

JULY

2nd Annual Food with Friends County Wide Senior Summer Games

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

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

We hope you take this opportunity to enjoy the warm summer breezes, good food, fun and enjoy the company of friends. There is a suggested donation of \$5.00 which includes the cost of lunch. To make reservations for the picnic, please call your local site or the Commission on Aging at (989) 875-5246 by July 20th. All Food with Friends sites will be closed on August 6th so all of the site managers and participants from the five sites throughout the county can attend the picnic. Hope you will join us at the 2nd Annual County Wide Senior Summer Games!



Like Gratiot County Commission on Aging
On Facebook & Twitter



Gratiot County Recycling Event Big Success!

Thanks go out to all Gratiot County residents who participated in the Commission on Aging's recycling event that was partnered with Padnos and the City of Ithaca. The \$1,474.43 that was generated has been earmarked for the modular ramp program that is being developed by Commission on Aging.

THANK YOU!



Jen Cook, Commission on Aging Director, Chris Yonker, Ithaca City Manager; Amanda Glazier, Padnos Recycling Yard Manager

How to Obtain an Absentee Ballot For August 7 Primary Election

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

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



SENIOR GRATIOT

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

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

July 2018
Volume XL
Number 7

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

ICE CREAM SOCIAL

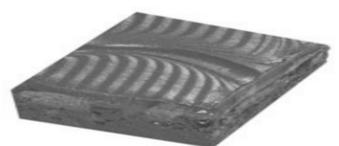


Wednesday,
July 18, 2018
5:00-6:30

The Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis, invites everyone to join us for our annual fundraising Ice Cream Social. We will be serving sloppy joes, a pickle slice, chips, and of course ice cream with chocolate sauce and strawberries, homemade brownies and beverages.

Why not invite your family & friends to enjoy a summer treat with you? We will have special entertainment and door prizes.

Take a break from the summer heat to cool off and catch up with friends. Tickets are \$8.00 and will be available from any Board Member or from the Center. All proceeds go to the operating costs of our building. Thanks for your support.



VOLUNTEER CORNER

~With Sue Koch, Coordinator of Volunteers



OBSERVATIONS FROM THE COORDINATOR OF THE VOLUNTEER'S DESK Sue Koch Coordinator of Volunteers 989-875-5346

In my previous life as a nurse, I knew the medical field came with its own language, abbreviations, verbal short-cuts and codes. It should not have come as a surprise that a volunteer new to the workings of Commission on Aging might not yet know our wordage. At our May Knit-In, a new volunteer, Pat, heard a conversation about "the Cards Team." She stood up and said, "What? You have Card Teams here? What do you play?" How disappointed Pat was to learn that the conversation was about the team of volunteers who use donated once-used cards to recycle beautiful new cards on fresh card stock. So now she knows! We all had a good laugh.

Let me bring you up to date on some of our volunteer teams and what they do.

The **Cards Team** is a group of novice and experienced craft people who enjoy creating something interesting, beautiful or special from recycled greeting cards. Commission on Aging provides all the supplies and a comfortable setting where the company of others is enjoyed. Currently we are meeting at COA in Ithaca each Monday from 9 a.m. – 12 noon except holidays. Our cards are available in the lobby of COA for a donation of .25 each. Proceeds help defray the cost of craft supplies.

The **Senior Gratiot Prep Team** has a membership of 25 members. One morning each month from 9 a.m. – 12 noon, twelve to eighteen of its members gather at COA in Ithaca to prepare the paper for mailing. It is a three step task – fold the paper in half, tape the paper in two places and place a pre-printed label on the paper. The team prepares over 3200 papers to the standard that is required by the U.S.P.O. to qualify for the NON-PROFIT ORGANIZATION U.S. POSTAGE PAID PERMIT NO. 4. It is a good thing!

The **Main Kitchen Packaging Team** works alongside staff on a short assembly line putting together the hot meal and the cold sack for delivery to the five Food with Friends Sites. Most volunteers stand to do their task, but sitting on a high stool is an easy accommodation for someone who tires easily. Rest breaks are frequent. Meals are packaged in the main kitchen at COA in Ithaca from 8 a.m. – 11:30 a.m. Mondays through Fridays except holidays. Pick one morning each week (or whatever you can offer each month) and come join the team.

A **Home Delivered Meals Team Members** deliver the hot nutritious meals to frail homebound seniors. While delivering the meal the volunteer offers words of greeting, a smile, and observes for any change in the senior since the last visit. The volunteer receives a thank you and smile in return. *As we move into summer, our need for volunteer meal delivery drivers in-*

creases. Please consider delivering a local route once a week or forming a team to deliver meals. Is your church, business or organization looking for an opportunity to serve others? The community outreach opportunities through this unique program really makes a difference in a senior's life. Route mileage is reimbursed to the volunteer.

The **Mini-Van Volunteer Driver Team** transports seniors to medical and other appointments using handicap accessible Commission on Aging vans. Beyond the transportation, the volunteer connects the senior with community changes and happenings.

It takes many teams of volunteers to meet the needs of Gratiot County seniors. Our Mission is simple: 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. There is no charge for many services, however, donations are encouraged to help maintain the programs. Programs are funded by Region VII Area Agency on Aging, AASA, Gratiot County Senior Millage, and donations. Volunteers fuel our programs with thoughtful dedication and energy. Please see related article about how our Mini-Van Transportation Program volunteers help meet the needs of Gratiot County veterans 60 years and older.



"Chalk Art Sign" Thursday, July 12, 2018 12:30

"Life's little moments make the best memories" is just one of the sayings you can select for your own original "Chalk Art Sign". All supplies will be furnished and the cost is \$10.00 due upon registration. Choose your own meaningful quote from several selections and instructor Rose will lead you through each step.

Call or stop into the Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis to sign up today.

You must register for this class in advance by calling 681-4341 and the deadline for sign-up is Monday, July 9th. If you would like to eat lunch with us before the class, please let Jamie know when calling in.



RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch, Coordinator of
Volunteers
989.875.5346

RIGHT PLACE AT THE RIGHT TIME Sue Koch Coordinator of Volunteers 989-875-5346

Scott Hicks, LPN and I are well underway with our current offering of Stanford University's PATH-D (Type II Diabetes) Workshop. Type II Diabetes is a chronic illness that puts you at risk for complications such as heart disease, vision loss, kidney disease and amputation. PATH-D Workshop provides information to help you manage Type II Diabetes. According to the American Diabetes Association, the Centers for Disease Control and Prevention, the National Institute of Diabetes, and the National Institute of Diabetes and Digestive and Kidney Disorders, an active manager of Type II Diabetes can feel better and prevent or delay the associated problems of this disease.

What is unique to this year's workshop is the number of participants with prediabetes. 23.1 million adults 65 or older have prediabetes. Many seniors are unaware that they have Prediabetes which puts the senior at risk for Type II Diabetes. This risk can be cut in half by losing weight - as little as 5 pounds can begin the return to a blood sugar reading within the normal range.

Our workshop educates seniors with prediabetes and those seniors with Type II diabetes. Our workshop members are in *the right place at the right time* to understand that:

- *Feeling better is achieved by eating healthy foods in controlled serving sizes.
- *Feeling better may be achieved by slowly (under the direction of your health care provider) increasing your physical activity.
- *Meeting regularly with your health care provider for check-ups is essential. Please report any concerns you have about medications to your health care provider.
- *Now is a good time to seek help with a smoking cessation program.

