediately following ride
for all registered riders.

Choose your distance: 1 to 15 miles, from the SAB (1101 E. North St., Ithaca) down to the bike path along US127 and as far north as the Alma exit and back!



DEMENTIA CAREGIVER SUPPORT GROUP

Chair Exercise for Your Loved One Living with Dementia

Dinner for Both of You

A dementia caregiver support group meets every Wednesday at the Alma United Methodist Church, 4:30 to 5:30 p.m. During the support group meeting, a chair balance exercise program is available for your loved one living with dementia. Dinner is served at 5:30 for \$7.00 per person.

Participants are encouraged to attend weekly, but are welcome to drop in on occasion. You are also welcome to attend even if your loved one has not been official diagnosed, but you suspect that some brain change is occurring.

Dementia Caregiver Support Group

Date: Every Wednesday
Time: 4:30 to 5:30 p.m.

Location:
Alma United Methodist Church
501 Gratiot Ave.
Alma, MI 48801



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.

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.



Help Improve the Mind

By Sherri Florez

Studies have shown by adding these ten food groups to our diets, they can help to improve our mind. This information is from Mindbodygreen.com by Hayley Hobson from her own personal experiences with Alzheimer's disease.

1. **Leafy Greens:** Some ideas are kale, spinach, collard and mustard greens. These foods are high in folate and B9, which improve cognition and reduce depression.
2. **Cruciferous vegetables:** Broccoli, cauliflower, bok choy, brussel sprouts and kale contain folate and have carotenoids that lower homocysteine (an amino acid linked with cognitive impairment).
3. **Beans and legumes:** These foods contain more folate, iron, magnesium and potassium that can help with general body function and neuron firing. They also contain choline, a B vitamin that boosts acetylcholine (a neurotransmitter critical for brain function).
4. **Whole grains:** Good bets include quinoa, kamut and gluten-free oats (not bread and cereal).
5. **Berries and cherries:** These fruits contain anthocyanin that protects the brain from further damage caused by free radicals. They also have anti-inflammatory properties and contain antioxidants and lots of vitamin C and E.
6. **Pumpkin, squash, asparagus, tomatoes, carrots and beets:** These vegetables, if not overcooked, contain vitamin A, folate and iron that help with cognition.
7. **Omega 3s:** People whose diets contain daily omega 3s have been shown to have 26% less risk of having brain lesions that cause dementia compared with those who do not. These fatty acids help the brain to stay in top shape. You can get your omega fatty acids from fish, flax seeds, olive oil, or by taking a good quality omega 3 supplement.
8. **Almonds, cashews, walnuts, hazelnuts, peanuts and pecans:** All of these nuts contain omega-3 and omega-6, vitamin E, folate, vitamin B6 and magnesium.
9. **Sunflower seeds and pumpkin seeds:** These seeds contain zinc, choline and vitamin E.
10. **Cinnamon, sage, turmeric and cumin:** These spices can all help to break up brain plaque and reduce inflammation of the brain which can cause memory issues.

In addition to eating the foods listed above, you will want to decrease the risk of illnesses that can make your brain age such as obesity, heart disease, diabetes and hypertension.

The following dietary tips from springhills.com can also be a help when we are faced with a loved one that has forgotten how to eat well.

- Incorporate a diverse range of healthy ingredients into your loved one's diet to maximize nutritional value. Breakfast, lunch, dinner and snacks should consist of lean proteins, hearty whole grains and a broad range of fruits and vegetables.
- Minimize foods that are high in saturated fat and cholesterol, as they tend to hold little nutritional value.

- Try to limit refined sugar, but know that it can sometimes be helpful to encourage eating for someone who has lost his or her appetite. The trick is to maintain a healthy balance.
- Encourage proper hydration by offering small cups of water throughout the day. Try to avoid sodas and other processed drinks. If plain water isn't quite appealing, try adding a few slices of strawberry for a touch of natural sweetness.
- Minimize distractions by keeping the table setting as simple as possible, allowing your loved one to focus more on eating and less on complex centerpieces.
- Keep meals simple. Too many options or items at once can be overwhelming, so it may be best to stick to serving one portion of the meal at a time.
- Dementia patients change their appetite and preferences frequently so do your best to accommodate food preferences without pressuring your loved one.
- Check the temperature of food before serving it. Someone with dementia may not be able to recognize that food is too hot to eat, which can result in burns.
- Encourage your loved one to help you prepare simple, nutritious meals. This will help them maintain a sense of independence.
- Prepare foods that are easy to chew and swallow, particularly throughout the later stages of Alzheimer's, when the risk of choking tends to increase. Be sure to cut food into bite-sized pieces or prepare soft foods that pose little to no risk.

