

# MAY

## 2nd Annual Gratiot County Beautification Day

Sponsored by Padnos Central Michigan &  
Gratiot County Commission on Aging

**Thursday, May 16, 2019**  
**8:00 a.m. - 4:00 p.m.**

**Padnos Central Michigan Location**  
**1430 W. Williams Street, Alma**



### Recycle & Renew our Community!

Funds raised from this event will be donated to Commission on Aging. For more information, please call the COA at 989-875-5246. See page 3 for additional information and accepted items.

# SENIOR GRATIOT

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

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

May, 2019  
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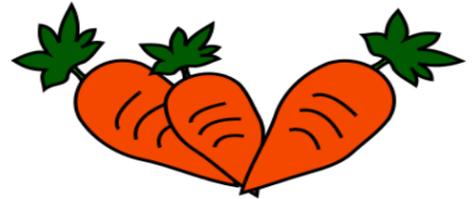
NON-PROFIT ORGANIZATION  
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ITHACA MI

## Project Fresh 2019 Information Call May 16<sup>th</sup> to Register

The Michigan Senior Project Fresh/Market Fresh Program is coming up in June. 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 16<sup>th</sup> @ 8:00 a.m.** to reserve your booklet. 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 16<sup>th</sup> @ 8:00 a.m. to sign up for the Project Fresh Program.**



### The class times and dates are as follows:

**Monday, June 10 @ 9:30 am or 1:30 pm**  
Commission on Aging, 515 S. Pine River, Ithaca

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



Due to the capacity of the meeting places, there will be a limited number of spaces available for each class. 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.



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

Recently Commission on Aging reviewed a long-standing policy which has limited the age of our volunteers to "18 years of age and older." As more and more public, private and parochial schools have a stated number of volunteer hours required for graduation, the policy review became more urgent. We quickly discovered there are many volunteer roles at Commission on Aging appropriate for our county's youth. You may expect to see more and more young people affiliated with Commission on Aging.

## Meet the Volunteer

**Bronx Lamey:** We are so fortunate to have Bronx on our volunteer team. Bronx comes to the volunteer program with amazing organizational skills, a commitment to the importance of COA's Mission Statement, a sense of humor, and a comfort level with people of all ages. Best of all, he is one likable kid! Bronx is 15 years old.

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

I was actually quite young when I first understood the concept of volunteering. I first started volunteering for my elementary school Student Council.

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

I was interested in the Commission on Aging because I knew nothing about it. Nobody in my family knew 100% what Commission on Aging does. My grandmother suggested I might volunteer for Commission on Aging. I called towards the end of September 2018. I took training in early October 2018. I volunteer usually 2 - 3 times a week after school.

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

The majority of my time has been spent organizing the Recycled Greeting Cards Team. My work prepares what the volunteers need to have at hand when they meet each week to make the new cards from recycled cards. I also help with mass mailings and fold the two-page educational insert that accompanies Home Delivered Meals once a month. Another way I help is shredding confidential paper work. I have also helped pack Home Delivered Meals and hope to do more of that once school is out for the summer.

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

Well, I hope they have the chance to purchase one of the beautiful cards the Cards Team makes. The cards are meant to brighten a day. They are a gift!

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

Honestly, it does not feel like work. Volunteering is something other than work. It is a pleasure. I get to look at all the cards - laugh at the funny ones, enjoy the colors, see interesting designs and the sentiments being sent to someone.

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

It gives people a chance to find out what an organization does in the community. I know I am helping others by volunteering at Commission on Aging.

### Do you have a philosophy that guides your life?

There is no reason to sit around when what you do to help others makes a difference. Try different places to volunteer. Volunteer where you have a variety of things to do and like what you are doing. I also believe it is important to work hard for what you want to achieve. Here is an example: I am a coin collector. It can be an expensive hobby. When I find a coin that I would like to add to my collection, I work even harder, save up and then make the purchase.

Commission on Aging has become very fond of Bronx and we look forward to his success in all he does.

we  volunteers!

## COMMUNITY VOLUNTEER GROUPS OFFER SPRING YARD RAKING

Sue Koch, Coordinator of Volunteers  
989-875-5346

Commission on Aging is pleased to coordinate *Spring Yard Raking* for Gratiot County seniors with groups of local volunteer rakers. As with past years, here are some important things for seniors to remember:

- ◆ Commission on Aging will provide the leader of the volunteer rake group with your name, address and phone number
- ◆ Most volunteer groups rake on one dedicated day only. Should there be inclement weather on that day, there will not be a "make-up" rake day.
- ◆ Volunteer group rakers will follow your city's rules for yard debris placement and collection. If your city requires all yard waste be placed in yard debris bags, please provide these to your rakers.
- ◆ Our number of volunteer group rakers is limited.

We appreciate Gratiot County citizens who form raking groups, whether church groups, youth clubs, adult clubs or other organizations and businesses. Volunteers are a treasure and help to make Gratiot County a great place to live.

Please call Sue Koch at 989-875-5346 to have your name placed on the request list for volunteer group yard rakers.



## RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch, Coordinator of  
Volunteers  
989.875.5346

Commission on Aging celebrated our volunteers during 2019 National Volunteer Week on Thursday, April 11, 2019. Our *Just Desserts Open House* was held in Commission on Aging's Large Conference Room - casual, intimate and relaxed. The menu included these delicious desserts - Carmel Apple Bars, Strawberry Swirl Bars, Blondie Bars, Lemon Bars, Chocolate Brownies, Chocolate Eclairs, Mixed Fruit Bowls and bags of fresh movie style popcorn. A variety of beverages were available as well.

As the staff moved about the room, we were able to personally thank each volunteer for the caring service and kindnesses they provide to Gratiot County seniors. We are so proud of our Commission on Aging Volunteer Team.

### Dedicated Hearts

Dedicated Hearts like yours  
Are not so easy to find.  
It takes a special person to be  
So generous and kind.  
To care so much for your fellow man  
Is a quality all too rare.  
Yet you give of your time and talents,  
For all in need to share.  
So, thank you for being a volunteer.  
We're privileged to work with you.  
We want you to know how appreciated you  
are not just today,  
But the whole year through.



## COMMISSION ON AGING'S LOBBY AND NOOK

We would like to remind you of this inviting space where you can sit comfortably at a table to work a puzzle, browse for a good read, or visit with friends. You can even pick up greeting cards for the special ones in your life. Many of the cards are made by our volunteers and have a suggested donation of .25 cents each. Books and puzzles can be taken from the nook without a need to return them. Restrooms are available in the lobby area as well. Feel free to bring a snack and beverage. You may also want to keep us in mind during Michigan's simmering summer months when seeking an air-conditioned space. You are welcome Mondays through Fridays from 8:00 a.m. to 4:30 p.m., except holidays.



