



HARVEST DANCE

An Evening of Dinner and Dancing
 Sponsored by Region VII Area Agency on Aging
 Hosted by Gratiot County Commission on Aging
Thursday, September 27, 2018
5:00 p.m. to 8:00 p.m.
 Alma Elks Lodge, 610 W Warwick Dr.

Dinner

Baked Chicken or Roast Beef, Mashed Potatoes with Gravy, Green Beans, Tossed Salad, Brownie
 Coffee or Water
 Cash Bar

Ricky D's Music



Ticket Prices

Attendees aged 60 and over, Suggested Donation of \$8.00
 Attendees aged 59 and under Dinner Price of \$10.00
 Must be 21 to attend
 Tickets must be purchased in advance by September 21st
****No Ticket Sales at the Door****
 Tickets may be purchased at any Food with Friends Site or the COA Office in Ithaca
 Call the Gratiot County COA (989) 875-5246 for more information.

THANK YOU GRATIOT COUNTY VOTERS!

We are grateful for your support in the passing of the millage on August 7th.

Your Commission on Aging will continue to provide services and support for the seniors of Gratiot County.



Like Gratiot County
 Commission on Aging
 On Facebook & Twitter



Thursday, September 27, 2018
10 AM-2 PM

Alma Elks Lodge, 610 Warwick Dr.

Sponsored by Region VII Area Agency on Aging
 Hosted by Gratiot County Commission on Aging

- | | |
|---|---------------------------|
| Hearing & Vision Representatives | Substance Abuse Coalition |
| MSU Extension Healthy Eating Presentation | Prescription Drop Box |
| Medicare/Medicaid Assistance Program | Gratiot Animals In Need |
| | Plus Much More! |

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

September, 2018
 Volume XL
 Number 9

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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

What do Volunteers do?

- * Package home delivered meals at Commission on Aging in Ithaca
- * Deliver meals to home bound seniors
- * Provide mini-van transportation to medical appointments
- * Assist Site Managers at the Food with Friends Sites
- * Help in the main office in Ithaca
- * Help prepare the Senior Gratiot Newspaper for mailing
- * Create new greeting cards from recycled cards
- * Knit and crochet for children and adults in need of hats, headbands, scarves and mittens this winter.

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

I am pleased to introduce you to Vicki Bertoni. Vicki and I have been acquainted since the late 1990's when she first inquired about becoming a Gratiot Area Hospice volunteer. At our first meeting, she shared with me that she volunteered for Gratiot County Commission on Aging by reading the Senior Gratiot aloud and having it recorded onto tape. This recording allowed vision impaired seniors to remain connected to community happenings. Vicki became a gift to Gratiot Area Hospice's Grief and Loss Support Programs and Services. She read topic specific articles which were recorded onto tape, copied, and distributed to over 75 families whose needs were related to visual impairment or literacy issues.

This past month, I asked Vicki to be the first in what we hope will become a tradition – featuring a COA volunteer each month in Volunteer Corner. We hope you enjoy this idea. This is what Vicki shared with me:

When I was growing up, my Mother always told me to try to help others whenever I could. This was also how my Grandmother guided my Mother. I started volunteering when I was about 12 years old. I read to kindergarten classes when the weather was too bad for us kids to go outside for recess.

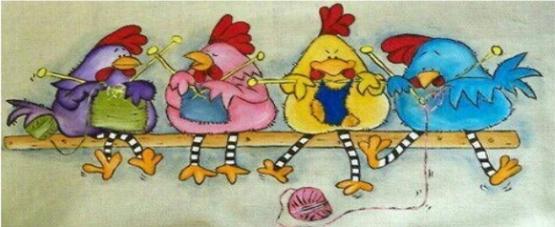
I started volunteering with the Commission on Aging in 1992, reading the Senior Gratiot Newspaper onto tape to keep blind seniors informed about our activities. It wasn't long before I was answering the phones at the front desk. I thoroughly enjoyed both volunteer activities.

Now, I volunteer on the Senior Gratiot Newspaper Prep Team where we label, fold and tape the paper for mailing. I also am a member of the Cards Team and I still volunteer at the front desk. Being associated with COA is a point of pride for me. I

feel good knowing I am helping where and when I can.

I hope others will see how great it is to help others. We all have skills and talents that can be volunteered. The bonus is that you get the chance to meet wonderful people and to make new friends while helping others. There are so many volunteer roles at COA. I know there is one that will fit you perfectly!

At the end of my conversation with Vicki, I asked her if she has a philosophy that guides her life. She told me the story about when she and another family regularly attended 'the weekly .50 cent movies' in Mt. Pleasant several years ago. Several movies were listed in the newspaper. One of the group's children closed their eyes and dropped a finger on the list. One week the finger pointed to the movie "Pay It Forward". Vicki said that movie caught her philosophy of life in one sentence. Pay it forward. She realized *that was what my Grandmother taught my Mother and my Mother taught me. We all need acts of kindness in our lives. Most often we can't repay those kindnesses that were given to us; but we can pass kindness on to others. Pay it forward!*



Our Knitters and Crocheters Need Yarn Donations

Sue Koch, 989-875-5346

Our supply of donated yarn is dwindling. Commission on Aging Mitten Makers/Hats Galore knitters and crocheters can put your unwanted yarn to a good use. We knit and crochet hats, headbands, scarves and mittens for Gratiot County youngsters' ages newborn through second grade. We also provide hats and headbands to individuals experiencing hair loss due to illness or medical treatment.

