

SEPTEMBER

Harvest Dinner

Dinner and Entertainment
Funded by Region VII Area Agency on Aging
Hosted by Gratiot County Commission on Aging

Thursday, September 12, 2019
5:00-7:00 p.m.

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



Dinner

Chicken Cordon Bleu, Baked Potato
Caesar Salad, Cheese Bread Sticks
Glazed Carrots, Cheesecake
Coffee and Water

Ticket Prices

Suggested Donation of \$10.00
Seating is limited so be sure to purchase
your tickets early.

There will be no ticket sales at the door.

Tickets may be purchased at any Food with Friends Site
or the COA office in Ithaca
Call the Gratiot County COA (989) 875-5246 for
more information.

See page 3 for additional information

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

September 2019
Volume XLV
Number 9

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SENIOR GRATIOT

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Medicare D and Medicare Advantage Open Enrollment Period



The annual Open Enrollment Period for Medicare D and Medicare Advantage plans will begin October 15, 2019 and go until December 7, 2019, with changes becoming effective January 1, 2020. During the open enrollment period, Medicare beneficiaries may enroll, disenroll, or change Medicare D or Medicare Advantage plans.

During the Open Enrollment Period, the MMAAP (Medicare/Medicaid Assistance Program) at the Gratiot County Commission on Aging can assist Medicare beneficiaries who reside in Gratiot County in researching Medicare D and Medicare Advantage plans to find which plan will work the best for you for 2020. It is suggested that if you currently have a plan, to review your plan to make sure that they will cover all of your medications for next year. At the end of September or early October, if you currently have a Medicare D or Medicare Advantage plan, you should receive information about their 2020 plans. **It is important to take a look at this information; this information will inform you of the premium, deductibles and copayments for 2020.** The premium, deductibles, and copayments often change from year to year.

We at the Commission on Aging will try our best to serve all those Medicare beneficiaries who need assistance during the open enrollment period, but due to the number of requests, we may not be able to assist all of those who call. Information about the 2020 Medicare plans can also be found online at www.medicare.gov or by calling 1-800-Medicare (1-800-633-4227). The Medicare website will not be updated to reflect the 2020 plans until the first part of October.

If you are satisfied with your current plan and want to continue with the coverage, you don't need to do anything. If for some reason, your current plan will not be offering coverage for the 2020 year, you will be notified by your plan.

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

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

Save the Date!

Wednesday, October 23
12:00 PM

*Two Outlaws and
a Good Guy*

*will be performing for
you at the Sumner
Community Center.
Join us for lunch
(suggested donation of
\$2.50) and entertainment.*



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

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

~Author Unknown

I hope you are enjoying getting to know our volunteers as you read the Meet the Volunteer part of our Corner page. Some volunteers you already know from your community activities. Some you are meeting for the first time. Reading the *Why I Volunteer* from someone you have never met is an introduction to how someone else values our communities.

Meet Our Volunteer Becky Adams

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

I was an employee of the Commission on Aging Nutrition Program before I retired. I quickly learned then how important having volunteers to help with our program was. Our two sons started helping at an early age and also, my husband helped out.

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

I knew how important it was to have volunteers working alongside staff. And, it made me feel good about myself.

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

I help in the kitchen when needed. I answer phones at the front desk. My husband and I continue to deliver meals when needed.

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

Greeting a smiling face to help cheer their day. Delivering a nutritious meal to their front door.

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

Sometimes, after you retire, you feel unproductive. This has helped me feel I am helping in some way.

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

It helps Commission on Aging programs financially and it gives volunteers a way to give back to our community. We might someday need to rely on volunteers ourselves.

Do you have a philosophy that guides your life?

Do unto others with a smile on your face and in your heart.



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 a support role 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.

***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.



VOLUNTEER ACTIVITY September 2019

Please join us to see what we are about.

Walk-Ins welcome.

Sue Koch, 989-875-5346

Recycled Greeting Cards Team
Closed Labor Day, Monday, September 2nd
Monday, September 9th 9:00 a.m. - 12 noon
Monday, September 16th 9:00 a.m. - 12 noon
Monday, September 23rd 9:00 a.m. - 12 noon
Monday, September 30th 9:00 a.m. - 12 noon

Mitten Makers and Hats Galore Knit-In
Saturday September 21st 10:00 a.m. - 2:00 p.m.
Knitters and Crocheters welcome.
Brown bag lunch suggested.
Beverages furnished.

Senior Gratiot Newspaper Prep Team
September 26th 9 a.m. – 11:30 a.m.
Early Birds start at 8:00 a.m.

RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch,
Coordinator of Volunteers
989.875.5346

Like many of Gratiot County’s non-profits, Commission on Aging is a small operation. While summer is being enjoyed, employees utilize vacation time to travel, visit family or welcome family into their homes. Recently our Kitchen Manager took a week off. Becky was missed. We all enjoy her happy nature, the beauty of her singing voice and her belief that we function best when we are a team.

While picking up my recent Thursday lunch meal, I found Becky seated at a large food prep table in the back kitchen happily cutting fresh cantaloupe for Friday’s cold meal. I welcomed her back from vacation and commented on the aroma of the cantaloupe filling the kitchen. She told me how happy she was to be preparing the cantaloupe for the next day’s meal. “It is so fresh and juicy. Just look at the beautiful color!” The whole meal that Friday was what we call a “cold meal.” Chicken salad on a fresh bun, coleslaw, potato salad and Becky’s fresh cantaloupe chunks. So very good!

