



Two Outlaws & A Good Guy

Enjoy a morning of western tunes and dancing followed by lunch.

**Wednesday, October 23, 2019
11:00 AM -12:00 PM**

**Sumner Community Center
10280 Pine Street, Sumner**

Doors will open at 10:00 a.m. with lunch served at Noon. The suggested donation is \$2.50 for attendees age 60 and over, \$5.00 fee for age 59 and under.

Please call the Gratiot County Commission on Aging kitchen at 989-875-5332 to make your reservation by October 14th.



Menu

Chicken Fried Chicken & Gravy
Macaroni Salad
Green Beans
BBQ Baked Beans
Cornbread
Pumpkin Dessert

See Page 7 for more information

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

October, 2019
Volume XLIV
Number 10

SENIOR GRATIOT

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ITHACA MI



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 their Medicare D or Medicare Advantage Plans.

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

We at the Commission on Aging will try our best to serve all those Medicare beneficiaries who need assistance during the Open Enrollment Period, but due to the volume of requests, we may not be able to assist all of those who call. Information about the 2020 Medicare plans can also be found online at 222.medicare.gov or by calling 1-800-Medicare (1-800-633-4227). The Medicare website will not be updated to reflect the 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 the first part of October. It is also suggested not to wait until December to call for an appointment; appointments may be filled by then. With the busy schedule during the Open Enrollment Period, **we do not take walk-ins.** MMAP Counselors are only present during scheduled times.

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

See page 5 for a schedule of Medicare Presentations



Like Gratiot County Commission on Aging On Facebook & Twitter



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.



VOLUNTEER CORNER

~With Sue Koch, Coordinator of Volunteers



MEET THE VOLUNTEER

Sue Koch, Coordinator of Volunteers
989-875-5346

We are pleased to feature Linda St. Charles in this month's *Meet the Volunteer*. I had known Linda "in my previous life." I knew her to be a remarkable young woman with whom it was a pleasure to share a common space and purpose. I enjoyed interviewing Linda using the volunteer survey below.

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

"I grew up in a family of seven. When I was nine years old, my Dad suggested I offer to help an elderly lady in the neighborhood. I never thought of helping my elderly neighbor as volunteering. I was raised by a family who showed love for mankind by being neighborly."

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

"Jo Jones, Site Manager at the Ithaca Area Food with Friend/Senior Activity Center in Ithaca and I have a friendship that goes back decades. For a number of years, I took care of seniors in the community. It brought me satisfaction and filled my life. Then a time in my life came when I had more free time. My friend, Jo, suggested I come to Food with Friends."

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

"I fill the role of hostess for morning coffee and donuts at the Senior Center. I have custodial duties; I ready the kitchen and activity room for our guests. I am there to help when needed with serving the noon meal to our guests. I love putting up seasonal and holiday decorations. I lend a hand with funeral dinners and monthly potlucks."

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

"We want seniors to know the Senior Center is a welcoming place. We share conversation, meet new friends, have a delicious meal, enjoy puzzles, play cards or other table games."

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

"The best kind of life there is – filled with friendship, laughter and purpose."

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

"I see how volunteers make a difference at our Senior Center and in the community when volunteers deliver meals to seniors who are unable to come to the Center."

Do you have a philosophy that guides your life?

Linda reflected again on her family. "My Mom and Dad lived with joy and said joy should always be given away."

According to **The Office Edition of Webster's II New Riverside Dictionary** the use of the word *team* has not changed in meaning. Team *n.* 1. Two or more draft animals harnessed to a farm implement or a vehicle. 2. Two or more players on the same side in a game. 3. A group working together. - *v.* 1. To join together (animals) in a team. 2. To unite in a team.

At Commission on Aging it takes many teams to become one team whose sole purpose is to coordinate programs and provide services which promote and safeguard the independence, well-being, and dignity of citizens of Gratiot County who are sixty years of age or older. If you enjoy being of service to others, come join our team.

