



## Veteran's Appreciation Gathering

The Commission on Aging would like to express our appreciation to the Veterans who attended the event held here in November. We would also like to thank the students from Mrs. Foglesong's class who provided decorations and thank you notes for the gathering. It was a privilege to share in the interaction of the students with the Veterans. The sharing of your experiences from around the world was truly informative.

Thank you for your service to our country and your willingness to share with a new generation!



**Christmas Day Dinner Hosted by Alma Elks**  
**610 W. Warwick Dr., Alma**  
**989.463.1400**

A Christmas Day Dinner will be served through the generosity of the Alma Elks Lodge #1400 on Christmas Day from noon until 2:00 p.m.

This ham dinner is open to anyone in the community who would like a hot meal, has no place to go on Christmas day, or who wants to share this day with others. We welcome everyone!

The meal will be free of charge, but donations will be accepted. The menu will be ham, mashed potatoes & gravy, vegetable, roll and dessert.

It is necessary to call in advance to make your reservation by calling the Elks Lodge at 989.463.1400 by December 18th.

It is not necessary to come right at noon, but anytime until 2:00 p.m. Delivery is available for homebound people. Please give your address when you call your reservation in.

Thank you, Alma Elks members, for providing this wonderful community dinner!

# 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](http://www.gratiotmi.com/Departments/Commission on Aging)

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

December, 2018  
Volume XL  
Number 12

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

## SCAM ALERT!

### Letters that look like they are from the Social Security Administration

Michigan's Medicare, Medicaid Assistance Program, (MMAP) is receiving reports from people getting letters in the mail that look like they are from the Social Security Administration (SSA). The letter tells the person they will no longer have a **Medicare Savings Program**. Once the letter arrives, a scammer follows up with a phone call asking for bank account information so they can set up a payment plan.

**You will know this is a scam because nearly EVERYONE who qualifies for the Medicare Savings Program, has the cost automatically deducted by Social Security check.**

This program helps pay for premiums and out-of-pocket healthcare costs. To be eligible, you must be a Medicare beneficiary AND have a monthly income of not more than \$1,032 and assets of less than \$7,560, not counting a house and a car. If you get a call or letter that talks about the Medicare Savings Plan, err on the side of caution, and do the following:

1. If you have caller I.D., write down the number that the scammers called from and provide it to our 800-HHS-TIPS line or via the hotline website at <https://oig.hhs.gov/fraud/report-fraud>
2. Do **NOT** call back using the phone numbers they give you
3. Call the DHHS office, or Social Security at 800-772-1213

If you get caught in this scam and give away ANY personal or banking information, call your bank immediately and let them know.

*These tips come from Darren Bartnik, Assistant Special Agent in Charge at the Office of Investigations, DHHS-OIG who thanks you for partnering with his office in the fight against Medicare fraud.*



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

### OBSERVATIONS FROM THE COORDINATOR OF THE VOLUNTEER'S DESK

Sue Koch, Coordinator of Volunteers  
989-875-5346

This holiday season we wish to express our gratitude to each Commission on Aging volunteer. Volunteers are key to the successful services this non-profit agency provides to Gratiot County's senior citizens. This month's Volunteer Corner continues what is becoming a monthly favorite – an opportunity to *Meet the Volunteer*, learn the volunteer roles and identify what motivates someone just like you to become a Commission on Aging volunteer.

#### Meet the Volunteer

##### Martha Seiler

Martha is a conscientious, dedicated, hard-working member of the Senior Gratiot Prep Team. Reading Martha's Volunteer Corner interview questionnaire was a delight. I learned that Martha began her volunteer activities as a candy striper at Carson City Hospital. No doubt she worked very hard to offer care and support to her patients and their families. "I enjoy making people's lives enjoyable."

At Commission on Aging, Martha helps fold, tape and label the monthly paper. Her work ensures the papers are done to the standards required by the U.S. POST OFFICE NON-PROFIT ORGANIZATION PERMIT NO. 4. Martha shares, "I believe my volunteering is important because it saves money for the Agency. I also enjoy getting out of the house a few hours each month. I have made friendships with other volunteers as we work together as a team. I know people enjoy reading the paper. People also enjoy taking the motor coach trips they read about in the Senior Gratiot."

##### Sue Johnson:

Sue Johnson is a Commodities volunteer. What is a Commodities volunteer? Each month, Sue assists with the supplemental food program offered to seniors who meet household income limitations. When asked how she came to be a Commodities volunteer, Sue shared that she was at Commission on Aging when a volunteer working at Commodities "talked me into signing up to be a volunteer and have loved every minute of it since that day!"

When asked what she hopes the people we serve will get out of her volunteer activities, Sue said "A warm smile and hello will be added to their day. I have made some great new friends and met some really great people. Our Commodities Volunteer Team makes others feel good."

##### Ruthie Malek:

Like many women of her generation, Ruthie first volunteered as a Cub Scout Leader when her son joined the Cub Scouts. Her volunteer activities soon expanded to helping at the Ashley Sportsman Club. Ruthie's volunteer activities

now are at the ZCBJ Lodge where she helps with fundraisers, dinners, and baking. Ruthie also is part of the team helping with the Village of Ashley Country Christmas which runs weekends mid-November through mid-December. "I also do the Adopt-A-Highway program in our area and I bake cookies for the Soup Kitchen."

Ruthie credits Craig Zeese with encouraging her to consider helping prepare the Senior Gratiot Newspaper for mailing. She takes pleasure in knowing that seniors benefit from the information the Senior Gratiot provides. "I have loved coming to the Commission on Aging ever since our daughter, Tamey Skinner, worked there as the secretary. So, I knew the place and I knew her co-workers which made being there as a volunteer even more pleasurable. As a Senior Gratiot Newspaper Prep volunteer, I love being with the ladies and gents while we are doing the paper. We have lots of laughs and enjoy talking and learning more about each other. Smiles are plentiful, and hugs are free. I've been a farmer most of my life and was proud to be able to help my husband farm. My husband, children, grandchildren, great grandchildren, family and friends are my life. I am blessed knowing my new friends on the Senior Gratiot Newspaper Prep Team."