During the last week in October, we make our deliveries to elementary schools throughout Gratiot County, to non-profit agencies who serve youngsters, and to those serving patients experiencing hair loss. By the end of October, our team of knitters and crocheters will begin the loving task of knitting and crocheting for the 2019/2020 winter season. Please drop off yarn donations at Commission on Aging located at 515 S Pine River Street in Ithaca.

Are you interested in becoming a member of our team? The Mitten Makers/Hats Galore team meets the 3rd Saturday of each month (except during November and December) from 10 a.m. - 2 p.m. We break for lunch at noon. Please bring a lunch. Beverages are provided. Refrigerator and microwave available. For more information, please contact Sue Koch at 989-875-5346. Thank you.

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

Commission on Aging staff are well placed to hear the joyful voices of our Card Team members who spend Monday mornings each week at our Ithaca office creating new greeting cards from recycled cards. The team's hard work is meeting its purpose of offering 'made especially for you' Greeting Cards for a suggested donation of .25 cents each. The cards are displayed in greeting card racks in our lobby during regular business hours 8:00 a.m. – 4:30 p.m. Monday through Friday except holidays.

We are grateful to COA volunteers, Great Place Skill Builders and EightCAP volunteers who have given the recycled greeting cards new life. We welcome donations of crafting supplies including glue sticks, card stock paper (all colors, including white and cream), envelopes, embellishments, stickers and scrapbook cutting tools.

It is with pleasure that we are announcing the following dates when holiday cards will be available for the following holidays:

Halloween Cards will be available Monday, September 17th, through October 31st.
Thanksgiving/Fall Cards will be available October 22nd, through November 21st.
Winter Holiday Cards will be available November 12th, through December 21st.
New Year Cards will be available December 3rd through January 16th.

A variety of other greeting cards are available throughout the year such as: Birthday, Friend, Get Well, Sympathy, Thinking of You, Congratulations, Secret Pal, Graduation and others.

Please call Sue Koch to learn more about becoming a member of the Cards Team.

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!

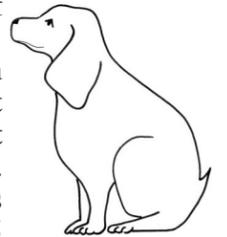
Come and join Deb from Brush with Bravata and learn to paint. This class is offered only at the St. Louis Senior Center, 1329 Michigan Ave., St. Louis. Class fee is \$10.00 and all materials are supplied. You will be painting on a wood pallet which is prepared for you.



Above is September's project. This class is offered every second Tuesday of the month from 1:00-2:30 p.m. A different picture is done each 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 8th, October 29th, and November 12th 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

September 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2		4 12:00 Lunch 1:00 Senior Center Board Meeting	5 11:00 Coffee & Donuts 12:00 Birthday Lunch 12:45 Bingo	6 10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	7 11:00 Puzzles 12:00 Lunch 12:30 Grandma Moses Day	8
9 	10 11:00 Puzzles 12:00 Lunch 12:30 Crossword 6:30 Amer. Leg Mtg.	11 12:00 Lunch 1:00-2:30 Painting With Deb	12 11:00 Coffee & Donuts 12:00 Lunch 12:30 Bingo	13 10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	14 11:00 Puzzles 12:00 Lunch 12:30 Nutrition Prog. "Breckfast Ideas"	15
16	17 11:00 Puzzles 12:00 Lunch 12:30 Crossword	18 12:00 Lunch 12:30 Tuesday Trivia	19 11:00 Coffee & Donuts 12:00 Lunch 12:30 Bingo	20 10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	21 11:00 Puzzles 12:00 Lunch 12:30 Locate An Old Friend Day	22
23 	24 11:00 Puzzles 12:00 Lunch 12:30 Crossword	25 12:00 Lunch 12:30 Tuesday Trivia	26 11:00 Coffee & Donuts 12:00 Lunch 12:30 Bingo	27 10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday 5:00 - 8:00 Harvest Dance, Alma Elks Lodge	28 11:00 Puzzles 12:00 Lunch 12:30 National Good Neighbor Day	29
30						

Gratiot Community Senior Center

By Jamie Bolsby

Dear Friends,

Summer is winding down and fall is fast approaching. For many of us, this is our favorite time of year. Time to turn off the air conditioner and cool your house naturally. Schools are suddenly back in session and another year has begun. There is still time to finish up those summer projects or just take it easy and read a good book in your favorite spot.

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

Our Senior Center Board of Directors will have their monthly meeting on Tuesday the 4th at 1:00. Thank you all for your time and talents devoted to our Center. Remember to come early for lunch.

Join us for our Coffee Café every day from 10:00-2:00 to enjoy coffee, tea, snacks and great conversation. Meet new friends and renew old acquaintances.

Line Dancing is back guys and gals! It's time to kick up your heels and dance to all your favorite routines. Now that you have had the summer off, its time to meet again for exercise that is fun. 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 Wednesday the 5th at noon for lunch, followed by cake and ice cream. We always have a good time playing

bingo after lunch.

Come out and meet Deb and try her new monthly painting class. 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 "Fire Fly Glass." 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.

Fall is a beautiful time of year with all the rich colors of nature. We still have room on our Fall Color Tour to the "Old Mission Peninsula" for a tour and wine tasting on October 16. Check out our trip page to read the complete details and call today to reserve your spot.

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.

Our nutrition program for this month is all about "Breakfast Ideas" on Friday the 14th at 12:30. Don't eat the same foods every day. Learn some great new ideas on how to POWER up your mornings!

Throughout the month I have different word games, problem solving games, 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.

"Action may not always bring happiness, but there is no happiness without action."

