



SENIOR GRATIOT, INC  
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Ithaca MI 48847  
989.875.5246  
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# SENIOR GRATIOT

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



## ROCKIN GOOD TIME LUNCHEON

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

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

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

### Legal Seminar

#### **Planning Ahead: Estate Planning when facing a dementia diagnosis**

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

Topics to be covered:

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



#### **Legal Seminar**

**Presenter: Rosemary Buhl, Elder Law Attorney, Buhl, Little, Lynwood & Harris, PLC**

**Date: Wednesday, March 13, 2019 Time: 6:30 to 7:30 p.m.**

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

**Personal appointments available:** Immediately after this presentation, Rosemary will be scheduling individual personal appointments for anyone who is interested. The appointments will be held Monday, March 18 beginning at 9:00 a.m. and held at Alma United Methodist Church.

\*Alma United Methodist Church is handicapped accessible.



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

Email keeps family connected whether members live in the same town or at the farthest reaches of our country. Two of my sisters live in Midland County. Our older sister lives in Washington State. Barb lives in a beautiful area nestled at the foot of Olympic National Park. The view from the other side of her home is of the Straits of Juan de Fuca. The climate is warm in the summer and mild winters prevail. Two weeks ago, while we were in the midst of the Winter Vortex, our sister emailed pictures of daffodils with leaves already popped through the soil standing at 6 inches. She also reported the hummingbirds were looking for her sweet-water feeders. Each email expressed concern for us, our family members, and friends as we struggled with sub-zero temperatures and heavy snow. She was concerned about all again during the ice/snow storm the first full week of February. On February 6<sup>th</sup>, we began to get emails from Barb asking us to keep track of the weather in her area. As of this writing (February 10<sup>th</sup>) the snow fall in her community of Sequim is three feet. The depth around her immediate area is two feet. She has electricity and reports being "cozy." Cozy is good. Email is a blessing. It keeps families connected.

Connectedness is as important to the human condition as are air, water, and food. At Commission on Aging we strive to connect Gratiot County seniors 60 years and older with services that promote well-being. Helping us deliver our services are a great team of volunteers who strive to keep those we serve connected.



Commission on Aging has wonderful volunteers. We also have wonderful volunteers who are wonderful characters! Meet our volunteer, **Jim Peck**, a wonderful character.

**Do you recall when you first understood the concept of volunteering?** I have known most of my life that volunteering is important. Now that I am retired, I have more time to volunteer.

**Why did you decide to join the volunteer team at Commission on Aging?** I have volunteered at churches and liked doing it. I actively volunteer for other organizations that I belong to. I have enjoyed doing that. I read in the Senior Gratiot Newspaper that volunteers are needed at Commission on Aging, so I decided to give it a try.

**What role(s) do you fill as a Commission on Aging volunteer?** I fold, tape and label the Senior Gratiot Newspaper once a month. This team of volunteers saves COA postage by our doing so. I also am a volunteer driver for Home Delivered Meals in St. Louis and Alma. When I first started delivering meals, I volunteered one day a week. Now some weeks I deliver

meals four days a week. It is a good program.

**What do you hope the people we serve will "get out of" your volunteer activity?** They have a hot meal delivered. A lot rely on my visit and look forward to my coming. They get to know us and count on us.

**What do you "get out of" volunteering at Commission on Aging?** I get satisfaction knowing I am able to help others. A good "reason" to get up in the morning.

**From your vantage point, why do you believe volunteering is important?** Commission on Aging is a non-profit organization. My volunteering helps keep the costs of running the organization down. It is as important to me and to those I help. Makes me appreciate how fortunate I am to be able to help.

**Do you have a philosophy that guides your life?** I want to keep living an active life for as long as I can. I try to be a helping person – someone who contributes to bettering life for others. When we help others, we help our self be a better person.

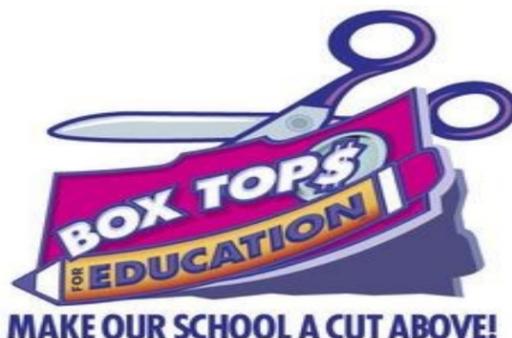
To learn more about the volunteer roles at Commission on Aging, please contact Sue Koch 989-875-5346.

## BOX TOPS AND LABELS FOR EDUCATION

Box tops and labels for education are redeemed for monies or supplies by Gratiot County schools to enhance their programs for youngsters K – 2<sup>nd</sup> Grades. Commission on Aging in Ithaca and our five Senior Centers/Food with Friends Sites act as collection places for the box tops and labels program.

Most coupons and labels have a phrase or icon of identification which may include the words "education," "school spirit," "support our schools," or similar theme. Scissors are needed to cut the coupon or label from the product packaging. Here are a few examples of what to look for: Box Tops for Education are found on Kleenex tissue boxes; cereals; nutrition bars; Motts brand juices and applesauce; Zip Lock plastic storage bag; Sunny D beverages (whole labels); Aunt Millie Bread products; Tyson frozen chicken products; Sparta brand products (UPC Bar Code has solid green lines); and many more food and non-food products.

Imagine a shiny dime taped on the packaging you are throwing away. That's an example of the value of a coupon – one Box Top for Education coupon is valued at .10 cents! Your efforts can add up to some big stuff. Thank you.



