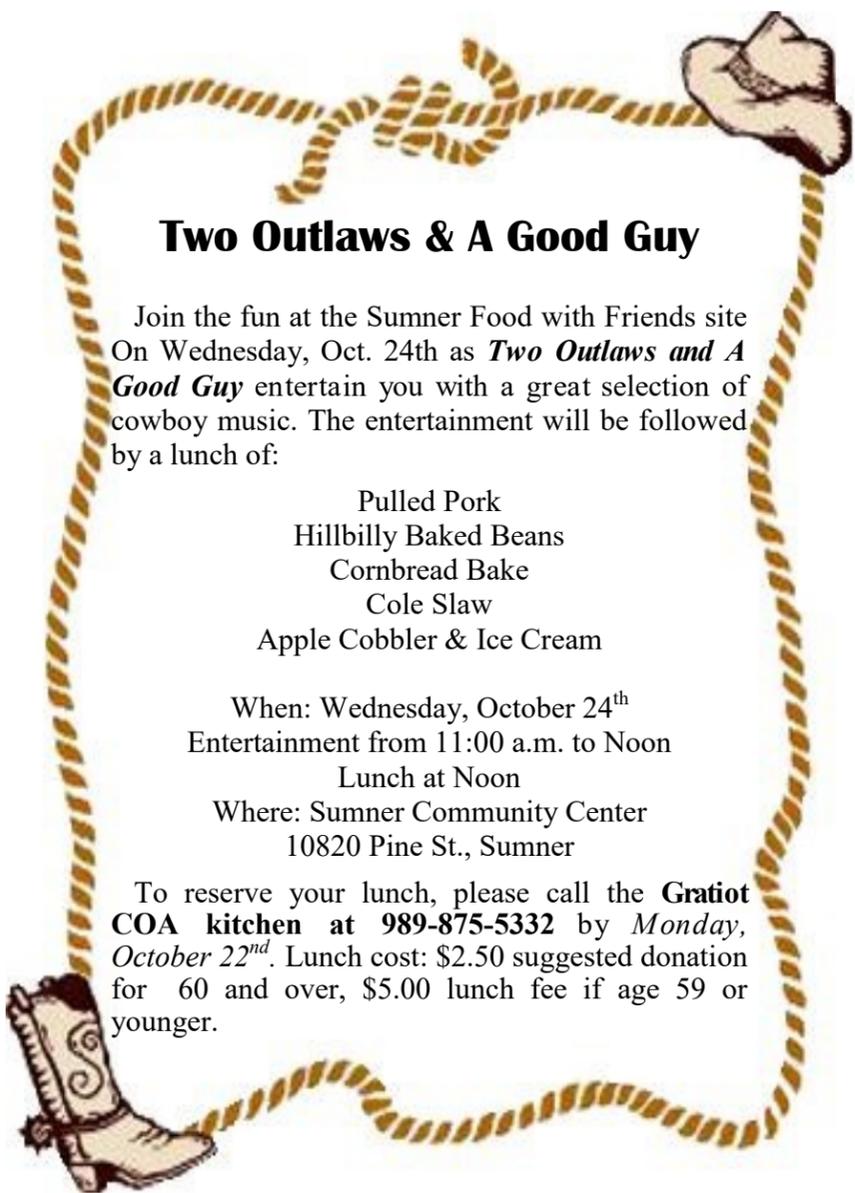


# October



## Two Outlaws & A Good Guy

Join the fun at the Sumner Food with Friends site On Wednesday, Oct. 24th as *Two Outlaws and A Good Guy* entertain you with a great selection of cowboy music. The entertainment will be followed by a lunch of:

- Pulled Pork
- Hillbilly Baked Beans
- Cornbread Bake
- Cole Slaw
- Apple Cobbler & Ice Cream

When: Wednesday, October 24<sup>th</sup>  
Entertainment from 11:00 a.m. to Noon  
Lunch at Noon

Where: Sumner Community Center  
10820 Pine St., Sumner

To reserve your lunch, please call the **Gratiot COA kitchen at 989-875-5332** by *Monday, October 22<sup>nd</sup>*. Lunch cost: \$2.50 suggested donation for 60 and over, \$5.00 lunch fee if age 59 or younger.

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

October, 2018  
Volume XL  
Number 10

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
PERMIT NO. 4  
ITHACA MI

# 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)

## Fall Festival 2018!

**October 11<sup>th</sup>**  
**9:30 - 11:30**



FALL FESTIVAL at Gratiot County Commission on Aging will be celebrated on Thursday, October 11<sup>th</sup> this year. This fun-filled event will run from 9:30 am to 11:00 am at 515 S. Pine River Street, Ithaca, in the large conference room. We are honored to have Mrs. Meier's kindergarten class from South Elementary School joining us again. This year our young friends will be teaming up with our seniors to decorate the pumpkins. COA will provide the pumpkins and light refreshments will be served. Please call 875-5246 to let us know you'll be attending.



## Gratiot County COA Flu Clinic

Mid-Michigan District Health Department (MMDHD) will be holding a flu clinic:

**Friday, October 12, 2018**

Gratiot County Commission on Aging, 515 S. Pine River, Ithaca  
8:30 a.m. - 11:30 a.m. & 12:30 p.m. - 3:30 p.m.

No appointment is necessary. The cost is \$20 for the regular flu shot and \$45 for the "high dose" flu shot, which is recommended for those 65 years of age and above. MMDHD can bill MOST insurances. You must present your Medicare, Medicaid, and/or supplemental insurance cards for costs to be covered. Medicare DOES cover the cost of both the regular and high dose flu shots. For those without insurance or insurance not accepted by MMDHD, there is a small administration fee, based on income, ranging from \$0-\$20. For more information, contact MMDHD at 989-875-3681 and follow the prompts. MMDHD will have available in small quantities the PCV13 and PPSV23 pneumococcal vaccines. Please bring your immunization record to allow the nurse to assess what pneumococcal vaccine you may be eligible for.

The Centers for Disease Control and Prevention recommends a yearly flu vaccine for everyone 6 months of age and older. This is the most important step in protecting against the sometimes fatal disease. While there are many different flu viruses, the flu vaccine protects against the three or four main strains that research indicates will cause the most illness. It's not possible to predict with certainty which flu viruses will predominate during a given season. Flu viruses are constantly changing. Experts pick which viruses to include in the vaccine many months in advance in order for the vaccine to be produced and delivered on time.



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

**Mission Statement:** Gratiot County Commission on Aging coordinates programs and provides services which promote and safeguard the independence, well-being, and dignity of citizens of Gratiot County who are sixty years of age or older. *The Volunteer Program supports this mission through a dedicated group of trained, caring individuals who give of their time and talents to serve the needs of seniors.*

### What do Volunteers do?

**Site Volunteer:** Volunteers call BINGO; greet and make welcome those visiting a Food with Friends Site. Volunteers assist the Food with Friends Site manager with game set up; serving the noon meal and clean up following the day's activities.

**Special Event Volunteer:** Volunteers work along side staff to prepare for and hold special events. This may include creating decorations, decorating a facility, decorating tables, serving food or beverages, etc. Duties can vary according to the event. Hours may include some evening events.

**Friendly Visitor Volunteer:** A volunteer visits the senior in his/her own home or home-like setting to share each other's company, reminisce or play games.

