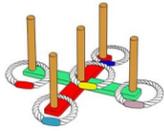




2nd Annual Food with Friends County Wide Senior Summer Games



The Senior Summer Games will take place during a picnic on **Monday, August 6th** at the Atkinson Senior Park, next to the Senior Activity Building, 1011 E. North St. in Ithaca. Each Food with Friends site will have a team of six participants that will compete in fun lawn games. The games will include a Water Balloon Toss, Egg Spoon Walk, Bean Bag Toss, Ring Toss, and a Wet T-Shirt Contest (T-Shirts hung on a clothes line that are soaked by team members using a water sprayer). The games will begin at 11:00 a.m. with lunch being served at noon. The menu is Hot Dogs, Potato Chips, Baby Carrots and Watermelon. So come on out and cheer on your team as they compete in the Senior Summer Games and stay for lunch. For your comfort, please bring your own lawn chair to the picnic as you watch your team compete.

If you wish to compete in the games, you must be on a team. To register for a team, please call the site you wish to represent; Ithaca, Jo Jones, 875-2135; St. Louis, Jamie Bolsby, 681-4341; Breckenridge, Pat Schultz, 842-3338; Fulton Township, Irene Noffsinger, 236-5019; or West Gratiot (Sumner), Cindy Simmons, 833-7624.

We hope you take this opportunity to enjoy the warm summer breezes, good food, fun and enjoy the company of friends. There is a suggested donation of \$5.00 which includes the cost of lunch. Call today for your reservation! All Food with Friends sites will be closed on August 6th so all of the site managers and participants from the five sites throughout the county can attend the picnic. Hope you will join us at the 2nd Annual County Wide Senior Summer Games!



How to Obtain an Absentee Ballot Application For August 7 Primary Election

If you are 60 or older or if you will be out of town on August 7th, you can request an absentee ballot and still vote in the election. Following are options for obtaining an absentee ballot.

- Contact your city, county, or township clerk for an application, or
- Go to this website to request an application: <https://www.michigan.gov/sos>
- The deadline to request an absentee ballot is 2:00 p.m. on Saturday, August 4, 2018.



Like Gratiot County
Commission on Aging
On Facebook & Twitter



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

August, 2018
Volume XL
Number 8

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

NEW Monthly Painting Class

At the Gratiot Community Senior Center, 1329 Michigan Ave, St. Louis
(989) 681-4341
Every 2nd Tuesday 1:00 to 2:30 pm

Special Introductory Cost

\$5.00 for the first 20 people, Tuesday, August 14, 2018 class ONLY!!

This is a new class!! The instructor is Deb Rutkowski, the owner of Brush with Bravata!! Deb is very passionate about art and also very patient and encouraging. No experience is necessary and all supplies will be provided. You will be painting on a 10 x 10 wood pallet, which has been prepared and cut to size. Deb will take you from the first step through the last step of the painting. To ease your mind, Deb will also stencil some of the art work onto the wood to make it more fun and enjoyable for you, all you have to do is paint!! The introductory class will be offered at \$5.00 per person, limited to the first 20 people that sign up. What a deal!! Beginning in September, Deb will be presenting a class at the Senior Center every second Tuesday of the month. New artwork will be painted each month. Beginning in September the price will be \$10.00 per person. Please call Jamie at (989) 681-4341 to sign up today for the special introductory class on Tuesday, August 14th for \$5.00 and let us know if you are coming for lunch. The lunch has a suggested donation of \$2.50 for those 60 and over. The lunch fee for those 59 and younger is \$5.00 a lunch, still a bargain!! Call today and reserve your seat for the painting class and lunch too!



VOLUNTEER CORNER

~With Sue Koch, Coordinator of Volunteers



OBSERVATIONS FROM THE COORDINATOR OF THE VOLUNTEER'S DESK

Sue Koch Coordinator of Volunteers
989-875-5346

Many volunteer teams at Commission on Aging "work" under serious time constraints. One example is the Home Delivered Meals Packaging Team. Team members work alongside COA kitchen staff to package over 200 Home Delivered Meals each weekday. The work day begins at 8 a.m. and is usually completed before 11 a.m.

The teams of Home Delivered Meal Volunteer Drivers are impacted by the clock, too. Meals are picked up for delivery to local Food with Friends Meals sites at 11 a.m. Homebound seniors anticipate their hot meals within 90 minutes.

There is another COA volunteer team that has time constraints but of a different kind. The Mitten Makers/Hats Galore Team begins its work a-new each November. By the following October, their handy work is packaged and delivered to public and parochial schools, EightCap, Salvation Army, and others who provide hats, mittens, scarves and headbands to newborns through second graders. They also provide hats and headbands to organizations supporting individuals of all ages experiencing hair loss due to medical treatment or illness.

The volunteers who drive community members to medical appointments are the Mini-Van Transportation Team. The volunteer driver takes very seriously the importance of arriving at the appointment in a timely manner.

Our volunteer teams are goal oriented. Because you are reading this article, you will appreciate that the COA team who prepares the Senior Gratiot Newspaper for mailing has a timeline for their volunteer activity. This team's time frame is set by a year's calendar. The newly printed month's issue is delivered on a specified day. The team gathers a day or two later from 9 a.m. to 12 noon to prepare it for mailing.

Yet, if you observe any COA volunteer team in action, you may be surprised to see what a *team in action* accomplishes calmly, with humor and great affection for other team members. It's the same kind of "stuff" that those of us who are employed at Commission on Aging rely on from our co-workers. As individuals and as a whole, we work to serve seniors 60 years and older by setting goals, making a plan of action and implementing the plan using team work.

Please consider joining one of our volunteer teams. It will enrich your life and wrap your heart in a smile.



Calling All Quilters!

The Commission on Aging has become the recipient of a large collection of quilting magazines. The collection includes Quilt, American Patchwork & Quilting, McCall's Quilting, Fons & Porter's Love of Quilting as well as others. We would like to distribute these magazines to any quilters who may be interested. They will be given out on a first come, first served basis. If you would like additional information, please contact Sue Koch, 989-875-5346. Happy Quilting!



Introducing the New Student Intern with Gratiot County Commission on Aging

Hello, my name is Jacqueline, and I am very excited to start my internship with Commission on Aging! I am originally from Dearborn Heights, Michigan, but I moved to Mount Pleasant in order to go away to college. I am going into my fifth year at Central Michigan University and I am majoring in social work. After graduating, I will pursue my master's degree in social work and one day hopefully work in a hospital setting. I decided to study social work because I wanted to be the helper, the listener, and the advocate for those that need it most.