## RECYCLE & RENEW OUR COMMUNITY!

**Thursday, May 16, 2019 from 8:00 a.m. - 4:00 p.m.**  
**Padnos Central Michigan, 1430 W. Williams St., Alma**



Mark your calendars, clean out your closets, spare rooms, garages and yards. The Commission on Aging (COA) has partnered with Padnos Central Michigan for this one day event to held at the Padnos yard, 1430 W. Williams Street., Alma. Just drive to Padnos and let the staff know that you are there to make a donation for the COA. Your items will be placed appropriately and at the end of the event, Padnos will convert the recyclables into their current monetary value with the proceeds placed in an account to benefit the COA. A list of guidelines and acceptable items is available at the COA office, the Food with Friends sites (Breckenridge, Fulton, Ithaca, St. Louis, and West Gratiot) and Padnos. Padnos will continue to accept items throughout the year for COA. Let the staff know that you would like your donation to go to the COA when you drop your items off.

### Guideline of Accepted Items

Scrap Metal	Old Appliances	Auto Batteries	Computer Towers	Wire
Christmas Lights	Metal File Cabinets	Motor Blocks	Electric Motors	Tools
Pots & Pans	Hand-Held Appliance	Cardboard	Copper Tubing	Electrical Cords
Metal Sinks	Metal Bed Frames	Aluminum	Books	Mailboxes
Brass	Cast Metal	Exercise Equipment	Cast Iron	Auto (with valid title)
Steel Trailers	Stainless Steel	Ceiling Fans	Circuit Boards	Old Laptop/Computer
Tire Rims	Brass	Bicycles	Metal Tubs	Old Smartphones
Metal Siding	Electronics	Silverware	Magazines	Grills

Items not accepted at this time include: televisions, clothing, glass, tires, mattresses, plastic, pallets, monitors, styrofoam, upholstered furniture, pallets, brush or wood. Thank you for your assistance in cleaning up the environment and supporting this exciting program for the COA. If you have any questions, please call the COA at 989-875-5246.

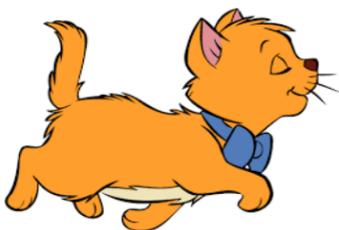


### Cat Spay/Neuter Clinics

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:**

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

### Rockin Goodtime Luncheon

Pat Schultz, Breckenridge

A Rockin Goodtime was exactly what we had on March 21<sup>st</sup> at the Breckenridge United Methodist Church, hosted by the Breckenridge Food with Friends food site. Tribute artist Colin Dexter, from Jackson, MI, put on a really **GREAT** show for us. He is a very talented young man, and I feel very fortunate that he was able to come and entertain us. He really makes his shows fun! Everyone seemed to agree that they would like to have him come back and do another show for us sometime.

I want to thank all of my seniors for all of the help that they gave me in putting this event together. They helped make decorations, helped with set up and some were there until all the clean up was done. You are all very special. And a big thank you to all of the Gratiot County Commission on Aging staff that helped organize the event, cook and serve the wonderful lunch, and keep things running smoothly. A special thank you to the Village of Breckenridge for sponsoring Colin Dexter and to the Breckenridge United Methodist Church for the space to host this event. Having community support like this means a lot to our program. Without people like you, things like this would not always be possible.



**May 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	3	4
			10:00 Swing Dancing 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Scrabble	10:00 Nature Walk 12:00 Lunch 12:30 Euchre	
5	6	7	8	9	10	11
	10:00 Chair Yoga 12:00 Lunch 12:30 Bingo	10:00 EZ Motion 12:00 Lunch 12:30 Cooking Matters 1:00 Board Meeting	10:00 Swing Dancing 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Yahtzee	10:00 Nature Walk 12:00 Lunch 12:45 Euchre	
12	13	14	15	16	17	18
	10:00 Chair Yoga 12:00 Lunch 12:30 Bingo 12:30 Brush with Bravata	10:00 EZ Motion 12:00 Lunch 12:30 Cooking Matters	10:00 Swing Dancing 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Cards	10:00 Nature walk 12:00 Lunch 12:30 Euchre	
19	20	21	22	23	24	25
	10:00 Chair Yoga 12:00 Lunch 12:30 Bingo	10:00 EZ Motion 12:00 Lunch 12:30 Trivia Tuesday	10:00 Swing Dancing 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Nutrition Program	10:00 Nature Walk 12:00 Lunch 12:30 Euchre	
26	27	28	29	30	31	
	<b>CLOSED</b> 	10:00 EZ Motion 12:00 Lunch 12:30 Trivia Tuesday	10:00 Swing Dancing 12:00 Birthday Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Brain Games		

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

Hello friends,

As most of you know, Food with Friends and activities have been temporarily closed as the building is undergoing repairs. We apologize for the inconvenience but we are hoping to see you all soon. I do have scheduled activities for May but *please* call prior to coming to check to see if we will be open.

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

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

I also have kept our exercise classes on every morning as there seems to be an ever growing interest. Keep in mind, these may change next month if it is not peaking your interest. On Mondays we will be doing Gentle Yoga. On Tuesdays there will be EZ Motion exercise videos. Wednesdays we will be learning swing dancing together through my past experience and You Tube due to your requests. Again, these classes are not challenging and are taught by me. It is very informal so do not be intimidated. We welcome everyone to join us! On Thursdays we will continue to have the line dancing taught by Betty Apple and on Fridays we will have low impact exercises

followed by a brief nature walk. These classes will start at 10 a.m.

We also have a painting party scheduled this month featuring Deb from "Brush with Bravata". This month the class is on **Monday, May 13th**. You will be painting on a 10x10 wooden pallet and the painting features Michigan with a beautiful starry night sky. Deb is very encouraging and patient. She loves to do this for us! All materials will be provided just bring a smile and your payment. As always, you are more than welcome to join us for lunch as well at noon. Call ahead to make reservations for lunch, painting, or more information at 989-681-4341.

We are also very excited to announce that we have partnered with the Michigan State University Extension to offer Cooking Matters classes for you. Throughout this program you will learn how to eat healthy, how to cook healthy, and how to shop with limited money. These classes are held on Tuesday, with classes this month on the 7<sup>th</sup> and the 14<sup>th</sup>. Each week the participants will receive groceries which they can take home and apply their new skills. One of the lessons does include a grocery store tour, which is the 7<sup>th</sup>. These classes are of no cost to you, however, you must pre-register with me as there is a limit to the class size. These classes will last for about an hour and a half and will start around 12:30 pm. Again, if you would like to register for one or all of these classes, please contact meet at 989-681-4341.