Although the cantaloupe was not garden donated, we do frequently receive garden “extras” from local gardeners and farmers. It is a generous and kind act to give what otherwise might go to waste to those who can make use of the nutrition. It is Commission on Aging’s habit to pass donated fruit and vegetables on to our five Senior Center/Food with Friends meal sites. Guests who visit the sites are welcomed to take what they can use – tomatoes, cucumbers, green beans, squash, cabbages and the like.

We thank our communities for each and every donation of usable goods. Used cards are recycled into greeting cards. Book and puzzle donations provide our seniors with pleasurable activities. Donated yarn is used by our knitters to craft hats and mittens. Donated durable medical equipment is used to make life easier for others. Every donation makes a difference for Gratiot County seniors. Thank you.



GRANDPARENTS fill the world with LOVE

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



HARVEST DINNER

Region VII Area Agency on Aging has once again provided funding for the Gratiot County Commission on Aging to host a special evening for older adults of Gratiot County.

When: Thursday, September 12, 2019, 5:00-7:00 p.m.

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

The meal will be prepared by the Commission on Aging Head Cook, Barbara Konopka. The menu will consist of Chicken Cordon Bleu, baked potato, Caesar salad, cheesy bread stick glazed carrots and cheesecake for dessert. Coffee and water will be provided as well. Entertainment for the evening will be provided by Colin Dexter, a Tribute Artist who pays tribute to great entertainers such as Elvis, Conway Twitty, George Jones, and Hank Williams, Jr. Seating will be limited and tickets are required. Tickets will be a suggested donation of \$10.00 and are available at any of the five Food with Friends locations and from the Gratiot County Commission on Aging office. For more information or to purchase your tickets, contact any of the following locations:

- ♫ Gratiot Community Senior Center, Alyssa Bowen, 989.681.4341
- ♫ Breckenridge, Pat Schultz, 989.842.3338
- ♫ Ithaca, Jo Jones, 989.875.2135
- ♫ Fulton, Irene Noffsinger, 989.236.5019
- ♫ West Gratiot (Sumner), Cindy Simmons, 989.833.7624
- ♫ Gratiot County Commission on Aging, 989.875.5246



Remember, seating is limited, so get your tickets early!



ALMA COLLEGE

UPCOMING EVENTS AT
ALMA COLLEGE
September 1 through 21, 2019

Sept. 3-26: The Flora Kirsch Beck Gallery in the Clack Art Center at Alma College opens the 2019-20 exhibit season with varied works of art by Alma College students from Tuesday, Sept. 3 through Thursday, Sept. 26. Admission is free and open to the public. Gallery hours are 10 a.m. to 5 p.m. Mondays through Fridays and 10 a.m. to 2 p.m. Saturdays. A closing reception takes place from 7 to 9 p.m. Thursday, Sept. 26 in the gallery.

Sept. 13: After a successful run at the Edinburgh Festival Fringe in Scotland, Alma College Theatre presents an encore performance of "44 Days," an original play that tells the story of the men and women of Flint who led the 1936 sit-down strike against General Motors. The performance begins at 7:30 p.m. Friday, Sept. 13 in the Remick Heritage Center, Strosacker Theatre. Admission is free and open to the public.

Sept. 20: The Alma College Percussion Ensemble and Pipe Band kick off homecoming weekend with a concert at 8 p.m. Friday, Sept. 20 in the Remick Heritage Center, Presbyterian Hall. Tickets are \$15 for adults, \$5 for seniors 62 and up, and free for Alma College staff, students and youth 18 and under. Seating is reserved. Call (989) 463-7304 for ticket information.

Sept. 21: Alma College celebrates homecoming on Saturday, Sept. 21 with the 5K Scot Trot (9 a.m.), parade (11 a.m.), campus-community lunch (noon), football game (2 p.m.) and numerous receptions and other activities. Visit <http://www.alma.edu/homecoming> for a complete schedule.

Sept. 21: The Alma College Choirs wrap up the formal events of homecoming weekend with a concert at 7 p.m. Saturday, Sept. 21 in the Remick Heritage Center, Presbyterian Hall. Alumni singers from all years are invited to join the current Alma Choirs on stage for a rehearsal at 5:30 p.m. Alumni award recipients also are recognized. Admission is free and open to the public. No ticket is required.



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:

Sept. 9	Oct. 14	Nov. 11
Sept. 23	Oct. 28	Nov. 25
		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:

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

September 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Closed For Labor Day!	3 11:00 Low Impact Exercise 12:00 Lunch 1:00 Board Meeting	4 11:00 Belly Dance Props 12:00 Lunch 12:30 Bingo	5 10: Line Dancing 12:00 Lunch 2:00 Farmer's Market Bus trip	6 11:00 Belly Dance Props 12:00 Lunch 12:30 This Week in History	7
8	9 1:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo	10 11:00 Low Impact Exercise 12:00 Lunch 12:30 Painting with Diane 12:30 Game Day	11 11:00 Belly Dance Props 12:00 Lunch 12:30 Bingo	12 10:00 Line Dancing 12:00 Lunch 2:00 Farmer's Market Bus trip	13 11:00 Belly Dance Props 12:00 Lunch 12:30 This Week in History	14
15	16 11:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo	17 11:00 Low Impact Exercise 12:00 Lunch 12:30 Game Day 12:30 Painting with Shirley	18 11:00 Belly Dance Props 12:00 Lunch 12:30 Bingo	19 10:00 Line Dancing 12:00 Lunch 2:00 Farmer's Market Bus trip	20 11:00 Belly Dance Props 12:00 Lunch 12:30 This Week in History	21
22	23 11:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo	24 11:00 Low Impact Exercise 12:00 Lunch 12:30 Game Day	25 11:00 Belly Dance Props 12:00 Lunch 12:30 Bingo	26 10:00 Line Dancing 11:00 Lunch 12:30 Nutrition Program 2:00 Farmer's Market Bus trip	27 11:00 Belly Dance Props 12:00 Lunch 12:30 This Week in History	28
29	30 11:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo					

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

Hello friends,

This month marks the end of summer and the start of autumn! Soon the trees will be brilliant reds, oranges, and yellows. We will be drinking apple cider, wearing our favorite sweaters, enjoying the last of our bon fires. Summer is ending but fall is an amazing time of year. With that, I hope to bring in many new things to the center.

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 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 come in just 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, except Thursdays, we will be doing low impact exercises. On Wednesdays and Fridays, I will also be educating everyone on the different belly dance props. This will be fun!! 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 so do not be intimi-

dated. We welcome everyone to join us! These classes will start at 11 a.m.

Betty Apple will also be returning with her line dancing crew! So Thursdays at 10 am please come on down and join our line dancing ladies. We would love to have you!

On Thursday the 26th, just after lunch, we will be learning about Thrifty food choices. These choices will allow us to have better health but are also all about being as cost effective as possible. Eating healthy does not have to be hard or expensive. We have tips that can make eating and grocery shopping easy on your wallet. For instance, pick one meat per week that you can reuse in different recipes. These tips will help change how you eat and may save you money!

We are also very excited to announce that we have two new art instructors. Diane Clise, our water color artist, is from the Alma Community Art Center. She 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! This month's painting, on September 10th at 12:30, features an absolutely beautiful fall scene and the best part is this will be completely your own unique painting! See the picture on the next page as an example of what your painting may look like.

I am also ecstatic to announce that Shirley Fredrick is our brand new acrylic artist! She is a colleague of Diane's and is also from the Alma Community Art Center. Her classes will be on the third Tuesday of each month. Shirley is so excited to work with the Senior Center and she cannot wait to share her talents with us. This month Shirley's painting is of a beautiful sunflower. This class will be offered

on September 17th, at 12:30. She also will provide all the materials, just bring a positive attitude and your \$10! Call the Senior Center for information or reservations for either painting class at 989-681-4341. Please give us at least a 24 hour notice so our artists can bring enough supplies!

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. Thursdays 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. 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 be a group rate available. In order to be able to provide Alma Transit with accurate information on which bus we will need, please make your reservation by the Tuesday prior to the trips by 3:00 pm. Call me at 989-681-4341.

Be sure to check out the bus trip that has been scheduled in October. Full details are available on Page 7.

Please also remember that Monday, September 2nd, we will be closed due to Labor Day. Thank you!



"Autumn is a second spring when every leaf is a flower" –Albert Camus

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 July 12th through August 14th, 2019.

Donations

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

Pizza Hut, Alma
Biggby Coffee, Alma
Arby's, Alma
Taco Bell, Alma
Hello Beautiful Salon

Walmart, Microwave

In Loving Memory...

Alice Patterson

Elise Bigelow
Lois Ramsey
Roberta Charney
Harold Stevenson
Ann Stevenson

Joyce French

Doris LaPaugh
Kay Peasley
Mary Prat
Mary Braken
John Cadena
Kim Cadena

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.



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
- ⇒ Talking about being a burden to others
- ⇒ Acting anxious, agitated or restless
- ⇒ Significant loss (job, relationship, death or financial)
- ⇒ Prolonged stress from issues such as bullying, illness or unemployment
- ⇒ Giving away prized possessions
- ⇒ Increased use of alcohol or drugs

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).



Flu Clinic at COA 515 S. Pine River, Ithaca

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

**Friday, October 11, 2019
8:30-11:30 & 12:30-3:30**

No appointment is necessary. Cost is \$20 for the regular flu shot and \$45 for the "high dose" flu shot, which is recommended for those 65 years of age and above. MMDHD can bill **MOST** insurances. You **must** present your Medicare, Medicaid, and/or supplemental insurance cards for costs to be covered. Medicare **DOES** cover the cost of both doses of the flu shot. For more information, contact MMDHD at 989-875-3681 and follow the prompts. Pneumococcal vaccines will also be available, although quantities are limited.

The Centers for Disease Control and Prevention recommends a yearly flu vaccine for everyone six months of age and older. This is the most important step in protecting against the sometimes fatal disease. There are many different flu viruses and the vaccine protects against the three or four main strains that research indicates will cause the most illness. The flu viruses are constantly changing and experts pick which viruses to include in the vaccine many months in advance to allow for production time.



September's Watercolor Painting

Here is the painting for this month. Plan on joining water color artist Diane Clise as she helps you complete this beautiful forest. Class will be on Tuesday, September 10th at 12:30 p.m. Cost of the class is \$10.00. Call Alyssa at the St. Louis Food with Friends site to make your reservation.