From the volunteers at Gratiot County Commission on Aging – *We wish you happiness and peace this Holidays Season.*



### SEASONAL HOLIDAY CARDS

Seasonal Holiday Cards are now in the display card racks for your shopping pleasure at Commission on Aging. Some cards are new while many cards are hand crafted one-of-a-kind just for you by Card Team volunteers. A donation of .25 cents per card is suggested. Shopping is easy in the lobby of Commission on Aging. While here, visit the Lobby Nook for good reads and puzzles to keep you warm and content during this Michigan's winter.



Knitters and crocheters from Commission on Aging's Mitten Makers & Hats Galore Team completed the 2018 project by producing outer wear items guaranteed to warm the body and soul. Eight county schools and 4 non-profits benefitted from the hundreds and hundreds of hours of loving labor taken to produce 2,002 hats; 298 sets of mittens, 96 headbands and 260 scarves.

We wish to thank our knitters and crocheters as well as the community of people who donated yarn, needles, and patterns for this activity. Special thanks to Sue Shinabery of Hats Galore for her co-leadership of this team.

This team meets January through October on the 3<sup>rd</sup> Saturday of each month at Commission on Aging, 515 S. Pine River Street in Ithaca from 10 a.m. to 2 p.m. Please come visit us on January 19, 2019 when we resume our monthly meetings.



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

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



## Social Security Announces Increase for 2019

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8 percent (2.8%) in 2019.

The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. Increased payments to more than 8 million SSI beneficiaries will begin on December 29, 2018. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Information about Medicare changes for 2019, when announced, will be available at [www.Medicare.gov](http://www.Medicare.gov).

Information from [www.ssa.gov](http://www.ssa.gov)



In MEMORY of REVA RUMMER (and requested by her Family to also be in HONOR of JO JONES)

- Bu Doug & Marita Harkness
- Janice Kempker-Good
- Ron Good
- Charles & Marlene Teegardin
- Charles & Deborah Smith
- James & Veronica Norris
- Ron & Judy Stone
- Dale & Patricia Mackmiller
- Mike & Carla Peters
- Bill & Dharon Bushy
- George & Linda Weburg
- Kay Peasley
- Rod & Darci Rummer & Family
- Maynard & Aggie Gross
- Fran Roth
- Rita Perfitt
- Donna Corbat
- DeWayne & Brenda Marcy
- Bill & Linda DeVuyst
- Mary Gabrion & Family
- Joan & Lorie Sparks
- Food With Friends
- Greg & Elaine Flegel
- Joyce Beard
- David & Debra Nelson
- Tom & Kathy (Howes) Kanitz
- Bob & Gail Paradise

Gifts received at the GRATIOT COUNTY COMMUNITY FOUNDATION, SENIOR ACTIVITY AGENCY ACCOUNT:

In MEMORY of REVA RUMMER  
By Jo Jones

Now, we THANK YOU for the Gifts received from October 13 to November 9, 2018.

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

- Musicians Bob Crist, Joyce Raycraft
- Crystal Jar Donations (unnamed donations, Progressive Euchre, Horseshoes, Friday Cards, Blood Pressure checks)
- November Raffle Supporters (Prizes, Ticket Salespersons & Purchasers)
- November Cookie Sale Supporters
- Carol McLane

GIFTS in GRATITUDE to SAB  
By Dolores Lombard  
George & Kathy Votjas  
Fred & Helen Hoard  
Dean & Vicki Parling  
Patti Perkins  
Ken Federspiel

In MEMORY of GALE REEVES  
By Dolores Lombard  
Marilyn House  
Emma Lou Brandal  
Dick & Phyllis Schleder

In MEMORY of CARL CASTILLO  
By Dick & Phyllis Schleder

In MEMORY of JACK WINGLE  
By Joyce Beard

In MEMORY of JERRY JOHNSON  
By Linda St. Charles

In MEMORY of FRED JONES (On his Birthday)  
By Jo Jones & Family

*thank you!*

## Brush with Bravada! Tuesday, December 11 1:00 - 2:30 p.m.

Come and join Deb from Brush with Bravada 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.

Below is December's project, a beautiful angel. A different picture is done each month, and class is always the second Tuesday of every month. 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!



## Senior Activity Building Gifts

This listing of gifts was not printed in the August Senior Gratiot so it is being resubmitted in the December issue. THANK YOU for your gifts received by the Senior Activity Building from June 12, through July 11, 2018:

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

- Musicians Bob Crist, Joyce Raycraft
- Crystal Jar Donations (unnamed donations, Progressive Euchre, Horseshoes, Friday Cards, Blood Pressure checks)

GIFTS in GRATITUDE to SAB  
By Fred & Helen Hoard  
Jo Jones  
Mary & Bob Sullivan  
Bill DeVuyst  
Rebecca Allen  
Sally Martin

In MEMORY of SHARON MARTIN  
By Sharon Martin's Family  
Janet Shambaugh  
Doug & Carol Wooley  
Brian & Tammy Fosman  
Alma & Richard Wood  
Larry & Pat Houlden  
Ted & Judy Bosley  
Joyce Peters & Family  
Bill & Linda DeVuyst  
Joyce Beard  
Betty Klaver  
Dennis Cori Klaver  
Michael Jeanne Klaver  
Glenna Soltow  
Joan Sparks & Family  
Lou Ann Muszak

In MEMORY of WILLIAM FEDERSPIEL  
By Ken Federspiel

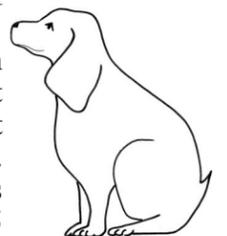
In MEMORY of DONALD PETERS  
By Marita & Doug Harkness

In MEMORY of CASSIE NEWTON  
CLAY HILL  
By Willowdean Cassady

To date,  
**J&J Party Store**  
has donated \$7,179.43 to  
**Gram's Kitchen at the**  
**Commission on Aging!**

## G.A.I.N. (Gratiot Animals In Need)

The Michael Harrison Memorial Fund has been established to assist with the cost of spaying/neutering large breed dogs, an area GAIN has not been able to assist with in the past. Large breed dogs are dogs over 65 pounds or any dog that is a pit bull or pit bull mix. The Fund will contribute \$100.00 towards the cost of spaying/neutering (paid directly to the veterinarian) the dog, as long as the owner qualifies. For additional information on this new program, please contact **Marie Green, 989-875-2286**.



The pet loss support group is continuing to meet on the third Thursday of every month. The group meets at the Ways of the West, 1696 W. Monroe Rd., St. Louis from 6:00-7:30 p.m. Call **Mindy Martine, 989-560-5850** to register.