Each person with Type II Diabetes is a unique individual. Management of any health care challenge is not a "one size fits all." However, there are general guidelines to ensure you are taking good care of yourself. Your health care provider may order visits and tests more frequently depending on your needs:

- *Yearly dental visits along with daily brushing and flossing.
- *Monitor your daily blood sugar levels at home using the schedule your health care provider orders. Keep a log of all readings.
- *Follow your health care provider's suggestions for an A1C test, cholesterol test, and blood pressure monitoring. Work together with your health care team to meet the recommended goals.
- *Your health care provider may order blood and urine tests every year to check on the health of your kidneys.
- *Check your feet daily for cuts and sores. Report concerns to your health care provider immediately. Request your feet be checked at every health care provider visit.

Gratiot County Commission on Aging's PATH Workshops are supported, in part, by the U.S. Administration on Aging, Michigan Aging and Adult Services Agency and Region VII Area Agency on Aging.

DAY TRIPS

By Trip Coordinator

DAY TRIPS: Notify the Senior Center office (989)-681-4341 immediately if you must cancel a reservation. If you found your own replacement, please provide their name to the Senior Center office. Refund checks may be issued when the trip does not include prepaid expenses and you cancel more than 30 days prior to the trip date. Otherwise, a refund will be issued only if we can find a replacement from the reserve list.

Making Memories with Each Trip!

WALKING LEVELS

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

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

ALL PAYMENTS are made out to: **Gratiot Community Senior Center** and mailed to the address below:

Gratiot Community Senior Center
P O Box 205, St. Louis, MI 48880

Rules to follow for Day Trip:

1. Please call right away to 989-681-4341 if you are interested in a trip. Check your calendar & check it again after you make the reservation. Make your **payment** by the **due date** so you may be assured of a seat. Otherwise, those names on the waiting list will be contacted and your seat may be filled if you do not make your payment as scheduled.
2. When we set a date for a performance, the theater needs to know many weeks in advance how many people will be coming. Tickets are expensive and we don't want to buy tickets that do not get used.
3. If you have to cancel because of illness, you must call before the day of the trip. If you forget to attend or just do not show up, we will not give a refund or credit because we have reserved a ticket for you and someone else may have wanted to go but was unable due to a full coach.

THANK YOU

Cathy Yourchock, Nutrition Coordinator

A big thanks to the Women's Life Group from Resurrection Life Church of St. Louis for graciously donating 91 bags filled with goodies which were delivered to seniors on several Home Delivered Meal Routes in Gratiot County. The Women's Group also decorated many lunch bags that we use for packing the Home Delivered Meals in. These bags will be used during the next couple of months. Your efforts brighten the days of the older adults receiving meals, so on behalf of the home bound seniors of Gratiot County, I give you a big THANK YOU for taking time out of your busy days to provide little, thoughtful gifts.

Willkommen to Frankenmuth! Tuesday, July 31, 2018 \$69.00

Bus Leaves at 9:00 a.m.

Back at 6:00 p.m.

Money due by Fri., June 29, 2018
Walking Level 1

Come join us for a day of fun in Frankenmuth! Known as Michigan's Little Bavaria, this quaint town delights over three million visitors annually.

We will begin with lunch at the Bavarian Inn. Our meal will include three pieces of chicken, mashed potatoes with gravy, baked dressing, coleslaw, homemade bread, chef's choice dessert, coffee, tea, milk or fountain drink.

After lunch, we will have time to visit the Castle Shops on the lower level of the Bavarian Inn or venture across to the River Place Shopping Village.

Next, we'll give our legs a rest and enjoy a 1 hour, historical, narrated tour of the Frankenmuth area aboard the Bavarian Belle Riverboat.

Following our cruise, there will be time to visit the unique and eclectic shops downtown and browse the lovely landscaped platz, in front of the visitor center, with a German-inspired water fountain. If you're too tired to walk and shop, there are plenty of places to sit, relax and take in the sights and sounds of Frankenmuth.

Don't miss this day of fun, delicious food, relaxation and shopping! **Call Jamie today at 681-4341 to make your reservation.** Trip includes transportation, lunch, riverboat cruise, tax and gratuity. Auf Wiedersehen!



The Grand Lady Riverboat & John Ball Zoo Wednesday, August 29, 2018 \$75.00

Bus leaves at 8:30 a.m.

Back at 6:30 p.m.

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

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

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

1 - Napa Almond Chicken Salad
(chicken, grapes, celery, almonds)

2 - Tuna Salad

3 - Turkey

4 - Ham & Swiss

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

Following our boat ride, we'll spend two hours at the John Ball Zoo in Grand Rapids. This zoo has over 2,000 animals and

more animal touching exhibits than any other zoo in Michigan. There will also be a variety of concession options, a gift shop to peruse and plenty of places to sit for those who would prefer to take in the sights and sounds of the zoo environment without a lot of walking.

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



Mobile Food Pantry For Gratiot County Residents

If you or someone you know must choose between buying food, filling prescriptions or is having a tough time putting food on their table, please tell them about this important program.

When: Tuesday, July 10

Registration at 4:00 p.m. with food distribution from 4:00 to 6:00 p.m. or until all the food is distributed.

Where: East Washington Church
8051 S. Crapo Rd., Ashley, MI

Who Can Participate?

- * Senior citizens on fixed incomes
- * Families/individuals with limited or low income jobs
- * **MUST BE A RESIDENT OF GRATIOT COUNTY**

What you need to bring:

- ◇ Proof of residency in Gratiot County - valid driver's license or Michigan ID **AND** one piece of mail from where you live in Gratiot County
- ◇ Participants **MUST** bring boxes, bags or containers to carry food

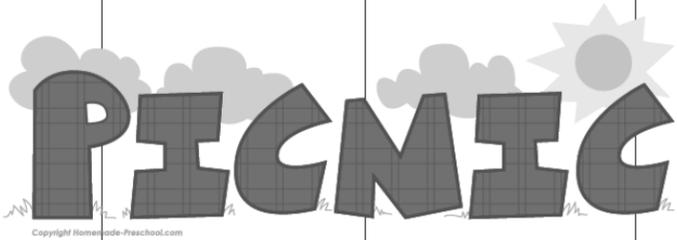
For more information or if you would like to volunteer with the mobile pantry, call the Greater Lansing Food Bank at (517) 908-3680.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.



July 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 12:00 Lunch 12:30 Brain Game	3 12:00 Lunch 1:00 Senior Center Board Meeting	4 CLOSED 4th of July	5 11:00 Puzzles 12:00 Lunch 12:30 In The News	6 12:00 Lunch 12:30 Zookeepers Quiz	7 
8	9 12:00 Lunch 12:30 Brain Game 6:30 American Legion Meeting	10 10:00 Project Fresh 12:00 Lunch 12:30 "Tell Us All About It"	11 11:00 Coffee Hour 12:00 Birthday Lunch 12:45 Bingo	12 11:00 Puzzles 12:00 Lunch 12:30 "Chalk Art" craft with Rose	13 12:00 Lunch 12:30 Word game	14
15 	16 12:00 Lunch 12:30 Brain Game	17 12:00 Lunch 12:30 How Would You Handle This?	18 12:00 Lunch 5:00-6:30 Ice Cream Social Fund-raiser Dinner	19 11:00 Puzzles 12:00 Lunch 12:30 In The News	20 12:00 Lunch 12:30 Ice Cream Treat & Word Game	21
22	23 12:00 Lunch 12:30 Brain Game	24 12:00 Lunch 12:30 "Bald Is In"	25 11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	26 11:00 Puzzles 12:00 Lunch 12:30 Nutrition for Seniors	27 12:00 Lunch 12:30 Remember When?	28
29	30 12:00 Lunch 12:30 Brain Game	31 9:00-6:00 Frankenmuth Bus Trip 12:00 Lunch 12:30 Tues. Trivia				

Gratiot Community Senior Center

By Jamie Bolsby

Dear Friends,

How are you going to celebrate your 4th of July? Do you have plans to get together with family and friends to enjoy a picnic or gather for a fireworks display? Maybe this is the perfect time to catch up on home chores, gardening or to relax and finish that good book. Make it a safe holiday.