---Benjamin Disraeli



Four planes were hijacked. Two flew into the twin Trade Center Towers in New York City, one flew into the Pentagon in Washington, and one was flown into the ground in Shanksville, PA as the passengers on that plane realized what was happening.

On the anniversary of this tragic day, please spend a few minutes reflecting upon this event, remembering those that died and their families and friends. The people who perished were from countries worldwide, but the greatest number were Americans.

Commodity Food Distribution Date

Commodities distribution will be on **September 24, 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.

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 July 12th through August 10th.

General Donations

James & Florence Ann Farrough
Nancy Seeley
Mercantile Bank of Michigan

In Loving Memory

Our Veterans

Bernard & Fran Bessert
Luther Greening
Still Stitching with Susan
Harold LaPaugh
Dan Freed
Jerry Freed
Doris LaPaugh
John Naessens
Marion Acker
Robert Beeson
Joe & Shar Earegood
Norma Searle
Laura Furtaw
Josephine Shepard
Judy Stearns
Francis & Joleen Jones
Yvonne Munico
Jamie Bolsby

In Honor Of

All
Bernard & Fran Bessert
Aggie McNeill
Sheri & Bill McKinstry

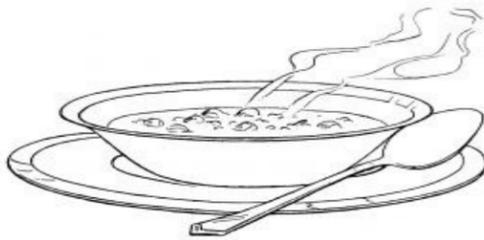
IN LOVING MEMORY



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.



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 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 Romain 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.



2nd Annual Senior Summer Games and Picnic Roundup



Left: The teams as they lined up in the Senior Activity Building.

Below: A view of the room after lunch.

A good time was had by all that attended the 2nd Annual Gratiot County Commission on Aging Food with Friends Senior Summer Games held on August 6th at the Senior Activity Building in Ithaca.

This year, our Senior Summer Games began with an opening ceremony with all the teams walking in holding their team banner as Bob Crist played God Bless America. It was a very moving moment watching and listening to everyone sing along. Thank you Bob!

As we did last year, each Food with Friends site had a team of six people that competed in the Senior Summer Games. Teams consisted of volunteers from each site and each team wore a different color T-shirt, making it easy to identify the team you wanted to cheer on. This year the rain poured on our picnic, so we took our events indoors. It was exciting to watch how the crowd



cheered on their teams! Having fun was the main event of the picnic and if your team happened to win a game, it was even better. This year, Tom Haney from the St. Louis site won the Wet T-shirt contest. Tom really leaned into action to soak the team T-shirt as it hung on the clothesline. Betty Black from the Fulton Township site won the Egg Spoon Walk with an average walking speed of 7.68 seconds all while balancing an egg on a spoon. Nancy Smith from the Ithaca Site won the Bean Bag Toss with a total number of 3 bean bags sunk. Breckenridge won two events this year: the Ring Toss was won by Carol Vogel as she



Jo Jones and Bob Crist

had a total number of 3 rings and Less Sheldon and Duane Kruth won the water balloon toss contest by being the last team to toss and catch their water balloon without breaking it. This year we had a closing ceremony where ribbons were presented to the individual winners and a trophy was presented to the Breckenridge site for winning two of the five events. After all the exciting games ended, we feasted on Hot Dogs, Carrots, Chips and Watermelon.

We would like to thank all the volunteers that helped make the Senior Games a success. The Food with Friends Picnic T-shirts were very popular and many people asked to buy them, so we are taking orders through the five Food with Friends sites or at the Commission on Aging office. The cost of the T-shirt is \$12.00 and must be paid for at the time of ordering. If you have any questions, you can contact Cathy Yourchock, Nutrition Coordinator at 989-875-5378.



Wet T-Shirt Contest underway

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.

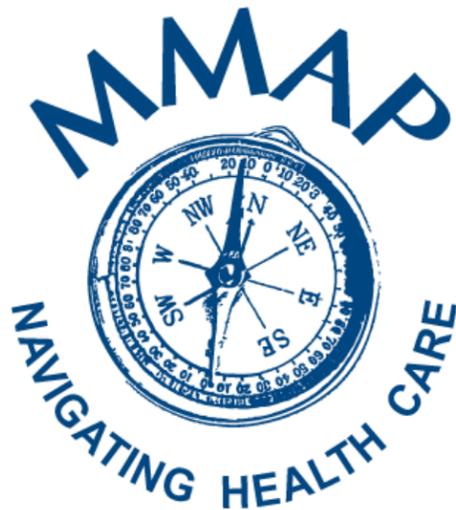
During the Open Enrollment Period, the MMAP (Medicare/Medicaid Assistance Program) at the Gratiot County Commission on Aging can assist Medicare beneficiaries who reside in Gratiot County in researching Medicare Plans to find which plan will work the best for you for 2019. It is suggested that if you 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, September 10, 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**



2nd Annual Ithaca All-School Reunion

Date: Saturday, October 13, 2018
Time: Noon - 3:00 p.m.
Place: North Elementary Gym
Cost: \$2.00, No pre-registration, Open to all
Food: \$5.00 Sack Lunch (Sub - Ham or Turkey, chips, cookie, water) or bring your own lunch. Proceeds of Lunch go to the IHS Softball Team
Short Program: 2:00 p.m.
Alumni Choir: Contact Janet (Brown) Wedell, jkent555@comcast.net



Senior Activity Building Donations

THANK YOU for your gifts received by the Senior Activity Building from July 12, 2018 through August 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
Charles Smith Family Reunion
Burch/Martin Family Reunion
Beard Family Reunion

