



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

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SENIOR GRATIOT

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 Website: www.gratiotmi.com/Departments/Commission on Aging

AARP "Smart Driver" Course Thursday, July 18, 2019 8:30 a.m. – 5:00 p.m.

Gratiot County Commission on Aging, 515 S. Pine River, Ithaca is pleased to announce the return of the Smart Driver Course offered by AARP lecturer, Cindy LaBelle. **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. Please check with your local agency.
- ⇒ 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 from the COA kitchen for a donation of \$2.50. The menu includes beef and noodles, squash, coleslaw, pineapple gelatin, wheat bread and white milk. Or you may bring your own lunch. A 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.

HOME REPAIR & IMPROVEMENT SEMINAR

Presented by the Michigan Department of Attorney General



Wednesday, June 19
 1:30 PM



Gratiot County Commission on Aging
 515 S. Pine River, Ithaca

Join Gloria McCracken as she provides valuable information regarding home repair and improvement projects. Seminar highlights include:

- * Learning the telltale signs of home repair scams
- * Recognizing unscrupulous contractor red flags
- * Learning to navigate the home repair project process



Senior Gratiot

The Senior Gratiot is a self-supporting newspaper and relies solely on donations from the readers to pay for mailing and printing costs. Please consider making a donation to Senior Gratiot if you haven't done so in the past year.

For the past 41 years, Senior Gratiot has relied only on donations to pay for printing and mailing costs. Alternatives would be to charge a fee to receive the paper, print it fewer times each year, or print ads in the paper. If we were to print ads, we could not guarantee the quality of the products advertised and the paper would cost more to mail as it would no longer be a non-profit paper. Please remember that a donation of any amount can be given in memory or in honor of someone and will be printed in the Senior Gratiot.

We thank you for your continued support of the Senior Gratiot and Commission on Aging.



gg103987404 www.gograph.com



Like Gratiot County Commission on Aging On Facebook & Twitter



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

Everyone has the power for greatness, not for fame but for greatness, because greatness is determined by service.

Martin Luther King, Jr.

Meet one great volunteer, Barbara Ragone.

Do you recall when you first understood the concept of volunteering?

I understood the concept of volunteering at a very early age. My parents, Ron Stolz and Doratha Merchant were very active in the schools, politics and our community. Mom and Dad always kept us involved and explained the importance of helping others. I remember having a foster sister, helping Mom on various activities at school and stumping for various politicians. I guess I've been involved in community most of my life.

Why did you decide to join the volunteer team at Commission on Aging?

I got involved with the Commission on Aging because for years my family and I volunteered at the Thanksgiving Dinner that was spearheaded by Craig Zeese. When I was looking to give some of my free time to helping others, the Commission on Aging was the first place that came to mind.

What role(s) do you fill as a Commission on Aging volunteer?

I am signed up at Commission on Aging for Commodities distribution, the Commission on Aging newspaper team and as a fill in Home Delivered Meals driver. To date I've only been able to volunteer at the EightCap Food Distribution site but am hoping to help with the other jobs this year.

What do you hope the people we serve will "get out of" your volunteer activities?

I hope that the people we serve get a sense that people in their county care about them and that our works are beneficial to the seniors, body and soul. I am a naturally upbeat and positive person and hope that my smile, kind words and caring nature may brighten the day of everyone I interact with while volunteering.

What do you "get out of" volunteering at Commission on Aging?

I have lived a very fortunate and happy life and it gives me great joy and peace to give back and share some positive energy with the people I am helping. I really enjoy meeting and interacting with people. I think that our personal energy should be shared and believe that what you give out to the universe will come back to you threefold.

From your vantage point, why do you believe volunteering is important?

Volunteering is important because there is much need. I have to honestly say I was shocked when I realized that there were so many people needing assistance in Gratiot County. Volunteering seems to be a "dying art" and it's so hard to find young people to fill the vacancies of others who've given their time and energy for years. Maybe this

article will touch some young folks and they'll make some calls and start volunteering.

Do you have a philosophy that guides your life?

Two things have guided my life and my lifetime of volunteering here and in the other places I have lived. Number one and the most important and powerful thing is something my Mom and Dad taught me from a very young age and it's the "Golden Rule". Do unto others as you'd have them do unto you. Number two is one I have tried to live by and have frequently repeated to my children, don't do anything wrong today that you don't want on the front page of the newspaper tomorrow. In other words, live a good life, follow the rules and lay your head down at night knowing you've done the best you could.



PATH-DIABETES WORKSHOP UPDATE

Sue Koch, Coordinator of Volunteers
989-875-5346

We are pleased to announce Commission on Aging has received a grant to offer the PATH-Diabetes Workshop from Region VII Area Agency on Aging. *At this time, a specific date has not been set.* We do know that our workshop will be offered on six consecutive Thursday afternoons from 1:00 p.m. - 3:30 p.m. at Commission on Aging in Ithaca. We expect to announce the date in the July issue of Senior Gratiot. We believe it is likely the class will begin sometime in August and end in late September.

PATH is a series of workshops over six weeks for people with long-term health conditions like arthritis, diabetes, heart disease, high blood pressure, fibromyalgia, pain management and depression. *Our focus for this PATH Workshop is Type 2 Diabetes.*

People who take the workshop say they are better able to face the daily challenges of living with an ongoing health condition. They report having more energy and less pain, get more exercise, feel more comfortable talking to their doctor, and are more confident that they can manage their health. PATH stands for Personal Action Toward Health. During the PATH Diabetes Workshop, members will learn to make action plans based on goals; manage symptoms like pain and fatigue; and exercise safely, at a pace that's right for them. Members will get the chance to learn from others about what has helped them deal with their Type 2 Diabetes and related concerns.

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. There is no charge for this workshop.

We are taking registrations at this time without published workshop dates. To hold a spot, please call 989-875-5346. You will receive a call from Sue Koch once the date is set.

RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch,
Coordinator of Volunteers
989.875.5346

I am never challenged to find subjects for the Right Place at the Right Time article. Each day Commission on Aging witnesses many acts of kindness that make Gratiot County a great place to live. Here are two stories for this month.

In mid-April, Commission on Aging received a call from Pastor Jake Gregory of the Saint Louis Church of the Nazarene. We were made aware of a group of Saint Louis churches and others who planned to hold an event to demonstrate love and pride for their community. We were asked to participate by providing the names of seven to ten Saint Louis senior citizens who would appreciate having his/her yard raked by volunteers. Commission on Aging was able to connect nine seniors with the *I Love My City* event held Sunday, May 5th. Pastor Jake sent this end-of-event email to Commission on Aging.