I am very excited to work with Commission on Aging and to finally be able to apply all of the skills that I have learned over the years to my clients. I know that interning at this agency will give me the opportunity to grow as an individual and will help shape me into a future social worker!



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

For several months, a team of Commission on Aging volunteers has been working towards the organization of a space at our main office in Ithaca where we are processing recycled greeting cards to create new cards from used cards. The exciting news is that with the support of EightCap volunteers and Gratiot Integrated Health Network GREAT Center Program Skill Builders, we are approaching a time when a visitor to the lobby at Gratiot County Commission on Aging can get greeting cards for a suggested donation of .25 cents per card. Proceeds from the sale of the greeting cards provides the supplies needed to create wonderful, beautiful, special or humorous cards. Our goal is to have a variety of greeting cards available beginning with the Halloween 2018 season.

Regular visitors to the Commission on Aging currently have an opportunity to stop in and work on a puzzle in progress; to look through the Nook for a good read or pick up a puzzle to take home; and now - pick up greeting cards. Once in a while I hear the suggestion from visitors that a pot of coffee is needed next! Hmmm . . . one never knows? The good news is we already have *some* cards available in the three display racks that will make shopping with us a pleasure.



Thank You to Alma True Value

Commission on Aging wishes to express our gratitude to Alma True Value for the timely and generous donation of several sizes of floor fans. As temperatures rise in the summer, there are concerns over the well-being of our Gratiot County senior citizens. Having floor fans available to distribute to some of our seniors is a blessing. Thank you again, Alma True Value. Your donation is much appreciated.



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.

**LAKESHORE LEGAL AID
OFFERS FREE LEGAL
ADVICE TO SENIORS 60
AND OVER.**

**CALL TOLL FREE TO
1.888.783.8190 TO
SCHEDULE AN
APPOINTMENT AT
COMMISSION ON AGING
IN ITHACA**

*For every fog in August,
there will be a snowfall in Winter.*
-Unknown

The Grand Lady Riverboat & John Ball Zoo

Wednesday, August 29, 2018
\$75.00

Bus leaves at 8:30 a.m.

Back at 6:30 p.m.

Money due by Friday, July 27, 2018
Walking Level 1

Spend a lazy, hazy, August day with us aboard the Grand Lady Riverboat! We will board at Boynton's Landing in Jenison, which was a stop for steamboats on the Grand River beginning in the 1830's up through the end of the steamboat era around 1910. Along the river you can still see evidence of logging towns and riverboat landings that dotted the landscape of West Michigan in the 1800's.

While relaxing on our two-hour, sightseeing cruise, we will enjoy a picnic style, box lunch catered by Panera Bread including a sandwich, chips, chocolate chip cookie and pickle spear. One beverage consisting of a soft drink, coffee, tea, or bottled water will be included with your boarding pass. Sandwich choices are:

- 1 – Napa Almond Chicken Salad (chicken, grapes, celery, almonds)
- 2 – Tuna Salad
- 3 – Turkey
- 4 – Ham & Swiss

All sandwiches come with lettuce and tomato with condiment packs included.

Following our boat ride, we'll spend two hours at the John Ball Zoo in Grand Rapids. This zoo has over 2,000 animals and more animal touching exhibits than any other zoo in Michigan. There will also be a variety of concession options, a gift shop to peruse and plenty of places to sit for those who would prefer to take in the sights and sounds of the zoo environment without a lot of walking.

This is sure to be a day of relaxation, wild and zany animals and FUN! **Make your reservation today by calling Jamie at 681-4341 and don't forget to tell her your sandwich choice.** Trip includes transportation, lunch, riverboat cruise, zoo, tax and gratuity.



**Old Mission Peninsula
Fall Color Tour
And Mystery Winery**
Tuesday, October 16, 2018
\$85.00

Bus leaves at 8:00 a.m.

Back at 7:30 p.m.

Money due by Friday, Sept. 14, 2018
Walking Level 1

There is just something about fall – the crisp, fresh air, a bountiful harvest, and the beautiful, changing leaves covering the landscape. Old Mission Peninsula is the perfect, location to experience all of this!

Long known as the "Cherry Capital of the World," Traverse City is now enjoying an international reputation as a wine destination. The lovely vineyards and wineries of Old Mission Peninsula consistently bring home awards from regional, national and international competitions.

Before venturing to the peninsula, we will savor a hearty meal at the Cracker Barrel. Please choose one of the five lunch entrees:

1. Chicken and Dumplings Platter
2. Meatloaf Dinner

3. Roast Beef Dinner
4. Lemon Pepper Grilled Rainbow Trout
5. Sampler Plate – (a hearty sampling of chicken and dumplings, meatloaf and ham)

Each meal includes choice of 3 sides, biscuit or corn muffin, beverage and dessert.

The Wineries of Old Mission Peninsula is a wine trail comprised of nine wineries that are as distinct and full of character as the wines they serve. As we travel the scenic peninsula, the mystery winery will be revealed. While there, we will have an opportunity to sample wines, make a purchase and take in the spectacular views of the bay and vineyards.

We round out our trip with a stop at Gallagher's Farm Market in Traverse City. Voted "Best Fall Farm Market" by TV 7/4 viewers, the market boasts a huge selection of locally produced items. Explore the pumpkin patch, visit the farm animals or shop for homemade or homegrown fruits, vegetables, baked goods and more!

We hope you'll choose to spend the day with us as we enjoy color and mystery on Old Mission Peninsula! **Make your reservation today by calling Jamie at 681-4341 and don't forget to make your entrée selection.** Trip includes transportation, lunch, wine tasting, tax and gratuity. Trips are coordinated by Margaret Towersey Metcalf.

GAIN 2018 Clinic Schedule

GAIN supports low cost spay/neuter for low income individuals and for unowned feral/community and free roaming cats. The cost for unowned cats (free roaming) is \$10 and includes an eartip and rabies vaccine— both of which are mandatory.

Owned cats are \$35 for one cat and \$25 each for 2 or more. Vaccines, flea, and worming are available at an additional charge.

Contact Marie Green at 989.875.2286 to schedule your appointment. Clinic dates are:

- August 13th and 27th
- September 10th
- October 8th and 29th
- November 12th

***Appointments are required.**
Cats must arrive in traps or carriers.

GAIN Pet Loss Support Group

This is a new program being offered by GAIN (Gratiot Animals in Need). It is a safe place where those bound by the experience of the impending loss or death of a companion animal can come together to share stories, receive validation of feeling & concerns, learn about grief & the mourning process.

