



Spring Fling
 Wednesday, May 23, 2018
 12:00 p.m.



Suggested Donation \$2.50

The Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis invites everyone to our Spring Fling!

Come and enjoy a delicious picnic lunch that includes a hot dog with bun, broccoli cauliflower salad, baked beans, potato salad, milk, tea and strawberry shortcake.

Our entertainment includes a variety of your favorite songs performed by Margaret Metcalf and Kathy Dennis on the piano. Warm up your voices because we will also have a sing-a-long!

Some lucky folks will be winners for our door prizes, but you can't win if you don't attend.

If you need a ride, Alma Transportation will bring you for FREE, courtesy of UnitedHealthcare Community Plan. To qualify for the Free ride you must start and end your ride at one of our Food With Friends sites in Breckenridge, Fulton, West Gratiot or Ithaca. When you make your reservation please let us know if you will be needing a ride.

Reservations can be made at any one of our five food sites or by calling the Commission On Aging at 875-5246. The deadline to reserve your lunch and ride is Friday, May 18th.

The other four Gratiot County Food With Friends sites will be closed on this day so all may enjoy lunch, entertainment, prizes and seeing familiar faces under one roof.

You do not want to miss out on any of our Spring Fling fun, so call today for your reservation.



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

May 2018
 Volume XL
 Number 5

SENIOR GRATIOT

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Project Fresh 2018 Information Call May 10th to Register

The Michigan Senior Project Fresh/Market Fresh Program is coming up in June. This year we will sign clients up on a first come, first serve basis. **To ensure all have their papers, we ask that you start calling in on May 10th @ 8:00 a.m.** Later in the article is a list of dates and times for the **mandatory** classes. To sign up for the Senior Project Fresh program, please contact Sarah McClung at the Commission on Aging, **989-875-5286**. Due to the number of clients calling in during this time, you will most likely get voicemail. If you get the voicemail, leave a message. Please do not leave more than one message. Calls will be returned in the order that they are received. Also due to the volume of calls coming in, a return call may take a day or two. Thank you in advance for your patience.

Eligibility Requirements:

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

Another requirement of the Senior Project Fresh program is attendance at a Senior Project Fresh Class. You **must** attend a class each year in order to receive your Project Fresh coupons. If you have attended this class in the past, you must attend again this year. If you are unable to attend the Project Fresh class, you may designate a proxy who can attend the class and pick up your coupon booklet for you. If you require a proxy, let COA know in advance so the required paperwork can be sent out to you to give to your proxy. The proxy must bring this paperwork with them. The classes take about an hour.

You must call in to sign up for one of the following classes. **Again, you may start calling on Thursday, May 10th @ 8:00 a.m. to sign up for the Project Fresh Program.**

The class times and dates are as follows:

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

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



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



2018 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 Steve Lowery and his crew, so if you need your windows washed, please remember it could be a while from the time you call until the job is completed. Therefore, you may want to get your request in now.

When you call, please list all the jobs you want done as this assists the planning of our work schedule.

Call Commission on Aging at 989.875.5246 for more information, or to place your request for window washing assistance.

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

My office desk is situated in such a way that when I glance up from my computer, I am able to see our mini-van transportation volunteers arrive to pick up the mini-van they will drive for their assigned trip. Sunny skies or dreary wet or snowy days, their faithfulness gets Gratiot County senior citizens to appointments that connect them with the community and sustain a quality of life in which transportation needs are met. When you see one of our two white Commission on Aging mini-vans out and about, know that the driver is one of our dedicated transportation volunteers. Tip your hat. Or wave your hand as you say "Thank You" to Paul, Mary Ann, Alice, Janet, Mary, Dorothy, Dick or Jonathan.

I have been "taking my lunch meals" routinely now from the COA Main Kitchen for three years. I have never had a meal that was not hot, beautifully prepared and delicious. What I like as much as the meal is going into the kitchen to pick up my meal. As I walk through the door, I am greeted by friendly staff and "Hello" from the volunteers packaging the meals. There is a feeling of comradery and mission as the staff and volunteers work side by side. And, I can confirm the rumor that most days doughnuts and coffee are available.

When I walk through the COA lobby to get my mail or drop off paperwork in a co-worker's mailbox, I may see a volunteer at the front desk answering the phone, transferring incoming calls to the appropriate staff person, accepting money for greeting cards bought in the lobby or accepting yarn donated to the Mitten Makers/Hats Galore Program.

When I fill in at the front desk while Corinne makes the bank run early afternoons, I talk to Home Delivered Meals volunteer drivers who are calling in to report that they were unable to deliver Mr. Smith's meal or Mrs. Jones' meal. The meaning of the call could be serious. Not only do the volunteer drivers deliver a hot, nutritious meal to each meal recipient, but in greeting the meal recipient at the door, a wellness check is accomplished. We are grateful when we learn through a follow-up call to the meal recipient's emergency contact person that the meal recipient simply forgot to call COA to have his or her meal cancelled for that day.



These four volunteer roles are vital to the programs offered through the Commission on Aging that the volunteer's time supports. Please consider learning more about becoming a Commission on Aging Volunteer. Training is provided, including an opportunity to observe or shadow a volunteer in the role that interests you.

Please contact Sue Koch at 989-875-5346 to learn more. Thank you.



AARP "Smart Driver" Course

Friday, July 13, 2018
8:30 a.m. – 5 p.m.

The Smart Driver course through AARP will be held at Gratiot County Commission on Aging, 515 S. Pine River, Ithaca. **Registration begins at 8:15 a.m.** The cost for the class is \$15 for an AARP member or \$20 for non-members. Class size is limited. Please contact Sue Koch to pre-register at 989-875-5346. Please bring your driver's license and AARP Member Card to receive the member discount. Payment for the class is by personal check made out to AARP or may be paid in cash. Payment is due the day of the class. *The course takes place within the classroom, not behind the wheel of an automobile.*

Why take the AARP Smart Driver course?

- * You *may* be eligible for an auto insurance discount. Check with your insurance carrier. At the completion of the course, you will receive a form indicating you have completed the course.
- * You will learn new traffic laws, rules of the road and driving skills.
- * You will learn how to adjust your driving to age-related changes such as changes in vision, hearing and reaction time.
- * You will become more confident in your own driving abilities.