*Seeking a volunteer to visit a senior in his home-like setting to play cribbage once a week. Please contact Sue Koch 989-875-5346 for more information.*

**Other Volunteer Roles:** Mini-Van Transportation volunteer takes seniors to appointments. Home Delivered Meals kitchen volunteer helps package meals in the kitchen. Home Delivered Meals volunteer delivers hot nutritious meals to homebound seniors. Senior Gratiot Newspaper volunteer preps paper for mailing. Cards Team volunteers recycle and create greeting cards.

As we remind you of the many ways volunteers support the work of Commission on Aging, please read on to "meet" volunteer Linda Cox.

Linda Cox is a retired Home Care/Hospice registered nurse serving patients through the Alma hospital. Her nursing career spanned 42 years. Because of her area of nursing she saw firsthand the role Commission on Aging plays in providing support to Gratiot County seniors. "I decided once I retired, I would become a COA volunteer."

"I began my volunteer role as a Home Delivered Meals volunteer. I met the senior at his/her door not only providing a hot nutritious meal, but offering a moment of greeting. I felt I was a connection between the senior and his/her community. I also help

prepare the Senior Gratiot Newspaper for mailing. This once a month activity keeps me connected with others in Gratiot County while I enjoy humor, comradery and fun with my co-volunteers. I also now help on the Recycle Cards Team. I meet and interact with wonderful community people. I particularly enjoy the company of the Skill Builders from Great Place. They are a joy. Each volunteer role gives me satisfaction knowing I am being of help to others."

"Yes, I do have a philosophy that governs my life. It is the Golden Rule – Do unto others as you would have others do unto you. It has served me well all of my life."

"One last thing and this was a total surprise. Several months ago, I was asked to consider coming out of retirement to fill the role of Commission on Aging Nurse. Although I do not have direct care of clients, I love being in the client's home as a supervisor of Home Health Aides. I teach and I listen. It keeps me connected."



## Fall Yard Raking

Commission on Aging coordinates fall yard raking with a limited number of service groups, churches and schools who volunteered man/woman-power to rake the yards of Gratiot County seniors.

Most groups schedule a single date to volunteer their time during the fall. It is a date pre-set by the group. Here are other considerations:

- \* Yard raking may be cancelled due to rain or snow and is usually not rescheduled.
- \* If your leaves fall very late in the season it may be less likely that a group may be available.
- \* All volunteer groups have provided their day(s) of community outreach service.
- \* We may have no groups volunteering to rake in your area of Gratiot County.

For more information or to have your name placed on the Fall 2018 Yard Raking Request List please call Sue Koch 989-875-5346. When I am out of the office an answering machine will give you the opportunity to leave your name and phone number. I will return a call to you as soon as I am able.



## RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch, Coordinator of  
Volunteers  
989.875.5346

## RIGHT PLACE AT THE RIGHT TIME

Sue Koch Coordinator of Volunteers  
989-875-5346

We love to see the Nook in use - people stopping in to pick up books and/or puzzles, people looking through greeting cards or pulling up to one of the three round tables to chat with staff or a friend. It's all good. Once in a while, something that was meant to be happens in the Nook.

I was holding down the fort at the front desk a few weeks ago while Corinne left the building on errands. A woman came to the front window to pick up supplies we were holding for her. I helped her carry the items to her car. When I came back in, Corinne had returned from her errands. That was when I noticed a gal standing at the puzzle table putting pieces in place. The puzzle was a beauty. A peacock in brilliant fully spread feathers. I stopped to greet the gal letting her know how the Nook works - take the books and puzzles you wish. There is no need to return them if you have someone to pass them on to.

She began talking about the peacock puzzle. She said her daughter's last name is Peacock. Further offering that her daughter collects all things peacock. Later she shared her daughter "has the flower shop in Merrill." We both laughed. I suggested that once the puzzle was completed, I would collect the pieces and give her a call if she thought she might want to give it to her daughter. We said our goodbyes and that was that. But, this past Wednesday when I entered my office, there on my desk was the bagged peacock puzzle. Corinne had heard the conversation and put the puzzle on my desk.

There is more to the story. I will be going to Owosso in a few weeks to meet my sisters. I go right through Merrill to get to Owosso. I will drop the puzzle off at the flower shop in Merrill; tell Ms. Peacock the story of the puzzle and of her Mom's love in thinking she might enjoy the puzzle.

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

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



## DAY TRIPS

By Trip Coordinator

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

### WALKING LEVELS

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

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

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

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

### Rules to follow for Day Trip:

1. Please call **Jamie** at **989-681-4341** right away to if you are interested in a trip. Check your calendar & check it again after you make the reservation. Make your **payment** by the **due date** so you may be assured of a seat. Otherwise, those names on the waiting list will be contacted and your seat may be filled if you do not make your payment as scheduled.
2. When we set a date for a performance, the theater needs to know many weeks in advance how many people will be coming. Tickets are expensive and we don't want to buy tickets that do not get used.
3. If you have to cancel because of illness, you must call 989-681-4341 before the day of the trip. If you forget to attend or just do not show up, we will not give a refund or credit because we have reserved a ticket for you and someone else may have wanted to go but was unable due to a full coach.
4. Arrive at the **St. Louis Senior Center** 15-30 minutes prior to departure for check in. The Senior Center is located at **1329 Michigan Ave., St. Louis.** If you have questions, please contact **Jamie** at 989-681-4341.

## Old Mission Peninsula Fall Color Tour And Mystery Winery Tuesday, October 16, 2018

\$85.00

Bus leaves at 8:00 a.m. from St. Louis  
Back at 7:30 p.m.

Money due by Friday, Sept. 14, 2018  
**Walking Level 1**

There is just something about fall – the crisp, fresh air, a bountiful harvest, and the beautiful, changing leaves covering the landscape. Old Mission Peninsula is the perfect, location to experience all of this!

Long known as the “Cherry Capital of the World,” Traverse City is now enjoying an international reputation as a wine destination. The lovely vineyards and wineries of Old Mission Peninsula consistently bring home awards from regional, national and international competitions.

Before venturing to the peninsula, we will savor a hearty meal at Cracker Barrel. Please choose one of the five lunch entrees:

1. **Chicken and Dumplings Platter**
2. **Meatloaf Dinner**
3. **Roast Beef Dinner**
4. **Lemon Pepper Grilled Rainbow Trout**
5. **Sampler Plate – (a hearty sampling of chicken and dumplings, meatloaf and ham)**

**Each meal includes choice of 3 sides, biscuit or corn muffin, beverage and dessert.**

The Wineries of Old Mission Peninsula is a wine trail comprised of nine wineries that are as distinct and full of character as the wines they serve. As we travel the scenic peninsula, the mystery winery will be revealed. While there, we will have an opportunity to sample wines, make a purchase and take in the spectacular views of the bay and vineyards.

We round out our trip with a stop at Gallagher's Farm Market in Traverse City. Voted “Best Fall Farm Market” by TV 7 & 4 viewers, the market boasts a huge selection of locally produced items. Explore the pumpkin patch, visit the farm animals or shop for homemade or homegrown fruits, vegetables, baked goods and more!