GIFTS in GRATITUDE to SAB
By Fred & Helen Hoard
Jo Jones
Dolores Lombard
George & Kathy Vojtas
Howard & Nancy Crites

In MEMORY of CHARLES TEEGARDIN
By Joyce Beard
Willowdean Cassady

In MEMORY of MIKE BANEY
By Jack & Betty Hunicutt

In MEMORY of DONALD PETERS
By Dolores Lombard

In MEMORY of BERDELLA DEITRICH
By Judy Bovee

In MEMORY of REVA RUMMER (and requested by her Family to Also be in HONOR of JO JONES)
By Dolores Lombard
Joan Cook
Linda St. Charles (flowers in Memorial Garden)

In MEMORY of RICHARD SHOWALTER
By Joyce Beard

In MEMORY of HARLEY SMITH
By Donna Smith



Above: July Birthdays were celebrated by (seated) Charlie Lott, (standing) Alice Gavenda, Wanda Whitaker, George Vojtas, and Sheri Eby
Right: Preparing for the July Cookie Sale are Joyce Raycraft, Pam Klein & Bill DeVuyst



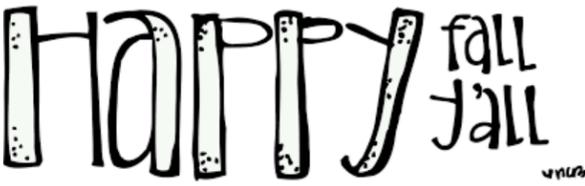
Fun Times at SAB in Ithaca

Above: Marty Wieferich, Jean & Clare Bare (backs to camera), and Marilyn Green share time with Linda St. Charles at her birthday celebration.

Senior Activity Building

September 2018

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM Building opens, coffee is ready 10:00 AM Visits, news, games, activities 12:00 PM Monday-Friday, Food With Friends Noon Meal; Call in your reservation to 875-2135 Wanda's Walk is available daily as well						1 <u>11:00 – 1:45</u> Building open 12:15 Family Potluck
2		4 Cookie orders Due today 9:00 EZ Motion 10:30 Cribbage 7:00 VFW Post 7805	5 <u>Noon</u> 40 year party FWF & Jo 1:00 Dominoes 1:00 Horseshoes	6 9:00 EZ Motion 10:00 Golf games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	7 11:30 Blood Pressure Checks by Joyce Raycraft 12:00 September Birthday Party	8 8:30 Pancakes for the volunteers 9:00 Building Clean up
9	10 11:50 Nutrition "Importance of Making Wise Food Choices" 7:00 Dulcimers	11 9:00 EZ Motion 1:00 Progressive Euchre	12 Cookie Sale 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow	13 9:00 EZ Motion 10:00 Golf games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	14 1:00 -3:30 Friday Cards with Jack & Avis Ginther	15 12:30-2:30 Euchre Tournament at Ithaca Fall Fest
16	17 12:30 Bob Crist's piano music 1:20 Bob's Sunshine Gang at Arbor Grove—Alma	18 9:00 EZ Motion 10:30 Cribbage 1:15 Senior Activity Building Board meeting	19 1:00 Dominoes 1:00 Horseshoes 1:00 Visit Log Cabin 7:00 A Tractive Tractor Club	20 9:00 EZ Motion 10:00 Golf games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	21 Young Senior Day Bean Bag Toss	22 
23	24 11:45 Quilted Jackets modeled 12:45 Craft group meets	25 9:00 EZ Motion 1:00 Progressive Euchre	26 1:00 Dominoes 1:00 Horseshoes 4:00 Dynamic Duo 5:00 Bob Crist's Birthday Supper	27 9:00 EZ Motion 10:00 Golf games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling 5:00 Harvest Dance, Alma Elks Lodge	28 1:00 - 3:30 Friday Cards with Jack & Avis Ginther	29
30						

Senior Activity Building & Food with Friends News

By Jo Jones

Our Fall Schedule is off to a busy start in September! Please be sure to mark the dates that are important to you on your personal calendar. Then, call for your reservations for meals. It is never too early to reserve your place around our Food With Friends dinner tables. You are always encouraged to come often. The number to call anytime (answering machine likes to receive calls too) is 875-2135.

Our September 12th Raspberry filled Cookie Sale orders are due on Tuesday, September 4th. The suggested donation is \$5.00 for a baker's half dozen or \$10.00 for a Baker's dozen, payable upon delivery or pickup. All the VOLUNTEER effort and all of the ORDERS from faithful supporters have made this new fund raiser possible and profitable. We appreciate your continued support for the past 25 years of Sub Sales. **The date of the Cookie Sale is Wednesday, September 12th.** Preparations will be done on Tuesday the 11th.

At noon on Wednesday, the 5th, all 2nd and 3rd generation Food With Friends Seniors and Jo will celebrate 40 years of enjoying Ithaca Food With Friends. If your parents or grandparents attended Ithaca Food With Friends during the past 40 years, you are **one** of our special 2nd or 3rd generation Seniors. We want you to join us for lunch and memories today. Call 875-2135 TODAY!!!

Now we will look ahead to Mondays. The 3rd is Labor Day, so the Building is closed and there will be no Food With

Friends meal today. There will be no Bingo in September. We hope to get a fresh start in October. Just For Fun Dulcimer Club meets from 7 to 9 on September 10th. You are most welcome to come to enjoy their music.

Our nutrition topic is "Importance of Making Wise Food Choices." The time for this discussion is at 11:50 on the 10th.

