

AUGUST

3rd Annual Food with Friends County Wide Senior



The 3rd Annual 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 opening ceremony begins at 10:30 a.m. with the games beginning at 10:45 a.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, 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 register for a 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 (Sumner), Cindy Simmons, 833-7624.

We hope you take this opportunity to enjoy the warm summer breezes, good food, fun and the company of friends. There is a suggested donation of \$5.00 which includes the cost of lunch. Call for your reservation today! All Food with Friends sites will be closed on August 5, 2019 to allow the site managers and participants from the five sites throughout the county to attend the picnic. Hope you will join us for the 3rd Annual Senior Summer Games and enjoy the summer!!



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

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ITHACA MI

SENIOR GRATIOT

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Website: www.gratiotmi.com/Departments/Commission on Aging



Introducing the New Student Intern with Gratiot County Commission on Aging

My name is Mamie Cornell and I am a senior at Central Michigan University. I am majoring in Social Work and minoring in American Sign Language. I was born and raised in Shelby Township, Michigan where I am the second oldest out of eight children. I was a varsity swimmer and participated in color guard and Japanese club in high school. In the past year, I have been blessed to have rescued two kittens that I love very much, Nala and Zozo. Besides playing with my cats, I enjoy participating in my organization's events, volunteering, drawing, painting, and reading whenever I can.

I am a passionate advocate and enjoy working to support people in their everyday lives, I have a lot of work and volunteer experience with all age groups in a variety of settings, and I look forward to a career of supporting individuals and furthering my experience to help me learn and grow as I continue into the Social Work field. After graduation with a Bachelors in Social Work from Central Michigan University, I hope to continue my education and achieve a master's degree in social work. I hope to be able to give back to individuals and communities alike.



Executive Director, Jen Cook, received a donation for the Commission on Aging from Results Realty, located in Mt. Pleasant, on behalf of clients of Results Realty. Every time a transaction is closed, a donation is made to the clients favorite local nonprofit organization as a Thank You for working with them. Commission on Aging would also like to thank Dave & Marcia Biehl for thinking of COA during this process. Presenting the check to Jen is Shannon Massaway Gibson and Susan Massaway.



THANK YOU

The Gratiot County Community Foundation approved a request by the Commission on Aging for a grant to assist seniors with the purchase of lift chairs. With the Foundation's assistance, eight lift chairs were provided and this would not have been possible without the Foundation. Enjoying his new chair is Dennis Sierakowski with Kristi Betzer, In Home Services Supervisor



Like Gratiot County Commission
on Aging On Facebook & Twitter



VOLUNTEER CORNER

~With Sue Koch, Coordinator of Volunteers



MEET THE VOLUNTEER

Sue Koch, Coordinator of Volunteers
989-875-5346

It is an honor and a pleasure to give recognition to our Skill Builder volunteers from the Great Center at Gratiot Integrated Health Network in Alma. The program participants are adults with developmental disabilities. The Skill Builder program is designed to increase self-sufficiency, engage in meaningful activities such as school, work and/or volunteering. Koreen Zuker, Gratiot Integrated Health Network Supervisor, six team leaders and about 20 program participants make a difference for Gratiot County seniors. Thank you, Skill Builders!

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

Volunteering has different connotations to all of us in the Great Center Skill Building program at Gratiot Integrated Health Network. Some of us have been volunteering in various ways for a long time and the concept holds a high value. Others might think of it as just another way to get out of the house for a while. One program participant said, "It took me a few weeks of participating as a volunteer before I understood the basics." Despite our different ways of conceptualizing volunteering, we all share the belief that it is an important, worth-while, and good aspect of humanity – and we are happy to have a part in it.

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

Our program was looking for new opportunities that would allow us to spend more time engaging our community. We wanted to increase our social footprint, meet new people, and see new things. Our search led us to the Commission on Aging where we thought volunteer work could be a great way to spend more time in the community and to help others. We would have been happy if that was all working with the Commission amounted to, but we were pleasantly surprised when we discovered how mutually beneficial the relationship turned out to be. Volunteer work provides a unique platform for us to learn, engage, and improve independence – which is essential to the Great Center's goal as a community inclusive program.

What roles do you fill as a Commission on Aging volunteer?

We volunteer for the Home Delivered Meal program and the Greeting Cards Recycling program. One Great Center participant said, "We help work on cards." Another said, "I knock on doors and pass the meals to the people. It is fun and I wanted to take a chance on new opportunities."

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

We hope the people we serve through volunteering will get three things from us: first, we hope to simply help make life a little easier by providing community services to those in need; second, we hope to positively influence people's world views by exposing them to a wonderful part of their

community they may not have had much experience with; and third, "I hope the time we spend with them makes them happy. I hope they have a nice day" one participant stated.

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

We get to practice skill building exercises that help improve independence as well as the joy of helping others. One participant's response sums up our group consensus "It makes me feel happy and smile. I enjoy helping others and getting out in the community. I get exercise and I meet new people." Other participants say, "I love to talk to people and I enjoy passing meals." A participant in the Greeting Card Recycling program added, "I like working on the cards and seeing my friends Vicki and Linda."

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

We understand perhaps more than most, how difficult life can be for people in vulnerable populations. Despite life not always being easy, many of us have been touched by acts of tremendous love and kindness. We have incredible gratitude for the people who have touched our lives and that is why we strive to give back to others in our community through our volunteer work. Here are some responses from individual participants when asked: "Because as a student, you should respect your elders and volunteering is important because in a way, it is being polite and respecting people and getting to know people better." Another program participant said "They have a right to eat just as you do – what would happen to these people if there was no one there to help?"

Do you have a philosophy that guides your life?