We hope you'll choose to spend the day with us as we enjoy color and mystery on Old Mission Peninsula! **Make your reservation today by calling Jamie at 681-4341 and don't forget to make your entrée selection. ALL trips depart from and return to the St. Louis Senior Center, 1329 Michigan Ave., St. Louis** Trip includes transportation, lunch, wine tasting, tax and gratuity. Trips are coordinated by Margaret Towersey Metcalf.



## Brush with Bravata! Tuesday, October 9, 2018 1:00 - 2:30 p.m.

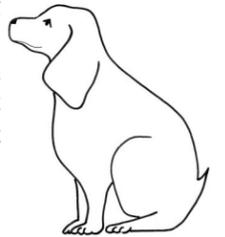
Come and join Deb from Brush with Bravata and learn to paint. This class is offered only at the St. Louis Senior Center, 1329 Michigan Ave., St. Louis. Class fee is \$10.00 and all materials are supplied, but you must have a reservation. You will be painting on a wood pallet that has been prepared for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

Below is October's project, a beautiful pumpkin. 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 September clinic is full, which leaves the October 8<sup>th</sup>, October 29<sup>th</sup>, and November 12<sup>th</sup> clinics as the last opportunities. 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.

## UPCOMING MEDICARE PRESENTATIONS

The following presentations will provide information regarding Medicare in 2019. These presentations are not intended to provide individual consultations. If you would like to make an appointment, please call Sarah McClung at the Gratiot County Commission on Aging at 989-875-5286. Please call at the beginning of October to schedule an appointment. Appointments will begin October 15, 2018. The Medicare D Open Enrollment Period runs from October 15, 2018 through December 7, 2018, with any changes becoming effective on January 1, 2019. These presentations will provide general information that is available about Medicare for 2019.

Monday, Oct. 8, 12:45 pm	Tuesday, Oct. 9, 12:00 pm	Wed., Oct. 10, 12:20 pm	Thurs., Oct. 11, 12:30 pm	Fri., Oct. 12, 12:15 pm
Ithaca Food with Friends	Breckenridge Food with Friends	West Gratiot Food with Friends	St. Louis/Alma Food with Friends	Fulton Food with Friends
1011 E. North St., Ithaca	122 E. Saginaw St., Breckenridge	10820 Pine St., Sumner	1329 Michigan Ave., St. Louis	3425 W. Cleveland Rd. (M-57), Perrinton

October 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	4	5	6
	11:00 Puzzles 12:00 Lunch 1:00 Senior Center Board Meeting	Closed No HDM or Food With Friends Meals Today Training for Staff	11:00 Coffee & donuts 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 "Mysteries of Light"	11:00 Puzzles 12:00 Lunch 12:30 Just Saying	
7	8	9	10	11	12	13
	11:00 Puzzles 12:00 Lunch 1:00 Columbus Day Trivia	12:00 Lunch 1:00-2:30 Deb's "Brush With Bravada"	11:00 Coffee & donuts 12:00 Birthday Lunch 12:45 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Medicare Update 1:00 "Spooky Gourd" Craft with Rose	11:00 Puzzles 12:00 Lunch 12:30 Good Ole Halloween	
14	15	16	17	18	19	20
	11:00 Puzzles 12:00 Lunch 12:30 Brain Teasers	8:00-7:30 Fall Color Tour "Old Mission" 12:00 Lunch 12:30 Reminisce	11:00 Coffee & donuts 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 12:30 Paint With Melanie "Lighthouse"	11:00 Puzzles 12:00 Lunch 12:30 Frankenstein 200 Years Old	
21	22	23	24	25	26	27
	11:00 Puzzles 12:00 Lunch 12:30 Just Saying	12:00 Lunch 12:30 Nutrition Program "Fall Produce"	Closed Sumner Activity Center "Two Outlaws & a Good Guy" & Lunch	10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	11:00 Puzzles 12:00 Lunch 12:30 Movie Theaters	
28	29	30	31			
	11:00 Puzzles 12:00 Lunch 12:30 Word game	12:00 Lunch 12:30 Soda Jerk's	11:00 Coffee & donuts 12:00 Halloween Lunch 12:30 Bingo			

Gratiot Community Senior Center

By Jamie Bolsby

Dear Friends,

Hello everyone! Starting this month beginning on October 10<sup>th</sup>, we will be offering a Soup and Salad meal as a lunch selection every Wednesday and Friday. If you choose the Soup and Salad as your lunch, you will also receive the fruit of the day and wheat bread and a milk. 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 figure out how much they need to order to keep food costs low. So, if you could take a look at the menu and call ahead, I would appreciate it. I will also have some extra menus on hand for your convenience.

We now have Wi-Fi here at the Center and I hope you will visit us soon and check it out. On your next visit, pack up your tablets or phones and access the internet. We have plenty of comfortable spots for you to relax in while you search out all your favorite sites.

Join us for our Coffee Café every day to enjoy coffee, tea, snacks and great conversation. Meet friends and renew old acquaintances. We have new tables and chairs set up for your convenience.

Our Senior Center Board of Directors will have their monthly meeting on Monday the 1<sup>st</sup> at 1:00 pm. Thank you all for taking an interest in our Center and its future. Remember to come early for lunch.

The Center will be closed on Tuesday, October 2<sup>nd</sup> for staff training. We will not have any meals including Home Delivered Meals. We will resume on Wednesday, Oct. 3<sup>rd</sup>.

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 through-out the year. Tell your friends to come and join, from experienced to beginners, everyone is welcome.

Come out and meet Deb and try her new monthly painting class on Tuesday the 9<sup>th</sup> from 1:00-2:30 pm. 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 through each step 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 "Pumpkin." 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 Jamie know when you call in.

Birthday parties are always special, so celebrate with us on Wednesday the 10<sup>th</sup> at noon with cake and ice cream. We always have a good time playing bingo after lunch.

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.

Come and join Rose for her "Spooky Gourd" class on Thursday the 11 at 1:00. The class is \$8.00 and is limited to just 6 people. All you need to bring is your imagination and desire. Rose will furnish the gourd and all the painting supplies and will guide you every step of the way. You must have reservations for this class, so please call by Tuesday the 9<sup>th</sup> so Rose can prepare.

Melanie's "Painting Party" class is back! She will be here on October 18<sup>th</sup> from 12:30-2:00 pm for a class featuring a "Lighthouse." Melanie will provide all the materials you will need for your own "Work of Art". 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 all levels of experience 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 "Adding Produce to Your Plate" on Tuesday the 23<sup>rd</sup> at 12:30 pm. With all the fall produce we have available to us it's a shame not to think of some new ideas for meals. Learn how squash is not only a beautiful vegetable, but a delicious meal idea.

The Center will be closed on Wednesday the 24<sup>th</sup> so everyone will be able to attend the Sumner Community Center for a special country style lunch and entertainment by the band "Two Outlaws and a Good Guy." Let me know if you would like reservations.

We will have special Halloween Lunch on Wednesday the 31<sup>st</sup> and also bingo. If you would like to dress up in your favorite costume or hat, please do.

Throughout the month I have different word games, problem solving, science news and history facts. It's always fun to learn something new at any age.

Calling all readers! Another popular area here at the Center is our well-stocked bookshelf that has a variety of good stories. We have both hard and paper backed books. You are welcome anytime. *Be good to yourself.*

*"Laughter is an instant vacation."*

---Milton Berle



### 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 AV., St. Louis From August 11<sup>th</sup> through September 13<sup>th</sup>.

