

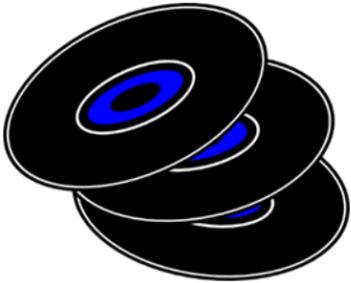
February

ROCKIN GOOD TIME LUNCHEON

**Presented by Gratiot County Commission on Aging
And Breckenridge Food with Friends
Thursday, March 21, 2019, 11:00am to 2:00 pm
Held at the Breckenridge United Methodist Church**

Please join us for a “Rock n Roll” good time. Take a musical journey back to the 1950’s through the 70’s. The Gratiot County Commission on Aging through the Breckenridge Food with Friends will be hosting a Rockin Good Time luncheon. The luncheon will be held at the Breckenridge United Methodist Church, 125 3rd Street, as the Breckenridge Food with Friends site will not accommodate the large crowd we are expecting. We acknowledge and appreciate the Breckenridge United Methodist Church’s generosity in providing their fellowship hall for this event. The luncheon will be held on Thursday March 21st from 11:00 – 2:00 pm. with lunch served from 11:30 to 12:30. The lunch menu is sloppy joe, baked beans, fruited coleslaw, chips and we will top it off with a hot fudge sundae. Following lunch we will be entertained by Colin Dexter, a 19 year old Elvis Tribute Artist who lives in Jackson, Michigan. According to an article in the Indie Artists Magazine, Colin has a passion for the King of Rock n Roll as well as other entertainers from the early days of rock and country music. Colin enjoys performing and the smiles he brings to people’s faces.

If you would like to join us for lunch and a Rock n Roll good time, please call the **Gratiot County COA kitchen office at (989) 875-5332** to register. Deadline to reserve your spot is March 13, 2019. Please call soon as space is limited. If you call after March 13, 2019 your name will be put on a waiting list. The cost is \$2.50 for adults 60 and over and \$5.00 for adults 59 and younger. Hope to see you there!!



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

February, 2019
Volume XLIII
Number 2

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

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

Commission on Aging Welcomes New Staff Members



JAMIE BOLSBY

Many of you know me from the Gratiot Community Senior Center in St. Louis where I worked as the coordinator for 20 years. I am sad to say that I am no longer there, but I haven’t gone far. I

am excited about the opportunity to work full time at the Commission on Aging at the front desk. If you call in to the Commission, you will get to hear my voice or stop by. I look forward to the challenges ahead and will miss the many friends made during my time at the Senior Center.



DAN DAME:

Home Chore/Home Repair Department Supervisor: I have been a resident of Ithaca for 16 years. I was born and raised in Alma. I’m married and have a 14 year old son.

Helping people in the great community of ours is what I love doing. I am a Firefighter/MFR with the Ithaca Fire Rescue Department, and have been there for 7 1/2 years. This gives me many opportunities to help people in their greatest time of need. I love being in the department and helping to make someone’s day better, Being with the Commission on Aging is just another way to help the great people in this county. I look forward to a long career of being there for those who need help with any jobs around their homes.



ALYSSA BOWEN

I am taking over for Jamie at the Gratiot Community Senior Center. I am currently attending CMU, majoring in Psychology and minoring in Nutrition. I am married and my husband and I have many pets. We love spending time with our animals and our families. We are most active in the summer when we kayak, ride horses, fish and take our dogs for walks. I am a professional clown as well as a beginner belly dancer. My favorite pastime is joking around and having fun. I hope to see all of you come in to play games, eat lunch, and meet me!



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

Gratiot County Commission on Aging Mission Statement: *Gratiot County Commission on Aging coordinates programs and provides services which promote and safeguard the independence, well-being, and dignity of citizens of Gratiot County who are sixty years of age or older.*

Most non-profit organizations and agencies run on volunteer power. Volunteers strengthen and enhance the quality of our services. Volunteers stand at the ready to help our professional staff carry out delivery of services which provide a "safety net" for our senior neighbors.

We encourage you to seek out a non-profit agency, a school or church, or other organization that speaks to your heart and values. We would love to meet with you to discuss the many volunteer roles open to you at Commission on Aging.



Meet the Volunteer

This month, we are introducing you to **Sondra Schaub**. Sondra volunteers at the Ithaca Senior Activity Building; is a Senior Gratiot Prep team member who helps prepare our monthly newspaper; and also packages Home Delivered Meals at Commission on Aging.

Do you recall when you first understood the concept of volunteering? I was probably in high school and helped with Migrant Ministries in the summer. We visited the camps and interacted with the children.

Why did you decide to join the volunteer team at Commission on Aging? When I retired in 2013 from my job at 8CAP, I didn't want to sit around and do nothing. I like people and I enjoy interacting with older people like myself. It's fun!

What role(s) do you fill as a Commission on Aging volunteer? I help pack meals for homebound seniors one morning a week and other days if they need a substitute.

What do you hope the people we serve will "get out of" your volunteer activities? Doing good for others is a double blessing. They are blessed, and I am blessed.

What do you "get out of" volunteering at Commission on Aging? Packaging meals to help nourish the elderly makes me feel useful and helps me think of others beyond my own agenda.

From your vantage point, why do you believe volunteering is important? It can be so easy to be self-centered and that is not productive for one's well-being. Volunteering is a way of sharing that I care about others.

Do you have a philosophy that guides your life? "Do all you can, in all the places you can, at all the times you can, for all the people you can, for as long as ever you can." John Wesley

In my experience of working with volunteers, these words of inspiration by John Wesley, or similar words of other great philosophers have inspired Commission on Aging volunteers to do their good works. We appreciate each volunteer and are grateful to each for sharing their time and talents.



FEBRUARY VOLUNTEER ACTIVITIES

Sue Koch Coordinator of Volunteers
989-875-5346

During February, we are inviting you to learn more about Gratiot County Commission on Aging's volunteer roles. Here are the dates when some of our teams' work sessions are held. You are welcome to visit, participate and learn how volunteer activities can help support quality of life for all of us in Gratiot County.