Home Delivered Meals Team members deliver hot nutritious meals to frail homebound seniors. While delivering the meal, the volunteer offers words of greeting, a smile, and observes for any change in the senior since the last visit. The volunteer receives a thank you and smile in return. As we move into the winter months, our need for volunteer meal delivery drivers increases as many of our volunteers leave Michigan to snowbird in warmer climates. Route mileage is reimbursed at a rate of .58 cents per mile.

Mini-Van Volunteer Driver Team members transport seniors to medical and other appointments using handicap accessible Commission on Aging vans. Beyond the transportation, the volunteer connects the senior with community changes and happenings.

Cards Team members enjoy crafting something interesting, beautiful or special from recycled greeting cards. Commission on Aging provides all the supplies and a comfortable setting where the company of others is enjoyed. The team meets at the COA in Ithaca each Monday from 9 a.m. – 12 noon except holidays. Our cards are available in the lobby of COA for a donation of .25 each. Proceeds help defray the cost of craft supplies.

Senior Gratiot Prep Team members gather one morning towards the end of each month from 9:00 – 11:30 a.m. at COA in Ithaca to prepare the Senior Gratiot Newspaper for mailing. It is a three-step task – fold the paper in half, tape the paper in two places and place a pre-printed label on the paper. The team prepares over 2500 papers to the standard that is required by the post office to qualify for the NON-PROFIT ORGANIZATION U.S. POSTAGE PAID PERMIT NO. 4. It is a good thing!

Main Kitchen Packaging Team members work alongside staff on a short assembly line putting together the hot meal and the cold sack for delivery to the five Food with Friends Sites. Most volunteers stand to do their task, but sitting on a high stool is an easy accommodation for someone who tires easily. Rest breaks are frequent. Meals are packaged in the main kitchen at COA in Ithaca from 8:00 – 11:30 a.m. Mondays through Fridays except holidays. Pick one morning each week or whatever you can offer each month.

RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch,
Coordinator of Volunteers
989.875.5346

Commission on Aging receives telephone calls and stop-by visits from concerned Gratiot County seniors who want to let us know he/she has received a call from someone identifying himself as an employee of the Social Security Administration (SSA).

Kati Daffan, Assistant Director of the Federal Trade Commission's (FTC) Division of Marketing Practices, writes "it is not clear why Social Security-based calls are increasing. It may be that criminals are adapting their approach as the public becomes more aware of the fake income-tax calls. Scam artists are always changing to the next big thing. The Internal Revenue Service (IRS) has long been a popular choice for telephone scammers who call pretending to be federal tax representatives. The scammer is attempting to extract money, personal information or both from consumers. But federal authorities say they have seen fraudulent calls from SSA impostors 'skyrocket' over the past year, overtaking the fake IRS calls which scammers still use to take advantage of consumers."

What does the Social Security scammer say?

Social Security Administration imposters tell you your Social Security number has been suspended because of suspicious activity, or because it's been involved in a crime. They ask you to confirm your Social Security number, or they may say you need to withdraw money from the bank and store it on gift cards or in other unusual ways for "safekeeping." You may be told your accounts will be seized or frozen if you don't act quickly. These scammers often use Robocalls to reach people, and the message can be hard to ignore. In some cases, as with the IRS calls, the criminals are quite aggressive and try to scare their targets into action. You may be told to "press 1" to speak to a government "support representative" for help reactivating your Social Security number. They also use caller ID spoofing to make it look like the Social Security Administration really is calling. With such trickery, these scammers are good at convincing people to give up their Social Security number and other personal information.

Here are some tips to deal with these imposters:

- Do not trust caller ID. Criminals may use "spoofing" technology to make the call. Scam calls may show up on caller ID as the Social Security Administration and look like the agency's real number.
- Don't give the caller your Social Security number or other personal information. If you already did, visit IdentityTheft.gov/SSA to find out what steps you can take to protect your credit and your identity.
- Check with the real Social Security Administration. The SSA will not contact you out of the blue. But you can call them directly at 1-800-772-1213 to find out if SSA is really trying to reach you and why.
- Talk about it. People recognize the IRS scam, but many are getting caught off guard by these new imposters. You can help by telling people that the SSA scam is a new version of the IRS scam.

