



AARP "Smart Driver" Course Friday, July 13, 2018 8:30 a.m. – 5 p.m.

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. Class size is limited. Please contact Sue Koch to pre-register at 989-875-5346. 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. Payment 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 to pre-register.

SENIOR GRATIOT, INC
515 S. Pine River
Ithaca MI 48847
989.875.5246
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Project Fresh 2018 Information You *Still* Have Time to Register

The Michigan Senior Project Fresh/Market Fresh Program is coming up this month. This year we will sign clients up on a first come, first serve basis. Later in the article is a list of dates and times for the **mandatory** classes. To sign up for the Senior Project Fresh program, please contact Sarah McClung at the Commission on Aging, **989-875-5286**. Due to the number of clients calling in during this time, you will most likely get voicemail. If you get the voicemail, leave a message. Please do not leave more than one message. Calls will be returned in the order that they are received. Also due to the volume of calls coming in, a return call may take a day or two. Thank you in advance for your patience.

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)

Another requirement of the Senior Project Fresh program is attendance at a Senior Project Fresh Class. 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, let COA know 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 classes take about an hour.

You must call in to sign up for one of the following classes.

The class times and dates are as follows:

Monday, June 11 @ 9:30 am or 1:30 pm
Commission on Aging
515 S Pine River, Ithaca

Tuesday, June 12 @ 9:30 am or 1:30 pm
St. Louis Senior Center
1329 Michigan Ave, St Louis



Due to the capacity of the meeting places, there will be a limited number of spaces available for each class. Please call early to ensure you get the meeting place that works best for you. Any questions, please contact Sarah McClung at the Commission on Aging at 989-875-5286.

RUMMAGE SALE

"Rummage & Bake Sale" June 7 & 8, 2018

The Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis, will be having a combined Rummage and Bake Sale on Thursday, June 7 and Friday, June 8 from 10:00-12:00 and continues 12:30 – 2:00.

This sale is open to the public and we hope you will stop in and check us out. Make sure you mark your calendar for this special event and see what "treasures" you can find! If you have any items you would like to donate to our sale, please call 681-4341. No clothing please. All proceeds will go to the operating costs of our Center.



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

I found wisdom in the May 2018 issue of AARP Bulletin/Real Possibilities' Q & A interview with Laura Carstensen titled *You See an Increase of Productivity with Age. It Doesn't Go Down*. Ms. Carstensen is recognized as Stanford University's top aging expert on 'Perennials' – America's older citizens who are the nation's greatest unused resource.

The interviewer, Hugh Delehanty, first asked Laura what she had learned from her 96 years old father. She talked about a conversation she had with her Dad centered around "the strengths represented by older people: the wisdom, the knowledge, the ability to regulate emotions." His reply. "Yes, maybe we should stop talking about how to save old folks and find ways instead to get them to save us all."

Thirty years ago, when Laura was in graduate school, her interest turned to studying elders. "I found that they were doing really well emotionally, even when they weren't doing so well physically. They were generous, thoughtful and emotionally complex. And I thought, *if those qualities are growing because the population is aging, then we'd be idiots not to use that resource to improve society.*" The term "perennials" seemed appropriate - we're still here, blossoming again and again. Perennial suggests "I'm not done yet. I've got stuff to do, and I'm going to make a difference."

Laura suggests our society is ready for "a life model where, as you reach your 50s and beyond, you say: What can I do to improve the world? It's like the saying - Society grows great when old men plant trees under whose shade they will never sit." Certainly, this life model lends itself well to the work force and to the role of volunteerism. Researchers studying the effect of "work place team work" have found that "mixed-age teams were the most productive because they benefited from the knowledge and experience of the older workers as well as the skill and speed of the younger workers. Laura continues: "That's a metaphor for what work will look like in the future, when we'll have the most age-diversified workforce ever."

As a reader of the Senior Gratiot Newspaper, most likely you are a "perennial." Bloom and blossom with us as a member of our volunteer team. You will always be welcomed by a diversified group of people seeking to enrich the lives of Gratiot County senior citizens.



LET'S TALK VOLUNTEER OPPORTUNITIES

Sue Koch Coordinator of Volunteers
(989) 875-5346

Volunteers have a dynamic role in the success of Gratiot County Commission on Aging. We recognize the value of our volunteer team. Volunteers are respected and appreciated. Volunteers are fully trained; choose how they wish to volunteer; choose the amount of volunteer time they wish to offer; and can expect to enjoy their affiliation with Commission on Aging.

Home Delivered Meals Program has an *urgent* need for volunteers to package meals in the kitchen at Commission on Aging in Ithaca Mondays through Fridays from 8 a.m. to 11: a.m.

Home Delivered Meals Program has an *urgent* need for volunteers to deliver meals to homebound senior citizens. Meals are delivered from a local Food with Friends/Senior Center near you. Time devoted to delivery is 90 minutes or less. Mileage is reimbursed for the route miles driven.

The Senior Gratiot Newspaper is prepared for mailing once a month. It's a fun group who work together to get a big job done. We meet at Commission on Aging in Ithaca on the dedicated day from 9 a.m. – 11:30 a.m.

The Cards Team meets Mondays from 9 a.m. to 12 p.m. at Commission on Aging in Ithaca. We craft new greeting cards from recycled cards.

The Knit-In Team are knitters and crocheters who do the greater part of their volunteer work at home. On the 3rd Saturday of each month (except in November and December) we gather for a Knit-In at Commission on Aging in Ithaca from 10 a.m. to 2 p.m. The team makes mittens, hats, headbands and scarves for preschoolers through 2nd graders. Hats and headbands are also made for children and adults experiencing hair loss due to illness or medical treatment. Instructors are on hand to assist novice knitters and crocheters.

Food with Friends/Senior Center Site Volunteers are needed to work alongside the site manager in Ithaca, St. Louis, Breckenridge, Sumner and Fulton.

Office Volunteers are needed at Commission on Aging in Ithaca. Volunteers work in direct support of staff.

Other volunteer roles are available. To learn more, please contact Sue Koch.

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

Do you know the warning signs of a stroke? Annually, May is identified as Stroke Awareness Month; but each month, it is good to arm yourself with information to help prevent and detect a stroke for you and your loved ones.