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 per hour at First Presbyterian Church in Alma. Contact 989-463-2940 or www.firtpres.net for more information. Good Company is partially funded by Gratiot County Community Foundation.



Commodity Food Distribution Date

Commodities distribution will be on **April 22, 2019**. 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 not more than \$1,316; income per couple not to exceed \$1,784 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.

Senior Activity Building

April 2019

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12:30 Bob Crist's piano music 1:20 Bob's Sunshine Gang visits Schnep's Health Care-St. Louis	2 9:00-9:45 EZ Motion 10:30 Cribbage 7:00 VFW 7805	3 1:00 Dominoes 1:00 Crafts & Cookies	4 9:00-9:45 EZ Motion 10:00 Golf games 11:00 Piano music by Joyce Raycraft 1:15 Wii Bowling	5 11:30 Blood pressure checks by Joyce Raycraft 12:40 Meet John & Abigale Adams By Allen Thunell	6 10:45 -1:45 Building Open 12:15 Family Potluck
7	8 10:05 Bingo Prizes by McDonalds & Super Shine Express Car Wash 7-9 Dulcimers	9 9:00 EZ Motion 1:00 Progressive Euchre	10 12:30 Cooking Matters Class 1:00 Dominoes Prepare Easter Eggs for Woodland Park Egg Hunt	11 9:00-9:45 EZ Motion 10:00 Golf games 11:00 Piano music by Joyce Raycraft 1:15 Wii Bowling	12 1:00-3:30 Friday Cards with Volunteers Jack & Avis Ginther	13 
14 	15 11:50 Nutrition 12:00 Birthday party for our Seniors born or Married in April	16 9:00 EZ Motion 10:30 Cribbage 1:15 Senior Activity Building Board meets	17 10:05-11:30 Bingo Prizes donated by Schnep's 12:30 Cooking Matters Class 1:00 Dominoes 7:00 A-Tractive Tractor Club	18 9:00-9:45 EZ Motion 10:00 Golf games 11:00 Piano music by Joyce Raycraft 1:15 Wii Bowling	19 No FWF SAB Closed today	20
	22 10:05 - 11:30 Bingo - For Fun! 1:00 Sequence	23 9:00 EZ Motion 1:00 Progressive Euchre	24 12:30 Cooking Matters Class 1:00 Dominoes	25 9:00-9:45 EZ Motion 10:00 Golf games 11:00 Piano music by Joyce Raycraft 1:15 Wii Bowling	26 1:00-3:30 Friday Cards with Volunteers Jack & Avis Ginther	27
28	29 Young Senior Day today! 1:00 Sequence	30 9:00 EZ Motion 10:30 Cribbage		8:00 EVERYDAY Building open, coffee's ready 10:00 EVERYDAY Visits, news, games, activities 12:00 Monday-Friday 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 1st), 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 Schnep's in St. Louis. Be sure to come back to the Building to enjoy ice cream sundaes after the sing a long.

Bingo will be on the second Monday (the 8th) from 10:05 until 11:30. Bingo Prizes are provided by McDonalds and Super Shine Express Car Wash. Bingo For Fun is scheduled for April 22nd. Schnep's Health Care will provide grocery prizes for **Wednesday** the 17th **Bingo** games.

Just For Fun Dulcimer Club meets for an evening of music on April 8th from 7 to 9. There is no charge for this activity, and you are welcome to enjoy the music for awhile or the entire time.

The **nutrition** program for April will be about "Delicious Ways to Add More Seafood in your Diet." The date is Monday, the 15th. For you who were born or married in April, be sure to reserve your meal on **Birthday** day—the 15th.

The last two Mondays **Sequence** is scheduled for 1:00. **Young Senior Day** is on the 29th.

EZ Motion "happens" at 9:00 on Tuesdays and Thursdays. This provides a time to

stretch and find the benefits received from these DVD and video led exercises.