When: Third Thursday of each month from 6:00-7:30 p.m.

Where: Ways of the West, 1696 W. Monroe Rd., St. Louis

Registration: Please RSVP with the group facilitator Mindy Martinez at 989-560-5850 the day of the meeting.

August 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 11:00 Coffee & Donuts 12:00 Lunch 12:30 Bingo	2 12:00 Lunch 12:30 Thinking Thursday	3 11:00 Puzzles 12:00 Lunch 12:30 Weekend Update	4
5	6 Center Closed No Meals 11:00 Summer Games 12:00 Picnic lunch at Ithaca Activity Building	7 11:00 Puzzles 12:00 Lunch 1:00 Senior Center Board Meeting	8 11:00 Coffee & Donuts 12:00 Lunch 12:30 Bingo	9 12:00 Lunch 12:30 Thinking Thursday	10 11:00 Puzzles 12:00 Lunch 12:30 Weekend Update	11
12	13 12:00 Lunch 12:30 Brain Teaser 6:30 American Legion Meeting	14 12:00 Lunch 1:00-2:30 "Painting With Deb" (Must have Reservation)	15 11:00 Coffee & Donuts 12:00 Birthday Lunch 12:45 Bingo	16 12:00 Lunch 12:30 Thinking Thursday	17 11:00 Puzzles 12:00 Lunch 12:30 Weekend Update	18
19	20 12:00 Lunch 12:30 Favorite Summer Memories	21 12:00 Lunch 12:30 Reminisce	22 11:00 Coffee & Donuts 12:00 Lunch 12:30 Bingo	23 12:00 Lunch 12:30 Nutrition Program "The Importance of Hydration"	24 11:00 Puzzles 12:00 Lunch 12:30 Weekend Update	25
26	27 12:00 Lunch with Ice Cream Treat 12:30 "It Was Wonderful When. . ."	28 12:00 Lunch 12:30 Share a Picture	29 8:30-6:30 Riverboat & Zoo Trip 11:00 Coffee & Donuts 12:00 Lunch 12:30 Bingo	30 12:00 Lunch 12:30 Thinking Thursday	31 11:00 Puzzles 12:00 Lunch 12:30 Weekend Update	

Gratiot Community Senior Center

By Jamie Bolsby

Dear Friends,

There's still plenty of summer fun and sun left! I hope your summer is going well and you have been able to get out some with family and friends and enjoy yourselves. Beat the heat by planning your most strenuous activities early or late in the day and remember to drink plenty of water. If you feel tired, take a break, put your feet up and get inside where it's cool. If you don't have air conditioning you can always head over here to our Center to cool off.

Join us for our Coffee Café every day from 10:00-2:00 to enjoy coffee, tea, snacks and great conversation. Meet new friends and renew old acquaintances.

If you are tired of cooking or just don't want to heat up the kitchen, join us for any of our meals Monday – Friday. All you need to do is call at least one day in advance, be 60 years or older and remember that we eat at noon. The suggested donation is \$2.50 which is a great value.

I hope you are signed up for our 2nd Annual Food with Friends County Wide Senior Summer Games on Monday, August 6 at the Atkinson Senior Park, next to the Senior Activity Building in Ithaca. Come cheer our team of 6 on while they compete in a Water Balloon Toss, Egg Spoon Walk, Bean Bag Toss, Ring Toss, and a Wet T-shirt Contest (T-shirts hung on a clothes line soaked by a water sprayer). Lunch will include Hot Dogs, Potato Chips, Baby Carrots and Watermelon with a suggested donation of \$5.00. You must have reserva-

tions at least one day in advance by contacting any Site Manager or by calling the COA at 875-5246.

Come out and try a new painting experience with Deb. You will be painting on a 10 x 10 wood pallet, which has been prepared and cut to size. Deb will take you each step of the way. The class is limited to the first 20 people at an introductory price of \$5.00. Please read the complete article and call Jamie today.

It's time to take a trip! Take a look at our Grand Rapids trip on "Grand Lady Riverboat & John Ball Zoo" on August 29th and our new Fall Color Tour to the "Old Mission Peninsula" for a tour and wine tasting on October 16th. Check out our trip page to read all the complete details and call today to reserve your spot.

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

Our nutrition program for this month is all about "The Importance of Hydration" and will be on Thursday the 23rd at 12:30. Drinking enough fluids is important all year long, but our summer temperatures should make it a priority. Are you adding enough fluids to your diet?

Throughout the month I have different word games, problem solving, and science news and history facts. It's always fun to learn something new at any age.

Calling all readers! Another popular area here at the Center is our well-stocked bookshelf that has a variety of good stories. We have both hard and paper backed books. You are welcome anytime.

Be good to yourself.

*"The dog days of summer are here."
 ---unknown*



Happy July Birthday to Delphine Kehrberg, Karen Freshney, Gerry Courtney and Judy Stearns.



Commodity Food Distribution Date

Commodities distribution will be on **August 27, 2018**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. 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 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 May 11, 2018 thru June 11, 2018.

General Donations...

James & Florence Ann Farrough
Alice Patterson

In Loving Memory...

- Berl & Nada Fleury**
Cheri & Dick Sofian
- Dan Harrier**
Ann & Harold Stevenson
Shirley Wallace
Roberta Charney
Alice Patterson
Joyce Vibber
Reg & Becky Fleury
Barb Gladding
Lena Nelson
Marge Clapp
Jamie Bolsby
Mary Pratt
Lois Ramsey
- Max Vibber**
Joyce Vibber
- Virginia Williams**
Melba I. Demas
- Donna Behow**
Hospital Auxiliary
Euchre Friends
- Jerry Freed**
Roberta Charney
Terry Lott & P.J.
Lott Construction, Inc.



WANTED— Home Delivered Meals Volunteers. Deliver a hot, nutritious meal to a homebound senior. Share the “Good Morning” and bring the sunshine to the front door.

WANTED— Mini-van Transportation Driver. Are you a good driver? Use the Commission on Aging mini-vans to take a senior who no longer drives to an appointment. Offer your rider social conversation that connects him/her with the outside world.

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.

We are Collecting Box Tops and Labels For Education

What do the coupons and labels look like?