#### In Loving Memory

**Elaine Joy Flegel**

Inabeth Mailand Bratfish  
Your Turkeyville "Friends"  
Kay Peasley, Doris LaPaugh,  
Mary Braken, Mary Pratt  
Sue Smith  
Don & Cheryl Rice  
Katherine Betzold

**Shirley & Dick Croucher**

Candice Croucher Dugan

**Maynard & Lois Netzley**

Jason Ruedger  
Ken & Rochelle Ruedger



### Soup & Salad Coming in October Only at the Food with Friends Sites!

The Commission on Aging is happy to announce that beginning October 10, 2018, a Soup and Salad meal will be available as a lunch choice at all five of the Food with Friends locations throughout Gratiot County. The Soup and Salad meal will be available on Wednesdays and Fridays. The Hot Meal will continue to be offered every day your site is open. Both the hot meal and soup and salad meal remain at the suggested donation price of \$2.50 for those 60 and over and a fee of \$5.00 for those 59 and under.

As this new program begins, during the months of October and November we are asking you to reserve your salads a week ahead of time by calling your FWF site. This will allow the kitchen staff time to determine what the demand is going to be which will allow the staff to plan out ordering of supplies to avoid waste. Please help us by looking at the menu a week in advance and letting your site manager know if you will be ordering a salad and soup. We realize making a reservation can be inconvenient, however, with the rising cost in food, it will really help us reduce our food costs. Thank you for your cooperation and assistance as we start this new adventure with your Food with Friends lunches.

Each salad is a Chef Salad, consisting of *romaine lettuce spring mix, baby spinach, shredded mild cheddar cheese, sliced turkey, grape tomatoes, hard cooked eggs, green pepper, onion and broccoli*. We will offer a variety of soups to go with the salad. Minestrone Soup, Beef Vegetable Soup, or Roast Pepper Soup will be available at the start of the program. Only one soup choice a day will be available. Please check the menu for the soup of the day.

If you choose the Soup and Salad as your lunch, you will also receive the fruit of the day (the same as the Hot Meal fruit) and wheat bread and a milk. Give the soup and salad option a try and join us for lunch soon!!



#### 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

### 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!



#### LUNCH

Served at 12:00 PM

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

#### ST. LOUIS SENIOR CENTER THURS., OCT. 18

12:30-2:00 PM

1329 Michigan Ave.

St. Louis, MI

989-681-4341

#### ITHACA SENIOR ACTIVITY BUILDING FRIDAY, OCT. 19

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.



### Spooky Gourd Craft Class

Gratiot Community Senior Center  
1329 Michigan Ave.,  
St. Louis

Are you ready for the scariest time of the year?

Join Rose on Thursday, Oct. 11<sup>th</sup> at 1:00 p.m. for this fun and creative class designing your own decoration to display.

Rose will furnish the gourd and all the painting supplies and will guide you every step of the way. Every face will be unique and you can make your gourd as animated as you would like.

Class size is limited to 6 and the price is \$8.00, so call today and sign up. The deadline for registration is Tuesday, Oct. 9<sup>th</sup>. Please let Jamie know if you plan on coming early and joining us for lunch.



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

**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.

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

*Every yesterday is  
a memory of dreams,  
Every tomorrow is a vision of hope*



**Senior Activity Building  
Donations**

THANK YOU for your gifts received by the Senior Activity Building from August 14, 2018 through September 13, 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)
- Smith Family Funeral Home
- Ithaca High School Class of 1958 Reunion
- SAB Saturday Potluck Group

GIFTS in GRATITUDE to SAB  
By Shirley Laurenz  
Jo Jones  
Dolores Lombard  
George & Kathy Vojtas

In MEMORY of OUR DECEASED CLASSMATES  
By Ithaca High School Class of 1958

In MEMORY of JERRY JOHNSON  
By Food with Friends  
Sally Martin  
Howard & Nancy Crites  
Chuck & Marty Wieferrich  
Joyce Beard  
Evelyn Green  
Marlene Teegardin  
James & Kate Butterworth  
Jack & Avis Ginther  
Bill & Linda DeVuyst  
Dave & Cheryl LeVean  
Dan & Deanna Butterworth  
Marv & Pat Cumberworth  
Clare & Jean Bare  
George & Kathy Vojtas  
Jim & Bonnie Ludwick  
Ken Showers  
Janet Gault  
Carol Reeves

In MEMORY of LEE W. SMITH  
On his September 4th Birthday  
By Bonnie Smith

In MEMORY of BILL RAYCRAFT  
By Joyce Raycraft

In MEMORY of ALAN NICEWANDER  
By Joyce Beard

In MEMORY of RICHARD SHOWALTER  
By Jack & Avis Ginther

In MEMORY of RICHARD HEATHCOCK  
By Louise Heath

In MEMORY of LARRY SMITH  
By Larry Smith Family

**IN LOVING  
MEMORY**



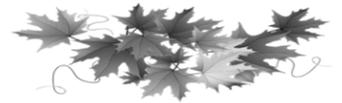
(On Left) Celebrating the 27<sup>th</sup> Anniversary of "Seed Day: on August 2<sup>nd</sup> are: Jean Mahler, Judith Eichorn, Joan Sparks, Ed Ringle, and Gloria Kleinhans



(On Right) August Birthdays celebrated by: (Seated) Tom VanAlstine, Bill DeVuyst, (Standing) Linda St. Charles, Vicki Parling, and Helen Hoard



(Above) Building Clean Up Volunteers: Helen Hoard, Jack Ginther, Linda St. Charles, Avis Ginther, Nancy Smith, Marty Wieferrich, Nancy Crites, Marci Browne (Rotary Representative, Mary Sullivan, Bill DeVuyst, and behind the Camers: Ruthanne Larry, Jo Jones



(Below) Randall Roose (Retired Nutrition Coordinator, Isabella COA), Marie Taylor (Retired Gratiot County COA Director), hired Jo Jones to be Ithaca Food with Friends Site Manager 40 years ago



**UPCOMING EVENTS AT ALMA COLLEGE  
September 29 through October 20, 2018**

- Sept. 29**/Alma College celebrates homecoming on Saturday, Sept. 29 with the 5K Scot Trot at 9 a.m., parade at 11 a.m., campus-community lunch from noon to 2 p.m., the football game at 2 p.m., numerous receptions and other activities, and the choir concert with presentation of alumni awards at 7 p.m. Visit <http://www.alma.edu/gateways/alumni/homecoming/> for a complete schedule.
- Oct. 1-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 from Monday, Oct. 1 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.
- Oct. 10:** Cleveland Clinic physician, Dr. Leonard Calabrese, known for his pioneering work in rheumatology and immunodeficiency - particularly HIV - discusses "The Art and Science of Empathy in Healthcare" in a Health Careers Day keynote presentation at 7 p.m. Wednesday, Oct. 10 in the Remick Heritage Center, Presbyterian Hall. Admission is free and open to the public. Prior to his keynote lecture, Dr. Calabrese and other professionals meet with Alma College and high students to discuss careers in healthcare and medicine.



Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early.

Please talk to your doctor about getting a mammogram and how often you should have one. Also confer with them about your risk for breast cancer, especially if a close family member had breast cancer.