"Patience, my family, friends, and helping others."
"Striving to be as independent as possible."



VOLUNTEER ACTIVITY August 2019

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

Recycled Greeting Cards Team

Monday August 5th 9:00 a.m. - 12 noon
Monday August 12th 9:00 a.m. - 12 noon
Monday August 19th 9:00 a.m. - 12 noon
Monday August 26th 9:00 a.m. - 12 noon

Mitten Makers and Hats Galore Knit-In

Saturday August 17th 10:00 a.m. - 2:00 p.m.
Knitters and Crocheters welcome.
Brown bag lunch suggested.
Beverages furnished.

Senior Gratiot Newspaper Prep Team

Thursday August 29th 9:00 a.m. - 11:30 a.m.

RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch,
Coordinator of Volunteers
989.875.5346

Nearly every Monday morning at 9:30 a.m., I greet the Great Center Skill Builders and their Team Leader who join volunteers Linda Cox and Vicki Bertoni of the Recycle Greeting Cards group in Commission on Aging's Large Conference Room.

The room is filled with much conversation and laughter followed by periods of absolute quiet as Skill Builders work to create beautiful greeting cards from "to be recycled cards". Many Skill Builders create their cards independently. One Skill Builder creates master pieces and reads each card he creates to us. Another Skill Builder is very focused on each of her creations. When completed, she asks, "What do you think of this one." Other Skill Builders may need guidance with cutting, use of the glue stick or placement of the pieces he or she has chosen on fresh cardstock. All take pride in their creations and indeed the cards are beautiful. The final touch which indicates the card is completed is when the Skill Builder places a sticker on the back of the card that reads – *Made especially for you by Gratiot Integrated Health Network Great Center Skill Builders.*

Each Skill Builder Team is with us for about one hour. When they leave Commission on Aging, they travel to the Alma/St. Louis Senior Center to deliver Home Delivered Meals. The Card Team meets once a week (Mondays), but Skill Builders deliver meals Mondays through Thursdays.

Monday mornings are busy for the Card Team Skill Builders, but they almost always stop to visit the Lobby Nook for books and puzzles to take home. Some Monday mornings they even buy greeting cards. Many thanks to all Skill Builders for their volunteered time. We love having your help.



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

PATH-DIABETES WORKSHOP

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

We are still accepting registrations for the PATH-Diabetes Workshop

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

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

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 and air conditioned. Light, healthy snacks will be provided.

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.



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:

Aug. 12	Sept. 23	Nov. 11
Aug. 26	Oct. 14	Nov. 25
Sept. 9	Oct. 28	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:**

Kinship Fun Day!

Information

Entertainment

Backpack & School Supply Giveaway

This event is for children being raised by grandparents or adult relatives when the adult is age 55 or older and the child’s biological parents do not live in the home.

Friday, August 23

Noon - 3:00 p.m.

The first 50 children registered receive a giveaway

The Pins Bowling & Banquet Center

**1091 E. Center Street
Ithaca, MI 48847**

To register, call
(800) 858-1637

Event hosted by:



REGION VII AREA AGENCY ON AGING



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

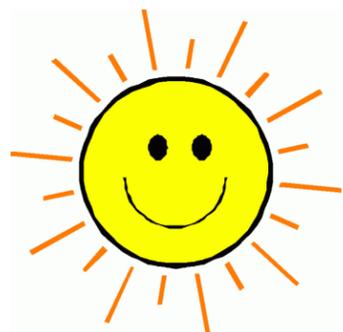
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			11:00 Low Impact Exercise 12:00 Lunch 2:00 Farmer's Market Bus Trip	11:00 Belly Dance Props 12:00 Lunch 12:30 Euchre
5	6	7	8	9
NO MEALS COUNTY WIDE PICNIC	11:00 Low Impact Exercise 12:00 Lunch 1:00 Board Meeting	11:00 Belly Dance Props 12:00 Lunch 12:30 Bingo	11:00 Low Impact Exercise 12:00 Lunch 12:30 On this day in History 2:00 Farmer's Market Bus Trip	11:00 Belly Dance Props 12:00 Lunch 12:30 Euchre
12	13	14	15	16
11:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo	11:00 Low Impact Exercise 12:00 Lunch 12:30 Game Day 12:30 Painting with ACAC	11:00 Belly Dance Props 12:00 Lunch 12:30 Bingo	11:00 Low Impact Exercise 12:00 Lunch 2:00 Farmer's Market Bus Trip	11:00 Belly Dance Props 12:00 Lunch 12:30 Euchre
19	20	21	22	23
11:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo	11:00 Low Impact Exercise 12:00 Lunch 12:30 Game Day	11:00 Belly Dance Props 12:00 Lunch 12:30 Bingo	11:00 Low Impact Exercise 11:00 Lunch 12:30 Nutrition Program 2:00 Farmer's Market Bus Trip	11:00 Belly Dance Props 12:00 Lunch 12:30 Euchre
26	27	28	29	30
11:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo	11:00 Low Impact Exercise 12:00 Lunch 12:30 Game Day	11:00 Belly Dance Props 12:00 Birthday Lunch 12:30 Bingo	11:00 Low Impact Exercise 12:00 Lunch 12:30 Farmers Market Bus Trip	11:00 Belly Dance Props 12:00 Lunch 12:30 Euchre