Most coupons and labels have a phrase or icon of identification which may include the words “education”, “school spirit”, “support our schools” and the like. Most usually, the box top or label has a dashed line with the image of a pair of scissors showing where to cut. Here is what to collect:

- **Box Tops for Education:** found on Kleenex, cereals, nutrition bars, Motts brand juices and apple sauce and many other products you normally buy
- **Sunny D Beverages:** whole label removed from packaging
- **School Spirit:** coupon found on Aunt Millie Bread products
- **Tyson Chicken:** mostly frozen packages that are fully cooked. Look for a small black box that reads “We Support Our Schools”
- **Spartan Brand Products:** UPC Bar Code has solid green lines.

Please Note: Campbell's Soup labels are no longer being collected. That program has been phased out by the company.

How are the coupons and labels collected?

Each Gratiot County Senior Activity & Food with Friends Center has a collection box where coupons and labels can be deposited. You may also bring your Box Tops and Labels to the Commission on Aging building in Ithaca or mail them to us at 515 S. Pine River Ave., Ithaca, MI, 48847.

How do Gratiot County schools use the box tops and labels?

The box tops and labels are redeemed for money or supplies by Gratiot County schools to enhance their programs for youngsters K-2nd Grades. If you have a particular school you are collecting for, please include the school name on your packet of collected box tops and labels.

Lease contact Sue Koch, Coordinator of Volunteers directly at 875-5346 for more information.



Earn Cash for Our School!

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

Log Cabin Grand Opening

Saturday, August 11th, has been set for the long awaited opening of Gratiot Historical Museum's newly restored log cabin now situated in the museum's backyard at 129 W. Center Street in Ithaca. A ramp, steps, a field stone fireplace and landscaping have been added this summer, and artifacts are being moved into the cabin to make it resemble a settler's first home. Photographs and histories of other Gratiot County log cabins will also be displayed inside the cabin.

On August 11th, there will be a ribbon cutting ceremony at 1:00 p.m. organized by the Gratiot Chamber of Commerce and City of Ithaca. Refreshments will be served on the museum porch, and all museum buildings will be open for the afternoon.

The public is invited to share in celebrating the completion of this two-year project as a part of Gratiot County's history is preserved to be appreciated for generations to come.



Kinship Fun Day

Information, entertainment, backpack and school supply giveaway for children being raised by Grandparents or adult relatives*

**Tuesday, August 7
Noon - 3:00 p.m.**

**Hardwoods Bowling & Banquet Center
1091 E. Center Street
Ithaca, Michigan**

For information and to register, call (800) 858-1637
Transportation Available

Hosted in collaboration with Gratiot and Isabella Commissions on Aging. Funded by the National Family Caregiver Act and Michigan's Aging and Adult Services Agency.

*Government funding for this program requires that the adult raising the child be at least 55 years or older and that the child's parent not live in the home. If you don't meet this criteria, but would like help call 211.

Sign-up Today for Home Health Visits

Contact the Healthy Aging Initiative to sign-up at (989) 774-1350

Healthy Aging



- Live safer, healthier and longer
- In-home health assessment
- Follow-up with Central Michigan University doctors
- Help train doctors of the future

Fall Prevention

- Free weekly workout program
- Reduce risk of falling by improving health and balance
- Transportation available



Healthy Aging Initiative & Fall Prevention

Central Michigan University, College of Medicine

Do you want to help inspire and train future doctors? Do you want to be instrumental in influencing medical students to study Geriatrics? Are you available a couple hours a year? Are you willing to have students studying to be medical doctors, physician assistants, physical trainers, audiology, social workers and nurses assess you in several areas of your life? Are you willing to put into practice suggestions of a preventative nature to improve your health? If yes, please continue reading below about the Central Michigan University Healthy Aging Initiative and Fall Prevention.

The Central Michigan University Healthy Aging Initiative and Fall Prevention was created to offer free assessments to older adults and to give medical students, physician assistants, physical training, audiology, nursing and social work students a glimpse into the world of an aging adult. The CMU Healthy Aging Initiative is looking for older adults that live in Gratiot County, aged 60 years old and older and in reasonably good health. This is the first time the program is being offered. It is a preventative program designed to assess and help older adults live a better life based on an assessment conducted by CMU students. If you register for the program, the CMU students will call and arrange for a visit at your home on a day and time that is convenient. On the day of the visit, a team of 3 to 4 students will arrive to conduct the assessment. If you feel uncomfortable having this visit in your home, they will meet you at one of our five Gratiot County Food with Friends locations.

The CMU students will conduct an assessment of you and your residence in several areas. Some of the areas they will cover is a Fall Risk Assessment, Alcohol Use Assessment, and Isolation Assessment which includes hearing and vision screenings and a basic oral exam, all at no cost to you. This program is designed to be long term. CMU students throughout the years will call to schedule a visit with you twice a year for approximately an hour to see how you are doing using the suggestions provided during your visits.

If you are interested and want more information about the CMU Healthy Aging Initiative and Fall Prevention, please contact Central Michigan University, College of Medicine at 989-774-1350.

New Medicare Cards being Issued

Medicare will be mailing new Medicare cards between April 2018 and April 2019. These mailings will take some time, your card may not arrive at the same time as your friend, relative, or neighbors. The new card will have a number that's unique to you, the new number will be called a Medicare Beneficiary Identifier (MBI), and this number will no longer be one's social security number. The MBI will contain both numbers and letters.

Once you get your new card, you can destroy your old Medicare card and start using your new card right away. Protect yourself by making sure no one can get your personal information from your old Medicare card. It should be thoroughly cut up, shredded, or burned. Please don't just throw it away whole.

So, what if you have a Medicare Advantage Plan? Medicare beneficiaries with Medicare Advantage should keep using their plan card as they do now. You will still receive a new Medicare card, which you should keep in a safe place.

The new Medicare numbers won't change your Medicare benefits. **As soon as you get your new card, you may start using it.** Your physicians, pharmacists, Durable Medical Equipment, and other providers currently billing your Medicare card will scan your new card with its new numbers.

With any new change, comes the possibility of scams. Medicare and Social Security **will not** be making phone calls during this time. The cards will be mailed out between April 2018 and April 2019 and you don't need to do anything over the phone in order to receive your new Medicare card.

It is very important to make sure you have your most up to date address on file with Social Security. You want your new card coming to you, not to your old mailing address. A change of address at the post office, or mail forwarding, is not the same as informing Social Security. If you need to report a change of address, you will need to contact Social Security at 1-800-772-1213.

If you have any questions, please feel free to contact the Gratiot County MMAP Coordinator, Sarah McClung, at the Gratiot County Commission on Aging at 989-875-5286.



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, August 13, 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



GRATIOT INTEGRATED
HEALTH NETWORK

ANNOUNCING!