I would like to invite everyone to our Ice Cream Social fundraising event on Wednesday, July 18 from 5:00-6:30. We will be serving sloppy joes, pickle slice, bag of chips, with ice tea or coffee. For dessert, indulge in vanilla ice cream with your choice of chocolate syrup or strawberries and a brownie. Tickets are only \$8.00 at the door or by reservation. We will also have some door prizes to give away and special entertainment. All proceeds go to the operating costs of our building. Hope to see you!

Join us for our Coffee Café every day from 10:00-12:00 to enjoy coffee, tea, snacks and great conversation. Meet new friends and renew old acquaintances. Cool off in our air conditioned building.

It's time to take a trip! Take a look at our Frankenmuth and Grand Rapids trips coming up in July and August. Day trips are a safe and fun way to explore Michigan.

We will celebrate our July birthdays on Wednesday the 11 with a delicious lunch and cake and ice cream! Call today and sign up for lunch and help us salute our birthday folks.

Rose will be here on Thursday the 14 at 12:30 to teach a class that will be making a

"Chalk Art Sign," with your choice of quote. The price is \$10.00 due upon registration. Rose will lead you through each step and will supply all the materials. You will need to sign up for the class by Monday the 9 so Rose has the right amount of supplies. If you would like to eat lunch that day let me know at registration.

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

Our nutrition program for this month is all about "Older Adults Special Nutrition Needs" on Thursday the 26 at 12:30. Make sure you are getting all the nutrients your body needs for optimum health.

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

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

Be good to yourself.

"And in the end, it's not the years in your life that count. It's the life in your years."

—Abraham Lincoln



Spring Fling

The Spring Fling held at the Gratiot Community Senior Center was a wonderful event. Over 90 people attended the Community Center which was decorated with vibrant flowers, tulips, and bumble bees, all hand painted by the seniors at the various Food with Friends Sites. Also, on the tables sat handmade pompom ants. The sun beamed through the windows on this lovely day as we munched on Hot Dogs, Broccoli/Cauliflower Salad, Baked Beans, Potato Salad and Strawberry Shortcake. As we finished our lunch, our attention was drawn to the lovely voices of Margaret Metcalf and Kathy Dennis who entertained us with a melody of tunes. Many lucky winners went home with prizes of plants or pompom ants!!



Gratiot Community Senior Center Donations

May you find comfort in knowing your thoughtful gift has made a difference in the lives of others. We would like to thank the following individuals, who have generously donated to the Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis from May 11, 2018 thru June 11, 2018.

General Donations

Marilyn Lorenz
 Craig Zeese
 Keith & Betty Apple
 James Mikek
 Joan Cook
 Lux Funeral Home
 Don & Joan Godfrey
 Cherie Yost
 Karen Wittle
 James & Florence Ann Farrough
 Isabella Bank
 Lois Ramsey
 Yvonne Muneio
 Fred E. Richards VFW Post 3055
 Alma Family Practice
 Richard & Joyce Colbry
 James J. Smith
 Thomas J. Haverbush M.D.
 Dorene Lewis
 Cheryl Chapman
 Margaret Bontrager
 Thomas J. Schmitz
 Florence Saurman
 Lena Nelson
 Mary Pratt
 Jo Ward
 Julia Alward
 Dorothy B. Swanson
 Fred G. Richards Post 3055 Auxiliary
 Marilla Parfitt
 Jeanne M. Bendele

In Loving Memory

Elizabeth "Beth" Myers
 Sheila Nelson
 Yvonne Muneio
 Josephine Shepard
 Joyce Vibber
 Alice Patterson
 Jim Peck
 Frank & Joleen Jones
 Juanita Netzley
 Barb Gladding
 Delphine Kehrberg
 Nancy Smith
 Jamie Bolsby
Omar Garberson
Gary Garberson
 Majel Garberson
Bill Stuckey
 Barb Stuckey
John & Mamie Skaryd
 Gearold & Lena Skaryd
Curlin McCormick
 Margaret McCormick
My Loved Ones
 Irene G. Reed
Dorothea VanAllsburg
 Richard & Peggy Stuckey
Roberta V. Brock
 Harold Brock
Henry & Josephine Naessens
Ellis & Eileen Terrell
 John & Nancy Naessens
Wick Bigelow
Ida Bigelow Marsh
 Dean & Phyllis Clark
Geraldine "Gerry" Doepker
 Dianne Ayris



Ramon Wolfgang
 Berniece Wolfgang
Cathie Nelson
 Harold & Ann Stevenson
Vida Ludwick
 Garr Tool Company
Our Parents
 Don & Sherida Burch
Max Netzley
 Juanita Netzley
My Niece Delores "Dee" Groves
 Roy & Julie LaLonde & Family
Alfred Netzley
 C. Joan Netzley
Owen Wood
 Madelyn Wood
John & Axie Mailand
 Don & Sharon Zimmerman
Margaret Parks
 J & Giles Tire
Noel Wilson
 Sally Wilson
Bruce H. Moeggenborg
 Norma A. Moeggenborg
Raymond Slavik
 Fran Slavik
Harry B. Tripp
 Beverly Tripp
Jim Gilkens (Sr.)
 Bernie & Janet Winn
Jim Austin
 Lyle Hansen
Mary Ellen
Gene Hetzman
Jean Nevins
Cora Post
Beth Myers
 Helen Townsend
Ben Santana
 Don & Sheri Burch
Berl & Nada Fleury
 Cheri & Dick Sofia
Mr. & Mrs. Carl Peterson
 Shirley Frederick
Ken Bebow
 Kim & Lori Bebow
Harry B. Tripp
Jim Austin
 Beverly J. Tripp
Alfred Thrush
 Barbara Thrush
Sam Ortisi
 Shirley Ortisi
Emil H. Neitzke, Jr.
Grover L. Hall
R. Jena Neitzke
 Richard & Judith Hall
Catherine Nelson
Elizabeth Myers
 Jerry & Kathy May
James G. Miller
 Judy Miller



In Honor of

All My Children
 Margaret McCormick
Roberta V. Brock
 Harold Brock
Gertrude Levandowski
 John Levandowski



Home delivered meal drivers Jim Peck, Randy Hubbard & Harold Stevenson put their feet up before starting their routes.



Line Dancers take a well-deserved break. They will be back this fall so come & join.

Ithaca Food with Friends Happenings!



May birthdays celebrated by Harry Sparks (seated), Ruthanne Larry, Donn Gates, Jean



Bare, and Ione Hull. Linda St. Charles and her grandson, Trey St. Charles plant Linda's Memorial Garden. The special flowers are in loving memory of Marlene McClary, Rose Kent, Jerry & Elsie Westall, Mike Baney, Betty Lane, Bob Brandal, Doris Jean Browne, and in Honor of



Our Veterans. Great music performed by Three Outlaws and a Good Guy's 24th visit to Ithaca Food with Friends. Members are Lyle Hanson, Leon Schlafley, Ken Schlafley & Cowboy Dan

GRATIOT COUNTY SENIOR CITIZEN MILLAGE RENEWAL

.6492 for 4 years

**AGING AFFECTS ALL OF US
(no matter what our age)**

Important information YOU need to know!