Bob Crist will tickle the piano keys at 12:30 on the 17th before **Bob's Sunshine Gang** goes to Arbor Grove in Alma to join their residents with a sing-a-long. We'll return to the Building for our ice cream sundaes.

At 11:45 on the 24th, Joan Spear's students in last year's **Quilted Jacket class** will model their jackets. The Craft group will be meeting to make plans for the next few months at 12:45.

On Tuesday, the 4th and the 18th, **Cribbage** will be at 10:30. **Progressive Euchre** is at 1:00 on Tuesdays, September 11th and 25th. Blue ribbon winner was Tom VanAlstine and Dennis Sierakowski was the Red ribbon winner.

EZ MOTION will be at 9:00 on Tuesday and Thursday mornings. We use a variety of DVDs and videos that are designed for the Senior population. Do come to stretch and exercise (mostly in a chair) with others who do find they benefit from participating.

Your **Senior Activity Building Board** has a 1:15 P.M. meeting scheduled on September 18, 2018. Our Nominations committee will post the names of Class of 2021 nominees at the Building and in the October Senior Gratiot. We do expect our Board members to actively participate in the operation and direction of our Senior Activity Building. The commitment of time and talents by Board members over the

past years has been an example and an encouragement to the many volunteers who have also donated their gifts, time, and talents.

Each Wednesday you will find **Dominoes** and **Horseshoes** at 1:00. On the 19th, we are invited to visit the **Log Cabin** located behind the Museum. The time is also at 1:00. Linda Weburg will provide the guided tour.

Bob Crist and Kevin Smith—The Dynamic Duo will be providing an hour of great music and sing a long on the last Wednesday in September at 4:00. Celebrate Bob's birthday with music and dancing followed by a **Chili** supper at 5:00. We ask you to sign up for this special celebration and to let us know if you will be providing chili, cheese, crackers, or dessert. Thanks!

Golf games are on the schedule each Thursday at 10:00. Joyce Raycraft's enjoyable piano **music** on Thursday mornings finds several Seniors singing or humming along. Join the competition and laughter at **Wii Bowling** each Thursday at 1:00. No experience necessary! Just show up!

Joyce Raycraft, our Volunteer nurse, will check your **blood pressure** beginning at 11:30 on the 7th. At noon we will honor our Seniors who have a **September birthday**.

Friday Cards (which includes bridge) will be on the 14th and 28th from 1:00 until 3:30. Volunteers Jack and Avis Ginther will help you to join one of the games. The suggested donation for the afternoon of enjoyment is \$0.25, the same as it is for Progressive Euchre, Horseshoes, and blood pressure screening. You will find these donations listed under the Crystal Jar donations each month.

The third Friday is designated as **YOUNG SENIOR DAY**. If you can only come to eat with us at Food With Friends once a month---please make a reservation for September 21st.

You will see our **Annual Building Clean Up** is on Saturday, the 8th. Pancakes for the Volunteers will be ready at 8:30. The work begins at 9:00. Please sign up to let us know if you will be able to help with this project.

A **Euchre Tournament** is scheduled to be a part of the "Ithaca Fall Fest" in Ithaca on Saturday the 15th from 12:30 to 2:30. It is to be held in the old Beebe Building. More details will be available after Labor Day.

We encourage you to bring some of your family members with you to our monthly **Family potluck on September 1st** (Labor Day Weekend). You do not need to sign up for this activity. Thanks for remembering to bring your own table service. Thanks also to our generous cooks! We know that it takes several dollars to provide the delicious dishes that make the potluck so special. For those who donate cash, consider what it takes to buy the ingredients to prepare a casserole, salad, or dessert. Your monetary donations help to supply the energy that we use while enjoying the Senior Activity Bldg.

Our **cool, air conditioned** 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 daily express our THANKS and appreciation to Linda for being our most reliable, friendly, caring, and artistic "Good Morning" friend! Linda would like to extend a thank you for the wonderful celebration on her birthday.

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.

September Movie at COA: "Middle School: The Worst Years of My Life" Wed., Sept. 26, 1:30 p.m.

This animation-comedy movie centers around a middle school artist whose sketchbook is destroyed by the principal. The artist and his best friend decide to break every rule in the school's Code of Conduct. Please join us for an afternoon of enjoyment at the COA, 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!

What to Expect in the Early Stages of Dementia!

By Sherri Florez

In the early stage of Dementia, most people function independently. He or she may still drive, take part in social activities, volunteer and even work. Your role as care partner is an important one: to provide support and companionship, and help plan for the future.

"Early stage" refers to people, irrespective of age, who are diagnosed with Dementia or a related disorder, and are in the beginning stage of the disease. The early stage of Dementia can last for years. A diagnosis of early stage Dementia doesn't just affect those with the disease; it affects everyone who loves and cares about the individual. You may be unsure of where to go for information, anxious about what to expect as the disease progresses and concerned about your ability to support the person living with the disease. These questions and feelings are normal.

With an early diagnosis, you and the person with Dementia now have the opportunity to make decisions about the future together, including legal, financial, and long-term care planning. The person living with Dementia can take advantage of available treatments, participation in clinical trials and you both can benefit from local resources and support services. Being able to take advantage of all these benefits can reduce anxiety about the unknown and lead to better outcomes for everyone involved.

One of the greatest challenges caregivers face is not knowing how much assistance to give or when to give it because the person with early-stage Dementia is primarily independent with dressing, bathing, walking and may still drive, volunteer or work. The most difficult tasks may involve managing a daily schedule or household budget. As a caregiver, your support with these everyday tasks can help the person with dementia develop new coping strategies that will help to maximize his or her independence. Every relationship is different, but finding balance between interdependence and independence may increase confidence for both of you.