3rd Annual Senior Summer Games and Picnic Roundup



A good time was had by all that attended the Annual Gratiot County Commission on Aging Food with Friends Senior Summer Games held on August 5th at the Senior Activity Building in Ithaca.

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

Each Food with Friends site had a team of six people that competed. Teams consisted of volunteers from each site and each team wore a different color T-shirt, making it easy to identify the team you wanted to cheer on. This year we had



great weather for the picnic. It was exciting to watch as the crowd cheered on their teams! Having fun was the main event and if your team happened to win a game, it was even better.

This year, Chuck Wieferich from the Ithaca site won the wet T-shirt contest. Chuck really leaned into the action to soak the shirt as it hung on the clothesline. Harold Stevenson from St. Louis Senior Center won the egg spoon walk with an average walking speed of 8.73 seconds, all while balancing an



egg on a spoon. Richard Runie from the Breckenridge site won the bean bag toss with a total number of 3 bean bags sunk. The Ring Toss was won by Carol Vogel of Breckenridge with a total of 3 rings. This was the second year in a row that Carol has won this event. The Ithaca site team won the water balloon toss this year and the two game winners were Joyce Raycraft and Marty Wieferich. Individual winners were presented with a winning ribbon. This year two sites are sharing the overall winning trophy, Ithaca and Breckenridge. The sites have agreed to share the trophy by each keeping it for six months. After all the exciting games ended, we feasted on hot dogs, carrots, chips and watermelon.

We would like to thank all the volunteers that helped make the Senior Games a success. Hope to see you all again next year!



Turkeyville Bus Trip

Friday, October 25, 2019

\$79.00

Bus leaves the Senior Center at 9:00 a.m.

Returns at 6:00 p.m.

Reservations required

Want to get out of your house? Want to spend your day singing, laughing and eating with friends? Then join us on our fall bus trip. On Friday, October 25th we will be traveling to the Turkeyville Dinner Theater for a sit down lunch and show. Travel back in time as we watch the show, "The Rat Pack Lounge". You will enjoy hearing all the hits of the Rat Pack as Frank, Dean, and Sammy return to earth from heaven to finish business left undone. You will leave singing and savoring the by gone days. So, grab your friends and family and join us for a day of fun!

Contact the Senior Center at 989-681-4341 to reserve your spot. Reservations and funds are due by Wednesday, October 2 in order to secure your seat. Please mail your check to the St. Louis Senior Center, P.O. Box 205, St. Louis, MI 48880 (it must be received by October 2). You can also stop by the center to make your reservation.



THE RAT PACK

Rules to follow for Trip

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

Social Security Administration
1.800.772.1213

Where Do I Find Support After a Diagnosis of Dementia?

By Sherri Florez

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

A Care Plan

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

- ◇ How you can continue the things that are important to you for as long as possible
- ◇ Health conditions you have that may need continued monitoring
- ◇ Names of health or social workers who will help coordinate your medical health.

Your care plan should be reviewed at least once a year. A memory assessment service, the social services department of your local council or your General Practitioner will help develop your care plan, together with your family. Find out more about what to expect after a diagnosis of dementia.

Getting a Needs Assessment

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

Living in Your Own Home

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

Moving Into a Care Home

As the symptoms of dementia will get worse over time, many people eventually require support in a care home. Depending on their needs, this could be a residential care home or a nursing home that offers services for people with dementia. If you have been caring for a partner or relative with dementia, this can be a difficult decision to take. Talk through your concerns with friends and family.

Remember that you will still be involved in the care and support of the person with dementia after they move to a care home. You may be able to arrange a trial period in a care home for yourself or the person you care for.

Continued

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

Good Company Adult Day Program is offered Monday, Wednesday and Friday from 10:30 a.m. to 2:30 p.m. at a cost of \$5 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.



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.



Commodity Food Distribution Date

Commodities distribution will be on **October 28, 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

September 2019

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day No Food With Friends Building closed	3 10:30 Cribbage 1:00 Outdoor Shuffle-board 7:00 VFW #7805	4 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow	5 10:00 Games 11:00 Joyce- Piano Music Jo Jones & FWF Celebrate 41 years together at noon 1:00 Wii Bowling	6 11:30 Blood Pressure checks by Joyce Raycraft	7 11:00 Building is Open 12:15 Family Potluck
8	9 10:05-11:30 Bingo (Prizes from McDonalds & Super Shine Express Car Wash) 11:50 Nutrition 'Planning Thrifty Meals' 7-9 Dulcimers	10 9:00 EZ Motion 1:00 Progressive Euchre	11 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow 	12 NO EZ Motion 10:00 Games 11:00 Joyce Raycraft's Piano Music 1:100 Wii Bowling	13 1:00 Friday Cards with Volunteers Jack & Avis Ginther	14 8:30 Pancakes 9:00 Annual Building Cleanup
15	16 11:50 Nutrition "Stretch your Food Budget" 12:30 Bob Crist's Piano Music 1:20 Bob's Sunshine Gang visits Schnep's St. Louis	17 9:00 EZ Motion 10:30 Cribbage 1:15 SAB Board Meeting	18 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow 7:00 Attractive Tractor Meeting	19 9:00 EZ Motion 10:00 Games 11:00 Joyce Raycraft's Piano Music 1:00 Wii Bowling	20 12:00 Birthday Celebration for Seniors born in September 1:00 Painting Class with Shirley	21
	23 10:05-11:30 Bingo (Bernicia) Farmers Day	24 9:00 EZ Motion 1:00 Progressive Euchre	25 11:15 Piano Music by Susan 12:45 Healthy Eating 1:00 Dominoes 1:00 Horseshoes 2:00 Afterglow	26 9:00 EZ Motion 10:00 Games 11:00 Joyce- Piano music 1:00 Wii Bowling 4:00 Bob Crist 5:00 Chili Supper	27 1:00 Friday Cards with Volunteers Jack & Avis Ginther	28
29	30 YOUNG SENIOR DAY 11:30 The Glovers' Music	8:00 EVERYDAY Building open coffee's ready 10:00 EVERYDAY Visits, news, games, activities 12:00 Mon.-Fri. Food With Friends Noon Meal Reservation 875-2135				