"I Love My City went unbelievably well. We had more than 250 volunteers participate in the event which included approximately 50 people who were working on yard cleanup specifically. Those who cleaned senior's yards reported how much they enjoyed the work and felt appreciated. I've attached what pictures I have of the yard clean up, including a message that one homeowner put in his/her front window. Just a heads up, we have already decided that we'd like to do this again next year so I will be contacting you again next spring. Thanks again for helping to make this work event work."

A couple recently came to the Commission on Aging front desk. I recognized the wife as one of our at-home knitters, meaning she is unable to attend the Mitten Makers/Hats Galore Knit-In on the third Saturday of the month; but fully participates by knitting at home for our program which provides young children with hats and mittens. The knitters also make headbands for persons experiencing hair loss due to medical treatment or illness. Our knitter had in hand several knitted infant caps. What was amazing was just a week prior to her visit we had received a call reporting "the hospital needs more infant caps." I shared that information with our knitter as I stated our appreciation for her beautiful caps. One week later, the couple again came to the front desk. "I have made ten more infant caps."

Kindness is an interesting word. Volunteerism is also an interesting word. Both words name something important and give imagery of an action. Both make such a difference in our world.



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

Commission on Aging Air Conditioners

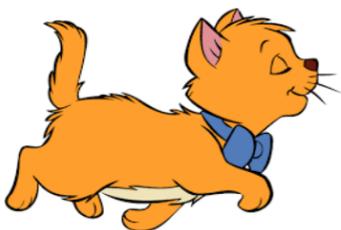
As summer draws near, so does the heat that comes with it. The Commission on Aging has air conditioners which can be loaned out to you thanks to a grant received from the Gratiot County-Community Foundation. Just call the COA at 989-875-5246 and request one. We will ask you a few simple questions, and then get our home chore department to deliver and set one up! This is on a first come, first served process. At the end of the summer, call the COA and we will come and remove it as well.



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

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

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



Clinic Dates:

June 10	Aug. 26	Oct. 28
June 24	Sept. 9	Nov. 11
July 8	Sept. 23	Nov. 25
July 22	Oct. 14	Dec. 9
Aug. 12		

Project Fresh 2019 Coupons Still Available

There are Senior Project Fresh coupons still available for this year. The Senior Project Fresh program provides participants with \$20 in coupons that can be used at participating farmers markets. Later in the article is a list of dates and times for the *mandatory* class. 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)

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 still *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 10 @ 9:30 am or 1:30 pm**
Commission on Aging, 515 S. Pine River, Ithaca
- Wednesday, 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. Any questions, please contact Sarah McClung at the Commission on Aging at 989-875-5286.

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:

VOLUNTEER ACTIVITY June 2019

Please join us to see what we are about.
Walk-Ins welcome.
Sue Koch 989-875-5346

Recycled Greeting Cards Team

Monday June 3rd 9:00 a.m. - 12 noon
Monday June 10th 9:00 a.m. - 12 noon
Monday June 17th 9:00 a.m. - 12 noon
Monday June 24th 9:00 a.m. - 12 noon

Mitten Makers and Hats Galore Knit-In

Saturday June 15th 10:00 a.m. - 2:00 p.m.
Knitters and Crocheters welcome.
Brown bag lunch suggested.
Beverages furnished.

Senior Gratiot Newspaper Prep Team

June 26th 9:00 a.m. - 11:30 a.m.

Helping Young Musicians

Who do you know who plays, or used to play, the violin? Here in Gratiot County, we have a lot of budding violinists, violists and cellists. This county has never been fortunate enough to have string classes in the school system, but we have had an after school string program for 30 years. One that has quietly nurtured this beautiful art form and one that needs your help now. The Gratiot String Association (GSA) is looking for people who are interested in helping young musicians by serving on the board of this volunteer organization.

GSA started in 1985 as a joint project of Alma College and the Gratiot Isabella Regional Education Service District (RESD). Three talented leaders successively took the coordinator role and began to teach strings. In 2005, the college stepped aside and RESD ran the program. Parents stepped up when the RESD funding was cut, and have been keeping the program alive since 2008.

Today, the program is small but sound. There are four board members that oversee the administration and finances of the program, which is implemented by professional string players. Two current board members will be leaving at the conclusion of this school year, leaving 2 openings. Board members don't have to be musical, and they don't have to have a child or grandchild in the program, they just have to be dynamic and enthusiastic individuals who support and cherish the role of music in people's lives, and are looking for ways to benefit their community. If you have an interest in learning more about this opportunity, call Amy Ransom, president, at 989-285-2113, or Jan Caputo, teacher, at 989-400-6361.

Please consider joining the musical journey of these talented young people. You'll be glad you did.



June 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
<i>summer</i> 						
2	3	4	5	6	7	8
	11:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	11:00 EZ Motion 12:00 Lunch 1:00 Board Meeting	11:00 Swing Dancing 12:00 Lunch 12:30 Bingo	11:30 Throw Back Thursday 12:00 Lunch 12:30 Yahtzee	11:00 Belly Dance Basics 12:00 Lunch 12:45 Euchre	
9	10	11	12	13	14	15
	11:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	11:00 EZ Motion 12:00 Lunch 12:30 Brush with Bravata	9:30 Project Fresh 12:00 Lunch 12:30 Project Fresh	12:00 Lunch 12:30 Cards 2:00 Transit to Farmers Market	11:00 Belly Dance Basics 12:00 Lunch 12:00 Euchre	
16	17	18	19	20	21	22
HAPPY FATHER'S Day!	11:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	11:00 EZ Motion 12:00 Lunch 12:30 Nutrition Program	11:00 Swing Dancing 12:00 Lunch 12:30 Bingo	12:00 Lunch 12:30 Alyssa's Fan Veil Dance 2:00 Transit to Farmers Market	11:00 Belly Dance Basics 12:00 Lunch 12:30 Euchre	
23	24	25	26	27	28	29
	11:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	11:00 EZ Motion 12:00 Lunch 12:30 Tuesday History	11:00 Swing Dancing 12:00 Birthday Lunch 12:30 Bingo	12:00 Lunch 12:30 Yahtzee 2:00 Transit to Farmers Market	11:00 Belly Dance Basics 12:00 Lunch 12:30 Euchre	

**Gratiot Community
Senior Center**
1329 Michigan Ave., St. Louis
By Alyssa Bowen

Hello friends,

We are unbelievably excited to get back into the swing of things and I am more motivated than ever to get more activities and programs for everyone to participate in.