December 2018

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						
2	3	4	5	6	7	8
	11:00 Puzzles 12:00 Birthday Lunch	12:00 Lunch 1:00 Senior Center Board Meeting	10:00 Coffee Hour 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	11:00 Puzzles 12:00 Lunch 12:30 "Socks For Every Reason"	
9	10	11	12	13	14	15
	11:00 Puzzles 12:00 Lunch 12:30 Man's Best Friend	Open for Home Delivered Meals Only <b>NO LUNCH</b> 1-2:30 Brush with Bravada with Deb	10:00 Coffee Hour 12:00 Christmas Lunch 12:45 Bingo	10:00 Line Dancing Open for Home Delivered Meals Only <b>NO LUNCH</b> 12:30-2:00 Painting Party with Melanie	11:00 Puzzles 12:00 Lunch 12:30 Nutrition Program "Portion Distortion"	
16	17	18	19	20	21	22
	11:00 Puzzles 12:00 Lunch 12:30 "Just Saying"	Open for Home Delivered Meals Only <b>NO LUNCH</b>	10:00 Coffee Hour 12:00 Lunch 12:30 Bingo	10:00 Line Dancing Open for Home Delivered Meals Only <b>NO LUNCH</b>	11:00 Puzzles 12:00 Lunch 12:30 Weekend News	
23	24	25	26	27	28	29
	Closed	Closed 	10:00 Coffee Hour 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	11:00 Puzzles 12:00 Lunch 12:30 A New Year	
30	31					
	Closed 					

**Gratiot Community Senior Center**

By Jamie Bolsby

Dear Friends,

I would like to wish everyone a warm and joyous holiday season! Being able to gather with family and friends is such a wonderful tradition that many families enjoy. It does not matter if your celebration includes a small gathering or a large group, the warmth and closeness of family and friends is what the season is all about!

I hope you will join us for our annual Christmas Dinner on Wednesday the 12<sup>th</sup> at noon. Our Food With Friend cooks will be preparing a baked ham dinner, including whipped sweet potatoes, broccoli, dinner roll, jello cake and milk. I am expecting a good crowd so call today with your reservations. We need to let our cooks know how many dinners they need to prepare.

Our Center will be closed for the Christmas and New Year's holidays on Monday the 24<sup>th</sup>, Tuesday the 25<sup>th</sup>, and also the following Monday the 31<sup>st</sup>. The Center will also be **closed for lunch only** on the 11<sup>th</sup>, 13<sup>th</sup>, 18<sup>th</sup> and 20<sup>th</sup>. Home delivered meals will still be delivered. We will be open for our Brush with Bravada class on the 11<sup>th</sup> and Painting Party with Melanie on the 13<sup>th</sup>. Line Dancing on Thursdays will also be held. Please check our calendar or call with your questions.

I hope you are one of the many who have tried our new Soup & Salad choice for lunch. Make sure you check our monthly menu to see which days it is offered. We need to know a week in advance for salads, so sign up now. The hot meal will continue to be offered every day as usual, but now you have a choice.

Join us for our Coffee Café any day to en-

joy a hot cup of coffee or tea and great conversation. Meet friends and renew old acquaintances. We have new tables and chairs set up for your convenience.

While you are relaxing you will be able to use our Wi-Fi here at the Center. So, on your next visit, pack up your tablets or phones and access the internet in comfort.

Our Senior Center Board of Directors will have their monthly meeting on Monday the 4<sup>th</sup> at 1:00 p.m.. Thank you all for taking an interest in our Center and its future.

Line Dancing is good exercise for all of us indulging in tempting holiday goodies! It's time to kick up your heels and dance to all your favorite routines. This exercise is fun and gets you moving. Betty will also have new dances to learn through-out the year. Tell your friends to come and join, from experienced to beginners, everyone is welcome.

Birthday parties are always special, so celebrate with us on Monday the 3<sup>rd</sup> at noon along with cake and ice cream. Call today for your reservations.

Deb and her "Brush With Bravada" painting class is waiting for you to sign up on Tuesday the 11<sup>th</sup> from 1:00-2:30. Deb is very patient and encouraging about painting and her classes are a lot of fun! 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 and will stencil some of the art work onto the wood to make it more fun and enjoyable for you. This month's painting will be the "Angel." The class will be \$10.00 and you must make reservations. You may also take advantage of our daily lunch program and order one for yourself. Just let us know when you call in.

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.

Melanie's "Painting Party" class is back! She

will be here on November 13<sup>th</sup> from 12:30-2:00 for a class featuring a "Reindeer." Melanie will provide all the materials you will need for your own original painting. You will be painting a lightly drawn outline with acrylics to create a painting that you will be proud to show off. From beginners to all levels of experience call today and make your reservation. Please let me know if you would like to join us for lunch.

Our nutrition program for this month is all about "Portion Distortion" on Friday the 14<sup>th</sup> after lunch. Portions have gone up through the years and it is very easy to forget what is considered a healthy amount. Learn some tips on recognizing good choices and making them work for you.

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

Calling all readers! As the weather gets colder outside more people look for a good book to read. Our Center has a well-stocked bookshelf that has a variety of good stories. We have both hard and paper-backed books. You are welcome anytime to browse.

*Be good to yourself.*

*"Be who you are in every situation"*  
---Michael Johnson

**Happy Holidays!**

### 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 September 14, 2018<sup>th</sup> through October 12, 2018.

#### In Loving Memory . . .

- Dick Post**
- Gail Fowler**
- Fred Miller**
- Joe & Shar Earegood
- Vickie Earegood**
- Lloyd Thompson**
- Don Beuthin**
- Earegood Mini-Storage
- Chuck Fisher**
- Tim & Rachel Musselman
- Adam & Tammy Musselman
- Tom Raycraft**
- Debby Raycraft Robinson**
- Jim Stone**
- Mary Ann Raycraft

#### In Honor of . . .

- Pastor Terri & Tom Bentley**
- Gary & Lou Irvin
- Jamie Bolsby**
- Sheila Nelson



Lois Ramsey, Joyce Vibber and Diane Courter listen to instructor Rose White on how to assemble their poinsettia wreaths.



Marge Clapp and Josephine Shepard work together on a puzzle.