Senior Activity Building & Food with Friends News
By Jo Jones

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

At noon on Thursday, the 5th, all 2nd and 3rd generation Food with Friends Seniors and Jo will celebrate 41 years of enjoying Ithaca Food With Friends. If your parents or grandparents attended Ithaca Food with Friends during the past 41 years, you are one of our special 2nd or 3rd generation Seniors. We want you to join us for lunch and memories today. Call 875-2135 TODAY!!!

Now we will look ahead to Mondays. The 2nd is Labor Day, so the Building is closed and there will be no Food with Friends meal today. There will be **Bingo in September**. We hope to get a fresh start. McDonalds and Super Shine Express Car Wash provide prizes on the 9th. On the 23rd United Health Care provides the prizes.

Just For Fun Dulcimer Club meets from 7 to 9 on September 9th. You are most welcome to come to enjoy their music.

Our **nutrition topic** is "Planning Healthy Meals". The time for this discussion is at 11:50 on the 9th.

Bob Crist will tickle the piano keys at 12:30 on the 16th before **Bob's Sunshine Gang** goes to Schnep's in St. Louis to join their residents with a sing-a-long. We will return to the Building for our ice cream sundaes.

On the 23rd, we are having **FARMERS DAY!** Get out your favorite farm clothes, hats, photos, memories, etc. to share with us before our noon meal.

On the last Monday, the 30th, we will welcome back the Glovers. **Larry and his talented daughter, Christine Simmons** will begin their music program at 11:30. Be sure to make your reservation for Food with Friends meal!!

Also on the last Monday, we welcome YOU, our YOUNG Seniors, to enjoy a delicious meal following a delightful program by the Glovers.

On Tuesday, the 3rd and the 17th, **Cribbage** will be at 10:30. **Progressive Euchre** is at 1:00 on Tuesdays, September 10th and 24th. Blue ribbon winners were Dennis Sierakowski and Jo Jones (a tie) and Wally Bringold. Wally and Ron Peters were the Red ribbon winners.

EZ MOTION will be at 9:00 on Tuesday and Thursday mornings. The first date is September 10th. There will not be a "class" on Thursday, the 12th. We use a variety of DVDs and videos that are designed for the Senior population. Do come to stretch and exercise (mostly in a chair) with others who do find they benefit from participating.

Your **Senior Activity Building Board** has a 1:15 P.M. meeting scheduled on September 17, 2018. Our Nominations committee will post the names of Class of 2022 nominees at the Building and in the October Senior Gratiot. We do expect our Board members to actively participate in the operation and di-

rection of our Senior Activity Building. The commitment of time and talents by Board members over the past years has been an example and an encouragement to the many volunteers who have also donated their gifts, time, and talents.

Each Wednesday you will find **Dominoes** and **Horseshoes** at 1:00. On the last Wednesday, Susan Montsatson will be **playing the piano** from 11:15 until noon. Then at 12:45, she will be one of the presenters at **the monthly Healthy Eating** program. The samples are always yummy and the new ideas are worthwhile.

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

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

Joyce Raycraft, our Volunteer nurse, will check your **blood pressure** beginning at 11:30 on the 6th.

At noon on Friday, the 20th we will honor our Seniors who have a **September birthday**.

Friday Cards (which includes bridge) will be on the 13th and 27th from 1:00 until 3:30. Volunteers Jack and Avis Ginther will help you to join one of the games. The suggested donation for the afternoon of enjoyment is \$0.25, the same as it is for Progressive

Continued on Page 9

Euchre, Horseshoes, and blood pressure screening. You will find these donations listed under the Crystal Jar donations.

You will see our **Annual Building Clean Up** is on Saturday, the 14th. Pancakes for the Volunteers will be ready at 8:30. The work begins at 9:00. Please sign up to let us know if you will be able to help with this project.

We encourage you to bring some of your family members with you to our monthly **Family potluck on September 7th**. You do not need to sign up for this activity. Thanks for remembering to bring your own table service. Thanks also to our generous cooks! We know that it takes several dollars to provide the delicious dishes that make the potluck so special. For those who donate cash, consider what it takes to buy the ingredients to prepare a casserole, salad, or dessert. Your money donations help to supply the energy that we use while enjoying the Senior Activity Bldg.