WHAT IT WOULD COST PROPERTY OWNERS PER YEAR



**TAXABLE
VALUE
\$25,000**

Total Cost: \$16.23



**TAXABLE
VALUE
\$50,000**

Total Cost: \$32.46



**TAXABLE
VALUE
\$75,000**

Total Cost: \$48.69



**TAXABLE
VALUE
\$100,000**

Total Cost: \$64.92

IF THE MILLAGE DOES NOT PASS

- ⇒ Nearly **75%** of all in-home services would be discontinued;
- ⇒ Medicare and Insurance assistance would be eliminated;
- ⇒ Daily home delivered meals would stop for **211** of the **319** home bound seniors utilizing this service;
- ⇒ **22,257** fewer noon meals would be served;
- ⇒ The entire volunteer and transportation program would be discontinued;
- ⇒ Over **320** older adults of the **421** served would not receive individualized case management services;
- ⇒ Home chore and repair services would be discontinued for **230** of the **306** seniors being assisted;
- ⇒ All public education classes and training for Medicare/Medicaid would be eliminated;
- ⇒ Weekly personal care and respite care services would be discontinued for **48** of the **101** seniors utilizing this service.

USE OF MILLAGE FUNDS

During the past year:

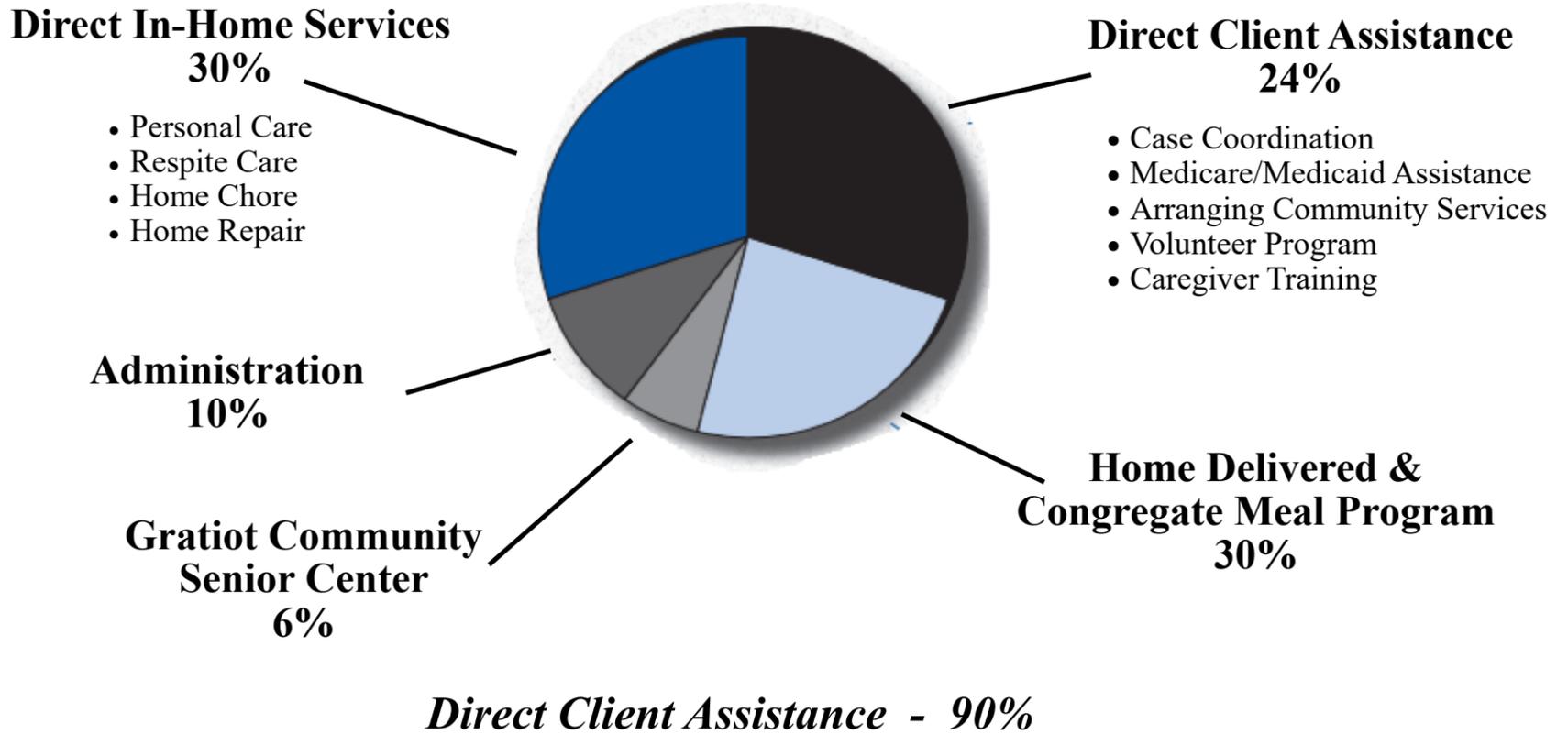
- * **33,722** hot and frozen meals were delivered by volunteer drivers to **319** home bound senior citizens. Also **12,961** meals were prepared for **454** dining site participants;
- * **1,837** volunteer projects were completed by **249** individuals who volunteered **12,142** hours;
- * Over **2,000** hours of direct contact regarding prescription help and Medicare Part D information;
- * **421** seniors were helped with nearly **2,600** hours of personalized social work assistance
- * **174** hours of public education was given on topics such as Senior Services, Medicare, Medicaid, Medigap Insurance and nursing home finances;
- * **248** seniors were helped with **1,156** hours of home chore
- * **58** seniors were helped with **1,279** hours of home repair
- * **57** seniors were helped with **3,155** hours of personal care
- * **44** seniors were helped with **3,089** hours of respite care;
- * More than **800** people had assistance with Medicare, prescription and insurance issues;
- * Nearly **1,000** hours of transportation were provided to seniors.