Warning signs of a stroke include:

- Weakness in the face, arm, or leg
- Speech difficulty
- Vision loss
- Dizziness
- Brief loss of consciousness

Each year in the United States 795,000 individuals experience a stroke. That computes to 1 person experiencing a stroke every 40 second. The potential for a stroke resulting in death or serious disability is higher for someone who has high cholesterol, high blood pressure, heart disease, diabetes, or who smokes.

FAST is the acronym that may help you recognize "how a stroke may look."

F (face): Ask the person to smile. Does one side of the face droop?

A (arms): Ask the person to raise both arms. Does one arm drift downward?

S (speech): Ask the person to complete a simple phrase or sentence. Is speech slurred?

T (time): If any of these signs are present, call 911.

*Information taken from Medicare & You U.S. Government Publications and National Stroke Association (2016) Act FAST Publication

Commission on Aging Air Conditioners

As summer draws near, so does the heat that comes with it. The Commission on Aging has air conditioners which can be loaned out to you thanks to a grant received from the Community Foundation. Just call the COA and ask for one. We will ask you a few simple questions, and then get our home chore department to deliver and set one up! This is a first come, first served project. At the end of the summer, you just need to call us and we will come and remove it as well.



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.

Meet Our New Team Member

As of May 15th, Gratiot County Commission on Aging has graciously given me the opportunity to work as their intern for the summer. I would like to take this opportunity to give you a little background and introduce myself as I look forward to working with and meeting some of you during my internship.

My name is Tammy Stephens and I am a senior at Central Michigan University. I will be graduating in December with a major in "Family Studies" with minors in Psychology and Gerontology. I am hoping to find a position in the area working with seniors and families upon graduation. I have a strong passion for people and ensuring that everyone is treated with the dignity and respect that they deserve.

"The Village" at Grand Traverse Commons Thursday, June 21, 2018 \$78.00

Bus Leaves at 8:00 a.m.
Back at 7:30 p.m.
Money due by Mon., May 21, 2018
Walking Level 1

Kick off the first day of summer with a trip to The Village at Grand Traverse Commons in Traverse City. An historic landmark, The Northern Michigan's Asylum's first buildings were completed in 1885. Later renamed the Traverse City State Hospital, it grew to be a 1,000-acre self-contained facility with farms, warehouses, a power plant, and more. The first superintendent was Dr. James D. Munson, who served in that role for 39 years. His noble "Beauty is Therapy" philosophy of patient care now inspires the transformation and preservation of the campus into The Village at Grand Traverse Commons.

Our first stop will be lunch at Sleder's Family Tavern, Michigan's oldest, continuously operated restaurant established in 1882. Here you will enjoy your choice of one of the following options:

1 - Pacific Cod (3 pieces of battered cod loin, deep fried or baked with lemon, garlic and thyme)

2 - Slabtown Ribs (baby back pork ribs, oven roasted until tender, then char-broiled in BBQ sauce)

3 - Cherry Barbequed Chicken (1/2 split chicken, oven roasted, then char-broiled in homemade cherry BBQ sauce.)

All meals include choice of redskin potatoes or french fries, salad, roll, non-alcoholic beverage and brownie.

Next, we will depart on a one hour, guided bus tour around the campus of the former Traverse City State Hospital now known as The Village at Grand Traverse Commons. Along the ride we will learn the purpose of the architecture, self-sustainability, Dr. Munson's theory of beauty and more.

Following the tour, we will have plenty of time to explore the Mercato (marketplace), a quaint collection of boutiques, cafés and fine dining on the garden level of historic Building 50.

We hope you will join us for this unique and informative experience! Don't delay, call Jamie today at 681-4341 to make your reservation and don't forget to tell her your lunch selection. Trip includes transportation, lunch, tour, tax and gratuity. This is sure to be a place you'll want to visit again!



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.

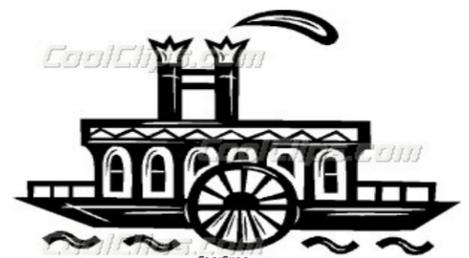
While relaxing on our two-hour, sightseeing cruise, we will enjoy a picnic style, box lunch catered by Panera Bread including a sandwich, chips, chocolate chip cookie and pickle spear. One beverage consisting of a soft drink, coffee, tea, or bottled water will be included with your boarding pass. Sandwich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



June 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
Stop in to our Coffee Café 10:00-12:00 any day to relax with friends				1 11:00 Puzzles 12:00 Lunch with Ice Cream Treat	2	
3	4 11:00 Puzzles 12:00 Lunch 12:30 "Shaking Hands"	5 12:00 Lunch 1:00 Senior Center Board Meeting	6 11:00 Coffee Hour 12:00 Lunch 12:30 Bingo with Natasha	7 10:00-12:00 Rummage/Bake Sale 12:00 Lunch 12:30-2:00 Rummage/Bake Sale	8 10:00-12:00 Rummage/ Bake Sale 12:00 Lunch 12:30-2:00 Rummage/Bake Sale	9
10	11 11:00 Puzzles 12:00 Lunch 12:30 Famous People 6:30 American Legion Meeting	12 9:30-11:30- Project Fresh 12:00 Lunch 1:30-3:00 Project Fresh	13 11:00 Coffee Hour 12:00 Birthday Lunch 12:45 Bingo with Sarah	14 12:00 Lunch 12:30 Red, White & Blue "Door Hanger" craft with Rose	15 11:00 Puzzles 12:00 Lunch with Ice Cream Treat	16 
17 Happy Father's Day 	18 11:00 Puzzles 12:00 Lunch 12:30 Nutrition Program "Fruits & Vegetables"	19 12:00 Lunch 12:30 "Class & Style"	20 11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	21 8:00 Grand Traverse Bus Trip 12:00 Lunch 12:30 "First Day of Summer"	22 11:00 Puzzles 12:00 Lunch 12:30 Reminisce "Station Wagon"	23
24	25 11:00 Puzzles 12:00 Lunch 12:30 "Just Saying"	26 12:00 Lunch 12:30 "Same Two"	27 11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	28 12:00 Lunch 12:30 "Thinking Thursdays"	29 11:00 Puzzles 12:00 Lunch 12:30 Reminisce "Central City"	30

Gratiot Community Senior Center
 By Jamie Bolsby

Dear Friends,

On behalf of the Board of Directors and myself I would like to personally thank all the folks who have responded so quickly to our Spring Fund Drive Letter. We work throughout the year raising funds to cover expenses at our Center, but the Spring Fund Drive is our most important campaign. Donations in memory of a loved one or to honor important people in our lives help sustain us all year long. Thank you again for your support over the years.