Please note that we will be closed on May 27<sup>th</sup> in observance of Memorial Day. We thank the Veterans and their families. Please have a restful and long weekend.

I have appreciated being at the center but I am even more excited to meet our friends who are just returning to the area. Please, as always, if anyone has any questions or concerns feel free to give me a call either at the center or you can reach me at the Commission on Aging.

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

**Gratiot Community Senior Center Donations**

May you find comfort in knowing your thoughtful gift has made a difference in the lives of others. We would like to thank the following individuals, who have generously donated to the Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis from March 14, 2019 through April 12, 2019.

**Donations**

Roberta Charney

**In Loving Memory...**

**Mary Bush**  
Amanda Fidler

**Thomas Ostrander**  
**Billie McNeil**  
**Norman McNeil**  
Pamela Ostrander

**Judy Grossman**  
**Alfred Thrush**  
Barb Thrush

**Mary Higley**  
Mr. & Mrs. Richard Howd  
Anna Peter  
Calvin & Mary Morris



**PATH-DIABETES WORKSHOP UPDATE**

Sue Koch, Coordinator of Volunteers  
989-875-5346

We have been fortunate over the years to receive a grant from the U.S. Administration on Aging, Michigan Aging and Adult Services Agency and Region VII Area Agency on Aging which allowed us to offer PATH-Diabetes education. The format of the diabetic education was a 2 1/2 hour session, one afternoon a week for six weeks.

As the May issue of the Senior Gratiot Newspaper goes to press, we have not yet been notified that a grant is available to us. I have been receiving calls inquiring as to whether PATH-Diabetes will be offered locally again. We will keep readers apprised over the summer months. In the mean time, should you be interested in this program, you may contact Sue Koch, Coordinator of Volunteers at 989-875-5346 to be placed on the list of persons interested in this workshop. By connecting us to you with a phone number, it will allow us to let you know of another location where we believe the workshop will be offered should we not receive the funding to offer the workshop at Commission on Aging in Ithaca.

**ESTATE PLANNING PRESENTATION**

By Lakeshore Legal Aid

**When:** Tuesday, May 28, 2019  
10:00 a.m.

**Where:** Gratiot County COA  
515 S. Pine River, Ithaca

- Lakeshore Legal Aid provides FREE civil legal services to nine counties in Mid Michigan, including Gratiot County. **Estate Planning** is one of the services they provide. This includes the drafting of wills, financial and/or medical power of attorney and lady bird deeds.
- On Tuesday, May 28, an attorney from Lakeshore will give a one hour presentation on estate planning. This will be an overview of the various documents used in the process and a general explanation on how estate planning can help protect your future and that of your loved ones.
- Appointments are available to meet with legal counsel at the COA in Ithaca. Please call Lakeshore Legal Aid to schedule your appointment: 888-783-8190.



**AARP "Smart Driver" Course**

**Thursday, July 18, 2019**  
**8:30 a.m. – 5:00 p.m.**

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

- Why take the AARP Smart Driver course?**
- ⇒ You may be eligible for an auto insurance discount. Please check with your local agency.
  - ⇒ You will learn new traffic laws, rules of the road and driving skills.
  - ⇒ You will learn how to adjust your driving to age-related changes such as changes in vision, hearing and reaction time.
  - ⇒ You will become more confident in your own driving abilities.

Lunch break is one-half hour. For your convenience you may purchase a hot lunch 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.**

**VOLUNTEER ACTIVITY May 2019**

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

**Recycled Greeting Cards Team**  
Monday, May 6th 9:00 a.m. - 12 noon  
Monday, May 13th 9:00 a.m. - 12 noon  
Monday, May 20th 9:00 a.m. - 12 noon  
COA closed May 27th due to Memorial Day

**Mitten Makers and Hats Galore Knit-In**  
Saturday, May 18th 10:00 a.m. - 2:00 p.m.  
Knitters and Crocheters welcome.  
Brown bag lunch suggested. Beverages furnished.

**Senior Gratiot Newspaper Prep Team**  
Thursday, May 23rd 9:00 a.m. - 11:30 a.m.

**Foster/Adoptive/Relative Care Support Group**

**Who:** Non-biological caregivers (foster, adoptive, kinship, etc.) and their children

**What:** Children's Alliance will be joining the meeting to discuss IEP Educational Advocacy 101 and additional related topics

**Where:** East Superior Christian Church  
605 E. Superior St., Alma, MI

**When:** Tuesday, May 14, from 6:00-8:00 p.m. (and the second Tuesday of every month thereafter)

**Why:** Parenting is one of the most difficult jobs and having support from others is crucial. Did we mention *free* childcare and snacks?!

Please call our office to RSVP at (989) 463-1422 or e-mail [staci@linkforfamilies.org](mailto:staci@linkforfamilies.org)



**REGION VII AREA AGENCY ON AGING**

**When:** May 14, 2019, 10:00 a.m.  
**Where:** Foyer by the Chapel at Masonic Pathways, 1200 Wright Ave., Alma

Region VII AAA will host a public hearing and accept comments on the FY 2020 Annual and Multi-year implementation plans which outline the funding priorities of Older American Act and state funds marked for services to older adults. No reservation is needed. If accommodations are needed, please call 1-800-858-1637 24 hours in advance.

**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:

**GRATIOT COUNTY COA TRANSPORTATION FARES**

- 0 – 20 miles \$ 5.00**
- 21 – 40 miles \$10.00**
- 41 – 60 miles \$15.00**
- 61 – 80 miles \$20.00**
- 81 – 100 miles \$25.00**

Mileage is calculated beginning from the COA office.

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

Sue Koch Coordinator of Volunteers 989-875-5346

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

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

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

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

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

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

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

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

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

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

### 2019 Spring Window Washing

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

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

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



### Gratiot County Community FUN Bicycle Ride Coordinated by the Ithaca Senior Activity Building



**May 18, 2019, 10 am-12 pm,  
Registration deadline May 10<sup>th</sup>**



Check-in from 9:30-11:00 a.m. at the SAB, 1011 E. North St., Ithaca, MI 48847

Waiver/Release of liability will be required at check-in for each rider. If under 18, parent or guardian must be present to sign.