To help you determine when and how to provide the most appropriate support to a person living in the early stage of dementia, consider these tips used by other caregivers:

Safety first: Is there an immediate safety risk for the person with dementia to perform this task alone? If there is no immediate risk of injury or harm, provide encouragement and continue to provide supervision as necessary.

Avoid stress: Prioritize tasks or actions that do not cause unnecessary stress for the person with dementia. For example, if you know that grocery shopping will be frustrating for the person with dementia, ask for their participation to outline a weekly menu and organize a grocery list.

Make a positive assumption: Assume that the person with dementia is capable of completing the task. If you sense frustration, try to identify the cause of the frustration before intervening. Focus on his or her current needs, rather than dwelling on the future.

Create a Help Signal: Identify a cue or phrase that you can use to confirm if the person with dementia is comfortable receiving support. For example, you may agree to use a phrase like, "Is there anything I can do to help?" or a nod to signal that it's ok to chime in if the person with dementia is having difficulty remembering a word or name.

Talk it over: The best way to determine how and when to provide support is to ask directly. Ask the person with dementia what they need or the frustrations they may be experiencing. Talk about it, then make a plan.

Work better together: Find activities to do together and keep the conversation going about expectations for how you will provide support. Check in regularly by asking the person with dementia if you are providing a level of assistance that is comfortable or adequate. Focus on the person's strengths and how they can remain as independent as possible, and establish a strong channel of communication. Consider ways to work together as a team.

Providing support to a person living with Dementia or a related disease is an ongoing and sometimes emotional process. As caregiver, you may be feeling overwhelmed by emotions that range from fear to hope. Emotions may be triggered by thoughts about how this diagnosis will impact your life, but also the anticipation of future challenges. Learning to recognize your emotions may help you move forward and help the person with dementia live the best life possible.

The following is a list of emotions you may experience as the caregiver:

Denial: The diagnosis may seem unbelievable or difficult to accept. Short-term denial can be a healthy coping mechanism that provides time to adjust, but staying in denial too long can prevent you and the person with the disease from making important decisions about the future. It also can delay his or her ability to live a quality life. If you are experiencing denial about the diagnosis, your ability to help the person with dementia will be hampered until you can come to terms with the diagnosis yourself.

Fear: Fears about the progression of the disease and the challenges in providing future care can be overwhelming and can prevent you from focusing on the present.

Stress/Anxiety: Uncertainty about what to expect as the disease progresses and how to support the person with the diagnosis can lead to increased stress.

Anger/Frustration: Anger towards the diagnosis is a common response to feeling a loss of control over the future. You may be feeling resentment about how your role as a care partner will impact your life.

Grief/Depression: Sadness or a sense of loss over your relationship may also lead to feelings of hopelessness. Learn about symptoms of depression.

An early diagnosis allows time for adjustment and transition for all parties involved. If you suspect you are seeing symptoms, open communication with your physician may assist in an early diagnosis.

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.



West Gratiot
By Cindy Simons

August birthday greetings went out to Garold Browne, Arvella Divelbiss, Joyce Hyden, David Martin, Tom VanAlstine and Lester VanHorn.

The annual Senior Summer Games and Picnic were great fun! Thanks to Jo Jones and Cathy Yourchock for organizing the event, and the Ithaca site for hosting.

We have many people to thank for sharing their talents and knowledge with our congregate attendees. An explanation of the millage proposals on the ballot was very beneficial last month. We extend a thank you to Mark Duflo-Gratiot County 911, Jen Cook-COA, Dan Morden-Emergency Management, and Kasey Zehner and Jim Wheeler-Greater Gratiot Development for taking time to visit our site and answer questions.

Carol Douglas and Joan Mulder gave an extremely informative presentation on resources available through the Gratiot Genealogical Society, in Ithaca. They encouraged us to visit their location to gather historical information about our own families and the Gratiot County area.

Jim Goodspeed, a Gratiot Historical Society board member and Fulton teacher, presented information on "German Prisoners of War in Mid-Michigan, 1944 - 45". Jim also gave an introduction on a special project his Fulton High School Students completed, "50 Veterans in 50 Days".

Donna Mason is thanked for the many items donated to the Saginaw Veteran's Hospital. This is an ongoing project to help show an appreciation to former United States service men and women. Donations might include puzzles, activity books, personal care items and socks.

Now, here are activities coming up in September:

We will celebrate the September birthdays and anniversaries on Wednesday and Friday, the 12th and 14th. We'll have fun with wrestling Trivia on Friday, the 14th and Apple Day on Wednesday, the 19th.

An Autumn craft will help prepare for the Good Neighbor Day activity. Yes, Fall is arriving soon! We look forward to Natasha returning as our guest caller for BINGO.

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

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

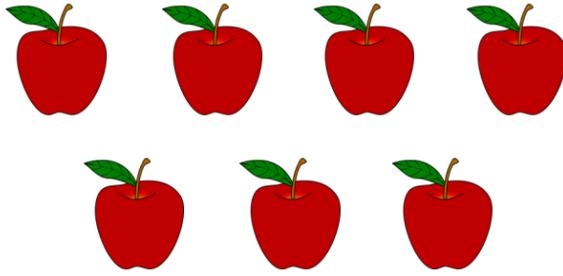
West Gratiot Highlights

- 3 **Closed** - Labor Day
- 7 Nutrition & Wellness Topic
- 12/14 Birthday & Anniversary Celebrations
- 14 Wrestling Trivia
- 19 Apple Day
- 24 Autumn Craft
- 26 BINGO with Natasha - Schnepf Representative
- 27 Harvest Dance, Alma Elks Lodge
- 28 Good Neighbor Day

Continued

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

Hard to believe Fall is fast approaching. But it is a beautiful time of year with all of the great fall colors and activities. We have many things planned for the Breckenridge food site in the coming months and we hope everyone will come and join us for a few of them.

