



November

2018 Community Thanksgiving Dinner Thursday, Nov. 22, 2018

Join your friends and neighbors at the First Presbyterian Church, 495 Charles St., Alma, for a delicious Thanksgiving day dinner. Dinner will be served promptly at noon. Please call the Alma First Presbyterian Church office, 989-463-2940 (new number to call), to make your reservations.

All ages are welcome to come and enjoy the traditional fixings: turkey, dressing, potatoes, gravy, squash, green beans, rolls, cranberries, a beverage, and of course...pumpkin pie. Remember, make your reservation in advance by calling 989-463-2940.

Volunteers are also needed to serve the meal. Please call JoAnne Allman, 989-463-1264, if you, your family and friends would like to volunteer. A donation basket will be available and any assistance is greatly appreciated.

Home Delivered Meals for Thanksgiving Day

If you are a homebound senior citizen (60 years & older) and would like to have a hot dinner delivered to you, please call Craig Zeese at 989-681-2300 by November 20th. Donations are greatly appreciated to help cover costs.

If you receive a daily home delivered meal through the Food with Friends program, you will still need to call to receive this special holiday meal.



Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging Website: www.gratiotmi.com/Departments/Commission on Aging SENIOR GRATIOT, INC 515 S. Pine River Ithaca MI 48847 989.875.5246 Change Service Requested November, 2018 Volume XL Number 11 NON-PROFIT ORGANIZATION U.S. POSTAGE PAID PERMIT NO. 4 ITHACA MI

Community Veteran's Gathering The Commission on Aging invites our honored Veterans to gather here at our Ithaca site, 515 S. Pine River Street, on Thursday, November 8th from 9:30 to 11:30 a.m. Please join us in the large conference room to share the stories of your service to our country with other Veterans and gain the perspective of others who served in various branches of the armed forces. We'd also like to extend this invitation to those who share a connection with a war hero you'd like to honor. As we approach Veteran's Day, let us celebrate our heroes for their contributions to our great nation and to our freedom! You are welcome to bring a guest, and refreshments will be provided. Please call 875-5246 if you plan to attend.



SCAM ALERT!

Letters that look like they are from the Social Security Administration

Michigan's Medicare, Medicaid Assistance Program, (MMAP) is receiving reports from people getting letters in the mail that look like they are from the Social Security Administration (SSA). The letter tells the person they will no longer have a Medicare Savings Program. Once the letter arrives, a scammer follows up with a phone call asking for bank account information so they can set up a payment plan.

You will know this is a scam because nearly EVERYONE who qualifies for the Medicare Savings Program, has the cost automatically deducted by Social Security check.

This program helps pay for premiums and out-of-pocket healthcare costs. To be eligible, you must be a Medicare beneficiary AND have a monthly income of not more than \$1,032 and assets of less than \$7,560, not counting a house and a car. If you get a call or letter that talks about the Medicare Savings Plan, err on the side of caution, and do the following:

- 1. If you have caller I.D., write down the number that the scammers called from and provide it to our 800-HHS-TIPS line or via the hotline website at https://oig.hhs.gov/fraud/report-fraud
2. Do NOT call back using the phone numbers they give you
3. Call the DHHS office, or Social Security at 800-772-1213

If you get caught in this scam and give away ANY personal or banking information, call your bank immediately and let them know.

These tips come from Darren Bartnik, Assistant Special Agent in Charge at the Office of Investigations, DHHS-OIG who thanks you for partnering with his office in the fight against Medicare fraud.



Like Gratiot County Commission on Aging On Facebook & Twitter



VOLUNTEER CORNER

~With Sue Koch, Coordinator of Volunteers



RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch, Coordinator of Volunteers
989.875.5346

OBSERVATIONS FROM THE COORDINATOR OF THE VOLUNTEER'S DESK

Sue Koch, Coordinator of Volunteers
989-875-5346

Are you ready to go that extra mile? The miles you put in as a Commission on Aging volunteer will lift your spirits, fill your soul and bless others. Here is our monthly reminder of how going that extra mile will benefit others.

Wanted ~ Home Delivered Meals Volunteer. Deliver a hot, nutritious meal to a homebound senior. Share a "Good Morning" and bring sunshine to a senior.

Wanted~ Meal Packaging Volunteer. Work alongside staff and other volunteers packaging meals for delivery.

Wanted ~ Mini-van Transportation Driver. Good drivers take seniors to appointments using Commission on Aging mini-vans. You offer transportation, social conversation and keep seniors connected to the community.

Wanted ~ Food with Friends Site Volunteer. There is a place for you at the table. Play cards, visit, work on a puzzle as you welcome visitors to the Senior Center.

Wanted~ Cards Team Volunteer. Join the team who creates new greeting cards from recycled cards.

Wanted~ Senior Gratiot Team Volunteer. Join the team who prepares the Senior Gratiot Newspaper for mailing.

Wanted~ Mitten Makers & Hats Galore Team Volunteer. Team members knit and crochet hats and mittens for Gratiot County children newborn through second grade. Members also knit headbands for those experiencing hair loss due to illness or medical treatment. No experience necessary.

Wanted~ Front Desk Team Volunteer. Answer the phone, take written messages, transfer calls, and greet lobby visitors.

Meet the Volunteer

As is becoming our tradition, we close Volunteer Corner with our feature Meet the Volunteer.

Volunteer Mary Girard was raised by her grandparents. "My grandma said that whenever you help people you always get it back tenfold. She was very right!"

As an adult, Mary was a volunteer at Gratiot Area Hospice when her husband was recovering from a series of strokes. "It got me out of the house and I could see that what my husband and I were going through dimmed when compared to what my hospice patients were going through."

"As a Commission on Aging volunteer, I currently serve on the Commission on Aging Board. I also enjoy driving people to appointments in the COA mini-vans. I deliver Home Delivered Meals as needed from the Ithaca Senior Activity Center and

have worked in the COA main office. I help where I am needed."

One of the questions on the Volunteer Interview Questionnaire reads: What do you hope the people we serve will "get out of" your volunteer activities? Mary writes: "That they know people care about them."

Another question asks: What do you "get out of" volunteering at Commission on Aging? Mary's response says it all. "When you deliver a meal to someone, you may be the only one they talk to that day. Their eyes light up and the smile on their face just melts your heart."

Mary also shared the philosophy that guides her life. "I get up every day and try to make someone's day better. In return, I have a better day. We never know what kind of a day someone is having. A smile or a hello can change a person's whole day."