Our Senior Center Board Meeting will be on Tuesday the 5th at 1:00. A big thank you to all our members for their participation and support. Please remember to call ahead for lunch reservations.

We are having a Rummage and Bake sale from 10:00-12:00 and 12:30-2:00 on Thursday the 7th and Friday the 8th. We will be featuring a large variety of delicious baked items that will tantalize your taste buds. While you are checking the baked goodies you will want to shop our many miscellaneous treasures!

Line dancing with Betty and the group will be taking the summer off, but will resume in September.

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.

Project Fresh classes will be held here for those of you who live in this area on Tuesday the 12th at 9:30 and 1:30. You **must** have signed up at the COA prior to attending the class.

It's time to take a trip! For those of you who have signed up for our Grand Trav-

erse Commons trip on Thursday, June 21 the bus leaves our building at 8:00. We ask you to be here at 7:30 for sign in.

We also have other exciting day trips to Frankenmuth and Grand Rapids. Many times the trips fill early so call today to sign up or for more information.

We will celebrate our June birthdays on Wednesday the 13 with a delicious lunch with cake and ice cream! Call today and sign up for lunch and help us salute our birthday folks. Sarah from A & D Health Care will be our caller for the day.

Rose will be here on Thursday the 14 at 12:30 to teach a class on making a Red, White & Blue "Door Hanger." This class will be limited to 5 people and the price is \$8.00, due upon registration. Rose will lead you through each step and will supply all the materials you will need.

You will need to sign up for the class by Monday the 11 so Rose knows how much material to bring and if you would like to eat lunch that day let me know. Call Jamie today and get on the list.

Bingo games are held every Wednesday after lunch and are always a fun time to relax with friends. Natasha from Schnepps Senior Care & Rehab Center will be here on Wednesday the 6 to call those Bingo winners for you. 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 how to "Liven Up your Plate with Fruits & Vegetables" on Monday the 18 at 12:30. With all the varieties of available produce and farm markets in our area, it is easy to enjoy colorful and nutritious foods the entire season.

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.

We would love for you to join us around the lunch table and share your day with us. We will have an ice cream special dessert on Friday the 1 and again on the 15. Our Food with Friends offers a delicious home cooked meal five days a week for the suggested donation of only \$2.50. Just call one day in advance for your reservation.

Be good to yourself.

"Happiness is not a destination. It is a method of life."
 ---Burton Hills



Melba Demas & Jamie Bolsby both celebrated their birthdays in April.



PATH-DIABETES WORKSHOP

Sue Koch, Coordinator of Volunteers ,
989-875-5346, and
Scott Hicks, Caregiver Trainer,
989-875-5269

WHEN

June 7, 2018 – July 12, 2018
on six consecutive Thursdays

TIME

1 p.m. – 3:30 p.m.

WHERE

Commission on Aging
515 S Pine River Street
Ithaca, MI 48847

WHO WILL BENEFIT FROM THE WORKSHOP?

Seniors 60 years and older who have Type 2 Diabetes and those of any age who care about someone 60 years and older who has Type 2 Diabetes

HOW WILL THE WORKSHOP BENEFIT ME?

PATH Diabetes Workshop members will learn:

- * to become active self-managers
- * to understand and manage common symptoms
- * to better communicate with family, friends and health care professionals
- * to eat healthy
- * to maintain a healthy weight
- * to understand the importance of exercise
- * to understand and manage medications
- * to plan for the future – fears and reality

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.

To register for this PATH – Diabetes Workshop, please call Sue Koch directly at Gratiot County Commission on Aging at 989-875-5346. Class size is limited to 12 – 15 members. There is no charge for the workshop. Please dress for comfort. The meeting room is air conditioned. Restrooms are adjacent to the meeting room. We are wheelchair accessible. A light, healthy snacks will be provided.



*If a June night could talk,
it would probably boast
that it invented romance.*

-Bern Williams

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 April 11, 2018 thru May 10, 2018.

General Donations

James & Florence Ann Farrough
Florine Brown
Joan Baker

In Loving Memory

Ted Townsend
Helen Townsend

Lois Travis
Ramon Wolfgang
Deward Acker
Joe & Shar Earegood



Red, White & Blue Door Hanger
Thursday, June 14, 2018
12:30 PM

Celebrate the 4th of July in style and craft your own red, white & blue “Door Hanger.” This class will be limited to 5 people and the price is \$8.00 due upon registration. Instructor Rose will lead you through each step and will supply all the materials you will need.

Call or stop into the Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis to sign up today. It’s fun to decorate your home with your own projects.

You must register for this class in advance by calling Jamie at 681-4341 and the deadline for sign-up is Monday, June 11. If you would like to eat lunch with us before the class please let Jamie know when calling in.



RECAP FROM MICHIGAN ATTORNEY GENERAL, BILL SCHUETTE’S OFFICE

Representatives Gloria McCracken and Chris Coady from Michigan Attorney General Bill Schuette’s office presented a series of safety seminars in April at the Commission on Aging. We were asked by their office to hi-light some of the important points made throughout these meetings to remind those who attended and alert anyone else to protect themselves. Please keep these helpful tips in a place where you will review them from time to time.