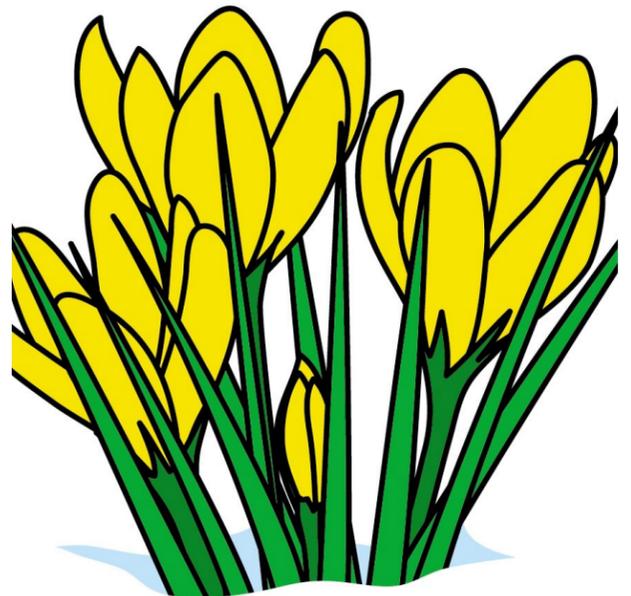
## RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch, Coordinator of  
Volunteers  
989.875.5346

A few weeks ago, I received a phone call from Commission on Aging volunteer Vickie Bertoni. She commented on how very much she likes having a Word Search in our paper.

We have also been getting compliments on the evolving look of the Senior Gratiot - more pictures and excellent graphics. I enjoy holding the Senior Gratiot Newspaper in hand to read. Some of you have mentioned how beautiful the Senior Gratiot looks online – wonderful colors! Curiosity got the better of me. Website: [www.gratiotmi.com/Departments/Commission](http://www.gratiotmi.com/Departments/Commission) is the way to get there. Very impressive. We thank Corinne Kelley, Commission on Aging Service Specialist, for her care and good work.

Whether you choose to read the Senior Gratiot Newspaper online or in hand, it is a "one stop" for senior living in Gratiot County.



## MARCH VOLUNTEER ACTIVITIES

Sue Koch Coordinator of Volunteers  
989-875-5346

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

### Recycled Greeting Cards Team

Commission on Aging in Ithaca  
March 4<sup>th</sup> 9:00 a.m. - Noon  
March 11<sup>th</sup> 9:00 a.m. - Noon  
March 18<sup>th</sup> 9:00 a.m. - Noon  
March 25<sup>th</sup> 9:00 a.m. - Noon

### Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca  
March 16<sup>th</sup> 10:00 a.m. - 2 p.m.

### Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca  
March 27<sup>th</sup> 9:00 a.m. - 11:00 a.m.

**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.

**WANTED - Home Delivered Meal Volunteers.** Deliver a hot, nutritious meal to a homebound senior. Share the "Good Morning" and bring the sunshine to the front door.

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

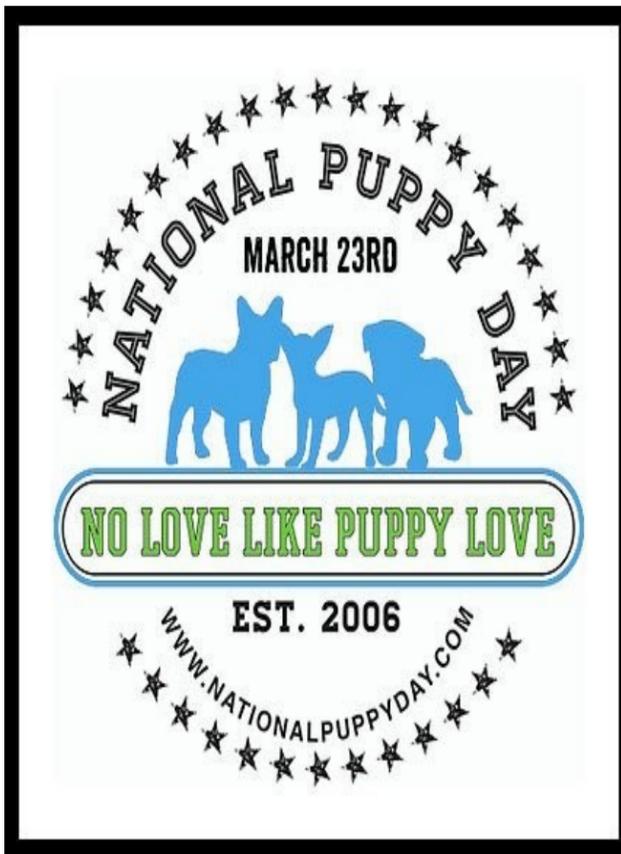
GAIN continues to offer low cost cat spay/neuter clinics for low income individuals, seniors and disabled individuals. Cat spay/neuter of owned cats is only \$35.00 per cat regardless of sex. Vaccinations can be obtained for \$10.00 each. This year we have added a microchip for \$10.00. Our Free Roaming 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:



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



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

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



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

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

A different picture is done each month, and class is always the second Tuesday of every month. Below is March'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!



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

**WANTED— Table Leaders** at a Food with Friends Senior Center. Do you enjoy puzzles or cards and table games? There is a place for you at the table.