Dick and Glenda Braman

CLOSING A CHAPTER VOLUNTEERS EXTRODINARE

Sue Koch, Coordinator of Volunteers
989-875-5346

This issue of Senior Gratiot Newspaper provides all Commission on Aging staff, past and present; all co-volunteers, past and present; and all residents of Gratiot County the opportunity to thank Glenda and Dick Braman for serving as Home Delivered Meal volunteers for over 22 years.

Glenda and Dick began delivering meals in Clinton County after they closed their business in 1996. Meals were picked up at Beck's Farm Market on U.S. 27. As Ashley residents, when they heard the plea for Home Delivered Meal volunteers in Gratiot County, they took a look! The need was there and so began their adventure with us. We are grateful.

Glenda and Dick have delivered meals every Monday, Wednesday, and Friday to home bound seniors for most of the 22 years. Their most recent delivery route has encompassed a 40-mile round trip drive which has taken them to communities in the southeastern part of Gratiot County. They have faithfully driven their assigned route on beautiful Michigan days; but also, on days of rain, snow, sleet, and hail.

We recognize, honor and salute Glenda and Dick as extraordinary volunteers as they close this chapter of their lives. **Thank you.**

WE LOVE
OUR VOLUNTEERS

RIGHT PLACE AT THE RIGHT TIME

Sue Koch, Coordinator of Volunteers
989-875-5346

In the October issue of Senior Gratiot Newspaper you may remember the Right Place at the Right Time article about the peacock puzzle visitors to the COA lobby had put together. I shared the connection one visitor had made with the peacock puzzle. Here is the second chapter to the story.

Our secretary, Corinne, collected the puzzle and placed it in my office. On Saturday September 22, my granddaughter, Kailey, and I made the trip to the cemetery in Owosso for fall clean-up. Our route took us through Merrill where we stopped at *Pretty as a Peacock Flower Shop* owned by Kristie Peacock. Kristie's mom was right! Kristie is "everything peacock." What a treat for us to visit the shop. Opening the door and stepping over the threshold was like entering another world. Kristie was in a side room preparing a floral arrangement. We were greeted at the front desk by her co-worker. I asked if Kristie might have time for me to tell her a story. She immediately joined her co-worker at the front desk and I began

I told Kristie her mom had visited Gratiot County Commission on Aging a few weeks ago and while waiting in the lobby for her appointment, she noticed the beautiful peacock puzzle in the process of being put together by visitors as they come and go. The peacock has fully opened his tail feathers. The colors are brilliant. As her mom worked at the puzzle, she talked about her pride and love for her daughter. Soon after, her mom was called in for her appointment. I told Kristie that I felt very strongly that the peacock puzzle belonged at *Pretty as a Peacock*. Kristie was moved to tears and thanked both Kailey and me. I complimented her on the beauty of her shop. We said our goodbyes. Kailey and I headed on to the cemetery in Owosso. It was such a good day

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1.888.783.8190 TO
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COMMISSION ON AGING
IN ITHACA



Social Security Announces Increase for 2019

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8 percent (2.8%) in 2019.

The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. Increased payments to more than 8 million SSI beneficiaries will begin on December 29, 2018. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Information about Medicare changes for 2019, when announced, will be available at www.Medicare.gov.

Information from www.ssa.gov



Lunch Bag Donation

A big "Thank You" goes out to Mrs. Meier's kindergarten classroom for the beautifully decorated lunch bags. The bags are used to pack the cold portion of the lunch for our home delivered meal recipients. These bags are much appreciated by the staff and the seniors who receive them.



A sample of the bags received



Kristi Betzer accepting the bags on behalf of the Commission on Aging

Fun Times at the Senior Activity Building, Ithaca



Jack Ginther celebrates his 92nd birthday by serving cake and ice cream.



Bob Crist enjoys celebrating his birthday with his Senior friends.



Bill DeVuyst spends many volunteer hours at the Senior Activity Building.



Craft and Cookie group had a fun afternoon creating Halloween candle holders. Linda St. Charles, Joan Spear, Helen Hoard, Gloria Kleinhans, Marty Wieferrich, and Phyllis Johnson

Brush with Bravata! Tuesday, November 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.

Below is November's project, a beautiful fall leaf. A different picture is done each month, and class is always the second Tuesday of every month. 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 and ask for Jamie!

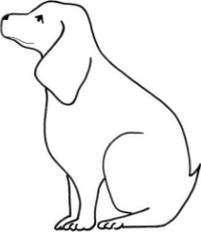


G.A.I.N.
(Gratiot Animals In Need)

The Michael Harrison Memorial Fund has been established to assist with the cost of spaying/neutering large breed dogs, an area GAIN has not been able to assist with in the past. Large breed dogs are dogs over 65 pounds or any dog that is a pit bull or pit bull mix. The Fund will contribute \$100.00 towards the cost of spaying/neutering (paid directly to the veterinarian) the dog, as long as the owner qualifies. For additional information on this new program, please contact **Marie Green, 989-875-2286.**

The spay/neuter clinics for cats are coming to an end for this year. The last clinic will be November 12th. Contact **Marie Green, 989-875-2286** to discuss the procedures and to schedule your appointment. **Appointments are required and cats must arrive in a carrier.**

The pet loss support group is continuing to meet on the third Thursday of every month. The group meets at the Ways of the West, 1696 W. Monroe Rd., St. Louis from 6:00-7:30 p.m. Call **Mindy Martine, 989-560-5850** to register.




November 2018

**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
				10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	11:00 Puzzles 12:00 Lunch 12:30 "Nicknames"	
4	5	6	7	8	9	10
	12:00 Lunch 1:00 Senior Center Board Meeting	12:00 Lunch 12:30 Tuesday Trivia	11:00 Coffee & Donuts 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 1:00 "Poinsettia Wreath" Craft with Rose	11:00 Puzzles 12:00 Lunch 12:30 What's Up?"	
11	12 CLOSED	13	14	15	16	17
		12:00 Lunch 1:00-2:30 Deb's "Brush With Bravata"	11:00 Coffee & Donuts 12:00 Thanksgiving Dinner 12:45 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Painting With Melanie	11:00 Puzzles 12:00 Lunch 12:30 "Giving Thanks"	
18	19	20	21	22 CLOSED	23 CLOSED	24
	12:00 Lunch 12:30 "How Would You Handle This?"	12:00 Birthday Lunch 12:30 Nutrition Program "Holiday Eating"	11:00 Coffee & Donuts 12:00 Lunch 12:30 Bingo			
25	26	27	28	29	30	
	12:00 Lunch 12:30 Word Game	12:00 Lunch 12:30 Tuesday Trivia	11:00 Coffee & Donuts 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	11:00 Puzzles 12:00 Lunch 12:30 What's Up?"	