I am excited to have some of you back from winter vacation and have even met a few of you. That being said, please do not forget about Euchre. We are all excited to have it back and I can't wait for you all to teach me how to play!

Also my loyal Bingo players, please do not forget that we will be having Bingo every Monday and Wednesday. Mondays have yet to take off but I am hoping some of you will start joining us for both days. I have had many individuals and businesses donate to our "Bingo stash". I want to say thank you to my family and friends as well as Rickety Redo's in St. Louis for all of the prizes and time they have spent collecting and purchasing Bingo prizes.

I also have kept our exercise classes on every morning, however, I did change it to 11:00 instead of 10:00 to keep it close to lunch so the congregates may join us if they wish. Keep in mind, these may change next month if it is not peeking your interest. On Mondays we will be doing Gentle Yoga. On Tuesdays there will be EZ Motion exercise videos. Wednesdays we will be learning swing dancing together through my past experience and YouTube due to your requests. On Fridays we will have basic belly dance followed by a brief nature walk. Belly dance is so much fun and something I have a strong passion for. I will bring all of my props for you to play with and see how they work as well. Again, these classes are not challenging and are taught by me so it is

very informal. Do not be intimidated. We welcome everyone to join us! These classes will start at 11 a.m.

We also have a painting party scheduled this month featuring Deb from "Brush with Bravata". In her class, on the 11th of June at 12:30 you will be painting on a 10x10 wooden pallet. The painting this month features a super cute Dalmatian with flowers and butterflies. Deb is very encouraging and patient. She loves to do this for us! All materials will be provided just bring a smile and your payment. As always, you are more than welcome to join us for lunch as well at noon. Call ahead to make reservations for lunch, painting, or more information at 989-681-4341.

This month we have a very exciting program scheduled. On Wednesday, June 12th, we will be hosting a project fresh presentation at the center. This class is intended to provide education about the positive health benefits of fresh fruits and vegetables. To take part in Project Fresh, your income level must be at or below \$1860 per month for a single person or \$2500 per month for a couple. You will receive coupons to then "spend" at the farmers market. Please call Sarah at the Commission on Aging to register for the Project Fresh class and to receive your booklet at 989-875-5286.

Here is the exciting part, we have decided to provide a round trip transit bus from the senior center to the farmers market and back every Thursday from June 13th until October when the market closes down. Thursday's the bus will pick us up here at the Senior Center at 2:00 pm and head for the farmer's market. The bus will then pick us up at 3:00 pm to return back to the center. The pricing is as follows: Gold Card 75 and older \$2.00 round trip, senior rate \$3.00 round trip. If we can get enough people there will also be a group rate available. In order to be able to provide Alma Transit with accurate information on which bus we will need, I will need to have you call me the Tuesday prior to the trips by 3:00 pm. Call me to reserve your spot on the bus at 989-681-4341.

We are looking for local businesses to sponsor these trips for the seniors. That would allow this service to be provided at no cost to the seniors. If you are interested in sponsoring a trip, please give the Senior Center a call at 989-681-4341.

*Spring is nature's way of saying,
"Let's party!"-anonymous*



**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 13, 2019 through May 10, 2019.

Donations

The Pickle Factory

In Loving Memory...

Gary Mills
Cherie Yost

Philip Morton
Fred Morton
Mary Morton

**I Love My City, May 5
St. Louis Church of the Nazarene
Volunteers Assisting with Yard Work for Seniors**



*a heartfelt
Thanks*

MAI



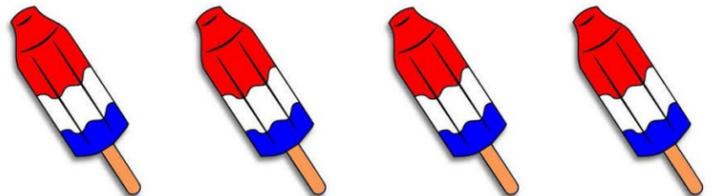
June 15, 2019

Elder abuse can be defined as “a single, or repeated act, or lack of appropriate actions, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person”. Elder abuse can take various forms such as physical, psychological or emotional, sexual and financial abuse. It includes the failure of a caregiver or other responsible party to provide for the basic needs of an elder.

Warning signs can be difficult to recognize and can be mistaken for symptoms of dementia or the elderly person’s frailty. Frequent arguments or tension between the caregiver and the elderly person or changes in the personality of the elder can be broad signs of abuse.

Elder abuse is a global problem and is typically underreported. It is something that needs to be reported and there are steps to take to assist in the reduction of elder abuse:

- ◊ The public can watch for signs of elder abuse and learn how to get help and report abuse.
- ◊ Older people can stay connected to family and friends; use professional services for support, and make sure their financial and legal affairs are in order
- ◊ Family and informal caregivers can lower their risk of committing abuse by learning ways to cope: take breaks, get support from local health and social services or get help from family and friends.



Summer Fun

M	I	G	Z	F	P	O	P	S	I	C	L	E	S
L	S	O	O	I	L	S	Y	R	L	P	E	S	E
L	E	O	O	R	S	G	A	O	E	K	N	W	R
F	A	V	I	E	C	N	D	A	M	H	R	I	S
I	S	N	V	W	I	I	G	D	O	O	U	M	O
R	H	S	A	O	N	P	A	T	N	L	B	S	T
E	E	I	C	R	C	M	L	R	A	S	N	U	I
F	L	S	A	K	I	A	F	I	D	L	U	I	U
L	L	L	T	S	P	C	I	P	E	U	S	T	Q
I	S	E	I	C	E	D	T	E	A	I	C	Q	S
E	A	D	O	I	F	I	S	H	I	N	G	H	O
S	A	N	N	L	A	N	T	S	A	E	S	K	M
B	E	A	C	H	T	O	W	E	L	E	T	E	G
E	S	S	P	O	S	P	O	L	F	P	I	L	F

- CAMPING
- POPSICLES
- FISHING
- ROAD TRIP
- SEASHELLS
- FIREWORKS
- ANTS
- ICED TEA
- SANDELS
- BEACH TOWEL
- VACATION
- FIREFLIES
- SWIMSUIT
- FLIP FLOPS
- SUNBURN
- FLAG DAY
- MOSQUITOS
- PICNIC
- ZOO
- LEMONADE



Play this puzzle online at : <https://thewordsearch.com/puzzle/641962/>

Gratiot County Commission on Aging (COA) Volunteers Who We Are and What We Do

Sue Koch Coordinator of Volunteers 989-875-5346

What is a Volunteer? A volunteer is a valuable resource for the COA, its staff, and its clients. A volunteer is an individual who without expectation of compensation (beyond approved reimbursement), performs a task at the direction and on behalf of the COA. A volunteer works in support roles with paid staff. Volunteers receive training and are responsible to the Coordinator of Volunteers or Designee. Many volunteer roles have flexible schedules which are tailored to the availability of the volunteer.