The Breckenridge Food with Friends will be closed from September 7 through September 21, 2018. This is due to a staffing shortage while Pat is off. We apologize for the inconvenience and hope to see you at one of the other sites while Pat is away.

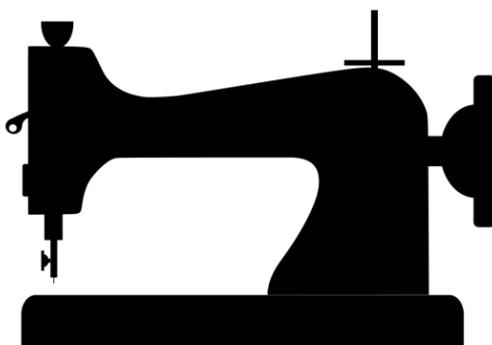
Ceramics will be the 2nd Monday of each month beginning October 9. The cost will still be \$10.00 and all materials will be included. Please call to sign up. Also, we will be starting to work on lap quilts again on Sept 26th. We have had a small sewing machine donated to us to use at the site. Our goal is to have at least 25 quilts to donate later this fall. If you would like to help with this project, please give us a call. Everyone is welcome.

The end of August we took all of the donated items down to the VA hospital in Saginaw. We will be continuing to collect items so that we can donate again the first part of December. We appreciate and will accept all donations of personal care products, pens, note pads, puzzle books etc.

Here are other activities for September:

- 3 **Closed** for Labor Day
- 5 Ice cream sundaes
- 7-21 **Site Closed**
- 24 Nutrition Education
- 25 Bingo
- 26 Lap Quilts
- 27 Ask the Chief of Police Question Day
- 27 Harvest Dance, Alma Elks Lodge
- 28 Knit and Crochet Fun

We play Euchre most mornings as well as other games. Come join us for some lunch, fellowship and good times. Everyone one is always Welcome! Just give us a call and sign up for lunch or one of our activities, 842-3338.



Greetings from Fulton
By Irene Noffsinger

Can you believe it? We are once again heading into fall. I love fall, but I am not quite sure I am ready to give up summer yet.

Mark your calendars. We have our very own day this month. The first Sunday after Labor Day has been signed into proclamation on August 3, 1978, as National Grandparents Day. The purpose of our day being, to honor Grandparents, to give grandparents a chance to show love to their grandchildren, at the same time helping children to become aware of the strength, knowledge and guidance that older people have to offer. We have our own song, A Song for Grandma and Grandpa, by Johnny Prill. We also have our own flower, the Forget Me Not. I don't know about you, but I have really loved being grandparent and great grandparent. I believe they are the gift we have received for having raised children.

Please join us for lunch and also for a short Senior Outreach seminar on September 21st at 12:30. Walgreens Store Manager, Steven Creasy CPht, will discuss Immunizations, Diabetes Management, Blood Pressure, and Medication safety. If there are any topics you would like to discuss, please call me at the Fulton Senior Center, so that I may let him know.

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.

- 9-3 **Labor Day Closed**
- 9-5 Lunch/Phase Ten
- 9-7 Lunch/Euchre
- 9-10 Lunch/Cards
- 9-12 Lunch/Hot Fudge Sundae day
- 9-14 Lunch/Euchre
- 9-17 Lunch/Cards
Nutrition Education
- 9-19 Lunch/Cards
- 9-21 Lunch/Senior Outreach/Cards
- 9-24 Lunch/Cards
- 9-26 Lunch/Phase Ten
- 9-27 Harvest Dance, Alma Elks Lodge
- 9-28 Lunch/Euchre



FULTON SENIOR CENTER DONATIONS

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

Darrell Harlow for the wonderful produce you shared with us.

SENIOR GRATIOT NEWSPAPER DONATIONS

These people generously donated \$157.00 to the "Senior Gratiot" Newspaper contribution fund from July 15, 2018 to August 16, 2018. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

JoAnne Hayward
Rose Hubbard
Dorothy Martinka
Stanley Glowacki
Rosemary Buhl

IN MEMORY OF

**CHARLES & ANNA MALEK
JERRY MALEK**
By Joe & Ruth Malek

DON PETERS
By Alma Moyes

KEN LIVERNOIS
By Nancy Francetic

**HARRY B. TRIPP
BERNARD OCKERT**
By Beverly Tripp



**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.

Larry Trexler
Fern Hendon
Lynne Ludy
Josephine Shepard
Lincoln Rd United Methodist Church
Linda Ortiz
St. Louis Correctional Employees Casual Day Participants

IN MEMORY OF

LOIS SHULTZ
By Darcy Hodges

JOHN NAESSENS
By Darcy Hodges & Donna Howe

JERRY FREED
By Zelda & Karel Whitfield

REVA RUMMER
By Debra Smith

KAREN MARR
By Medler Electric Company
Teresa & Mark
Cindy & Keith Porter
Susan & Kevin Lupo
Julie & Joe Earegood
Chris & Joe Naimo
Karen Romine

GAIL HELMAN
By Denise Sedonio

JIM WELLER
By Howard & Mary Kenney
Joan Sparks & Family
William & Marleen Foster
Garla Zelinski
Susen Boyer
Stella VanWald
Don & Deanna Leslie
Larry & Pat Houlden
Dan & Myrna Weller
George Linda Weburg
Dianne DesRochou
Daniel Kenney
Greg & Elaine Flegel
Ron & Janet Davis
Glen & Carolyn Winsor
Eldon & Janice Helman