**WANTED—** Do you enjoy visiting older people? Visit a homebound senior in his/her home.

**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!**

March 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:00 Low Impact Exercises 12:00 Lunch 12:30 Euchre	
3	4	5	6	7	8	9
	10:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	10:00 EZ Motion 12:00 Lunch 12:30 Board meeting	10:00 Swing Dancing 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Scrabble	10:00 Low Impact Exercises 12:00 Lunch 12:45 Euchre	
10	11	12	13	14	15	16
	10:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	10:00 EZ Motion 12:00 Lunch 12:30 Brush with Bravata	10:00 Swing Dancing 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Painting with Melanie	11:30 St. Patrick's Day Crossword 12:00 Lunch 12:30 Euchre	
17	18	19	20	21	22	23
	10:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	10:00 EZ Motion 12:00 Lunch 12:30 Nutrition Program	10:00 Swing Dancing 12:00 Lunch 12:30 Bingo	<b>Closed for Rock N' Roll Luncheon</b>	10:00 Low Impact Exercises 12:00 Lunch 12:30 Euchre	
24	25	26	27	28	29	30
	10:00 Gentle Yoga 12:00 Lunch 12:30 Bingo	10:00 EZ Motion 12:00 Lunch 12:30 Yahtzee	10:00 Swing Dancing 12:00 Birthday Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Scrabble	10:00 Low Impact Exercises 12:00 Lunch 12:30 Euchre	

**Gratiot Community Senior Center**

By Alyssa Bowen

Hello friends,

It has been an honor to meet all of you and get to know you. I am excited to continue moving forward planning and carrying out activities for you. As always, if you have any suggestions for me as far as the activities you would like to have, please feel free to talk with me, or fill out a suggestion slip and put it in the basket out in the entrance hallway.

Spring is almost upon us, and with that being said, we still do need to be vigilant when it comes to the weather conditions. You can listen to the radio and watch the news channel on your T.V. to be informed on closings. Generally if the surrounding schools, such as St. Louis and Alma, are closed we are as well but this is just a general rule and not always the case. If you have any questions about site closures, or any meal or activity cancellations please do not hesitate to call the Gratiot County Commission on Aging at 989-875-5246.

For the March activities calendar, it will be more consistent than February's was. I have added Bingo to every Monday in March as well as the regular Wednesdays. Also, due to requests, we will be moving the monthly birthday lunch to the last Wednesday of the Month.

I also understand that numerous people would like to have some sort of exercise class in the mornings. That being said, I

have added some type of exercise class to the calendar every single morning. 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. On Thursdays we will continue to have the line dancing and on Fridays we will have low impact exercises. These classes will start at 10 a.m.

Please note that on Thursday, March 21<sup>st</sup> we will be closed for the Rock n Roll Good Time Luncheon. The event will be held at the Breckenridge United Methodist Church located at 125 3<sup>rd</sup> Street in Breckenridge, from 11:00-2:00 pm. Sloppy joe, baked beans, fruited coleslaw, chips, and a hot fudge sundae are on the menu for the day. Following lunch, Colin Dexter will be providing entertainment as an Elvis tribute artist. If you would like to attend, please **make your reservations by March 13<sup>th</sup>, 2019 by calling the COA kitchen office at 989-875-5332.**

Again in March we will be playing euchre on Fridays. You are more than welcome to come and stop by to play, however, to eat lunch please call and make reservations. I hope to see you then! You can call me at the Senior Center, 989-681-4341.

We also have two painting parties scheduled this month and each one allows you to work with different art mediums. Painting with Melanie is scheduled for March 14<sup>th</sup>. Take home your homemade acrylic painting featuring tulips and a windmill for \$10. The perfect way to escape the cold weather. Deb also hosts a painting party called "Brush with Bravata". In her class, on the 12<sup>th</sup> of March you will be painting on a 10x10 wooden pallet. The painting this month features a steaming "heart" cup of Joe. Both ladies are very encouraging, patient, and fun. 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.

It has been a pleasure to work with you all and be able to meet everyone. I am grateful for all of your input and I am happy to receive more.

*"Friends are the people who make you smile brighter, laugh louder, and live better." - Anonymous*





# Daylight Saving Time Begins March 10, 2019

Remember, you will need to set your clock ahead one hour on March 10<sup>th</sup> as Daylight Saving Time (DST) begins. Just where did this practice come from and why does it continue?

The first proponent of DST was an Englishman, William Willet. He realized that houses were still shuttered against the morning light and people were complaining about missing out on the early morning sunlight, so he began a campaign to move the clocks ahead 20 minutes every Sunday in April and do the reverse every Sunday in September. His proposal was met with much ridicule, so it never went any further.

Attitudes changed after WWI broke out. The government and its citizens recognized the need to conserve coal used for heating homes. Once the United States entered the war, energy conservation became very important. Due to public pressure, Congress officially declared that all clocks would be moved ahead one hour at 2:00 a.m. on March 31, 1918. Americans were also encouraged to turn off their lights and go to bed earlier.

When the war ended, the farmers and working-class people who were against DST began demanding an end to it. Their claim was that it benefited only office workers and the leisure class. As a writer for the *Literary Digest* put it, "The farmer objects to doing his early chores in the dark merely so that his city brother, who is sound asleep at the time, may enjoy a daylight motor ride at eight in the evening. The DST experiment lasted until 1920, when the diary farmers continued to protest (cows don't tell time!).

DST made a come back when Pearl Harbor was attacked and the United States entered WWII. It was imposed year round during the war to save on fuel. After the war, it became inconsistent throughout the United States. In 1966, Congress passed the Uniform Time Act, establishing consistent use of DST. Some states still resisted and used a loophole that had been built into the law to avoid going on DST.

The current DST period was established with the Energy Policy Act of 2005, which went into effect in 2007. Farmers continue to argue against the practice, preferring early daylight to dry their fields and a Standard Time sunset for ending their work at a reasonable hour.