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

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

RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch, Coordinator of
Volunteers
989.875.5346

RIGHT PLACE AT THE RIGHT TIME

Sue Koch Coordinator of Volunteers
989-875-5346

On the evening of April 9, a group of Gratiot County Commission on Aging volunteers, Board Members, staff, family and friends gathered to celebrate the Spirit of Volunteerism. We are grateful to the two hundred plus volunteers who give their time and talents serving Gratiot County's senior citizens. Thank you, volunteers. You are appreciated and valued.

Our venue was the St. Louis Church of Christ on M-46. What an accommodating facility! Our thanks to Pastor Brian and to church secretary, Jeanna. Thank you to Sue Wernick for blessing our meal. Thank you goes out to Linda Brennan and her crew who welcomed us with a delicious meal.

The evening's entertainment was courtesy of Alma's own Christie Freestone, Director of Mid-Michigan Highland Dance Academy. The audience was delighted by the youngsters dressed in kilts and soft shoes as they demonstrated various dances, all with a history that Director Christie shared with us. Pipe Major William Collin of the Glen Erin Pipe Band of East Lansing accompanied the dancers on bagpipe. It was thrilling to hear the pipes! We thank Christie, the dancers, their parents and Pipe Major Bill.

We finished our evening as we traditionally do with a raffle ticket drawing for donated gifts, gift certificates and gift cards. We are indebted to the following local businesses, companies, organizations and individuals. Without their support of our volunteers, our evening would not have finished off with OOHs! and Ahahhhhs! as the winning tickets were announced. Thank you.

My Sister's Closet of Ithaca
Apple Barrel Cider Mill of Ithaca
Godley's Country Floral of Ithaca
Spa Nova & Wax Room of Ithaca
Hearthstone Oven Bakery & Café of Ithaca
Alley T Screen Printing & Embroidery of Ithaca
J.J. Ruby's Fine Food & Spirits
Main Street Pizza of Ithaca
Commission on Aging Nutrition Program
Alma College Heritage Center Box Office
Gratiot Area Chamber of Commerce/Alma
Highland Festival and GARR TOOL of Alma
LaLonde Hair Studio of Alma
Michael Richard Floral Boutique of Alma
Tom Billig Flowers and Gifts of Alma
Cindy Lou's Sweet Creations of Alma
Alma's True Value Hardware
Gratiot County Players of Alma
Meijer's of Alma
Chalgian & Tripp Law Offices
Alice Schafer
Pat and Tom McCreery
Sally and John Stoll
And several Anonymous donors

Our Commission on Aging volunteer team is exceptional. Are you interested in joining our team? We would love to have you.

PATH-DIABETES WORKSHOP

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

WHEN

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

TIME

1 p.m. – 3:30 p.m.

WHERE

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

WHO WILL BENEFIT FROM THE WORKSHOP?

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

HOW WILL THE WORKSHOP BENEFIT ME?

PATH Diabetes Workshop members will learn:

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

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

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



MICHIGAN
Partners on the
PATH

**ALMA
TRANSPORTATION
CENTER
989.463.6016**

GET INVOLVED!

WANTED— Are you a good driver? Use the Commission on Aging mini-vans to take a senior who no longer drives to an appointment. Offer your rider social conversation that connects him/her with the outside world.

DAY TRIPS

By Trip Coordinator

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

Making Memories with Each Trip!

WALKING LEVELS

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

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

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

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

Rules to follow for Day Trip:

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

**“The Village” at
Grand Traverse Commons
Thursday, June 21, 2018
\$78.00**

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

Kick off the first day of summer with a trip to The Village at Grand Traverse Commons in Traverse City. An historic landmark, The Northern Michigan’s Asylum’s first buildings were completed in 1885. Later renamed the Traverse City State Hospital, it grew to be a 1,000-acre self-contained facility with farms, warehouses, a power plant, and more. The

first superintendent was Dr. James D. Munson, who served in that role for 39 years. His noble “Beauty is Therapy” philosophy of patient care now inspires the transformation and preservation of the campus into The Village at Grand Traverse Commons.

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

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

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

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

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

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

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

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

**Willkommen to Frankenmuth!
Tuesday, July 31, 2018**

\$69.00

Bus Leaves at 9:00 a.m.

Back at 6:00 p.m.

Money due by Fri., June 29, 2018

Walking Level 1

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

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

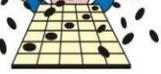
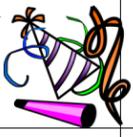
After lunch, we will have time to visit the Castle Shops on the lower level of the Bavarian Inn or venture across to the River Place Shopping Village.

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

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

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

May 2018
Gratiot Community Senior Center, 1329 Michigan Ave., P.O. Box 205, St. Louis, MI 48880
989.681.4341

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12:00 Lunch 1:00 Senior Center Board Meeting	2 11:00 Coffee hour 12:00 Lunch 12:30 Bingo	3 10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	4 11:00 Puzzles 12:00 Lunch 12:30 Senior Science "Erosion" Part 1	5 
6 	7 12:00 Lunch 12:30 How Would You Handle This?	8 12:00 Lunch 12:30 "You be the Detective" Case 1	9 8:00 Meadow Brook Hall Bus Trip 11:00 Coffee hour 12:00 Birthday Lunch 12:45 Bingo/Natasha	10 10:00 Line Dancing 12:00 Lunch 12:30 Card Making Class with Rose	11 11:00 Puzzles 12:00 Lunch 12:30 Senior Science "Erosion" Part 2	12 
13 	14 12:00 Lunch 12:30 Name Game 6:30 American Legion Meeting	15 12:00 Lunch 12:30 "You be the Detective" Case 2	16 11:00 Coffee hour 12:00 Lunch 12:30 Bingo with Sarah	17 10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	18 11:00 Puzzles 12:00 Lunch 12:30 Nutrition Program "Calories In-Calories Out"	19 
20 	21 12:00 Lunch 12:30 Mystery Numbers	22 12:00 Lunch 12:30 Youthful Memories	23 12:00 Spring Fling Luncheon	24 10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	25 11:00 Puzzles 12:00 Lunch 12:30 Memorial Day History	26 
27 	28 Closed Memorial Day	29 12:00 Lunch 12:30 Monarch Butterflies	30 11:00 Coffee hour 12:00 Lunch 12:30 Bingo	31 10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday		

