

JULY



Commission on Aging Hosts 3rd Annual Food with Friends County Wide Senior Summer Games



The Gratiot County Commission on Aging is holding its Annual Food with Friends County Wide Senior Summer Games. The Senior Summer Games will take place during a picnic on Monday, August 5, 2019 at the Atkinson Senior Park next to the Senior Activity Building, 1011 E. North St., in Ithaca. Each Food with Friends site will have a team of six participants that will compete in fun lawn games. The games will include a Water Balloon Toss, Egg Spoon Walk, Bean Bag Toss, Ring Toss, and a Wet T-Shirt Contest (T-Shirts hung on a clothes line that are soaked by team members using a water sprayer). The games will be played from 11:00 a.m. to 12:00 p.m. At Noon lunch will be served. The lunch menu is hot dogs, potato chips, baby carrots and watermelon. Come on out and cheer on your team as they compete in the Senior Summer Games and stay for lunch. For your comfort we ask that you please bring your own lawn chair to the picnic as you watch your team compete.

If you wish to compete in the games, you must be on a team. To be on a Food with Friends team, please call the site you wish to represent; Ithaca, Jo Jones, 875-2135, St. Louis, Alyssa Bowen, 681-4341, Breckenridge, Pat Schultz, 842-3338, Fulton Township, Irene Noffsinger, 236-5019 or West Gratiot, Cindy Simmons, 833-7624.

We hope you take this opportunity to enjoy the warm summer breezes, good food, fun and enjoying the company of friends. There is a suggested donation of \$5.00 which includes the cost of lunch. To make reservations for the picnic, please call your local site or the Gratiot County Commission on Aging Kitchen at (989) 875-5332 by July 19, 2019. All Food with Friends sites will be closed on August 5, 2019 so all of the site managers and participants from the five sites throughout the county can attend the picnic. Hope you will join us at the picnic and enjoy the summer!!



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

July, 2019
Volume XLIV
Number 7

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

OUR GRATITUDE TO ASHLEY WOMEN'S LIFE GROUP

Sue Koch Coordinator of Volunteers 989-875-5346

Regular readers of the Senior Gratiot Newspaper will recognize the name of this group of thoughtful, kind and generous community members. We are again recognizing the Ashley Women's Life Group for brightening the day of our Home Delivered Meal recipients. Sandy Wilson and members of her group prepared attractive gift bags of nutritious foods and snacks which accompanied a day's Home Delivered Meals during May. A pretty special group of ladies. Thank you so very much.

Thank You!



Pictured above is the Home Chore, Home Repair crew with the new snow blowers they were able to put to good use this winter. The new equipment allowed the crew to serve the seniors of Gratiot County better. The Commission on Aging would like to thank the Gratiot County Community Foundation for the grant that allowed this purchase to occur.



Like Gratiot County Commission
on Aging On Facebook & Twitter



VOLUNTEER CORNER

~With Sue Koch, Coordinator of Volunteers



Driver Safety Refresher Course

AARP SMART DRIVER COURSE

Sue Koch Coordinator of Volunteers
989-875-5346

Gratiot County Commission on Aging is pleased to announce the return of the Smart Driver Course offered by AARP lecturer, Cindy LaBelle, on Thursday July 18, 2019. **Registration begins at 8:15 a.m.** The cost for the class is \$15 for an AARP member or \$20 for non-members. AARP members please bring your AARP Membership Card. Payment for the class is by personal check made out to AARP or may be made in cash. Payment is due the day of the class. The course takes place within the classroom, not behind the wheel of an automobile. The lecture begins at 8:30 a.m. and is completed at 5:00 p.m.

Why take the AARP Smart Driver course?

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

Lunch break is one-half hour. For your convenience you may purchase a hot lunch from the COA kitchen for a suggested donation of \$2.50. The menu includes beef and noodles, squash, coleslaw, pineapple gelatin, wheat bread and white milk. Or you may bring your own lunch. A microwave and refrigerator are available. Beverages will be provided by Commission on Aging. COA is wheelchair accessible. Restrooms are located adjacent to the classroom. Please dress for comfort. A light jacket or sweater may be needed if you are sensitive to air conditioning.

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



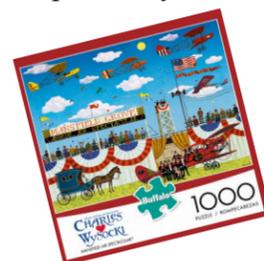
RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch,
Coordinator of Volunteers
989.875.5346

There has been a good deal of laughter recently in our Lobby Nook and it is fun to hear. When Kitchen Home Delivered Meals packing volunteers, Ruthanne and Sondra, are here on Thursdays, their first break is coffee and donuts. Their second break is the Nook's puzzle table. In May, someone began a candy bar puzzle. Ruthanne and Sondra became fascinated. It stimulated lots of conversation as candy bars from generations ago popped up while puzzle pieces fell into place. Other candy bars featured in the puzzle are still popular today, but their graphics have changed. Many pretty much look the same today. Funny that we remember from our childhoods not only their delicious taste, but also that a candy bar cost just a nickel back in the day.

Today the puzzle is the image of Charles Wysocki's *Root Beer at the Butterfield's*. As puzzles go, it is a smaller puzzle with larger pieces. It's colorful and bright. A beautiful New England well-kept seaside wood shingled cottage named *FULL SAIL* is nestled on the sandy beach. Blue shutters are in place. Tidy window boxes are filled with yellow and red flowers. A small weathered white and red row boat named the *Smile* sits in the golden sand. A flag pole is flying the Stars and Stripes with a secondary flag proclaiming *LIBERTY*. Seagulls and other shore birds are plentiful. A dilapidated picket fence still stands upright. Front gate wide open. Six kites with tails dangling are hanging from the fencing. The kite makers have placed their names on each homemade kite – Hanna, Caleb, Teddy, Zach, Jesse and Sarah. Off to the right another kite is still aloft while tethered to a fence post. A large bell is mounted on a tall white free-standing four-legged structure. It resembles a life guard's station of days gone by. Above, a weathered tree stick holds the banner *The Nantucket High Flyers Club*.