Time to  
Spring Ahead

Information above from the Old Farmer's Almanac: <https://www.almanac.com/content/when-daylight-saving-time#>

## 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.



**Social Security  
Administration  
1.800.772.1213**

## New Medicare Cards Being Issued

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

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

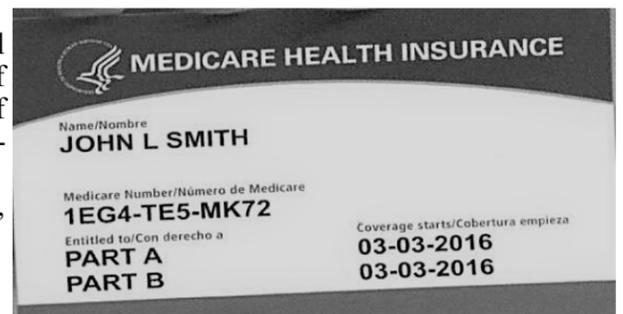
So, what if you have a Medicare Advantage Plan? Medicare beneficiaries with Medicare Advantage should keep using their plan card as they do now. You will still receive a new Medicare card, which you should keep in a safe place.

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

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

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

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



## March is Red Cross Month

March was first proclaimed Red Cross Month in 1943 by President Franklin D. Roosevelt. He wanted to raise awareness of the organization and its humanitarian mission. The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families.

Some of the things the Red Cross and its volunteers help with:

- Respond to disasters across the country, providing hope and comfort to people in need
- Train and provide information in first aid, water safety and other skills that help save lives
- Collect blood from more than 2.8 million volunteer donors to meet the needs of patients at hospitals and transfusion centers across the country.
- Provide support services to military members, veterans and their families
- Help people outside the U.S. through disaster management and disease prevention efforts.



- |               |                   |
|---------------|-------------------|
| Ash Wednesday | Parade            |
| Leprechaun    | St. Patrick's Day |
| Pancakes      | Fat Tuesday       |
| Spring        | Masks             |
| Birds         | Shamrock          |
| Mardi Gras    | Time Change       |

## DEMENTIA CAREGIVER SUPPORT GROUP

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

### Dinner for Both of You

A dementia caregivers 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



## Upcoming Events at Alma College

**Feb. 28:** Liping Bu, professor of history at Alma College, presents "Changing China: An American Fascination - History and Culture" at 7:30 p.m. Thursday, Feb. 28 at Highland Blush, 118 E. Superior St. in Alma. Admission to the Coffee House Conference informal lecture is free and open to the public.

**Through March 14:** The Flora Kirsch Beck Gallery in the Clack Art Center at Alma College presents the contemporary figurative drawings of Eastern Michigan University faculty artist Michael Reedy through Thursday, March 14. Gallery hours are 10 a.m. to 5 p.m. Mondays through Fridays and 10 a.m. to 2 p.m. Saturdays. A gallery reception with the artist takes place from 7 to 9 p.m. Thursday, March 14.

**March 15-17:** Alma College Dance performs works choreographed by Rosely Conz, Ben Munisteri, Kristen Bennett and students at 7:30 p.m. Friday, March 15 and Saturday, March 16 and 2:30 p.m. Sunday, March 17 in the Remick Heritage Center, Presbyterian Hall. Tickets are \$15 for adults, \$5 for seniors 62 and up, and free for Alma College staff, students and youth 18 and under. Seating is reserved. Call (989) 463-7304 for ticket information.



## ALMA COLLEGE

### 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.

### Commodity Food Distribution Date

Commodities distribution will be on **April 22, 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.

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

Senior Activity Building

March 2019

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00 EVERYDAY</b> Building open, coffee's almost ready <b>10:00 EVERYDAY</b> Visits, news, games, activities scheduled <b>12:00 Monday - Friday</b> <b>Food With Friends Noon Meal – CALL 875-2135 to make your reservation</b>					<b>1 11:30</b> Blood Pressure checks by Joyce Raycraft	<b>2 11:00</b> Building Open <b>12:15</b> Family Potluck
<b>3</b>	<b>4 11:30</b> Music by Christine Simmons & Dad, Larry Glover <b>Noon</b> Birthday Party for March	<b>5 9:00</b> EZ Motion <b>10:30</b> Cribbage <b>7:00</b> V.F.W. 7805	<b>6 10:30</b> Bean Bag Toss <b>1:00</b> Dominoes <b>1:00</b> Cookies and Craft group meets	<b>7 9:00</b> EZ Motion <b>10:00</b> Golf Games <b>11:00</b> Piano Music by Joyce Raycraft <b>1:00</b> Wii Bowling	<b>8 1:00-3:30</b> Friday Cards with Volunteers Jack & Avis Ginther	<b>9</b>
<b>10</b>	<b>11 10:05-11:30</b> Bingo Prizes from McDonalds & Bee Clean Car Wash <b>11:50</b> "Helpful Hints for Cooking for 1 or 2" <b>7-9</b> Dulcimers	<b>12 9:00</b> EZ Motion <b>1:00</b> Progressive Euchre	<b>13 10:30</b> Table Shuffleboard <b>1:00</b> Dominoes <i>Deadline for your reservations for Rockin Good Time</i>	<b>14 9:00</b> EZ Motion <b>10:00</b> Golf Games <b>11:00</b> Piano Music by Joyce Raycraft <b>1:00</b> Wii Bowling	<b>15 9:00</b> Prepare & deliver St. Patrick's Day Sunshine plates <b>Wear Green today!!</b> <b>1:00</b> Painting Class with Melanie Lewis	<b>16 1:30 – 3:00</b> Dynamic Duo Music & Fun & Cookies!!! <b>Wear some green!</b>
<b>17</b> 	<b>18 12:30</b> Bob's Piano Music <b>1:20</b> Bob's Sunshine Gang visits Warwick Living Center	<b>19 9:00</b> EZ Motion <b>10:30</b> Cribbage <b>1:15</b> Senior Activity Building Board meets	<b>20 10:05-11:30</b> Bingo - Prizes from Schnep's <b>1:00</b> Dominoes <b>7:00</b> A Tractive Tractor	<b>21 SAB Open 8 – 11</b> <b>11-2</b> Join us at the Rockin Good Time at Breckenridge FWF at Methodist Church	<b>22 1:00-3:30</b> Friday Cards with Jack & Avis Ginther	<b>23 8:30</b> Pancakes For Volunteers <b>9:00</b> Chair Cleaning
<b>24</b>	<b>25 10:05-11:30</b> BINGO with Kim - Prizes from United Health Care	<b>26 9:00</b> EZ Motion <b>1:00</b> Progressive Euchre	<b>27 10:30</b> Bean Bag Toss <b>1:00</b> Dominoes	<b>28 9:00</b> EZ Motion <b>10:00</b> Golf Games <b>11:00</b> Piano Music by Joyce Raycraft <b>1:00</b> Wii Bowling	<b>29 Young Senior Day</b> <b>1:00</b> Sequence	<b>30</b>