- Put a passcode on your cell phone and all other devices.
- Check your credit rating at least 3 times each year for suspicious activity.
- Never pay in advance or with cash.
- Never give your personal information over the phone.
- Check credentials. A person appearing at your door must show you identification.
- Do not sign anything you have not read, front and back. Don’t be pressured into signing quickly; it’s a red flag!
- Don’t allow solicitors inside your home.
- Look for “https:” on every web page you enter personal information so you know you are in a secure site.
- Don’t enter personal information when using public Wi-Fi.
- Contract work \$600.01 or more requires a license. Ask for their license number and check it out.
- Get a guarantee in writing for all home repair & improvements. It should include materials used with types and brands so lesser quality cannot be substituted. Be sure to ask, if there are any permits required, who is responsible for them. Get it in writing.
- Determine start and completion dates on your contract.
- In all cases, if it sounds too good to be true, it probably is.
- Phone scams can be reported to the FTC at <https://www.ftccomplaintassistant.gov>
- Complaints about unwanted telemarketing calls can be filed with the FCC at <https://consumercomplaints.fcc.gov>
- Violations of the Do Not Call list can be filed here: <https://complaints.donotcall.gov/complaint/complaintcheck.aspx>

 * **Free Mini Gardening Expo** *
 * Our quest this month was to bring *
 * you professional information on *
 * Michigan gardening with focus on *
 * indoor herb gardening, patio plants, *
 * and making the most of confined *
 * spaces. The Gratiot County MSU *
 * Extension Office referred us to Gardening Professional, Janet DeFever. *
 * She will be sharing live herb plant *
 * examples and great information *
 * about small space gardening right *
 * here at the Commission on Aging, *
 * 515 S. Pine River St. in Ithaca. *
 * Janet assures us there will still be *
 * plenty of time remaining in this *
 * growing season to put your new- *
 * found knowledge to work. There is *
 * no charge. Please call 875-5246 to *
 * let us know you will be attending *
 * this presentation at 2:00 p.m. on *
 * June 13, 2018. *

West Gratiot

By Cindy Simons

May birthday greetings went out to Bernie Burch, Bob Divelbiss, Pat Elliott, Alverta Freed, Lily Johnson and Anna Smejkal.

In May, more puzzles, as well as new hats and slippers, were donated to the Saginaw Veteran's Hospital. Please continue to bring in items.

We enjoyed the return visit of the Just for Fun musical group. The toe tapping tunes leave a special place in our hearts. We'd like to thank the group for sharing their talent.

Thanks to the St. Louis Senior Center site for hosting the Food with Friends "Spring Fling". It was a wonderful opportunity to meet up with friends and enjoy an afternoon of music and games.

As the Alma Highland Festival approached, West Gratiot participants took time to show off their plaid. Drawings were available for free tickets to attend one day of the festival. Whether you have Scottish heritage or not, it is fun to join in the spirit of the event.

A special thank you goes out to our home delivered meal drivers. Their flexibility, input of suggestions, positive attitude and compassion for our home participants helps to keep the program strong.

Now, here are activities coming up in June:

To celebrate National Rocky Road Day, we will have Rocky Road sundaes after lunch on Wednesday, June 6th.

Birthday and anniversary celebrations will take place on Monday and Wednesday, June 11th and 13th. Wear red, white and blue both days in honor of the upcoming Flag Day.

National Herb and Spice Day is in June. We will plant some herbs so participants can enjoy fresh herbs in their favorite recipes this summer. Join in this activity on Monday, June 25th.

A presentation on historical log cabins will be given on Wednesday, June 27th.

Next, we will finish out the month of June with an indoor summer picnic on Friday, June 29th.

To get started with the Food with Friends program: **Call the Gratiot FWF Kitchen, 989.875.5332, from 7:30-1:00 M-F to reserve lunch 24 hours before the day you would like to attend.** After that, sign up ahead of time while you are in attendance at the site or call the kitchen 24 hours in advance of your next visit. Contact Cindy at 989.833.7624 from 10:00-2:00 MWF at the West Gratiot site for more information.

West Gratiot Highlights

- 1 Nutrition & Wellness Topic
- 6 Rocky Road Day—Sundaes
- 11 & 13 Birthday & Anniversary Celebration
- 25 Craft: Herb Activity
- 27 Historical Log Cabins
- 29 Indoor Summer Picnic

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

Breckenridge

By Pat Schultz

Hope everyone is getting a chance to enjoy the warmer weather. It's nice to get out of the house when the weather is nice. We'd love to have you stop in at our site and see what we have to offer.

We have some fun things planned for June.

- 4th Card making at the library after lunch
- 6th Making a wreath for your door with an American feel after lunch
- 8th Chair exercises
- 11th Ceramic class after lunch
- 12th Bingo with Schnepps Healthcare after lunch
- 14th Celebrate Flag Day with flags and flag trivia
- 15th Puzzle day
- 20th Ask the Chief of Police questions
- 21st Movie Day at the library after lunch
- 22nd Knit and crochet Fun
- 25th Bubble Pipes 100th Anniversary—Let's Play!
- 26th Bingo after lunch
- 27th Root Beer Float Day
- 28th Nutrition Education

We offer a Euchre game most mornings and have many other games to play. Come join us and have some fun!



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:

Greetings from Fulton

By Irene Noffsinger

CAN YOU BELIEVE IT? Finally, winter is gone and summer is here. It sure is nice to see all the flowers and trees in bloom.

June 1st springs forth yet another national day. National "Say something nice day". It is supposed to be the day you say something nice to someone, to lift their spirits. I am thinking, it would probably be a really nice world, if everyone would say something nice to someone every day. My mother always said, "if you can't say something nice, then don't say anything at all".

Thanks again to all who donate books to our rolling book cart. We really appreciate your donations. All are welcome to come and take books home to read. If you have books that you no longer wish to keep, please remember the senior center when disposing of them. The books are rotated periodically, so there should always be something different to read.

On Friday, April 27th, we were honored to celebrate the birthday of Elaine Johnson. She turned 95 years young. We had a nice lunch, cake and ice cream, and music provided by our own Beth Kuhn. We are looking forward to many more!