Remember our Nook for puzzles, books (including cookbooks), magazines, and laughter with a friend. We invite you to take what interests you. Then pass them along. No need to return what you have chosen from the Nook. You can find simpler times, imagined travel and great adventures in the Nook by opening a book or solving a jigsaw puzzle. Browse and buy from the assortment of greeting cards made especially for you by Commission on Aging volunteers for a suggested donation of .25 cents per card. Our lobby is air conditioned with restrooms conveniently located. Commission on Aging is open Mondays through Fridays 8:00 a.m. to 4:30 p.m. except holidays.



To date,
J&J Party Store
has donated \$7,575.43 to
Gram's Kitchen at the
Commission on Aging!

OBSERVATIONS FROM THE COORDINATOR OF THE VOLUNTEER'S DESK

Sue Koch, Coordinator of Volunteers
989-875-5346

Somewhere out there is a unique place for you to help others – a unique life role for you to fill that only you can fill.

Thomas Kinkade, Painter of Light

When I joined the Gratiot County Commission on Aging team five years ago, then Case Worker, Jennifer Cook, offered me a paperback book entitled **Chicken Soup for the Volunteer's Soul**. I draw on the book from time to time hoping to find the words to encourage others to consider a volunteer role with Commission on Aging. When your unique role is found, recall these lines from Lois Clark Suddath's words of inspiration reminds us that:

I am only one person, but I know one person can and will make a difference in another's life. And if I can do that for someone today, when my head lies upon my pillow tonight, and my eyes close, I will be at peace.



Meet Volunteer Ruthanne Larry:

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

Probably as a child. We would help those less fortunate who need it, especially at Christmas time, which led me to volunteering now.

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

When I lost my husband, I needed to find something to do. I like to be around people and help others.

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

I help pack meals for homebound seniors one morning a week and other times if needed as a substitute.

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

Packing meals to give the seniors a balanced meal and I feel good about what I do for others.

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

I enjoy working with the staff who are really great people. I also like knowing I am doing a good deed.

We appreciate Ruthanne and all of our volunteers for their faithful kindnesses and generosity of spirit and character. There is a unique role for you at our agency.

PATH-DIABETES WORKSHOP

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

WHEN? August 1, 2019 – September 5, 2019 on six consecutive Thursdays.
TIME? 1:00 p.m. – 3:30 p.m.
WHERE? Commission on Aging
 515 S Pine River Street
 Ithaca, MI 48847

WHO WILL BENEFIT FROM THE WORKSHOP?
 Seniors 60 years and older who have Type 2 Diabetes and those of any age who care about someone 60 years and older who has Type 2 Diabetes

HOW WILL THE WORKSHOP BENEFIT ME?
 PATH Diabetes Workshop members will learn:
 * to become active self-managers
 * to understand and manage common symptoms
 * to better communicate with family, friends and health care professionals
 * to eat healthy
 * to maintain a healthy weight
 * to understand the importance of exercise
 * to understand and manage medications
 * to plan for the future by distinguishing between fears and reality

Gratiot County Commission on Aging’s PATH-Diabetes Workshop is supported, in part, by the U.S. Administration on Aging, the Michigan Office of Services to the Aging and Region VII Area Agency on Aging.

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



VOLUNTEER ACTIVITY
July 2019
 Please join us to see what we are about.
 Walk-Ins welcome.
 Sue Koch 989-875-5346

Recycled Greeting Cards Team
 Monday July 1st 9:00 a.m. - 12 noon
 Monday July 8th 9:00 a.m. - 12 noon
 Monday July 15th 9:00 a.m. - 12 noon
 Monday July 22nd 9:00 a.m. - 12 noon
 Monday July 29th 9:00 a.m. - 12 noon

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

Senior Gratiot Newspaper Prep Team
 Thursday July 25th 9:00 a.m. - 11:30 a.m.

Project Fresh 2019 Coupons Still Available

There are Senior Project Fresh coupons still available for this year. The Senior Project Fresh program provides participants with \$20 in coupons that can be used at participating farmers markets. Below is the class date, time, and locations. To sign up for the Senior Project Fresh program, please contact Sarah McClung at the Commission on Aging, 989-875-5286.

Eligibility Requirements:

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

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

Monday, July 15th
9:30 a.m.
St. Louis Senior Center
1329 Michigan Ave, St. Louis

Monday, July 15th
1:30 p.m.
Commission on Aging
515 S Pine River St., Ithaca

Any questions, please contact Sarah McClung at the Commission on Aging at 989-875-5286.

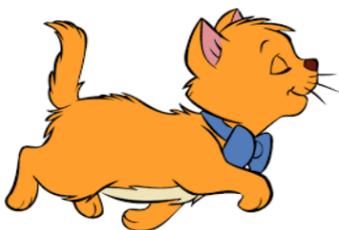


Cat Spay/Neuter Clinics

Sponsored by
G.A.I.N. (Gratiot Animals in Need)

GAIN continues to offer low cost cat spay/neuter clinics for low income individuals, seniors and disabled individuals. Cat spay/neuter of owned cats is only \$35.00 per cat regardless of sex. Vaccinations can be obtained for \$10.00 each. This year we have added a microchip for \$10.00. Our Free Roaming cat program is available for only \$10.00 per cat and includes a free rabies vaccine and a mandatory ear tip. Individuals who are feeding colonies of cats or barn cats can take advantage of this low rate and end the cycle of unwanted kittens. GAIN does have high quality traps available and in some situations will help with trapping if needed. Trapping is done only for the purpose of spay or neuter.

Appointments are required and fill up quickly! Call Marie Green, 989-875-2286 to schedule your appointment.