**Senior Activity Building & Food with Friends News**  
 By Jo Jones

**Our St. Patrick's Day celebration will find persons dressed in green packing and delivering Shamrock Sunshine treats.** As we have done for many, many years, we will share Shamrock Sunshine with our many friends who are confined to their homes, hospitals, or extended care facilities. If you would like to help provide the fruit, a financial donation can be made at the Building. Thanks! The date to make and deliver the treats is Friday, the 15<sup>th</sup>.

On Saturday, March 16<sup>th</sup>, do wear some Shamrock green to welcome the Dynamic Duo (Bob Crist and Kevin Smith) for a program of music and fun from 1:30 to 3:00. The music will be for dancing as well as listening enjoyment. We will have a break in the program to enjoy some Leprechaun punch and cookies.

The first March Monday at 11:30, we'll welcome Christine Simmons who will share her special vocal music with us. Her Dad, Larry Glover, will accompany her on his guitar. After our Birthday lunch and celebration, they plan to stay for an encore.

**Bingo** will be on the second and fourth Mondays (11<sup>th</sup> and 25<sup>th</sup>) from 10:05 until 11:30. Bingo prizes are provided by McDonalds of Ithaca, Bee Clean Car Wash, and United Health Care. Schnep's will provide **Bingo** and prizes on the third Wednesday each month.

The third Monday at 12:30, **Bob Crist** will tickle the piano keys. This time will be used to warm up our voices before **Bob's**

**Sunshine Gang** visits Warwick Living Center in Alma. When we return to the Building, we will have our ice cream sundaes.

The monthly **nutrition lesson** on the 11<sup>th</sup> will be "Helpful Hints for Cooking for 1 or 2." The Just For Fun **Dulcimer Club** will be at the Building in the evening from 7 to 9.

**EZ Motion** is at 9:00 each Tuesday and Thursday (with the exception of the 21<sup>st</sup>). A variety of DVDs and videos created just for Seniors lead these exercises. Do yourself a favor—come join this dedicated group.

**Cribbage** will be on the schedule on Tuesday, the 5<sup>th</sup> and 19<sup>th</sup> at 10:30.

**Progressive Euchre** will be on Tuesdays, March 12<sup>th</sup> and 26<sup>th</sup> at 1:00. Blue ribbon winners were Ron Peters and Tom VanAlstine (a tie) and Pat Owen. Red ribbon winners were Bruce McConnell and Dennis Sierakowski.

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

If you want to try Bean Bag toss, join us on Wednesdays, the 6<sup>th</sup> and the 27<sup>th</sup> at 10:30. On the 13<sup>th</sup>, we will try table shuffleboard.

The **Cookies and Craft group** will meet on the first Wednesday at 1:00.

Each Wednesday at 1:00, **Domino** players gather around the table. Again, you are WELCOME to join in on this activity or any activity or program.

**Young Senior Day** is on the last Friday in March. PLEASE, Young Seniors make your reservation for lunch NOW!! Thanks!

**Bingo** will be on the 20<sup>th</sup> from 10:05 to 11:30. Prizes donated by Schnep's.

**Golf Games** begin at 10:00 each Thursday. **Piano music** on Thursday mornings helps to develop positive attitudes. Joyce Raycraft has a wide variety of music that

she's been sharing with us for **SEVEN** years now. Thanks Joyce!!

**Wii Bowling** begins by 1:00 each Thursday. You are most welcome to join the fun!

We will need volunteers to prepare for the Shamrock treats on Thursday, the 14<sup>th</sup>. Check with Jo about the time for this preparation.

Joyce Raycraft, our Volunteer nurse, will be screening your **blood pressure** on the first Friday from 11:30 until noon. Yes, this is the same lady who has volunteered to brighten our Thursdays with her piano music each week.

**Friday Cards** (which includes bridge) will be on the 8<sup>th</sup> and 22<sup>nd</sup> 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 and blood pressure screening. You will find these donations listed under the Crystal Jar donations each month.

Melanie Lewis will lead a **painting class** on Friday, the 15<sup>th</sup> at 1:00. A reservation should be made by March 11<sup>th</sup>. The cost is \$10.00 to be paid at the time of the class.

On Friday, March 15<sup>th</sup>, we will assemble the Shamrock Sunshine Plates at 9:00. Volunteers will be needed to assemble and to deliver the plates. Wear some GREEN!

Our annual **Chair Cleaning** will be on Saturday, the 23<sup>rd</sup>. VOLUNTEERS are invited to enjoy pancakes and sausage at 8:30. We begin our Volunteer work at 9:00. Sign up if you plan to help us! Thanks!

Tickets for the **May 4<sup>th</sup> Raffle** are now available. Several prizes have already been donated; however, if you have something, please see Jo about your donation.