Gratiot Community Senior Center
 By Jamie Bolsby

Dear Friends,
 It's time for our Spring Fling and you are invited! Come and enjoy a delicious picnic lunch that includes a hot dog with bun, broccoli cauliflower salad, baked beans, potato salad, milk, tea and strawberry shortcake.
 We will have entertainment with songs from Margaret Metcalf along with Kathy Dennis on the piano.
 You may even be a lucky winner of a door prize.
 If you need a ride, Alma Transportation will bring you for **Free**, courtesy of UnitedHealthcare Community Plan. To qualify for the Free ride you must start and end your ride at one of our Food With Friends sites in Breckenridge, Fulton, West Gratiot or Ithaca. When you make your reservation please let us know if you will be needing a ride.
 Reservations can be made at any one of our five food sites or by calling the Commission On Aging at 875-5246. The deadline to reserve your lunch and ride is Friday, May 18.
 Our Senior Center Board Meeting will be on Tuesday the 1st at 1:00. I would like to thank all our members for their participation and support. Please remember to call ahead for lunch reservations.
 Come on out and Line Dance with Betty and the group. Mark your calendar for Thursday's at 10:00 and enjoy a wonderful aerobic exercise. Move at your own pace to lively music and easy to follow instructions from Betty. Learn new dance steps to all types of music. It's time to

Continued

spring into step while improving your memory, make new friends and just get out and be active. Remember, everyone is welcome from beginners to more seasoned dancers.

Join us for coffee hour at 11:00 every Wednesday morning. It's time to catch up with each other and take a break. We will also sweeten you up with some doughnuts.
 It's time to take a trip! For those of you who signed up for our Meadow Brook Hall bus trip on May 9 we ask for you to be here at 7:30 a.m. for sign-in. That way we will be on the road at 8:00 a.m. sharp. We also have a trip to "The Village" at Grand Traverse Commons on June 21 and a new trip to Frankenmuth for a fun day of food and adventure.
 We will celebrate our May birthdays on Wednesday the 9th with a delicious lunch of Bar-B-Que chicken, baked beans, broccoli citrus salad, cantaloupe, dinner roll and milk. For a special added dessert there will be cake and ice cream! Call today and sign up for lunch and help us salute our birthday folks. Natasha from Schnepps Healthcare Rehab Care will be our caller for the day.
 Rose will be here on Thursday the 10th from 12:30-1:30 to teach a class in "Card Making." Join the fun making your own greeting cards. You will need your own "glue runner" and your own scissors. All other supplies will be furnished. The cost is \$2.00 for each card you make. Make a lot of cards or just one, it's up to you. This will be a fun class.
 You will need to sign up for the class in advance so Rose knows how much material to bring and if you would like to eat lunch that day you can do so at the same time. Call Jamie today and get on the list.
 Bingo games are held every Wednesday after lunch and are always a fun time to relax with friends. Sarah from A&D

Continued

Home Care will be here on Wednesday the 16th to call those bingo winners for you. Make sure to call in advance for lunch reservations. If you happen to have any items to donate for prizes they are welcome.

Our nutrition program for this month is all about "Calories In, Calories Out" on Friday the 18th at 12:30 p.m.. Weight management is all about balance. You need to balance the number of calories you eat with the number of calories your body uses or burns off.
 Throughout the month I have different word games, problem solving, and science news and history facts. It's always fun to learn something new at any age.
 Calling all readers! Another popular area here at the Center is our well-stocked bookshelf that has a variety of good stories. We have both hard and paper backed books. You are welcome anytime.
 We would love for you to join us around the lunch table and share your day with us. Our Food with Friends offers a delicious home cooked meal five days a week for the suggested donation of only \$2.50. Just call one day in advance for your reservation.
Be good to yourself.

*"Where there is great love there are always miracles."
 ---Willa Cather*



Margaret & her father, Delbert join the Line Dancing class on Thursday's at 10:00.

Card Making Thursday, May 10, 2018 12:30-1:30

Welcome all to a fun "Card Making" class taught at the Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis. Once again the creative talents of Rose will inspire your own imagination to make the most beautiful cards to send to family and friends.

For the class you will need your own "glue runner" and your own scissors. All other supplies will be furnished. The cost of each card is \$2.00 and you can make just one or as many as you like.

You must register for this class in advance by calling Jamie at 681-4341 and the deadline for sign-up is Monday the 7th. If you would like to eat lunch with us before the class please let Jamie know when calling in.



"Card Making" class with Rose. Sign up today!

LADIES' LIFE GROUP PROJECT

It started with a phone call from Ladies' Life Group leader Sandy Wilson and ended with expressions of "many thanks" from Home Delivered Meals participants receiving their meals out of the West Gratiot Food with Friends Site in Sumner. Sandy Wilson called my office wondering if her ladies' group might do something special for senior citizens participating in the Home Delivered Meals Program. Their wish was to add a treat bag to the lunch deliveries for each person on the two Sumner delivery routes. This display represents 1/3 of the special treat bundles delivered to the Commission on Aging Kitchen. A wonderful addition to any meal delivery. Thank you, Ladies, for this generous and kind community outreach.



Cathy Yourchock, Nutrition Coordinator, Sandy Wilson, and Nancy Midlam

A NOTE OF



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 March 12, 2018 thru April 10, 2018.

General Donations

James & Florence Ann Farrough
Jennifer Folsom
Marilyn Lorenz

In Loving Memory

Richard Roslund
Florence Saurman
Jake Barlow
Lena Nelson
Charlene Shannon
Sheila Nelson
Catherine M. Nelson
Our Beloved Mother
The Daughters of Catherine Nelson
Warren Davis
Alice Patterson
Bonnie Merrill
Jim Briggs
Lee & Ardith Long

In Honor of

Shirley Wallace
Lee & Ardith Long



Volunteers at the Senior Activity Building in Ithaca filling eggs: Dolores Lombard, Ron Peters, Jim Ricci and Joyce Raycraft



March painting class members display their art work: Diana Marble, Carol Howdyshell, Joan Spear, Donna Smith, Judy Hegle and Teacher Melanie Lewis

Older Michiganians Day May 16, 2018

Presented by Michigan Area Agencies & Aging and Aging Network Partners

This FREE event is an annual rally that takes place on the Lawn of the Capitol Building. Interested individuals are invited to join other seniors in Lansing to show their support for policies that support older adults. It provides an opportunity to speak with a unified voice to the Legislature expressing the concerns, challenges, and opportunities older adults face. The event will feature:

- ◇ A Rally on the East Lawn of the Capitol Building
- ◇ Keynote Speakers
- ◇ Group and Individual Meeting with your State Legislators

You may receive a ticket to this free event by contacting our local Area Agency on Aging, 1-800-858-1637. By obtaining a ticket, you will receive a free boxed lunch and have the opportunity to schedule a meeting with your State Senator or Representative.