Pearl Harbor  
 December 7, 1941, A date which will live in infamy... no matter how long it may take us to overcome this premeditated invasion, the American people, in their righteous might, will win through to absolute victory



**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:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### A Painting Party Each Month

The Gratiot County Commission on Aging Nutrition Program and the Alma Community Art Center are joining together to present a painting party each month. Melanie Lewis, art instructor from the Alma Community Art Center will show you everything you need to know to complete a different painting each month. The classes will be offered at the St. Louis and Ithaca Food with Friends sites. Cost of each class is \$10.00 and this includes all supplies needed to complete your painting. Please come early and join us for lunch!



Create this reindeer to add to your holiday decorations at the December class.

#### LUNCH

Served at 12:00 PM

Age 60+: \$2.50 suggested donation  
 Age 59 & Under: \$5.00 lunch fee

#### ST. LOUIS SENIOR CENTER THURSDAY, DEC. 13

12:30-2:00 PM  
 1329 Michigan Ave.  
 St. Louis, MI  
 989-681-4341

#### ITHACA SENIOR ACTIVITY BUILDING FRIDAY, DEC. 14

1:00-2:30 PM  
 1011 E. North St.  
 Ithaca, MI  
 989-875-2135

Please remember to call prior to the class to register so the instructor is sure to have enough supplies. Call the site where you are planning on attending. Remember to order your lunch when you call. We look forward to seeing you there.

#### 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.



## Medicare D and Medicare Advantage Open Enrollment Period

The annual Open Enrollment Period for Medicare D and Medicare Advantage plans will begin October 15, 2018 and go until December 7, 2018, with changes becoming effective January 1, 2019. During the Open Enrollment Period, Medicare beneficiaries may enroll, disenroll, or change Medicare D or Medicare Advantage Plans.

During the Open Enrollment Period, the MMAP (Medicare/Medicaid Assistance Program) at the Gratiot County Commission on Aging can assist Medicare beneficiaries who reside in Gratiot County in researching Medicare Plans to find which plan will work the best for you for 2019. It is suggested that if you currently have a plan, to review your plan to make sure that they will cover all of your medications for next year. At the end of September or early October, if you currently have a Medicare D or Medicare Advantage plan, you should receive information about their 2019 plans. **It is important to take a look at this information; this information will inform you of the premium, deductibles and copayments for 2019.** The premium, deductibles, and copayments often change from year to year.

We at the Commission on Aging will try our best to serve all those Medicare beneficiaries who need assistance during the Open Enrollment Period, but due to the volume of requests, we may not be able to assist all of those who call. Information about the 2019 Medicare plans can also be found online at [222.medicare.gov](http://222.medicare.gov) or by calling 1-800-Medicare (1-800-633-4227). The Medicare website will not be updated to reflect the 2019 plans until the first part of October.

If you are satisfied with your current plan and want to continue with the coverage, you don't need to do anything. If for some reason, your current plan will not be offering coverage for the 2019 year, you will be notified by your plan.

With the busy schedule during the Open Enrollment Period, **we do not take walk-ins.** MMAP Counselors are only present during scheduled times. Please call for your appointment.

If you have any questions or would like to make an appointment, please feel free to contact Sarah McClung at the Gratiot County Commission on Aging at 989-875-5286.



## 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, December 10, 2018  
(Second Monday of every month)  
3:00 p.m. to 4:30 p.m.

Conference Room E  
(in the back of the cafeteria)

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

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

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



## The Purple Angel Seminar: Understanding Alzheimer's & Other Dementias

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



December 6, 2018

6:00 to 7:30 p.m.

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

\*Alma United Methodist Church is handicapped accessible.



## Upcoming Events at Alma College

**Dec. 1:** Get in the Christmas spirit with a holiday-themed performance by the Alma College Kiltie Dancers at 7:30 p.m. Saturday, Dec. 1 in the Remick Heritage Center, Dance Studio. Admission is free and open to the public; no ticket is required.

**Dec. 2:** The Alma Symphony Orchestra performs Tchaikovsky's "Little Russian" Symphony and other works at 4 p.m. Sunday, Dec. 2 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.

**Through Dec. 6:** The Flora Kirsch Beck Gallery in the Clack Art Center at Alma College presents the 2018 Faculty and Student Art Show featuring sculpture, photography, paintings, drawings and prints through Thursday, Dec. 6. Gallery hours are 10 a.m. to 5 p.m. Mondays through Fridays and 10 a.m. to 2 p.m. Saturdays. A gallery reception with the artists takes place from 7 to 9 p.m. Thursday, Dec. 6.

**Dec. 7-9:** The Alma College Choirs perform the annual Festival of Carols at 7:30 p.m. Friday, Dec. 7 and Saturday, Dec. 8 and 3 p.m. Sunday, Dec. 9 in the Remick Heritage Center, Presbyterian Hall. Tickets are \$15 for adults, \$5 for seniors 62 and up and youth 18 and under, and free for Alma College staff and



## Commodity Food Distribution Date

Commodities distribution will be on **December 17, 2018.** 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