Gratiot Integrated Health Network is pleased to announce the availability of a primary physical health care provide, located at our St. Louis Facility, 224 N. Mill St., St. Louis. On July 10, Ms. Sue Hahn, N.P., will begin serving the general community.

An intake form is needed for application to become a new patient. The form can be submitted in person or can be mailed to the clinic. A lead time of one week prior to an appointment is requested for Ms. Hahn to review the application and provide a response. A determination for acceptance will be made based on type of insurance and medical history. Personal identification and all insurance cards are needed at the time of appointment check-in.

GIHN and its Board of Directors is please that this critical service is now available. Ms. Hahn will provide excellent heath care for our community. For more information, call the GIHN switchboard at 989-463-4971.

Fun Food with Friends Facts

There are no memberships at any of our 5 Food with Friends locations
Adults 60 and older can join the activities and have lunch for a suggested donation of \$2.50
Any adult 59 and younger can join in the activities and have lunch for \$5.00
Please see the back page for locations and monthly menu!!

Senior Activity Building

August 2018

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 EVERYDAY Building open coffee's ready 10:00 EVERYDAY Visits, news, games, activities 12:00 Mon.-Fri. Food With Friends Noon Meal Reservation 875-2135 Walk Wanda's Walk EVERYDAY!			1 10:30 Shuffleboard 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow	2 SEED DAY 11:00 Piano Music by Joyce Raycraft 10:00 Golf Games 1:00 Wii Bowling	3 11:30 Blood Pressure checks by Joyce Raycraft	4 11:00--1:45 Building Open 12:15 Family Potluck
5	6 Food With Friends Senior Summer Games 10:30 – 1:00 at Atkinson Park	7 10:30 Cribbage 7:00 VFW Post #7805	8 8:30-10:00 Linda's Birthday celebration 10:30 Shuffleboard 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow	9 11:00 Piano Music by Joyce Raycraft 10:00 Golf Games 1:00 Wii Bowling	10 1:00 Friday cards with Avis & Jack Ginther	11
12	13 10:05 – 11:30 Bingo (Prizes donated by McDonalds & Bee Clean Car Wash) 11:50 Nutrition lesson 7:00 Dulcimer	14 1:00 Progressive Euchre	15 10:30 Bingo (prizes by Schnepf's -St.Louis) 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow 7:00 A- Tractive Tractor Club	16 11:00 Piano Music by Joyce Raycraft 10:00 Golf Games 1:00 Wii Bowling	17 12:00 August Birthday Celebration	18
19	20 12:30 Bob Crist's piano music 1:20 Bob's Sunshine Gang visits Schnepf Health Care-St.Louis	21 10:30 Cribbage 1:15 SENIOR ACTIVITY BUILDING BOARD MEETING	22 10:30 Shuffleboard 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow	23 11:00 Piano Music by Joyce Raycraft 10:00 Golf Games 1:00 Wii Bowling	24 1:00 Friday cards with Avis & Jack Ginther	25
26	27 10:05 – 11:30 Bingo (Prizes donated by United Health Care)	28 1:00 Progressive Euchre	29 10:30 Shuffleboard 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow	30 11:00 Piano Music by Joyce Raycraft 10:00 Golf Games 1:00 Wii Bowling	31 Young Senior Day 11:50 Memento's of Working Days	

Senior Activity Building & Food with Friends News

By Jo Jones

We invite you to celebrate the 27th Anniversary of Seed Day on Thursday, August 2nd. What is Seed Day? It is the date when Lloyd Brandal planted the Seed money at the City Hall that started the Senior Activity Building Fund! Share your favorite Senior Activity Building memories and your treats with us today.

Senior Summer Games begin at 10:30 Monday, the 6th. We expect you to be with us to cheer on your team from your foodsite. Our meal today will be a picnic style menu. Hope you have made your reservation for the second Annual Senior Summer Games.

Celebrate Linda St. Charles' birthday on Wednesday morning, August 8th from 8:30 until 10:00. Stop in during that time to wish Linda a special day and enjoy a fresh donut!

Our overview of the activities available starts with Wednesdays. Every Wednesday at 1:00, we have **Dominoes** and **Horseshoes**. The Horseshoe group gathers for an Afterglow following the competition. **Outdoor Shuffleboard** is available each Wednesday morning at 10:30. Natasha from Schnepf's provides BINGO on the 15th.

Bingo will also be on Mondays the 13th and 27th. Prizes are furnished by McDonalds, Bee Clean Car Wash, and United Health Care. Just For Fun **Dulcimers** will be meeting at 7:00 p.m. on the 13th. You are welcome to stop in to enjoy the music any

time from 7 until 9. Fred Hoard, building volunteer, will welcome you.

On the 13th, the **monthly nutrition program** will be "The Importance of Hydration". Bob Crist will be at the piano on the 20th, at 12:30 to warm up our voices and our smiles before going to Schnepf Health Care. **Bob's Sunshine Gang** returns to the Building to enjoy ice cream sundaes.

Cribbage will be on Tuesday the 7th and 21st at 10:30. **Progressive Euchre** will be on Tuesdays, August 14th and 28th. Blue Ribbons were won by Milene Sparks and Phyllis Johnson. The Red Ribbons were won by Vern Recker and Kathy Vojtas.

The **Senior Activity Building Board Meeting** will be at 1:15 P.M. on Tuesday, August 21, 2018. You certainly are encouraged to attend and participate at these meetings.

Now we jump to Thursdays! At 11:00, Volunteer Joyce Raycraft shares a variety of music. Her **piano** playing finds the Seniors humming. The game of **Golf** begins about 10:00. This is a card game that you are welcome to join any Thursday morning. **Wii Bowling** takes place at 1:00 each Thursday.

Volunteer nurse Joyce Raycraft will be screening **blood pressures** on Friday, Aug. 3rd, starting at 11:30. The monthly **Birth-day and Anniversary** celebration will be at noon on the 17th. Do come to celebrate your August special day.

Friday Cards (including bridge) will be scheduled for August 10th and 24th, from 1:00 until 3:30. Volunteers Avis and Jack 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, Horseshoes and blood pressure screening. You will

find these donations listed under the Crystal Jar donations each month.

The last Friday is **YOUNG SENIOR DAY**. We encourage our **BUSY Seniors** who can not attend Food With Friends noon meals very often, to reserve a meal on this day. The program will be a look back at the days when you were working. Please bring in a memento from those days. We do this since Labor day is on Monday, September 3rd.