Cribbage will be on the 2nd, 16th, and 30th at 10:30. Please come if you would like to learn to play cribbage.

Our **Senior Activity Building Board** meeting will be at 1:15 P.M. on Tuesday, April 16, 2019. You certainly are encouraged to attend and participate at these meetings.

Progressive Euchre will be on Tuesdays, April 9th and 23rd. Blue ribbon winners were Pat Owen, Ron Peters, and Milene Neimeth-Sparks (3 way tie) and Dennis Sierakowski, Wally Bringold and Joe Shelest won the Red ribbons.

Cookies & Craft Group will meet on the first Wednesday, the 3rd, at 1:00. Hopefully you will have signed up to be a part of this group.

Each Wednesday at 1:00, the game of **Dominoes** is enjoyed. As mentioned earlier, **Bingo** will be at 10:05 to 11:30 on the 17th.

Thursday at 10:00, the **golf games** are scheduled for Seniors who enjoy this game. 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.

Join the fun with the Wii Bowling folks at 1:15 on Thursdays.

Allen Thunell will present an inspirational program at 12:40 on **Friday, the 5th**. His topic is "**Meet John and Abigail Adams**". Allen helps us to meet these persons from our history as real live people.

Joyce Raycraft, our Volunteer Nurse, will be glad to check your **blood pressure** on the first Friday of the month (5th) from 11:30 to noon.

Friday Cards (which includes bridge) will be on the 12th and 26th from 1:00 to 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.

YOUNG SENIORS!! Please call in your reservation for Monday, the 29th. Your support of the Food With Friends program is important.

Volunteers will be needed to help fill 2,000 plastic eggs for the Easter Egg Hunt on April 10th. Ithaca Food with Friends have prepared these eggs for many years.

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 4th 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. You'll receive a warm welcome from Linda St. Charles soon after she opens the doors. 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 efforts behind the scenes. To each and every Volunteer—**THANKS!!!**

Happy Volunteer Month!!

Hoping you'll come to see us soon!

Senior Activity Building Gifts

THANK YOU for your gifts received by the Senior Activity Building from February 9, 2019 through March 12, 2019.

Musicians: Bob Crist, Joyce Raycraft
Crystal Jar Donations (unnamed donations, Progressive Euchre, Friday Cards, Blood Pressure)
Gratiot VFW Post #7805

GIFTS in GRATITUDE to SAB
By Bonnie Smith & Ken Yordy
Mary Gabrion
Dorethea Glover

In MEMORY of GRETA FOSTER
By Bill & Lind DeVuyst
Jerry & Cindy Roundtree
Joyce Beard
Howard & Nancy Crites
Dave & Becky Adams
Gayla Foster
Joan Cook

In MEMORY of JACK WINGLE
By Brad & Vicki Thum

In MEMORY of JAMES NORRIS
By Joyce Beard

In MEMORY of MADGE OOMEN
By Joyce Beard

In MEMORY of LANA BRANDAL SANDERS
By Karen Smith
Charles Hein, Jr. & Karen Hein,
Classmates of Lana, 1964
Lana's Family
Shirley Lundy
Sandra Hull
Frances Slavik
Clarence & Susan Robbins
Wm. Shaw Jr. Estate
Neil & Sandra Scutt
Barbara Kench
Clell & Shirley Swift
Rhonda Brandal
Jo Jones
Daryl & Phyllis Smith
Gail & Mike Wierman
Carlton & Bonnie Puffpaff
Tom & Susan Fabus
Jerry & Florence Boulis & Family
Joyce & Fred Rager
Ron & Judy Stone
Marlene & Leo Torpey
Donna June Crumbaugh

In MEMORY of HARRY SPARKS
By Bill & Linda DeVuyst
Susan Fisher
Janet Coulter
Jim & Beverly Schwartzmiller
Judith Eichorn
Jim & Bonnie Ludwick
Phyllis Johnson
Jack & Avis Ginther
Bob & Mary Sullivan
Joyce Beard
Oasis Community Church
Joyce Raycraft
Dick & Phyllis Schleder