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

- 6-1 12:00 Lunch
- 12:30 Euchre
- 6-4 12:00 Lunch
- 12:00 Nutrition/Wii/Cards
- 6-6 12:00 Lunch
- 12:30 Bingo
- 6-8 12:00 Lunch
- 12:30 Euchre
- 6-11 12:00 Lunch
- 12:30 Wii/Cards
- 6-13 12:00 Lunch
- 12:30 Phase 10
- 6-15 12:00 Lunch
- 12:30 Euchre
- 6-18 12:00 Lunch
- 12:30 Wii/Cards
- 6-20 12:00 Lunch
- 12:30 Bingo
- 6-22 12:00 Lunch
- 12:30 Euchre
- 6-25 12:00 Lunch
- 12:30 Wii/Cards
- 6-27 12:00 Lunch
- 12:30 Phase 10
- 6-29 12:00 Lunch
- 12:30 Euchre



Elaine Johnson with her daughters. Celebrating 95 years young, at Fulton Senior Center.



Senior Activity Building

June 2018

Ithaca Food With Friends

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>8:00 EVERYDAY Building open, coffee's almost 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</p>						<p>1 11:30 Blood Pressure checks by Joyce Raycraft</p>	<p>2 11:00 Building Open 12:00 Family Potluck</p>
<p>3</p>	<p>4 12:30 Bob's piano music 1:20 Bob's Sunshine Gang visits Ashley Care Center</p>	<p>5 9:00 EZ Motion 10:30 Cribbage 7:00 V.F.W.7805</p>	<p>6 10:30 Shuffleboard 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow</p>	<p>7 9:00 EZ Motion 10:00 Golf games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling</p>	<p>8 1:00 -3:30 Friday Cards with Volunteers Jack & Avis Ginther</p>	<p>9</p>	
<p>10</p>	<p>11 10:05-11:30 Bingo (prizes from McDonald's & Bee Clean Car Wash) 11:50 "Liven up your plate with vegetables and fruits" 7-9 Dulcimers</p>	<p>12 9:00 EZ Motion 1:00 Progressive Euchre</p>	<p>13 10:30 Shuffleboard 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow</p>	<p>14 9:00 EZ Motion 10:00 Golf games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling</p> 	<p>15 Noon Birthday Party for Seniors born in June Honor our Dads</p>	<p>16 1:30 – 3:00 Dynamic Duo Music & Fun & Cookies!!! Wear red-white-blue!</p>	
<p>17</p> 	<p>18 12:45 Thomas Jefferson-- Monticello & the Declaration of Independence by Allen Thunell</p>	<p>19 9:00 EZ Motion 10:30 Cribbage 1:15 Senior Activity Building Board Meeting</p>	<p>20 10:05-11:30 Bingo with Natasha 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow 7:00 A-Tractive Tractor Club</p>	<p>21 9:00 EZ Motion 10:00 Golf games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling</p>	<p>22 1:00 -3:30 Friday Cards with Volunteers Jack & Avis Ginther</p>	<p>23</p>	
<p>24</p>	<p>25 10:05 – 11:30 BINGO with Kim (prizes from United Health Care)</p>	<p>26 9:00 EZ Motion 1:00 Progressive Euchre</p>	<p>27 10:30 Shuffleboard 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow</p>	<p>28 9:00 EZ Motion 10:00 Golf games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling</p>	<p>29 Young Senior Day 1:00 Skip Bo</p>	<p>30</p> 	

Senior Activity Building & Food with Friends News

By Jo Jones

We hope to see you at 1:30 on Saturday, June 16th to enjoy the return of the Dynamic Duo (Bob Crist and Kevin Smith) who will be playing your favorite songs for listening and also for dancing. We'll take a cookie break at 2:15 followed by more music until 3:00.

Our monthly Family Potluck will be at 12 noon on Saturday, the 2nd.

On June 4th, Bob Crist will help us sing while we enjoy Bob's piano music at 12:30. Bob's Sunshine Gang will travel to Ashley Care Center at 1:00. Ice cream sundaes will be a welcome treat when we return to the Building.

Bingo will be on the second and fourth Mondays (11th and 25th) and on Wednesday, the 20th from 10:05 until 11:30. Bingo Prizes are provided by McDonalds, Bee Clean Car Wash, United Health Care and Schnepps Health Care.

Just For Fun Dulcimer Club provides a very pleasant evening of music on June 11th from 7 to 9. Fred Hoard, Building Volunteer, will welcome you. There is no charge for this activity, and you are welcome to come for awhile or for the entire time.

The topic for our monthly nutrition time on the 11th is "Liven up your plate with vegetables and fruits".

Allen Thunell will enlighten us with a program on Monday the 18th at 12:45. His topic will include Thomas Jefferson's Monticello and the Declaration of Independence.

EZ Motion is on the schedule for Tuesdays and Thursdays at 9:00 in June. Walking Wanda's Walk is available everyday at any time. Enjoy a walk through the Atkinson Park.

Cribbage is being played on Tuesday, the 5th and the 19th at 10:30. If you want to learn, come on these dates.

Progressive Euchre will be on Tuesday, June 12th and 26th. The Blue ribbon winner was Bruce McConnell (twice). Dennis Hipolite and Phyllis Johnson won the red ribbons.

Our Senior Activity Building Board meeting will be at 1:15 P.M. on the 19th. The Board appreciates the response from several individuals who regularly donate to the "Gifts in Gratitude" program. (See listing under Gifts received.) You certainly are encouraged to add your support to the Building and its mission through your Gratitude gift showing your appreciation for a place to come for coffee and playing cards and games. Envelopes are located on the Sign In table.

Each Wednesday at 10:30, we plan to play outdoor shuffleboard. Horseshoe games will be at 1:00, followed by an Afterglow. You are welcome to try these games with us. No experience is needed! Also at 1:00, the game of Dominoes continues to be enjoyed.

The Wednesday Bingo is with Natasha from Schnep's. The time is 10:05-11:30 on the 20th.

A very popular card game, Golf, is scheduled each Thursday morning at 10:00. This is a game that is quickly learned and is a lot of FUN!!

Joyce Raycraft's enjoyable piano music on Thursday mornings provides an informal sing a long time. Joyce brings a variety of music with her each week.

Wii Bowling is enjoyed each Thursday at 1:00. You are always welcome to give it a try!

On the first Friday of June, you'll find Volunteer, Joyce Raycraft, ready to check your blood pressure at 11:30 until noon.

We will honor our DADS on Friday, the 15th. Please bring in a photo of your Dad! Some persons remembered to bring in pictures and Mom memories for Mother's Day, so now let's try to do this for Dads this month!