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 in a prize 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 they are 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. Do not be intimidated. We welcome everyone to join us! These classes will start at 11 a.m.
 On August 22nd, just after lunch, we will be learning about healthy snack choices. These choices will allow us to have better health but are also all about convenience. On the go? No worries - we can talk about snacks that are nutritious but also easy for a busy person.
 We are also very excited to announce that we have a new art instructor. These classes are set for the second Tuesday of each month. This month, August 13th at 12:30, we are doing a watercolor painting of a turtle. We will also be experimenting with different textures that you can create with watercolor. Diane Clise, from the Alma Community Art Center, has been very involved with our community and is so excited to help us become creative and tap into our artistic side. Not only is Diane helpful but she encourages everyone to have a different painting, so rest assured that you will be going home with a piece that is totally YOU! These classes are \$10 and she provides all the materials and tools necessary to complete your painting. You just bring a smile, a positive attitude, and your \$10!
 We will continue to provide a round trip transit bus from the senior center to the farmers market and back every Thursday until October when the market closes down. The bus will pick us up here at the Senior Center at 2:00 p.m. and head for the farmer's market. The bus will then pick us up at 3:00 p.m. to return back to the center. I want to recognize and thank 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 pic-

ing 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 trip by 3:00 p.m. Call me to reserve your spot on the bus at 989-681-4341.
 Do keep in mind that there will be no home delivered meals or Food with Friends on Monday, August 5th, due to the county wide picnic and games! Come support our center at the Ithaca Senior Activity Building!
"Plenty of Sunshine headed my way!"



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 June 15 through July 11, 2019.

Donations

Thank you to the following businesses for the generous donation of Bingo Prizes:

Alma Starbucks
Serendipity Frozen Custard
Subway Alma, St. Louis and Ithaca

In Loving Memory...

Leroy Anderson
Billie Peters
Roberta Charney

Ralph Hinderleider
Alexander Radzibon

Leroy Anderson
Jim Marr
Beverly Post
Betty Tobin
Joe & Shar Earegood

Dan Leonard
Harold & Ann Stevenson

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 unneeded 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.



We Are Collecting Box Tops and Labels for Education



What do the coupons and labels look like?

Most Coupons and labels have a phrase or icon of identification which may include the words "education", "school spirit", "support our schools" and the like. Most usually, the box top or label has a dashed line with the image of a pair of scissors showing where to cut. Here is what to collect:

- Box Tops for Education: found on Kleenex, cereals, nutrition bars, Motts brand juices and apple sauce and many other products you normally buy
- Sunny D Beverages: Whole label removed from packaging
- School Spirit: coupon found on Aunt Millie Bred products
- Tyson Chicken: mostly frozen packages that are fully cooked. Look for a small black box that reads "We Support Our Schools"
- Spartan Brand Products: UPC Bar Code has solid green lines.

Please Note: Campbell's Soup labels are no longer being collected. That program has been phased out by the company.

How are the coupons and labels collected?

Each Gratiot County Senior Activity and Food with Friends Center has a collection box where coupons and labels can be deposited. You may also bring your box tops and labels to the Commission on Aging building in Ithaca or mail them to us at 515 S. Pine River, Ithaca, MI 48847.

How do Gratiot County Schools use the box tops and labels?

The box tops and labels are redeemed for money or supplies by Gratiot County schools to enhance their programs for youngsters K-2nd Grades. If you have a particular school you are collecting for, please include the school name on your packet of collected box tops and labels.

Please contact Sue Koch, Coordinator of Volunteers directly at 989-875-346 for more information.

Associated with the Holidays

S	K	C	S	N	E	R	D	L	I	H	C	S	H
W	B	H	W	P	A	R	K	S	G	F	S	A	K
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- | | | | | |
|----------|--------------|----------|----------|-----------|
| Swimming | Picnic | Easter | Baseball | Halloween |
| Lent | Marshmallows | Blankets | Hiking | Tents |
| Games | Christmas | Rides | Burgers | Children |
| New Year | Park | Hot Dogs | Food | |

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.



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If the first week in August is unusually warm, the coming winter will be snowy and long.

-Anonymous

SCAMS

Reduce your risk By being aware:

- ◆ **The IRS and Tax Collections:** The IRS is not calling people and demanding that they pay taxes. Don't fall for this one. If you owe taxes, you will have received official letters in the mail.
- ◆ **Don't give out any personal information over the phone:** If a caller asks for your personal information, and you think it may be a legitimate request, inform the caller that you will contact the organization they say they are from to verify the need for your information. Use a phone number from a piece of literature, or a telephone directory you have on hand.
- ◆ **Before agreeing to have a salesperson visit you at home,** ask a trusted friend or family member to be at your house to attend the appointment with you.

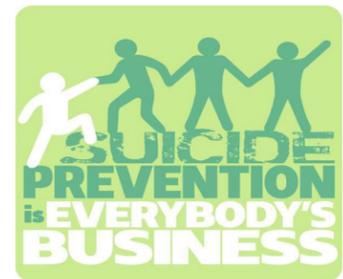
Suicide Warning Signs & Risk Factors Everyone Should Know

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).



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, 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.

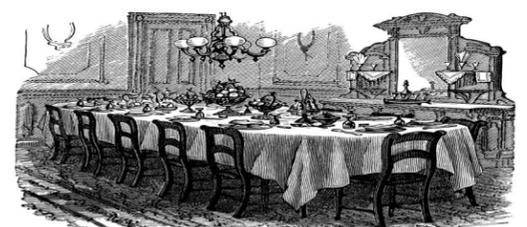
***Recycle Greeting Cards Team:** This team trims greeting cards previously sent to someone and creatively arranges usable pieces on fresh cardstock. All supplies are furnished. Cards and envelopes are available in the lobby at Commission on Aging for a suggested donation of .25 cents.