## 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.

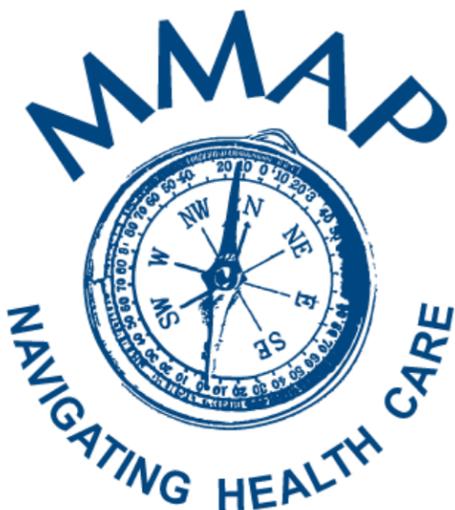
During the Open Enrollment Period, the MMAP (Medicare/Medicaid Assistance Program) at the Gratiot County Commission on Aging can assist Medicare beneficiaries who reside in Gratiot County in researching Medicare Plans to find which plan will work the best for you for 2019. It is suggested that if you 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 co-payments 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](http://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, October 8, 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 Line Dancers learn some new routines. Come join them on Thursday's at 10:00 a.m.



September Birthday gals celebrate their special month. Gerry Adams, Laura Furtaw, Judy Vliet, and Nancy Smith.

### Commodity Food Distribution Date

Commodities distribution will be on **October 22, 2018.** Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. 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.



Call for Rose's "Spooky Gourd" class on Thursday, October 11<sup>th</sup>.

## VOLUNTEERS NEEDED!



WANT TO EARN SOME EXTRA \$\$\$?  
HAVE A PASSION FOR WORKING WITH OLDER ADULTS OR CHILDREN?  
ARE YOU 55 AND OLDER?

IF YES, YOU ARE JUST WHO WE ARE LOOKING FOR!

JOIN THE SENIOR COMPANION OR FOSTER GRANDPARENT PROGRAM!

CALL THE ISABELLA COUNTY COMMISSION ON AGING FOR MORE INFORMATION!

(989) 772-0748 – ASK FOR KELLY OR CHANCE!

Senior Activity Building

October 2018

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Happy NEW Year! <u>12:30</u> Bob Crist's piano music <u>1:20</u> Bob's Sunshine Gang visits Warwick Living Center--Alma	<b>2</b> <u>NO</u> Food With Friends TODAY!! Kitchen Staff Training SAB open 8-12 <u>10:30</u> Cribbage <u>7:00</u> VFW 7805	<b>3</b> <u>1:00</u> Dominoes	<b>4</b> <u>9:00-9:45</u> EZ Motion <u>10:00</u> Golf games <u>11:00</u> Piano music by Joyce Raycraft  <u>1:15</u> Wii Bowling	<b>5</b> <u>11:30</u> Blood pressure checks by Joyce Raycraft	<b>6</b> <u>10:45 -1:45</u> Building Open  <u>12:15</u> Family Potluck
<b>7</b>	<b>8</b> <u>10:05</u> Bingo Prizes by McDonalds & Bee Clean Car Wash  <u>7-9</u> Dulcimers	<b>9</b> <u>9:00</u> EZ Motion  <u>1:00</u> Progressive Euchre	<b>10</b> <u>1:00</u> Dominoes	<b>11</b> <u>9:00-9:45</u> EZ Motion <u>10:00</u> Golf games <u>11:00</u> Piano music by Joyce Raycraft <u>1:15</u> Wii Bowling	<b>12</b> <u>1:00-3:30</u> Friday Cards with Volunteers Jack & Avis Ginther	<b>13</b>
<b>14</b>  Columbus Day	<b>15</b> <u>11:50</u> "How can you enjoy the Fall produce?"	<b>16</b> <u>9:00 – 1:15</u> Voting For Board members <u>9:00</u> EZ Motion <u>10:30</u> Cribbage <u>1:15</u> Senior Activity Building Board Inc. ANNUAL MEETING	<b>17</b> <u>10:05</u> Bingo Prizes by Schnepf's <u>1:00</u> Dominoes <u>7:00</u> A-Tractive Tractor Club	<b>18</b> <u>9:00-9:45</u> EZ Motion <u>10:00</u> Golf games <u>11:00</u> Piano music by Joyce Raycraft <u>1:15</u> Wii Bowling	<b>19</b> <u>10:30</u> Card games <u>1:00</u> Painting Class with Melanie Lewis	<b>20</b>
<b>21</b>	<b>22</b> <u>10:05</u> Bingo with Kim, Prizes by United Health Care	<b>23</b> <u>9:00</u> EZ Motion <u>12:00</u> Birthday party for our Seniors Born or Married in October <u>1:00</u> Progressive Euchre	<b>24</b> Country Lunch at the Sumner Community Center SAB open from 8 to 10 No Food With Friends in Ithaca	<b>25</b> <u>9:00-9:45</u> EZ Motion <u>10:00</u> Golf games <u>11:00</u> Piano music by Joyce Raycraft <u>1:15</u> Wii Bowling	<b>26</b> <u>1:00-3:30</u> Friday Cards with Volunteers Jack & Avis Ginther	<b>27</b> <u>8:30-9:30</u> Trick or Treat Pancakes and Sausage
<b>28</b>	<b>29</b> Young Senior Day today!	<b>30</b> <u>9:00</u> EZ Motion  <u>10:30</u> Cribbage	<b>31</b> Halloween Fun today <u>1:00</u> Dominoes	<b>8:00 EVERYDAY</b> Building open, coffee's ready <b>10:00 EVERYDAY</b> Visits, news, games, activities <b>12:00 Monday-Friday Food With Friends Noon Meal – Reservations, 875-2135</b>		

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

**Happy New Year!** Yes, October 1st marks the beginning of the new fiscal year for both Ithaca Food with Friends and the Senior Activity Building. We will welcome in the new year on Monday the 1st. Whether you are young or "young at heart", please come to welcome in the 45th year of Ithaca Food with Friends. Our phone number is 875-2135. The answering machine will be glad to take your message, if you call at a time when we are unable to answer the telephone.

Your Senior Activity Building Board's ANNUAL MEETING is at 1:15 p.m. on October 16, 2018. On that day, we also will be electing three Board members. They will be members of the Class of 2021. Any Senior, aged 60 years (or more) who has attended any activity, meeting, class, lunch or coffee at the Senior Activity Building is eligible to vote. The polls at the Building are open for voting from 9:00 a.m. until 1:15 p.m. If you will not be able to come to vote on the 16th, there will be an opportunity to cast your vote early by stopping in the Building between October 9th and October 15th. This is an Early voting option, not an absentee ballot option. You will be required to sign the Registration Book and to cast your vote while at the Building.

Our Nomination Committee appreciates each nominee's willingness to serve a three year term of service if elected. The following person have agreed to be nominated: Ken Federspiel, Glenda Konecny, Nancy

Smith, Jim Wideman, and Diene Yonker, You may vote for as many as three person. Three person will be elected to serve on the Board for three years (Class of 2021). Each person nominated would definitely be an asset to the Board's responsibility for the operation and mission of our Senior Activity Building. The commitment of time and talents by most Board members over the past years has been an example and definitely an encouragement to the many volunteers who have also donated their gifts, talents, and time Special THANKS FOR SERVING IN THE Class of '18: Bill DeVuyst, Nancy Smith, and Jim Wideman. Your presence at the Annual Meeting is important. This will be your opportunity to review this Board's past year's operation of the Senior Activity Building that faithfully serves YOU, THE Seniors.