#### HELMETS REQUIRED FOR ALL PARTICIPANTS

Choose your distance: 1 to 15 miles, from SAB down to the path along US127 and as far north as the Alma exit and back.

Free lunch will be available to registered riders at 12 noon. Please plan your distance and start time accordingly so you are back in time for lunch and door prizes. To register, mail form below by **May 10** to Fun Bicycle Ride, c/o Mary Humm, 1020 S. St. Johns St., Ithaca, MI 48847.

For questions or more information contact Mary Humm at 989-388-2642.

Name \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Rider #1 Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Rider #2 Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Rider #3 Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Rider #4 Name: \_\_\_\_\_ Age: \_\_\_\_\_

\*\*\*\*\*  
**Brush with Bravata!**  
**Monday, May 13**  
**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 the class in May in on **Monday, May 13** instead of the usual second Tuesday of the month. Below is May's project. Be sure to reserve your lunch when you call to reserve a spot in the painting class. The number to call is 989-681-4341!  
  
\*\*\*\*\*

## Caregiver Training Program Alzheimer's Education

By Scott Hicks, LPN

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

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

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



## DEMENTIA CAREGIVER SUPPORT GROUP

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

**Dinner for Both of You**

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

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

### Dementia Caregiver Support Group

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

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



## 7 Stages & Symptoms of Alzheimer's Disease

By Sherri Florez

This information is from Carrie Hill, PHD

Alzheimer's disease is a progressive neurological disorder that leads to personality changes, memory loss, intellectual slowing and other symptoms. Although each person with Alzheimer's is different, most progress through a series of stages, each of which is characterized by more serious Alzheimer's symptoms.

The following seven stages were developed by researchers and physicians to describe how you or your loved one will change over time. Your doctor might collapse the seven stages into early/middle/late or mild/moderate/severe, so these classifications are provided as well.

### Stage 1 (Absence of Impairment)

There are no problems with memory, orientation, judgment, communication, or daily activities. You or your loved one is a normally functioning adult.

### Stage 2 (Minimal Impairment)

Your or your loved one might be experiencing some lapses in memory or other cognitive problems, but neither family nor friends are able to detect any changes. A medical exam would not reveal any problems either.

### Stage 3 (Noticeable Cognitive Decline)

Family members and friends recognize mild changes in memory, communication patterns, or behavior. A visit to the doctor might result in a diagnosis of early-stage or mild Alzheimer's disease, but not always. Common symptoms in this state include:

- Problems producing people's names or the right words for objects
- Noticeable difficulty functioning in employment or social settings
- Forgetting material that has just been read
- Misplacing important objects with increasing frequency
- Decrease in planning or organizational skills

### Stage 4 (Early-Stage/Mild Alzheimer's)

Cognitive decline is more evident. You or your loved one may become more forgetful of recent events or personal details. Other problems include impaired mathematical ability (for instance, difficulty counting backwards from 100 by 9's), a diminished ability to carry out complex tasks like throwing a party or managing finances, moodiness, and social withdrawal.

### Stage 5 (Middle-Stage/Moderate Alzheimer's)

Some assistance with daily tasks is required. Problems with memory and thinking are quite noticeable, including symptoms such as:

- An inability to recall one's own contact information or key details about one's history
- Disorientation to time and/or place
- Decreased judgment and skills in regard to personal care

Even though symptoms are worsening, people in this stage usually still know their own name and the names of key family members and can eat and use the bathroom without assistance.

### Stage 6 (Middle-Stage/Moderate to Late-Stage/Severe Alzheimer's)

This is often the most difficult stage for caregivers because it's characterized by personality

and behavior changes. In addition, memory continues to decline, and assistance is required for most daily activities. The most common symptoms associated with this stage include:

- Reduced awareness of one's surroundings and of recent events
- Problems recognizing one's spouse and other close family members, although faces are still distinguished between familiar and unfamiliar
- Sundowning, which is increased restlessness and agitation in the late afternoon and evening
- Difficulty using the bathroom independently
- Bowel and bladder incontinence
- Suspicion and paranoia
- Repetitive behavior (verbal and/or non-verbal)
- Wandering

### Stage 7 (Late-Stage/Severe Alzheimer's)

In the final stage, it is usually no longer possible to respond very much to the surrounding environment. You or your loved one may be able to speak words or short phrases, but communication is extremely limited. Basic physical functions begin to shut down, such as motor coordination and the ability to swallow. Total care is required around the clock.

Although the stages provide a blueprint for the progression of Alzheimer's symptoms, not everyone advances through the stages similarly. Caregivers report that their loved ones sometimes seem to be in two or more stages at once, and the rate at which people advance through the stages is highly individual. Still, the stages help us understand Alzheimer's symptoms and prepare for their accompanying challenges.

As you can see, the disease has a large area of advancement and everyone changes differently. Please be aware of these changes and communicate with your physician.