Recycled Greeting Cards Team

Commission on Aging in Ithaca

February 4th 9:00 a.m. - Noon

February 11th 9:00 a.m. - Noon

February 25th 9:00 a.m. - Noon

Mitten Makers/Hats Galore Knit-In

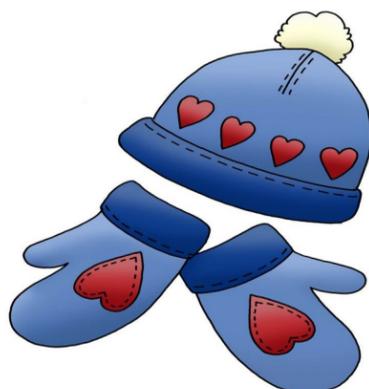
Commission on Aging in Ithaca

February 16th 10:00 a.m. - 2 p.m.

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca

February 22nd 9:00 a.m. - 11:00 a.m.



FALL THANK YOU

Sue Koch Coordinator of Volunteers
989-875-5346

Commission on Aging was pleased to connect Gratiot County volunteer raking groups with twelve senior citizens in need of assistance with leaves. We wish to recognize the good works of:

Trinity Church of Alma
St. Louis National Honor Society
Alma College Women's LaCrosse Team
Seventh Day Adventist School
4-H Group Kountry Kids
4-H Group Something Special

We appreciate the beautiful paper lunch sacks and placemats decorated by the following groups:

Sallie Scheide's Community Engagement & Service Learning Alma College Students
Alma College Student Volunteers - Children's Fall Festival
Alma College Student Volunteers - Sunday Chapel Service
Mrs. VandeWeghe's Leadership Class - Ithaca High School
Gratiot Integrated Health Network - Skill Builders

Your work brightened the day of Gratiot County senior citizens who participate in Congregate Meals at our Food with Friends Sites and who receive Home Delivered Meals.

Thank you to the following groups who made recycled greeting cards for the Cards Program. Cards are available in Commission on Aging's lobby for a suggested donation of .25 cents each. They are beauties!

Mrs. VandeWeghe's Leadership Class - Ithaca High School
Gratiot Integrated Health Network - Skill Builders
Commission on Aging Greeting Cards Team Volunteers

The Recycle Greeting Cards Team extends a huge thank you to Gratiot Integrated Health System's Skill Builders. Group leaders and group participants make beautiful cards and are a wonderful addition to our Cards Team. Thank You for being regular weekly members of the team.

The Mitten Makers/Hats Galore Team added to the total numbers of hats and mittens reported in the December Issue of Senior Gratiot Newspaper. We have received an additional 180 knitted hats and added three pairs of mittens. This brings the 2018 total number of hats to 2,182 and the total number of pairs of mittens to 301. Our volunteer knitters and crocheters are amazing!

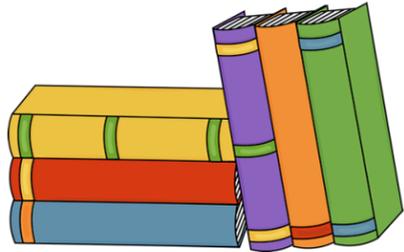
Thank You!
THANK YOU!

THE LOBBY NOOK

Sue Koch Coordinator of Volunteers
989-875-5346

Come browse the Nook for donated paperback and hard covered books. Browse the used puzzle section. Sit a bit to work on a puzzle in progress. You are welcome to take as many books and puzzles as you wish and there is no need to return them to Commission on Aging unless you wish to do so.

Peruse the Greeting Card Racks. In addition to birthday, sympathy, friend, thinking of you, blank note cards, anniversary and many other categories, we now have on display Valentine and St. Patrick's Day greeting cards. We provide a mixture of Greeting Cards – some handmade recycled cards while others are new and never been used. A suggested donation of .25 cents a card helps replenish our supply of card stock/envelopes, glue sticks and other crafting materials needed by our creative volunteers.



Cat Spay/Neuter Clinics
Sponsored by
G.A.I.N. (Gratiot Animals in Need)

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

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

Clinic Dates:

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

American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk, try the following:

Watch your weight.

Quit smoking and stay away from secondhand smoke.

Control your cholesterol and blood pressure.

If you drink alcohol, drink only in moderation.

Get active and eat healthy.



Brush with Bravata!
Tuesday, February 12
1:00 - 2:30 p.m.

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

Below is February's project, a cute pair of Lovebirds. 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!



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



VOLUNTEERS NEEDED!



WANT TO EARN SOME EXTRA \$\$\$?
HAVE A PASSION FOR WORKING WITH OLDER ADULTS OR CHILDREN?
ARE YOU 55 AND OLDER?

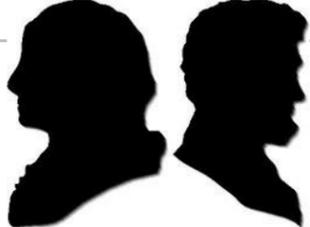
IF YES, YOU ARE JUST WHO WE ARE LOOKING FOR!

JOIN THE SENIOR COMPANION OR FOSTER GRANDPARENT PROGRAM!

CALL THE ISABELLA COUNTY COMMISSION ON AGING FOR MORE INFORMATION!

(989) 772-0748 – ASK FOR KELLY OR CHANCE!

February 2019
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
					12:00 Lunch 12:30 Heart Month	
3	4	5	6	7	8	9
	11:00 Puzzles 12:00 Lunch 12:30 Bingo	12:00 Lunch 12:30 Groundhog Day 1:00 Board Meeting	11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Cold Quiz	12:00 Lunch 12:30 Nutrition Program: Food Choices 12:45 Euchre	
10	11	12	13	14	15	16
	11:00 Scrabble 12:00 Lunch 12:30 History Trivia	12:00 Lunch 12:30 Brush with Bravata	11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Valentine's Day Party	11:00 Farkle Dice 12:00 Lunch 12:30 Euchre	
17	18	19	20	21	22	23
	CLOSED President's Day	11:00 Fly Ball 12:30 Snowflake Craft 1-3 Tax Rebates	11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 11:00 Lunch 12:30 Painting with Melanie	11:00 Dental Health 12:00 Lunch 12:30 Euchre	
24	25	26	27	28		
	11:00 Puzzles 12:00 Birthday Lunch 12:30 Famous Birthday's	11:00 Chair Yoga 12:00 Lunch 12:30 Technology Tuesday	11:00 Wii Sports 12:00 Lunch 12:30 Bingo	11:00 2 for Thursday 12:00 Lunch 12:30 Yahtzee		

Gratiot Community Senior Center

By Alyssa Bowen

Hello Friends,

As some of you may know, I am taking over for Jamie as she starts a new chapter in her life. We wish her the best and are sad to see her leave the Senior Center. However, this has given me the opportunity to fill her position and meet all of you. Some of you have met me and some of you may not have. So I would like to take a minute to do a brief introduction of myself.