The June Birthday and Anniversary celebration will also be on Friday, June 15th. If your special day is in this month, we want to share with you at your party. Call in your reservation.

Friday Cards (which includes bridge) will be on the 8th and the 22nd from 1:00 until 3:30. Volunteers Jack and Avis Ginther will help you to join one of the games. The suggested donation for the afternoon of enjoyment is \$0.25, the same as it is for Progressive Euchre, Horseshoes, and blood pressure screening. You will find these donations listed under the Crystal Jar donations each month.

YOUNG Senior Day, June 29th is the day for YOUNG SENIORS to try to join us. If you can only find one day each month to enjoy a Food With Friends meal, make it Friday, the 29th! NOW please reserve your place by calling 875-2135.

You are encouraged to bring some of your family members with you to our monthly potluck on June 2nd at NOON. Notice this time! You may bring a dish to pass, or make a donation to the Potluck fund. The suggested donation would be "what you would have had to spend to purchase all of the ingredients needed to prepare a potluck dish or dessert". As most of us know from our grocery shopping, it

takes several dollars to make just one dish. Our cooks always prepare delicious dishes. The food is excellent, as is the fellowship.

Our air conditioned Building is open each weekday morning at 8:00, with a warm welcome from Linda St.Charles, a cup of coffee and a donut or a slice of toast.

Hoping you'll come to see us soon!



Volunteers filling plastic eggs: Dennis Sierakowski, Louise Heath, Ron Peters, Pastor Christina Jensen, Karen Emery & Joe Shelest



April Birthdays celebrated by Doug Butcher (seated), Bonnie Smith, Clare Bare, Milene Sparks, and Paul Showers



"Early Birds" at the celebration of Linda St. Charles' 15 yrs. of Service to the SAB: Linda, Bill Bowen, Marv Cumberworth, JerryJohnson, Don Fisher, and Marty Wieferich



Dolores Lombard, Joyce Beard, Nancy Smith, Jo Jones, Marty Wieferich, and Ruthanne Larry conducted the SAB's Spring Raffle



Painting some of the Spring Fling decorations are Diana Marble, Joan Spear, Linda St. Charles, and Phyllis Johnson

THANK YOU for your gifts received by the Senior Activity Building from April 4, through May 9, 2018.

Volunteers (names and unnamed) wo completely care for the Building and its programs and activities:

Musicians: Bob Crist, Joyce Raycraft
Crystal Jar Donations: Uunnamed donations, Progressive Euchre, Horseshoes, Friday Cards, Blood Pressure checks
Bill DeVuyst: Flag and trimming of shrubs
VFW Post #7805: Flag
American Legion Post #334: Flag

GIFTS in GRATITUDE to SAB
By Dolores Lombard
Jo Jones
Fred & Helen Hoard
Howard & Nancy Crites
George & Kathy Vojtas
Bill & Linda DeVuyst

In MEMORY of LEO CONEY
By Jo Jones

In MEMORY of BART & PHYLLIS (CUMMINGS) BARNES
By Mary Gabrion

In HONOR of LARRY & MARY COOPER on their 50th Anniversary, May 18, 2018
By Bertha Pendell

Gifts received at the GRATIOT COUNTY COMMUNITY FOUNDATION, SENIOR ACTIVITY AGENCY ACCOUNT, April 2018

In MEMORY of LEO CONEY
By Jo Jones





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!





HELP TRAIN DOCTORS OF THE FUTURE!

Join the Healthy Aging initiative. CMU College of Medicine and Health Professions students will provide annual check-ups during a home health visit. Come learn more about the initiative with Dr. Jyotsna Pandey at Gratiot County COA on Thursday, June 14 at 10am. Contact the Front Desk to sign up as a volunteer at (989) 875-5246.

Sign Up Today For Home Health Visits

CMU College of Medicine

Live a healthier, longer life
Help train doctors of the future
Join the "Healthy Aging" initiative



- Home Visit
- Annual Check-Up
- Follow-Up With CMU Doctors
- Preventive Health Care

Contact the Gratiot County Commission on Aging
Front Desk to sign up at 989-875-5246.

**ALMA
TRANSPORTATION
CENTER**
989.463.6016

SCAMS - Reduce your Risk by Being Aware:

- **The IRS and Tax Collections.** The IRS is not calling people and demanding that they pay taxes. Don't fall for this one. If you owe taxes you'll have received official letters in the mail.
- **Don't give out any personal information** to callers over the phone, if you think it is a legitimate request let the caller know you will call the organization they say they are from to verify the need for information. Use a phone number from a piece of literature, telephone directory you have on hand.
- **Before agreeing to have a salesperson visit you at home,** ask a trusted friend or family member to be at your house to attend the appointment with you.
- **Register your phones on the Do Not Call List,** by calling 1-888-382-1222. You need to do this from the phone number you want registered. You can do both your land line and cell phones.

Central Michigan Area Stroke Support Group

STROKE SURVIVORS AND CAREGIVERS

Stroke survivors and caregivers will be able to connect with others that may have had similar successes or struggles, in an environment that fosters emotional support, empowerment, and educational opportunities.

Potential topics include: health and wellness, communication changes, social connections, and community participation.

MONDAY, June 11, 2018
(Second Monday of every month)
3:00 p.m. to 4:30 p.m.

Conference Room E
(in the back of the cafeteria)

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

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

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



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.

June Movie Showing at COA: "Wonder" Tuesday, June 26, 1:30 p.m.

June's feature is a heartwarming story of Auggie, a boy with facial differences entering the fifth grade, who is mainstreamed into elementary school for the first time. This must-see film is 1 hour 53 minutes of incredible inspiration! "Wonder" is rated PG and stars Jacob Tremblay, Owen Wilson, Izabela Vidovic, and Julia Roberts. Join us at 515 S. Pine River St., Ithaca. Admission and popcorn are free. Please call 875-5246 to reserve your seat.

Summertime and the Concerns with Dementia

By Sherri Florez

With warmer temperatures and more sunshine we all enjoy come some risks. For individuals suffering with Dementia or other memory impairments, we need to be proactive for them. The following is a list of areas to be mindful of with summer almost here.