Report government imposter scams to the FTC at FTC.gov/complaint. To learn more, visit ftc.gov/imposters.



**VOLUNTEER ACTIVITY
October 2019**

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

Recycled Greeting Cards Team

Commission on Aging in Ithaca
October 7th 9:00 a.m. - Noon
October 14th 9:00 a.m. - Noon
October 21st 9:00 a.m. - Noon
October 28th 9:00 a.m. - Noon

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
October 19th 10:00 a.m. - 2 p.m.
No meeting in November or December.
Brown bag lunch suggested.
Beverages furnished.

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
October 25th 9:00 a.m. - 11:00 a.m.
Early Birds begin at 8:00 a.m.



2019 FALL YARD RAKING

Sue Koch Coordinator of Volunteers 989-875-5346

Commission on Aging coordinates fall yard raking with a limited number of service groups, churches and schools who volunteer man/woman-power to rake the yards of Gratiot County seniors. Most groups schedule a *single date* to volunteer their time during the fall. It is a date pre-set by the group. Here are other considerations:

- * Yard raking may be cancelled due to rain or snow. Usually the group does not reschedule another date to rake.
- * If your leaves fall very late in the season it may be less likely that a group is available.
- * We may have no groups volunteering to rake in your area of Gratiot County.
- * All volunteer groups provide their yard raking day as a community outreach service. There is no charge for the yard raking. Should you wish to make a donation, it can be directed to the group or to Gratiot County Commission on Aging's General Fund.

For more information or to have your name placed on the *Fall 2019 Yard Raking Request List*, please call Sue Koch 989-875-5346 where an answering machine will give you the opportunity to leave your name, address and phone number.



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

Fall is
Here

As a reminder, if you have a
Commission on Aging air
conditioner, please call the office
to schedule a pick up.

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:

Oct. 14 Nov. 11 Dec. 9
Oct. 28 Nov. 25

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**

**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.



October 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
		1	2	3	4	5
		11:00 Low Impact Exercise 12:00 Lunch 1:00 Board Meeting	11:00 Bean Bag Toss 12:00 Lunch 12:30 Bingo	10: Line Dancing 12:00 Lunch 2:00 Farmer's Market Bus trip	11:00 Belly Dance Props 12:00 Lunch 12:30 This Week in History	
6	7	8	9	10	11	12
	1:00 Low Impact Exercise 12:00 Lunch 12:30 White Elephant Bingo	11:00 Low Impact Exercise 12:00 Lunch 12:30 Painting with Diane 12:30 Game Day	11:00 Bean Bag Toss 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 2:00 Farmer's Market Bus trip	11:00 Belly Dance Props 12:00 Lunch 12:30 This Week in History	
13	14	15	16	17	18	19
	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 Shirley	11:00 Bean Bag Toss 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 2:00 Farmer's Market Bus trip	11:00 Belly Dance Props 12:00 Lunch 12:30 This Week in History	
20	21	22	23	24	25	26
	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	Closed For Country Lunch in Sumner	10:00 Line Dancing 11:00 Lunch 12:30 Nutrition Program 2:00 Farmer's Market Bus trip	11:00 Belly Dance Props 12:00 Lunch 12:30 This Week in History	
27	28	29	30	31		
	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 Bean Bag Toss 12:00 Birthday Lunch 12:30 Bingo	10:00 Line Dancing 12:00 Lunch 2:00 Farmer's Market Bus trip		

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

Hello friends,

October is my favorite month of the year. I love the smells, flavors, colors, and cool crisp air. I also love all things pumpkin, cinnamon, and apple. At the center this month you will notice many changes. Some of these changes include the decorations and the layout of the center. We thought changes happening with the center should also coincide with the changing of the season.

Bingo players, please remember we 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 is our game day, and it is going fantastic! We do not have a large crowd, however, we do have a lot of fun! So bring your favorite board game, or just yourself and come and learn about some new games with some great people! This is held every Tuesday except the first Tuesday of the month.