My name is Alyssa Bowen. I am currently attending Central Michigan University where I will obtain my Bachelor's degree. I am majoring in Psychology and minoring in Nutrition. I am married and together my husband and I have many pets. The list includes horses, pot-bellied pigs, and even a cockatoo, as well as our two dogs. We love to spend time with our animals and with our families. We are the most active in summer when we kayak, ride horses, go fishing, and take our dogs for walks. I am a professional clown as well as a beginner belly dancer. My favorite pastime is joking around and having fun. I hope to see all of you come in to play games, eat lunch, and meet me!

Please remember to keep an eye out for any closings we may have due to the winter weather. You can listen to the radio and watch the news channel on your T.V. Generally if the surrounding schools, such as St. Louis and Alma, are closed we are as well but this is just a general rule and not always the case. If you have any questions about site closures, or any meal or activity cancellations, please do not hesitate to call the Gratiot County Commission on Aging at 989-875-5246.

On February 18th we will be closed for President's Day, which means that there are no home delivered meals this day either. Please plan ahead and make other arrangements for lunch.

This month will be a great month to get to know each other so I have planned my activities accordingly. I have been listening to your suggestions and will be trying to make some changes to the activities. The changes will be slow at first as I am just getting to know all of you and what activities you like but I will consider all of your opinions and interests. There will be a suggestion box that I will be providing and I will appreciate any ideas that you can give me.

On Friday the 1st we will be discussing how to be more heart healthy as February is American Heart Month. We will talk about diet and exercise and how those factors can help reduce heart related medical issues.

Monday, February 4th, I have bingo scheduled for 12:30. Your suggestions so far have lead me to seek out more days for bingo. My plan as far as February goes is to have bingo every other Monday as well as every Wednesday, like usual. However, President's Day does fall on the 18th so there will be no bingo as the site is closed. After this month we can see if we can add bingo on Monday's permanently.

Euchre is coming back! Every Friday at 12:30 we will be playing euchre. I am hoping that the people who used to play will come back. You are more than welcome to just come by and play euchre but I do encourage you to eat lunch with us as well. If you plan to do so please call ahead and make reservations.

This month we will be trying out many different new games such as Farkle, the dice game on the 15th. Fly ball, the balloon exercising game on the 19th. We also will be playing the more familiar games such as Scrabble on the 11th and Yahtzee on the 28th.
 The nutrition program for this month is

"Wise Food Choices". We will be talking more at length about healthy eating choices. We will also relate this back to heart health as it is American Heart month.

We also have two painting parties scheduled this month and each one allows you to work with different art mediums. Painting with Melanie is scheduled for February 21st. Take home your homemade acrylic painting featuring flip flops on a sandy beach for \$10. The perfect way to escape the cold weather. Deb also hosts a painting party called "Brush with Bravata". In her class, on the 12th of February you will be painting on a 10x10 wooden pallet. The painting this month is called "Love Birds with a Heart". Both ladies are very encouraging, patient, and fun. All materials will be provided just bring a smile. Call ahead to make reservations and for more information at 989-681-4341.

Again, I am beyond excited for the opportunity to get to meet and know all of you. Please come by to see me and eat lunch with us!

"It's time to start something new and trust the magic of new beginnings." – Meister Eckhart



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 December 11, 2018 through January 10, 2019.

Donations

Jamie Bolsby
James & Florence Ann Farrough
Mary Higley
Florence Saurman

In Loving Memory...

Maynard & Lois Netzley
Jason Ruedger
Ken & Rochelle Ruedger & Family
Verle & Mable Boyer
Orville & Naoma Chruch
Timothy & Colleen Boyer
Betty Tobin
Juanita Netzley
Gerald & Kathleen May
Mel Beebe
Mary Beebe

In Honor Of...

Senior Board Members
Lee & Ardith Long



West Gratiot Food with Friends



Anna Smejkal, Nancy Riker & Cindy Simmons joined in the holiday spirit at the West Gratiot FWF site.

Donation

In Memory of:

JOSEPHINE (JO) BARNES
By West Gratiot Friends

Snow Removal Service

Shoveling heavy snow can be a daunting and dangerous task, but village and city ordinances require the residents to maintain clear sidewalks in front of their homes. Given that many of our clients are not able to do this without difficulty and risk of fall, we'd like to extend a helping hand. The Commission On Aging will clear your porches, sidewalks, and driveways for you to reduce the potential for injury! Please call us at 989-875-5246 to have your name added to the snow removal list for that day. We will honor as many requests as possible each day.

Snowfall and drifting keeps us all guessing in Michigan and varies widely throughout Gratiot County. It is necessary for you to contact the COA for **each day** you would like the snow removed and, again, you will be added to that day's list. All donations made will help us cover the cost of operation.

Our home chore assistants use a walk-behind style snow blower to clear driveways. For this reason, we regret that **only driveways of reasonable length** will be cleared in this service. Those who have longer driveways that need to be cleared are welcome to call the COA for a list of individuals who specialize in driveway plowing. These individuals do charge a fee for their services. This fee is paid to that individual, not to COA.

Our staff is happy to help you get through the cold, unpredictable months ahead. Call on your friends at the Commission On Aging for any assistance you may need. It is both our commitment and our pleasure to serve our senior friends!

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!



LUNCH

Served at 12:00 PM
Age 60+: \$2.50 suggested donation
Age 59 & Under: \$5.00 lunch fee

ST. LOUIS SENIOR CENTER
THURSDAY, FEB. 21
12:30-2:00 PM
1329 Michigan Ave.
St. Louis, MI
989-681-4341

ITHACA SENIOR
ACTIVITY BUILDING
FRIDAY, FEB. 22
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.

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

SUGGESTED YEARLY DONATION

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

NAME _____

ADDRESS _____

_____ IN MEMORY OF:

_____ IN HONOR OF:

GRATIOT COUNTY COA TRANSPORTATION FARES

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

Mileage is calculated beginning from the COA office.

Homestead Property Tax & Home Heating Credit Information

The Commission on Aging Staff and Volunteers will provide assistance with Homestead Property Tax and Home Heating Credits. Below, we have listed qualifications as well as documentation required. Please read through the information, review the schedule, and then contact the Commission on Aging at 989-875-5246 to schedule an appointment at any one of the sites listed. **Appointments are required!** We look forward to assisting you with this process.