Dehydration: People with dementia can simply forget to drink. Or they may be unable to recognize or communicate thirst. Some people with certain health conditions or a dread of incontinence conditioned themselves years ago not to drink very much lest they need to "go", exacerbating the problem. Hot weather makes people sweat more and further ups the dehydration risk.

Suggestions to help: Don't just hand a tall cool lemonade or glass of water to the person. It's apt to be forgotten. Sit down and talk, gently encouraging sips every so often. Have a glass yourself; seeing you drink may encourage the person to parrot you. Serve water with meals as well as snacks of juicy fruits (orange slices and grapefruit are good).

Be mindful of the weather when you go out; older people tend to be more vulnerable to heat. Give Mom or Dad a nice hat to wear. Don't let them sit in the car while you run errands (not a great idea for someone with dementia anyway, even if the person isn't prone to wandering, you never know when it might start).

Late Sundown Syndrome: For some dementia sufferers, sundown syndrome (a period of agitation in the evening) can ease up in summer because there's a shorter period of darkness before bedtime. For others, however, the long summer evenings mean more activity and more opportunity to become overtired before bed, which is one of the potential triggers for this pattern of behavior.

Suggestions to help: Try to stick to the regular year-round schedule for bedtime. But do let a daytime napper rest; don't disturb him or her. Also take advantage of the long daylight hours to encourage the person to get a little exercise (being mindful of the heat). In general, slow the pace on hot days. In the evening, keep the house cool with an air conditioner, and dark (draw shades made with black-out linings, if necessary).

One more person to keep an eye on around pools: Wandering, impaired judgment. The same basic "attractive nuisance" lure that draws toddlers to water. My dad, for example, can't bear to see leaves floating on the surface of the in-ground pool. Never mind that he's 87 and in somewhat fragile condition. He likes to slip out of the house to grab a pole to rake the leaves away.

Suggestions to help: In addition to basic ways to handle someone who wanders, practice what one caregiver I know does: if you can't beat 'em, join 'em. If you can't , say, drain a pool because kids use it, let go of household duties in

summer and hang outside with everyone. Get in the water with the elder if you can. It may relax you both and will certainly tire the older person, making late wandering less likely.

Vacation? What vacation?: The world goes on holiday but you find it hard to be footloose when you're tethered to someone's 24/7 needs.

Suggestions to help: Ask someone to stay in your home, whether a family member or paid caregiver. This provides continuity for the person with dementia while giving you a complete change of scenery. You might have to be forward-to-the-point-of-feeling-rude about asking, but do. Call in your chits; somebody must owe you. Stay more than a night or two to really recharge. You might feel guilty—for a little while. But you need this.

People with dementia often welcome new things to do and fresh people to see, too; don't underestimate this. Encourage day visitors. Maybe a relative can host the person for a few days (which can be confusing and worsen symptoms, but you won't know until you try it). Don't have a family? Some people report that a silver lining of Alzheimer's support groups is meeting others in the same straits; you may be able to do a co-op type trade-off so that you each can get away.

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.



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



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

Sharps Disposal Program

The Mid-Michigan District Health Department (MMDHD) is please to announce that it is now offering free sharps disposal to residents of Gratiot County.

Many people aren't aware that throwing used sharps in the garbage puts family members and others in the community at risk. The best way to help prevent injury and infection is to place all used or un-needed sharps in a proper container and take them to a collection site. Gratiot County residents may take advantage of this free service by bringing their sharps containers to the Health Dept., located at 151 Commerce Dr., Ithaca, Mon.-Fri. from 8-12 and 1-5. Once inside the building, follow the signs to the Environmental Health Department.

Sharps must be in a medical sharps container or plastic laundry detergent jug in order to be accepted. To ensure everyone's safety, the container's lid should be closed tightly and taped shut. At this time, the health department does not have medical sharps containers available. If you would like to purchase one, check with your local pharmacy.

This program is for **Gratiot County residents only**. Commercially generated sharps will not be accepted. If you have any questions, please call 989-875-1002.



June Celebrates Flag Day

Flag Day in the United States falls on June 14th each year. On June 14th, 1777 the Second Continental Congress adopted the United States flag. It wasn't until 1916 that Flag Day was officially declared, by Woodrow Wilson who was the United States president at the time. In 1949 National Flag Day was established in Congress, but it is not a federal holiday. Pennsylvania became the first state to make Flag Day and official state holiday in 1937. The week of June 14th is considered National Flag Week in the United States and the U.S. president urges Americans, via proclamation, to fly the American flag all week.

Information from Softschools.com



Hospice Volunteer Training

Where: MidMichigan Home Care
3007 N. Saginaw Road
Midland, MI 48640

When: Tuesday, June 12
10:00 a.m.-3:30 p.m.

And

Tuesday, June 13
10:00 a.m.-3:30 p.m.

You must attend both sessions

MidMichigan Home Car is seeking hospice volunteers in the Clare, Gladwin, Gratiot, Isabella, Mecosta, Midland and Montcalm areas, as well as for Woodland Hospice House.

Whether it's providing companionship to a person in the final months and weeks of their life, offering support to family members and caregivers, working in an office or clerical setting or assisting with special events, volunteers provide an important role in hospice care.

For additional information, call Cindy Lutz at 989-633-1467.



New Medicare Cards being Issued

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

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

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

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

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

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

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



★
★ **Social Security** ★
★ **Administration** ★
★ **1.800.772.1213** ★

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

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



SENIOR GRATIOT NEWSPAPER DONATIONS

These people generously donated \$465.00 to the "Senior Gratiot" Newspaper contribution fund from April 15, 2018 to May 14, 2018. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca MI 48847.

Joan Smolka

IN MEMORY OF

JED & PEARLE SAMUELS
By Mr. & Mrs. Shirley Priest

IRVEN THAYER
By Debbie, Bill Scott, Tina, Alton & Waneta Bigelow

NANCY BARKER
By Sheryl Rutherford

GARY RICHARDSON
By Wilma Richardson
Ronda, Ronan & Ian Holleman

OUR PARENTS
By Joe & Shar Earegood

GREG RICHARDSON
By Wilma Richardson
Rondo Holleman



COA Transportation Drivers Needed

Looking for a way to add value to your spare time? Want to make a priceless contribution to your community? If so, please consider serving our seniors as a volunteer driver! We realize both your time and our seniors are a precious commodity; it's a great match.