Clinic Dates:

| | | |
|---------|----------|---------|
| July 8 | Aug. 26 | Oct. 28 |
| July 22 | Sept. 9 | Nov. 11 |
| Aug. 12 | Sept. 23 | Nov. 25 |
| | Oct. 14 | Dec. 9 |



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:

July 2019
Gratiot Community Senior Center, 1329 Michigan Ave., P.O. Box 205, St. Louis, MI 48880
989-681-4341

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 1 11:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo | 2 11:00 Low Impact Exercise 12:00 Lunch 1:00 Board Meeting | 3 11:00 Belly Dance Props 12:00 Lunch 12:30 Bingo | 4 Closed  | 5 11:00 Belly Dance Props 12:00 Lunch 12:30 Euchre |
| 8 11:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo  | 9 11:00 Low Impact Exercise 12:00 Lunch 12:30 Game Day | 10 11:00 Belly Dance Props 12:00 Lunch 12:30 Bingo | 11 11:00 Low Impact Exercise 12:00 Lunch 12:30 On this day in History 2:00 Farmer's Market Bus trip | 12 11:00 Belly Dance Props 12:00 Lunch 12:30 Euchre |
| 15 9:30 Project Fresh 12:00 Lunch 12:30 White Elephant Bingo | 16 11:00 Low Impact Exercise 12:00 Lunch 12:30 Game Day | 17 11:00 Belly Dance Props 12:00 Lunch 12:30 Bingo 1:30 Book Exchange | 18 11:00 Low Impact Exercise 12:00 Lunch 12:30 On this day in History 2:00 Farmer's Market Bus trip | 19 11:00 Belly Dance Props 12:00 Lunch 12:30 Euchre |
| 22 11:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo | 23 11:00 Low Impact Exercise 12:00 Lunch 12:30 Game Day | 24 11:00 Belly Dance Props 12:00 Lunch 12:30 Bingo 1:30 Puzzle Exchange | 25 11:00 Low Impact Exercise 11:00 Lunch 12:30 Nutrition Program 2:00 Farmer's Market Bus trip | 26 11:00 Belly Dance Props 12:00 Lunch 12:30 Euchre |
| 29 11:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo | 30 11:00 Low Impact Exercise 12:00 Lunch 12:30 Game Day | 31 11:00 Belly Dance Props 12:00 Birthday Lunch 12:30 Bingo |  | |

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

Hello friends,

Things are starting to pick up around here and that is exciting! We are welcoming new regulars every week and we are enjoying having new people to talk to and new people to make friends with!

We are still trying to get euchre going but we have yet to have enough players. Reach out to your friends. Bring someone with you and come enjoy our weekly euchre tournaments on Fridays!

Also my loyal Bingo players, we now have bingo every Monday and Wednesday. However Monday bingo is done a little differently! On Monday's we have white elephant bingo. Bring a prize in with you and put it in a bag. When you win a prize pick a bag and peek inside, you never know what you might get.

Every Tuesday, besides the first Tuesday of the month, we will be hosting a "game day". Many people have been asking for a day set aside to just come in to play different card and board games. These games include, but are not limited to, hand and foot, scrabble, UNO, Yahtzee, and more. Feel free to pop by and show us your favorite game!

I also have kept our exercise classes on every morning. Keep in mind, these may change next month if it is not peaking your interest. Every day we will be doing low impact exercises except on Wednesday and Fridays. On Wednesdays and Fridays I will be educating everyone on the different belly dance props. This will be fun!! So bring a friend and come learn a little bit about belly

dance and how to use the different veils. Again, these classes are not challenging and are taught by me so it is very informal. Please do not be intimidated. We welcome everyone to join us! These classes will start at 11 a.m.

On July 25th, just after lunch, we will be learning about Food Choices and Our Health. We will be talking about how our nutritional choices will impact our future selves. Some of the topics we will discuss while learning about this are weight management and daily exercises that will help us keep moving.

We will be hosting another Project Fresh class on Monday, July 15th at 9:30 am. This class is made possible by the partnership of the Commission on Aging and the MSU extension office. You will attend the nutrition class here at the senior center. Following the class you will receive a \$20 coupon book that you can spend at the Farmer's Market. To register for this class please call Sarah at the Commission on Aging. Her direct line there is 989-875-5286.

We will continue to provide a round trip transit bus from the senior center to the farmers market and back every Thursday from June 13th until October when the market closes down. Thursday's the bus will pick us up here at the Senior Center at 2:00 pm and head for the farmer's market. The bus will then pick us up at 3:00 pm to return back to the center. I want to recognize The Blue Shamrock in downtown St. Louis for sponsoring 33 round trip rides! That being said, the first 33 rides are sponsored however, after that the pricing is as follows: Gold Card 75 and older \$2.00 round trip, senior rate \$3.00 round trip. If we can get enough people there will also be a group rate available. In order to be able to provide Alma Transit with accurate information on which bus we will need, please call me the Tuesday prior to the trips by 3:00 pm. to reserve your spot on the bus at 989-681-4341.

Do keep in mind that we will be closed Thursday July 4th in observance of Independence

Day. Please take this time to have fun with your family and relax.

Land of the Free and home of the Brave!



Gratiot Community Senior Center Donations

May you find comfort in knowing your thoughtful gift has made a difference in the lives of others. We would like to thank the following individuals, who have generously donated to the Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis from May 11 through June 14, 2019.

Donations

The Blue Shamrock Bar and Grill

In Loving Memory...

George Vojtas
Jim Norris
 Roy LaLonde
 Julie LaLonde



LAKESHORE LEGAL AID

Presentation on:

ELDER ABUSE

TUESDAY – JULY 23, 2019

10 AM – 11 AM

Gratiot County Commission on Aging

515 S. Pine River St., Ithaca

Questions? Call us at 875-5246

July 4th Fun Facts!

1. The Fourth of July was not declared a federal holiday until 1938.
2. Around 150 million hot dogs are consumed on the Fourth of July.
3. The now American celebrated song, Yankee Doodle, was originally written by officers of the British army to make fun of backwoods Americans.
4. Three United States Presidents died on the Fourth of July: John Adams, Thomas Jefferson, and James Monroe.
5. Most of the signers of the Declaration of Independence did not sign until August 2, 1776.
6. Bristol, Rhode Island is home to the world's oldest Independence Day celebration. It dates back to 1875.

Information from: www.theodysseyonline.com/fourth-july-fun-facts-trivia



Sharps Disposal Program

The Mid-Michigan District Health Department (MMDHD) is please to announce that it is now offering free sharps disposal to residents of Gratiot County.

Many people aren't aware that throwing used sharps in the garbage puts family members and others in the community at risk. The best way to help prevent injury and infection is to place all used or un-needed sharps in a proper container and take them to a collection site. Gratiot County residents may take advantage of this **free** service by bringing their sharps containers to the Health Dept., located at 151 Commerce Dr., Ithaca, Mon.-Fri. from 8-12 and 1-5. Once inside the building, follow the signs to the Environmental Health Department.

Sharps must be in a medical sharps container or plastic laundry detergent jug in order to be accepted. To ensure everyone's safety, the container's lid should be closed tightly and taped shut. At this time, the health department does not have medical sharps containers available. If you would like to purchase one, check with your local pharmacy.