Homestead Property Credit Qualifications:

- Homeowner’s property taxes must be higher than 3.5% of the homeowner’s income
- Renters, usually 20% of your rent is considered your share of property tax

Home Heating Credit Qualifications:

- A person aged 65 and over must have an income that is less than the income guidelines (The State of Michigan does not give income guidelines to tax preparers until mid-January)

Bring these verifications to your scheduled Tax Credit Appointment

- All income for 2018 (Social Security, pensions, interest, farm income, etc.)
- Property Tax Statements (Homeowners only)
- Proof of heat cost for 2018 (Consumers customers bring December 2018 bill. Fuel/Propane customers bring heat expenses dating between 11/01/2017 through 10/31/2018)
- Medical Supplemental Health Insurance Premiums
- Automobile Insurance (Only the Personal Injury Protection amount is a deduction)
- Rent Payments (Rent paid to a landlord, or lot rent paid to a mobile home park) Rent verification is not needed if you live in a subsidized housing complex

2018 TAX CREDIT APPOINTMENT DATES

Senior Center
1329 Michigan Ave., St. Louis
Tuesday, January 29th
9:00 a.m. — 2:00 p.m.

Greenlund Place
129 Michigan Ave., St. Louis
Wednesday, February 6th
1:00 p.m. — 2:30 p.m.

Sumner Food With Friends
10820 Pine St., Sumner
Wednesday, February 13th
12:30 p.m. — 1:30 p.m.

Commission on Aging
515 S. Pine River, Ithaca
Wednesday, January 30th
9:00 a.m. — 2:00 p.m.

Breckenridge Food With Friends
122 E. Saginaw St., Breckenridge
Thursday, February 7th
10:00 a.m. — 11:30 a.m.

Tartan Terrace Apartments
400 E. Warwick, Alma
Thursday, February 14th
9:30 a.m. — 11:00 a.m.

Heather Court
400 E. Warwick Dr., Alma
Tuesday, February 5th
10:00 a.m. — 11:30 a.m.

Pinestead Apartments
224 Pine St., Breckenridge
Thursday, February 7th
1:00 p.m. — 2:30 p.m.

Scottish Pines Apartments
1575 Pine Ave., Alma
Thursday, February 14th
1:00 p.m. — 2:30 p.m.

Pine Villa
425 E. Warwick Dr., Alma
Tuesday, February 5th
1:00 p.m. — 3:00 p.m.

Park Colony
935 E. Arcada, Ithaca
Tuesday, February 12th
1:00 p.m. — 2:30 p.m.

Senior Center
1329 Michigan Ave., St. Louis
Tuesday, February 19th
1:00 p.m. — 3:00 p.m.

St. Louis Housing
308 S. Delaware St., St. Louis
Wednesday, February 6th
10:00 a.m. — 11:30 a.m.

Fulton Food With Friends
3425 W. Cleveland (M-57), Fulton
Wednesday, February 13th
10:00 a.m. — 11:00 a.m.

Commission on Aging
515 S. Pine River, Ithaca
Wednesday, February 20th
9:00 a.m. — 3:00 p.m.



© Can Stock Photo

****Donations are encouraged to help Commission on Aging pay for postage to mail Tax Credit forms to Lansing****

New Medicare Cards Being Issued

Medicare will be mailing new Medicare cards between April 2018 and April 2019. These mailings will take time, so please be aware that your card may not arrive at the same time as your friend, relative, or neighbor. The new card will have a number that is unique to you, the new number will be called a Medicare Beneficiary Identifier (MBI), and this number will no longer be your 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.



Senior Activity Building December Fun



December Birthdays celebrated by Dorothy Rhines and Pat Owen.



Delbert Towersey, on behalf of Alma I.O.O.F. Lodge #238, presents a gift to the Senior Activity Building. Accepting the gift, on behalf of the S.A.B. Board is Bill DeVuyst (Santa).



Three Outlaws and a Good Guy entertained the Ithaca Food with Friends Seniors for the 25th time. Dan & Pam Crampton, Joan & Lyle Hanson, Ken & Pam Schlafley, Doug & Dorothy Scutt closed the program singing Silent Night with the Seniors.



Craft and Cooke group created wreaths. Seated: Vicky Lute, Gloria Kleinhans, Phyllis Schleder, Helen Hoard. Standing: Pat Cumberworth, Nancy Smith Phyllis Johnson, Joan Spear, Diana Marble, Milene Sparks, Jeannine Wright, and leader for the project, Linda St. Charles



Legal Seminar Planning Ahead: Estate Planning When Facing a Dementia Diagnosis



Estate planning is the process of making decisions and putting steps into place to make sure your wishes are carried out for your health and financial decisions, both before and after your death. When a person has dementia, the estate planning process takes on added importance. Come learn about the special things to consider for planning when you or a loved one has dementia. Topics to be covered:

- ◆ Wills & Trusts
- ◆ Powers of Attorney
- ◆ Giving money away
- ◆ When is it too late to do estate planning? What happens?
- ◆ What if I don't do anything?
- ◆ How can I protect assets if I need care? What about my spouse?
- ◆ What help is out there for paying for care?

Topic: Dementia Related Brain Changes

Date: Wednesday, February 6, 2019

Time: 6:30-7:30 p.m.

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

Presenter:

Rosemary Buhl, Elder Law Attorney
Buhl, Little, Lynwood & Harris, PLC

***Alma United Methodist Church is handicapped accessible.**

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.



Upcoming Events at Alma College

Jan. 31: Alex Montoye, assistant professor of integrative physiology and health science at Alma College, presents "Fitness Trackers: Fad, or Fit to Last?" at 7:30 p.m. Thursday, Jan. 31 at Highland Blush, 118 E. Superior St. in Alma. Admission to the Coffee House Conference informal lecture is free and open to the public.

Feb. 1-2: Alma College Dance presents the annual Student Choreographers' Concert at 7:30 p.m. Friday, Feb. 1 and 2:30 and 7:30 p.m. Saturday, Feb. 2 in the Remick Heritage Center Dance Studio. The entirely student-run production includes representations of modern, contemporary, pointe and lyrical dance styles. Admission is free and open to the public, though seating is reserved and limited. Call (989) 463-7304 for ticket information.

Through Feb. 7: The Flora Kirsch Beck Gallery in the Clack Art Center at Alma College presents the artwork of Dan Rule through Thursday, Feb. 7. Rule, a faculty artist at the University of New Orleans, uses video, digital art, animation and drawings to explore both literal and imaginative landscapes. 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 artist takes place from 7 to 9 p.m. Thursday, Feb. 7.