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



**May is National  
Stroke  
Awareness Month**



Stop Stroke-Act FAST-Spread HOPE

Senior Activity Building

May 2019

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>8:00 EVERYDAY</b> Building open coffee's ready  <b>10:00 EVERYDAY</b> Visits, news, games, activities  <b>12:00 Mon.-Fri.</b> Food With Friends Noon Meal                      Reservation 875-2135  <b>Walk Wanda's Walk EVERYDAY!</b></p>			<p><b>1</b>  <b>1:00</b> Cooking Matters Class   <b>1:00</b> Dominoes</p>	<p><b>2</b>  <b>9:00-9:45</b> EZ Motion  <b>11:00</b> Piano Music by Joyce Raycraft  <b>10:00</b> Golf Games  <b>1:00</b> Wii Bowling</p>	<p><b>3</b>  <b>11:30</b> Blood Pressure Checks by Joyce Raycraft</p>	<p><b>4</b> <b>11:00--1:45</b> Building Open  <b>12:00</b> Family Potluck  <b>1:00</b> Raffle</p>
<p><b>5</b></p>	<p><b>6</b>  <b>8:30 -10:00</b> Thank Linda for her 16 years of service at SAB  <b>12:30</b> Bob Crist Music  <b>1:20</b> Bob's Sunshine Gang visits Rosewood</p>	<p><b>7</b>  <b>9:00-9:45</b> EZ Motion  <b>10:30</b> Cribbage   <b>7:00</b> VFW Post #7805</p>	<p><b>8</b> <b>1:00</b> Cooking Matters Class   <b>COOKIE SALE</b>   <b>1:00</b> Dominoes</p>	<p><b>9</b>  <b>9:00-9:45</b> EZ Motion  <b>11:00</b> Piano Music by Joyce Raycraft  <b>10:00</b> Golf Games  <b>1:00</b> Wii Bowling</p>	<p><b>10</b> Honor our Moms with photos and stories  <b>1:00</b> Friday cards with Avis &amp; Jack Ginther</p>	<p><b>11</b></p>
<p><b>12</b>  </p>	<p><b>13</b> <b>10:05 - 11:30</b>                      Bingo (Prizes donated by McDonalds &amp; Super Shine Express Car Wash)  <b>12:45</b> Movie "Driving Miss Daisy"  <b>7:00</b> Dulcimers</p>	<p><b>14</b>  <b>9:00-9:45</b> EZ Motion   <b>1:00</b> Progressive Euchre</p>	<p><b>15</b>  <b>1:00</b> Cooking Matters Class  <b>1:00</b> Dominoes   <b>7:00</b> A- Tractive Tractor Club</p>	<p><b>16</b>  <b>9:00-9:45</b> EZ Motion  <b>11:00</b> Piano Music by Joyce Raycraft  <b>10:00</b> Golf Games  <b>1:00</b> Wii Bowling</p>	<p><b>17</b>  <b>10:30</b> Sequence                       Young Senior Day</p>	<p><b>18</b> <b>10:00-12:00</b>                      Community FUN BIKE RIDE  </p>
<p><b>19</b></p>	<p><b>20</b>  <b>11:50</b> Nutrition Lesson "Eating to Reduce Inflammation"  <b>Noon</b> Birthday Party</p>	<p><b>21</b>  <b>9:00-9:45</b> EZ Motion  <b>11:00</b> 3 Outlaws &amp; A Good Guy  <b>1:15</b> Senior Activity Building Board Meets</p>	<p><b>22</b>  <b>12:45</b> "Healthy Eating for Seniors" by RESD &amp; Extension Office  <b>1:00</b> Dominoes</p>	<p><b>23</b>  <b>9:00-9:45</b> EZ Motion  <b>11:00</b> Piano Music by Joyce Raycraft  <b>10:00</b> Golf Games  <b>1:00</b> Wii Bowling</p>	<p><b>24</b>  <b>1:00</b> Friday Cards with Avis &amp; Jack Ginther</p>	<p><b>25</b>  <b>8:30-9:30</b> Red-White-Blue Pancakes and Sausage</p>
<p><b>26</b></p>	<p><b>27</b> <b>CLOSED</b>                        Memorial Day                      Never Forget                      Ever Honor</p>	<p><b>28</b>  <b>9:00-9:45</b> EZ Motion   <b>1:00</b> Progressive Euchre</p>	<p><b>29</b>  <b>1:00</b> Dominoes  <b>1:00</b> Horseshoes (weather permitting)  <b>2:00</b> Afterglow  <b>1:00</b> Dominoes</p>	<p><b>30</b>  <b>9:00-9:45</b> EZ Motion  <b>11:00</b> Piano Music by Joyce Raycraft  <b>10:00</b> Golf Games  <b>1:00</b> Wii Bowling</p>	<p><b>31</b>  <b>10:30</b> Sequence</p>	<p></p>

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

**May is Older Americans Month! Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors.**

On **May 6<sup>th</sup>** (the first Monday in May), we ask you to stop in to thank **Linda St. Charles** for her **16 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 21<sup>st</sup>. They will be sharing their cowboy music 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 Rosewood Adult Foster Care. 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 (and/or smile) when Bob tickles the piano keys at 12:30 on the 6<sup>th</sup>.

**Bingo** will be on Monday, the 13<sup>th</sup> from 10:05 until 11:30. Bingo Prizes will be provided by McDonalds and Super Shine Express Car Wash in Ithaca.

**Just For Fun Dulcimer Club** provides a very pleasant evening of music on May 13<sup>th</sup> from 7 to 9. There is no charge for this.

Our **nutrition** lesson is about "Eating to Reduce Inflammation" on Monday, the 20<sup>th</sup> at 11:50. Then at 12:00, we will honor all of you Seniors born or married in the month of May at our monthly **birthday celebration**.

**EZ Motion** will be scheduled twice each week on Tuesday and Thursday mornings. 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 9:00 to 9:45.

**Cribbage** is scheduled on May 7<sup>th</sup>. **Progressive Euchre** will be at 1:00 on Tuesday, May 14<sup>th</sup> and the 28<sup>th</sup>. Progressive Blue ribbon winners were Vern Recker and Bruce McConnell. Hazel McConnell and Vern Recker won Red ribbons.

**Senior Activity Building Board** meeting will be at 1:15 P.M. on the 21<sup>st</sup>. You certainly are encouraged to attend and participate at these meetings. Our Board is pleased to invite you and all of your family to register for the **FREE** Fun Community Bike event on Saturday, May 18<sup>th</sup>. Registration sheets are available at all of the FWF sites. Stop in to pick one up for you and other bikers. All participants must be preregistered. We thank the many sponsors who are helping us to offer this special event for all age groups.

**Cooking Matters** classes will be at 1:00 on the 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup>. Please notice the time change. Then on the 22<sup>nd</sup> we begin a new program that will be on the 4<sup>th</sup> Wednesday of each month at 12:45. The program, "**Healthy Eating for Seniors**" is being presented by the RESD and Extension, who also have been teaching "Cooking Matters."

On Wednesdays our **Domino** players will begin playing Chicken Foot at 1:00. You are

welcome to participate anytime. Wednesday, the 29<sup>th</sup>, (weather permitting) we also hope to have **Horseshoes** with an Afterglow.

The **card game of Golf** is scheduled for **10:00 each Thursday**. **Joyce Raycraft's** enjoyable **piano music** provides an informal sing-a-long time or just relaxing background music.

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

Friday, May 3<sup>rd</sup> you will find Volunteer, Joyce Raycraft, ready to check your **blood pressure** from 11:30 until noon. We plan to **Honor our Mothers** with pictures and stories of our Moms on the 10<sup>th</sup>.

**Friday Cards** (which includes bridge) will be on the 10<sup>th</sup> and 24<sup>th</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, Horseshoes, and blood pressure screening. You will find these donations listed under the Crystal Jar on the Gift list each month.

If you are a **YOUNG SENIOR**, please give us the opportunity to HONOR you on Friday, May 17<sup>th</sup> at noon. Hoping to welcome our Snow birds and Young in Heart Seniors as well as the real Young Seniors. We have **Sequence** scheduled on the 17<sup>th</sup> and 24<sup>th</sup> at 10:30. If you would prefer to play after lunch, then the time will be 12:45.