The prizes for the November 3rd Raffle will soon be on display at the Building. Tickets are available from Seniors or at the Building of \$1.00 each. First prize, a Hand-crafted Quilt created and donated by Joan Spear; second prize, a Gift basket created and donated by Linda St. Charles; third prize, a \$25.00 Gift Certificate donated by Dick Abbott. We usually have many more prizes donated by the time of the raffle. We are sure that you'd like to win a package of Kathy Vojtas' homemade cinnamon rolls or Helen Hoard's delicious homemade cookies! If you have an item to donate, please contact us. All proceeds are used for the operation of the Building. THANKS to the donors of the prizes, Jack Ginther and other ticket sales person, and each person who buys a raffle ticket. Your support is appreciated.

Our Family Potluck is on Saturday, October 6th at 12:15 p.m. As Always, The

Building will be open from 11:00 a.m. until 1:45 p.m. The food and fellowship are always great.

A Trick or Treat Halloween Breakfast Party will be on Saturday morning, October 27th from 8:30 a.m. until 9:30 a.m. The spooky Volunteer kitchen crew will prepare your favorite Halloween treat. Please note that the starting TIME is 8:30 a.m.!! Our volunteers will be prepared to begin serving at 8:30 a.m. You may come dressed in a Halloween outfit or in your pajamas, if you'd like. A sign up sheet will be available. You will help us to plan for this breakfast by putting your name on the sheet. THANKS! Your table service (cups, plates, plastic ware) will be furnished. This activity is a FUN raiser, not a Fundraiser.

Now, let's look at the rest of the schedule for the first month of our NEW YEAR. Bob Crist will get our singing voices tuned up at 12:30 on the 1st. Then Bob's Sunshine Gang will leave at 1:00 p.m. to travel to Warwick Living Center in Alma. In keeping with the tradition, we return to the Building for ice cream sundaes! Remember, a singing voice is not a requirement to enjoy being a part of Bob's Sunshine Gang, but a SMILE is! Thanks to the Dynamic Duo's music at the 7th Annual September Soup supper. Lots of excellent Chili and soup choices, cornbread, cheese, cakes, cookies and fellowship were enjoyed!! It was a great way to celebrate Bob's special birthday.

On the evening of the 9th, from 7 to 9, you are invited to listen to the Just For Fun Dulcimer Club members make music. Fred Hoard, our Volunteer representing our Board, will welcome you. There is no charge for this activity. You are welcome to come for some or all of the two hour time period.

**Bingo** games are on the second and fourth Mondays, (October 8th and 22nd) from 10:05 until 11:30. The prizes are donated by McDonald's, Bee Clean Car Wash, and United Health Care. Wednesday, the 17th, Schnepf's will provide the Bingo prizes.

Sarah McClung, MMAP Coordinator and COA, will **update** us on **Medicare** at 12:45 on October 8th.

**Young Senior Day** will be on the last Monday in October. PLEASE check this date on your calendar. Do give us a call to say, "YES!! Count on me to support the Food With Friends program that serves Seniors of all ages."

Please notice that there will be **no Food with Friends** meals on the first Tuesday, October 2nd. This is so the kitchen staff can attend training. The Senior Activity Building will be open from 8 until noon that day.

**EZ Motion** exercise is scheduled on Tuesday and on Thursday at 9:00. A variety of DVD's and videos lead this activity.

**Cribbage** will be on the 2nd, 16th and the 30th. **Progressive Euchre** will be on Tuesdays, October 9th and 23rd. Blue ribbon winners were Bruce McConnell and George Vojtas (twice). The Red ribbon winners were Kathy Vojtas, Vern Recker, and Alice Gavenda.

Wednesday, the 24<sup>th</sup> at 11:00 a.m., we welcome you to attend the Summer Community Center for entertainment by 2 Outlaws and a Good Guy followed by a Country Luncheon (reservations required). There will be NO Home Delivered Meals or Congregate meals at the Ithaca site on the 24<sup>th</sup>. The Senior Activity Building **will only be open from 8 until 10 o'clock**. Most Wednesday at 1:00 p.m., we play **Dominoes**. You are welcome to join in anytime.

Our Senior will enjoy **Halloween Fun and Treats** on Wednesday, the 31<sup>st</sup>. Bring your favorite treat to share with the fun loving Seniors who will be wearing their costumes!

Around 10:00 a.m. each Thursday, **Golf games** begin, followed by Joyce Raycraft's **piano music. Wii Bowling** 1:00 p.m. each Thursday. All Seniors are welcome. You do not need to sign up, just show up whenever you can. Come, enjoy a good afternoon. Cheerleaders are welcome!

FRIDAY, October 19<sup>th</sup>, Melanie Lewis will be back to lead a **painting class**. Do call to let us know if you are planning to attend. The charge for this class is \$10 and will meet at 1:00 p.m..

**Our Coffee fund** began honoring each Birthday Buddy twelve years ago. On your actual birthday, or if your birthday happens to come on a Saturday or Sunday (use the day closest to your birthday) you will be the honored guest of our Coffee fund. We do want to celebrate your Birthday with a gift of an enjoyable dinner at Ithaca Food With Friends. You will need to make RESERVATIONS for your meal at least one day ahead, and indicate that you qualify as a Birthday Buddy. We hope to sing "Happy Birthday" often throughout this 45<sup>th</sup> year of Food With Friends in Ithaca.

Our Building is open each weekday morning at 8:00 a.m., with a very warm welcome from our talented and friendly Linda St. Charles, a cup of coffee and a donut or a slice of toast. We daily express our **THANKS AND APPRECIATION TO Linda** for being our most reliable, caring, and artistic "Good Morning" friend!

To ALL VOLUNTEERS in this new year, please know how very valuable you are! **THANKS!!** We appreciate your gift of yourself.



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## Where Do I Find Support After a Diagnosis of Dementia?

By Sherri Florez

Often a diagnosis of dementia is a shock not only to the person being diagnosed, but to the families as well. This is the time to begin your search for help and knowledge. Finding out more about what to expect after a diagnosis of dementia will lead to better peace of mind. You can search the internet, ask friends and family, and doctors for advice. Starting immediately is recommended. The following information contains suggestions of where and what you can do to make this new journey as smooth as possible.

### A Care Plan

Following a diagnosis of dementia, you should develop a care plan. The plan needs to include the type of care you and the people around you will need. Your care plan should include:

- \* How you can continue the things that are important to you for as long as possible
- \* Any health conditions you have that may need continued monitoring
- \* The names of health or social workers who will help coordinate your medical health

The care plan should be reviewed at least once a year. A memory assessment service, the social services department of your local council or your general practitioner will help develop your care plan, together with your family.

### Get a Needs Assessment

If you find you need help to manage everyday tasks like bathing, dressing or cooking, it's advisable to get a needs assessment from your physician. It is a good idea to have a relative or friend with you, especially if you are not confident explaining your situation. They can also take notes for you. The needs assessment will help identify what kind of support you will need, such as a caregiver to help with personal care (bathing and dressing), meals delivered to your home, and possibly finances.