In MEMORY of NAOMA CARY
By Donna June Crumbaugh



In MEMORY of DOLORES LOMBARD
By Jim & Bonnie Ludwick
Evelyn Green
Food with Friends
Judith Eichorn
Mary Gabrion
Joyce Raycraft
Roselyn Farrough
Jack & Avis Ginther
Larry & Sue Ginther
Mike & Cheryl Ginther
Bob & Mary Sullivan
Bill & Linda DeVuyst
Howard & Nancy Crites
Sally Martin
Kathy Densmore
Teryl & Sydney Studer
Phyllis Johnson
Bob & Sue Chaffin
Jo Jones
Dorothy Wisner
Joan Cook
Garold Browne
Dick & Phyllis Schleder
Steve & Cyndi Bovee
Dave & Vicky Browne
Jeff & Kim Bahlke
Verla Shaw
Marilyn Shaw
Dolores Lombard's Family
Marlene Teegardin
Nan Freed
Fred & Helen Hoard
Joan Sparks
Sue Moomey

In MEMORY of BILL CAPEN
By Dick & Phyllis Schleder
Jack & Betty Hunnicutt
Phyllis Johnson
Bill & Linda DeVuyst
Rose Capen
Jay Shaull & Ruth Shaull
Joyce Raycraft

Gifts received at the GRATIOT COUNTY COMMUNITY FOUNDATION, SENIOR ACTIVITY BUILDING AGENCY ACCOUNT February 9, 2019 through March 12, 2019:

In MEMORY of LANA BRANDAL SANDERS
By Jo Jones

In MEMORY OF DOLORES LOMBARD
By Jo Jones

SENIOR ACTIVITY BUILDING HAPPENINGS



Marty Wieferich and Nancy Smith, on behalf of the Senior Activity Building Board, accept a generous check from Howard Kenney, representing A-tractive Tractor Club. The Club holds its monthly meeting at the Senior Activity Building.



January Birthdays celebrated by (seated) Joyce Beard and Louise Heath; (standing) Bruce McConnell, Gary Hill, Howard Crites, Nancy Crites, Joan Spear, Diana Marble, Betty Hunnicutt, and Pat Gates.



Celebrating February Birthdays are (seated) Joe Shelest, (standing) Fred Hoard and Jo Jones.

West Gratiot

By Cindy Simons

March birthdays included Harry Freed, Patricia Freed, Sara Freed, Lyle Parks, Allen Thompson and Evelyn White. Dennis and Carol Brauher celebrated their anniversary.

Welcome spring! Thanks to everyone who participated in our Mardi Gras celebration. It is fun to see people dressed in green, purple or gold (or any combination). We decided not to count the calories on Fat Tuesday and shared paczkis in a variety of flavors. Now we are focused back on healthy eating.

Our birthday and anniversary celebrations blended with St. Patrick's Day fun. Thanks to Harold Daniels and Chuck Simons for supplying karaoke equipment and music CD's. They also led us in singing Irish songs before we played games.

Nancy Buzard, representing the Laurels of Fulton, has graciously provided prizes for top winners of BINGO. It is an honor to have the care facility support us.

Helpers put together Spring decorations to donate to the Laurel's care facilities. Hopefully the decorations brightened the residents' day. Other donations: Harold Daniel - use of karaoke machine, Doug White - greeting cards, and Bob & Arvella - game prizes.

We ended March with the first old-time movie and popcorn afternoon. The plan is to continue this activity at the end of each month, rotating between Wednesdays and Fridays.

Thank you to the Breckenridge site for sponsoring a special music event. We enjoyed the opportunity to meet up with friends from around the county.

Wanted: Home Delivered Meal drivers 2-3 days per week for 2 hours, with a mileage allowance provided. We also need substitute drivers for HDM. Meals are delivered from the West Gratiot Site on Monday, Wednesday and Friday. **Contact Sue Koch, COA volunteer coordinator, at 989-875-5346.**

Now, here are activities coming up:

To start the month, the nutrition and wellness topic will be covered on Friday, April 5th.

On Monday, April 8th, we will work on a craft project. Supplies will be set out by 11:00 so participants can work on the project before lunch. Euchre players gather on Monday and Friday. BINGO is our focus on Wednesdays. Other games, music, conversation and coffee are available each day the site is open.

Celebration of the April birthdays and anniversaries will be held on Wednesday and Friday, the 10th and 12th.