PLEASE VOTE AUGUST 7

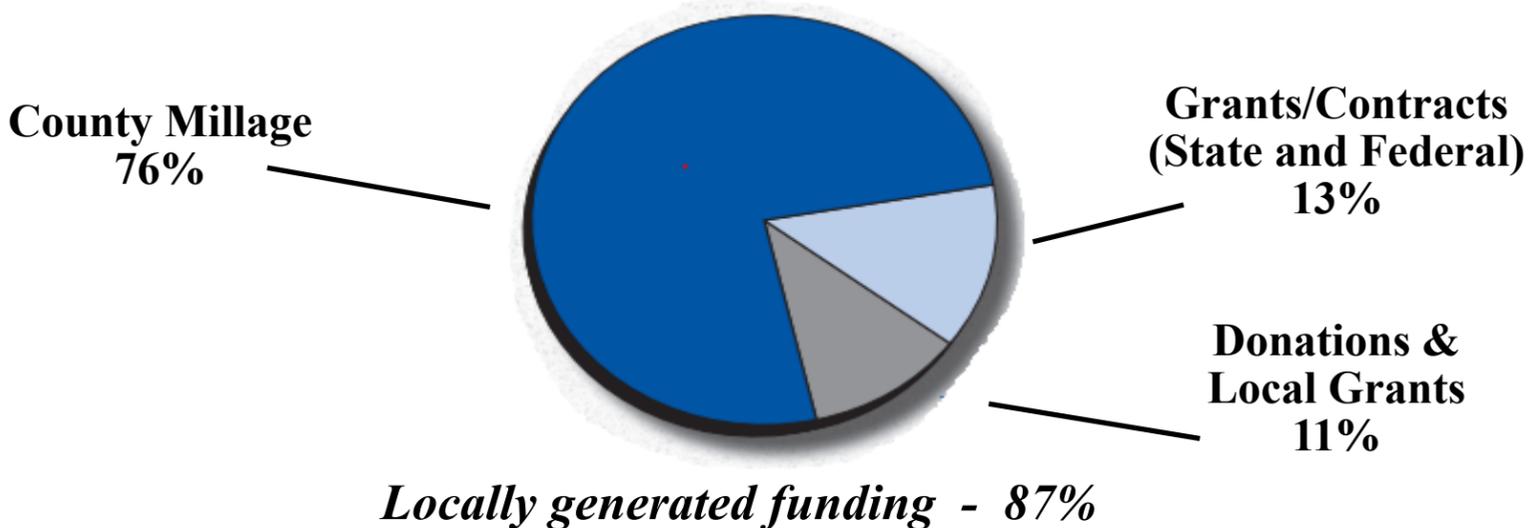
CURRENT AND PLANNED FUNDING

For Aging Programs of the Commission on Aging

DISTRIBUTION OF FUNDS



ANTICIPATED FUNDING SOURCES



GRATIOT COUNTY FACTS

- ◆ More than **9,600** residents are **60** and over, with **3,000** over the age of **75**.
- ◆ More than one-half of the Gratiot senior population had direct contact with the Commission on Aging during the past year.
- ◆ The average age of clients receiving services is **80**. Seniors, especially those over **75**, are the fastest growing age group.
- ◆ Senior citizens who can afford services will continue to pay for them and suggested contributions are encouraged by all participants.
- ◆ More than two-thirds of Michigan counties realize the benefits of a senior citizen millage and depend on local funding for services.
- ◆ The first senior millage in Gratiot County began in 1994.

WHY A SENIOR MILLAGE IS NEEDED

Services of the Commission on Aging would not be able to exist without millage dollars. As the Gratiot senior citizen (60+) population continues to increase, requests for services are also increasing. Millage funding is needed more than ever to meet the growing need for important services helping to keep seniors independent.

ADMINISTRATION OF FUNDS

Decisions regarding financial distribution are made by the Board of Directors. The Board is comprised of thirteen volunteers appointed by the Board of Commissioners and represent all communities within Gratiot County.

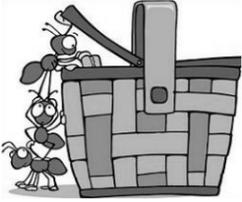
HOW A SENIOR CITIZEN MILLAGE BENEFITS OUR COMMUNITY

All in-home services are funded by millage dollars, helping seniors to remain independent and in their own homes.

Senior Activity Building

July 2018

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <u>12:30</u> Bob Crist's piano music <u>1:20</u> Bob's Sunshine Gang visits Rosewood AFC	3 <u>10:30</u> Cribbage <u>7:00</u> VFW #7805	4 No FWF SAB CLOSED TODAY Happy Birthday USA!	5 <u>10:00</u> Golf games <u>11:00</u> Joyce Raycraft's Piano music <u>1:00</u> Wii Bowling	6 <u>11:30</u> Blood Pressure checks by Joyce Raycraft	7 <u>11:00</u> Building is Open <u>12:15</u> Family Potluck
8 	9 <u>10:05-11:30</u> Bingo (prizes McDonalds & Bee Clean Car Wash) <u>11:50</u> Older Adults special nutritional needs	10 <u>1:00</u> Progressive Euchre	11 <u>10:30</u> Shuffleboard <u>1:00</u> Dominoes <u>1:00</u> Horseshoes <u>2:00</u> Afterglow	12 <u>10:00</u> Golf Games <u>11:00</u> Joyce Raycraft's Piano music <u>1:00</u> Wii Bowling	13 <u>1:00</u> Friday Cards with Volunteers Jack & Avis Ginther	14
15	16 Noon Monthly Birthday Party	17 <u>10:30</u> Cribbage <u>1:15</u> SAB Board Meeting	18 <u>10:05 – 11:30</u> Bingo (Prizes by Schnepf) <u>1:00</u> Dominoes <u>1:00</u> Horseshoes <u>2:00</u> Afterglow <u>7:00</u> Attractive Tractor Meeting	19 <u>10:00</u> Golf Games <u>11:00</u> Joyce Raycraft's Piano music <u>1:00</u> Wii Bowling	20 <u>1:00</u> Sequence	21 
22	23 <u>10:05-11:30</u> Bingo (Prizes by United Health Care)	24 <u>1:00</u> Progressive Euchre	25 <u>10:05</u> Bingo "Christmas in July" <u>11:45</u> Santa arrives! <u>1:00</u> Dominoes <u>1:00</u> Horseshoes <u>2:00</u> Afterglow	26 <u>10:00</u> Golf Games <u>11:00</u> Joyce Raycraft Piano music <u>1:00</u> Wii Bowling	27 <u>1:00</u> Friday Cards with Volunteers Jack & Avis Ginther	28
29	30 YOUNG SENIOR DAY	31 <u>10:30</u> Cribbage	8:00 EVERYDAY Building open coffee's ready 10:00 EVERYDAY Visits, news, games, activities 12:00 Mon.-Fri. Food With Friends Noon Meal Reservation 875-2135			

Senior Activity Building & Food with Friends News

By Jo Jones

As you can see from a quick glance at the calendar, some of our regularly scheduled activities are taking a summer vacation in July. Please notice that **E Z Motion and the Just For Fun Dulcimers are not scheduled this month.** We encourage you to take some walks on Wanda's Walk (WWW) each day. Become a Walking Wonder!

On the 2nd, you will find our talented friend, Bob Crist, playing the piano and leading the singing with a variety of songs. At 1:05, Bob's **SUNSHINE GANG** will leave for a visit to Rosewood Adult Foster Care in Ithaca. You do not need any ability to sing, just be able to bring sunshine with your smile. We return to the Building for ice cream sundaes afterward.

The nutrition topic this month is "Older Adults Special Nutritional Needs" at 11:50 on the 9th.

Bingo will be on the second and fourth Monday mornings from 10:05 until 11:30. Prizes are McDonald coupons and the coverall is donated by Bee Clean Car Wash on the 9th. United Health Care will provide the prizes on the 23rd. You will find **BINGO** is also scheduled on Wednesday, the 18th with prizes donated by Schnepf's Health Care. On the following Wednesday, you are welcome to enjoy **CHRISTMAS in JULY BINGO**, a fun-filled morning with ALL of the prizes donated and wrapped by you, the Bingo players. We hope that Santa will be able to get away from the North Pole to stop in too. If you would like to provide

some Christmas cookies, snacks, fudge, etc. to be enjoyed before our noon meal, let us know. Wear some Christmas colors, and bring your Christmas spirit with you.

On the third Monday you'll want to come for lunch to help celebrate the **July Birthdays** of our friends who were born in this warm month. **Young Senior Day** is on the last Monday in July. Please mark your calendars, and call in your reservation for your Food With Friends noon meal.