Notice to all of you who enjoyed the Painting Class with Melanie---Shirley Frederick will be with us for the Painting classes this fall. The first class is on September 20th at 1:00. Be sure to sign up to help Shirley to plan for her class. The donation is \$10.00 for the supplies and the lesson. Please learn more about this in another article in this newspaper.

Our **cool, air conditioned** Building is open each weekday morning at 8:00, with a very warm welcome from Linda St. Charles, a cup of coffee and a donut or a slice of toast. We daily express our THANKS and appreciation to Linda for being our most reliable, friendly, caring, and artistic "Good Morning" friend! Linda would like to extend a thank you for the wonderful celebration on her birthday.



August birthdays were celebrated by Helen Hoard, Lyle Rausch, Verna Bringold, and Tom Van Alstine.



Linda St. Charles and Pat Cumberworth celebrate their birthdays at the Senior Activity Building morning coffee.

THANK YOU for your gifts received by the Senior Activity Building from July 13, 2019 through August 12, 2019:

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

Musicians: Bob Crist, Joyce Raycraft, and Susan Montsatson

Crystal Jar Donations: Unnamed Donations, Progressive Euchre, Friday Cards, Blood Pressure, Horseshoes
Martin & Burch Family Reunion
Charles & Golda Smith Family Reunion
Beard Family Reunion

GIFTS in GRATITUDE to SAB

By Joyce Raycraft
Ken Federspiel
Bill DeVuyst
Jo Jones

In MEMORY of CHERYL HESS
By Margie Woodbury

In MEMORY of JOYCE DAWSON
By Joyce Beard

In MEMORY of MAXINE WEAVER
By Maxine Weaver's Family
Kazia Sowa

In MEMORY of GLADINE GOODHALL
By James & Ruth Fabus
Ashley Friends of Gladine Goodhall
Nephew, Dean Bradley
Pat & Michael Smith

In MEMORY of VIRGINIA WILLIAMS
By Jack & Avis Ginther

In MEMORY of JANICE MOOMEY
By Dorothy Wiser
Dennis Terwilliger

In MEMORY of DON MULL
By Bill & Linda DeVuyst
Mary Lee Mull

In MEMORY of ALL OUR FRIENDS who have passed before us
By Chuck & Mary Wieferich

In MEMORY of ALAN GOODHALL
By Jo Jones

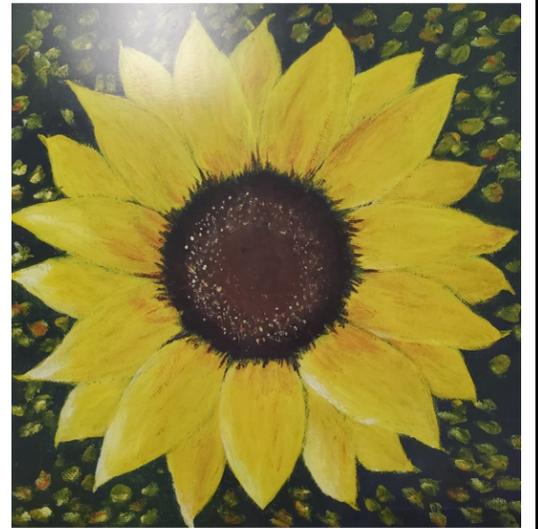
Gifts received at the GRATIOT COMMUNITY FOUNDATION, SENIOR ACTIVITY BUILDING AGENCY Account
By Mary Humm



Bob Crist will celebrate his birthday by playing your favorite tunes on Thursday, September 26th at 4:00 p.m., followed by a chili supper at 5:00.

A Painting Party Each Month

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



This month's painting is the beautiful sunflower shown above. We look forward to seeing your creations!

Lunch

Served at 12:00 p.m.
Age 60+: \$2.50 suggested donation
Age 59 & Under: \$5.00 lunch fee

ST. LOUIS SENIOR CENTER

TUES., SEPT. 17
12:30-2:00 PM
1329 Michigan Ave.
St. Louis, MI
989-681-4341

ITHACA SENIOR ACTIVITY BUILDING

FRIDAY, SEPT. 20
1:00-2:30 pm
1011 E. North St.
Ithaca, MI
989-875-2135

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



West Gratiot

By Cindy Simons

August birthday greetings went out to Arvella Divelbiss. Evelyn and Carl White and Cindy and Chuck Simmons celebrated anniversaries last month. We hope everyone enjoyed their special days.

In August, we had a final hurrah for the summer—Hawaiian-style. Participants dressed in beach print and bright colors. We listened and sang to island music with our friends. Of course, there was a treat that included pineapple.

The Laurels has continued to sponsor our special bingo prizes and root beer. This is always greatly appreciated.

Thanks to the other contributions that came in from Nancy Riker, Donna Mason, Evelyn White, Sharon Helman and Bob and Arvella Divelbiss. The donations came in many forms, such as morning snacks, bingo prizes and items for the Veteran's Hospital. Also appreciated are the many attendees who assist with numerous tasks at the site. Thank you for your generosity.

Now, here are activities coming up:

The West Gratiot site will be closed on Monday, September 2nd for Labor Day. Enjoy your time with family and friends.

There will be euchre games on Mondays and Fridays. Experienced and new players are all welcome to join. bingo is planned for most Wednesdays (no experience necessary).

Our birthday celebration will take place on Wednesday, September 11th, and Friday, September 13th. Come join us for cake.