Our **August 4th Family Potluck** will feature delicious dishes provided by those who attend. Families have been the backbone of support for the operational expenses since the Building opened. If you can't bring a dish to share, your donation to the Potluck money is important. It is donated to the Building to help with the energy costs and is given to the Building on behalf of the entire Saturday Potluck group.

Family members and friends often donate in **HONOR** or in **MEMORY** of loved ones. Envelopes are available for both types of gifts, as well as for the **GIFT IN GRATITUDE**. This last gift provides a way for **you** to express **your own appreciation** for your "Home Away From Home". Small gifts combined with others multiply! We want to add **your name** to the monthly listing of **Gifts in Gratitude**, especially if you come to the Building to enjoy coffee, friendly visits, cards, and games. Thanks.

Please check the Building calendar often, since we do have schedule changes from time to time.

Our Building opens each weekday morning at 8:00, with a warm welcome from Linda St.Charles, a cup of coffee and a donut or a slice of toast. You are always most welcome to stop in anytime.

Do enjoy this last full month of summer!



June Birthdays celebrated by (seated) Sisters Evelyn Green and Iva Cross; (standing) Judy Hegle and Kathy Vojtas



June Anniversaries celebrated by four couples: Kathy & George Vojtas, 61 years; Karen & Chuck Emery, 45 years; Howard & Nancy Crites, 64 years; and (Lindsay Devuyt standing in for) Ted Hegle and Judy Hegle, 28 years.

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.



August Movie Showing at COA: "Gifted" Wed., Aug. 29, 1:30 p.m.

This month, enjoy this highly recommended drama with a wonderful message. Frank, a single man raising his child prodigy niece, Mary, is drawn into a custody battle with his mother. Come enjoy a touching movie that runs 1 hr. 41 min. in our air conditioned space at the COA, 515 S. Pine River, Ithaca. Please call to reserve your free seat, 989.875.5246! There will be plenty of fresh popcorn to add to your enjoyment.

Keeping Dementia at Bay!

By Sherri Florez

Building up your cognitive reserve over a lifetime can help prevent decline. Cognitive and psychological factors can go a long way toward protecting the brain. Now the task will be to translate that research into interventions that can delay or prevent the onset of dementia.

Roughly 5 million people in the United States are estimated to be living with dementia, marked by such cognitive changes as memory loss, impaired reasoning and personality changes. Alzheimer's disease is the most common cause, accounting for 60 to 80 percent of dementia diagnoses, according to the Alzheimer's Association.

The disease is attributed to two types of abnormal protein clusters found in the brain. These clusters can now be identified in the brains of living people. These advances are giving researchers a new understanding of the brain changes that underlie dementia. "We now understand that dementia in old age is usually caused by a mixture of pathologies," according to Robert S. Wilson, PhD, and a neuropsychologist at the Rush University Alzheimer's Disease Center. Whatever is happening in any given brain, it clearly takes time. Brain changes gradually accumulate for a decade or more before any symptoms appear, Wilson explains.

Many in the research community are turning fresh attention toward preventing or delaying dementia. A new study which is being led by Reise Sperling, MD, director of the Center for Alzheimer's Research and Treatment at Brigham and Women's Hospital in Boston is testing a drug that she hopes might prevent healthy adults with normal memory from developing Alzheimer's disease. She and her colleagues are using neuroimaging to identify participants who have clusters, but do not show signs of impairment. Being able to identify brain changes associated with dementia in living patients has dramatically changed the recruitment of participants for such studies.

Many studies have looked at dietary factors such as regularly drinking artificially sweetened soda which increase the risk of stroke and dementia (Stroke, 2017).

Exercise to ward off dementia has more robust evidence of a protective effect. Multiple studies have shown that regular physical activity in midlife reduces the risk of dementia in later life.

There is also evidence that exercise physically changes the brain. In one example, Kirk I. Erickson, PhD, Arthur F. Kramer, PhD, and colleagues found older adults who engaged in a year of moderate aerobic exercise three days a week had an increase in the volume of the hippocampus compared with controls, who saw a small loss of hippocampus volume over the same period. And that brain-size difference was linked to better memory in the exercise group (PNAS, 2011). Exercise is also known to increase levels of brain-derived neurotrophic factor, a protein necessary for maintaining healthy neurons. Physical activity is also important for maintaining vascular health, and vascular disease is itself a risk factor for dementia.

Researchers have long known that vascular diseases such as high blood pressure can damage the brain's blood vessels and cause vascular

dementia, says Margaret Gatz, PhD. More recently, it's become clear that vascular diseases, including midlife diabetes, increase the risk of Alzheimer's disease as well.

Researchers are still exploring the mechanisms that link exercise and physical health to healthier brains. Such factors help maintain brain integrity, and there are some data to hint that they might even prevent brain pathologies from forming in the first place, says Yaakov Stern, PhD, a neuropsychologist at the Taub Institute for Research on Alzheimer's Disease and the Aging Brain at Columbia University. Factors that maintain the brain and prevent brain pathology are akin to improving the brain's underlying hardware, Stern says. "The idea is that some people can better cope with the pathology and the brain changes as they occur," Stern says. This capacity, known as cognitive reserve, helps explain an interesting paradox. A significant number of people die with Alzheimer's pathology in the brain, but no outward evidence of dementia.

According to Wilson's studies, about one third of people who die with no apparent cognitive impairment have Alzheimer's pathology in their brains.

Building Cognitive Reserves

Just as working out keeps the body strong, exercising your brain with mentally stimulating activities such as education, challenging careers and plentiful leisure activities appears to slow the march of cognitive decline. People who participated in frequent leisure activities such as knitting, music, reading or volunteer work were less likely to develop dementia.

While cognitive reserve seems to be important, it can't always hold off dementia indefinitely. Stern has found that once people with greater levels of educational and occupational attainment start to exhibit symptoms of Alzheimer's disease, they have more rapid cognitive decline and die sooner than those with less cognitive reserve. In other words, cognitive reserve seems to allow people to maintain function until the brain changes are so severe that they overwhelm the system.

Seeking Interventions:

Because dementia is a disease that usually occurs at the end of life, people with a beefed-up cognitive reserve have a better chance of dying of other causes before their thinking becomes muddled and their memories slip away. Most of the evidence suggests that cognitive reserve is something that builds over a lifetime.

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 \$5.00 an hour at First Presbyterian Church in Alma. Contact 989-463-2940 or www.firstpres.net for more information.