***Home Delivered Meals Program Main Kitchen Preparation Assistant:** All Gratiot County meals are prepared in the kitchen at COA in Ithaca by kitchen staff. Volunteers and kitchen staff work as a team to package meals for homebound seniors.

***Home Delivered Meals Program Volunteer Driver:** The volunteer route driver begins his/her assigned route at 11:00 a.m. at one of five Senior Center Congregate Meal Sites – St. Louis, Breckenridge, Fulton, Ithaca or Sumner. A route takes 60 to 90 minutes to complete. Mileage is reimbursed at a rate of .58 cents a mile for the route driven.

***Mini-Van Transportation Volunteer Driver:** COA has 2 mini-vans which are used for transporting seniors to appointments (medical, dental, optical and the like) and for other needs associated with activities of daily living such as hair appointment, a pharmacy stop and the like.

***Senior Center Site Assistant:** This volunteer serves by readying the meal tables for guests, calling bingo, being a 4th at a game of cards, or helping with clean-up following the meal. There will also be opportunity to assist the site manager with special projects.

***Coordinator of Volunteer's Office Assistant:** This volunteer assists with typing, data entry, filing, answering the phone, making telephone calls, assisting with mass mailings and a variety of other administrative tasks. Computer skills in Word and Excel are helpful but not required.

***Senior Gratiot Newspaper Mail-Ready Volunteer:** Senior Gratiot newspaper announces county-wide events, activities, trips, Senior Center happenings, Commission on Aging programs, support group meetings, Hot Line Assistance numbers and the like to Gratiot County seniors. Volunteers work at COA in Ithaca as a team for up to 3 hours once a month. Volunteers label, fold and tape each Senior Gratiot newspaper to meet the U.S. Postal Service requirement for the lowest postage rate available to non-profit organizations.

***Recycle Greeting Cards Team:** This team trims greeting cards previously sent to someone and creatively arranges usable pieces on fresh cardstock. All supplies are furnished. Cards and envelopes are available in the lobby at Commission on Aging for a suggested donation of .25 cents.

***Homestead Property Tax/Home Heating Credit Program Assistant, Medicare Part D Program Assistant; and Project FRESH Program Assistant:** The volunteer works under the guidance of the MAPP Coordinator and Director to help seniors through the challenges and paperwork associated with these programs.

***Mitten Makers/Hats Galore Volunteer:** The volunteer uses knitting or crocheting to create hats, mittens, scarves and headbands for lower elementary school children. We also create headbands suitable for use by adults and children experiencing hair loss due to illness or medical treatment.



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!

2019 Spring Window Washing

With warmer weather just around the corner, it is time to be thinking about washing your windows. Our maintenance crew can wash your windows both inside and outside. There is no charge for this service, but donations for labor are encouraged.

This is an extremely busy time of year for Dan and his crew, so if you need your windows washed, please be patient. If you have additional jobs that you would like done at the same time as having your windows washed, please let us know what those are when you call. This will assist Dan in planning the work schedule.

Call Commission on Aging at 989-875-5246 for more information, or to place your request.



Brush with Bravata! Tuesday, June 11 12:30 - 2:00 p.m.

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

A different picture is done each month and the class is on the second Tuesday of the month. Below is June's project. Be sure to reserve your lunch when you call to reserve a spot in the painting class. The number to call is 989-681-4341.



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.



DEMENTIA CAREGIVER SUPPORT GROUP

**Chair Exercise for Your Loved
One Living with
Dementia**

Dinner for Both of You

A dementia caregiver support group meets every Wednesday at the Alma United Methodist Church, 4:30 to 5:30 p.m. During the support group meeting, a chair balance exercise program is available for your loved one living with dementia. Dinner is served at 5:30 for \$7.00 per person.

Participants are encouraged to attend weekly, but are welcome to drop in on occasion. You are also welcome to attend even if your loved one has not been official diagnosed, but you suspect that some brain change is occurring.

Dementia Caregiver Support Group

Date: Every Wednesday
Time: 4:30 to 5:30 p.m.

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



Don't Give Up on Me!

By Sherri Florez

"Don't give up on me" may be the words trying to come from your loved one. They may not be able to verbally communicate due to the later stages of their diagnosis of dementia. If only they could still find those words, they most likely would still want you to carry on those past conversations.

I would like to share a personal story of a friend. I met an older gentleman, as his wife had decided getting him involved in a group for memory care might help. His diagnosis of dementia has been progressing. The wife, trying to keep him safe at home under her twenty-four hour supervision, was needing a break. The wife shared how his verbal communication has almost disappeared. With his first visit, he met our visiting dog, "Layla". The words began to flow and haven't stopped. This gentleman, within a short time, now out talks most others in the group. This has been so rewarding to be a part of - keeping his mind stimulated enough and bringing back happy memories that had been locked away. You just never know what animal, song, voice, picture, game or words might open those doors.

There are actions that one can take to reduce the risk for dementia and, in some cases, slow the progression of the disease. These factors include:

Physical Exercise: Regular physical exercise leads to a healthier brain by increasing the flow of oxygen and blood, just as it leads to better health for the rest of the body. Exercise and physical activity improve cognitive performance and reduce cognitive decline.

Healthy Diet: A healthy diet that includes fruits, vegetables, nuts, whole grains, poultry, fish and legumes may reduce the risk of developing dementia. In addition, red meat, sugar and saturated fats should be limited in one's diet.

Heart Healthy Behaviors: The factors that protect against heart disease help reduce some of the risk factors associated with dementia. These include, in addition to exercising and healthy eating, abstaining from smoking, maintaining a healthy weight and normal blood glucose level, controlling blood pressure and cholesterol, relaxing and reducing stress.

Avoiding Head Injury: Head injury, particularly repeated concussions, is associated with an increased risk for dementia.

Mental Activities: Stimulation of the mind increases the number and strength of connections between the brain cells. Examples of mental exercises that are particularly effective include solving puzzles, learning something new, reading challenging material, playing board games, playing a musical instrument, dancing and animals.