CHARLIE TEEGARDIN
By Dennis & Debra Smith

NORMAN HANUS
By Janet Hanus

**REVA RUMMER
CHARLIE TEEGARDIN
DICK SHOWALTER**
By Gene & Pat Pitcher

**JOAN ACTON
JAMES AUSTIN
ELAINE JOY FLEGEL
JULIA KRESS
RICHARD ROSLUND
ROBERT SCHAEFFER
NORMA SEARLE**
By Gleaners Harmony Arbor #273



RUTH NAGEL
By Terry & Linda Nagel & Family
Stuart Nagel & Family

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

**DOROTHY SMITH
WILMA ANDREWS
DON PETERS
MARIE NICO
BARB READ**
By Darvis & Pam LaVoy



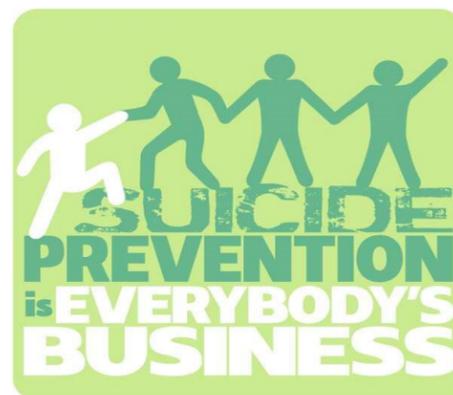
Suicide Warning Signs & Risk Factors Everyone Should Know

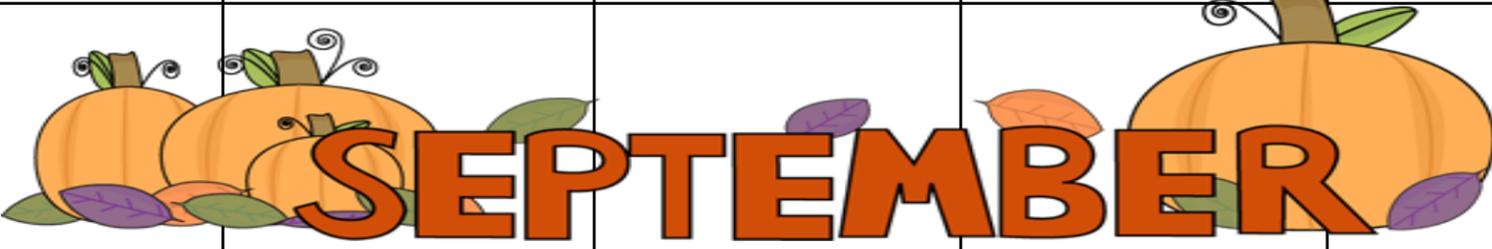
The warning signs before suicide aren't always clear, nor are they universal or from a single cause. Still, across the board, mental health experts say certain behaviors should not be ignored.

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).



Monday	Tuesday	Wednesday	Thursday	Friday
				
3	4	5	6	7
	Tuna Noodle Bake Carrots Tossed Salad Fruit Cocktail Wheat Bread	BBQ Meatballs Corn Caulif/Cabbage Salad Applesauce Wheat Bread	Classic Meat Loaf Squash Cucumber Salad Peaches Wheat Bread	Summer Chicken Salad Carrot Sticks Amish Potato Salad Mandarin Oranges Hamburger Bun
10	11	12	13	14
Pork Chop w/ gravy Baked Apples Whipped Sweet Potatoes 24 Hr Cabbage Slaw Wheat Bread	Cabbage Roll Casserole Corn Tossed Salad Rice Pudding Wheat Bread	Lemon Pepper Chicken Company Potatoes Beet Salad Pears Dinner Roll	Spaghetti Peas Tossed Salad Peaches Garlic Toast	Macaroni & Cheese Green Beans Fruited Cole Slaw Fresh Orange Wheat Bread
17	18	19	20	21
All American Hamburger Au gratin Potatoes Tossed Salad Apricots Hamburger Bun	Swedish Meatballs Whipped Sweet Potatoes Cucumber Salad Peaches Wheat Bread	Beef Stroganoff Beets Coleslaw Pears Wheat Bread	Turkey Stew Brussel Sprouts Multi Bean Salad Mixed Fruit Cup Biscuit	Roast Pork Whipped Potatoes/Gravy Tossed Salad Cranberry Mousse Wheat Bread
24	25	26	27	28
American Goulash Green Beans Tossed Salad Pears Wheat Bread	Sliced Turkey Whipped Potatoes/Gravy California Blend Veggies Peach Crisp Wheat Bread	Paprika Baked Chicken Oven Roasted Potatoes Crunchy Pea Salad Pineapple Gelatin Wheat Bread	Chili Baked Potato Broccoli Citrus Salad Fruit Cocktail Corn Bread	Potato Crunch Pollock Redskin Potatoes Scandinavian Vegetables Whole Grain Cookie Wheat Bread

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

AUGUST 2018 PREP TEAM VOLUNTEER THANK YOU

Our thanks to these 12 volunteers who devoted 32.25 hours folding, labeling and taping the August Issue of Senior Gratiot Newspaper.

Ruthie Malek, Lisa Skaryd, Jim Peck, Helen Hoard, Sondra Schaub, Nancy Crites, Linda Cox, Vicki Bertoni, Doris Edgar, Dorothy Rhines, Martha Seiler, Sally Martin



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