December 2018

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00 EVERYDAY</b> Building open, coffee's ready	<b>10:00 EVERYDAY</b> Visits, news, games, activities scheduled	<b>12:00 Monday</b> through Friday	<b>Food With</b> <b>Friends</b> <b>Noon Meal</b>	<b>Call in your</b> <b>Reservation</b> <b>875-2135</b>		<b>1 11:00 – 1:45</b> <b>Building</b> <b>open</b> <b>12:15 Family</b> <b>Potluck</b>
<b>2</b>	<b>3</b> Celebrate SAB's 25 <sup>th</sup> Anniversary <b>12:30</b> Bob Crist <b>1:20</b> Bob's Sunshine Gang at Rosewood	<b>4 9:00</b> EZ Motion <b>10:30</b> Cribbage  <b>7:00</b> VFW Post 7805	<b>5 1:00</b> Dominoes  <b>1:00</b> Craft & Cookie group	<b>6 9:00</b> EZ Motion <b>10:00</b> Golf games <b>11:00</b> Piano Music by Joyce Raycraft <b>1:00</b> Wii Bowling	<b>7 11:30</b> Blood Pres- sure Checks by Joyce Raycraft Santa arrives in downtown Ithaca	<b>8</b>
<b>9</b>	<b>10 10:05 – 11:30</b> Bingo (Prizes ) <b>11:50</b> Nutrition "Portion Distortion" <b>7:00</b> Dulcimers	<b>11 9:00</b> EZ Motion  <b>1:00</b> Progressive Euchre	<b>12 12:00</b> Christmas Dinner  <b>1:00</b> Dominoes	<b>13 9:00</b> EZ Motion <b>10:00</b> Golf games <b>11:00</b> Piano Music by Joyce Raycraft <b>1:00</b> Wii Bowling	<b>14 1:00</b> Painting Melananie Lewis <b>1:00 -3:30</b> Friday Cards with Jack & Avis Ginther	<b>15</b>
<b>16</b>	<b>17 12:00</b> Monthly Birthday Celebration	<b>18 9:00</b> EZ Motion <b>11:00</b> 2 Outlaws & a Good Guy Music <b>1:15</b> Senior Activity Building Board meeting	<b>19 10:05 – 11:30</b> Bingo (Prizes by Schnep's <b>1:00</b> Dominoes	<b>20 9:00</b> EZ Motion <b>10:00</b> Golf games <b>11:00</b> Piano Music by Joyce Raycraft <b>1:00</b> Wii Bowling	<b>21 Young Senior</b> <b>Day</b> Christmas Party Santa and treats	<b>22</b>
<b>23</b>	<b>24</b> No Food With Friends SAB Closed Today	<b>25</b> No Food With Friends SAB Closed Today	<b>26 1:00</b> Dominoes	<b>27 NO</b> EZ Motion <b>10:00</b> Golf games <b>11:00</b> Piano Music by Joyce Raycraft <b>1:00</b> Wii Bowling	<b>28 Noon</b> "Raising Cane" <b>1:00 -3:30</b> Friday Cards with Jack & Avis Ginther	<b>29</b>
<b>30</b>	<b>31</b> No Food With Friends SAB Closed Today					

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

By Jo Jones

We wish you a Happy Holiday that will include peace, joy, and many happy memories to warm your heart. You will see that there are several days when we will be closed because of the way the holidays come this year. We trust that your family and friends will be helping you to enjoy those days. **Our Christmas dinner will be on Wednesday, December 12, 2018.** Santa hopes to reserve a Food With Friends meal on both the 12<sup>th</sup> and 21<sup>st</sup>. Plan to bring YOUR Holiday and Christmas goodies on Friday, the 21<sup>st</sup>. (The treats can be snacks, cookies, candy, etc.)

Can you believe that on **December 3<sup>rd</sup>**, we will have been in our Senior Activity Building for **25 years**? Do come to share in the joy we find within our BUILDING each day. Some of our current and former Board members will join us for our Food With Friends meal on the 3<sup>rd</sup>. Share your memories as well as your expectations with them. Updated facts regarding the use and funding of the Senior Activity Building will be available. Each donation given to the Building is appreciated and used carefully. A special thank you to those who have been making donations through the "Gift in Gratitude" envelopes. This is yet another way for **YOU** to express **your appreciation** for the Building and its programs. All donations help with the payment of Consumers Energy and the many other ongoing bills that make possible the daily operation of the Senior Activity Building. If you come to the Building for **coffee**,

cards, crafts, games, programs, meals, or pot-lucks, **YOUR** gift is needed to **help** with our ongoing operating costs. THANKS!

Bob Crist will tickle the piano keys at 12:30 on Monday, the 3<sup>rd</sup>. Then at 1:00, **Bob's Sunshine Gang** will travel to Rosewood Adult Foster Care. Upon our return to the Building, we will enjoy our ice cream sundaes.

**Bingo** will be on the 10<sup>th</sup>. Prizes are from McDonald's and Bee Clean Car Wash. **Dulcimers** will be meeting at 7:00 p.m. on the 10<sup>th</sup>. You'll probably hear some Christmas songs when you stop in. Fred Hoard will have the coffee ready!

The **monthly nutrition program** will follow Bingo on the 10<sup>th</sup>. The topic is "Portion Distortion".

If you were born in December, be sure to call in your reservation for the monthly **celebration** on Monday, **December 17<sup>th</sup>**.

**EZ Motion** takes place most Tuesday Thursday mornings from 9:00 to 9:45. We use a variety of CDs and videos made for Seniors. JOIN US! .

**Cribbage** will only be at 10:30 on the 4<sup>th</sup>. **Progressive Euchre** will only be scheduled for Tuesday, December 11<sup>th</sup>. The Blue ribbon was won by Tom VanAlstine, while George and Kathy Vojtas tied to take the Red ribbons.

We welcome back our Cowboy friends from the Midland area. "**Two Outlaws and a Good Guy**" arrive on Tuesday, December 18<sup>th</sup>. The music will begin at 11:00.

The Senior Activity Building **Board meeting** will be on Tuesday, the 18<sup>th</sup> at 1:15. The newly elected Board members are Ken Feder-spiel, Nancy Smith, and Jim Wideman who are all now members of the Class of 2021.

Now let's look at the Wednesday schedules. The **Craft and Cookie group** will gather at 1:00 on December 5<sup>th</sup>. As noted above, our Christmas dinner is on the 12<sup>th</sup>. **Dominoes** will be played at 1:00 each Wednesday. Newcomers are most welcome.

Schnep's grocery **Bingo** is at 10:05 on Wednesday, December 19<sup>th</sup>.

Come to play **Golf** and to listen to Joyce Raycraft's enjoyable **music** on Thursday mornings. Several of us sing or hum along! Each Thursday at 1:00, **Wii bowling** begins.

Friday, the 7<sup>th</sup>, **Blood pressure screening** will be at 11:30. Thanks to our Volunteer Nurse, Joyce Raycraft. Later in the day, Santa is expected to arrive in downtown Ithaca. Bob Crist will be playing Christmas Carols at the Community Room. Check out the time and come to sing along with Bob and enjoy a treat!

**Friday Cards** (including bridge) will be on Dec. 14<sup>th</sup> and 28<sup>th</sup> 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 and blood pressure screening. You will find these donations listed under the Crystal Jar donations each month.

Melanie Lewis will lead the **Painting class** on the 14<sup>th</sup> at 1:00.

Fridays—the 21<sup>st</sup> and 28<sup>th</sup> are **PARTY** days! Santa will try to be with us on the 21<sup>st</sup>. Then on the 28<sup>th</sup>, We welcome in the new year by Raising Cane!

Please check the Building calendar often, since we do have schedule changes from time to time. Snow days??? Maybe!

We extend our **appreciation** to Linda St. Charles for her tasty Halloween Pancakes!

Marty Wierich and Jo Jones were her spooky helpers. THANKS!