### Living in Your Own Home

Many people with mild-to-moderate dementia are able to stay in their own home and live well if they have adequate support. Being in familiar surroundings can help people cope better with their condition. Read about caring for someone at home and find out how to make your home dementia friendly.

### Moving Into a Care Home

As the symptoms of dementia will get worse over time, many people eventually require support in a care home. Depending on their needs, this could be a residential care home or a nursing home that offers services for people with dementia.

If you have been caring for a partner or relative with dementia, this can be a difficult decision to make. Talk through your concerns with friends and family. Remember that you will still be involved in the care and support of

the person with dementia after they move to a care home. You may be able to arrange a trial period in a care home for yourself or the person you care for.

One of the most common mistakes that people often choose to do is wait! Often times, it may be the thought of "this isn't really happening to me" or "maybe it will go away." There are many reasons individuals don't seek support immediately, but it is the best decision you can make for a smoother transition for everyone involved.

*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](http://www.firstpres.net) for more information. Good Company is partially funded by Gratiot County Community Foundation.*



## 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.

## October Movie at COA: "The Greatest Showman" Thursday, October 25, 1:30 p.m.

This dramatic musical is a biography of the man who created show business from a vision and turned it into a worldwide sensation. This movie is rated PG and will run 1 hour and 45 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!

## West Gratiot By Cindy Simons

September birthday greeting went out to Burdell Burch, Shirley Hammond and Betty Martin.

It is hard to believe that the fall season is upon us already. Whether you enjoy soaking up the last warm days of summer or relaxing in the cooler fall evenings, there is much to enjoy and learn with our friends and neighbors. Sharing of family photos last month brought up a great discussion on where our names came from and how names given to children have changed throughout the years.

We tried a new game, Wrestling Trivia. It was amazing to discover the enthusiasm shown by many followers of the sport.

Our congregate attendees enjoyed a golden, as well as red and green, Apple Day. What a delicious way to enjoy the first day of autumn!

Items donated to the Saginaw Veteran's Hospital this month included puzzles, activity books, personal care items and hats. This is an ongoing project to help show an appreciation to former United States service men and women.

### Now, here are activities coming up in October:

A Medicare update will be given by Sarah McClung on Wednesday, October 10th at 12:20 p.m.

We will celebrate the October birthday and anniversaries on Wednesday and Friday, the 10th and 12th.

Bring in new or interesting word (and the definition) to share for National Dictionary Day on Wednesday, October 16th. Tie one on for International Necktie Day! On Friday, October 19th, wear your coolest, funniest or most cherished tie.

Please join the other Food with Friends participants as the West Gratiot/Sumner site hosts a "Country Lunch" with a special performance on Wednesday, October 24th. All other FWF sites will be closed on that day.

Those of you who have heard the musical group "Two Outlaws and a Good Guy" know of the talent and passion the performers display in their toe-tapping cowboy tunes and folk songs. For those who are new listeners, you are in for a musical treat that will long be remembered. Grab your western boots, neckerchief and hat and come on over to the Sumner Community Center!

Doors will open at 10:00 a.m. for coffee and conversation. Enjoy the music from 11-12 in the gymnasium. Lunch will be served at noon. Be sure to call the Gratiot Commission on Aging with your reservation. See the advertisement in the October Senior Gratiot newsletter for further information.

The West Gratiot site will take on a Halloween theme both Monday and Wednesday, October 29th and 31st. Costumes are welcome! We'll play a couple of games and enjoy special treats.

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:— 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

- 5 Nutrition & Wellness Topic
- 10 Medicare Update - Sarah McClung
- 10 & Birthday & Anniversary
- 12 Celebrations
- 16 National Dictionary Day
- 19 National Necktie Day
- 24 Two Outlaws & a Good Guy Bank Food with Friends **Country Lunch** (All other sites will be closed)
- 29 & Halloween Treats
- 31 Costumes

### 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

Fall is a beautiful time of year and here at Breckenridge we are going to enjoy every minute of it. We have lots of things planned for October. Come and join us for some fun and fall activities. Everyone is always Welcome and we love to see new faces as well as familiar ones.

Here are some of the activities we have planned for October:

- 1<sup>st</sup> Card Making @ the Library
- 3<sup>rd</sup> Nutrition Program
- 9<sup>th</sup> Medicare Updates at Noon  
Bingo with Schnepps at 12:30 p.m.
- 11<sup>th</sup> Mason Jar Scarecrow with Louann Sumner
- 12<sup>th</sup> Puzzle Day
- 15<sup>th</sup> Ceramics, Making Halloween Decorations, Cost \$10.00
- 16<sup>th</sup> Bingo
- 17<sup>th</sup> Making a Fall Wreath with Linda Chapin
- 18<sup>th</sup> Movie Day @ the Library after Lunch
- 19<sup>th</sup> Knit & Crochet Fun
- 22<sup>nd</sup> Root Beer Float Day
- 23<sup>rd</sup> Bingo
- 24<sup>th</sup> Closed-Country Luncheon, Sumner
- 25<sup>th</sup> Ask the Police Chief Questions Day
- 29<sup>th</sup> Lap Quilts
- 30<sup>th</sup> Bingo
- 31<sup>st</sup> Halloween Party with Costumes

Euchre is played most mornings and we are always looking for more players. We also have a large assortment of other games that we can play. We'd love to have you join us for lunch or one of our activities. Just give me a call, 989-842-3338. Hope to see you soon!



## Greetings from Fulton By Irene Noffsinger

It is here. I believe we are officially into fall. I am just starting to see a sprinkle of color. Looking forward to the spectacular colors that make fall so beautiful.

Did you know that October 5<sup>th</sup> is National Do Something Nice Day? Not to be confused with Random Acts of Kindness Day, which falls on February 17<sup>th</sup>. While it is nice to have a national day, I believe it would be better, if we all treated everyday as National Do Something Nice Day. In a time where our world is fairly chaotic, I still believe that there are a lot of folks doing nice things for other people every day. This can be as simple as saying something nice to someone you know, or even don't know.

On October 5<sup>th</sup>, Sarah from the Commission on Aging will be joining us. She will join us to bring to us all the changes we will need to know about Medicare for the upcoming year. If you have any questions, Sarah may be able to answer them for you.

Help! Please don't forget us when you are getting rid of your books. We have quite a turnover in books as we have many avid readers. Books can be dropped off any Monday, Wednesday and Friday, between 10:00 am and 2:00 pm. After we are finished with them, they are passed to one of our other senior sites. You are always welcome to come and get books to read at any time we are open.

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

- 10-1 Lunch/Cards
- 10-3 Lunch/Phase Ten
- 10-5 Lunch/Euchre/Medicare Update
- 10-8 Lunch/Cards
- 10-10 Lunch/Phase Ten/Nutrition Education
- 10-12 Lunch /Euchre
- 10-15 Lunch/Cards
- 10-17 Lunch/Phase Ten
- 10-19 Lunch/Euchre
- 10-22 Lunch/Cards
- 10-24 Closed for Entertainment and *Country Lunch at Sumner FWF site*
- 10-26 Lunch/Euchre
- 10-29 Lunch/Cards
- 10-31 Lunch/Phase Ten/Donuts and Cider Day

### FULTON SENIOR CENTER DONATIONS

Thank you for your continued support of The Fulton Senior Center. Your donations are much appreciated.