Cribbage is at 10:30 on Tuesdays the 3rd, 17th, and the 31st. **Progressive Euchre** will be on the 10th and the 24th at 1:00. Come enjoy our favorite card games. Vern Recker and Dennis Sierakowski (a tie) won the Progressive Euchre Blue ribbon. Tom VanAlstine won the Red.

Your **Senior Activity Building Board** has a 1:15 meeting scheduled on Tuesday, July 17th. We do appreciate our Board members who actively participate in the operation and direction of our Senior Activity Building. The commitment of time and talents by Board members has been an example and an encouragement to the many volunteers who have also donated their gifts, talents, and time.

Speaking about donations, our **Gifts In Gratitude** envelopes are available on the Sign In Table. If you enjoy being able to come to the Building for bingo, cards, activities, coffee, programs, potlucks, Food With Friends noon meal, music, etc., **PLEASE** consider helping with our costs for cooling, heating, lights, etc. with your **Gift in Gratitude** each month. A small gift makes a BIG difference. THANKS in advance! Hoping your name will be listed next month in the Senior Gratiot gift listing and in our Record of Gifts Book.

Scheduled activities for midweek are Outdoor Shuffleboard at 10:30, **Dominoes**

at 1:00, as well as **horseshoes** each week. Afterglow follows the horseshoe games.

Golf card games begin at 10:00 on Thursdays, then around 11:00, Joyce Raycraft plays the piano for us. Some sing along to many of her tunes, while others enjoy the music while playing cards. In the afternoon, **Wii** bowling is on the schedule.

Blood Pressure screening by Volunteer Joyce Raycraft will be on Friday, July 6th at 11:30.

Friday Cards (which includes bridge) will be on the 13th and 27th from 1:00 until 3:30. Jack and Avis Ginther will help you to join one of the games. The suggested donation for the afternoon of enjoyment is \$0.25, the same as it is for Progressive Euchre, Horseshoes, and blood pressure screening. You will find these donations listed under the Crystal Jar donations each month.

Sequence is available whenever 2 or more would like to play. The scheduled date is July 20th at 1:00.

We encourage you to bring some of your family members with you to our monthly **Potluck on July 7th**. You do not need to sign up for this activity. Our cooks prepare plenty for everyone. The food is always excellent, as well as the fellowship. If you do not cook, your donation to the Potluck Fund is appreciated. Do remember to bring your own table service.

The **cool, air conditioned** building is open each weekday morning at 8:00, with a very warm welcome from Linda St.Charles, a cup of coffee and a donut or a slice of toast. We daily express our THANKS and appreciation to Linda for being our most reliable, friendly, caring, and artistic "Good Morning" friend! By 10:00, games, news, and visits are in full gear!

THANK YOU for your gifts received by the Senior Activity Building from May 10 through June 11, 2018.

Volunteers 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)
Karen Emery
Gratiot VFW Post #7805
C & S Steel

GIFTS in GRATITUED to SAB
By Dolores Lombard
Jo Jones
Milene Niemeth Sparks
Chuck & Marty Wierferich
George & Kathy Vojtas
Bill DeVuyst
Joyce Raycraft
Sally Martin

In MEMORY of DUANE PITCHER
ROBERT PITCHER
By Jo Jones
Larry & Coleen Trexler
Neville & Lois Pitcher

In MEMORY of ROBERT COFFIN
By Joyce Beard
Sharon Eby

In MEMORY of DONALD PETERS
By Mary Gabrion
Donald Peters Family
Joyce Beard

In MEMORY of RICHARD MILLS
By Willowdean Cassady

In MEMORY of DONETTA BEBOW
By Joyce Beard
Bob & Mary Sullivan

In MEMORY of MARLENE MCCLARY
ROSE KENT
JERRY & ELSIE WESTALL
MIKE BANEY
BETTY LANE
DORIS JEAN BROWNE
BOB BRANDAL

And In HONOR of OUR VETERANS
By Linda St. Charles (Memorial Garden)

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

In MEMORY of FRED G. JONES
And In HONOR of JO JONES
By Heng Srey

Watermelon and Alzheimer's By Sherri Florez

With hot summer days come great picnics. Research has shown that watermelon, an all-time favorite summer food is loaded with nutrients for Alzheimer's prevention.

Watermelon contains many vital nutrients such as phenolic antioxidants, flavonoids, lycopene, beta carotene and vitamin C. One of the most recent findings in nutritional research is that this delicious, juicy fruit contains a very high level of lycopene-which has been found to promote cardiac health in recent clinical studies. The old saying "What's good for the heart is good for the brain" holds true when it comes to the nutritional benefits of lycopene which is part of a class of phytonutrients called carotenoids (extremely powerful antioxidants).

Oxidative stress plays a vital role in diseases such as Alzheimer's disease (and other neurodegenerative diseases). In Alzheimer's disease (AD) and mild cognitive impairment, much of the carotenoid antioxidant nutrients-including lycopene are reduced. This makes the very high levels of lycopene found in watermelon an interesting factor when it comes to brain health and Alzheimer's prevention.

(Clinical Research-Lycopene)

According to a study by di Matteo V., Pierucci M, and Di Giovanni G, animal models of AD and Parkinson's have all confirmed the potential for preventative factors in lycopene. In the study, a lycopene rich tomato powder supplement was shown to prevent destruction of essential dopamine producing brain cells in mouse models. Along with tomatoes, watermelon has moved up to the forefront when it comes to recent research studies on high-lycopene foods.

Alzheimer's disease is the perfect example of the negative effects of oxidative stress on the brain. A study published in Epub in 2011 conducted by Obulesu M. Dowlathabad MR, and Bramhachari, indicated that lycopene may help with Alzheimer's prevention by reducing Abeta proteins produced by oxidation in the brain.

Health Benefits of Watermelon

Keep in mind that the watermelon must be fully ripe in order to offer the highest level of nutrients. Recent studies indicate that the highest levels of lycopene and beta carotene were discovered in the watermelon when the color changed from pink to red. Total phenolic antioxidants in a watermelon also increase consistently during ripening, all the way up until the appearance of fully red flesh.

Other possible health benefits from watermelon include a decrease in obesity and high blood sugar, prevention of asthma and cancer as well as the reduction of hypertension, it promotes healthy digestion, reduces inflammation and promotes healthy skin and hair (due to vitamin A content).

How to Get More Watermelon in Your Diet

There are many recipes on line using watermelon. Try blending frozen and fresh watermel-

on with coconut water and add some fresh mint leaves for a delicious thirst quenching summer drink—a great idea for the 4th of July!

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.



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.

Kinship Fun Day

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

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

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

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

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

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

**July Movie Showing at
COA: "Megan Leavey"
Thursday, July 26, 1:30 p.m.**

This months movie is a story about a Marine corporal and her military combat dog's unique bond and the lives they saved while stationed together in Iraq. It features Kate Mara, Edie Falco, Alisa Harris and Megan Leavey. Please call 875-5246 to make your reservation to join us at 515 S. Pine River, Ithaca. The movie is free and the popcorn is fresh. The movie is rated PG-13 and runs 1 hour 56 minutes.

West Gratiot

By Cindy Simons

June birthday greetings went out to Doug White, Sally Dillinger, Dorothy Grant and Carol Wertz. The group also celebrated the wedding anniversary of Ron and Ann Smejka.