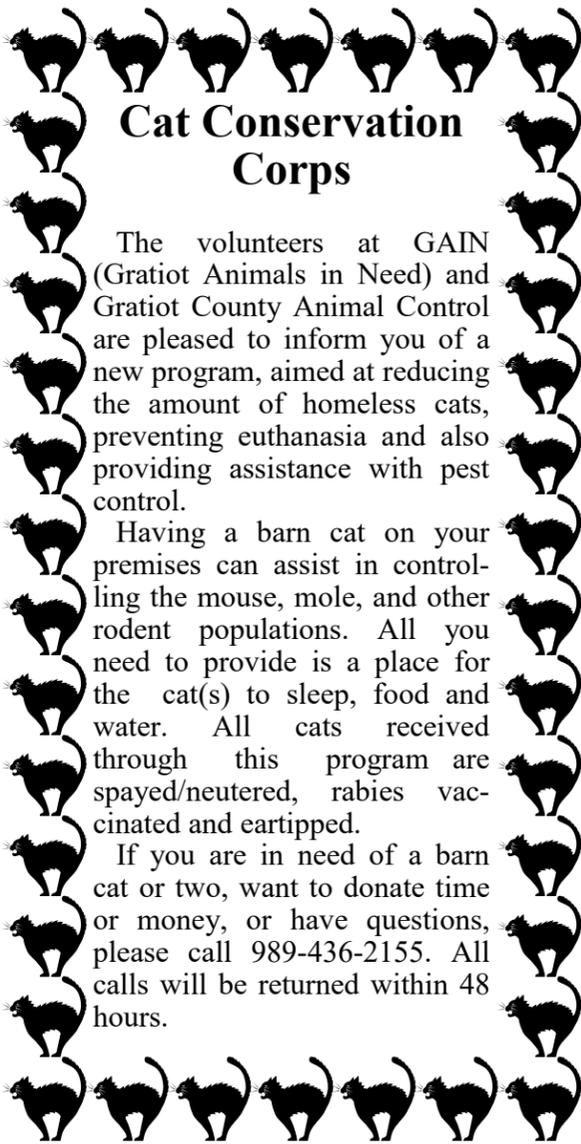
***Homestead Property Tax/Home Heating Credit Program Assistant, Medicare Part D Program Assistant; and Project FRESH Program Assistant:** The volunteer works under the guidance of the MAPP Coordinator and Director to help seniors through the challenges and paperwork associated with these programs.

***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.

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.





Cat Conservation Corps

The volunteers at GAIN (Gratiot Animals in Need) and Gratiot County Animal Control are pleased to inform you of a new program, aimed at reducing the amount of homeless cats, preventing euthanasia and also providing assistance with pest control.

Having a barn cat on your premises can assist in controlling the mouse, mole, and other rodent populations. All you need to provide is a place for the cat(s) to sleep, food and water. All cats received through this program are spayed/neutered, rabies vaccinated and eartipped.

If you are in need of a barn cat or two, want to donate time or money, or have questions, please call 989-436-2155. All calls will be returned within 48 hours.

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.

Social Security Administration
1.800.772.1213

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.



Age and Illness in the Hot Summer Months

By Sherri Florez

For those with Alzheimer's or other forms of dementia, as well as for those over age 65 or with chronic illnesses, summer presents its own dangers and challenges. Those of us who care for individuals with these conditions need to know how to protect them from those “dog days” of the season. In the last few summer seasons, hot days seemed to be more frequent and extreme in nature. Putting protective measures in place will help those with Alzheimer's, other forms of dementia, or other chronic illnesses get through summer heat waves comfortably and safely.

Why are older adults and those with Alzheimer's or Dementia so at risk during hot weather?

In general, the heat, humidity, one's general health, medications, hydration, and whether the environment is adequately cooled can all contribute to heat stress, also known as hyperthermia. The Centers for Disease Control cites three reasons persons over the age of 65 are more prone to heat stress than the general population:

- In general, older adults do not adjust as easily to sudden changes in temperature.
- Older adults are more likely to have a chronic medical condition, and with that, their body has a different response to heat.
- The medications older adults and those with chronic illness take, as well as the combination of multiple medications, can affect the body's ability to regulate its temperature. This includes its ability to generate perspiration—a cooling mechanism for the body. Medications that can increase one's risk of heat-related stress include diuretics, sedatives, tranquilizers and some heart and blood pressure medications.

What is Hyperthermia?

Hyperthermia occurs when the body's heat-regulating system fails to adequately keep a person cool. The forms of hyperthermia include heat syncope (fainting), heat cramps, heat stroke, and heat exhaustion. These heat stresses can happen to anyone, but older adults, and those with chronic illnesses, including dementia and Alzheimer's, are especially at risk during hot weather. It is up to us, their caregivers, to put measures in place to protect them, and to monitor them during the worst of the hot weather.

When it is Hot or Humid - Protect and Monitor

Putting safety mechanisms in place should always be part of one's plan of care for the hot weather months. When the heat and humidity hit, have the following protective measures in place for persons at risk for heat-related problems.:

- ⇒ Always ensure the air conditioning is functioning properly. Have the system checked by a professional before the hot weather starts in your area.
- ⇒ Do not assume all is well - even if persons sound fine on the phone. If you do not live with them, physically check on them at least twice per day. More is better. Air conditioners can become over-stressed during these periods, so check to make sure the system is always functioning. If you do not live near

them, have someone - a neighbor or nearby friend - check on them and ensure the air conditioning is operating.

- ⇒ If the individuals live alone or are alone during the day, consider enrolling them in a senior center program or adult day center. This will give them a cool, safe environment and a social setting, along with the benefit of staff to monitor them.
- ⇒ Have the person remain in the comfort of an air conditioned home or building. This is not a time to sit outside, even in the shade.
- ⇒ If at-risk individuals must go out, perhaps to a doctor's appointment, try to keep it to the cooler early morning hours and limit the time outside as you are transporting them.
- ⇒ Have them drink cool, non-alcoholic fluids.
- ⇒ Provide cool showers, baths, or sponge baths.
- ⇒ Have them wear lightweight clothing.