Feb. 11-March 14: The Flora Kirsch Beck Gallery in the Clack Art Center at Alma College presents the drawings of Eastern Michigan University faculty artist Michael Reedy from Monday, Feb. 11 through Thursday, March 14. 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 artist takes place from 7 to 9 p.m. Thursday, March 14.

Feb. 14-17: Alma College Theatre presents "Eurydice" by Sarah Ruhl at 7:30 p.m. Thursday, Feb. 14, Friday, Feb. 15 and Saturday, Feb. 16 and 2:30 p.m. Sunday, Feb. 17 in the Remick Heritage Center, Strosacker Theatre. In this version of "Eurydice," Ruhl reimagines the classic myth of Orpheus through the eyes of its heroine. With contemporary characters, ingenious plot twists and breathtaking visual effects, the play is a fresh look at a timeless love story. 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.

Feb. 15: The Alma College Chorale lights up the Ides of February with song at 7:30 p.m. Friday, Feb. 15 in the Remick Heritage Center, Presbyterian Hall, Admission is free and open to the public; no ticket is required

Commodity Food Distribution Date

Commodities distribution will be on **February 25, 2019**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. Income guidelines are as follows: one person's monthly income not more than \$1,316; income per couple not to exceed \$1,784 monthly. Anyone interested in the program may contact Eight Cap at 989-463-5693. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from 9:30 a.m. to 11:00 a.m. or at the Commission on Aging, 515 S. Pine River St., Ithaca from 1:00 p.m. to 2:00 p.m.

Senior Activity Building

February 2019

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 scheduled 12:00 Monday - Friday Food With Friends Noon Meal – CALL 875-2135 to make your reservation!!					1 11:30 Blood Pressure checks by Joyce Raycraft	2 11:00 – 1:45 Building Open 12:15 Family Potluck
3	4 11:50 Nutrition Tips on Making Wise Food Choices	5 9:00 EZ Motion 10:30 Cribbage Afternoon Prepare for Cookie Sale 7:00 V.F.W. Post 7805	6 Cookie Sale 1:00 Craft & Cookie Group 1:00 Dominoes	7 9:00 EZ Motion 10:00 Golf Games 11:00 Piano Music By Joyce Raycraft 1:00 Wii Bowling	8 1:00 Friday Cards with Jack & Avis Ginther	9
10 	11 10:05-11:30 Bingo-Prizes from McDonalds & Bee Clean Car Wash 7-9 Dulcimers	12 No EZ Motion 1:00 Progressive Euchre	13 1:00 Dominoes Young Senior Day	14 No EZ Motion 10:00 Golf Games 11:00 Piano Music 11:50 Abi Whitford's Valentine Day Music 1:00 Wii Bowling	15 10:30 Euchre, Skip Bo, Table Shuffleboard	16
17	18 No Food With Friends Building is Closed Presidents' Day	19 9:00 EZ Motion 10:30 Cribbage 12:00 Birthday Celebration 1:15 Senior Activity Building Board meets	20 10:05-11:30 Bingo-Prizes from Schnep's 1:00 Dominoes 7:00 A Tractive Tractor Club Meets	21 9:00 EZ Motion 10:00 Golf Games 11:00 Piano Music By Joyce Raycraft 1:00 Wii Bowling	22 1:00 Friday Cards with Jack & Avis Ginther 1:00 Painting with Melanie Lewis	23
24	25 10:05-11:30 Bingo with Benicia 12:30 Bob Crist 1:00 Bob's Sunshine Gang visits Arbor Grove in Alma	26 9:00 EZ Motion 11:00 Nutrition Advisory Council 1:00 Progressive Euchre	27 10:30 Bean Bag Toss 1:00 Dominoes	28 9:00 EZ Motion 10:00 Golf Games 11:00 Piano Music By Joyce Raycraft 1:00 Wii Bowling		

Senior Activity Building & Food with Friends News

By Jo Jones

Valentines Day reminds us of the love we find each day at Food With Friends and the Senior Activity Building!

Let's look at the schedule above, starting with Mondays. The Nutrition lesson will be on Monday, the 4th. The topic is the Benefits of making WISE food choices.

Bingo will be on Monday (11th and 25th) mornings from 10:05 until 11:30. Prizes will be provided by McDonalds and Bee Clean Car Wash and by United Health Care. Another **Bingo** morning is on Wednesday, the 20th with prizes from Schnep's Health Care. You are welcome to enjoy these fun-filled mornings.

Just For Fun Dulcimer Club will be meeting at 7:00 on the 11th. All Seniors and their friends and family are welcome. You'll hear some familiar songs while you relax and enjoy the music.

The 25th will have us enjoying Bob Crist's music at 12:30 before **Bob's Sunshine Gang** travels to Arbor Grove in Alma. Upon returning to the Building, we will enjoy ice cream sundaes.

EZ Motion begins at 9:00 on Tuesdays and Thursdays. A variety of videos give us directions for stretching and getting much needed exercise. Please notice that there will be no EZ Motion on the 12th and 14th. You learn tips like the best way to get in and out of a chair, how to breathe correctly to get more oxygen into your system, and much more. Do join us, and do as much as you can. The benefits are worthwhile!

Cribbage will be played on Tuesday, the 5th and 19th at 10:30. We have patient teachers, if you would like to learn this game. Mark your calendar!

Progressive Euchre will be on February 12th and 26th. December Blue ribbon was won by Dennis Hipolite. The Red ribbon winner was Pat Owen.

The **February birthday celebration** will be on Tuesday, February 19th at noon.

The **Senior Activity Building Board** meeting will be at 1:15 P.M. on February 19, 2019. You certainly are encouraged to attend and participate at these meetings.

The **Cookie Sale (your favorite raspberry filled cookie) is on Wednesday, the 6th**. Your order needs to be made by January 29th or for sure by the 30th. Thanks for your support.

The **Craft and Cookie** group will meet at 1:00 on Wednesday, the 6th. Please sign up if you plan to attend.

Young Senior Day is on the 13th! PLEASE call in your reservation for your FWF meal, if you are one of those busy young Seniors who can only join us once in a while. We want to enjoy your company.

Each Wednesday, come join us for **Dominoes at 1:00**. There's always much laughter and banter around the table. You are welcome to join us. Don't forget Bingo on the 21st from 10:05 to 11:30. Schnep's provide the prizes.

On the 27th, we will play Bean Bag Toss at 10:30.

On Valentines Day, the 14th, we ask you to find some RED color! Abi Whitford will be back with entertainment that will warm your heart.