Older Michiganians Day is planned by a group of organizations committed to advocating on behalf of the needs and interests of older adults living in Michigan. The steering committee is responsible for planning the annual event, producing the advocacy platform which outlines legislative priorities, and developing an annual report card that states the achievements of the Governor and the Legislature in accomplishing recommended actions.



OLDER MICHIGANIANS DAY

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:

West Gratiot

By Cindy Simons

West Gratiot Food with Friends attendees celebrated the April birthdays of Betty Freed and Don Evans. We also celebrated the anniversary of Arvella & Bob Divelbiss.

Even though the cold April weather had us yearning for summer, we had fun sharing in conversation with friends and playing euchre and BINGO.

A thank you goes out to everyone who has donated time, energy, financial support, snacks and other special items to the West Gratiot Site. We truly appreciate your thoughtfulness. Recent contributions include:

Evelyn White donated BINGO prizes in memory of Arlene Freed. Arlene was a regular attendee at the site and enjoyed playing BINGO every Wednesday. Schnepf's Health Care Center and United HealthCare also donated game prizes.

Ron Smejkal, Dennis Brauher, Jim Fitzpatrick and Harold Daniel contributed to purchasing a TV antenna. The project was completed when township maintenance crews installed the antenna. We appreciate the help of the Sumner township workers.

More books were donated to the site by the family of Doris Browne. Doris was an avid reader and former site manager. Please come in to check out our growing book collection.

Several donations of personal care items, puzzles and activity books were sent to the Saginaw Veteran's Hospital from attendees such as Arvella and Bob Divelbiss, Jim Fitzpatrick and Nancy Riker. This project is on-going. Donations may be dropped off during our regular hours on MWF.

Activities in May:

Join us for birthday celebrations on May 7th and 9th. On Wednesday, May 16th, the Just for Fun musicians will be sure to entertain us with a variety of Celtic and old-time tunes beginning at 12:20. Please wear plaid on that day.

The West Gratiot site will be closed on Wednesday, May 23. Join us at the St. Louis FWF Site (Gratiot Community Senior Center) for the first annual Gratiot County Food with Friends Spring Fling event. Call in your reservation 24 hours prior to the event at 989.875.5246.

Wanted: Home Delivered Meal driver 1-2 days per week and occasional substitute.

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

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

West Gratiot Highlights

- 4 Nutrition & Wellness Topic
- 7 & 9 Celebrate Birthdays & Anniversaries
- 16 Just for Fun Musicians Dress in plaid
- 21 Craft
- 23 Spring Fling - St. Louis Senior Ctr. West Gratiot site - Closed
- 28 Memorial Day - Closed

Weekly Activities

All activities listed below are in the gym

	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



Playing Euchre at West Gratiot

Breckenridge

By Pat Schultz

April snow showers, we hope will bring May flowers. Hard to believe that we have had snow in the past couple of weeks. Hopefully Spring is finally here to stay. Everyone try and get out and enjoy the spring weather. We would love to have you visit us, visit with friends or make some new ones as well as enjoy a nice lunch.

We had a couple of projects last month that were really rewarding for us all. We have been collecting items for the VA Hospital in Saginaw and we appreciate each and every donation that we received to help our veterans. We were able to collect several boxes of personal care, snacks, and items for entertainment to donate. Thank you so very much. We will continue to collect items and will take these items to the VA in about 6-8 weeks. We also made 40 small Easter baskets filled with treats and donated them to Schnepfs Health Care in St. Louis. We made some Thank You cards, thanking our Veterans for their service in April, and will have another card making day the 16th of May to make more. If you would like to help us with this project please give me a call. We always have lots of fun!

We have some fun things planned for May.

- Decorating mini kites - 3rd
- Card making @ the library -7th after lunch
- Bingo with Schnepfs - 8th after lunch
- Puzzle day - 11th
- Ceramic class, making an animal with stains - 14th after lunch
- Thank you cards for veterans - 16th
- Knit and crochet fun - 18th
- Nutrition Program, "Calories In, Calories Out" - 21st
- Bingo - 22nd after lunch
- Closed, Join us at the "Spring Fling" picnic at the St. Louis Senior Center - 23rd
- Movie Day @ Library-24th after lunch
- Closed-28th
- Ice Cream Sundae Day-30th

We usually have a Euchre game or two going in the mornings, and we always have lots of different games as well as coloring pages. Come see what we are all about, join us for lunch, visit with old or new friends, or just have some fun. We love to see New faces.

Greetings from Fulton

By Irene Noffsinger

What a long winter. I am sure everyone is looking forward to May flowers. May Day is observed every year on the first day of May. On ancient calendars it was the first day of summer. People would harvest flowers and give them to neighbors and strangers in cone shaped baskets. What an uplifting tradition. Also on that day, an English tradition was crowning a May Queen and dancing around a maypole. Does anyone remember seeing a maypole dance? I remember in grade school, our school performed the maypole dance, each year. We would combine it with our band and orchestra concert, and put on quite a show. I got to dance it a few times. It was such a pretty dance with everyone weaving in and out around the pole with their ribbons. Very festive! It would surely be nice if some of these old traditions were brought back.

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

Thank You to the following organizations for their generous donations to the Fulton Senior Center.

Michigan Agricultural Commodities, Inc.
Hogle Trucklines, Inc.
Commercial Bank of Middleton

THANK YOU!

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

- 5-2 12:00 Lunch
12:30 Nutrition Program/Bingo
- 5-4 12:00 Lunch
12:30 Euchre
- 5-7 12:00 Lunch
12:30 Wii / cards your choice
- 5-9 12:00 Lunch
12:30 Phase 10
- 5-11 12:00 Lunch
12:30 Euchre
- 5-14 12:00 Lunch
12:30 Wii/cards your choice
- 5-16 12:00 Lunch
12:30 Bingo
- 5-18 12:00 Lunch
12:30 Euchre
- 5-21 12:00 Lunch
12:30 Wii/cards your choice
- 5-23 CLOSED-Join us at the St. Louis Senior Center for our "Spring Fling" picnic
- 5-25 12:00 Lunch
12:30 Euchre
- 5-28 CLOSED MEMORIAL DAY
- 5-30 12:00 Lunch
12:30 Phase 10