Gratiot Community Senior Center

By Jamie Bolsby

Dear Friends,

I would like to invite all of you to our Thanksgiving Dinner on Wednesday the 14th at noon. Our meal will be prepared by our own Food with Friends cooks and will include turkey with stuffing along with all the trimmings. The value is good, the company friendly and the food delicious. Call today and reserve your spot. Afterwards we will be playing bingo so come and try out your luck. Always fun for everybody.

I hope you will try our new Soup & Salad choice for lunch. Make sure you check our monthly menu to see when it is offered. Many people have enjoyed this new addition to our food program and the response has been very good. The hot meal will continue to be offered every day as usual, but now you have a choice.

As this program begins, we are asking you to reserve your salads a week ahead of time so our Food with Friends cooks can make the appropriate amount and keep food costs low. Take a look at the menu and call ahead, as it will be appreciated. I will also have some extra menus on hand for your convenience.

Join us for our Coffee Café any day to enjoy a hot cup of coffee or tea and great conversation. Meet friends and renew old acquaintances. We have new tables and chairs set up for your convenience.

While you are relaxing you will be able to use the Wi-Fi here at the Center. On your next visit, pack up your tablets or phones and access the internet in comfort.

Our Senior Center Board of Directors will have their monthly meeting on Monday the

1st at 1:00 p.m.. Thank you all for taking an interest in our Center and its future. Remember to come early for lunch.

Line Dancing is back guys and gals! It's time to kick up your heels and dance to all your favorite routines. This exercise is fun and gets you moving. Betty will also have new dances to learn throughout the year. Tell your friends to come and join, from experienced to beginners, everyone is welcome.

Birthday parties are always special, so celebrate with us on **Tuesday the 20th** at noon along with cake and ice cream.

Come and join Rose for her "Poinsettia Wreath" class on Thursday the 8th at 1:00. You will need a 12" wire frame, 2 rolls – 10" X 18' of red mesh, red pipe cleaners and several 1" gold bulbs (for the center). The class is \$7.00 and you will need to have reservations so Rose will know how many to set up for. We have a sample of the poinsettia here if you would like to check it out. Make your holiday decorating extra special and call today. Please call by Tuesday the 6th so Rose can prepare.

Deb and her "Brush With Bravata" painting class is waiting for you to sign up. Class is Tuesday the 13th from 1:00-2:30. Deb is very patient and encouraging about painting and her classes are a lot of fun! You will be painting on a 10 x 10 wood pallet, which has been prepared and cut to size. Deb will take you each step of the way and will stencil some of the art work onto the wood to make it more fun and enjoyable for you. This month's painting will be the "Fall Leaf." The class will be \$10.00 and you must make reservations. You may also take advantage of our daily lunch program and order one for yourself. Just let us know when you call in.

Bingo games are held every Wednesday after lunch and are always a fun time to relax with friends. Make sure to sign-up in advance for lunch reservations. If you happen to have any items to donate for prizes they are welcome.

Melanie's "Painting Party" class is back! She

will be here on November 15th from 12:30-2:00 for a class featuring a "Lavender Bouquet." Melanie will provide all the materials you will need for your own original painting. You will be painting a lightly drawn outline with acrylics to create a painting that you will be proud to show off. From beginners to advanced, call today and make your reservation. Please let me know if you would like to join us for lunch.

Our nutrition program for this month is all about "How to Enjoy the Holidays without Gaining the Extra Pounds" on Tuesday the 20th at 12:30. Holidays can be an exciting season, spending time with family and friends and sharing meals together. Don't let those favorite treats get the best of you. I have some easy tips on how to enjoy family time around the table and maintain healthy eating.

Throughout the month, there are different word games, problem solving puzzles, science news and history facts. It's always fun to learn something new no matter your 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. *Be good to yourself.*

"Anyone who lives within their means suffers from a lack of imagination."

---Oscar Wilde



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 September 14, 2018th through October 12, 2018.

General Donations . . .

James & Florence Ann Farrough

In Loving Memory . . .

Donna Most
Joe & Shar Earegood



Poinsettia Wreath Craft Class
Gratiot Community Senior Center
1329 Michigan Ave., St. Louis

Come and join Rose for her "Poinsettia Wreath" class on Thursday, Nov. 8 at 1:00 p.m. You will need to bring a 12" wire frame, 2 rolls of 10" x 18" red mesh, red pipe cleaners and several 1" gold bulbs for the center. The class is \$7.00 and you will need to have a reservation for this class so Rose will know how many to set up for. We have a sample of the poinsettia here if you would like to check it out. Make your decorating extra special with this beautiful wreath. Call 681-4341 by Tuesday, Nov. 6 to register for the class.



Deb's "Brush with Bravata" painting class shows off their "Pumpkins" from the October class at the St. Louis Senior Center.



October Birthday's include Joleen Jones, Sheila Nelson, Tom Haney, Yvonne Muneio and Madelyn Wood.

Dementia Care Partner Support Group Alma United Methodist Church

Do you care for someone who has dementia? If the answer is yes, you are invited to attend a four week support group. This group will give you the opportunity to meet and interact with others who also care for a person living with dementia. We will share experiences with each other as well as learn ways to better interact with your loved one. Emphasis will also be on learning how to take care of yourself as you progress on this journey.

Registration is not required; however, this support group will be a "closed" group. This means that after the first meeting, the group will be closed to new members.

If you have any questions, please do not hesitate to e-mail Pamela Wright-Hachet, MEd, LMSW at pamelawrighthachet@att.net

**November 15 & 29 and
December 6 & 20**

6:00-7:30 p.m.

Alma United Methodist Church*
501 W. Gratiot Avenue, Alma

*Alma United Methodist Church is handicapped accessible.



A Painting Party Each Month

The Gratiot County Commission on Aging Nutrition Program and the Alma Community Art Center are joining together to present a painting party each month. Melanie Lewis, art instructor from the Alma Community Art Center will show you everything you need to know to complete a different painting each month. The classes will be offered at the St. Louis and Ithaca Food with Friends sites. Cost of each class is \$10.00 and this includes all supplies needed to complete your painting. Please come early and join us for lunch!



November's painting is a beautiful bouquet of lavender flowers that are drying.