Socializing: Older people who engage in regular social activities show less cognitive decline.

Some factors may decrease the effect of brain damage due to dementia by developing more connections between the remaining brain cells, rather than preventing damage. With more connections between brain cells, function can be

maintained longer, despite damage to the brain.

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 per hour at First Presbyterian Church in Alma. Contact 989-463-2940 or www.firtpres.net for more information. Good Company is partially funded by Gratiot County Community Foundation.



GAIN: Companions

A GAIN program partially funded by a grant from Gratiot County Community Foundation

Pet Adoption, Retention & Support

The Purpose:

1. To support a lifelong human/animal bond.
2. To help lower-income senior citizens and individuals with special needs by providing financial support for the extras a pet requires. This may include rental deposits, vetting, spaying and neutering, food, or emergency care.
3. To help with adoption of a new pet and/or with retention of a current pet.

Although GAIN can't do everything for everyone, GAIN can provide some help and refer someone to other resources.

Older adults and owners with special needs have time to provide love and pets provide companionship, decreasing loneliness. Physically, pet owners get more exercise, have less stress, and lower blood pressure.



Commodity Food Distribution Date

Commodities distribution will be on **June 24, 2019**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. Income guidelines are as follows: one person's monthly income not more than \$1,316; income per couple not to exceed \$1,784 monthly. Anyone interested in the program may contact Eight Cap at 989-463-5693. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from 9:30 a.m. to 11:00 a.m. or at the Commission on Aging, 515 S. Pine River St., Ithaca from 1:00 p.m. to 2:00 p.m.

Senior Activity Building

June 2019

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 EVERY-DAY Building open, coffee's ready	10:00 EVERY-DAY Visits, news, games, activities scheduled	12:00 Monday through Friday	Food With Friends Noon Meal	Call in your Reservation 875-2135	Walk Wanda's Walk daily	1 11:00 – 1:45 Building open 12:15 Family Potluck
2	3 Fish Tales & photos of your catch!	4 10:30 Cribbage 7:00 VFW Post 7805	5 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow	6 10:00 Golf Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	7 11:30 Blood Pressure Checks by Joyce Raycraft	8  NATIONAL BEST FRIEND DAY
9	10 10:30 Cribbage 7:00 Dulcimers	11 1:00 Progressive Euchre	12 1:00 Dominoes 1:00 Final Cooking Matters class 1:00 Horseshoes 2:00 Afterglow	13 10:00 Golf Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	14 1:00 -3:30 Friday Cards with Jack & Avis Ginther Wear Red, White, & Blue for Flag Day Honor our Dads	15
16  HAPPY FATHER'S DAY!	17 12:30 Bob Crist's Piano Music 1:20 Bob's Sunshine Gang at Ashley Care Center	18 10:30 Cribbage 1:15 Senior Activity Building Board meeting	19 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow 7:00 A Tractive Tractor Club	20 10:00 Golf Games 11:00 Piano Music by Joyce Raycraft 12:00 June Birthdays 1:00 Wii Bowling	21 Young Senior Day 1:00 Sequence	22 1:30 – 3:00 Dynamic Duo 's GREAT MUSIC for you to enjoy!! Cookies & Coffee
23	24 11:50 Nutrition "Adding Fiber to your Diet" 1:00 Outdoor Shuffleboard	25 1:00 Progressive Euchre	26 1:00 Dominoes 12:45 Healthy Eating for Seniors 1:00 Horseshoes 2:00 Afterglow	27 10:00 Golf Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	28 1:00 -3:30 Friday Cards with Jack & Avis Ginther	29
30	 Summer					

Senior Activity Building & Food with Friends News
By Jo Jones

We hope to see you at 1:30 on Saturday, June 22nd 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 12:15 on Saturday, the 1st.

We begin the month with Fish Tales and pictures of your fishing trips. Start finding your photos of your catches!

Bingo will be taking a break during the summer months. The exception will be on July 25th for a Thursday Christmas in July Bingo!

Just For Fun Dulcimer Club provides a very pleasant evening of music on June 10th from 7 to 9. 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 24th is "Creative Ways to Add More FIBER to Your Meals." At 1:00, we plan to be outdoors playing Shuffleboard. Come join the fun!

EZ Motion is also taking time off during the summer months however, Walking Wanda's Walk is available every day at any time. Enjoy a walk through the Atkinson Park every day.

Cribbage is being played on Monday the 10th and on Tuesday, June 4th and 18th at 10:30. If you want to learn, come on these dates.

Progressive Euchre will be on Tuesday, June 11th and 25th. The Blue ribbon winner was Gloria Kleinhans. Dennis Sierakowski won the red ribbon.

Our Senior Activity Building Board meeting will be at 1:15 P.M. on the 18th. The Board appreciates the response from 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. Do plan to show your appreciation for a place to come for coffee and playing cards and games through your Gift in Gratitude. Envelopes are located on the Sign In table.

Each Wednesday we plan to play Horse-shoe Games at 1:00, followed by an Afterglow. You are welcome to pitch with us. No experience is needed! Also at 1:00, the game of Dominoes continues to be enjoyed. Again, you are most WELCOME to join in on this activity or any activity or program.

On the 12th, the final class for MSU Extension's Cooking Matters will begin at 1:00. Then on the 26th, RESD will present their monthly nutrition program "Healthy Eating for Seniors".

A card game, Golf, is scheduled each Thursday morning at 10:00. Whether or not it is played, depends on the interest of those present. 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!

The June Birthday and Anniversary celebration will be on Thursday, June 20th. If your special day is in this month, we want to

share with you at your party. Call in your reservation.

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

We will honor our DADS on Friday, the 14th. 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! This happens to be Flag Day so we encourage you to wear some red, white and blue.

Friday Cards (which includes bridge) will be on the 14th and the 28th 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 21st is the day that YOUNG SENIORS try to join us this month. If you can only find one day each month to enjoy a Food with Friends meal, make it Friday, the 21st. NOW please reserve your place. Call 875-2135. THANKS!! Sequence is scheduled at 1:00.

You are encouraged to bring some of your family members with you to our monthly potluck on June 1st at 12:15. 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 food.

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!