Golf games are popular on Thursdays. The competition begins around 10:00. You

are invited to join in at any time, any Thursday.

Joyce Raycraft is with us each Thursday morning by 11:00. Her **piano music** is most enjoyable for those that like to sing a long, as well as for those that are listeners only.

Each Thursday, we have **Wii bowling** at 1:00.

On the first Friday, Volunteer Nurse, Joyce Raycraft, will screen your **blood pressure** from 11:30 until noon.

Friday Cards (which includes bridge) will be on the 8th and 22nd from 1:00 until 3:30. 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 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 Friday, the 22nd at 1:00. Please call to make your reservation for this class.

You are encouraged to bring some of your family members with you to our monthly **potluck on the 2nd**. All of the food is furnished by those who come, but you may still come without a dish to pass, and make a donation to the Potluck fund. Our cooks prepare plenty for everyone. The food is always excellent, as well as the fellowship. The Building furnishes the coffee. Do remember to bring your own table service.

Our Building is open each weekday morning at 8:00, with a warm welcome. By 10:00, games, news, card games and visits are in full gear! Linda and Jo both thank you for your cards and generous gifts at Christmas.

Happy Valentine's Day to YOU!!

Senior Activity Building Gifts

THANK YOU for your gifts received by the Senior Activity Building from December 9, 2018 through January 10, 2019.

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

GIFTS in GRATITUDE to SAB
By Harry & Milene Sparks
Alma I.O.O.F. Lodge #238
Jo Jones
Joyce Raycraft
Country Chef Coffee Group
Bob & Mary Sullivan
Howard & Nancy Crites
Shirley Laurenz
Fred & Helen Hoard

In MEMORY of EMMA TROUB
By Bob & Gail Paradise

In MEMORY of AMBER HILL
By Bernard & Linda DeVuyst

In MEMORY of DELBERT CRUMBAUGH
By Bob & Mary Sullivan

In MEMORY of LINDA REEVES
By Judith Eichorn
Dick & Phyllis Schleder

In MEMORY of JACK ARNOLD
By Joyce Beard

In MEMORY of FRED G. JONES
By Jo Jones

In MEMORY of FRED & JO JONES' PARENTS
By Jo Jones

In MEMORY of MANY SENIOR FRIENDS
By Jo Jones

In MEMORY of CHET & RUBY YODER
By Dolores Lombard

In MEMORY of BILL LOMBARD
By Dolores Lombard

In MEMORY of THELMA CHENEY
By Pat Tuck

In MEMORY FRED G. JONES
By Peg Jones & Andy Zeek

In HONOR of JO JONES
By Peg Jones & Andy Zeek

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

In MEMORY of FRED JONES
By Heng Srey

In HONOR of JO JONES
By Heng Srey



An Overlooked Form Of Dementia

By Sherri Florez

Posterior Cortical Atrophy

The definition from Wikipedia is as follows:

Posterior Cortical Atrophy-(PCA), also called Benson's Syndrome, is a form of dementia which is usually considered an atypical variant of Alzheimer's Disease (AD). The disease causes atrophy of the posterior part of the cerebral cortex, resulting in the progressive disruption of complex visual processing. PCA was first described by D. Frank Benson in 1988.

What is it and what are they symptoms?

PCA is a form of Dementia that affects a person's vision. This is often overlooked as it affects vision without any other form of eye disease. Individuals often think they need glasses or a new prescription to current glasses. This form of Dementia only presents a mild change in cognitive skills initially, therefore often goes undetected. Seeing more than one thing at a time can be quite difficult. The person may look at a plate of food, yet can't see the vegetable on the plate. Or look at a table of several items, but can't see the set of keys that are clearly on the table. Currently, PCA has been found in one out of every twenty Dementia patients (according to the Alzheimer's Associations).

In addition, an increase in behaviors such as anxiety and irritability have been noted. Due to PCA and it's early onset, many people are still continuing their careers or parenting responsibilities. Suddenly a person begins to lose their independence as they cannot perform their daily routine correctly, or any longer, which can lead to depression.

Diagnosing

Brain imaging is used in establishing the diagnosis of PCA. Early on, an MRI will typically show atrophy in the posterior part of the brain that is out of proportion to atrophy in other parts of the brain. FDG-PET, a measure of brain metabolism, will show reduced activity in the same brain region. In the PCA cases due to AD, PET-amyloid scans will show accumulation of amyloid in the posterior portion of the brain as well. (From the Department of Nuclear medicine/Radiology, University of Michigan)

Treatment and Other Helpful Guidelines

Although no medications carry a specific FDA indication of having been proven effective in reducing PCA symptoms, doctors often prescribe cholinesterase inhibitors such as Donepezil (Aricept), Rivastigmine (Exelon), or Razadyne (Galantamine) or the glutamatergic medication Memantine (Namenda). This makes sense because AD plaques and tangles are so often the underlying cause of PCA. (Medicinenet.com)

Modifying the Home for Safety

Remove clutter, label items, label drawers, remove throw rugs, place stickers on glass doors and large windows, and add lighting. Al-

so, assist the person as needed including driving, paying bills, using a checkbook, setting up medications, removing old medications, and obtaining a simple phone. Assistance with obtaining a power of attorney may also be necessary. All things will become difficult due to the obscured vision. Seek support from medical professionals, support groups, and respite facilities. Being proactive will give you the best understanding of what to expect.

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. Good Company is partially funded by Gratiot County Community Foundation.



New Dementia Caregiver Support Group

A new support group for dementia caregivers will begin on Wednesday, February 6 from 4:30 to 5:30 p.m. The support group will meet weekly at the Alma United Methodist Church. Participants are encouraged to attend weekly, but are welcome to drop in on occasion. You are also welcome to attend even if your loved one has not been officially diagnosed, but you suspect that some brain change is occurring.

Dementia Caregiver Support Group

Date: Every Wednesday

Time: 4:30 to 5:30 p.m.

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



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

West Gratiot

By Cindy Simons

The West Gratiot site attendees brought in 2019 with a variety of activities. We shared in some punch and treats on the first day back from New Year celebrations. Then, we helped Carole Brauher and Anne Marrin celebrate their January birthdays. Anne and Larry Marrin celebrated a wedding anniversary, also.

The nutrition and wellness topic gave us a renewed focus on our daily habits related to purchasing, storing and consuming foods to enhance our personal health.

Thanks to everyone who participated in our annual "Hat Day". Your tales about your favorite hat were very special.

The response to jokes shared on "Yarn Day" ranged from light chuckles to belly laughs. Thanks for bringing in some great stories!