Our wellness topic will be presented on Friday, September 18th.

A craft project will be available on Monday, September 23rd and Wednesday, September 25th. Pauline Daniel and Pat Elliott will host the project. The craft will be used to decorate tables for the annual Food with Friends event in October.

We will finish the month by enjoying a special treat on Wednesday and Friday, September 25th and 27th.

Please set aside Wednesday, October 23rd for the annual Food with Friends fall event, held at the West Gratiot FWF site, with the special musical group **Two Outlaws and a Good Guy**. There will be plenty of parking this year, along with door prizes and great friends to catch up with. You may reserve your spot for this event through a site manager or the COA kitchen.

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 you are in attendance at the site or call the kitchen 24 hours in advance of your next visit.

Contact Cindy, West Gratiot Site Manager, for further information at 989.833.7624 from 10:00-2:00 MWF.

West Gratiot Highlights

- 9-2 **Closed: Labor Day**
- 9-11 Birthday & Anniversary Celebration
- 9-13 Birthday & Anniversary Celebration
- 9-18 Nutrition & Wellness Topic
- 9-23 Craft
- 9-25 Craft & Special Treat
- 9-27 Special Treat

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

Can you believe that it's September already! I'm not sure where the summer has gone. Fall is a beautiful season with all of the beautiful fall colors. We all need to get out and enjoy this wonderful time of year. Go for a ride and view the colorful countryside and the wonder of nature.

We have some fun things planned here at Breckenridge. Our ceramics class will be starting up on the second Monday of each month, and we have other activities for everyone to try.

Here are some of our planned activities:

- 9/2 **Closed, Labor Day**
- 9/3 Bingo with Schnepps Healthcare
- 9/6 Puzzle Day
- 9/9 Ceramics, after lunch \$10.00 and all materials are furnished
- 9/10 Bingo after Lunch
- 9/13 Friday the 13th Trivia
- 9/16 Ice Cream Floats
- 9/17 Bingo after Lunch
- 9/19 Nutrition Education, Planning Thrifty Menus
- 9/20 Knit and Crochet Fun
- 9/24 Bingo after Lunch
- 9/25 Decorating Craft
- 9/26 Ask the Police Chief Question Day

We play euchre or other games most mornings. Everyone is always welcome to join us. Come and visit to see what we are all about. Visit with old friends or maybe make some new ones. Why sit home alone when you could be having fun here at Breckenridge!



Greetings from Fulton

By Irene Noffsinger

Fall into September

Can't believe we are already into fall. Seems like we just got into summer. Fall is a beautiful time of year. I love to watch the trees change colors.

September 30th is National Mud Pack Day. Mud packs are used in many different ways. They can be used to increase circulation, ease muscle tension, and release toxins and also to boost immunity. They also have other benefits such as relieving pain and swelling from arthritis, digestion, stress, as well as bee and wasp stings. But I believe stress can be relieved by taking a young child and the two of you making some good old fashioned mud pies. We went to visit a couple of my grandsons in another state and I found a children's book, *The Art of Making Mud Pies*. Well, you know I just had to have it. I asked their mother if she minded if we made mud pies. She said she didn't care as long as she didn't have to clean up after us. So, out we

went, one four year old and a six year old in tow. The six year old, having had some of his friends arrive, felt he was much too old to be making mud pies. So the four year old and I went about making them. We then made a campfire out of pompous grass painted red at the top for the fire. We found sticks and slugs and made believe we were roasting them over the fire to go with our mud pies. Don't you know, we picked up three more six year olds that all of a sudden did not think they were too old for mud pies? I looked around our make believe fire pit and realized, it doesn't get any better than this. Well, we cleaned up the mud pies, but I am told it was almost a month before the boys gave up on the make believe fire. Yes, mud is a great stress reliever.

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. Also, they are rotated fairly often, so there is always something different to read. If you need a book to read, please stop, say hello, and choose some books.

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

- 9-2 **Closed: Labor Day**
- 9-4 Lunch/Skip Bo
- 9-6 Lunch/Euchre
- 9-9 Lunch/Skip Bo
- 9-11 Lunch/Phase Ten
- 9-13 Lunch/Euchre
Celebrate September Birthdays
- 9-16 Lunch/Skip Bo
- 9-18 Lunch/Healthy Eating/Phase Ten
- 9-20 Lunch/Euchre
- 9-23 Lunch/Skip Bo
- 9-25 Lunch/Phase Ten
- 9-27 Lunch/Euchre
Nutrition Education
- 9-30 Lunch/Skip Bo

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 \$360.00 to the Senior Gratiot Newspaper contribution fund from July 16, 2019 to August 15, 2019. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Roger Arntz
William Strpko
Gary & Judy Zimmerman
Rosemary Buhl
Gillene Weller
Quitman Moffett
Larry Carpenter

IN MEMORY OF

DR. JIM HALL

By Judith Ann Hall

ROBERT E. WARD

By Wife, Doris & Family

BETTY WILLIAMS

By Jerold & Hazel Clagg

BILL MCDAID

By Matthew Pung

KEN LIVERNOIS

By Nancy Francetic

JACK WINGLE

AGNES KENNEY

DORTHY TERRY

By Howard & Mary Kenney

JANICE MOOMEY

By Janice King

IN HONOR OF

SITE MANAGERS & BOARD MEMBERS

By Lee & Ardith Long



**COMMISSION ON AGING
DONATIONS**

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

Sue Wernick
T.J. Schmitz
Lincoln Rd. United Methodist Church
Eva Zavala
American Legion Post 334