THANK YOU for your gifts received by the Senior Activity Building from April 12, 2019 through May 12, 2019:

Volunteers, named and unnamed, who completely care for the Building and its programs and activities:

- Musicians: Bob Crist, Joyce Raycraft
- Crystal Jar Donations: Unnamed Donations, Progressive Euchre, Friday Cards, Blood Pressure
- Emily MacDonald

Gifts in GRATITUDE to SAB

- By Bill & Linda DeVuyst
- Rebecca Allen
- Jo Jones
- Howard & Nancy Crites

In MEMORY of RANDY SHAULL

By Bob & Sharon Merchant

In MEMORY of MILLIE LAFRENIERE

By Mike & Marci Browne

In MEMORY of PAULINE MERCHANT

By Bob & Sharon Merchant

In MEMORY of HERBERT & MARLENE HALE

By Mike & Marci Browne

In MEMORY of AMBER HILL

By Mike & Marci Browne

In MEMORY of OWEN (BUD) WOOD

By Mike & Marci Browne

In MEMORY of EDDIE FLORA

By Mike & Marci Browne

In MEMORY of DOLORES LOMBARD

- By Hazel Reeves
- Bob & Sharon Marchant
- Mike & Marci Browne
- Jim & Carolyn Simcox

In MEMORY of BILL CAPEN

By Chuck & Marty Wieferrich

In MEMORY of GEORGE VOJTAS

- By Chuck & Marty Wieferrich
- Jack & Avis Ginther
- Bob & Sharon Marchant
- Katherine Vojtas

In MEMORY of GRETA FOSTER

By Ida Bakker-Kramer

In MEMORY of DONNA JUNE CRUMBAUGH

By Jerry & Hazel Clagg

In MEMORY of ANN HULL

- By Lori & Joan Sparks
- Connie & Les Sowa
- Klaas & Mares Vanderploeg
- St. Louis Employee Club
- John & Lauren Anderson
- Larry & Robin Cantrell
- Bill Herschman & Carol Reeves
- Steve & Cyndi Bovee
- Bob & Gail Paradise
- Paul & Patrice Hornak
- Dave & Kathryn Thomas
- John Davis
- Chris, Konnie, & Taylor Bovee
- Patti Cotter
- Joe & Gail Evans
- Patty Reeves
- Rex & Doff Rimmel
- Dr. Harold & Betty Wakefield
- IHS Class of 1976
- Brent & Cindy Beracy
- Julie & Andy Tucker
- Karen & Danny Curtis
- Wayne Ritz
- Michael & Dianne Gabrion
- Mike & Sue Allen
- Marita Harkness & Natalie Hebden
- Cinda Reeves
- Mike & Marci Browne
- Jack & Avis Ginther
- Joan Cook
- Larry & Coleen Trexler
- Dawn Marcy Spitler
- Phil & Sue Kench
- Jerry & Hazel Clagg

In MEMORY of GWENDELL BOYER

By Mike & Marci Browne

In MEMORY of REG GULICK

By Mike & Marci Browne
Joyce Beard

In MEMORY of ALTON & DOROTHY DURGA

By Bob & Nancy (Durga) Smith

In MEMORY of MAXINE WEAVER

By Phil & Sue Kench

In MEMORY of FRED G. JONES

By Heng & Savy Srey



LARGE BREED DOG SPAY/NEUTER ASSISTANCE PROGRAM

GAIN's assistance program for large breed dogs helps Gratiot County dog owners with the cost of spaying or neutering their big dogs. This program includes younger, and smaller mixes of large breeds, including pit bull terrier dogs and pit bull mixes.

This program is partially funded through the Mike Harrison Memorial Fund, providing up to \$100 towards the cost of each spay/neuter. For more information, please contact Marie Green, 989-875-2286.



Happenings at the Senior Activity Building



April Birthdays celebrated by Clare Bare (seated), Chuck Emery, and Ron Peters



James Srey from Long Beach, California celebrated his 11th Birthday with Ithaca Food with Friends Seniors. James presented a program about Ithaca, MI. For a class assignment, he chose to study about the state of Michigan and the city of Ithaca. His mother, Heng Srey, had lived in Alma in the 1980's. She was able to move from Cambodia to Alma with the sponsorship of the Alma United Methodist Church. Heng lived with the Beld and Jones families, so knew about the Food with Friends program. This was the Srey family's first visit to Michigan.



Jane Mahler, from Florida, shared her trips to the Himalaya Mountains, Egypt and Jordan with the Seniors at Food with Friends. Jane was visiting her mother, Jean Mahler, a regular Food with Friends attendee.

West Gratiot

By Cindy Simons

May birthday greetings went out to Bob Divelbiss, Pat Elliott and Anna Smejkal. We wish each of them a new year of exciting adventures.

Roxanne White, from MSU Extension, joined us each Friday in May for "Cooking Matters" classes. Lessons focused around nutrition, simple tips on purchasing food and food preparation shortcuts. The FWF attendees assisted with various tasks and were given groceries to allow preparation of the dishes at home. We thank Roxanne for her time, advice and, of course, the complementary groceries.

More puzzles and clothing items were donated to the Saginaw Veteran's Hospital last month. Please continue to bring in items. We also made bookmarks and gave them to nursing care residents in our area.

May 15th brought us a wonderful opportunity to enjoy a morning of karaoke music and afternoon of games with friends. We pampered ourselves with root beer floats and a movie at the end of the month.

As the Alma Highland Festival approached, West Gratiot participants took time to show off their plaid clothing. Whether they had Scottish heritage or not, it was fun to join in the spirit of the event. Please visit the variety of festivals available in our local communities throughout the summer. It will be entertaining to get out and about while we have pleasant weather.

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

Now, here are activities coming up:

Our wellness topic will be introduced on June 3rd. To celebrate National Rocky Road Day, we will have Rocky Road sundaes after lunch on Wednesday, June 5th.

Wear red, white and blue both Wednesday and Friday, June 12th and 14th in honor of Flag Day. Birthday and anniversary celebrations will take place on those two days as well.

Attendees will have an opportunity to assist with a craft project the week of June 17th. We will give the items to one of the local nursing care facilities.

Join us on Friday, June 21st for karaoke music after lunch. Wear your bright colors on this day to celebrate the summer solstice!

National Herb and Spice Day is in June. We will plant herbs so participants can enjoy fresh herbs in their favorite recipes this summer. Join in this activity the week of June 24th. Please sign up by the previous week.

Attendees will have root beer floats on Wednesday, June 26th. A movie and snack will be enjoyed on Friday, June 28th.

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

To get started with the Food with Friends program: **Call the Gratiot FWF Kitchen (989.875.5332) from 7:30-1:00 M-F to reserve lunch 24 hours before the day you would like to attend.** After

that, sign up ahead of time, while at the site. Contact Cindy at 989.833.7624 from 10:00-2:00 MWF at the West Gratiot site for more information.