This program is for **Gratiot County residents only**. Commercially generated sharps will not be accepted. If you have any questions, please call 989-875-1002.



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!**



Puzzle Exchange

Wednesday, July 24, 1:30-3:00 PM

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

Bring your puzzles to trade
with other people
Make/meet friends who share a love for
puzzles

Please call Alyssa at the Senior Center
if you have any questions
989-681-4341

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

Sue Koch Coordinator of Volunteers 989-875-5346

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

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

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

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

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

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

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

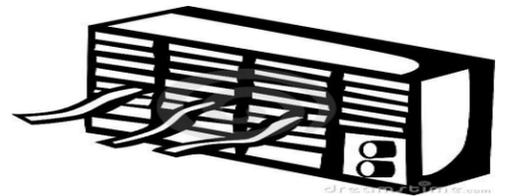
***Recycle Greeting Cards Team:** This team trims greeting cards previously sent to someone and creatively arranges usable pieces on fresh cardstock. All supplies are furnished. Cards and envelopes are available in the lobby at Commission on Aging for a suggested donation of .25 cents.

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

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

Commission on Aging Air Conditioners

Summer is here and so is the heat that comes with it. The Commission on Aging has air conditioners which can be loaned out to you thanks to a grant received from the Gratiot County Community Foundation. Just call the COA at 989-875-5246 and request one. We will ask you a few simple questions, and then get our home chore department to deliver and set one up! This is on a first come, first served process. At the end of the summer, call the COA and we will come and remove it as well.

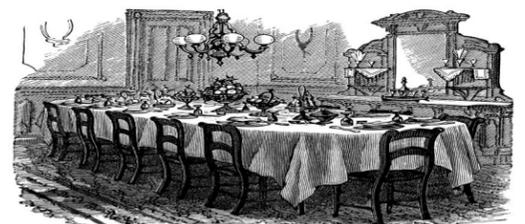


**LAKESHORE LEGAL AID
OFFERS FREE LEGAL
ADVICE TO SENIORS 60
AND OVER.**

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

ENTER TO WIN DINNER AT THE MUSEUM

Travel back in time to enjoy dinner in the Gratiot Historical Museum's beautiful dining room. This summer's fundraising raffle, "**Dinner for Six at the Museum**," offers the winner and five guests an unforgettable evening, including a private tour and delicious meal. An early 1900's entrée will be provided by The Hearthstone Oven of Ithaca and served using the museum's collection of antique china and tableware. Donation raffle tickets of \$10 each will be sold throughout the summer at the museum, 129 W. Center St., Ithaca, the Genealogy Library, 228 W. Center St, Ithaca, the Depot Historical Museum in St. Louis and by Gratiot County Historical & Genealogical Society members. The winning raffle ticket will be drawn on Saturday, September 14, at 2:00 p.m., at the museum, with the date of dining to be chosen by the winner and museum staff. Proceeds will benefit the Gratiot Historical Museum.



Caregiver Training Program Alzheimer's Education

By Scott Hicks, LPN

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

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

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



DEMENTIA CAREGIVER SUPPORT GROUP

Chair Exercise for Your Loved One Living with Dementia

Dinner for Both of You

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

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

Dementia Caregiver Support Group

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

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



The 4th of July & Alzheimer's

By Sherri Florez

Independence Day for many of us includes patriotic music, cookouts with friends and families and of course, beautiful fireworks. But if you have a loved one with Alzheimer's disease, you may have to consider modifying how you celebrate.

Crowds and noises can be upsetting to people with Alzheimer's and other dementias. The further along in their journey, the greater the likelihood that he or she doesn't know it's July 4th or what the day represents. As I have witnessed with friends, as their Alzheimer's progressed, special days are no longer about our friends, community or how to enjoy a festive gathering. As a caregiver, you have to remember it's their world now. If you find a happy medium, if you find a way to share a smile or a few kind words, consider the day a *fantastic success*.

No Expectations

When it comes to Alzheimer's, we must leave expectations at the door. All of the joy we knew as children about the Fourth of July may be gone. Loud, crowded celebrations can make someone with dementia feel overwhelmed. You must watch and listen to your loved one for cues about what makes them happy or uneasy. Read their expressions and if they seem uncomfortable, it's best for everyone that you kindly excuse yourselves and find a quiet place. Know that he or she may become easily agitated, by no choice of his/her own.

Patriotic Music May Set You Free

We know that music can be a wonderful way to share quality time with a loved one with Alzheimer's. He or she may hear patriotic songs and start to sing or tap their feet to the beat. Music is, after all, one thing that can bring someone with a dementia back to the present. They may like the colors, but may not remember that red, white and blue are our national hues, and decorations with them may provide a moment of happiness, much like seeing a flower in bloom during a walk.

Forgo Bright Lights

On the same level, you may think that sparklers are a quieter way to enjoy sights of the day, but like fireworks, they may be upsetting because of the flickering, errant light.

The bottom line is that your loved one with Alzheimer's no longer has independent days. He or she is physically and emotionally in a different world. For a caregiver to enjoy a special day like July 4, you must enter their world, be patient and find celebration in the unexpected, simple ways. It will be the small things bringing the most joy for them today.

Enjoy the days ahead as you make a difference in the lives of the ones you serve.

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



GAIN: Companions

A GAIN program partially funded by a grant from Gratiot County Community Foundation

Pet Adoption, Retention & Support

The Purpose:

1. To support a lifelong human/animal bond.
2. To help lower-income senior citizens and individuals with special needs by providing financial support for the extras a pet requires. This may include rental deposits, vetting, spaying and neutering, food, or emergency care.
3. To help with adoption of a new pet and/or with retention of a current pet.

Although GAIN can't do everything for everyone, GAIN can provide some help and refer someone to other resources.

Older adults and owners with special needs have time to provide love and pets provide companionship, decreasing loneliness. Physically, pet owners get more exercise, have less stress, and lower blood pressure.



Commodity Food Distribution Date

Commodities distribution will be on **August 26, 2019**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. Income guidelines are as follows: one person's monthly income not more than \$1,316; income per couple not to exceed \$1,784 monthly. Anyone interested in the program may contact Eight Cap at 989-463-5693. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from 9:30 a.m. to 11:00 a.m. or at the Commission on Aging, 515 S. Pine River St., Ithaca from 1:00 p.m. to 2:00 p.m.