During a hot weather period, putting the above measures in place, along with increasing the level of monitoring you provide, can help protect at-risk individuals from the dangers of hot weather.

Most of the above information provided by Bright Focus Foundation. Enjoy the summer and stay safe.

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.firstpres.net for more information. Good Company is partially funded by Gratiot County Community Foundation.



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

August 2019

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 EVERYDAY Building is open, the coffee's ready 10:00 EVERYDAY Visits, news, games, activities 12:00 Mon.-Fri. Food With Friends Noon Meal Reservation 875-2135				1 10:00 Games 11:00 Piano Music by Joyce Raycraft Noon - August Birth-day Celebration 1:00 Wii Bowling	2 11:30 Blood Pressure checks by our Volunteer Nurse Joyce Raycraft SEED DAY—28th Anniversary of the SAB dream becoming real!	3 11:00-1:45 Building Open 12:15 FAMILY Potluck
4 	5 10:30 Opening Senior Summer Games Food With Friends Picnic lunch	6 Cookie Orders Due!! 10:30 Cribbage 1:00 Bean Bag Toss 7:00 VFW #7805	7 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow	8 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	9 1:00-3:30 Friday Cards with Volunteers Jack & Avis Ginther	10
11	12 11:50 Nutrition "Healthy Snack Ideas" 1:00 Outdoor Shuffleboard 7-9 Just For Fun Dulcimer Music	13 1:00 Progressive Euchre	14 Cookie Sale 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow	15 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	16 1:00 Hand and Foot Card Games	17 
18	19 12:30 Bob Crist 1:20 Bob's Sunshine Gang at Warwick Living Center--Alma	20 10:30 Cribbage 1:15 Senior Activity Building Board Meeting	21 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow 7:00 A-Tractive Tractor Club	22 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	23 1:00-3:30 Friday Cards with Volunteers Jack & Avis Ginther	24
25	26 1:00 Popcorn & "Steve Hall & Shotgun Red" filmed in Nashville	27 1:00 Progressive Euchre	28 1:00 Dominoes 1:00 Healthy Eating for Seniors Program 1:00 Horseshoes 2:00 Afterglow	29 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	30 11:50 Work Day Memories Young Senior Day	31

Senior Activity Building & Food with Friends News
By Jo Jones

Our month begins with the monthly Birthday Celebration at noon. We have many Seniors who have a birthday in August, so please call in right now to say, "YES, I'd like to reserve a Food With Friends meal for August 1st!"

We invite you to celebrate the 28th anniversary of Seed Day on Friday, August 2nd. What is Seed Day? It is the date when Lloyd Brandal planted the Seed money at the Ithaca City Hall so the Senior Activity Building Fund became real! Share your favorite Senior Activity Building memories and please share your treats with us today.

Senior Summer Games on Monday, the 5th, begin at 10:30 with the Opening Ceremony. We expect you'll be with us to cheer on your team from your food site. Our meal today will be a picnic style menu. Hoping you have made your reservation for this third Annual Senior Summer Games.

Celebrate Linda St. Charles' birthday on Thursday morning, August 8th from 8:30 until 10:00. Stop in during that time to wish Linda a special day and enjoy a fresh donut!

Our overview of the schedule found above starts with Mondays. The first one is the fun Summer games. The second Monday's schedule includes Healthy Snack Ideas and Outdoor Shuffleboard. Then the Just For Fun Dulcimers will be meeting at 7:00 p.m. You are welcome to stop in to enjoy the music any time from 7 until 9.

On the 19th, Bob Crist will be at the piano at 12:30 to warm up our voices and our smiles before going to Warwick Living Center in Alma. **Bob's Sunshine Gang** returns to the Building to enjoy ice cream sundaes.

A quick trip to Nashville is on our large screen TV on the 26th. At 1:00, we will show "Steve Hall & Shotgun Red Show". Popcorn will be provided.

Tuesdays in August, at 10:30, **Cribbage** will be on the 6th and the 20th. **Progressive Euchre** will be on Tuesdays, August 13th and 27th. Blue Ribbons were won by Wally Bringold (twice) and Dennis Sierakowski. The Red Ribbons were won by Bruce McConnell, Joe Shelest and Ron Peters.

The **Senior Activity Building Board meeting** will be at 1:15 on Tuesday, August 20, 2019. You certainly are encouraged to attend and participate at these meetings. The Board recognizes that our many Volunteers give their time and talents daily, throughout the year. You will see "Unnamed Volunteers" listed each month. If you are one of the many volunteers, accept a heartfelt THANKS!

Now let's look at the Wednesday schedules. **The COOKIE SALE is on the 14th. Your order for the Raspberry filled cookies is due by August 6th. The suggested donation is \$5.00 for a Baker's half dozen and \$10.00 for a Baker's dozen.**

Almost every Wednesday at 1:00, we have **Dominoes and Horseshoes**. The Horseshoe group gathers for an Afterglow at 2:00. On the last Wednesday, the RESD presents their monthly nutrition program at 1:00. The topic is healthy eating. They have brought us delicious samples each month.

Each Thursday morning Volunteer Joyce Raycraft shares a variety of music. Her **piano**

playing finds the Seniors humming. The game of Golf has not been happening recently, but we do have other games happening about 10:00. **Wii Bowling** takes place at 1:00 each Thursday,

Volunteer nurse Joyce Raycraft will be screening **blood pressures** on the first Friday, the 2nd, starting at 11:30. **Friday Cards** (including bridge) will be scheduled for August 9th and 23rd, from 1:00 until 3:30. Volunteers Avis and Jack 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.