West Gratiot Highlights

- 6-3 Nutrition & Wellness Topic
- 6-5 Rocky Road Day - Sundaes
- 6-12 & Birthday & Anniversary Celebrations - Wear red, white & blue
- 6-14 tions - Wear red, white & blue
- 6-17 Craft
- 6-21 Karaoke Music
- 6-24 Potting Herb Plants (**Please sign up the week before**)
- 6-26 Special Treat - Root Beer Floats
- 6-28 Movie & Snack

West Gratiot Weekly Activities

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



BRECKENRIDGE

By Pat Schultz

Summer, what a wonderful time of year! All the birds singing, flowers blooming and everything green again after a very long winter. I hope everyone can get out of the house and enjoy it all. We will be having lots of summer activities in the next few months, so come and see what the Breckenridge food site has to offer. There is almost never a dull moment, just lots of fun.

Here are some of the activities that we have planned for the month of June:

- 6-3 Cardmaking at the library after lunch
- 6-4 Bingo after lunch
- 6-5 Share Wedding stories and pictures
- 6-7 Puzzle Day
- 6-11 Bingo after Lunch
- 6-12 Nutrition Education
- 6-14 Knit and Crochet Fun
- 6-17 Cardmaking at the library after lunch
- 6-18 Bingo after Lunch
- 6-19 Patriotic Wreath Craft
- 6-21 Celebrate the first day of summer. Tell us about your favorite summer memory or activity as a child
- 6-25 Bingo after Lunch
- 6-26 Ask the Chief of Police Question Day
- 6-28 Ice Cream Float Day

We play Euchre most mornings as well as many other games. We are always looking for people who like to play games. Come play some games, join in one of the activities or just visit with old friends or make some new friends. Everyone is always Welcome!

Greetings from Fulton

By Irene Noffsinger

Did you know that June 10th is Black Cow Day? For anyone that does not know, a black cow is root beer and vanilla ice cream, commonly known as a root beer float. They can also be made out of root beer and chocolate ice cream, or cola and vanilla ice cream. But, did you know how black cows came to be? A man named Frank J. Wisner of Cripple Creek, Colorado invented it in August of 1893. Frank was the owner of Cripple Creek Cow Mountain Gold Mining Company. Looking at the full moon shining on the snow capped Cow Mountain made him think of a scoop of vanilla ice cream. He tried a scoop of vanilla ice cream in his children's favorite soda, root beer. Frank named his new drink Black Cow Mountain. Eventually, the local children shortened the name to Black Cow. So, on June 10th, we will celebrate Black Cow Day by having black cows. Eat light!



Please join us every third Wednesday of the month for discussions on how to stay healthy and physically active in our golden years. Healthy Eating will be presented by Gratiot Isabella RESD.

BOOKS BOOKS BOOKS

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

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

- 6-3 Lunch/Wii
- 6-5 Lunch/Phase 10
- 6-7 Lunch/Euchre
- 6-10 Lunch/Wii/Black Cows
- 6-12 Lunch/Phase Ten
- 6-14 Lunch/Euchre
- 6-17 Lunch/Wii/Skip Bo
- 6-19 Lunch/Healthy Eating
- 6-21 Lunch/Euchre
- 6-24 Lunch/Wii
- 6-26 Lunch/Phase Ten Nutrition Education
- 6-28 Lunch/Euchre

FULTON SENIOR CENTER DONATIONS

Thank You to anyone that has done anything to support our seniors. It is much appreciated.



SENIOR GRATIOT NEWSPAPER DONATIONS

These people generously donated \$585.00 to the Senior Gratiot Newspaper contribution fund from April 16, 2019 to May 15, 2019. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Judith Bovee

IN MEMORY OF

GARY MILLS

By Susan A. House

GEORGE VOJTAS

PAUL & JOHANNA VOJTAS

STEPHEN & PEARL BURGESS

By Katherine Vojtas

WENDELL HUSTED

By Donna Husted

BONNIE RULAPAUGH

By Bob & Mary Waldron

CLINT LUETH

ERIC LUETH

By Bertha Lueth

MELVIN BURTCH

By Violet Burtch

Dave & Julie Peterson

Terry & Kathy Haruska

JED & PEARL SAMUELS

By Mr. & Mrs. Shirley Priest

LEONA WOLFGANG

By Jacob Wolfgang

DONNA JUNE CRUMBAUGH

ANN HULL

By Marilyn House

JANICE LANGLOIS-FARTAW

BETTY LANGLOIS

By Alice Howey

NANCY BARKER

By Sheryl Rutherford

GRATIOT COUNTY HISTORICAL MUSEUM WARTIME EXHIBIT

The Gratiot County Historical Museum, at 129 W. Center Street in Ithaca, reopened May 18 (Armed Forces Day) with the theme, "Wartime in Gratiot County." The exhibit features artifacts and uniforms from all wars affecting Gratiot County, beginning with the Civil War. Each room will feature artifacts, clothing, quilts and other items from a different wartime period. The barn and restored log cabin will also be open for viewing. The museum's regular hours are Wednesdays from 1:00 to 4:00 p.m. plus one Saturday a month May through October.



COMMISSION ON AGING DONATIONS

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

The Neighborhood Ladies Club
Joanne Baker
Crystal Wilson
Lincoln Rd. United Methodist Church
First United Methodist Church