West Gratiot

By Cindy Simons

August birthday greetings went out to Jim Emlinger, Charlie Johnson, Stephen Hilts, Robert Mecomber, Zelma Parks and Ed Seiler. We wished a happy wedding anniversary to Charlie and Grace Johnson.

We enjoyed the return of Natasha, from the Schnepf Health Care Center, as our guest BINGO caller. The prizes she brings out on behalf of the care center each month are appreciated.

Participants observed Crazy Hat Week by bringing out their silliest hats. This was also a good reminder to wear hats to protect us from the sun. Attendees enjoyed one of our favorites summertime treats—root beer floats.

Now, here are activities coming up in August:

Monday, August 6th, the West Gratiot site will be closed so we can all attend the annual COA Summer Picnic at the Ithaca site. Join in the fun beginning at 11:00.

We will celebrate the August birthdays and anniversaries on Wednesday and Friday, August 8th and 10th.

Carol Douglas, Gratiot County Genealogy Library Chairman, will join us on Wednesday, August 8th, beginning at 12:20. The presentation will cover resources and methods available to search your genealogy background.

Jim Goodspeed, a Gratiot Historical Society board member and Fulton teacher, will present information on "German Prisoners of War in Mid-Michigan, 1944-45". Jim will also give an introduction on a special project his Fulton High School students completed, "50 Veterans in 50 Days". This event will take place on Wednesday, August 15th from 11:00-noon. Please arrive early so as to take in the entire presentation.

The West Gratiot site will be closed on Friday, August 17th. Enjoy toe many activities taking place in the community during Sumner Daze.

The Schnepf Health Care Center will donate BINGO prizes on Wednesday, August 22nd and Natasha will be our guest caller.

Please continue to bring in items to donate to the Saginaw Veteran's Hospital. This is an ongoing project to help show an appreciation to former United States service men and women.

Joint 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. Contact Cindy at 989-833-7624 from 10:00-2:00 MWF at the West Gratiot site for more information.



West Gratiot Highlights

- 3 Nutrition & Wellness Topic
- 6 **Closed - Picnic at Ithaca Site**
- 8 Carol Douglas - Genealogy
- 8 & 10 Birthday & Anniversary Celebrations
- 15 Jim Goodspeed - WWII Prisoners & 50 Veterans in 50 Days
- 17 **Closed - Sumner Daze**
- 22 BINGO with Natasha - Schnepf Representative

Weekly Activities at West Gratiot

	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

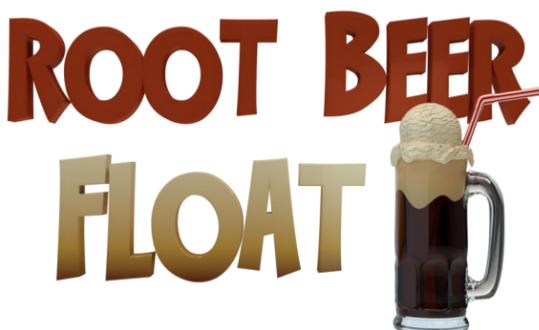
By Pat Schultz

It's hard to believe that it's August already. Where is the summer going? Hope everyone has had a chance to enjoy some of the warm weather, but just remember that if it gets too warm for anyone, we are air-conditioned here at our site in Breckenridge and would love to have you come for lunch or just a visit. Everyone is welcome!

We have some fun things planned for August, so I hope that you will come and join us for an activity or two. The more people we have, the more fun we have! Our ceramic class is on hold until September when we resume the second Monday of the month. Here is a list of the activities that we will enjoy in August.

- 6 **CLOSED** - Picnic at Ithaca FWF
- 9 Root Beer Float Day
- 10 Puzzle Day
- 13 Decorating Sun Visors, after lunch
- 14 Bingo w/Schnepf Health Care, after lunch
- 16 Movie Day at the Library, after lunch
- 20 Ask the Chief of Police Questions
- 22 Chair Exercises
- 24 Knit & Crochet Fun
- 27 Lollipop Day
- 28 Bingo, after lunch
- 29 Celebrate Popsicles
- 31 Nutrition Education

We most always have a Euchre game going, but we have many other games that we can play. Come have lunch with us or just come visit and see what we are all about. Our door is always open and everyone is Welcome!



Greetings from Fulton

By Irene Noffsinger

Welcome once again to August. Did you know that the 1st Sunday in August is "National Sisters Day"? How cool is that? I think a Celebrate your Sisters day is great. However, once a year just doesn't seem enough. These are the people that have known you your whole life, and loved you in spite of yourself. They have always been there when maybe no one else wanted to be. They support you in your endeavors, lend an ear as needed, and are the first ones there in a family crisis. And if you are truly blessed, they are your best friends. I have truly been blessed with not one, but with five wonderful sisters. I say let's make every day we can, a Celebrate your Sister day.



If you have strolled into the senior center on a Friday, chances are you may have heard some lovely music being played on the piano, by none other than our own Beth Kuhn. Thank You Beth, for providing such wonderful music for us. We appreciate you sharing your wonderful talent.

If you are getting rid of books, please remember us. Books can be dropped off any Monday, Wednesday and Friday, between 10:00 am and 2:00 pm. You are always welcome to come and get books to read any time we are open.

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

- 8-1 Lunch/Cards
- 8-3 Lunch/Euchre
- 8-6 **CLOSED - Picnic in Ithaca**
- 8-8 Lunch/Root Beer Float Day
- 8-10 Lunch/Euchre
- 8-13 Lunch/Cards
- 8-15 Lunch/Phase 10
- 8-17 Lunch/Euchre Senior Citizens Day
- 8-20 Lunch/Cards
- 8-22 Lunch/Phase Ten/ Nutrition Education
- 8-24 Lunch/Euchre
- 8-27 Lunch/Station Wagon Story Day
- 8-29 Lunch/Cards
- 8-31 Lunch/Euchre

FULTON SENIOR CENTER DONATIONS

Thank you for your continued support of the Fulton Senior Center. Your donations are much appreciated.