On the last Friday, Young Senior Day, we ask you to bring pictures, certificates, etc. from your work days. We will find out more about your years in the workforce since today is the early start to Labor Day weekend.

Our **August 3rd Family Potluck** will be provided by those who attend. Families have been the backbone of support for the operational expenses since the Building opened. Family members and friends often donate in **HONOR** or in **MEMORY** of loved ones. Envelopes are available for both types of gifts, as well as for the **GIFT IN GRATITUDE**. This last gift provides a way for you to express **your own appreciation** for your "Home Away From Home". Small gifts combined with others multiply! We want to add **your name** to the monthly listing of **Gifts in Gratitude**, especially if you come to the Building to enjoy coffee, friendly visits, cards, and games. Thanks.

If you can't bring a dish to share, your donation of Potluck money is important. It is

Continued

donated to the Building to help with the energy costs. The donation is given to the Building on behalf of the entire Saturday Potluck group, since those who prepare food have already given their money to purchase the ingredients and to prepare their dishes that they bring to the Potluck for all of us to enjoy.

Please check the Building calendar often, since we do have schedule changes from time to time.

Our Building opens each weekday morning at 8:00, with a warm welcome from Linda St. Charles, a cup of coffee and a slice of toast. You are always most welcome to stop in anytime.

Do enjoy this last full month of summer!



June Birthdays celebrated by Ida Bakker-Kramer and Evelyn Green



Father's Day Honoring our Dads: Jo Jones, Joyce Beard, Jack and Avis Ginther



Rotarians Paul Hornak, Marci Browne, Jim Wideman, Ken Federspiel: Building and Grounds Committee Rotarians Dick Abbott and Chris Yonker trim all of the shrubs.



THANK YOU for your gifts received by the Senior Activity Building from June 13, 2019 through July 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
Ithaca Dust Off
Rotary Club
Cleo Flegel
Bill DeVuyst

GIFTS in GRATITUDE to SAB

By Rebecca Allen
Jim & Peggy McVeigh
Fred & Helen Hoard
Jo Jones
Joyce Raycraft

In MEMORY of GWENDELL BOYER

By Food with Friends
June Dunn & Gerry Dancer
Maynard Whitman
Joyce Beard
Joe Earegood
Joan Cook
Mike & Robin Boyer
Jack & Joanne Cornwell
Bill & Linda Devuyst
Gwendell Boyer's Family
Jo Jones

In MEMORY of BELVA KNAPP

By Joyce Beard

In MEMORY of MAXINE WEAVER

By Joyce Beard
Dianne & Michael Gabrion
Maxine Weaver's Family
Food with Friends
Jo Jones

In MEMORY of GLADINE GOODHALL

By Garold Browne & Family
Food with Friends
Ali Goodhall & Benjamin Barnes
Kenneth Bradley
Deb Loudeneck
Teri Hedrick
Kathy Densmore
Wm. & Barbara Walkington
M/M Philip Hanus
Mary Goodhall
Mrs. Charles Johnson
Jo Jones

In MEMORY of VIRGINIA WILLIAMS

By Joyce Beard
Joyce Raycraft
Bill & Linda DeVuyst
Jack & Avis Ginther

In MEMORY of JANICE NICEWANDER

By Food with Friends

In MEMORY of BEVERLY POST

By Joyce Beard

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

By Mary Humm



Board Members Marty Wieferich, Ken Federspiel, Larry Ringle, Ruthanne Larry, Mary Humm and Dick Abbott check out Dick's special bike at the Bike Day event



Joyce's Jets participate in weekly Wii Bowling. From left: Joyce Raycraft, Ron Peters, (bowling), Jean Mahler, and Joe Shelest

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.

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.



West Gratiot

By Cindy Simons

A July birthday greeting went out to Zelma Parks, and a belated June greeting to Larry Marrin. We hope they both enjoyed their special day.

July finally gave us the sunny days of summer we were waiting for. We enjoyed each day at the site playing games and listening to a variety of music with friends. Participation in karaoke and eating a treat of watermelon also fit in well with the summer theme.

The sponsorship received from Laurels of Fulton, in the form of BINGO prizes and root beer, was greatly appreciated. There were many attendees, such as Nancy Riker, Doug White, Chuck Simmons, Pat Elliott, Harold Daniel and Bob and Arvella Divelbiss, who donated items to the program and helped at the site. Thank you for your generosity.

Now, here are activities coming up:

Our wellness topic will be presented on Friday, August 2nd. There will be euchre games on Mondays and Fridays. BINGO is planned for most Wednesdays.

The West Gratiot site will be closed on Monday, August 5th. Join Food with Friends at the County Wide Senior Summer Games outside the Senior Activity Building in Ithaca. Come and cheer on your team!

Our birthday celebration will take place on Wednesday, July 7th, and Friday, July 9th. Come join us for cake.

The West Gratiot site will be closed on Friday, August 16th to accommodate the Summer Daze Festival activities.

A craft project will be available on Monday, August 12th and Wednesday August 14th. The craft will be used to decorate the lunch area.

Let's have fun with a Luau theme on Wednesday and Friday, August 21st and 23rd. Wear beach print or bright colored summer outfits. Be ready to enjoy related music and games.

We will finish the month by enjoying root beer floats on Wednesday and Friday, August 28th and 30th.

Please join us on Monday, Wednesday, and Friday at the Summer Senior Center - located in the Summer 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 you are in attendance at the site or call the kitchen 24 hours in advance of your next visit. Contact Cindy at 989.833.7624 from 10:00-2:00 MWF at the West Gratiot site for more information.