IN MEMORY OF

JOYCE COVINGTON

By Margaret & Michael Covington

JANET E. (MEPHAM) WAGNER

By Edward & Sandra Daggett

BILLIE SHAULL

By William & Sue Batson

Julie Rau

Alice L. Brunmeier

Cathy Sparling

Phillip & Linda Cowdrey

Bill & Marnita Young

Susan & Craig Cheney

EMERY GROSS

By Maynard & Aggie Gross

KATHLEEN BRANDAL

By Gene & Mary Price

EDDIE FLORA

By Dennis & Debra Smith

GARY MILLS

By Mark Mills

James & Evangeline Fabiano

ANN HULL

OTTO LATOR

MILLIE LAFRENIERE

By Gene & Pat Pitcher

EMERY D. GROSS

By Phyllis Parling & Family

DOLORES LOMBARD

By Robert Miller & Family

DONNA JUNE CRUMBAUGH

KAREN SMITH

By Wendy & Scott Cary

BONNIE RULAPAUGH

By United Steel Workers 2-00585 Local

G. Charles & Janice L. Hubscher

Jerry & Connie Langlois

Greg & Carol Siefker

Bill & Linda DeVuyst

Mike & Dori DeVuyst

Sharon Helman

Dan Smith

Tony & Jody Siefker

Lois Bennett

Ed & Lola Langlois

Pat & Bob Barnes

Keith & Judy Zerba

Helen Meyers

Brent Meyers

Fred & Rose Best

Dick & Karen Best

Bill & Paula Coe

Park & Mary Beth Strouse

Calvin & Kristi Freed

John & Sering Currier

Wilson's Grocery & Community Friends

Dot & Bill Langlois

Mike & Laura Allen

Michele & John Gutkowski

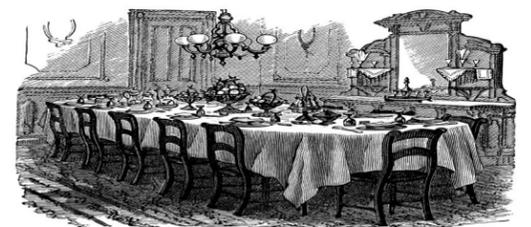
Home Delivered Meals & Gram's Kitchen Donations

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.



ENTER TO WIN DINNER AT THE MUSEUM

Travel back in time to enjoy dinner in the Gratiot Historical Museum's beautiful dining room. This summer's fundraising raffle, "Dinner for Six at the Museum," offers the winner and five guests an unforgettable evening, including a private tour and delicious meal. An early 1900's entrée will be provided by The Hearthstone Oven of Ithaca and served using the museum's collection of antique china and tableware. Donation raffle tickets of \$10 each will be sold throughout the summer at the museum, 129 W. Center St., Ithaca, the Genealogy Library, 228 W. Center St, Ithaca, the Depot Historical Museum in St. Louis and by Gratiot County Historical & Genealogical Society members. The winning raffle ticket will be drawn on Saturday, September 14, at 2:00 p.m., at the museum, with the date of dining to be chosen by the winner and museum staff. Proceeds will benefit the Gratiot Historical Museum.



June is the gateway to summer.



Jean Hersey

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

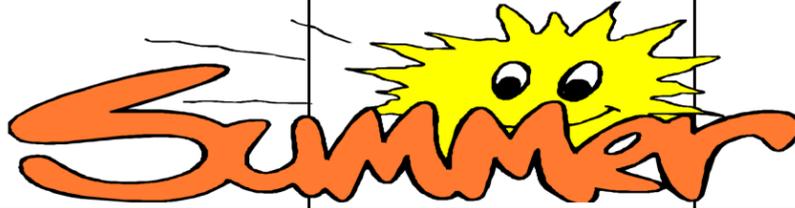


Gratiot County COA

FWF Eat Smart Menu

Lunch 12:00-12:30 pm

June

Monday	Tuesday	Wednesday	Thursday	Friday
				Soup and Salad Only available at Food with Friends Sites
3 Macaroni and Cheese Spinach Mixed Vegetables Peaches Wheat Bread	4 Roast Pork Whipped Potatoes/gravy Cauliflower Strawberries Wheat Bread	5 Spaghetti Green Beans Carrots Apricots Garlic Toast Whole Grain Cookie Or Chef Salad Chicken Vegetable Soup	6 Chicken Nuggets Potato Rounds Broccoli Cranberry Mousse Wheat Bread	7 Baked Chicken Whipped Potatoes/Gravy California Vegetables Citrus Fruit Cup Wheat Bread Or Chef Salad Stuffed Pepper Soup
10 Pork Chop Whipped Potatoes Winter Blend Fresh Orange Wheat Bread	11 Chicken Pattie Redskin Potatoes Lettuce and Tomato Peas Hamburger Bun	12 Fish Sticks Potato Rounds Carrots Leprechaun Fluff Wheat Bread Or Chef Salad Minestrone Soup	13 Beef Stroganoff Vegetable Blend Capri Broccoli Pineapple Rice Pudding Wheat Bread	14 Ham Slice Cheese Slice Broccoli/Cauliflower Salad Carrot Sticks Mandarin Oranges Hamburger Bun
17 Chicken Stew Corn and Lima Beans Kyoto Vegetable Fruit Cocktail Wheat Bread	18 Cabbage Roll Casserole Corn European Vegetable Apricots Wheat Bread	19 Roast Pork Whipped Potatoes Carrots Cinnamon Applesauce Wheat Bread Or Chef Salad Beef Vegetable Soup	20 Baked Chicken Scalloped Potatoes Spinach Apple Crisp Wheat Bread	21 Swedish Meatballs Kyoto Vegetable Corn Strawberries Wheat Bread Or Chef Salad Minestrone Soup
24 Sloppy Joe Green Beans Peas and Carrots Peaches Hamburger Bun	25 Veal Parmesan Corn Beets Mixed Fruit Cup Dinner Roll	26 Sliced Turkey Parsley/Butter Potatoes Winter Blend Fruit Cocktail Dinner Roll Or Chef Salad Beef Vegetable Soup	27 Chicken A La King Brussel Sprouts Carrots Pears Biscuit	28 Chicken Salad Carrot Sticks Potato Salad Apricots Hamburger Bun

Menus are Subject to Change Without Notice

PLEASE CALL (989) 875-5332
TO CANCEL Home Delivered Meals

Milk provided with all meals

Reservations are Required 24 Hours in Advance

Suggested Donation \$2.50

FOOD WITH FRIENDS

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

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

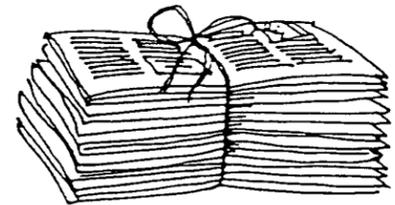
Parkinson's Support Group
4th Wednesday of each month 2:00 p.m.
Masonic Pathways
1200 Wright Ave., Alma
Contact: Scott Hicks 989.875.5269

Foster/Adoptive/Relative Care Support Group
2nd Tuesday of each month
East Superior Christian Church
605 E. Superior St., Alma
Contact: Church Office 989-463-1422

MAY 2019 PREP TEAM VOLUNTEER THANK YOU

COA is grateful to these volunteers who donated 34.5 hours preparing the May Issue for mailing.

Ruthie Malek, Jim Peck, Helen Hoard, Nancy Crites, JoAnne Zimmerman, Linda Cox, Vicki Bertoni, Lora Schultz, Iris Henries, Dorothy Rhines, Irene Peck, Sally Martin, Martha Seiler, Terri Ebnit, and guest Deborah Moomey.



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