LUNCH

Served at 12:00 PM

Age 60+: \$2.50 suggested donation
Age 59 & Under: \$5.00 lunch fee

ST. LOUIS SENIOR CENTER THURS., NOV. 15

12:30-2:00 PM
1329 Michigan Ave.
St. Louis, MI
989-681-4341

ITHACA SENIOR ACTIVITY BUILDING FRIDAY, NOV. 16

1:00-2:30 PM
1011 E. North St.
Ithaca, MI
989-875-2135

Please remember to call prior to the class to register so the instructor is sure to have enough supplies. Call the site where you are planning on attending. Remember to order your lunch when you call. We look forward to seeing you there.

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.

Senior Activity Building Donations 1011 E. North St., Ithaca

THANK YOU for your gifts received by the Senior Activity Building from September 14 through October 12, 2018:

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, Horseshoes, Friday Cards, Blood Pressure Checks
Bob Garland
Kirby Kerschner
Gratiot VFW Post #7805
Wermuth Family (Cousin Reunion)
Phyllis Schleder (Coffee Clock)

GIFTS in GRATITUDE TO SAB

By Jo Jones
George & Kathy Vojtas
Bill DeVuyst
Ron Peters
Sheri Eby
Fred & Helen Hoard
Dolores Lombard

In MEMORY of JERRY JOHNSON
By Bob & Nancy Smith

In MEMORY of GALE REEVES
By Dolores Lombard

In HONOR of JO JONES
(40 years with Food with Friends)
By Bob & Nancy Smith



Thank You

Medicare D and Medicare Advantage Open Enrollment Period

The annual Open Enrollment Period for Medicare D and Medicare Advantage plans will begin October 15, 2018 and go until December 7, 2018, with changes becoming effective January 1, 2019. During the Open Enrollment Period, Medicare beneficiaries may enroll, disenroll, or change Medicare D or Medicare Advantage Plans.

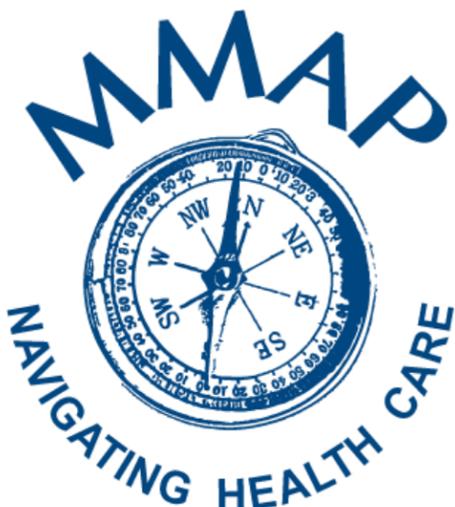
During the Open Enrollment Period, the MMAP (Medicare/Medicaid Assistance Program) at the Gratiot County Commission on Aging can assist Medicare beneficiaries who reside in Gratiot County in researching Medicare Plans to find which plan will work the best for you for 2019. It is suggested that if you currently have a plan, to review your plan to make sure that they will cover all of your medications for next year. At the end of September or early October, if you currently have a Medicare D or Medicare Advantage plan, you should receive information about their 2019 plans. **It is important to take a look at this information; this information will inform you of the premium, deductibles and copayments for 2019.** The premium, deductibles, and copayments often change from year to year.

We at the Commission on Aging will try our best to serve all those Medicare beneficiaries who need assistance during the Open Enrollment Period, but due to the volume of requests, we may not be able to assist all of those who call. Information about the 2019 Medicare plans can also be found online at 222.medicare.gov or by calling 1-800-Medicare (1-800-633-4227). The Medicare website will not be updated to reflect the 2019 plans until the first part of October.

If you are satisfied with your current plan and want to continue with the coverage, you don't need to do anything. If for some reason, your current plan will not be offering coverage for the 2019 year, you will be notified by your plan.

If you would like to schedule an appointment, please start calling the first part of October. It is also suggested not to wait until December to call for an appointment; appointments may be filled by then. With the busy schedule during the Open Enrollment Period, **we do not take walk-ins.** MMAP Counselors are only present during scheduled times.

If you have any questions or would like to make an appointment, please feel free to contact Sarah McClung at the Gratiot County Commission on Aging at 989-875-5286.



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, November 12, 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**



The Purple Angel Seminar Series:

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.



November 1, 2018
December 6, 2018

6:00 to 7:30 p.m.

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

*Alma United Methodist Church is handicapped accessible.

Upcoming Events at Alma College

Through Nov. 1: The Flora Kirsch Beck Gallery in the Clack Art Center at Alma College showcases the paintings, prints and new media works of Eastern Michigan University faculty artist Brian Spolans through Thursday, Nov. 1. Admission is free and open to the public. Gallery hours are 10 a.m. to 5 p.m. Mondays through Fridays and 10 a.m. to 2 p.m. Saturdays. A gallery reception with the artist takes place from 7 to 9 p.m. Thursday, Nov. 1.

Nov. 5-Dec. 6: The Flora Kirsch Beck Gallery in the Clack Art Center at Alma College presents the 2018 Faculty Show featuring sculpture, photography, paintings, drawings and prints from Monday, Nov. 5 through Thursday, Dec. 6. Gallery hours are 10 a.m. to 5 p.m. Mondays through Fridays and 10 a.m. to 2 p.m. Saturdays. A gallery reception with the artists takes place from 7 to 9 p.m. Thursday, Dec. 6.

Nov. 9-11: Alma College Dance presents the annual fall concert at 7:30 p.m. Friday, Nov. 9 and Saturday, Nov. 10 and 2:30 p.m. Sunday, Nov. 11 in the Remick Heritage Center, Presbyterian Hall. The concert features student-performed dances by Alma College faculty choreographers Ben Munisteri, Rosely Conz and Kristen Bennett and guest artist Amanda Benzin. Tickets are \$15 for adults, \$5 for seniors 62 and up, and free for Alma College staff, students and youth 18 and under. Seating is reserved. Call (989) 463-7304 for ticket information.

Nov. 12: Lt. Colonel Olga Custodio, a former U.S. Air Force officer who became the first female Hispanic U.S. military pilot, speaks at 7 p.m. Monday, Nov. 12 in the Dunning Memorial Chapel at Alma College. Admission to the annual Veterans Day talk is free and open to the public; no ticket is required.