West Gratiot Highlights

- 8-2 Nutrition & Wellness Topic
- 8-5 **CLOSED: Picnic in Ithaca**
- 8-7 & Birthday & Anniversary Celebration
- 8-9 Birthday & Anniversary Celebration
- 8-12 & Craft
- 8-14 Craft
- 8-16 **CLOSED: Summer Daze Festival**
- 8-21 & Luau Fun: Wear Beach Print or
- 8-23 Bright Summer Colors
- 8-24 & Karaoke Music & Root Beer Floats
- 8-26 Karaoke Music & Root Beer Floats

SUMMER

West Gratiot Weekly Activities

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

BRECKENRIDGE

By Pat Schultz

Wow! Can you believe that it's August already? Where has the summer gone?!

Hope everyone has had a chance to have some summer fun with family and friends. Speaking of fun, the site will be closed from August 8 through August 16 to allow some time off for me to enjoy the summer. We will reopen on Monday, August 19 and will look forward to seeing everyone. If it gets too hot for anyone, the Breckenridge food site is air-conditioned. Stop in and see what we are all about and cool off a bit. You are always welcome!

Here are some of the activities that we have planned for August:

- 8-2 Puzzle Day
- 8-5 **CLOSED: Picnic in Ithaca**
- 8-6 Bingo w/Schnep HealthCare after Lunch
- 8-8 to 8-16 **CLOSED-VACATION**
- 8-20 BINGO after Lunch
- 8-21 Picnic Fun
- 8-22 Ask the Chief of Police Question Day
- 8-23 Knit & Crochet Fun
- 8-27 BINGO after Lunch
- 8-29 Nutrition Education-Healthy Eating

We play Euchre and other games most mornings. Stop and say Hi and visit awhile. We love to see new faces as well as all of our friends. Everyone is always welcome! Just give me a call, 989-842-3338, if you want to come for lunch so I can order you a meal.



Greetings from Fulton

By Irene Noffsinger

Looking at August!

Antics from Dennis the Menace. Off and on I have shared stories of my grandson, who I lovingly refer to as Dennis the Menace. While visiting the other day, his brother and grandfather were shooting hoops in the driveway, when out of nowhere Dennis the Menace appears. Having just ingested a theater size box of candy that Grandpa brought him, he was fueled up and ready to

go. He grabs the super soaker and fills it from his sister's kiddy pool. He proceeds to sneak up on his brother and nail him with the water while he is throwing the basketball. He kept repeating the process for about five minutes while his brother and grandfather continued to shoot hoops. By now, his brother is dripping wet and getting a little irritated. The ball rolled off, and grandpa went to retrieve it. Meanwhile, Dennis the Menace is fast at work filling that super soaker! Grandpa turned around just in time to see Dennis the Menace get lifted by his brother and thrown head first into the kiddy pool, totally clothed, tennis shoes and all. Dennis the Menace, not to be out done, pokes his head up with water dripping down his face and says "I still won". Big brother stands there looking at him and says "Really?"

Please join us on August 23rd, for a class on necklace making. This class will be taught by Donna Smith using unique beads made out of potatoes. We will begin at 10:00 a.m. to ensure we have enough time to complete the project. There will be a break to have lunch. The class fee is \$5.00 to cover the materials furnished by Donna. Registration is necessary for the class to make sure there are enough supplies on hand. You can register by calling 989-236-5019 or 989-533-8581 or signing up when you are at the site. Class size may be limited.

Thanks to everyone that came for the class on making the coasters. They turned out beautifully. A big Thank You to Joann Peet for leading the class.

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

BOOKS BOOKS BOOKS

Don't forget that we have books available for you to read. You don't have to stay for lunch just to get books. You can drop off or pick up books anytime we are open. The books are always on a rolling cart in the Township Hall. They do get rotated fairly often, so there is always something different to read. Please feel free to stop in and say hi when you are picking out a book.

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

- 8-2 Lunch/Euchre
- 8-5 **CLOSED: Picnic at Ithaca Site**
- 8-7 Lunch/Phase Ten
- 8-9 Lunch/Euchre
- 8-12 Lunch/Skip Bo
- 8-14 Lunch/Phase 10
Celebrate August Birthdays
- 8-16 Lunch/Euchre
- 8-19 Lunch/Skip Bo
- 8-21 Lunch/Healthy Eating/Cards
- 8-23 Class/Lunch/Euchre
- 8-26 Lunch/Skip Bo
- 8-28 Lunch/Phase Ten
Nutrition Education
- 8-30 Lunch/Euchre



FULTON SENIOR CENTER DONATIONS

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

**SENIOR GRATIOT
NEWSPAPER
DONATIONS**

These people generously donated \$230.00 to the Senior Gratiot Newspaper contribution fund from June 16, 2019 to July 15, 2019. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Joan Ward
Patty Isenhower
Joanne Hayward
Dianne Wilson
Sally Martin
Alton & Waneta Bigelow

IN MEMORY OF

WESTLEY CLEMENTS
By Lance & Jacalyn Stoneman

**JERRY MALEK
LESTER KIMMEL
DUANE KIMMEL
IVAN KIMMEL
JAMES KIMMEL**
By Ruth & Joe Malek

**ERNIE ROMINE
GWENDELL BOYER**
By Rex Coleman

**JAMES K. RILEM
EDITH M. JOHNSON
JAMES F. RILEY
IRENE RILEY
DIANA RILEY**
By Larry W. Riley

LEONARD & ELMA PIGGOTT
By Carol Piggott

JULIE ANN BRAUHER
By Marcella Brauher

RICHARD ROSLUND
By Alma Moyer

**COMMISSION ON AGING
DONATIONS**

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

First United Methodist Church
Nancy Vernon
Scott Hicks
Bette LeBlanc
St. Louis Correctional Facility Employees
Casual Day Participants
Lincoln Rd. United Methodist Church
Immanuel Evangelical Lutheran Church-
Thrivent Group

IN MEMORY OF

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

IN HONOR OF

COMMISSION ON AGING
By Friendship Group

DAVE & MARCIA BIEHL
By Results Realty

**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.

IN MEMORY OF

PHYLLIS M. CLAYBAUGH
By Alan Shattuck and Family



West Gratiot Food with Friends kept busy with euchre and putting together a complicated puzzle



MSU Extension program "Cooking Matters" presenter, Roxanne White, and participants at the West Gratiot FWF site.