Senior Activity Building

July 2019

Ithaca Food With Friends

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|---|---|
| | 1 12:30 Bob Crist's Piano Music 1:20 Bob's Sunshine Gang visits Arbor Grove in Alma | 2 10:30 Cribbage Noon Monthly Birthday Party 7:00 VFW 7805 | 3 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow | 4 CLOSED  | 5 11:30 Blood Pressure checks by Joyce Raycraft 1:00 Wii Bowling | 6 11:00 -1:45 Building Open 12:15 Family Potluck |
| 7  | 8 1:00 Outdoor Shuffleboard or Bean Bag toss | 9 1:00 Progressive Euchre | 10 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow | 11 10:00 Golf Games 11:00 Piano Music by Joyce Raycraft 1:15 Wii Bowling | 12 1:00-3:30 Friday Cards with Volunteers Jack & Avis Ginther | 13 |
| 14 | 15 11:50 Nutrition: How Food Choices affect Chronic Illness 1:00 Bean Bag Toss | 16 10:30 Cribbage 1:15 Senior Activity Building Board meets | 17 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow 7:00 A-Tractive Tractor Club | 18 10:00 Golf Games 11:00 Piano Music by Joyce Raycraft 1:15 Wii Bowling | 19 1:00 Bean Bag Toss | 20  |
| 21 | 22 1:00 Sequence 1:00 Bean Bag Toss | 23 Ring Toss 1:00 Progressive Euchre | 24 1:00 Dominoes 12:45 Healthy Eating for Seniors 1:00 Horseshoes 2:00 Afterglow | 25 10:05 -11:30 Christmas in July Bingo & goodies-Santa 11:30 Piano Music by Joyce Raycraft 1:15 Wii Bowling | 26 1:00-3:30 Friday Cards with Volunteers Jack & Avis Ginther | 27 |
| 28 | 29 Young Senior Day today! 1:00 Bean Bag Toss | 30 Ring Toss 10:30 Cribbage | 31 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow | 8:00 EVERYDAY Building open, coffee's ready 10:00 EVERYDAY Visits, news, games, activities 12:00 Monday-Friday Food With Friends Noon Meal – Reservation 875-2135 WALK WANDA'S WALK Anytime—Any Day | | |

Senior Activity Building & Food with Friends News
By Jo Jones

As you can see from a quick glance at the calendar, some of our regularly scheduled activities are taking a summer vacation in July. Please notice that **Monday Bingo, E Z Motion and the Just For Fun Dulcimers are not scheduled this month.** We encourage you to take some walks on Wanda's Walk (WWW) each day. Become a Walking Wonder!

On the 1st, you will find our talented friend, Bob Crist, playing the piano and leading the singing with a variety of songs. At 1:00, Bob's **SUNSHINE GANG** will leave for a visit to Arbor Grove in Alma. You do not need any ability to sing, just be able to bring sunshine with your smile. PLEASE do put this date on your own calendar. We return to the Building for ice cream sundaes afterward.

The nutrition topic this month is "How Food Choices Affect Chronic Illness" at 11:50 on the 15th.

You will find **CHRISTMAS in JULY BINGO** (on the 25th), a fun-filled morning with ALL of the prizes donated and wrapped by you, the Bingo players. We hope that Santa will be able to get away from the North Pole to stop in too. If you would like to provide some Christmas cookies, snacks, fudge, etc. to be enjoyed before our noon meal, let us know. Wear some Christmas colors, and bring your Christmas spirit with you.

On Mondays, you'll see a variety of activities. **Young Senior Day** is on the last Monday in July Please mark your calendars, and

call in your reservation for your Food with Friends noon meal.

Cribbage is at 10:30 on Tuesdays the 2rd, 16th, and the 30th. **Progressive Euchre** will be on the 9th and the 23rd at 1:00. Come to enjoy your favorite card games. Wally Bringold won the Progressive Euchre Blue ribbon. Tom VanAlstine won the Red in May.

Your **Senior Activity Building Board** has a 1:15 meeting scheduled on Tuesday, July 16, 2019. We do appreciate our Board members who actively participate in the operation and direction of our Senior Activity Building. The commitment of time and talents by Board members has been an example and an encouragement to the many volunteers who have also donated their gifts, talents, and time.

Speaking about donations, our **Gifts In Gratitude** envelopes are available on the Sign In Table. If you enjoy being able to come to the Building for bingo, cards, activities, coffee, programs, potlucks, Food with Friends noon meal, music, etc., **PLEASE** consider helping with our costs for cooling, heating, lights, etc. with your **Gift in Gratitude** each month. A small gift makes a BIG difference. THANKS in advance! Hoping your name will be listed next month in the **Senior Gratiot** gift listing and in our Record of Gifts Book .

Scheduled activities for midweek are **Dominoes** at 1:00, as well as **Horseshoes** each week. Afterglow follows the horseshoe games. The RESD will present their monthly program, "Healthy Eating for Seniors" at 12:45 on the fourth Wednesday, the 24th.

Golf card games are scheduled to begin at 10:00 on Thursdays. Then around 11:00, Joyce Raycraft plays the piano for us. Some sing a long to many of her tunes, while others

enjoy the music while playing cards. In the afternoon, **Wii** bowling is on the schedule.

Blood Pressure screening by Volunteer Joyce Raycraft will be on Friday, July 5th at 11:30.

Friday Cards (which includes bridge) will be on the 12th and 26th from 1:00 until 3:30. 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

Sequence is available whenever two or more would like to play. There is no scheduled date in July.

We encourage you to bring some of your family members with you to our monthly **potluck on July 6th**. You do not need to sign up for this activity. Our cooks prepare plenty for everyone. The food is always excellent, as well as the fellowship. If you do not cook, your donation to the Potluck Fund is appreciated. Do remember to bring your own table service today.

The **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!

By 10:00, games, news, and visits are in full gear!

Happy Birthday, America!