Nov. 17-18: The Alma College Kiltie Marching Band presents the annual Indoor Show at 8 p.m. Saturday, Nov. 17 and 3 p.m. Sunday, Nov. 18 in the Remick Heritage Center, Presbyterian Hall. The concert features the marching and pipe bands, winter guard and drum line. Tickets are \$15 for adults, \$5 for seniors 62 and up, and free for Alma College staff, students and youth 18 and under. Seating is reserved. Call (989) 463-7304 for ticket information.



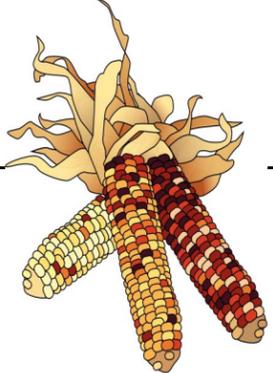
In August, Fulton Seniors Partnered with Fulton Township employees to collect and donate school supplies to Fulton Elementary School. Thanks to everyone that made this endeavor successful. L-R: Fulton Elementary Principal, Paul Avery, Fulton Township Representative, Diane Kellogg, Fulton Food with Friends Site Manager, Irene Noffsinger.



Senior Activity Building

November 2018

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 EVERYDAY Building is open, the coffee's ready 10:00 EVERYDAY Visits, news, games, activities 12:00 Mon.-Fri. Food With Friends Noon Meal Reservations 875-2135			1 9:00 – 9:45 EZ Motion 10:00 Golf Games 11:00 Piano Music by Joyce Raycraft 1:15 Wii Bowling	2 11:30 Blood Pressure Checks by our Volunteer Nurse Joyce Raycraft	3 11:00-1:45 Building Open 12:00 FAMILY Potluck 1:00 Fall Raffle	
4	5 12:45 Program "Building of the Middle Class Family in the U S" by Allen Thunell	6 9:00 E Z Motion 10:30 Cribbage 7:00 VFW #7805	7 1:00 Crafts & Cookies Group 1:00 Dominoes Cookie Fundraiser	8 9:00 – 9:45 EZ Motion 10:00 Golf Games 11:00 Piano Music by Joyce Raycraft 1:15 Wii Bowling	9 1:00-3:30 Friday Cards with Volunteers Jack & Avis Ginther Honor our Veterans	10
11 	12 No FWF SAB Closed Veteran's Day 7-9 Just For Fun Dulcimer Music	13 9:00 – 9:45 EZ Motion 1:00 Progressive Euchre	14 Thanksgiving Meal at FWF 1:00 Dominoes	15 9:00 – 9:45 EZ Motion 10:00 Golf Games 11:00 Piano Music By Joyce Raycraft 1:15 Wii Bowling	16 1:00 Painting Class with Melanie Lewis	17 1:30-3:00 Dynamic Duo Music & Dancing & Cookies & Fun
18	19 November Birthday Party 11:50 Nutrition "Enjoying the Holidays Without Weight Gain"	20 9:00 – 9:45 EZ Motion 10:30 Cribbage 1:15 Senior Activity Building Board meeting	21 10:05-11:30 Bingo with Prizes by Schnepps Health Care 1:00 Dominoes 7:00 A-Tractive Tractor Club	22 No FWF SAB Closed Today Happy Thanksgiving!	23 No FWF Today SAB Closed Today	
25	26 10:05-11:30 Bingo United Health Care Bevicia Kyie 12:30 Bob Crist 1:20 Bob's Sunshine Gang at Ashley Care	27 9:00 – 9:45 EZ Motion 1:00 Progressive Euchre	28 1:00 Dominoes	29 9:00 – 9:45 EZ Motion 10:00 Golf Games 11:00 Piano Music By Joyce Raycraft 1:15 Wii Bowling	30 10:30 Hand & Foot Card Games Young Senior Day	

Senior Activity Building & Food with Friends News
 By Jo Jones

Hopefully, this news will arrive in your mailbox before Wednesday, October 31st, when we have some **Halloween fun** planned. Ithaca Food With Friends and the Senior Activity Building Seniors have always had a lot of fun with several of the Seniors "dressing up" for our Halloween gathering. You are welcome to use anything in our collection of wigs, masks, and costumes. Please bring some Halloween treats to share with our Seniors.

12:00 on Saturday, November 3rd you are invited to our monthly **Family Potluck**. For the folks who do not provide food, please make a monetary donation that will be given to the Senior Activity Building to help with energy costs. The prizes for the **November 3rd Raffle** are on display. Thanks to the many persons who have donated the prizes, sold and purchased raffle tickets. All proceeds go towards the operating costs of the Senior Activity Building.

The Dynamic Duo (Bob Crist and Kevin Smith) will be with us on Saturday, the 17th from 1:30 to 3:00. Bring your dancing shoes if you'd like to move to the great music! If you'd like to bring cookies, let us know. Thanks!

The Food With Friends delicious **Thanksgiving meal** will be served on Wednesday, the 14th. Be sure to make your plans to join us (call in your reservation), and let us know if you will be one of our **pie makers**. The Ithaca Food site has been blessed with many pie makers willing to donate a special touch

to the meal provided by the Gratiot Kitchen staff.

Allen Thunell will present an interesting program on Monday, the 5th at 12:45. His topic is "Building of the Middle Class Family in the United States." Reserve your meal so you'll already be at the Building for the program.

Our Building is closed on Veteran's Day, the 12th. There will be no Food With Friends meals that day. The Just For Fun Dulcimer group will be at the Building from 7 to 9. Fred Hoard, our Building representative will welcome you.

The November **BIRTHDAY PARTY** is Monday, the 19th. We expect to see YOU if this is your birth month or your anniversary month.

Monday, the 26th, Bob Crist will tickle the piano keys at 12:30 before **Bob's Sunshine Gang** travels to Ashley Care Center to sing with the residents. Following our sing a long, we return to the Building to enjoy ice cream sundaes. November 4th is the actual 14th **ANNIVERSARY** of **Bob's Sunshine Gang!** Everyone is welcome to be a part of this very special event each month. No musical ability is needed. Just a **SMILE** that will bring **JOY** to those we visit. **ALL Seniors** are encouraged to reserve a meal on November 26th to express their appreciation to Bob Crist for his dedication to this activity and to his commitment to so many community programs.

Bingo will be played on Wednesday the 21st and on Monday the 26th from 10:05 until 11:30. Prizes will be from Schnepp Health Care and United Health Care

Our Nutrition topic for November 19th is "Enjoying the Holidays Without Gaining Weight".