Our first Cooking Matters demonstration will be held on Friday, April 12th, sponsored by MSU Extension. The representative will continue lessons on most Fridays in April and May from 12:30-2:00. Are you new to Food with Friends? This will be a great opportunity to join us for the lessons.

Food with Friends and HDM programs will be closed on April 19, Good Friday.

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 at the site. Contact Cindy at 989.833.7624 from 10:00-2:00 MWF at the West Gratiot site for more information.

West Gratiot Highlights

- 5 Nutrition & Wellness Topic
- 8 Craft Project
- 10 Birthday & Anniversary Celebration
- 12 Birthday & Anniversary Celebration
- 19 **CLOSED-GOOD FRIDAY**

West Gratiot Weekly Activities

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



BRECKENRIDGE

By Pat Schultz

Spring is here! It will be nice to finally see some better weather and to see things getting green again. Thank you to all who came to our Rockin Goodtime Luncheon. I hope you all had a really good time and enjoyed the entertainment. Maybe we will get to do this again some time.

We have some fun things planned for April. We have a couple of Easter crafts, as well as the new cooking class. I hope you will join us for one of the activities in April.

- 4-1 Cardmaking @ the Library after lunch; *you must pre-register*
- 4-5 Puzzle Day
- 4-9 Bingo after Lunch
- 4-10 Easter Egg Wreath Craft, \$2.00
- 4-11 Cooking Matters class; *must pre-register*
- 4-12 Knit & Crochet Fun
- 4-15 Cardmaking @ the Library after lunch; *you must pre-register*
- 4-16 Bingo after Lunch
- 4-17 Wooden Bunny Craft
- 4-19 **CLOSED - GOOD FRIDAY**
- 4-23 Bingo after Lunch
- 4-24 Ask the Chief of Police Question Day
- 4-29 Nutrition Education
- 4-30 Bingo after Lunch



Greetings from Fulton

By Irene Noffsinger

Welcome Spring!!

After what seemed like a really long winter, we are finally approaching spring. I am ready for flowers and sunshine. Lots of sunshine!

Did you know that April 16th is "Wear your pajamas to work day"? This day is supposed to be your reward for getting your taxes finished and the stress from doing so. It is suppose to allow you more time to sleep in the morning after the close of tax season. Oh, this does bring a chuckle. Can you just picture all of us marching in for lunch at the senior center in our pajamas? After all the years I preached to my children about going out of the house dressed appropriately, I do believe if I left the house in my pajamas, they might start looking at me funny. Oh, and you are also supposed to post a picture on social media. I don't think so.... I think this day might be better left to others for a celebration.

Thank you to Laurels of Fulton for the Valentine Desserts they brought to us. We really appreciated them.

Thinking about Laurels of Fulton, please join us on April 17th for an afternoon of card making. Make a card for one of our neighbors who may be shut in. Join us for lunch and an afternoon of card making and visiting!

BOOKS BOOKS BOOKS

Don't forget that we have books available for you to read. The books are always on a rolling cart in the Township Hall. If you need a book to read, please stop, say hello, and choose some books. We would love to have you stop in.

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

- 4-1 Lunch/Wii/Bowling
- 4-3 Lunch/Phase Ten
- 4-5 Lunch/Euchre
- 4-8 Lunch/Wii/Bowling
- 4-10 Lunch/Phase Ten
- 4-12 Lunch/Euchre
- 4-15 Lunch/Wii
- 4-17 Lunch/Phase Ten/Make a Card
- 4-19 **CLOSED/GOOD FRIDAY**
- 4-22 Lunch/Wii/Bowling
- 4-24 Lunch/Phase Ten
- 4-26 Lunch/Euchre
- 4-29 Lunch/Wii/Bowling

FULTON SENIOR CENTER DONATIONS

Thank You to anyone that has done anything to support our seniors. It is much appreciated.