IN MEMORY OF

KEN WEBER

By Dennis Terwilliger
Geraldine Tenney
Dan Foote
Karen McCormick
Earl & Linda Hungerford
Dorothy Wisner
Nancy Jonski
Velma Spicer
Phyllis Studer
Karen Freshney
Florine Brown
Mary Ruth Gay
Darlene Moore
Mary Kus
Janice King
Mona Bunting
Janet Holt
Sara Johnston

SUSIE PAGE

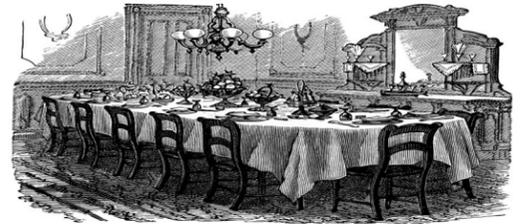
By Alma Products I, LLC
Barb (Brandal) Kench, a Classmate
Maria Page
Ronald & Carol Page
Elizabeth & Thomas Kern
Joan Sparks & Family

ALICE PATTERSON

By Mid Michigan Medical Center
Stitch & Stuff Volunteers
Dee McLane
Jeannette Micallof
Bernice Wolfgang
Marilyn Mellinger
Ruby Eastman
Elnora Hacker
Rosella White
Marlene Oberlitner
Barbara Fenby
Marge Clapp

**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.



REMEMBER SEPTEMBER 11, 2001
PATRIOT DAY

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

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

WOULD YOU LIKE EXTRA \$\$?!



Would you like to help the children or older adults in our community?

Are you 55 years of age or older?

If you answered YES to the above question, 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
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>2</p>	<p>3</p> <p>Chicken Nuggets Carrots Tossed Salad Fruit Cocktail Wheat Bread</p>	<p>4</p> <p>BBQ Meatballs Corn Cauliflower/Cabbage Salad Applesauce Wheat Bread Or Chef Salad Roast Pepper Soup</p>	<p>5</p> <p>Classic Meat Loaf Squash Cucumber Salad Peaches Wheat Bread</p>	<p>6</p> <p>Summer Chicken Salad Broccoli/Cauliflower Salad Amish Potato Salad Mandarin Oranges Hamburger Bun</p>
<p>9</p> <p>Pork Chop with Gravy Baked Apples Whipped Sweet Potatoes 24 Hr Cabbage Slaw Wheat Bread</p>	<p>10</p> <p>Cabbage Roll Casserole Corn Tossed Salad Rice Pudding Wheat Bread</p>	<p>11</p> <p>Lemon Pepper Chicken Company Potatoes Beet Salad Pears Dinner Roll Or Chef Salad Roast Pepper Soup</p> 	<p>12</p> <p>Spaghetti Peas Tossed Salad Peaches Garlic Toast</p>	<p>13</p> <p>Macaroni & Cheese Green Beans Fruited Cole Slaw Fresh Orange Wheat Bread Or Chef Salad Beef Veg Soup</p>
<p>16</p> <p>All American Hamburger Au gratin Potatoes Tossed Salad Apricots Hamburger Bun</p>	<p>17</p> <p>Swedish Meatballs Whipped Sweet Potatoes Cucumber Salad Peaches Wheat Bread</p>	<p>18</p> <p>Beef Stroganoff Beets Coleslaw Pears Wheat Bread Or Chef Salad Beef Veg Soup</p>	<p>19</p> <p>Chicken Pattie Lettuce & Tomato Brussel Sprouts Multi Bean Salad Mixed Fruit Cup Hamburger Bun</p>	<p>20</p> <p>Roast Pork Whipped Potatoes/Gravy Tossed Salad Cranberry Mousse Wheat Bread Or Chef Salad Chicken Veg Soup</p>
<p>23</p> <p>American Goulash Green Beans Tossed Salad Pears Wheat Bread</p>	<p>24</p> <p>Sliced Turkey Whipped Potatoes/Gravy California Blend Veggies Peach Crisp Wheat Bread</p>	<p>25</p> <p>Paprika Baked Chicken Oven Roasted Potatoes Crunchy Pea Salad Pineapple Gelatin Wheat Bread Or Chef Salad Chicken Veg Soup</p>	<p>26</p> <p>Chili Baked Potato Broccoli Citrus Salad Fruit Cocktail Corn Bread</p>	<p>27</p> <p>Potato Crunch Pollock Redskin Potatoes Scandinavian Vegetables Whole Grain Cookie Wheat Bread Or Chef Salad Roast Pepper Soup</p>
<p>30</p> <p>Corn Chowder Hard Cooked Egg Peas Michigan Fruit Cup Cheese Bread Stick</p>				<p>SOUP AND SALAD MEAL ONLY AVAILABLE AT FWF SITES</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



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

AUGUST 2019 PREP TEAM VOLUNTEER THANK YOU

Jim Peck, Ruthie Malek, Mary Patterson, Helen Hoard, Nancy Crites, Dorothy Rhines, Irene Peck, Sally Martin, Linda Cox, Martha Seiler, and Iris Henriess.

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