THANK YOU for your gifts received by the Senior Activity Building from May 12, 2019 through June 12, 2019:

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

Musicians: Bob Crist, Joyce Raycraft
 Crystal Jar Donations: Unnamed Donations, Progressive Euchre, Friday Cards, Blood Pressure, Horseshoes
 Bill & Linda DeVuyst
 Chuck & Marty Wierich
 Gratiot VFW Post #7805
 Bill & Shellie Smith

GIFTS in GRATITUDE to SAB

By Bill & Linda DeVuyst
 Shirley Laurenz
 Evelyn Green
 Jo Jones
 Howard & Nancy Crites

In MEMORY of ALICE GAVENDA

By Food with Friends
 Bernice & Elizabeth Casnovsky
 Rick & Brenda Wilson
 Dana & Jon Bottum
 Sue Sherman
 Garla Zelinski
 Joe & Ruth Malek
 Karen Murphy
 Ida Bakker Kramer

In MEMORY of MILLIE LAFRENIERE

By Ida Bakker Kramer

In MEMORY of BILLIE SHAULL

By Ida Bakker Kramer

In MEMORY of MILDRED HALL

By Joyce Beard

In MEMORY of LLOYD KINNEY

By Joyce Beard

In MEMORY of RICHARD GREENE

By Richard Greene Family
 Joyce Beard

In MEMORY of DOLORES LOMBARD

By Jim & Carolyn Simcox
 Paul & pam Klein
 Deanna Lutz

In MEMORY of GEORGE VOJTAS

By Katherine Vojtas

In MEMORY of ANN HULL

By Lee & Rodney Peters

Flowers in MEMORIAL GARDEN

Outside main front door and in the planters beside SAB

In MEMORY of GEORGE VOJTAS

ALICE GAVENDA
 DOLORES LOMBARD
 BILL CAPEN
 HARRY SPARKS
 AMBER HILL
 GRETA FOSTER
 LANA BRANDAL SANDERS
 LAVONNE SAXTON
 JERRY JOHNSON
 GWENDELL BOYER
 By Linda St. Charles

Gifts received at the GRATIOT COMMUNITY FOUNDATION, SENIOR ACTIVITY BUILDING AGENCY Account

By Mary Humm

Thank you



May Birthdays celebrated by Ione Hull and Jean Bare (seated), Donn Gates and Dean Parling (standing)



Cowboy Dan Crampton, Leon Schlafley, Ken Schlafley, Lyle Hanson, and Pam Schlafley entertain for the 26th time at Ithaca Food with Friends



Ruthanne Larry, Phyllis Schleder, Marty Wierich and Mary Humm register enthusiastic bikers at the first annual Gratiot County Community Fun Bicycle Ride coordinated by the Senior Activity Building



Bicyclists appreciated the sponsors for the Fun Ride. Sponsors were Better Baker, Dennis Bicycle Shop, Lindsay Soft Water Co., Meijers, Ric's, Sparrow Carson Hospital and Terry's Cycle

Book Exchange

Wednesday, July 17
 1:30—3:00 PM

Gratiot Community Senior Center
 1329 Michigan Ave.
 St. Louis

- Bring your books to trade with other people
- Meet new friends who share a love for books

Please call Alyssa at the Senior Center if you have any questions
 989-681-4341



HELP WANTED

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— 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.

LARGE BREED DOG SPAY/NEUTER ASSISTANCE PROGRAM

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

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



GRATIOT COUNTY COA TRANSPORTATION FARES

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

Mileage is calculated beginning from the COA office.



West Gratiot

By Cindy Simons

June birthday greetings went out to Doug White and Dorothy Grant. Anna and Ron Smejkal celebrated their anniversary.

Roxanne White, from MSU Extension, finished up lessons from "Cooking Matters". We enjoyed the hands-on lessons, information about nutrition, conversations concerning gardening and complementary groceries.

Our group enjoyed three special treats throughout June: watermelon, Rocky Road ice cream sundaes and Root Beer floats. Thanks to Harold Daniel, Laurels of Fulton and congregate donations for providing the supplies. What a way to start the summer!

The site puzzle was finally finished! Thanks to the many volunteers who helped on the tough picture. Let the new puzzle begin!

Site managers look for many ways to encourage congregate attendees to become involved in activities and get to know each other just a little better. Thanks to all who participated in planting flowers and herbs, wearing red, white and blue for Flag Day or dressing in bright colors to welcome the summer sunshine.

Now, here are activities coming up:

Our wellness topic will be introduced on July 1st. There will be euchre games on Mondays and Fridays. BINGO is planned for most Wednesdays.

The site is scheduled to be open the first week in July, with the theme of "Stars & Stripes Week". Much of the music will be focused on patriotic tunes. Please wear Red, White & Blue all week long.

Our birthday celebration will take place on Wednesday, July 10, and Friday, July 12th. Come join us for some cake.

On Wednesday, July 24th, and Friday, July 26th we will play around with some karaoke music. The first day it will begin at 11:15, then after lunch on the second day.

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

To get started with the Food with Friends program: **Call the Gratiot FWF Kitchen (989.875.5332) from 7:30-1:00 M-F to reserve lunch 24 hours before the day you would like to attend.** After that, sign up ahead of time, while 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

- 7-1 Nutrition & Wellness Topic
Stars & Stripes Week
- 7-10 Birthday & Anniversary Party
- 7-12 Birthday & Anniversary Party
- 7-15 Craft
- 7-24 Karaoke Music
- 7-26 Karaoke Music

West Gratiot Weekly Activities

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

BRECKENRIDGE

By Pat Schultz

Not sure where the time has been going, but the year is already half over. Hope everyone is enjoying the summer days and will have a chance to get out and have some fun. Regardless of age, we all need to find ways to have some fun in our life.

We have some fun things planned here at Breckenridge Food with Friends for the month of July. On July 8th we are going to have a picnic in the park and play some summer Bingo. Later in the month we will be doing a couple of craft projects that will be lots of fun. We would love to see some new faces join us for one of these activities.

We are continuing to collect items for the VA Hospital in Saginaw. Personal care products, snacks, puzzle books and anything else that they might need to make their days a little brighter. We have donated items that have been valued at almost \$1,000. They appreciate everything that we bring them and the items donated by you make it possible.

Here are some of the things that are planned for July activities.