We encourage you to bring some of your family members with you to our monthly **potluck at NOON on the 4<sup>th</sup>**. 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 4<sup>th</sup> at 1:00. Tickets are \$1.00 and all proceeds benefit the operation of the Senior Activity Building. There are many great prizes that have been donated.

Your **donations** given in **memory** or in **honor** of a loved one or a friend, your **Gifts in Gratitude**, along with the **Raffles** are very important as are your donations of time, and skills. If you **enjoy spending some time (playing cards, exercising, etc.) with us at the Building**, please consider making a monthly **donation** to express your personal **gratitude** for the Building. Just like your own home, our Building has ongoing expenses each month such as maintenance, Consumers Energy bills, toilet paper, paper towels, cleaning supplies, plumbing repairs, etc. etc. etc. **Your support** is needed and appreciated. Hoping to find **your name** listed under the **Gifts in Gratitude** in the Senior Gratiot and in our Memorial book at the Building. Consider a monthly donation that fits your budget and also expresses your **appreciation** for the opportunity given to you to come and enjoy our Building that also provides a home for the Ithaca Food With Friends.

Our Building is open each weekday morning at 8:00, with a warm welcome from Linda St. Charles, a cup of coffee and a doughnut or a slice of toast. **On Monday, May 6<sup>th</sup>, we will celebrate the 16<sup>th</sup> anniversary of Linda's "Good Morning" welcomes! The time for this celebration begins at 8:30.**

Hoping you'll come to see us soon!

THANK YOU for your gifts received by the Senior Activity Building from March 13, 2019 through April 11, 2019:

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

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

Gifts in GRATITUDE to SAB  
By Chuck & Marty Wieferich  
Joyce Raycraft  
Fred & Helen Hoard  
Jo Jones

In MEMORY of GRETA FOSTER  
By Paula Foster

In MEMORY of JACK WINGLE  
By Ida Bakker-Kramer

In MEMORY of EMERY GROSS  
By Jack & Avis Ginther

In MEMORY of MILLIE LAFRENIERE  
By Phyllis & Dick Schleder

In MEMORY of LANA BRANDAL SANDERS  
By Bob & Nancy Smith

In MEMORY of HARRY SPARKS  
By Bob & Nancy Smith  
Ida Bakker-Kramer

In MEMORY of AMBER HILL  
By Ida Bakker-Kramer

In MEMORY of ROBERT L & VERLA SMITH  
By Bob & Nancy Smith

In MEMORY of LLOYD & FLOYD BRANDAL  
By Barb & Mike Kench

In MEMORY of DOLORES LOMBARD

By Joyce Beard  
Bonnie Barnes  
The Bakker Family  
Bob & Nancy Smith  
Marita & Doug Harkness  
Clare & Jean Bare

In MEMORY of BILL CAPEN

By Jack & Avis Ginther  
Rose Capen  
Bob & Nancy Smith  
Ida Bakker-Kramer  
Jim & Bonnie Ludwick  
Judith Eichorn  
Joyce Beard  
The Family of Florence DeVuyst

In MEMORY of GEORGE VOJTAS

By Bob & Mary Sullivan  
Sally Martin  
Joyce Beard  
Food with Friends  
Jo Jones  
Joyce Raycraft  
Ida Bakker-Kramer  
Bill & Linda DeVuyst  
Howard & Nancy Crites  
Jim & Bonnie Ludwick  
Bob & Nancy Smith  
Fred & Helen Hoard  
Phyllis & Dick Schleder  
Rosemary Duckworth  
Shirley A. & Shirley M. Priest  
Don & Josie Walworth  
Linda Bussell  
Ed Burgess  
Bill & Chris Bussell  
Tom & Frances Gyurnek  
Clare & Jean Bare

In MEMORY of GRETA FOSTER

By Ida Bakker-Kramer

In MEMORY of ANN HULL

By Bill & Linda DeVuyst  
Bob & Mary Sullivan

In MEMORY of DONNA JUNE CRUMBAUGH

By Bob & Mary Sullivan



**LARGE BREED DOG SPAY/NEUTER ASSISTANCE PROGRAM**

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

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



Shamrock Sunshine Plates assembled by Leprechauns Delbert Towersey, Judy Hegle, Linda St. Charles, and Phyllis Johnson.



Music provided by Larry Glover and his talented daughter, Christine Simmons



Ruth Glover and Larry's Mom, Dorethea enjoy the music along with all of the Ithaca Food with Friends Seniors.



**Chair Cleaning Crew**

Seated: Bill DeVuyst, Jo Jones, Vicki Parling, Howard Crites; Standing: Helen Hoard, Nancy Smith, Marci Browne, Nancy Crites, Jim Wideman, Ken Federpiel, Mary Sullivan, George Bailey, Marty & Chuck Wieferich



March Birthdays celebrated by Joyce Raycraft, Avis Ginther, Hazel McConnell, Rosemarie Ayers, and Joe Wing

## West Gratiot

By Cindy Simons

April birthdays included Don Evans and Betty Freed. We also celebrated the anniversary of Arvella & Bob Divelbiss.

It is an honor to have the Laurels of Fulton Care Facility support our BINGO activities by supplying great prizes. To help show our gratitude, a group of FWF attendees made Easter decorations for the Laurels to help brighten up the rooms for residents.

A thank you goes out to everyone who has donated time, energy, financial support and special items to the West Gratiot site. We truly appreciate your thoughtfulness. Donations include music CDs, use of a karaoke machine, current newspapers, magazines, greeting cards, game prizes, dish soap, coffee, bottled water and snack items. Donators include: Doug White, Harold Daniel, Nancy Riker, Sharon Helman, Evelyn White and Arvella and Bob Divelbiss.

We enjoyed our first "Cooking Matters" session and are eager to continue in May.

### Now, here are activities coming up:

To start the month, the nutrition and wellness topic will be covered in the first week of May. There will be no congregate meals on Friday, May 3<sup>rd</sup>. Our celebration of May birthdays and anniversaries will be on Wednesday and Friday, the 8<sup>th</sup> and 10<sup>th</sup>.

Sessions of "Cooking Matters" will continue each Friday from May 10<sup>th</sup> to 31<sup>st</sup>, running from 12:30-2:30. There will be presentations of nutritional and consumer information, preparation of recipes and supplies to make the dishes at home. Pre-registration is important.

We will create special bookmarks to share with friends for our craft project the week of May 13<sup>th</sup>. On Wednesday, May 15<sup>th</sup>, the karaoke music will be ready to help us reminisce with our favorite tunes, beginning at 11:15.

Our annual Celtic Week has come around again! Please wear plaid the week of May 20<sup>th</sup> - leading up to the Highland Festival.