Senior Activity Building

May 2018

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 EVERYDAY Building open Coffee will be ready soon 10:00 EVERYDAY Visits, news, games, activities 12:00 Mon.-Fri. Food With Friends Noon Meal Reservation 875-2135</p>		<p>1 9:00-9:45 EZ Motion 10:30 Cribbage 7:00 V.F.W. 780</p>	<p>2 10:30 Shuffleboard 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow</p>	<p>3 9:00-9:45 EZ Motion 10:00 Golf Games 11:00 Joyce Raycraft at the piano 1:00 Wii Bowling</p>	<p>4 8:30—10:00 Thank Linda for her 15 years of service 11:30 Blood Pressure checks by Joyce</p>	<p>5 11:00 -1:45 Building open 12:00 FAMILY POTLUCK 1:00 Raffle</p>
<p>6</p>	<p>7 12:30 Bob Crist's piano music 1:15 Bob's Sunshine Gang visits Warwick Living Center--Alma</p>	<p>8 9:00-9:45 EZ Motion 1:00 Progressive Euchre</p>	<p>9 10:30 Shuffleboard 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow</p>	<p>10 9:00-9:45 EZ Motion 10:00 Golf Games 11:00 Joyce Raycraft at the piano 1:00 Wii Bowling</p>	<p>11 Honor our Moms 1:00 – 3:30 Friday Cards with Volunteers Jack & Avis Ginther</p>	<p>12</p>
<p>13 </p>	<p>14 10:05 Bingo Prizes donated by McDonald's & Bee Clean Car Wash 7:00 –9:00 Dulcimers</p>	<p>15 9:00-9:45 EZ Motion 11:00 Three Outlaws & a Good Guy Music 1:15 SAB Board meeting</p>	<p>16 10:05-11:30 Bingo Prizes by Schnepf 1:00 Horseshoes 1:00 Dominoes 7:00 A-Tractive Tractor Club</p>	<p>17 9:00-9:45 EZ Motion 10:00 Golf Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling</p>	<p>18 12:00 Birthday Celebration</p>	<p>19 </p>
<p>20</p>	<p>21 11:50 "Balancing Act of Food & Activity for a Healthy Weight" 12:45 Facts about Our Statue of Liberty by Allen Thunell</p>	<p>22 9:00-9:45 EZ Motion Young Senior Day 1:00 Progressive Euchre</p>	<p>23 12:00 FWF Spring Fling St. Louis Senior Center SAB open today from 8:00 to 11:00</p>	<p>24 9:00-9:45 EZ Motion 10:00 Golf Games 11:00 Joyce Raycraft 1:00 Wii Bowling</p>	<p>25 1:00 – 3:30 Friday Cards with Volunteers Jack & Avis Ginther</p>	<p>26 8:30 -9:30 Red-White-Blue Pancakes & Sausage</p>
<p>27</p>	<p>28 No FWF Building Closed Memorial Day</p>	<p>29 9:00-9:45 EZ Motion 10:30 Cribbage 1:00 Sequence</p>	<p>30 10:30 Shuffleboard 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow</p>	<p>31 9:00-9:45 EZ Motion 10:00 Golf Games 11:00 Joyce Raycraft at the piano 1:00 Wii Bowling</p>	<p>Every day WWW (Walk Wanda's Walk) In Atkinson Park</p>	

Senior Activity Building & Food with Friends News
By Jo Jones

Our many young Friends who attended Woodland Park Egg Hunt thank you Seniors who filled over 2000 plastic eggs with candy. May is Older Americans Month! Older Americans are productive, active, influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors.

On May 4th (the first Friday in May), we ask you to stop in to thank **Linda St. Charles** for her 15 years of service, welcoming Senior friends to the Senior Activity Building each morning. We'll have fresh doughnuts and coffee ready for you beginning at 8:30.

Three Outlaws and a Good Guy from the Midland area will be back with us on Tuesday, May 15th. They will be presenting their cowboy musical program from 11:00 until noon. Reserve your meal soon so you can enjoy a few more songs following lunch.

The first Monday is when we visit our friends at Warwick Living Center in Alma. You do not need to have a singing talent, simply share your smiles along with all of our Seniors who enjoy volunteering to be a part of **Bob's Sunshine Gang**. We will return to the Building for ice cream sundaes. You'll receive far more JOY than you give anytime you can join Bob Crist and Bob's Sunshine Gang. Be sure to reserve your meal and then warm up your voice

Continued

(and/or smile) when Bob tickles the piano keys at 12:30 on the 7th.

Bingo will be on Monday, the 14th and on Wednesday, the 16th, from 10:05 until 11:30. Bingo Prizes will be provided by McDonalds and The Bee Clean Car Wash and Schnepf's.

Just For Fun Dulcimer Club provides a very pleasant evening of music on May 14th from 7 to 9. Fred Hoard, Building Volunteer, will welcome you. There is no charge for this.

Our **nutrition** lesson is about the "Balancing Act of Food and Activity for a Healthy Weight" on Monday, the 21st at 11:50. Then at 12:45, Allen Thunell will give us a brief **program** about the **Statue of Liberty**.

EZ Motion will be scheduled twice each week this month. Now that the weather is better, you are also encouraged to walk Wanda's Walk located in the Atkinson Senior Park next to our Building. EZ Motion will be from 9 to 9:45 on Tuesdays and Thursdays.

Cribbage is scheduled two times in May. The dates are the 1st and 29th. **Progressive Euchre** will be at **1:00** on May 8th and 22nd, both Tuesdays. Progressive Blue ribbon winners were George Vojtas, Bruce McConnell and Dennis Hipolite. Gloria Kleinhansl, Ron Peters and Dennis Sierakowski won Red ribbons.

Senior Activity Building Board meeting will be at 1:15 P.M. on the 15th. You certainly are encouraged to attend and participate at these meetings.

If you are a **YOUNG SENIOR**, please give us the opportunity to HONOR you on Tuesday, May 22nd at noon. Hoping to welcome our Snow birds and Young in Heart Seniors as well as the real Young Seniors.

Sequence is available whenever someone would like to play. It is on the schedule for the last Tuesday at 1:00.

On Wednesdays our **Domino** players will begin playing Chicken Foot at 1:00. You are welcome to participate anytime. Wednesdays (weather permitting) we also hope to have Shuffleboard and Horseshoes, with an Afterglow. Check each Wednesday to learn if we will have these outdoor events.

The **SPRING FLING** is on the 23rd at the Senior Center in St. Louis at noon. We encourage you to wear your picnic hat and enjoy a bug free picnic indoors! Our cooks at Gram's Kitchen will provide an extra special meal at noon. Please notice that the Senior Activity Building will be **OPEN** from 8:00 until 11:00 on the 23rd.