You are invited to the **monthly potluck** on Saturday, December 1<sup>st</sup> at 12:15. We encourage you to bring some of your family members with you. You may come without a dish to pass, and make a donation to the Potluck fund. This fund helps to pay energy costs for the Building. Our cooks prepare plenty for everyone. We recognize that they invest their money to buy the food to prepare their delicious food! Do remember to bring your own table service.

Here are **two gift ideas** for you to think about. **FIRST**, the **BirthDay Buddy gift** can be yours, if you reserve your Food With Friends meal on your actual birthday. (If your actual birthday is on a Saturday, reserve your meal for Friday, or if it is on a Sunday, reserve your meal for Monday.) This program began in October 2004, and will continue throughout this fiscal year (October 2018-September 2019). You are the BirthDay Buddy of the Coffee Fund! **SECONDLY**, you might suggest to your family that you would enjoy and appreciate a **gift certificate for meals at Food With Friends**. Your family might not be aware that these are available, since they do not receive the **SENIOR GRATIOT**. Some Seniors use the gift certificates to honor a friend on their birthday or as a way to say Thank You.

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. By 10:00, games, news, and visits are in full gear!

Do enjoy a safe and delightful time this Christmas and New 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.

### December Movie at COA: "It's a Wonderful Life" Thursday, December 13 1:30 p.m.

The drama/fantasy is about a businessman, George, whose world was crumbling around him. He rescues his guardian angel who in turn shows George what the town would have been like without him. James Stewart & Donna Reed star in the PG film that runs 2 hrs., 15 min. Come enjoy fresh popcorn and an old classic with friends at the Commission on Aging, 515 S. Pine River, Ithaca.

### A Reason for Progression In Dementia By Sherri Florez

Can one keep dementia from getting worse? Alzheimer's disease—the most common underlying cause of dementia symptoms will slowly get worse no matter what. Given enough years, it will eventually damage the brain to the point of causing a slow death, which is why Alzheimer's is a terminal disease. But, we do know that things tend to slow the progression of brain decline, whereas other things seem to speed up the decline. In other words, the actions we choose to take or not to take can influence a person's dementia journey.

In my experience, people often have heard about things that might slow down the decline of a person with dementia like exercise and medications but people are often much less informed about the things that can speed up the dementia decline. This is too bad, because often it is possible to take actions to avoid or minimize things that might cause dementia to get worse faster.

One thing that might speed the progression of dementia is delirium. What is it and why does it matter? Delirium is a state of worse than usual confusion brought on by illness or some kind of stress on the body or mind. It is especially common during hospitalization. Although the extra confusion of delirium does tend to get better with time (and of course with the treatment of whatever illness or stress brought it on), it is very important to know the following facts:

- Some people with dementia who experience delirium never recover all the way back to their previous level of thinking ability. Instead, they settle at a new, lower level of mental ability.
- People who have experienced delirium tend to mentally decline more quickly during the following years than people who have not had delirium.
- Delirium has been linked to thinking abilities declining twice as fast in the year after a hospitalization.

Unfortunately, it is not possible to avoid all causes of delirium, however it is possible to take steps that have been proven to reduce the chance that an older person will experience delirium while hospitalized. To learn more about how you can help reduce delirium, search the Hospital Elder Life Program website. (<https://www.hospitalelderlifeprogram.org/>)

What can caregivers do about delirium? If you are caring for someone with dementia, here are three things you can do to avoid mental decline due to delirium:

1. Educate yourself about delirium. You can learn more about what brings it on, how to manage it and how to prevent it. See *10 Things to know about Delirium* for more information.
2. Be careful about surgery and hospitalizations. If you are considering a surgery that is elective or not completely mandatory, be very mindful of the risks of accelerating the progression of Alzheimer's or another dementia.

3. Learn to spot delirium in the hospital. If you are a caregiver and your loved one with dementia has to be hospitalized, try to help hospital staff monitor for delirium. Families can help their loved ones get better care by watching for delirium and getting doctors to promptly address it if it develops.

Always stay involved and ask questions along the way.

*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](http://www.firstpres.net) for more information. Good Company is partially funded by Gratiot County Community Foundation.*

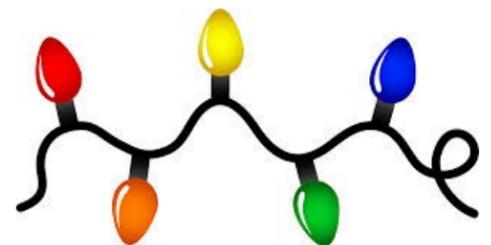


### Breckenridge Food with Friends

Sharing some of the events that happen at the Breckenridge Food with Friends site. Stop in and join the fun!



Fall Floral Craft



Operation Christmas Boxes. Eight boxes were made to send to children less fortunate around the world.

## West Gratiot

By Cindy Simons

We helped Dennis Brauher celebrate his November birthday.

The township had a new furnace installed in our regular Senior Center room last month. We were using one of the other classrooms for several weeks. Thanks to Ron and Anna Smejkal and Dennis Brauher who helped move our chairs and other large and small items back into the Senior Center room. It is nice to be "home".

It is important that we also take time to thank our veterans for the skills they used to keep our country safe. We honor you and your service.

We enjoyed a delicious Thanksgiving meal. This was the perfect time to gather with friends and share stories of family traditions.

### Now, here are activities coming up in December:

Wellness topic on Wednesday, December 5<sup>th</sup>. Celebrate the December birthdays and anniversaries on Wednesday and Friday, the 5<sup>th</sup> and 7<sup>th</sup>.

Make reservations for the annual Christmas Dinner which will be held on Wednesday, December 12<sup>th</sup>. This is usually a popular event, so sign up early.

There will be gift exchanges on Wednesday, December 12<sup>th</sup> and Friday, December 14<sup>th</sup>. Participation is on a volunteer basis only. Anyone attending on both days may choose either day, or exchange on both days. Gals will exchange gifts with other gals; guys will exchange gifts with the other guys. Gifts should be in the \$10-15 range.

The site will be closed and there will be no Home Delivered Meals on Monday, December 24<sup>th</sup> and Monday, December 31<sup>st</sup>. Enjoy the holidays!