**SENIOR GRATIOT
NEWSPAPER
DONATIONS**

These people generously donated \$635.00 to the Senior Gratiot Newspaper contribution fund from February 15, 2019 to March 15, 2019. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Shirley Ellsworth
Larry Carpenter
Dan & Linda Lott
Ken & Bette LeBlanc
Bonnie Smith
Anonymous
Don & Elaine Burns
Katherine Evitts
Pamela Howe
Nelda Dean
Jack & Avis Ginther

IN MEMORY OF

CLARE & EMMA TROUB
By Gail Paradise

**DOUG BRUSH
JERRY CRISPIN**
By Gerald & Marta Brush

CLIF INGALLS
By Yvonne Keiser

**HARRY B. TRIPP
JOYCE (TRIPP) MEYERS
JEAN (TRIPP) PUCKETT
HARRY T. & MILDRED TRIPP**
By Beverly Tripp

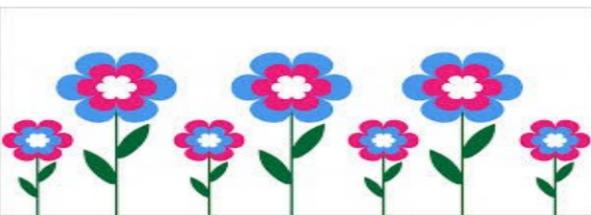
JOSEPHINE BARNES
By Bob & Mary Waldron

MADGE OOMEN
By Barb Conner

DOLORES LOMBARD
By Ois Browne, Jr.
Marilyn House
Edna Carter

CHET SPARKS
By Ruth Sparks

WALTER MARTIN
By Nancy Francetic



The West Gratiot group enjoyed St. Patrick's Day Karaoke.

**COMMISSION ON AGING
DONATIONS**

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

Maple Valley Lions Club
Lincoln Rd. United Methodist Church
Department of Corrections St. Louis Casual
Day Participants
United Methodist Women
Robert Robbe
Gleaner Harmon Arbor #273

IN MEMORY OF

GEN GIBBS
By Byron & Connie Barton
Nancy Spragg

MARGE OOMEN
By Martha Moore
Vivian Cooper
Bonnie Smith
Ron & Julia Alward
Michael & Carla Peters
Craig Zeese & Kevin Fitzgibbon
Doug Oomen & Jean McNab
Mr. & Mrs. Larry Hanley & Family
(Cathy Goodsell)
Mr. & Mrs. Don Long & Family
(Cindy Goodsell)
Ms. Cheryl Whitman & Family
(Cheryl Goodsell)
Mr. & Mrs. Mike Hale & Family
(Laurie Hanley)
Nancy Goodsell
James Young
Jim, Rachel, & Lucy Vallance &
Jordan
Kathy Crumbaugh
Jim Davis
Sally & Susan McCreery
Lois Thompson
Richard McClintic & Maggie
Fowler
Ruth & Millie Hall
Vicki Ann Bethka
Jim & Suzie McCreery
Sandi Losey
Pat & Thom McCreery
Lenore Worden & Aunts Esther
Louise & Mary
Robert & Earlene Oomen
Rob & Colleen Robinson
Kevin Kand, Dan & Milt Boman
Stu Shook
Wanda MacLaren
Nancy Rademacher
Stu Shook & Wanda MacLaren

MURLE "LARRY" MARTIN
By Dave & Daun Longanbach

**JIM NORRIS
MARGARET TIPTON**
By Joan Cook

DAVID NORRIS
By Mom & Family

**ALVIN MILLER, FATHER
BOB JARRET, FATHER-IN-LAW**
By Anna Jarrett

RUTH ANN BECK
By Valdemars & Shirley Katelnicks



**DOLORES LOMBARD
WILLIS CAPEN
BEVERLY KETCHUM**
By Pat & Gene Pitcher

JIM NORRIS
By Veronica & Family

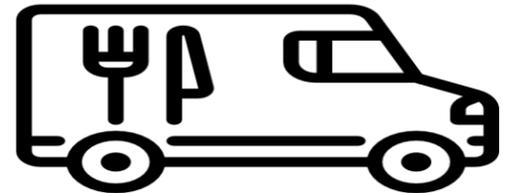
*Your life was a blessing
Your memory a treasure...
You are loved beyond words
And missed beyond measure.*
Renee Wood

**Home Delivered Meals
& Gram's Kitchen
Donations**

Thank you to those who made financial contributions in December 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

**GOLDIE BURCH
LARRY MARTIN**
By Sally Martin



Left: Harold Daniel shared information on the various types of recognition bestowed on workers in the auto industry.

Below: The West Gratiot site decorated for Mardi Gras.