On Monday, May 27<sup>th</sup>, the FWF site will be closed for Memorial Day. Wednesday, May 29<sup>th</sup>, we will play an old-time movie and have root beer floats beginning at 12:30.

Personal care items, puzzles and activity books are still being collected to send to the Saginaw Veteran's Hospital. New hats, gloves and socks are also welcome. Donations may be dropped off during our regular hours on MWF.

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

- 3 **CLOSED**
- 6 Nutrition & Wellness Topic
- 8 & 10 Birthday & Anniversary Celebrations
- 10 Cooking Matters Class
- 13 Craft Project
- 15 Karaoke Music
- 17 Cooking Matters Class
- 20 Wear Plaid All Week
- 24 Cooking Matters Class
- 27 **CLOSED, MEMORIAL DAY**
- 29 Movie & Root Beer Floats
- 30 Cooking Matters Class

## West Gratiot Weekly Activities

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



## BRECKENRIDGE

By Pat Schultz

Let me first start by thanking everyone who came to our Rockin Goodtime Luncheon! It was a GREAT success and we hope to be able to do this again sometime. Here at Breckenridge, we have fun. Join us sometime and let us show you. Everyone is always welcome!

We have many things planned for the month of May. Here are some of them:

- 2<sup>nd</sup> Cooking Matters Class, 12:30
- 6<sup>th</sup> Cardmaking at the Library after Lunch
- 7<sup>th</sup> Bingo after Lunch
- 9<sup>th</sup> Cooking Matters Class, 12:30
- 10<sup>th</sup> Puzzle Day
- 13<sup>th</sup> Ceramics Class after Lunch
- 14<sup>th</sup> Bingo after Lunch
- 16<sup>th</sup> Cooking Matters Class, 12:30
- 17<sup>th</sup> Knit & Crochet Fun
- 20<sup>th</sup> Cardmaking at the Library after Lunch
- 21<sup>st</sup> Bingo after Lunch
- 22<sup>nd</sup> Summer Craft
- 23<sup>rd</sup> Nutrition Education
- 27<sup>th</sup> **CLOSED, MEMORIAL DAY**
- 28<sup>th</sup> Bingo after Lunch
- 29<sup>th</sup> Ask the Chief Question Day
- 31<sup>st</sup> Ice Cream Sundaes

We play Euchre most mornings, and are always looking for more players, as well as other games. Please come and see what Breckenridge is all about. Just give me a call to make a lunch reservation at 989-842-3338. Hope to see you soon!

## Greetings from Fulton

By Irene Noffsinger

### Welcome Spring!

Hello, May. Daffodils have sprung and tulips have blossomed. Maybe there is hope for nice weather yet. I know I am ready.

Did you know that May 18<sup>th</sup> is National Visit Relatives Day? I guess in the fast paced life we lead, it is now necessary to have a special day for visiting. I remember when every weekend (well, not every weekend) we would get together with our aunts, uncles and cousins. It always felt like a family reunion as one aunt had 12 children, we had 7 in our family, and there were 5 in another. What fun! It was a day of playing, swimming, connecting with your cousins, and of course, eating. I can remember four 8 foot tables lined up on the front lawn at my aunt's house, covered with food. It was great! It was one day that no one was paying a whole lot attention to what you were eating. Oh, I can still remember the homemade pies. It was a wonderful time that we always looked forward to. With the distance between us and a lot of our relatives, these special days just don't happen like they used to. Now they say that you should call, or do a live chat via computer. I guess that is preferred over no contact. But, what about the food?

Thanks to everyone that helped participate in the card making for our friends at Laurels of Fulton. I hope you enjoyed making them as well as giving them.

Fulton Senior Center will be closed from May 6<sup>th</sup> through the 10<sup>th</sup>. I will be out of town for the week. Please do not forget to return on May 13<sup>th</sup> as we will be open again.

Thanks to everyone that has attended our cooking class. It has been very informative. Also, thanks to Roxanne for her presentations. I really enjoyed the classes.

### BOOKS BOOKS BOOKS

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

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

- 5-6 **CLOSED**
- 5-8 **CLOSED**
- 5-10 **CLOSED**
- 5-13 Lunch/Phase Ten
- 5-15 Lunch/Phase Ten
- 5-17 Lunch/Euchre/Hot Fudge Sundaes
- 5-20 Lunch/Wii/Skip Bo
- 5-22 Lunch/Phase Ten
- 5-24 Lunch/Euchre
- 5-27 **CLOSED, MEMORIAL DAY**
- 5-29 Lunch/Phase Ten
- 5-31 Lunch/Euchre

## FULTON SENIOR CENTER DONATIONS

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



### SENIOR GRATIOT NEWSPAPER DONATIONS

These people generously donated \$350.00 to the Senior Gratiot Newspaper contribution fund from March 15, 2019 to April 15, 2019. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Shirley Wallace  
Margaret Bontrager  
Dick & Rhonda Harrell

IN MEMORY OF

**MADGE OOMEN**

By Marian Miller & Pamela Miller

**DOLORES LOMBARD**

By Patty Reeves

**ELEANOR MCCREERY**

By Sally McCreery

**MELVIN MAXWELL**

By Virginia Maxwell

**KEN DENMAN**

**GEORGE VOJTAS**

By Thomas & Frances Gyurnek

**ANN HULL**

By Betty & Jim Bolger

### COMMISSION ON AGING DONATIONS

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

Lincoln Rd. United Methodist Church  
Crystal Wilson

IN MEMORY OF

**DON DENNISON**

By Nathan Thomas & Family  
Stuart & Diane Thomas  
Royce Aldrich  
Jeri & Sandy Dennison & Family  
Lisa & Jim Bourcier  
Patrick Libka

**AGNES KENNEY**

**DOROTHY TERRY**

By Howard & Mary Kenney

**EMERY GROSS**

By Carol Reeves & Bill Hirschman

**MADGE OOMEN**

By Don & Paula Rohn

**ROBERT BECKER**

By Mary Becker

**MARY HIGLEY**

By Anna Peter  
James & Janet Findlay

**JANET WAGNER**

By Cynthia Mepham  
Bob & Gail Paradise  
John Bibler & Suzanne Bertuleit  
Jayne Beard & Family

**CHARLES, ANNA, JERRY MALEK**

**R. CARL STOLL**

By John & Sally Stoll

**JOYCE COVINGTON**

By Mary Van Alstine Gay

**BONNIE RULAPAUGH**

By Chris Loomis

**BETTY WOODS**

By Ted Woods

*\*Thank you\**

### Older Michigianians Day May 15, 2019

Presented by Michigan Area Agencies on Aging & 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 Michigianians 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.