The Laurels of Fulton is welcomed back as a sponsor for our Wednesday BINGO games. It is an honor to have the care facility support for our activities. Thank you, Nancy Buzard and staff, for the gift card donations.

Now, here are activities coming up:

To start the month, the nutrition and wellness topic will be covered on Friday, February 1st.

Our annual winter craft project - coating pine cones with seeds for the birds - will be completed on Wednesday and Friday, February 6th and 8th. Supplies will be set out by 11:00 so participants can work on the project before lunch.

Gratiot COA staff will be available to assist seniors with Homestead Property and Home Heating tax credits on Wednesday, February 13th, at the West Gratiot Site, from 12:30-1:30 p.m. Call the Gratiot COA office to make an appointment and for more details (*appointments are required*).

Celebration of the February birthdays and anniversaries will be on Wednesday and Friday, the 13th and 15th.

Help celebrate Valentine's day by wearing red and/or pink on February 13th and 15th. Share your favorite story or movie about a character showing compassion and caring for another person.

The site will be closed and there will be no Home Delivered Meals on Monday, February 18th, in honor of President's Day. Enjoy the winter wonderland!

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.

Weekly Activities

	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

West Gratiot Highlights

- 1 Nutrition & Wellness Topic
- 6 & 8 Craft Project
- 13 Tax Credit Appointments
- 13 & 15 Birthday & Anniversary Celebrations
- Wear Pink or Red: Stories of Compassion & Caring
- 18 **CLOSED - Presidents' Day**



Breckenridge

By Pat Schultz

Hope everyone is staying warm on these cold winter days! Just remember Spring is only six weeks away and I'm sure we are all looking forward to it.

I just want to give you a bit of information on an upcoming event that we are planning here at Breckenridge. Mark your calendars for a "Rockin Good Time" Luncheon, Thursday, March 21st. We will be having it at the Breckenridge United Methodist Church in Breckenridge, as our food site location is not large enough. We will be having a young Elvis Tribute Artist, Colin Dexter, from Jackson, Michigan for the entertainment. He does a fabulous job paying tribute to Elvis, but he will be paying tribute to other 50's and 60's artists as well. I have seen Colin perform and he is a wonderful singer and is good at what he does. We will have more details in next months paper, but seating will be somewhat limited so sign up as soon as possible.

We have many things going on in Breckenridge in February, including a Valentine Dinner at the school with the National Honor Society. Come and join us for some of our activities or lunch. Or just stop in and say HI!

Here are activities for February:

- 2-4 Cardmaking at the Library after Lunch
- 2-5 Bingo with Schnepps Health Care
- 2-6 Making Bookmarks
- 2-8 Knit & Crochet Fun - Bring your projects and let's have some fun
- 2-11 Ceramics - Cost is \$10.00 and all materials are furnished. Please sign up early
- 2-12 Bingo
- 2-13 Valentine Dinner at the school. Must sign up by Wednesday, 2-6.
- 2-15 Puzzle Day
- 2-18 **CLOSED-PRESIDENTS DAY**
- 2-19 Bingo
- 2-20 Make a Suncatcher
- Movie Day at the Library
- 2-26 Bingo
- 2-27 Nutrition Education
- 2-28 Ask the Chief of Police Question Day

We play Euchre or other card games most mornings as well as other board games. Stop in and see what we have to offer and visit with old friends or maybe make some new ones. Everyone is always Welcome!



Greetings from Fulton

By Irene Noffsinger

Did you know that February 11th is NATIONAL DON'T CRY OVER SPILLED MILK DAY? Interesting! There are days for everything. Basically this means something has already happened, you can't change that it did, so, do *not* worry, do *not* stress. Think positive and look on the bright side. It amazes me that a day is designated for positive thinking. I think it should be a way of life. So, remember when you are looking outside at the snow or ice, and homebound because of it, this too will pass. We positively know spring will come.

Here we are again. On the way to spring. February is a wonderful month. For people who love winter, you generally can ski, sled, skate, snowboard or any of the other sports that are available in the winter. For everyone else, it is a great time to stay in, read a book or visit with family. If you are romantic, there is always Valentine's Day. Thinking along those lines, please join us on February 11th. We will be making valentines cards to share with our friends that are shut in at Laurels of Fulton. All supplies will be furnished, however your presence will be greatly appreciated.

Come and join us on Wednesday, February 6th to decorate Valentine cookies. Everything will be furnished. You can decorate them and eat them, or take them home.

On February 14th, Laurels of Fulton will be furnishing us dessert for Valentine's Day. Please join us for lunch and dessert.



BOOKS BOOKS BOOKS

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

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

- 2-1 Lunch/Euchre
- 2-4 Lunch/WII/Phase 10
- 2-6 Lunch/Cookie Decorating/Cards
- 2-8 Lunch/Euchre
- 2-11 Lunch/Make Valentines/WII
- 2-13 Lunch/Special Dessert/Cards
- 2-15 Lunch/Euchre
- 2-18 **CLOSED-PRESIDENTS DAY**
- 2-20 Lunch/Cards
- 2-22 Lunch/Euchre/Nutrition Education
- 2-25 Lunch/WII/Phase 10
- 2-27 Lunch/Cards/Tripping Down Memory Lane

FULTON SENIOR CENTER DONATIONS

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

Hogle Trucklines, Inc.

**SENIOR GRATIOT
NEWSPAPER
DONATIONS**

These people generously donated \$597.00 to the "Senior Gratiot" Newspaper contribution fund from December 16, 2018 to January 14, 2019. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

- Peggy Trgina
- Joan Cook
- Marcia Barton
- Shirley Ropp
- Robert & Linda Monroe
- Dan & Linda Foster
- Jim & Veronica Norris
- John & Sue Belles
- Sharon Goffnett
- Kendall & Marlene Foster
- Louis & Geraldine Dame

IN MEMORY OF

- MARION E. BROWN**
By Joanna Brown
- JO BARNES**
By Barbara Conner
- L.J. & MARYBELLE PATTERSON
FERD & MAGDELYN DICKMAN**
By Al & Becky Dickman
- VERLE & MABLE BOYER
ORVILLE & NAOMA CHURCH**
By Timothy & Colleen Boyer
- BILL LOMBARD
CHESTER & RUBY YODER**
By Dolores Lombard
- JACK ARNOLD**
By Robert & Linda Monroe
- TERRY GROSS**
By Rex Coleman
- CATHERINE M. NELSON**
By Gerald & Kathleen May
- LARRY ACKELS**
By Andrea Ackels
- SANDRA FLEGEL**
By Ronald Littell
- MEL BEEBE**
By Mary Beebe
- BETTY TOBIN**
By Julie & John Shimunek
- BILL FRANCETIC**
By Nancy Francetic
- LILA DECKER**
By Donna & Paul Erskine
- HUBERT, VIOLET & LINDA CHURCH**
By Kathleen Hutchins