The **Golf games** (card game) begins about **10:00 each Thursday**. **Joyce Raycraft's** enjoyable **piano music** provides an informal sing-a-long time or just a relaxing background.

On Thursdays at 1:00 **Wii Bowling** games are scheduled at our Building. Enjoy the fun while getting some exercise. Wii Bowling is played on other days if someone wants to compete.

Friday, May 4th you will find Volunteer, Joyce Raycraft, ready to check your **blood pressure** at 11:30 until noon. We plan to **honor our Mothers** with pictures and stories of our Moms on the 11th.

On Friday, the 18th, we will honor our **May Birthday** friends. **We hope to receive your phone reservation soon.**

Friday Cards (which includes bridge) will be on the 11th and 25th from 1:00 to 3:30. Volunteers Jack and Avis Ginther will help you 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 on the Gift list each month.

We encourage you to bring some of your family members with you to our monthly **potluck at NOON on the 5th**. You will notice this is a regular potluck, everything is furnished by those who come, but you may still come without a dish to pass, and make a donation to the Potluck fund. Our cooks prepare plenty for everyone. The food is always excellent, as well as the fellowship. Do remember to bring your own table service.

The **Spring Raffle** will be held on Saturday, May 5th at 1:00. Tickets are \$1.00 and all proceeds benefit the operation of the Senior Activity Building. There are many great prizes!

Your donations given in memory or in honor of a loved one or friend, **Gifts in Gratitude**, along with the **Raffles** are most important for the continued operation of the building. If you **enjoy spending some time (playing cards, exercising, etc.) with us at the Building**, please consider making a monthly **donation** to express your **gratitude** for the Building. Just like your own home, our Building has ongoing expenses each month such as Consumers Energy, toilet paper, paper towels, cleaning supplies, plumbing repairs, etc. etc. **Your support** is needed and appreciated. Consider a monthly donation that fits your budget and also expresses your appreciation for the opportunity given to you to come enjoy our Building.

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. **On Friday, May 4th, we will celebrate the 15th anniversary of Linda's "Good Morning" welcomes! The time for this celebration begins at 8:30.**

Hoping you'll come to see us soon!



March birthdays celebrated by (seated) Hazel McConnell, Dolores Lombard (91), & Joyce Raycraft; (standing) Avis Ginther (91), Linda DeVuyst, & Joe Wing



Some of the volunteers filling eggs: Dolores Lombard, Ron Peters, Jim Ricci & Joyce Raycraft



THANK YOU for your gifts received by the Senior Activity Building from March 3, 2018 through April 3, 2018:

Volunteers (named and unnamed) who completely care for the Building and its programs and activities.

Musicians: Bob Crist, Joyce Raycraft, and Kevin Smith, Crystal Jar donations (unnamed donations, Progressive Euchre, Friday Cards, Blood Pressure checks)

Saturday Potluck Group
VFW Post # 7805

Don & Mary Lee Mull
Gratiot Towing LLC
Zeeland Farm Seed, Bob Garland

GIFTS in GRATITUDE to SAB

By Dolores Lombard
Jo Jones
George & Kathy Vojtas
Chuck & Marty Wieferich
Shirley Laurenz

In MEMORY of CELIA HAWK
By Joyce Beard

In MEMORY of DORIS JEAN BROWNE
By Bonnie Briggs
Alma Abstract

In MEMORY of LLOYD BRANDAL
By Verlynn & Barb Kench
On Dad's Birthday

In MEMORY of HARLEY. SMITH
By Donna Smith

In MEMORY of MELVIN MAXWELL
By Virginia Maxwell

In MEMORY of MOM HELEN BRANDAL
By Barb Kench

In MEMORY MARJORIE GOOSTREY
By Joyce Beard





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!





TASTE OF COUNTRY

Presented by the Alma Arbor of
Gleaner Life Insurance Society

Friday, May 18, 6 - 9 p.m.

Lumberjack Park in Riverdale

Come out and enjoy the music of Elmer Otto and Rocky King. A free will donation is admission to the event. All proceeds go to the Commission on Aging Modular Ramp Fund. There will be concessions provided by Lumberjack Park



Items collected for donation to the Saginaw VA Hospital by the FWF Sites



Easter baskets donated to Schnepf's by the Breckenridge FWF Site.

**SCAMS -
Reduce your Risk
by Being Aware:**

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

Central Michigan Area Stroke Support Group

STROKE SURVIVORS AND CAREGIVERS

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

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

MONDAY, May 14, 2018
(Second Monday of every month)
3:00 p.m. to 4:30 p.m.

Conference Room E
(in the back of the cafeteria)

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

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

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



Caregiver Training Program Alzheimer's Education

By Scott Hicks, LPN

The Commission on Aging's (COA) Caregiver Training program offers services to caregivers to help ease the stress of caregiving through education. The COA Caregiver Trainer can come to your home or other site for one on one or family education within Gratiot County. All Caregiver Trainer services are free.

Although most training that is done revolves around dementia, the Caregiver Trainer can help with many more topics such as Parkinson's, Diabetes, caring for bed bound loved ones, and more.

The Caregiver Trainer is out of the office on Mondays and Fridays so please leave a message or call our front desk at (989) 875-5246.

Change of Seasons & Alzheimer's

By Sherri Florez

Most of us are aware that seniors with Alzheimer's disease are heavily affected by fluctuations in their regular routines, and they can experience issues when seasons change. This is a common concern during the onset of winter, which can greatly exacerbate sundowning, an increase in restlessness and confusion caused by decreased sunlight that upsets the body's circadian rhythm. The body's natural clock must also adjust to other seasonal changes, including the onset of spring.

Adjusting to daylight savings time for those who serve as caregivers for people with Alzheimer's may experience frustration during daylight savings time, as setting the clocks forward comes with a change in schedule and routine. Maintaining consistent sleep and wake habits is important for people with dementia, and sudden alterations in this schedule can worsen symptoms. It may lead to heightened confusion and irritability, making it important to provide increased care and attention to help ease the senior into an altered routine.

An increase in hours of sunlight, though generally is a positive thing, but can also require special attention on part of the caregiver. After all, light plays an important role in a person's circadian rhythm, and this natural clock must adjust accordingly. In general, all humans tend to feel tired and drained as the day goes on, whether from exhaustion or too much stimulation. For people with dementia, this is even more true. The impact can cause seniors to want to go to bed earlier, and they may eat more or sooner than usual as their bodies require more energy. It may also cause a Sundowning effect in seniors with dementia.