Cribbage will be on Tuesday, the 6th and on the 20th at 10:30. **Progressive Euchre** will

be on the second and fourth Tuesdays each month. The dates are the 13th and the 27th. We try to get started at 1:00, but sometimes the clean up volunteers need a few more minutes to complete their "jobs". September/October Blue ribbon winners were George Vojtas (twice) and Dennis Sierakowski. Alice Gavenda, George Vojtas and Kathy Vojtas won the Red ribbons.

EZ Motion exercise group meets on Tuesday and Thursday from 9:00 to 9:45. You already know that exercise is an important part of successful aging. Please give it a try and become a part of this activity. It is a gift that only you can give to yourself.

Your **Senior Activity Building Board** meets on the 20th at 1:15. The Board will elect its officers for 2018-2019 year.

The **Crafts and Cookie group** will meet at 1:00 on Wednesday, November 7th.

Domino players meet at 1:00 each Wednesday. **Thanksgiving dinner** is on the 14th. As mentioned above, if you would like to provide a pie, let us know.

Golf games (card game) continue to be a fun filled time each Thursday morning at 10:00. You are welcome to join in on the laughter any Thursday.

Thursdays are enjoyable with **Joyce Raycraft** at the piano around 11:00 each week. Music is such wonderful medicine for all of us. The Ithaca Food With Friends group appreciates all of our Volunteers who continue to provide and share their musical talent with us. A real blessing!

Wii Bowling is on the schedule each Thursday at 1:00. If you would like to enjoy some exercise and fun—you are **WELCOME**.

Joyce Raycraft, our Volunteer nurse, will be screening **blood pressures** on the first Friday each month at 11:30.

Continued

Melanie Lewis' **Painting Class** begins at 1:00 on November 19th. Please call to let us know that you will be here for Melanie's class.

Friday Cards (which includes bridge) is only scheduled for the 9th. 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, Friday cards and blood pressure checks. These Crystal Jar donations are an important way of showing **your** support of the Senior Activity Building.

The Building is open each weekday morning at 8:00, with a very warm welcome from Linda St.Charles, a cup of coffee, and a donut or a slice of toast. We continue to express our THANKS and appreciation to Linda for being our reliable, friendly, caring, artistic "Good Morning" friend!

May you count your blessings during this month of giving THANKS!



Raising awareness of men's health issues such as prostate cancer, testicular cancer and men's suicide.

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.

November Movie at COA: "Ferdinand" Thursday, November 15 1:30 p.m.

This adventure/comedy is about a bull with a big heart, mistaken for a dangerous beast. Torn from his home, he is determined to return to his family. Rated PC, this movie runs 1 hour 48 minutes. Please join us for an afternoon of enjoyment at the Commission on Aging, 515 S. Pine River, Ithaca. Call to reserve your free seat, 989.875.5246! There will be plenty of fresh theater popcorn available for you!

National Alzheimer's Disease Month By Sherri Florez

November is National Alzheimer's Disease Awareness Month as designated by President Ronald Reagan 1983.

Although the progression of Alzheimer's disease can be slowed down today thanks to medications, it cannot as of yet be stopped. There are three basic steps that someone with Alzheimer's disease will go through:

- Mild Alzheimer's
- Moderate Alzheimer's
- Severe Alzheimer's

These steps are broken down into a total of seven stages. The stages can be useful when trying to discuss the disease. Caregivers find them particularly useful in support groups, as well as in conversations with doctors and other professionals.

STAGE 1 - NORMAL

This system calls a mentally healthy person at any age "Stage 1". There are no memory problems. The person knows their name, where they live, what the time of day and date is. There are no problems with judgement, communication or daily living activities.

STAGE 2 - NORMAL AGED FORGETFULNESS

More than half of all people ages 65 and older complain of cognitive difficulties. This is considered a normal part of aging which involves occasional lapses in memory that are usually undetectable to family and friends. There may be slight cognitive problems that might also be undetectable to families, friends, or doctors.

STAGE 3 - MILD COGNITIVE IMPAIRMENT

At this point, there are mild changes in memory, communication skills and/or behavior, noticeable to family members and friends. Symptoms might be picked up by an alert physician and many people will not decline further than this point. However, a majority do progress to Mild Alzheimer's within two to four years. Some indicators of this stage are:

- Problems remembering names, words for objects
- Difficulties functioning at work and in social settings
- Problems remembering newly read material
- Misplacing important items with increasing frequency
- Decline in organizational skills and the ability to plan
- Repeating questions and evident anxiety

STAGE 4 - MILD ALZHEIMER'S

Cognitive symptoms are more obvious now. A neurologist can confidently diagnose Alzheimer's disease and treat it with medications that have been proven effective in slowing down the disease. Signs to look for:

- Difficulty remembering personal details or recent events
- Some confusion possible
- Impaired mathematical ability, financial management
- Social withdrawal
- Moodiness and/or depression

STAGE 5—MODERATE ALZHEIMER'S

This is the stage at which it is not possible for a person with Alzheimer's to live alone. There will be severe memory loss and disorientation.

The person is no longer safe to cook, are at risk to wander, have difficulty with personal hygiene and may have an increased desire to sleep.

STAGE 6 - MODERATELY SEVERE ALZHEIMER'S

It is at this stage that family members often suffer the most, because the loved one with Alzheimer's loses much of the ability to recognize those around him/her, including spouses and children. Personality changes are common as well. Additional indications of this stage:

- Withdrawal from surroundings
- Wandering
- Reduced awareness of recent events
- "Sundowning", makes its appearance at this point. This is the phenomenon of increased restlessness and agitation toward sundown.
- Bathroom management becomes difficult. It may become necessary to switch to diapers.
- Paranoia, suspiciousness
- Shadowing and extreme anxiety. Repetitive, compulsive behavior

STAGE 7 - SEVERE ALZHEIMER'S

This is the final stage of Alzheimer's disease. The person may somewhere inside hear and understand what is being said, however he or she can no longer respond, other than with a word or phrase. Physical systems begin to deteriorate as well.

The last stage of Alzheimer's disease is a very individual matter and no two journeys end the same way. People with Alzheimer's seem to experience little physical pain. What is certain, however, is that every Alzheimer's journey ends - as does every other.

Below are some references for additional information and perspectives on the stages of Alzheimer's.

- Teepa Snow Videos
- Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias
- Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease
- Staying Afloat in a Sea of Forgetfulness: Common Sense Caregiving Expanded Edition
- Creating Moments of Joy for the Person with Alzheimer's or Dementia

Let them live in whatever moment they are in....and join them there!