- DORIS JEAN BROWNE
CLAY HILL
GARY GROSS
SHIRLEY WILLEY**
By Dave & Vicky Browne

IN HONOR OF

- LINDA WHITE CRANDEL, MY SISTER
& FRIEND**
By Douglas White

**COMMISSION ON AGING
DONATIONS**

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

- United Methodist Women
- James & Kay Pavlik
- Rosewood Church
- Leslie Needham
- T.J. Schmitz
- Lincoln Rd. United Methodist Church
- American Legion Post #334

IN MEMORY OF

- JEAN M. BIESKE**
By Harold & Pauline McClintic
Gordon B. Bieske
- DELBERT CRUMBAUGH**
By Wendy & Scott Cary
- JOYCE COVINGTON**
By Bill & Sandi Allen
Diane & Karl Nold
F.M. Peterson-Pasch
Larry Richards
Phil & Carolyn Stahl
Barb Stuckey
Pat Van Atten
- LILLIAN MANNS**
By Cindy Roberts
Deborah & Gary Manns

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

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

- Gratiot Community Credit Union
- Elizabeth & Douglas Hamilton
- CSA Fraternal Life

IN MEMORY OF

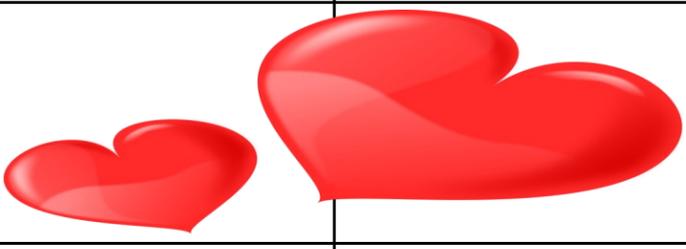
- BILL O'BOYLE**
By Tommy & Carol Crow

IN HONOR OF

- JOSEPHINE BARNES**
By West Gratiot Site Food with Friends
- WANDA O'BOYLE**
By Tommy & Carol Crow
- GREAT GRANDKIDS OF BILL & WANDA O'BOYLE**
By Tommy & Carol Crow

P I H S D N E I R F D I P U C A L
V D H S U R C A C F B A L E N D O
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| AFFECTION | CUPID | FOREVER | PROPOSAL |
| ATTRACTION | DARLING | FRIENDSHIP | RELATIONSHIP |
| BEAU | DATE | GIFT | RESTAURANT |
| BELOVED | DEAR | GIRLFRIEND | ROMANCE |
| BOYFRIEND | DEVOTION | HEARTS | ROSES |
| CANDLES | FANCY | JEWELRY | SENTIMENT |
| CANDY | FEBRUARY | LIKE | SUITOR |
| CHOCOLATES | FLAME | LOVEBIRDS | SWEETHEART |

Monday	Tuesday	Wednesday	Thursday	Friday
		SOUP/SALAD ONLY AVAILABLE AT FOOD WITH FRIENDS SITES	SOUP/SALAD MEAL ALSO INCLUDES WHOLE WHEAT BREAD AND MILK	Cabbage Roll Casserole Corn Apricots Wheat Bread ¹
4 Chicken Stew Corn & Lima Beans Coleslaw Fruit Cocktail Wheat Bread	5 Swedish Meatballs Kyoto Vegetables Multi Bean Salad Strawberries Wheat Bread	6 Beef Stroganoff Capri Blend Vegetable Pineapple Rice Pudding Wheat Bread OR CHEF SALAD & MINESTRONE SOUP	7 Roast Pork Whipped Potatoes Carrots Cinnamon Applesauce Wheat Bread	8 Turkey Loaf Baked Potato Tossed Salad Citrus Fruit Cup Wheat Bread OR CHEF SALAD & BEEF VEG SOUP
11 Potato Crunch Pollock Scalloped Potatoes Carrots Fresh Orange Wheat Bread	12 Sliced Turkey Whipped Potatoes/Gravy Winter Blend Fruit Cocktail Dinner Roll	13 Chicken Pattie/Bun Italian Blend Redskin Potatoes Leprechaun Fluff OR CHEF SALAD & BEEF VEG SOUP	14 Veal Parmesan Corn Beet Salad Mixed Fruit Cup Dinner Roll	15 Macaroni & Cheese Green Beans Tossed Salad Mandarin Oranges Wheat Bread OR CHEF SALAD & MINESTRONE SOUP
18 CLOSED PRESIDENT'S DAY	19 Chicken a la King Brussel Sprouts Coleslaw Mixed Fruit Cup Biscuit	20 Hamburger / Bun Lettuce and Tomato Au gratin Potatoes Peach Crisp OR CHEF SALAD & STUFFED PEPPER SOUP	21 Pork Chop Whipped Potatoes/Gravy Winter Blend Pears Wheat Bread	22 Potato Crunch Pollock Scalloped Potatoes Carrots Fresh Orange Wheat Bread OR CHEF SALAD & CHICKEN VEG SOUP
25 Sloppy Joe Carrots Multi Bean Salad Peaches Hamburger Bun	26 Baked Chicken Whipped Potatoes/Gravy California Veggie Blend Tropical Fruit Wheat Bread	27 Macaroni & Cheese Spinach Tossed Salad Citrus Fruit Cup Wheat Bread OR CHEF SALAD & CHICKEN VEG SOUP	28 NEW MEAL Chicken Nuggets Potato Rounds Green Beans Fruit Cocktail Wheat Bread	

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

Milk provided with all meals
Suggested Donation \$2.50

FOOD WITH FRIENDS

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

JANUARY 2019 PREP TEAM VOLUNTEER THANK YOU

Our thanks to the Senior Gratiot Prep Team members who devoted 31.25 hours preparing the January issue of the Senior Gratiot Newspaper.

Jim Peck, Lisa Skaryd, Ruthie Malek, Helen Hoard, Irene Peck, Linda Cox, Vicki Bertoni, Carol Glave, Nancy Crites, Iris Henries, Dorothy Rhines, Lora Schultz Sally Martin, and guest, Heidi McGillis.



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

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