**Potluck** cooks prepare plenty for everyone. The food is always excellent, as well as the fellowship. If you are not a cook, or do

not have time to prepare a dish, the Potluck Fund will gladly accept your green cash. These funds are used to help with Energy costs to operate the Building. See you on March 2<sup>nd</sup>.

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

Top of the Morning to YOU!!



### Senior Activity Building Gifts

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

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

GIFTS in GRATITUDE to SAB

By A-Tractive Tractor of Central Michigan  
Jo Jones  
Linda DeVuyst  
Howard & Nancy Crites

In MEMORY of GRETA FOSTER

By Greta's Family  
Food with Friends  
Bill & Sandra Sutton, III  
Jo Jones

In MEMORY of DELBERT CRUMBAUGH

By Keith & Phyllis Shaw

In MEMORY of DORIS JEAN BROWNE

By Garold Browne

In MEMORY of HARRY SPARKS

By Food with Friends

In MEMORY of LANA BRANDAL SANDERS

By Food with Friends

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

In MEMORY of GRETA FOSTER

By Jo Jones

In Loving Memory

Those we love don't go away

They walk beside us everyday

Unseen, unheard, but always near

Still loved, still missed and very dear

## Seasons and Dementia

By Sherri Florez

Studies are showing winter and spring to have significant impacts on cognition in older adults. Winter months specifically have shown a drop in one's mental ability. The following information was provided by Chronobiology. Chronobiology is the study of biological rhythms.

After numerous studies, it became clear the average cognitive functioning was better during summer and fall than during winter and spring. The difference was calculated to be the equivalent of 4.8 years of normal cognitive decline. In fact, in the colder months, the participants were 31% more likely to fall into the range for diagnosis.

Governed by a countless number of internal rhythms that take their cues from the cycle of the sun and moon, the human body share a delicate relationship with the passing of the seasons. The seasons have an effect on nearly every aspect of human biology, including how our very brains function. Brain function follows seasonal rhythms. Previous research had suggested that seasonal changes impact the cognitive abilities of younger populations, but there is little existing data or understanding of their impact upon older adults. To that end, a team of scientists recently set out to better understand how the rhythms of the seasons affect an older population. "we had previously discovered that the change in seasons causes large-scale alterations in the nucleus and function of brain cells in older individuals. We hypothesized that, if brain cell function was changing so much, cognitive function, which is the expression of brain cell function, might also be affected by seasonal rhythms," commented study co-author Dr. Phillip De Jager, Weil-Granat Professor of Neurology at Columbia University. According to the team's findings, which are now published in the journal PLOS Medicine, older adults, both those with Alzheimer's disease and those without, possess markedly better cognitive performance in late summer and early autumn than during spring or winter.

The team of scientists analyzed data from over three thousand older individuals located in Canada, France and the United States. All participants underwent neuropsychological examinations of concentration and thinking ability. For some participants, levels of particular proteins and expressed genes associated with Alzheimer's disease were measured. The results showed cognitive performance and dementia symptoms worsen in winter. An analysis of the data revealed that whether or not individuals were diagnosed with Alzheimer's disease, there was a marked decline in cognitive function during spring and winter when compared to summer and fall. These changes remained consistent even after controlling for other variables that affect cognition such as physical activity, sleep quality, symptoms of depression and thyroid hormone levels. However, the researchers note there are some limitations to this data as the measured subgroup was from a limited geographic region and was only tested once a year. The team continues to probe the aging brain with the hopes of being able to pinpoint the molecules behind this seasonal shift. If successful, perhaps one day medications may be developed which could mimic the improvements to

cognitive function that normally accompany summer. Further research is needed on a larger scale in order to confirm the effects of seasonal rhythms and examine other potential triggers and treatments, such as light exposure and the use of phototherapy. As to what this could imply for the future of Alzheimer's treatments, the authors conclude, "there may be value in increasing dementia-related clinical resources in the winter and early spring when symptoms are likely to be most pronounced. By shedding light on the mechanisms underlying the seasonal improvement in cognition in the summer and early fall, these findings also open the door to new avenues of treatment for Alzheimer's disease."

Alzheimer's disease is a devastating condition that impacts the daily lives of over five million individuals in America alone. According to the CDC, it is estimated that by the year 2050, this number will climb to approximately 14 million, making Alzheimer's research and attempts to crack the underlying mechanisms of the disease all the more important.

The following quote from Maya Angelou reminds us to continue to show love and support.

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

Good Company Adult Day Program is available Monday, Wednesday and Friday from 10:30 a.m. to 2:30 p.m. Cost is \$5 per hour. The program is held at First Presbyterian Church in Alma. Contact 989-463-2940 or [www.firstpres.net](http://www.firstpres.net) for more information. Good Company is partially funded by Gratiot County Community Foundation.



## March is Music in Our Schools Month

The purpose of Music in Our Schools Month is to raise awareness of the importance of music education for all children - and to remind citizens that school is where all children should have access to music. The month is an opportunity for music teachers to bring their music programs to the attention of the school and the community, and to display the benefits that school music brings to students of all ages.

Check out the concerts and events being held at the local school districts and support their efforts. A world without music would indeed be a quiet place.



## West Gratiot

By Cindy Simons

February birthdays included Harold Daniel, Yvonne Elenbaas, Sharon Helman and Cindy Simmons.

January ended and February started with many days of challenging weather. We finally joined together to finish creating seeded pinecones for birds and to celebrate Valentine's Day. The stories we shared about people demonstrating compassion and caring for one another were heartwarming.

We would like to thank Nancy Buzard, from the Laurels of Fulton, for the wonderful BINGO prizes. It is an honor to have the care facility support activities at our site.

Gratiot COA staff arranged to help seniors with their Homestead Property and Home Heating tax credits. The help was very much appreciated.