- Books Cora Goldman
- Produce Darrell Harlow  
Phil Foster  
James Frost



**SENIOR GRATIOT  
NEWSPAPER  
DONATIONS**

These people generously donated \$295.00 to the "Senior Gratiot" Newspaper contribution fund from August 17, 2018 to September 15, 2018. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Marian Miller  
Janet Clark  
Bonnie Jean Smith  
Anonymous  
J. Burgess

**IN MEMORY OF**

**ELSIE, JERRY WESTALL**  
By Jerry, Hazel Clagg

**THOMAS R. PALMER**  
By Gayla Palmer

**MY HUSBAND, ALBERT DANIEL**  
By Barbara Daniel

**BOB BEESON**  
By Alma Moyes

**IN HONOR OF**

**JO JONES**  
By Larry & Coleen Trexler



**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:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**COMMISSION ON AGING  
DONATIONS**

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

Lincoln Rd. United Methodist Church  
Marla Macha  
Mary & Kevin Bowen  
Cindy & Gary Kochensparger  
Mary & Gordon Lindsey  
Don Macha  
Steve Smith  
Martha McDaid  
Mark & Nancy Barrows  
T.J. Schmitz

**IN MEMORY OF**

**GAIL HELMAN**  
By Deborah Norton  
Eldon & Janice Helman  
Dick & Nancy Davis  
Anonymous  
Dan & Bea Jones & Family  
Sandy Wilson

**MARY ANN WAKEMAN**  
By Judith Swiss Lyles  
Catherine Schafer  
Gerrit & Barbara Vanderlugt  
Lynn Bouchey  
Louise Uphold  
Lynette Bailey  
June Shipper  
Karen McCloskey  
Mickie & Keith Lankhut  
Greg & Theresa Baker  
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Madeline Neff  
Anne Ramirez  
Doug, Bryan, & Scott, Office of the Auditor General

**JIM WELLER**  
By Lou Ann Myszak

**LEE SMITH**  
By Bonnie Jean Smith



**LARRY SMITH**  
By Julie & Michael Elenbaas  
Julie Rau  
St. Louis 3 Club

**ELAINE JOY FLEGEL**  
By Carol Reeves

**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**

**ALAN NICEWANDER**  
By Neil & Michelle Hyer  
The Kingsley's  
Friends and Family



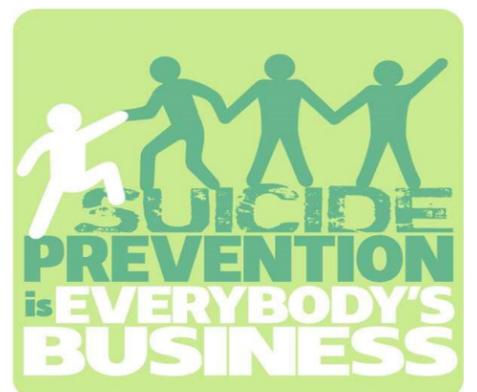
**Suicide Warning  
Signs & Risk Factors  
Everyone  
Should Know**

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).



Monday	Tuesday	Wednesday	Thursday	Friday
1 Spanish Rice Winter Blend Tossed Salad Mandarin Oranges Wheat Bread	2 <b>CLOSED</b> <b>No HDM or Food With Friends Meals Today</b> <b>Training for COA Kitchen Staff</b>	3 Lemon Pepper Chicken Whipped Potatoes/Gravy Cucumber Salad Mixed Fruit Cup Wheat Bread	4 Sloppy Joe on Bun 24 Hr Cabbage Slaw Carrots Peaches	5 Baked Ham Whipped Sweet Potatoes Tossed Salad Mixed Fruit Cup Dinner Roll
8 Chicken Pattie Redskin Potatoes Multi Bean Salad Pears Hamburger Bun	9 Beef and Noodles Squash Broccoli Citrus Salad Rice Pudding Wheat Bread	10 Chili Corn Bread Baked Potato Pineapple Gelatin <b>**OR CHEF SALAD &amp; MINISTRONE SOUP</b>	11 Pulled Pork Green Beans Corn Cinnamon Applesauce Hamburger Bun	12 Spaghetti Broccoli Coleslaw Apricots Cheese Bread Stick <b>** OR CHEF SALAD &amp; BEEF VEGGIE SOUP</b>
15 Macaroni & Cheese Mixed Vegetables Tossed Salad Citrus Fruit Cup Wheat Bread	16 Basil Parmesan Chicken Brown Rice Spinach Peaches Dinner Roll	17 Meat Loaf Oven Roasted Potatoes Lima Beans Applesauce Wheat Bread <b>**Or CHEF SALAD &amp; BEEF VEGGIE SOUP</b>	18 Potato Crunch Pollock Carrots Tossed Salad Tropical Fruit Hamburger Bun	19 Baked Chicken Company Potatoes Peas Cranberry Mousse Wheat Bread <b>**OR CHEF SALAD &amp; MINISTRONE SOUP</b>
22 Pork Chop Whipped Potatoes 24 hr Cabbage Slaw Mixed Fruit Cup Wheat Bread	23 Smothered Chicken Squash Bean & Chickpea Salad Pears Wheat Bread	24 <b>COUNTRY LUNCH AT SUMNER COMMUNITY CENTER</b> <b>NO HOME DELIVERED MEALS</b> <b>ALL FWF SITES CLOSED TO ATTEND LUNCH AT SUMNER</b>	25 BBQ Meatballs Redskin Potatoes Peas & Carrots Berry Fruit Cup Wheat Bread	26 Turkey Stew Broccoli Tossed Salad Whole Grain Cookie Biscuit <b>**OR CHEF SALAD &amp; CHICKEN SOUP</b>
29 Chicken Chili Green Beans Tropical Fruit Cup Corn Bread	30 Chop Suey Brown Rice European Veggies Fresh Orange Wheat Bread	31 Roast Pork Whipped Potatoes/Gravy Peas & Carrots Apple Crisp Wheat Bread <b>** OR CHEF SALAD &amp; CHICKEN SOUP</b>	<b>**Soup &amp; Salad Meal only available at Food with Friends Sites**</b>	<b>Soup &amp; Salad Meal also includes the fruit of the day, Whole Wheat Bread and Milk</b>

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

Milk provided with all meals  
Suggested Donation \$2.50

**FOOD WITH FRIENDS**

RESERVATIONS ARE REQUIRED FOR FOOD WITH FRIENDS AT LEAST 1 TO 3 DAYS IN ADVANCE. SEE PHONE NUMBERS 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  
4<sup>TH</sup> THURSDAY EACH MONTH—  
NOON  
CONTACT: BONNIE WHITAKER  
989.875.3607

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

*Potluck*

**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

**SEPTEMBER 2018 PREP TEAM VOLUNTEER THANK YOU**

Our thanks to these 12 volunteers who devoted 38 hours folding, labeling and taping the September Issue of Senior Gratiot Newspaper.

Doris Tinson, Ruthie Malek, Jim Peck, Linda Cox, Vicki Bertoni, Terri Ebnit, Irene Peck, Nancy Crites, Sally Martin, Dorothy Rhines, Iris Henries and Lisa Skaryd.



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

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