Good Company Adult Day Program is offered Monday, Wednesday and Friday from 10:30 a.m. to 2:30 p.m. at a cost of \$5.00 an hour at First Presbyterian Church in Alma. Contact 989-463-2940 or www.firstpres.net for more information. Good Company is partially funded by Gratiot County Community Foundation.



West Gratiot

By Cindy Simons

October birthday greetings went out to Jim Fitzpatrick, Ron Smejkal, Kathleen Smith and Beverly VanHorn. Elmer and Pat Freed celebrated their anniversary as well.

Thank you, Sarah McClung and Jacqueline, her intern from CMU, for the Medicare update. We appreciated Sarah calling for a couple rounds of BINGO afterwards.

We played around with interesting words and their definitions to have fun on National Dictionary Day. Back by popular demand, many attendees "tied one on" for International Necktie Day! Each person was encouraged to wear his or her funniest or most cherished tie.

The West Gratiot/Sumner site hosted a "Country Lunch" with a special musical performance by "Two Outlaws and a Good Guy". The music selection was filled with toe-tapping, hand clapping favorites. The audience was encouraged to sing along and dance to the many tunes - yee-ha! It was wonderful reconnecting with people we have not seen for years and to meet so many new friends at the Sumner Community Center.

A huge thank you is sent out to the other Food with Friends site managers, the kitchen staff, office staff and volunteers who helped with preparations, served food and cleaned up for the "Country Lunch" event.

The next week, some of the West Gratiot site attendees participated in wearing costumes for the annual Halloween themed days. We played a couple of games and enjoyed special treats. It was a fun two days, with lots of laughter!

Now, here are activities coming up in November:

We will celebrate the November birthdays and anniversaries on Wednesday and Friday, the 7th and 9th.

The site will be closed and there will be no Home Delivered Meals on Monday, November 12th, to honor veterans. This will happen again on Friday, November 23rd, the day after Thanksgiving.

Make a reservation for the annual Thanksgiving lunch which will be held on Wednesday, November 14th. This is always a popular and delicious meal.

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

- 2nd Nutrition and Wellness Topic
- 7th Birthday and Anniversary Celebration
- 9th Birthday and Anniversary Celebration
- 12th **CLOSED - VETERAN'S DAY**
- 14th Thanksgiving Meal
- 23rd **CLOSED - THANKSGIVING WEEKEND**

West Gratiot Weekly Activities

	Mon	Wed	Fri
Walking	10:00-1:30	10:00-1:30	10:00-1:30
Adv. Line Dancing	9:30-Noon		9:30-Noon



Breckenridge

By Pat Schultz

Where has this year gone! The holidays will soon be upon us with all of the holiday activities that go along with them. That is true here at the Breckenridge Senior Center as well. We have a lot of activities planned and some in the works for the next couple of months. We hope that you will join us for a few of them as we celebrate the upcoming holiday season.

Here are some of the activities planned for November.

- 2nd Puzzle Day
- 5th Card Making at the Library after lunch
Ceramics, make a turkey dish after lunch. All materials are furnished for \$10.00
- 6th Bingo with Schnepps Health Care
- 7th Craft Day: make a Thanksgiving turkey
- 8th Nutrition Education
- 12th **CLOSED VETERANS DAY**
- 13th Bingo
- 14th National Honor Society Students
- 15th Movie Day at the Library
- 20th Bingo
- 22nd **CLOSED THANKSGIVING**
- 23rd **CLOSED THANKSGIVING**
- 26th Working on Lap Quilts
- 27th Bingo
- 28th Ask the Chief Questions Day
- 30th Knit & Crochet Fun

We play Euchre most mornings, but have many other games to play. Come have lunch and enjoy one of our activities while visiting with friends. Just give me a call at 842-3338 if you would like to come for lunch.



Greetings from Fulton

By Irene Noffsinger

November! A time to reflect, and count our blessings. As always, I want to say "Thank You" to everyone that has helped our Senior Community in any way, throughout the year. We are only as successful as the folks that work with us and support us.

Did you know that November 10th is National Forget Me Not Day? Also the Alaska state flower. This day was originally founded in 1921, to remind Americans of wounded soldiers returning from war. Throughout the 1920's, various days in November were selected to observe National Forget Me Not Day, which includes November 11th, now known as Veterans Day, or Armistice Day. This is the month we officially honor our veterans.

THANK YOU FOR SERVING!

James Collins, Pharm.D. from Walgreens, will join us to do a brief discussion on Immunizations on November 9th at 12:30.

Due to the generosity of folks in our community, we now have a wonderful supply of books. 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. Although we are not in need of books at this time, we will always accept any books you wish to drop off. We have many other sites we can share with.

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

- 11-2 Lunch/Euchre
- 11-5 Lunch/Phase Ten
- 11-7 Lunch/Cards
- 11-9 Lunch/Immunizations/Euchre
- 11-12 **CLOSED VETERANS DAY**
- 11-14 Lunch/Cards
- 11-16 Lunch/Euchre
- 11-19 Lunch/Cards/Nutrition Education
- 11-21 Lunch/Cards/Sundae Day
- 11-23 **CLOSED THANKSGIVING**
- 11-26 Lunch/Phase Ten
- 11-28 Lunch/Phase Ten
- 11-30 Lunch/Euchre

FULTON SENIOR CENTER DONATIONS

- Books Ed Seiler
- Joanne Pierce
- Sally Stoll
- Eloise Jason



SENIOR GRATIOT NEWSPAPER DONATIONS

These people generously donated \$560.00 to the "Senior Gratiot" Newspaper contribution fund from September 16, 2018 to October 15, 2018. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Marilyn House
Sharon Kackmeister
Ruth Shaull
Leona Quidort
Nancy Hodges
Janet Richardson
Jack & Avis Ginther
Mary Brand



IN MEMORY OF

- VIRGINIA PROBST**
By Delbert & Donna Crumbaugh
- RAY & EDITH WEBBER**
By Darvis & Pam LaVoy
- SAM ORTISI**
By Tom Mueller
- LILA DECKER**
By Dave & Norma Bast
- GEORGE STONER**
By Wendy Cary
- BILL & REBECCA RUTHERFORD**
By Mary & Bob Watson
- GALE REEVES**
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By Nancy Francetic
- FLOYD & MARK HOWDYSHELL**
By Carol Howdysshell
- WILLIAM & GOLDIE SMITH
KEITH & FRANCES FOSTER**
By Ruth Smith
- GEORGIANA PEET MILLER**
By Mary A. Bielik