WOULD YOU LIKE EXTRA \$\$?!

Would you like to help the children in your community?

Or

Would you like to help older adults in our community?



Are you 55 years of age or older?

If you answered YES to the above questions, you are the person we are looking for!

Become a Foster Grandparent or Senior Companion Volunteer

You will receive an extra \$212.00 per month, in a non-taxable stipend, which will **not** affect social security, subsidized housing, etc.

PLUS these additional benefits: *Training
*Transportation Reimbursement
*Paid Personal Time Off

Call the Foster Grandparent/Senior Companion Program for more information: 989-772-0748 or 1-800-878-0726 (toll free)

Don't Delay! Training is being held soon!

To qualify, you must meet certain income guidelines, which will be discussed when you call. Ask to speak with **Brandi, Jodi or Anne**

Foster Grandparents
Share Today. Shape Tomorrow.

The Foster Grandparent/Senior Companion Program is sponsored by the Isabella County Commission on Aging

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SOUP AND SALAD MEAL ONLY AVAILABLE AT FWF SITES</p>	 <p>© Can Stock Photo</p>		<p>1 Home Style Beef Stew Green Beans Crunchy Pea Salad Fresh Orange Dinner Roll</p>	<p>2 Summer Chicken Salad FWF Potato Salad 24 Hr Cole Slaw Cantaloupe Hamburger Bun</p>
<p>5 CLOSED NO HOME MEAL DELIVERY COUNTY WIDE FWF PICNIC AT SENIOR ACTIVITY BUILDING</p>	<p>6 Chicken Nuggets Corn & Lima Beans Tossed Salad Fruit Cocktail Wheat Bread</p>	<p>7 Swedish Meatballs Kyoto Vegetable Multi Bean Salad Strawberries Wheat Bread Or Chef Salad Chicken Veg Soup</p>	<p>8 Sliced Turkey Stewed Tomatoes Cranberry Mousse Applesauce Wheat Bread</p>	<p>9 Bar- B Q Chicken Augratin Potatoes Crunchy Veg Salad Peaches Dinner Roll Or Chef Salad Roasted Pepper Soup</p>
<p>12 Pulled Pork Green Beans 24 Hr Cabbage Slaw Pears Hamburger Bun</p>	<p>13 Turkey Loaf Baked Apples Whipped Sweet Potatoes Tossed Salad Wheat Bread</p>	<p>14 Paprika Baked Chicken Steamed Cabbage Fruit Cocktail Gelatin FWF Potato Salad Wheat Bread Or Chef Salad Roast Pepper Salad</p>	<p>15 Lasagna Corn Cucumber Salad Tropical Fruit Wheat Bread</p>	<p>16 Chicken Pattie Redskin Potatoes Lettuce & Tomato Applesauce Hamburger Bun Or Chef Salad Beef Veg Soup</p>
<p>19 Home Style Beef Stew Broccoli Tossed Salad Peaches Biscuit</p>	<p>20 Basil Parmesan Chicken Brown Rice Crunchy Pea Salad Mandarin Oranges Wheat Bread</p>	<p>21 Sloppy Joe Winter Blend Corn Strawberries Hamburger Bun Or Chef Salad Beef Veg Soup</p>	<p>22 Spanish Chicken Peas & Carrots Coleslaw Apple Crisp Wheat Bread</p>	<p>23 Summer Chicken Salad on a Bun Broc/Caulf Salad Tossed Salad Cantaloupe</p>
<p>26 Chicken A La King Brussel Sprouts Tossed Salad Tropical Fruit Biscuit</p>	<p>27 Breaded Veal Parmesan Corn Multi Bean Salad Peaches Dinner Roll</p>	<p>28 Fish Sticks Mixed Vegetables Fruited Cole Slaw Apricots Wheat Bread Or Chef Salad Chicken Veg Soup</p>	<p>29 Bar B-Q Chicken Scalloped Potatoes Carrots Tossed Salad Wheat Bread</p>	<p>30 Breakfast Bake Sausage Links Redskin Potatoes Orange Juice Cinnamon Roll Or Chef Salad Chicken Veg Soup</p>

Menus are Subject to Change Without Notice

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

Milk provided with all meals

Reservations are Required 24 Hours in Advance

Suggested Donation \$2.50

FOOD WITH FRIENDS

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

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

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

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

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

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

POTLUCKS

EDGEWOOD
EDGEWOOD AREA SENIORS
EDGEWOOD CHURCH OF GOD
160 S. BARRY ROAD
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

JULY 2019 PREP TEAM VOLUNTEER THANK YOU

COA is grateful to these volunteers who donated 28.75 hours preparing the July Issue for mailing.

Jim Peck, Ruthie Malek, Sondra Schaub, Nancy Crites, Helen Hoard, Linda Cox, Vicki Bertoni, Carol Glave, Iris Henries, Dorothy Rhines, and Sally Martin.



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