Now recruiting: DEDICATED volunteers to transport COA clients to medical appointments. The list is short and the need is long. As a volunteer, you may determine how involved you become with the COA Transportation Program. We currently have volunteers providing many rides per week, and some volunteers who provide a ride once every few weeks. The beauty of volunteering is that you can pick and choose how much time you give to the program. Please consider contacting the COA at 989.875.5246 to learn more about this amazing volunteering opportunity.

COMMISSION ON AGING DONATIONS

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

First United Methodist Church
Anonymous
Crystal Wilson
Donna Wilson
Lincoln Rd. United Methodist Church
St. Louis Correctional Facility Employees,
Casual Day Participants
Mary K.E. Geopfert

IN MEMORY OF

LUCIE PRIKASKY
By Robert & Marlene Coffin

JUDY MURGITTROYD
By Royce Aldrich
Joyce Davis

LUCIE PRIKASKY
By Sally Olson
Brian Mikesell
Sharon Eby

JUDITH MURGITTROYD
By The Friends of Michigan State
Housing Development
Authority

BART & PHYLLIS BARNES
MARGIE KOSTAL
BETH MYERS
By Gene & Pat Pitcher

ANNE GALLAGHER
By John Gallagher

IN HONOR OF

NARIA FORD-THOMPSON
By 2018 Alma College Leadership
& 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

GAIN 2018 Clinic Schedule

GAIN supports low cost spay/neuter for low income individuals and for unowned feral/community and free roaming cats. The cost for unowned cats (free roaming) is \$10 and includes an eartip and rabies vaccine— both of which are mandatory. Owned cats are \$35 for one cat and \$25 each for 2 or more. Vaccines, flea, and worming are available at an additional charge.

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

- June 11th
- July 9th
- August 13th and 27th
- September 10th
- October 8th and 29th
- November 12th



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

GAIN Pet Loss Support Group

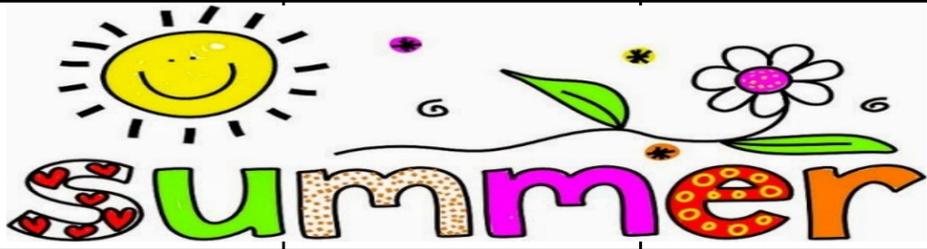
This is a new program being offered by GAIN (Gratiot Animals in Need). It is a safe place where those bound by the experience of the impending loss or death of a companion animal can come together to share stories, receive validation of feeling & concerns, learn about grief & the mourning process. **When:** Third Thursday of each month from 6:00-7:30 p.m. **Where:** Ways of the West, 1696 W. Monroe Rd., St. Louis **Registration:** Please RSVP with the group facilitator Mindy Martinez at 989-560-5850 the day of the meeting.



Entertainment at West Gratiot FWF site

Commodity Food Distribution Date

Commodities distribution will be on **June 25, 2018**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. The income guidelines are as follows: one person's monthly income not more than \$1,307; income per couple not to exceed \$1,759 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.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sloppy Joe Peas Coleslaw Peach Crisp Hamburger Bun
4 Macaroni and Cheese Spinach Multi Bean Salad Peaches Wheat Bread	5 Roast Pork Whipped Potatoes Cauliflower Tropical Fruit Wheat Bread	6 Spaghetti Green Beans Apricots Garlic Toast Whole Grain Cookie	7 Turkey Stew Broccoli Tossed Salad Cranberry Mousse Biscuit	8 Baked Chicken Whipped Potatoes/Gravy Coleslaw Citrus Fruit Cup Wheat Bread
11 Pork Chop Whipped Potatoes Winter Blend Pears Wheat Bread	12 Chicken Pattie Redskin Potatoes Lettuce and Tomato Peas Hamburger Bun	13 Tuna Noodle Casserole Italian Blend Leprechaun Fluff Wheat Bread	14 Beef Stroganoff Vegetable Blend Capri Pineapple Rice Pudding Wheat Bread	15 Ham Slice Cheese Slice Brocc/Cauliflower Salad Fresh Orange Hamburger Bun
18 Chicken Stew Corn and Lima Beans Tossed Salad Fruit Cocktail Wheat Bread	19 Cabbage Roll Casserole Corn Apricots Wheat Bread	20 Roast Pork Whipped Potatoes Carrots Cinnamon Applesauce Wheat Bread	21 Baked Chicken Scalloped Potatoes Spinach Apple Crisp Wheat Bread	22 Swedish Meatballs Kyoto Vegetable Multi Bean Salad Strawberries Wheat Bread
25 Sloppy Joe Green Beans Tossed Salad Peaches Hamburger Bun	26 Veal Parmesan Corn Beet Salad Mixed Fruit Cup Dinner Roll	27 Sliced Turkey Parsley/Butter Potatoes Winter Blend Fruit Cocktail Dinner Roll	28 Chicken A La King Brussel Sprouts 24 Hr Cabbage Slaw Pears Biscuit	29 Chicken Salad Carrot Sticks Potato Salad Apricots Hamburger Bun

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 pm
 First Presbyterian Church
 495 Charles Ave Alma
 Contact: Scott Hicks 989.875.5269

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

MARCH 2018 PREP TEAM VOLUNTEER THANK YOU

Our thanks goes out to these thirteen volunteers who devoted 34 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.

Ruthie Malek, Lisa Skaryd, Jim Peck, Carol Glave, Linda Cox, Helen Hoard, Sondra Schaub, Vicki Bertoni, Nancy Crites, Doris Edgar, Dorothy Rhines, Sally Martin, Martha Seiler



SENIOR GRATIOT, INC.
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HOWARD POINDEXTER
VICKIE THUM
CRAIG ZEESE

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