We honored Flag Day proudly by wearing red, white and blue clothing throughout the week. National Herb and Spice Day was in June. Participants planted seeds to take home so they could enjoy fresh herbs in their favorite recipes this summer. There was a presentation on local history.

We enjoyed the return of Natasha, from the Schnepps Health Care Center, as our guest BINGO caller. The prizes she brought out on behalf of the care center were very much appreciated.

In the spirit of summer, we finished out the month of June with an indoor picnic. Stories were shared of picnics and other outings with family and friends over the years.

Now, here are activities coming up in July:

The week of July 2nd you are invited to wear your brightest red, white and blue clothing, hats and accessories at the meal site.

The West Gratiot site will be closed, and no meals delivered, on Wednesday, July 4th. Enjoy the many activities taking place in our local communities.

We will celebrate the July birthdays and anniversaries on Monday and Wednesday, July 9th and 11th.

Crazy Hat Week will be observed on Monday and Wednesday, July 16th and 18th. Join us for delicious root beer floats on both days. And, of course, wear your craziest/silliest hat!

The Schnepps Health Care Center will donate BINGO prizes on Wednesday, July 25th and Natasha will be our guest caller.

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

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

To get started with the Food with Friends program: **Call the Gratiot FWF Kitchen, 989-875-5332, from 6:30-1:00 M-F to reserve lunch 24 hours before the day you would like to attend.** After that, sign up ahead of time while you are in attendance at the site. Contact Cindy at 989-833-7624 from 10:00-2:00 MWF at the West Gratiot Site for more information.

West Gratiot Highlights

- 2 & 6 Wear Red, White & Blue
- 4 **CLOSED**
- 6 Nutrition & Wellness Topic
- 9 & 11 Birthday & Anniversary Celebration
- 16 & 18 Crazy Hat Week—Root Beer Floats
- 25 Natasha - Schnepps

Continued

Weekly Activities at West Gratiot

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



Breckenridge

By Pat Schultz

Welcome to the wonderful days of summer! Lots of good things come with summer, but so do HOT days. Here at Breckenridge we have air conditioning, so if the heat gets a little too much for you, come see us. We are here M-F, 10-2 p.m. If you would like to join us for lunch remember to call the day before so we have a lunch for you.

Thank you to all who have donated items for the Veterans Hospital in Saginaw. We have received a very nice thank you from them and they have estimated the value of these items at almost \$500. If you would like to donate, we are continuing to collect more items and will take them down in the near future. Every item is appreciated!

We have some fun things planned for this summer that we think you might like. Below is a list of programs and activities that are planned so far for July.

- 2 Card making at the library
- 3 Ice Cream Sundaes
- 4 **CLOSED**
- 10 Bingo with Schnepps Health Care
- 11 Let's try Chair Exercises
- 13 Knit and crochet fun (Bring your projects to show us.)
- 16 Craft-Lady Bugs for your garden
- 18 Ask the Chief of Police Question Day
- 20 Puzzle Day
- 24 Bingo
- 25 Nutrition Education
- 26 Movie Day at the Library

Euchre games are played most mornings, and we have a lot of games, coloring activities (such as bookmarks, cards & pages) or visiting with friends. Hope to see you soon!

Greetings from Fulton

By Irene Noffsinger

Welcome to July. I love July. I enjoy the festivities of the 4th of July. For two decades, I have celebrated the 4th of July at Crystal Lake. My family just knows that the 4th doesn't begin until the fire engine parade has made its way around the lake, the night before the 4th. Of course, then there is the parade on the 4th, followed by wonderful family time, in the lake, capped off by fireworks. Does it get any better than this? Maybe. But for myself, I will be headed back to Crystal Lake for the 4th with my family. For us, that is where it is. Won't you "Take a Trip Back in Time" and share a story of your favorite 4th of July time? Share your story on July 2nd and bring pictures if you would like.

Did you know that July is National Ice Cream month? Thousands of years ago, the Persian Empire used to put snow in and bowl, pour grape juice concentrate over it and have it for a treat. It is thought that ice cream was introduced to the United States by the Quakers, when they arrived here. In 1984 President Ronald Reagan, proclaimed July as National Ice Cream Month and the 3rd Sunday of July as National Ice Cream day. Works for me. But, as we are not open on Sundays, we will celebrate National Ice Cream Day on Monday, July 16th. So come join us for lunch, and ice cream for dessert.

Once again, we find we are in need of books. There is quite a turnover on our rolling cart. We have many avid readers that really utilize our book cart. If you are getting rid of books, please remember us. Books can be dropped off any Monday, Wednesday and Friday, between 10:00 a.m. and 2:00 p.m. You are always welcome to come and get books to read any time we are open.

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

- 7-2 12:00 Lunch/Cards/Take a Trip back in time
- 7-4 **Closed**
- 7-6 12:00 Lunch/Euchre
- 7-9 12:00 Lunch/Bird Search/Cards
- 7-11 12:00 Lunch /Nutrition Program Phase Ten
- 7-13 12:00 Lunch/Euchre
- 7-16 12:00 Lunch/ Ice Cream/Cards
- 7-18 12:00 Lunch /Phase Ten
- 7-20 12:00 Lunch/Euchre
- 7-23 12:00 Lunch/Cards
- 7-25 12:00 Lunch/Phase Ten
- 7-27 12:00 Lunch/ Euchre
- 7-30 12:00 Lunch / Cards



Commodity Food Distribution Date

Commodities distribution will be on **July 23, 2018**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. Anyone interested in the program may contact Eight Cap at 989.463.5693. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from 9:30 a.m. to 11:00 a.m. or at the Commission on Aging, 515 S. Pine River St., Ithaca from 1:00 p.m. to 2:00 p.m.

SENIOR GRATIOT NEWSPAPER DONATIONS

These people generously donated \$555.00 to the "Senior Gratiot" Newspaper contribution fund from May 15, 2018 to June 14, 2018. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca MI 48847.

Marilyn House
Norma Jean Mayes

IN MEMORY OF

MARGIE KOSTAL
By Donn & Patricia Gates

DUANE PENDELL
By Bertha Pendell

JEAN NEVINS
By Yvonne Keiser

LES O'DELL—HUSBAND
RODO'DELL—SON
By Joan O'Dell

**RJ (BUD) PATTERSON, OUR
BROTHER**
By Sandy Graham & Leona Todd,
Sisters

Continued

AARP "Smart Driver" Course

Friday, July 13, 2018
8:30 a.m. – 5 p.m
Course Offered Once a Year at
Commission on Aging

The Smart Driver course through AARP will be held at Gratiot County Commission on Aging, 515 S. Pine River, Ithaca. **Registration begins at 8:15 a.m.** The cost for the class is \$15 for an AARP member or \$20 for non-members. Please bring your driver's license and AARP Member Card to receive the member discount. Payment for the class is by personal check made out to AARP or may be paid in cash and is due the day of the class. *The course takes place within the classroom, not behind the wheel of an automobile.*

Why take the AARP Smart Driver course?

* You *may* be eligible for an auto insurance discount. Check with your insurance carrier. At the completion of the course, you will receive a form indicating you have completed the course.

* You will learn new traffic laws, rules of the road and driving skills.

* You will learn how to adjust your driving to age-related changes such as changes in vision, hearing and reaction time.

* You will become more confident in your own driving abilities.