HOGLE TRUCKLINES, INC

DIANE KELLOGG

**SENIOR GRATIOT
NEWSPAPER
DONATIONS**

These people generously donated \$255.00 to the "Senior Gratiot" Newspaper contribution fund from June 15, 2018 to July 16, 2018. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Ed LeFevre
Sally Martin
Ken Federspiel
Jim Clark

IN MEMORY OF

- KENNETH PARLING**
By Venetta Parling
- ROBERT E. WARD**
By Doris Ward & Family
- GLEN CROOK, SR.**
By Greg & Elaine Flegel
- DOUGLAS S. SMITH**
By Edna Smith
- JERRY GLAVE
DON & ANNE EBNIT
AUNT DOROTHY HARRISON
UNCLE ART HARRISON**
By Carol Glave
- REVA RUMMER
LEANETTE REEVES**
By Shirley Fisher

IN HONOR OF

**VENETTA PARLING'S AUGUST
BIRTHDAY**
By Jim & Cathy Lucas
Tim Lucas
Kenny Lucas

**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:**

**COMMISSION ON AGING
DONATIONS**

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

Linda Ortiz
Gleaner Alma Arbor #010
Nancy Vernon
Robert Mason
Charles & Marlene Teegardin
Lincoln Rd. United Methodist Church
T.J. Schmitz

IN MEMORY OF

- MARVEL MCCORMICK**
By Mary Ruth Gay
JoAnne Peters
Velma Spicer
Phyllis Studer
Karen Freshney
Dee Eilts
Ken Weber
Dennis Terwilliger
Mary Kus
Janice King
Mary Wicks
Janet Holt
Dorothy Wise
Karen McCormack
Nancy Jonski
Sarah Johnston
Florine Brown
Marlowe Boomers
Marlene Holiday
Bob & Tammy Kanine
Betty Cowles
Raymond & Linda Borowicz
Janet Gault
Lory & Mark Snyder
Robert & Jeanne Burke

BONNIE L. MERRILL
By Lorraine Mills
Brenda Frisbie
Mike Merrill

RUTH NAGEL
By Central Concrete Products, Inc.

DON PETERS
By Michael & Brenda Carson
Keith & Mary Peters
Mike & Debra Peters
Tuff & Sheila Rummer
Robert & Charlyne LaBrant

REVA RUMMER
By Linda Crumbaugh

**DON PETERS
BETTY CLINGENPEEL
REVA RUMMER**
By Bernard Linda DeVuyst

KEN SANGSTER
By Janice King

**DORIS JEAN BROWNE
CLAY HILL
REVA RUMMER**
By Dave & Vicky Browne



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

Thank you to those who made financial contributions in July 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

**DOROTHY SMITH
WILMA ANDREWS
DON PETERS
MARIE NICO
BARB READ**
By Darvis & Pam LaVoy



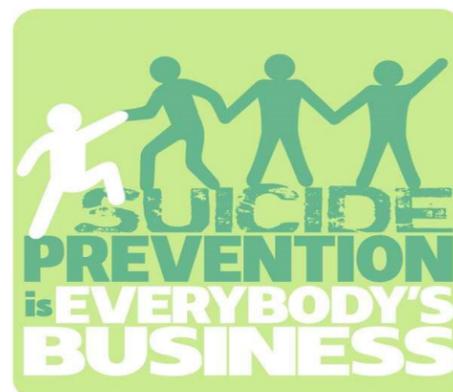
**Suicide Warning
Signs & Risk Factors
Everyone
Should Know**

The warning signs before suicide aren't always clear, nor are they universal or from a single cause. Still, across the board, mental health experts say certain behaviors should not be ignored.

Signals that might indicate a person is in trouble include:

- ⇒ Talking about wanting to die or kill oneself
- ⇒ Acting anxious, agitated or restless
- ⇒ Significant loss (job, relationship, death or financial)
- ⇒ Prolonged stress from issues such as bullying, illness or unemployment

If you think someone is in danger of committing suicide, don't leave them alone; call 911 immediately. And if you or someone you know needs help, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).



Gratiot County COA

FWF Eat Smart Menu

Lunch 12:00-12:30 pm

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1	1	2	3
		Lemon Pepper Chicken Whipped Potatoes/Gravy Grape Banana Fruit Tossed Salad Wheat Bread	Home Style Beef Stew Green Beans Fresh Orange Crunchy Pea Salad Biscuit	Summer Chicken Salad FWF Potato Salad 24 Hr Cole Slaw Cantaloupe Hamburger Bun
CLOSED NO HOME MEAL DELIVERY COUNTY WIDE FWF PICNIC AT SENIOR ACTIVITY BUILDING	6	7	8	9
	Chicken Stew Corn & Lima Beans Tossed Salad Fruit Cocktail Biscuit	Swedish Meatballs Kyoto Vegetable Multi Bean Salad Strawberries Wheat Bread	Sliced Turkey Stewed Tomatoes Cranberry Mousse Applesauce Wheat Bread	Bar- B Q Chicken Whipped Potatoes/Gravy Crunchy Veg Salad Peaches Dinner Roll
13	14	15	16	17
Pulled Pork Green Beans 24 Hr Cabbage Slaw Pears Hamburger Bun	Turkey Loaf Baked Apples Whipped Sweet Potatoes Tossed Salad Wheat Bread	Paprika Baked Chicken Steamed Cabbage Fruit Cocktail Gelatin FWF Potato Salad Wheat Bread	Lasagna Corn Cucumber Salad Tropical Fruit Wheat Bread	Glazed Chicken Pattie Redskin Potatoes Lettuce and Tomato Applesauce Hamburger Bun
20	21	22	23	24
Home Style Beef Stew Broccoli Tossed Salad Peaches Biscuit	Basil Parmesan Chicken Brown Rice Crunchy Pea Salad Mandarin Oranges Wheat Bread	Sloppy Joe Winter Blend Corn Strawberries Hamburger Bun	Spanish Chicken Peas & Carrots Coleslaw Apple Crisp Wheat Bread	Summer Chicken Salad on a Bun Broc/Caulf Salad Tossed Salad Cantaloupe
27	28	29	30	31
Chicken A La King Brussel Sprouts Tossed Salad Tropical Fruit Biscuit	Breaded Veal Parmesan Corn Multi Bean Salad Peaches Dinner Roll	Cheesy Trout Patty Mixed Vegetables Fruited Cole Slaw Apricots Hamburger Bun	Bar B-Q Chicken Scalloped Potatoes Carrots Tossed Salad Wheat Bread	Breakfast Bake Sausage Links Redskin Potatoes Orange Juice Cinnamon Roll

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
- ◆ 4TH THURSDAY EACH MONTH—
- ◆ 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



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

JULY 2018 PREP TEAM
VOLUNTEER THANK YOU

Thank You to the following 10 Senior Gratiot Prep Team members who devoted 29 hours preparing the July issue of our newspaper: **Lisa Skaryd, Ruthie Malek, Irene Peck, Helen Hoard, Linda Cox, Nancy Crites, Dorothy Rhines, Sondra Schaub, Martha Seiler and Sally Martin.**



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.