Take advantage of sunnier days

With more sunlight and the warm weather of spring comes the potential for increased activity. Caregivers should embrace this opportunity and encourage seniors to get outside and soak up some sun and engage in physical activity, whether it's a simple stroll or some more intense gardening. As the Alzheimer's Association emphasizes, such activity is an essential part of a memory care plan, as physical activity is linked to a decreased risk of cognitive decline.

Springtime is a favorite season for seniors because many of them are retired and have spent the winter being cooped-up indoors. There's nothing like breathing fresh air, feeling the warmth of the sun on the skin and soaking in a little Vitamin D to renew the spirit and enhance quality of life. Being closer to nature, going on outings and socializing help break the monotony of daily living that can often be boring for seniors.

Here are a few favorite springtime activities for seniors that are good for the soul:

- 1. Choose a local park or nature trail for walks:** Many landmarks, local parks and even nature trails are appropriate for seniors (and are wheelchair accessible)! Do a little research ahead of time to find out what outdoor nature destination is a good choice.
- 2. Visit a farmers market:** There's nothing like fresh fruits, vegetables and local arts and

crafts to inspire elders. Getting out into the fresh air with other adults, children and often pets is also beneficial for seniors.

3. Partake in spring cleaning: When there's light outside coming in through the windows, clutter and dust are suddenly visible. It's always healthy to do a little spring cleaning to create a comfortable ambiance.

4. Go fishing: If your elderly loved one is mobile, you can venture to many fishing spots, but even those who are wheelchair bound can cast from a pier or bridge over a creek or river.

5. Enjoy tourist attractions: Whether it's local landmarks, historical sites or sporting events, tourist attractions are good for the mind and for combating cabin fever. Let your senior choose their destination.

6. Eat outdoors at a fancy restaurant: Good company, food and a fancy ambiance are all a recipe for success for your elder. Satisfy their palate and take time for quality bonding.

7. Visit a nursery: Nurseries are an excellent place for seniors to visit because they can partake in their indoor and outdoor plant preferences. Beautifying both indoors and outdoors provides some color and enjoyable ambiance.

8. Go on a picnic: Pack a delicious lunch with a comfortable blanket and enjoy the outdoors, picnic style. You can bring binoculars for bird watching, books to read, or cards for some outdoor game-fun.

9. Invest in a bird feeder for bird watching: Birds provide beautiful visuals and entertainment for seniors, and springtime bird chirping signals the opportune time to invest in a feeder.

10. Watch the Food Network for savory spring recipes: The Food Network offers great cooking shows and recipe ideas for springtime rejuvenation and healthy living. Watch a show with your loved one to get ideas.

11. Plant an herb garden: To go along with healthy eating, a modest herb garden provides not only gardening fun, but also healthy and tasty ingredients for your favorite dishes.

12. Go see a show: Whether a local theatre production or a fancy opera; getting dressed up and watching a show adds not only a little fun, but also some culture.

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 an hour at First Presbyterian Church in Alma.

Contact 989-463-2940 or www.firstpres.net for more information. Good Company is partially funded by Gratiot County Community Foundation.



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

May Movie Showing at COA: "Sully" Thursday, May 31, 2018

"Sully", starring Tom Hanks, Aaron Eckhart and Laura Linney is the May feature showing at 1:30 in the conference room of the COA's building, 515 S. Pine River, Ithaca. This biography/drama of an American pilot's heroism (after landing a damaged plane on the Hudson River is rated PG-13 and runs 1 hour 36 minutes. Please call 989-875-5246 to reserve your seat. Fresh popcorn and friends await you!

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 unneeded 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.



Chair Yoga Is Back at COA

Chair yoga classes are resuming after taking the inclement weather season off. Join us at the Commission on Aging, 515 S. Pine River, Ithaca from 3:30-4:00 p.m. for a fun time.

Classes will run for 6 consecutive Wednesdays beginning May 16th. You can come on Wednesday, May 9th for a **FREE** class to see if you will enjoy it.



Cost of the classes is \$3.00 per class, and you only pay for the classes that you attend. You will work out at your own pace on our padded chairs and no special clothing is needed, only something comfortable that you can move in. This is a zero impact class and no experience is required. Experience health benefits such as stress relief and improved muscle tone. You will learn some breathing exercises that can lead to improved brain function.

The classes are Mayo Clinic certified and taught by Wendy Woodruff, LVCYT certified. We look forward to seeing you!

The Purple Angel Brain Change Seminars: Understanding Alzheimer's & Other Dementias

These seminars are for you if... you or someone you know is living with dementia or you are simply curious and want to learn more about Alzheimer's and other forms of dementia.



Thursday, May 3, 2018

Normal Aging Not Normal Aging

Time: 6:00 to 8:00 p.m.
Location: Alma United Methodist Church*
501 W. Gratiot Avenue, Alma, MI

As the years slip by, we begin to notice we are changing. Those first strands of gray hair are a sign of the inevitable. Our changing bodies may grow a little rounder in the waistline. We may also begin to notice changes in our brains. We may not be as quick as we use to be or we may have a tougher time remembering an acquaintance's name. Have you ever wondered if these brain changes are a part of normal aging? This light-hearted presentation will address the serious concerns that many of us share regarding what is "normal aging" and what is not "normal aging."

Presenter: Brenda Roberts, MA, PAC Certified Independent Dementia Trainer, Consultant, Coach and Engagement Leader. Additionally, Brenda is a care partner for her husband who is living with young-onset dementia.

Cosponsors: Gratiot County Commission on Aging and Alma United Methodist Church

*Alma United Methodist Church is handicapped accessible.

New Medicare Cards being Issued

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

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

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

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

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

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

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



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

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



SENIOR GRATIOT NEWSPAPER DONATIONS

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

Martha Moore
L. Jean Kimball
T.J. Schmitz
Fred Burlingame
Jack & Avis Ginther
Ardeth Marsh
Theodore Woods
Shirley Wallace

IN MEMORY OF

RAMON WOLFGANG

By Berniece Wolfgang

ROBERT BECKER

By Mary Becker

BETTY LANE

By Bub & Mary Waldron

PHILIP & FRED MORTON

By Mary Morton

CLIFF, MARY & NANCY WISER

By Richard Wiser Family

**BROTHER OLLIE MILLER & WIFE
IRENE MILLER**

By Dorothy Wiser

ELIZABETH MACKENZIE

By Margaret E. Smith

ELEANOR MCCREERY

By Sally McCreery

IN HONOR OF

FRANK KRAL

By Frank & Jane Kral

**JAMIE BOLSBY, BOARD OF
GRATIOT COMMUNITY CENTER**

By Lee & Ardith Long



May is National Arthritis Awareness Month

Arthritis is a disease that impacts more than 50 million Americans, making it the number one cause of disability in the country. This number is only going to increase. Learn the facts, understand your condition and know that help is available. Also know that more adults in rural areas are affected by arthritis than in urban areas. Walking is a great way to combat arthritis pain.