Lunch break is one-half hour. For your convenience you may purchase a hot lunch through the COA kitchen for a donation of \$2.50 or you are welcome to bring your own lunch. Microwave and refrigerator are available. Beverages will be provided by Commission on Aging. COA is wheelchair accessible. Restrooms are located adjacent to the classroom. Please dress for comfort. A light jacket or sweater may be needed if you are sensitive to air conditioning.

Pre-registration ensures your place for this important course. Class size is limited. Please call Sue Koch at Commission on Aging at 989-875-5346.

FLORENCE FRANCETIC
By Harold & Marguerite Upham

KEN SANGSTER
By Wally Robinson

MELVIN BURTCH
By Violet Burtch

JAMES K. RILEY
EDITH M. JOHNSON
JAMES F. RILEY
IRENE RILEY
DIANA M. RILEY
By Larry Riley

LEE COWLES
By Betty Cowles

*When someone you love
becomes a*
MEMORY,
*the memory
becomes a*
Treasure

COMMISSION ON AGING DONATIONS

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

Jennie Brown
First United Methodist Church
Patricia Anne Shaull
St. Louis Department of Corrections Casual
Day Participants
Lincoln Rd. United Methodist Church
Gleaner Alma Arbor #010
Frances Mills
Janet White
Patricia Stone
Michigan Fraternal Alliance
Alma Lodge No. 1400 B.P.O.E.

IN MEMORY OF

QUENTIN GREENING
BETTY GREENING
JIM HORVAT
SUE VINE
GARY MILLER
BETH MYERS
PHYLLIS BROWN
By Nancy Shankel

TONY SMOLKA
By JoAnn Smolka

ANNE GALLAGHER
By John Gallagher

SHIRLEY JEAN NEVINS
By Virginia Dawson
Gordon & LaDonna Johnson
Kim Pratt
Dave & Sue Bacon
Joyce Harrison
Bruce & Lisa Nentwig & Family
Sue Ostrander

EARL & SHIRLEY ZEESE
By Craig Zeese

RUTH NAGEL
By Hrabal Farms, Richard, Kurt &
James Hrabal
Terry & Linda Nagel & Family
Stuart Nagel & Family

DON PETERS
By Gary Shaw
Donald Smith
George Smith
Russ & Sharon Schaffer
Glenda J. McKe
Bill & Vera VanderHart
Bill & DeVuyst
Chris & Konnie Bovee
Kathy Densmore

IN HONOR OF

NARIA FORD-THOMPSON
By 2018 Alma College Leadership
And Service Award

Home Delivered Meals & Gram's Kitchen Donations

Thank you to those who made financial contributions in May 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.

Anonymous

Project Fresh 2018 Coupons Still Available

There are Senior Project Fresh coupons still available for this year. The Senior Project Fresh provides participants with \$20 in coupons that can be used at participating farmers markets. To sign up for the Senior Project Fresh program, please contact Sarah McClung at the Commission on Aging, 989-875-5286.

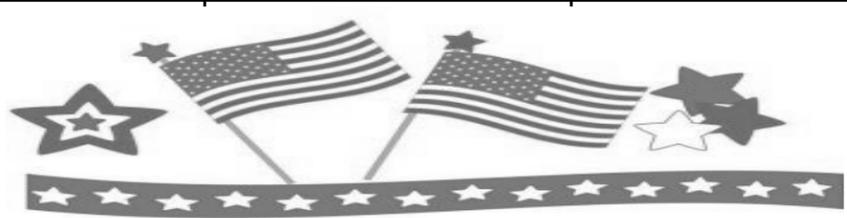
Eligibility Requirements:

- Must be 60 years of age or older at the time of receiving coupons
- Must live in Gratiot County
- Must have a total household income of 185% of poverty or less (One person \$1,860/month; two people \$2,504/month)
- Must attend the Senior Project Fresh class listed below

You must attend a class each year in order to receive your Project Fresh coupons. If you have attended this class in the past, **you must attend again this year.** If you are unable to attend the Project Fresh class, you may designate a proxy who can attend the class and pick up your coupon booklet for you. If you require a proxy, please contact the Commission on Aging in advance so the required paperwork can be sent out to you to give to your proxy. The proxy must bring this paperwork with them. The class will take about an hour. You must call in to sign up.

Tuesday, July 10th, 10:00 a.m.
St. Louis Senior Center
1329 Michigan Ave., St. Louis

Any questions, please contact Sarah McClung at the Commission on Aging at 989-875-5286.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger Amish Potato Salad Carrots Peaches Hamburger Bun	3 Pork Chop Whipped Potatoes Crunchy Pea Salad Applesauce Dinner Roll	4 Closed Independence Day 	6 Smothered Chicken Beets Coleslaw Fresh Orange Wheat Bread	7 Tuna Noodle Casserole Winter Blend Tossed Salad Mixed Fruit Cup Wheat Bread
9 Sloppy Joe Green Beans Tossed Salad Fruit Cocktail Hamburger Bun	10 Bar B-Q Chicken Whipped Potatoes/Gravy Cantaloupe Fruited Cole Slaw Wheat Bread	11 Turkey Stew Broccoli Multi Bean Salad Peaches Biscuit	12 Potato Crunch Pollock Scalloped Potatoes Green Beans Tapioca Pudding Strawberries Wheat Bread	13 Summer Chicken Salad On Hamburger Bun Broc/Cauli Salad Tossed Salad Mandarin Oranges
16 American Goulash Kyoto Vegetable 24 Hr Cabbage Slaw Apricots Wheat Bread	17 Roast Pork Whipped Potatoes/Gravy Carrots Cinnamon Applesauce Wheat Bread	18 Baked Chicken Green Beans FWF Potato Salad Mixed Fruit Cup Dinner Roll	19 Beef and Noodles Squash Coleslaw Pineapple Gelatin Wheat Bread	20 Meat Loaf Corn & Lima Beans Pickled Beets Leprechaun Fluff Wheat Bread
23 Macaroni & Cheese Spinach Citrus Fruit Cup Tossed Salad Wheat Bread	24 Meatballs Redskin Potatoes Capri Vegetable Blend Pineapple Wheat Bread	25 Salisbury Steak Whipped Potatoes Coleslaw Berry Fruit Cup Wheat Bread	26 Trout Melt Mixed Vegetables Broccoli Citrus Salad Apple Slices Wheat Bread	27 Basil Parmesan Chicken Baked Potato California Veggies Ambrosia Fruit Cup Wheat Bread
30 Chop Suey Brown Rice European Blend Veggie Tropical Fruit Wheat Bread	31 Baked Ham Whipped Sweet Potatoes Cucumber Salad Pineapple Gelatin Dinner Roll			

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

Milk provided with all meals
Suggested Donation \$2.50

FOOD WITH FRIENDS

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

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

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

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

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

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

POTLUCKS

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



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

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

**JUNE 2018 PREP TEAM
VOLUNTEER THANK YOU**

Our thanks goes out to these 16 volunteers who devoted 32.5 hours folding, labeling and taping the May issue of Senior Gratiot Newspaper. Our volunteers enjoy the company of their team members while providing a service to Gratiot County senior citizens. It's a good thing.

Jim Peck, Helen Hoard, Sondra Schaub, Linda Cox, Heidi McGillis, Evelyn White, Doris Edgar, Nancy Crites, Sally Martin, Vicki Bertoni, Dorothy Rhines, and Martha Seiler

We welcomed 4 volunteers from Ithaca High School's National Honor Society. Thank you to Ransom Allen, Baylee Chaffin, Carrigan Heffner & Emily Sorsen for your help completing our monthly task.

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

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