- 7-1 Cardmaking at the Library after Lunch
- 7-2 Bingo with Schnepf's Healthcare after Lunch
- 7-3 July 4th Trivia & Word Search
- 7-4 **CLOSED - INDEPENDENCE DAY**
- 7-8 Picnic in the Park with Summer Bingo
- 7-10 Nutrition Education
- 7-12 Puzzle Day
- 7-16 Bingo, after Lunch
- 7-17 Abstract Sharpie Coaster Craft
- 7-19 Knit & Crochet Fun
- 7-23 Bingo, after Lunch
- 7-24 Decorative Bird Feeder Craft
- 7-25 Ask the Chief of Police Question Day
- 7-30 Bingo, after Lunch

We play euchre or other games every morning, and we most always have some who bring their crafts and work on them here while they visit. Everyone is always welcome and we love seeing new faces join us. Just give me a call at 989-842-3338 and let me know when you would like to come for lunch. Or, just stop in and say Hi!



Greetings from Fulton

By Irene Noffsinger

Welcome Summer!

Last month I said, Welcome Summer. Well, I am still waiting. Where is the sun and the heat? Now we are into July, and hopefully, it has warmed up and the sun has made an appearance.

In July, we have our big celebration for the Fourth of July. On July 26th, we have a National All or Nothing Day. This day allows everyone to throw caution to the wind and go for broke, doing something they

have wanted to do but have been fearful or hesitant to do. This day reminded me of my older sister visiting over a holiday. All of my young grandchildren were visiting as well. The kids wanted to go to the Crystal Roller Rink. Since they were so young, adult participation was required. So, I said to my sister, come on, let's go skating. Oh no, she said. I can't go skating. I haven't skated in years. I informed her it would come right back to her. So, she agreed and we went skating. Well, I went skating and she held the wall for the first two hours. After that she moved out about a foot and shuffled around. Well, it came time to leave and I was getting ready to send one of the little ones down to the other end of the rink and let her know we were getting ready to leave. I saw her sitting on the floor and I assumed removing her skates, as she was right by the skate return. Wrong! She had fallen and shattered her wrist, which required a trip to emergency, surgery, and a year of recovery. So, I guess the moral of this story is if you are going to do something you have been putting off for a long time, it might be for a reason you haven't done it. Beware of throwing caution to the wind. Next trip to visit my sister, my mother informed me I had not better try to get her to go skating. I told her not to worry; we were going to go bungee jumping!

Please join us every third Wednesday of the month for discussions on how to stay healthy and physically active in our golden years. Healthy Eating will be presented by Gratiot Isabella RESD.

On July 10th, Joann Peet will be joining us to teach a craft she enjoys doing. We will paint ceramic tiles which can be used as a unique coaster or as wall art. It will start at 11:00 a.m. Please call 989-236-5019 to reserve your spot or sign up at lunch. There will not be any charge. It will be a time to learn something fun, visit and have lunch.

BOOKS BOOKS BOOKS

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

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

- 7-1 Lunch/Wii
- 7-3 Lunch/Skip Bo
- 7-5 Lunch/Euchre
- 7-8 Lunch/Phase Ten
- 7-10 Lunch/Craft/Cards
- 7-12 Lunch/Euchre
- 7-15 Lunch/Wii
- 7-17 Lunch/Skip Bo
- 7-19 Lunch/Healthy Eating/Euchre
- 7-22 Lunch/Skip Bo
- 7-24 Lunch/Phase Ten
- 7-26 Lunch/Euchre/Nutrition Education
- 7-29 Lunch/Wii
- 7-31 Lunch/Phase Ten

FULTON SENIOR CENTER DONATIONS

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

SENIOR GRATIOT NEWSPAPER DONATIONS

These people generously donated \$549.50 to the Senior Gratiot Newspaper contribution fund from May 16, 2019 to June 15, 2019. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Dean & Vicki Parling
Thomas J. Schmitz
George Gibbs
Ruth Jourdan
Joanne Hayward

IN MEMORY OF

**ALLEN RADEMACHER
JIM & GINNY RADEMACHER
REBECCA RADEMACHER**
By Nancy Rademacher

**MILDRED HALL
LLOYD KINNEY**
By Garold Browne

**TINA WAGER PHARAOH
AARON WALDRON
MILLIE LAFRANIERE
KAREN WOLFERT**
By Bob & Trudy Wager

DARLENE MCDONALD
By Virginia Schaeffer

**KENN MITCHELL
ED & THERESA BUSHY
CHARLIE & RUTH (MITCHELL)
JOHNSON**
By Beverly Mitchell

**JOE & BEA MARKLEY
BOB & ELSIE MARTIN**
By Bob & Kathy Martin

KEN BOROUGHF
By His Family

ALICE GAVENDA
By John & Sally Stoll

MARGARET ROSLUND
By Lois Cutting

**DONALD & DOROTHY SHAFFER
WILLIAM (BILL) O'BOYLE**
By Wanda O'Boyle

**HUSBAND RONALD AND CHILDREN
SHARON AND JACK**
By Goldie Kanine

JOAN PETERS
By Gerald & Janet Vanek

ANN HULL
By Ida Bakker-Kramer &
Lola & Gerrik Bakker Navy

IN HONOR OF

COMMISSION ON AGING
By Susan Fisher



COMMISSION ON AGING DONATIONS

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

Jennette Peoples
Anonymous
Frances Mills
Joanne Baker
Lynne Ludy
Judith Bovee
Duane McCormack
Lincoln Rd United Methodist Church
Fredric & Christina Low
Gleaner Alma Arbor #010

IN MEMORY OF

**JANE DEITRICH
MILLIE HALL
REG GULICK**
By Gene & Pat Pitcher

MILDRED "MILLIE" HALL
By Rosemary A. Duckworth
Sally Reava
Judith Eichorn
Laurette Trombley
Betty Cowles
Thom & Pat McCreery
John & Barb Schuiling
Jack & Vicki Martin
Coleen Trexler
Mike & Lynn Hull
Alan & Deonna Kremsreiter
Will & Linda DeVuyst
Wanda Whitaker & Family
Sally Kaufmann
Rex & Mary Moomey
Victor & Pat Stapleton
Sharon Davis
Bill Hirshman & Carol Reeves
Clarence & Barbara Gurski
Bob & Sue Chaffin
Ted & Michelle Gostomski
Alice Patterson
David & Kathryn Thomas
Linda & Robert Monroe
Randy & Kathy Whitaker
Dr. & Mrs. Rex Rimmel
Maureen Larsen
Mid-Michigan District Health Dept.
Tom & Judy Whitaker & Family
George Whitaker
Lee Ann & Scott Patterson
The St. Louis 3 Club



KATHLEEN SMITH
By Pat & Lori Lamey
Garold Browne & Family
Marita & Doug Harkness
Al & Pam Fidler
Matt & Angela Munro
John & Clara Hollenbeck & Family
Leo & Heidi Hollenbeck
Sue & Bobby Deel
Elaine Jones
Dave & Daun Longanback

Home Delivered Meals & Gram's Kitchen Donations

Thank you to those who made financial contributions in June 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.