Monday	Tuesday	Wednesday	Thursday	Friday
1 Pulled Pork Green Beans Corn Cinnamon Applesauce Hamburger Bun	2 Corn Chowder Hard Boiled Egg Peas Peaches Cheese Bread Stick	3 Baked Chicken Whipped Potatoes/Gravy Broccoli Mixed Fruit Cup Wheat Bread Or Chef Salad Chicken Vegetable Soup	4 Turkey Loaf Baked Potato California Veggies Citrus Fruit Cup Wheat Bread	5 Fish Sticks Potato Rounds Mixed Vegetables Tropical Fruit Wheat Bread Or Chef Salad Minestrone Soup
8 Beef and Noodles Squash Brussel Sprouts Citrus Fruit Cup Wheat Bread	9 Basil Parmesan Chicken Brown Rice Spinach Fresh Orange Dinner Roll	10 Chicken Nuggets Potato Rounds Winter Blend Whole Grain Cookie Wheat Bread Or Chef Salad Minestrone Soup	11 Lemon Pepper Chicken Whipped Potatoes/Gravy Peas Pineapple Wheat Bread	12 Macaroni & Cheese Green Beans Capri Veggies Cherry Fruit Cup Wheat Bread Or Chef Salad Beef Vegetable Soup
15 Chili Lima Beans Baked Potato Pineapple Gelatin Corn Bread	16 Chop Suey Brown Rice European Vegetable Applesauce Wheat Bread	17 Chicken Pattie/Bun Redskin Potatoes Mixed Vegetables Lettuce and Tomato Pears Or Chef Salad Beef Vegetable Soup	18 Sloppy Joe Cauliflower Carrots Peaches Hamburger Bun	19 CLOSED GOOD FRIDAY
22 American Goulash Winter Blend Succotash Tropical Fruit Wheat Bread	23 Potato Crunch Pollack Au gratin Potatoes Carrots Mandarin Oranges Dinner Roll	24 Beef Stew Green Beans Kyoto Vegetable Pineapple Biscuit Or Chef Salad Roast Pepper Soup	25 Spanish Chicken Mixed Vegetables Corn Apple Crisp Wheat Bread	26 Meatloaf Stewed Tomatoes Lima Beans Applesauce Wheat Bread Or Chef Salad Chicken Vegetable Soup
29 BBQ Meatballs Redskin Potatoes California Veggies Rice Pudding Wheat Bread	30 Smothered Chicken Peas Carrots Fresh Orange Wheat Bread			Chef Salad And Soup Only available at Food with Friend Sites

Menus are Subject to Change Without Notice

PLEASE CALL (989) 875-5332
TO CANCEL Home Delivered Meals

Milk provided with all meals

Reservations are Required 24 Hours in Advance

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 LISTED BELOW TO CALL FOR RESERVATIONS:

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
ALYSSA BOWEN, 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
4TH THURSDAY EACH MONTH AT NOON
CONTACT: BONNIE WHITAKER
989.875.3607

SENIOR ACTIVITY BUILDING
1011 E. NORTH STREET, ITHACA
1ST SATURDAY AT 12:15 PM
CONTACT: JO JONES
989.875.2135



SHARING FOOD + TELLING STORIES

**March 2019 PREP TEAM
VOLUNTEER THANK YOU**

Many thanks to these 13 Senior Gratiot Newspaper Prep Team volunteers who donated 30.25 hours preparing our paper:

Jim Peck, Ruthie Malek, Sondra Schaub, Irene Peck, Jan Pratt, Nancy Crites, Carol Glave, JoAnne Zimmerman, Lora Schultz, Dorothy Rhines, Sally Martin, Lisa Skaryd, and guest, Deborah Moomey.



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

Senior Gratiot is published monthly for Gratiot County senior citizens 60 years and older by Senior Gratiot Inc., 515 S. Pine River St. Ithaca, MI 48847. It is supported by donations and is printed at Stafford Media Solutions of Greenville.

Alzheimer's Support Group
1st & 3rd Tuesday of each month 1:00 p.m.
First Presbyterian Church
495 Charles Ave., Alma
Contact: Scott Hicks 989.875.5269

Parkinson's Support Group
4th Wednesday of each month 2:00 p.m.
Masonic Pathways
1200 Wright Ave., Alma
Contact: Scott Hicks 989.875.5269