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

Thank you to those who made financial contributions in April 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

**DAD, LLOYD BRANDAL AND TWIN BROTHER, FLOYD**

By Barb Kench

**Fulton Food with Friends create beautiful cards for the Laurels of Fulton**



### West Gratiot Fun



After going over basic nutrition and cooking techniques, Tammy let participants in the MSU Extension course "Cooking Matters" help prepare ingredients.



Harold Daniel, Jackie Devericks and Pat Elliott helped with an Easter craft project for the Laurels.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Suggested Donation \$2.50</b>  <b>Reservations required 24 hours in advance</b>  <b>Salad/Soup only available at FWF Sites</b></p>		<p>Macaroni and Cheese 1                      Spinach                      Mixed Vegetables                      Citrus Fruit Cup                      Wheat Bread  <b>Or Chef Salad</b>  <b>Chicken Vegetable Soup</b></p>	<p>Potato Crunch Pollock 2                      Scalloped Potatoes                      Broccoli                      Mandarin Oranges                      Wheat Bread</p>	<p>Ham Slice 3                      Whipped Sweet Potatoes                      Peas                      Leprechaun Fluff                      Dinner Roll  <b>Or Chef Salad</b>  <b>Stuffed Pepper Soup</b></p>
<p>6                      Pork Chop                      Lima Beans                      Carrots                      Cinnamon Applesauce                      Biscuit</p>	<p>7                      Beef and Noodles                      Squash                      Winter Blend                      Strawberries                      Wheat Bread</p>	<p>8                      Bar B-Q Chicken                      Baked Beans                      Broccoli                      Cantaloupe                      Dinner Roll  <b>Or Chef Salad</b>  <b>Minestrone Soup</b></p>	<p>9                      Cheeseburger                      Roasted Potato Blend                      Peas &amp; Carrots                      Lettuce and Tomato                      Apricots                      Hamburger Bun</p>	<p>10                      Egg/Cheese Casserole                      Sausage Links                      Redskin Potatoes                      Cherry Fruit Cup                      Cinnamon Roll  <b>Or Chef Salad</b>  <b>Beef Vegetable Soup</b></p>
<p>13                      American Goulash                      Kyoto Vegetable                      European Vegetables                      Pears                      Wheat Bread</p>	<p>14                      Chicken/Broc/Cheese                      Baked Potato                      Brussel Sprouts                      Peaches                      Wheat Bread</p>	<p>15                      Salisbury Steak                      Whipped Potatoes                      Broccoli                      Mixed Fruit Cup                      Wheat Bread  <b>Or Chef Salad</b>  <b>Beef Vegetable Soup</b></p>	<p>16                      Chili                      Baked Potato                      Green Beans                      Pineapple                      Cornbread</p>	<p>17                      Baked Chicken                      Whipped Potatoes/Gravy                      California Blend Veggies                      Grape Banana Fruit                      Wheat Bread  <b>Or Chef Salad</b>  <b>Minestrone Soup</b></p>
<p>20                      Meatballs                      Redskin Potatoes                      Capri Vegetables                      Pineapple                      Wheat Bread</p>	<p>21                      White Bean Chicken Chili                      Green Beans                      Corn                      Tropical Fruit                      Corn Bread</p>	<p>22                      Hot Dog on a Bun                      Potato Salad                      Baked Beans                      Winter Blend Veggies                      Strawberries</p>	<p>23                      Meatloaf                      Corn                      Beets                      Cinnamon Applesauce                      Wheat Bread</p>	<p>24                      Basil Parmesan Chicken                      Brown Rice                      California Blend Veggies                      Ambrosia Fruit Cup                      Wheat Bread  <b>Or Chef Salad</b>  <b>Stuffed Pepper Soup</b></p>
<p>27  <b>CLOSED</b>  <b>MEMORIAL DAY</b></p>	<p>28                      Potato Crunch Pollock                      Scalloped Potatoes                      Carrots                      Mandarin Oranges                      Wheat Bread</p>	<p>29                      Lemon Pepper Chicken                      Whipped Potatoes                      Green Beans                      Cinnamon Applesauce                      Dinner Roll  <b>Or Chef Salad</b>  <b>Stuffed Pepper Soup</b></p>	<p>30                      Hamburger                      Company Potatoes                      Steamed Cabbage                      Mixed fruit cup                      Hamburger Bun</p>	<p>31                      Turkey Loaf                      Redskin Potatoes                      Broccoli                      Pears                      Wheat Bread                      Or Chef Salad                      Chicken Vegetable Soup</p>

Menus are Subject to Change Without Notice

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

Milk provided with all meals

Reservations are Required 24 Hours in Advance

Suggested Donation \$2.50

**FOOD WITH FRIENDS**

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

**ALMA/ST. LOUIS AREA FOOD W/FRIENDS**

GRATIOT COMMUNITY SENIOR CENTER  
 1329 MICHIGAN AVE., ST. LOUIS  
 MONDAY THRU FRIDAY, 9 AM TO 2 PM  
 PHONE: 989.681.4341  
 ALYSSA BOWEN, SITE MANAGER

**BRECKENRIDGE FOOD WITH FRIENDS**

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

**FULTON AREA FOOD WITH FRIENDS**

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

**ITHACA AREA FOOD WITH FRIENDS**

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

**WEST GRATIOT FOOD WITH FRIENDS**

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

**POTLUCKS**

**EDGEWOOD**

EDGEWOOD AREA SENIORS  
 EDGEWOOD CHURCH OF GOD  
 160 S. BARRY ROAD  
 4<sup>TH</sup> THURSDAY EACH MONTH AT 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

**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

**Foster/Adoptive/Relative Care Support Group**

2<sup>nd</sup> Tuesday of each month  
 East Superior Christian Church  
 605 E. Superior St., Alma  
 Contact: Church Office 989-463-1422

**APRIL 2019 PREP TEAM VOLUNTEER THANK YOU**

Many thanks to the 18 Senior Gratiot Newspaper Prep Team volunteers and one guest who prepared the April Issue of Senior Gratiot Newspaper, giving a total of 34.75 hours.

Lisa Skaryd, Ruthie Malek, Jim Peck, Helen Hoard, Evelyn White, Alice Patterson, Sondra Schaub, Linda Cox, Jan Pratt, Nancy Crites, Doris Tinson, Irene Peck, Lora Schultz, Carol Reeves, Dorothy Rhines, Carol Glave, Vicki Bertoni, JoAnne Zimmerman, and guest, Deborah Moomey.



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

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