COMMISSION ON AGING DONATIONS

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

Lincoln Rd. United Methodist Church
St. John's Episcopal Church
Immanuel Lutheran Ladies Society
United Methodist Women
Anonymous
Carol & James Moore

IN MEMORY OF

WARREN DAVIS

By Family & Friends

RICHARD REMSBERG

By Nancy Shankel

BOB SMITH

By Margaret E. Smith

DORIS LONG

By Gleaner Harmony Arbor #273

JOYCE VANSICKLE

By Joe VanSickle

RICHARD REMSBERG

By Wayne & Susan Brooks

MARY Z. SMITH

LETITIA JOHNSTON

By Margaret E. Smith



Home Delivered Meals & Gram's Kitchen Donations

Thank you to those who made financial contributions in October 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.

Sally A. Martin

IN MEMORY OF

JEAN TROUB

By Bob & Gail Paradise & Family
Jayne Beard & Family
Joanne Pommrantz & Family



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

GAIN 2018 Clinic Schedule

GAIN supports low cost spay/neuter for low income individuals and for unowned feral/community and free roaming cats. The cost for unowned cats (free roaming) is \$10 and includes an eartip and rabies vaccine— both of which are mandatory.

Owned cats are \$35 for one cat and \$25 each for 2 or more. Vaccines, flea, and worming are available at an additional charge.

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

- May 14th and 30th
- June 11th
- July 9th
- August 13th and 27th
- September 10th
- October 8th and 29th
- November 12th



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

GAIN Pet Loss Support Group

This is a new program being offered by GAIN (Gratiot Animals in Need). It is a safe place where those bound by the experience of the impending loss or death of a companion animal can come together to share stories, receive validation of feeling & concerns, learn about grief & the mourning process.

When: Third Thursday of each month from 6:00-7:30 p.m.

Where: Ways of the West, 1696 W. Monroe Rd., St. Louis

Registration: Please RSVP with the group facilitator Mindy Martinez at 989-560-5850 the day of the meeting.



Entertainment at West Gratiot FWF site

Commodity Food Distribution Date

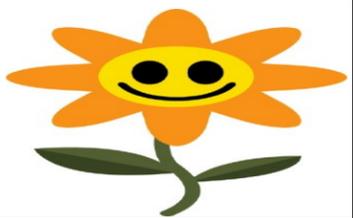
Commodities distribution will be on **May 21, 2018**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. The income guidelines are as follows: one person's monthly income not more than \$1,307; income per couple not to exceed \$1,759 monthly. Anyone interested in the program may contact Eight Cap at 989.463.5693. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from 9:30 a.m. to 11:00 a.m. or at the Commission on Aging, 515 S. Pine River St., Ithaca from 1:00 p.m. to 2:00 p.m.

Gratiot County COA

FWF Eat Smart Menu

Lunch 12:00-12:30 pm

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 7	1 Smothered Chicken Peas Multi Bean Salad Pears Wheat Bread	2 Macaroni and Cheese Spinach Tossed Salad Citrus Fruit Cup Wheat Bread	3 Potato Crunch Pollock Scalloped Potatoes Broccoli Mandarin Oranges Wheat Bread	4 Ham Slice Whipped Sweet Potatoes Crunchy Pea Salad Leprechaun Fluff Dinner Roll
7 Pork Chop Lima Beans Coleslaw Mandarin Oranges Biscuit	8 Beef and Noodles Squash Coleslaw Fruit Cocktail Wheat Bread	9 Bar B-Q Chicken Baked Beans Broccoli Citrus Salad Cantaloupe Dinner Roll	10 Cheeseburger Roasted Potato Blend Lettuce and Tomato Apricots Hamburger Bun	11 Egg/Cheese Casserole Sausage Links Redskin Potatoes Fresh Orange Cinnamon Roll
14 American Goulash Kyoto Vegetable Tossed Salad Pears Wheat Bread	15 Chicken/Broc/Cheese Baked Potato Tossed Salad Peaches Wheat Bread	16 Salisbury Steak Whipped Potatoes Coleslaw Mixed Fruit Cup Wheat Bread	17 Chili Baked Potato Tossed Salad Pineapple Cornbread	18 Baked Chicken Whipped Potatoes/Gravy 24 Hr Cabbage Slaw Grape Banana Fruit Wheat Bread
21 Meatballs Redskin Potatoes Capri Vegetables Pineapple Wheat Bread	22 White Bean Chicken Chili Green Beans Tropical Fruit Corn Bread	23 SPRING FLING ST LOUIS SENIOR CTR Hot Dog on a Bun Potato Salad Baked Beans Broccoli/Caulif Salad Strawberry Shortcake No Home Delivered Meals Today	24 Meatloaf Corn Multi Bean Salad Cinnamon Applesauce Wheat Bread	25 Basil Parmesan Chicken Brown Rice California Blend Veggies Ambrosia Fruit Cup Wheat Bread
CLOSED MEMORIAL DAY 28	29 Potato Crunch Pollock Scalloped Potatoes Carrots Fresh Orange Wheat Bread	30 Lemon Pepper Chicken Green Beans Potato Salad Cinnamon Applesauce Dinner Roll	31 Hamburger Company Potatoes Cauliflower/Cabbage Salad Mixed fruit cup Hamburger Bun	

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

Milk provided with all meals
Suggested Donation \$2.50

FOOD WITH FRIENDS

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

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

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

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

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

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

POTLUCKS

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



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

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

**MARCH 2018 PREP TEAM
VOLUNTEER THANK YOU**

Commission on Aging is grateful to these 12 Senior Gratiot Prep Team volunteers who prepared the April 2018 Issue of Senior Gratiot. Their volunteered time is dedicated to bringing valued information to Gratiot County seniors: **Jim Peck, Helen Hoard, Lisa Skaryd, Ruthie Malek, Nancy Crites, Carol Glave, Doris Edgar, Sally Martin, Dorothy Rhines, Linda Cox, Vicki Bertoni, Martha Seiler**



SENIOR GRATIOT, INC.
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CRAIG ZEESE, AND
HOWARD POINDEXTER

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