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
- 5 & 7 Birthday & Anniversary Celebrations
- 12 Christmas Dinner
- 12 & 14 Gift Exchange
- 19 Holiday Music
- 24 Closed - Christmas Eve
- 31 Closed - New Year's Eve

### Weekly Activities

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

## Breckenridge

By Pat Schultz

The end of 2018 is fast approaching along with all of the wonderful holiday celebrations. I hope that everyone has a chance to take advantage of some of the holiday activities at the food sites and with your families. We have lots of activities planned here at Breckenridge and would love to have everyone come and have lunch, enjoy one of our activities and spend some time with old and new friends.

We were busy in November with packing boxes for Operation Christmas and making a Scarecrow floral door decoration. We were able to pack 8 boxes that will be sent to children in other parts of the world. We are planning on doing this again next year. Everyone really enjoyed being able to do this for children in need of a little joy. Our scarecrows turned out really cute. Thank you Linda Chapin for doing this project with us. Linda will be helping us do another holiday home decoration project on Dec. 3<sup>rd</sup>. Call and sign up to join us that day. We have lots of fun with Linda and her projects!

Here are other activities that we will be doing in December.

- 3rd Holiday Decoration with Linda Chapin
- 4th Bingo
- 5th Craft-A ribbon tree ornament
- 7th Holiday Puzzle day
- 10th Ceramics - Making a Pencil Santa. Must sign up ahead of time and the cost of the class is \$10.00 with all materials furnished.
- 11th Bingo
- 12th Christmas Dinner/High School Honor Students
- 13th Share Christmas Stories and Memories
- 14th Knit and Crochet Fun
- 17th Craft-Tea Lite Snowman Ornament
- 18th Christmas Bingo
- 19th Cookie Exchange
- 20th Movie Day at the Library
- 24th **CLOSED**
- 25th **CLOSED**
- 26th Nutrition Education
- 27th Ask the Chief of Police Question Day
- 31st **CLOSED**

We play Euchre most mornings and can always use more players. But if Euchre isn't your game we have lots of other games and we always have someone that is willing to play. Come and have some fun, along with a great lunch. Just give me a call, 842-3338, 24hrs in advance and let me know. Everyone is always welcome and we look forward to seeing you!



## Greetings from Fulton

By Irene Noffsinger

### HAPPY HOLIDAYS!

It doesn't seem possible that another year is coming to a close. What better way to close out the year, the Holiday Season. I love this time of year. Decorating, baking, and most of all, the time spent with family.

Thinking of all these holiday traditions, it reminds me of something else. December 21<sup>st</sup> is National Ugly Sweater Day. Let's do it. Let's find the ugliest sweater we can, and wear it on December 21<sup>st</sup>. We will take a vote, and whoever has the ugliest sweater will receive a prize. So start digging. Find a sweater you are not attached to and if it isn't already ugly, then make it ugly.

James Collin Pharm.D from Walgreens visited our site November 9<sup>th</sup>, and gave a brief discussion on Immunizations. This was very informative. Thank You James.

### 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 something to read, please stop, say hello, and choose some books. We would love to have you stop in. Although we are not in need of books at this time, we will always accept any books you wish to drop off. We have many other sites we can share with.

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

- 12-3 Lunch/cards
- 12-5 Lunch/Phase Ten
- 12-7 Lunch/Euchre
- 12-10 Lunch/Cards
- 12-12 **Christmas Dinner**
- 12-14 Lunch/Euchre
- 12-17 Lunch/Cards
- 12-19 Lunch/Cards Nutrition Education
- 12-21 Lunch/Cards/Ugly Sweater Day
- 12-24 **CLOSED for CHRISTMAS HOLIDAY**
- 12-26 Lunch/Phase Ten
- 12-28 Lunch/Euchre
- 12-31 **CLOSED for NEW YEAR'S HOLIDAY**



### FULTON SENIOR CENTER DONATIONS

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

Books Shelly Smith  
Merilee Thompson

**SENIOR GRATIOT  
NEWSPAPER  
DONATIONS**

These people generously donated \$695.00 to the "Senior Gratiot" Newspaper contribution fund from October 16, 2018 to November 14, 2018. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Quitman Moffett  
Nona Lehmkuhle  
Bruce & Bonnie Williams  
Fred & Ann Burlingame  
Mary Ann Zimmerman  
Donna Husted  
Rebecca Allen  
Roger Arntz  
Linda Weburg  
Anita Kindel  
Diane Davis  
Howard & Gladys Poindexter Donor Advised Fund Held by the Gratiot County Community Foundation  
Tom & Pat McCreery

**IN MEMORY OF**

**MY HUSBAND, LEE SPICER  
ALL OTHER FAMIY MEMBERS**  
By Velma Spicer

**BILL SHAW**  
By Carol Reeves

**ROBERT REEVES**  
By Carol Reeves, Roger Reeves, and Tammy Strand

**DICK WISER**  
By Dorothy Wisser

**DAVID NORRIS**  
By Mom, Dad & Family

**TOM RAYCRAFT  
JIM STONE**  
By Mary Ann Raycraft

**GALE REEVES**  
By Judith Eichorn

**ROBERT BRANDAL**  
By Emma L. Brandal

**MY MOTHER, VINOLA MARTIN**  
By Nancy Francetic

**GEORGE HORWATH, HUSBAND  
HARRY & IRVING MACDONALD,  
BROTHERS**  
By Flora Horwath

**LESTER & DOROTHY SMITH  
MARSHALL & SYLVIA DEVUYST**  
By William & Linda DeVuyst

**SAM ORTISI**  
By Tom Mueller

**IN HONOR OF**

**JO JONES**  
By Judith Dow

**OUR 65TH WEDDING ANNIVERSARY**  
By Joe & Irene Wing

**COMMISSION ON AGING  
DONATIONS**

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

Loretta Franklin  
Knox Presbyterian Church of Naperville  
Mildred Reeves  
T.J. Schmitz  
Lincoln Rd. United Methodist Church  
Immanuel Lutheran Ladies Society  
Beebe Ithaca North Star  
Anonymous  
Karel & Zelda Whitfield  
Aleatha Foote