### Now, here are activities coming up:

To start the month, the nutrition and wellness topic will be covered on Friday, March 1<sup>st</sup>. The focus will be on "Helpful Tips in Cooking for 1-2 People".

A Mardi Gras event will be held on Monday and Wednesday, March 4<sup>th</sup> and 6<sup>th</sup>. Wear green, purple or gold on those days. We'll have a few fun activities to get in the mood.

Our craft project for March will be making shamrocks for the nursing home on Wednesday and Friday, March 6<sup>th</sup> and 8<sup>th</sup>. Supplies will be set out by 11:00 so participants can work on the project before lunch.

A celebration of March birthdays and anniversaries will be held on Wednesday and Friday, the 13<sup>th</sup> and 15<sup>th</sup>. Help celebrate St. Patrick's Day by wearing green on both days. We will listen to Irish tunes as well.

Everyone is invited to a special event on Thursday, March 21<sup>st</sup>, sponsored by the Breckenridge site. Call the main kitchen at the COA office to make a reservation. The number is 989-875-5332.

We will enjoy an old-time movie and popcorn after lunch on Friday, March 29<sup>th</sup>. Please join us for a relaxing afternoon. And, of course, you may stop by to choose a book from our shelves to enjoy at home. Many titles and themes are available.

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

- 1 Nutrition & Wellness Topic
- 4 & 6 Mardi Gras  
Wear green, purple or gold
- 6 & 8 Craft Project
- 13 & 15 Birthday & Anniversary Celebrations, Wear Green!
- 20 Spring Begins!
- 21 Special "Rock n Roll" Lunch Breckenridge (Thursday)
- 29 Old-time Movie & Popcorn

## West Gratiot 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

Spring is just around the corner! After the weather we had in February, it can't get here soon enough. I hope everyone stayed warm and didn't get to much cabin fever with all of the closings. Now it's time to get out and visit with friends and have lunch again.

We have some really good things planned here in Breckenridge for March. Our Big event is our Rock N Roll Goodtime luncheon on March 21st. It will be at the Breckenridge United Methodist Church from 11:00 a.m.-2:00 p.m. We have a 19 year old Rock N Roll and Elvis tribute artist, Colin Dexter, from Jackson, MI coming to entertain us. He has competed in Elvis Tribute Contests and done quite well, but he also does 50's and 60's artists like Buddy Holly, Chubby Checker, and Ricky Nelson. He will do a combination of this music for us. I know that he will put on a fantastic show for us as he always does. We will have several door prizes and some other treats as well. I hope everyone will join us for a Rockin Goodtime here in Breckenridge! Space is somewhat limited, so be sure to call the **COA kitchen at 989-875-5332** to register and to make sure you get a spot.

Here are some things that will be happening in March:

- 3-4 Cardmaking at the Library
- 3-5 Bingo with Schnepps Healthcare
- 3-6 Paint Bird Houses
- 3-8 Puzzle Day
- 3-11 Ceramics after Lunch. Making Bunnies, \$10.00, all materials are furnished
- 3-12 Bingo
- 3-13 Honor Society Students
- 3-15 Knit & Crochet Fun
- 3-19 Bingo
- 3-21 Rock N Roll Goodtime Luncheon Breckenridge United Methodist Church, 11 am-2 pm
- 3-26 Bingo
- 3-27 Ask the Chief of Police Question Day
- 3-28 Nutrition Education

We play Euchre most mornings and would love to have you join us for a game or one of our other activities. Everyone is always Welcome!



## Greetings from Fulton

By Irene Noffsinger

Welcome to March. Hopefully the worst weather is over.

March 14th has been named National Write Your Story Day. As I get older, I realize how important this can be. I don't know about you, but my parents shared stories with me my whole life. Oh how I wish they had written them down. As is the case with most everyone, I have forgotten parts of the stories they told which I wish I could remember now. So, take a moment. Write of a family event or things observed throughout the years. Your children and grandchildren will really appreciate it. With that in mind, even if you don't write your stories down, how about sharing one. Let's make March 13th our share a story day. I love hearing them!

If you like to celebrate St. Patrick's Day, you might want to head up to Clare. They are having a three day festival, from March 13th through March 16th. There are many events, crafts, food, games etc. Enjoy!

### 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 one (or more!). 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.

### Activities for March

- 3-4 Lunch/Wii/Phase Ten
- 3-6 Lunch/Phase Ten
- 3-8 Lunch/Euchre
- 3-11 Lunch/Wii/Cards
- 3-13 Lunch/Share a Story/Phase Ten
- 3-15 Lunch/Euchre
- 3-18 Lunch/Wii/Cards
- 3-20 Lunch/Phase Ten
- 3-21 Rockin Good Time Lunch at Breckenridge United Methodist Church
- 3-22 Lunch/Euchre
- 3-25 Lunch/Wii/Cards Nutrition Education
- 3-27 Lunch/Phase Ten
- 3-29 Lunch/Euchre

### FULTON SENIOR CENTER DONATIONS

Thank You to all that have supported our seniors. It is much appreciated.