IN HONOR OF

JAMIE BOLSBY
By Betty Apple



COMMISSION ON AGING DONATIONS

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

Isabella Bank
Jerome & Mary Jane Rohde
Lincoln Rd. United Methodist Church

IN MEMORY OF

- LARRY SMITH**
By Gary & Kendra Smith
- JULIE ANN BRAUHER
JAMES WELLER
SHARON MARTIN**
By Marcella Brauher
- LARRY SMITH**
Anonymous
Thomas & Lynn Favara
- DONNA MOST**
By Rod & Diann Holt
Jack & Carol Tennant
Mary Brickner
Fred & Kay Clark
Katherine Cudziol
Roberta Henson

IN HONOR OF

WANDA O'BOYLE, MMAP VOLUNTEER
By Sue Koch



Commodity Food Distribution Date

Commodities distribution will be on **November 26, 2018**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. Income guidelines are as follows: one person's monthly income not more than \$1,316; income per couple not to exceed \$1,784 monthly. Anyone interested in the program may contact Eight Cap at 989-463-5693. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from 9:30 a.m. to 11:00 a.m. or at the Commission on Aging, 515 S. Pine River St., Ithaca from 1:00 p.m. to 2:00 p.m.



Home Delivered Meals & Gram's Kitchen Donations

Thank you to those who made financial contributions in July 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

- JOY WOOD
GARTH MACLAREN
JEAN TROUB
KATHYRN BARRUS
BEN SANTANA
DONNA HOFFER
SHARON CARMAN**
By Darvis & Pam LaVoy



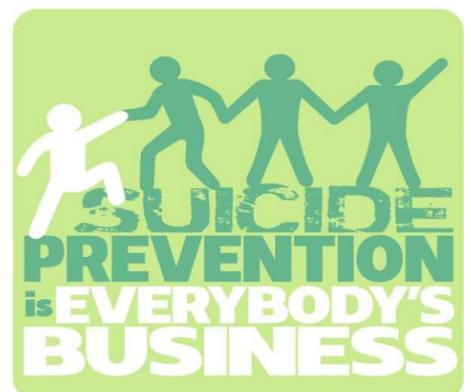
Suicide Warning Signs & Risk Factors Everyone Should Know

The warning signs before suicide aren't always clear, nor are they universal or from a single cause. Still, across the board, mental health experts say certain behaviors should not be ignored.

Signals that might indicate a person is in trouble include:

- ⇒ Talking about wanting to die or kill oneself
- ⇒ Acting anxious, agitated or restless
- ⇒ Significant loss (job, relationship, death or financial)
- ⇒ Prolonged stress from issues such as bullying, illness or unemployment

If you think someone is in danger of committing suicide, don't leave them alone; call 911 immediately. And if you or someone you know needs help, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).



**Social Security
Administration
1.800.772.1213**

WANTED— Mini-van Transportation Driver. 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.

Gratiot County COA FWF Eat Smart Menu Lunch 12:00-12:30 pm November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
SOUP AND SALAD ONLY AVAILABLE AT FOOD WITH FRIENDS SITES	SOUP & SALAD MEAL ALSO INCLUDES THE FRUIT OF THE DAY, WHOLE WHEAT BREAD & MILK		Spanish Chicken 1 Winter Blend Veggies Coleslaw Applesauce Wheat Bread	Lasagna 2 Green Beans Tossed Salad Mandarin Oranges Garlic Toast **OR CHEF SALAD & ROAST PEPPER SOUP
Chicken Stew 5 Corn & Lima Beans Tossed Salad Fruit Cocktail Biscuit	Tuna Noodle Casserole 6 Winter Blend Veggies Leprechaun Fluff Wheat Bread	Swedish Meatballs 7 Whipped Potatoes Kyoto Vegetable Strawberries Wheat Bread **OR CHEF SALAD & MINESTRONE SOUP	Turkey Loaf 8 Baked Potato Multi-Bean Salad Citrus Fruit Cup Wheat Bread	Beef Stroganoff 9 Capri Vegetables Pineapple Wheat Bread ** OR CHEF SALAD & BEEF VEGGIE SOUP
CLOSED 12 	Veal Parmesan 13 Corn Broccoli Mixed Fruit Cup Dinner Roll	THANKSGIVING DINNER 14 Sliced Turkey Whipped Potatoes/Gravy Stuffing Green Bean Casserole Cranberry Sauce Pumpkin Custard Dinner Roll	Chicken/Broc/Cheese 15 Lima Beans Tossed Salad Pineapple Gelatin Biscuit	Potato Crunch Pollock 16 Scalloped Potatoes Carrots Fresh Orange Wheat Bread ** OR CHEF SALAD & ROAST PEPPER SOUP
Chicken a la King 19 Brussel Sprouts 24 Hr Cabbage Slaw Mixed Fruit Cup Biscuit	Hamburger 20 Lettuce and Tomato Au gratin Potatoes Peaches Hamburger Bun	Pork Chop 21 Whipped Potatoes/Gravy Broccoli Pears Wheat Bread **OR CHEF SALAD & ROAST PEPPER SOUP	Thanksgiving Day 22 CLOSED 	Thanksgiving Holiday 23 CLOSED
Corn Chowder 26 Hard Cooked Egg Green Beans Applesauce Cheese Bread Stick	Spaghetti 27 Winter Blend Apricots Garlic Toast Whole Grain Cookie	BBQ Meatballs 28 Roasted Potatoes Tossed Salad Pineapple Wheat Bread **OR CHEF SALAD & BEEF VEGGIE SOUP	Sloppy Joe on Bun 29 Carrots Coleslaw Peaches	Breakfast Bake 30 Sausage Links Redskin Potatoes Orange Cinnamon Roll **OR CHEF SALAD & MINESTRONE SOUP

**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 p.m.
First Presbyterian Church
495 Charles Ave., Alma
Contact: Scott Hicks 989.875.5269

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

OCTOBER 2018 PREP TEAM VOLUNTEER THANK YOU

Our thanks to the 11 Senior Gratiot Prep Team members who devoted 29.25 hours preparing the October issue of the Senior Gratiot Newspaper.

Lisa Skaryd, Ruthie Malek, Jim Peck, Helen Hoard, Jan Pratt, Nancy Crites, Linda Cox, Terri Ebnit, Doris Edgar, Dorothy Rhines and Sally Martin



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

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