**IN MEMORY OF**

**DONNA MOST**  
By Ida Hall

**GALE REEVES**  
By Mary & Howard Kenney  
Barb Kench  
JoAnn Smolka  
Carol Reeves  
Bill Hirschman

**SANDRA FLEGEL  
JOHN SMOLKA  
JO GREENWOOD  
WILBUR SHAW**  
By Gene & Pat Pitcher

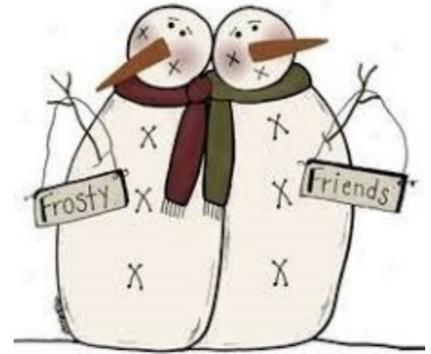
**GALE B. REEVES**  
By Patty Reeves  
Isabella Sinko  
Phyllis & Wayne Henney  
Colene Moore  
Millie Reeves  
Judy Brown

**JACK WINGLE**  
By Barb (Brandal) Kench  
Donna Husted  
Brad & Vickie Thum  
Mary Zamarron  
Laura Wolf  
Verla Shaw  
Gene & Janet Schollaert  
Jeff & Lisa Peters  
Bill & Linda DeVuyst  
Dave & Cindy Godley  
Roger & Jan Olson  
Joyce Peters & Family  
Jim & Ruth Fabus

**ALLEN COOPER**  
By Vivian Cooper

**BILL, BETTY & ARDEN CUMMINGS**  
By Karen Kindel

**MARY PARKS (CLEVELAND, OHIO)**  
By Tom & Pat McCreery



**Ithaca Senior Activity Building  
Food with Friends Fun**



October Birthdays celebrated by Vern Recker and Ed Ringle (90)



Annual Building Clean Up Volunteers: Helen Hoard, Jack Ginther, Linda St. Charles, Avis Ginther, Nancy Smith, Marty Wierferich, Nancy Crites, Marci Browne, Mary Sullivan, Bill DeVuyst. Missing from photo: Ruthanne Larry and Jo Jones



Students in Joan Spear's Quilted Jacket Class model their completed projects: Marty Wierferich, Shirley Frederick, Linda St. Charles, Jeanne Wright, Nancy Smith, Judy Hegle, Joan Spear (teacher), and Gloria Kleinhous



Ithaca Promotional Committee's Senior Euchre Tournament winners: Marty Wierferich, Milene Nameth-Sparks, and Lenessa Ritenburger

**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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SOUP AND SALAD ONLY AVAILABLE AT FOOD WITH FRIENDS SITES</b>	<b>SOUP &amp; SALAD MEAL ALSO INCLUDES THE FRUIT OF THE DAY, WHOLE WHEAT BREAD &amp; MILK</b>			
3 Chicken Pattie Company Potatoes Tossed Salad Peas Hamburger Bun	4 Macaroni & Cheese Spinach Fruited Cole Slaw Peaches Wheat Bread	5 Beef and Noodles Squash Broccoli Citrus Salad Fruit Cocktail Wheat Bread <b>OR CHEF SALAD &amp; MINISTRONE SOUP</b>	6 Sliced Turkey Mixed Vegetables Multi Bean Salad Tropical Fruit Wheat Bread	7 Basil Parmesan Chicken Brown Rice Carrots Leprechaun Fluff Dinner Roll <b>OR CHEF SALAD &amp; BEEF VEGGIE SOUP</b>
10 Tuna Noodle Casserole Winter Blend Tossed Salad Fresh Orange Wheat Bread	11 Chicken/Broc/Cheese Brown Rice Coleslaw Peaches Wheat Bread	12 <b>CHRISTMAS DINNER</b>  Baked Ham Whipped Sweet Potatoes Broccoli Jello Cake Dinner Roll	13 Hamburger Company Potatoes Crunchy Pea Salad Apricots Hamburger Bun	14 American Goulash Kyoto Vegetables Tossed Salad Pears Wheat Bread <b>OR CHEF SALAD &amp; ROAST PEPPER SOUP</b>
17 Meatballs Brown Rice Capri Veggie Blend Beet Salad Pineapple Wheat Bread	18 Cabbage Roll Casserole Mixed Vegetables Tossed Salad Pears Wheat Bread	19 Meat Loaf Oven Roasted Potatoes Corn & Lima Beans Cinnamon Applesauce Wheat Bread <b>OR CHEF SALAD &amp; ROAST PEPPER SOUP</b>	20 Baked Chicken Baked Potato Coleslaw Citrus Fruit Cup Wheat Bread	21 Smothered Chicken Redskin Potatoes California Veggie Blend Mandarin Oranges Wheat Bread <b>OR CHEF SALAD &amp; CHICKEN VEGGIE SOUP</b>
24 <b>Christmas Eve Holiday</b>  <b>CLOSED</b>	25 <b>Christmas Day Holiday</b>  <b>CLOSED</b>	26 Salisbury Steak Whipped Potatoes Cole Slaw Mixed Fruit Cup Wheat Bread	27 Chili Baked Potato Tossed Salad Pineapple Corn Bread	28 Veal Parmesan Whipped Potatoes Green Beans Tapioca Pudding Dinner Roll <b>OR CHEF SALAD &amp; CHICKEN VEGGIE SOUP</b>

**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 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  
JAMIE BOLSBY, SITE MANAGER

**BRECKENRIDGE FOOD WITH FRIENDS**

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

**FULTON AREA FOOD WITH FRIENDS**

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

**ITHACA AREA FOOD WITH FRIENDS**

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

**WEST GRATIOT FOOD WITH FRIENDS**

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

**POTLUCKS**

**EDGEWOOD**

EDGEWOOD AREA SENIORS  
EDGEWOOD CHURCH OF GOD  
160 S. BARRY ROAD  
4<sup>TH</sup> THURSDAY EACH MONTH—  
NOON  
CONTACT: BONNIE WHITAKER  
989.875.3607

**SENIOR ACTIVITY BUILDING**

1011 E. NORTH STREET, ITHACA  
1<sup>ST</sup> SATURDAY AT 12:15 PM  
CONTACT: JO JONES  
989.875.2135



**Alzheimer's Support Group**

1<sup>st</sup> & 3<sup>rd</sup> 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**

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

**NOVEMBER 2018 PREP TEAM VOLUNTEER THANK YOU**

Our thanks to the 18 Senior Gratiot Prep Team members who devoted 41.25 hours preparing the November issue of the Senior Gratiot Newspaper. Lisa Skaryd and Vicki Bertoni, many thanks for beginning preparation a day ahead!

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**SENIOR GRATIOT, INC.**  
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