### SENIOR GRATIOT NEWSPAPER DONATIONS

These people generously donated \$640.00 to the Senior Gratiot Newspaper contribution fund from January 15, 2019 to February 14, 2019. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

LuElla Ryan  
Betty Richardson  
Phil & Linda Chovanec  
Rosemary Buhl  
Thomas & Sally Nester  
Neville Pitcher  
Beverly Hallock  
Mary Gabrion

**IN MEMORY OF**

**JAMES E. BOOT**  
**DIANE E. BOOTS VARGAS**  
By Wanda Boots

**JAMES BRIGGS**  
By David & Loretta Briggs

**RAMON WOLFGANG**  
By Berniece Wolfgang

**MARY ROSE ZIMMERMAN**  
By Gary Acker

**BILL HALLIWILL**  
**DUANE WHITE**  
By Maynard & Shalimar Danks

**DORIS JEAN BROWNE, FEB, 11, 2018**  
By Garold Browne & Family

**LOVED ONES**  
By Irene Reed

**DANIEL JAY LEPLEY**  
By Fairy Louise Lepley

**OWEN L. WOOD**  
By Madelyn Wood

**KENNETH PARLING**  
By Venetta Parling  
Jim & Cathy Lucas

**SAM CONN**  
By Irma Conn

**FRED & BERNICE HAYES**  
**VINCENT HAYES**  
**LOIS SHERWOOD**  
**CAROL BOYLE**  
**LAUREL HUSTED**  
**BILL DAVIS**  
By Rosalie Davis



### COMMISSION ON AGING DONATIONS

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

Maple Smith  
J.B. Hoard  
St. John's Episcopal Church  
Crystal Wilson  
Ithaca United Methodist Church

**IN MEMORY OF**

**GEN GIBBS**  
By Sharon Goffnett  
Ron & Jan Gooding  
James & Kay Pavlik  
Sheri & Bill McKinstry  
Carolyn Studley  
Ray & Pat Knapp  
Betty Apple  
Carol Yaklin  
The Discher Family  
Dr. Jim & Ann Hall Family

**MURLE "LARRY" MARTIN**  
By Howard & Nancy Crites  
Fred & Helen Hoard

**RANDY SHAW**  
**DALE WOLFGANG**  
By Joan Sparks & Family



Hat Day at West Gratiot: Pat Elliott, Harold Daniel, Dennis & Carole Brauher, and Jackie Devericks



Evelyn White, Jackie Devericks & Cindy Simmons; past & present West Gratiot site managers.

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

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

**IN MEMORY OF**

**JOSEPHINE (JO) BARNES**  
By Dave & Daun Loganbach



The Dynamic Duo: Bob Crist and Kevin Smith



More fun at the Annual "Hat Day" with Ron & Anna Smejkal and Nancy Riker



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>SOUP / SALAD ONLY AVAILABLE AT FOOD WITH FRIENDS SITES</b>	<b>SOUP/SALAD ALSO INCLUDES WHOLE WHEAT BREAD &amp; MILK</b>	Basil Parmesan Chicken 1 Mixed Vegetables Multi Bean Salad Tropical Fruit Hamburger Bun <b>OR CHEF SALAD &amp; STUFFED PEPPER SOUP</b>
4 Salisbury Steak Whipped Potatoes Coleslaw Mixed Fruit Cup Wheat Bread	5 Bar B-Q Chicken Redskin Potatoes Carrots Applesauce Dinner Roll 	6 Spaghetti Winter Blend Apricots Garlic Toast Whole Grain Cookie <b>OR CHEF SALAD &amp; MINISTRONE SOUP</b>	7 Beef and Noodles Squash 24 Hr Cabbage Slaw Fruit Cocktail Wheat Bread	8 Egg & Cheese Casserole Sausage Links Redskin Potatoes Fresh Orange Cinnamon Roll <b>OR CHEF SALAD &amp; BEEF VEG SOUP</b>
11 Hamburger Company Potatoes Lettuce and Tomato Apricots Hamburger Bun	12 Baked Ham Whipped Sweet Potatoes Broccoli Mandarin Oranges Dinner Roll	13 Baked Chicken Redskin Potatoes Coleslaw Citrus Fruit Cup Wheat Bread <b>OR CHEF SALAD &amp; BEEF VEG SOUP</b>	14 Chili Baked Potato Pineapple Corn Bread	15 <b>NEW MEAL</b> Fish Sticks Winter Blend Tossed Salad Leprechaun Fluff Wheat Bread <b>OR CHEF SALAD &amp; MINISTRONE SOUP</b>
18 American Goulash Kyoto Vegetables Tossed Salad Pears Wheat Bread	19 Spanish Chicken Peas & Carrots Coleslaw Baked Apples Wheat Bread	20 Meatloaf Corn and Lima Beans Multi Bean Salad Cinnamon Applesauce Wheat Bread <b>OR CHEF SALAD &amp; STUFFED PEPPER SOUP</b>	21 <b>CLOSED FOR SPECIAL EVENT IN BRECKENRIDGE</b>  <b>NO HDM</b>	22 Corn Chowder Hard Cooked Egg Peas Applesauce Cheese Breadstick <b>OR CHEF SALAD &amp; CHICKEN VEG SOUP</b>
25 Meatballs Brown Rice Capri Blend Vegetables Coleslaw Pineapple Wheat Bread	26 Chicken/Broc/Cheese Baked Potato Tossed Salad Fruit Cocktail Gelatin Wheat Bread	27 Sloppy Joe on Bun Green Beans 24 Hr Cabbage Slaw Peach Crisp <b>OR CHEF SALAD &amp; CHICKEN VEG SOUP</b>	28 Chicken/White Bean Chili European Veggie Blend Tropical Fruit Corn Bread	29 Macaroni & Cheese Carrots Coleslaw Rice Pudding Wheat Bread <b>OR CHEF SALAD &amp; STUFFED PEPPER SOUP</b>

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

Milk provided with all meals  
Suggested Donation \$2.50

**FOOD WITH FRIENDS**

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

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

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

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

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

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

**POTLUCKS**

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

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



SHARING FOOD + TELLING STORIES

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

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

**February 2019 PREP TEAM VOLUNTEER THANK YOU**

Our thanks to the Senior Gratiot Prep Team members who devoted 35 hours preparing the February issue of the Senior Gratiot Newspaper for mailing.

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