**WILLIAM & GOLDIE SMITH
KEITH & FRANCES FOSTER**
By Ruth Smith

TONY SMOLKA
By JoAnn Smolka

**FRED SHERMAN
LINDA REEVES
JACK ARNOLD
JIM NORRIS
DELORES LOMBARD
MILLIE LAFRENIERE
JAMES MURGITTROYD
MILDRED HALL
VIRGINIA DEPOTTY**
By Gerald & Edith Beck

LEROY ANDERSON
By Vivian Cooper

JOAN PETERS
By Carol Reeves

**CELESTE BOMAGER
MARY HIGLEY**
By Maynard & Shalimar Danks



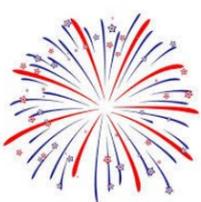
★
★ **Social Security** ★
★ **Administration** ★
★ **1.800.772.1213** ★

Gratiot County COA

FWF Eat Smart Menu

Lunch 12:00-12:30 pm

June

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 1 Smothered Chicken Beets Coleslaw Fresh Orange Wheat Bread | 2 Pork Chop Whipped Potatoes Crunchy Pea Salad Applesauce Dinner Roll | 3 Hamburger Amish Potato Salad Carrots Peaches Hamburger Bun Or Chef Salad Chicken Veg Soup | 4 Closed Independence Day  | 5 Macaroni & Cheese Winter Blend Tossed Salad Mixed Fruit Cup Wheat Bread |
| 8 Sloppy Joe Green Beans Tossed Salad Fruit Cocktail Hamburger Bun | 9 Bar B-Q Chicken Whipped Potatoes/Gravy Cantaloupe Fruited Cole Slaw Wheat Bread | 10 Beef Stew Broccoli Multi Bean Salad Peaches Biscuit Or Chef Salad Chicken Veg Soup | 11 Potato Crunch Pollock Scalloped Potatoes Green Beans Tapioca Pudding Strawberries Wheat Bread | 12 Summer Chicken Salad On Hamburger Bun Broc/Cauli Salad Tossed Salad Mandarin Oranges |
| 15 American Goulash Kyoto Vegetable 24 Hr Cabbage Slaw Apricots Wheat Bread | 16 Roast Pork Whipped Potatoes/Gravy Carrots Cinnamon Applesauce Wheat Bread | 17 Baked Chicken Green Beans Potato Salad Mixed Fruit Cup Dinner Roll Or Chef Salad Roasted Pepper Soup | 18 Beef and Noodles Squash Coleslaw Pineapple Gelatin Wheat Bread | 19 Meat Loaf Corn & Lima Beans Pickled Beets Leprechaun Fluff Wheat Bread Or Chef Salad Beef Veg Soup |
| 22 Macaroni & Cheese Broccoli Citrus Fruit Cup Tossed Salad Wheat Bread | 23 Meatballs Redskin Potatoes Capri Vegetable Blend Pineapple Wheat Bread | 24 Salisbury Steak Whipped Potatoes Coleslaw Berry Fruit Cup Wheat Bread Or Chef Salad Beef Veg Soup | 25 Fish Sticks Potato Rounds Mixed Vegetables Broccoli Citrus Salad Apple Slices Wheat Bread | 26 Spanish Chicken Baked Potato California Veggies Ambrosia Fruit Cup Wheat Bread Or Chef Salad Roasted Pepper Soup |
| 29 Chop Suey Brown Rice European Blend Veggie Tropical Fruit Wheat Bread | 30 Baked Ham Whipped Sweet Potatoes Cucumber Salad Pineapple Cottage Cheese Dinner Roll | 31 Lemon Pepper Chicken Whipped Potatoes/Gravy Grape Banana Fruit Tossed Salad Wheat Bread Or Chef Salad Chicken Veg Soup |  | SOUP AND SALAD MEAL ONLY AVAILABLE AT FWF SITES |

Menus are Subject to Change Without Notice

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

Milk provided with all meals

Reservations are Required 24 Hours in Advance

Suggested Donation \$2.50

FOOD WITH FRIENDS

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

ALMA/ST. LOUIS AREA FOOD W/FRIENDS

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

BRECKENRIDGE FOOD WITH FRIENDS

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

FULTON AREA FOOD WITH FRIENDS

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

ITHACA AREA FOOD WITH FRIENDS

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

WEST GRATIOT FOOD WITH FRIENDS

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

POTLUCKS

EDGEWOOD

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

Foster/Adoptive/Relative Care Support Group

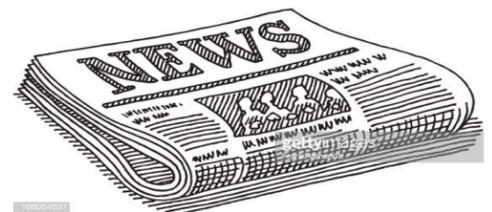
2nd Tuesday of each month
East Superior Christian Church
605 E. Superior St., Alma
Contact: Church Office 989-463-1422

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

June 2019 PREP TEAM VOLUNTEER THANK YOU

The June Issue of Senior Gratiot Newspaper was prepared for you by the following volunteers: Lisa Skaryd, Jim Peck, Helen Hoard, Linda Cox, Nancy Crites, Lora Schultz, Vicki Bertoni, Carol Glave, Irene Peck, Dorothy Rhines, Martha Seiler, Sally Martin, Mary Patterson and Carolyn Feltman. The group donated 33.75 hours to the task of labeling, folding and taping each paper. A job well done. Thank you.



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

Senior Gratiot is published monthly for Gratiot County senior citizens 60 years and older by Senior Gratiot Inc., 515 S. Pine River St. Ithaca, MI 48847. It is supported by donations and is printed at Stafford Media Solutions of Greenville.