Every morning prior to lunch there is some form of exercise class. On Mondays, Tuesdays, and Fridays we do low impact exercises at 11 am. On Wednesdays we also do a little bit of low impact exercise to warm our muscles up prior to bean bag toss tournaments! On Thursdays, line dancing is taught by Betty Apple at 10 am. Also on Fridays after low impact exercises, I educate

people on my different belly dance props. 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! Again these classes will start at 11 am except for Thursday line dancing class, which starts at 10 am.

On Thursday the 24th, just after lunch, we will be learning about making healthy food choices in minutes. We have this preconceived notion that eating healthy involves taking a lot of time and a lot of effort. The fact is, while this can be the case, there are plenty of ways to make healthy meals in a snap! I will talk about this while we eat lunch and we can do some collaboration on different meals we could make quick, fast, and in a hurry!

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 October 8th at 12:30, features a very unique mixed media abstract piece of a tree. Bring your creative hats and try this out.

Shirley Fredrick is our new acrylic artist! She is a colleague of Diane's and is also from the Alma Community Art Center. Her classes will be provided on the third Tuesday of each month. This month Shirley's painting is of a serene fall scene of a tree. This class will be offered on October 15th, 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 call Monday before Noon to give enough 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 the end of October when the market closes down. Thursday's the bus will pick us up here at the Senior Center at 2:00 pm and head for the farmer's market. The bus will then pick us up at 3:00 pm to return back to the Center. I want to recognize The Blue Shamrock in downtown St. Louis for sponsoring 33 round trip rides! That being said, the first 33 rides are sponsored however, after that the pricing is as follows: Gold Card 75 and older \$2.00 round trip, senior rate \$3.00 round trip. If we can get enough people there will also be a group rate available. In order to be able to provide Alma Transit with accurate information on which bus we will need, I will need to have you call me the Tuesday prior to the trips by 3:00 pm. Call me to reserve your spot on the bus at 989-681-4341.

Please also remember that Wednesday the 23rd we will be closed due to the Country Lunch in Sumner. Do not miss out on the fun! I hope to see you there!

"Pumpkin spice and everything nice!" - Unknown



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 August 15th through September 13th.

Donations

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

Jimmy Johns, Alma

In Loving Memory...

Paul Wischmeyer
Bonnie Middleton
Mary Pratt



Gertie Levandowski
Roberta Charney

Sponsors...

We would also like to thank Serendipity Frozen Custard & Donuts in Alma for providing frozen custard for our monthly birthday lunches!

Upcoming Medicare Presentations

By Sarah McClung

The following presentations will provide information regarding Medicare in 2020. These presentations are not intended to provide individual consultations. An appointment is necessary for that and can be arranged by calling Sarah McClung at the Gratiot County Commission on Aging at 989-875-5286. Please call at the beginning of October to schedule an appointment. Appointments will begin October 15th. The Medicare D Open Enrollment Period runs from October 15th through December 7th, with any changes becoming effective January 1st. These presentations are to provide general information about Medicare for 2020, based upon the information available at the time.

The presentations dates and locations are as follows:

Friday, October 4th at 12:40 pm

Ithaca Area Food w/ Friends
1011 E North St., Ithaca

Monday, October 7th at 12:15 pm

Fulton Area Food w/ Friends
3425 W Cleveland Rd (M-57), Perrinton

Wednesday, October 9th at 12:00 pm

Breckenridge Food with Friends
122 E Saginaw St., Breckenridge

Thursday, October 10th at 12:30 pm

St Louis/Alma Food with Friends
1329 Michigan Ave, St. Louis

Monday, October 14th at 12:30 pm

West Gratiot Food with Friends
10820 Pine St, Sumner

If you have any questions, please contact Sarah McClung at the Gratiot County Commission on Aging office at 989-875-5286.

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.



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

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

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.



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.

Happenings at the Fulton Food with Friends Site



Celebrating Virginia Brauher's birthday, 93 years young!



Fulton making necklaces out of beads made from potatoes, with Donna Smith



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.

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 bygone 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.



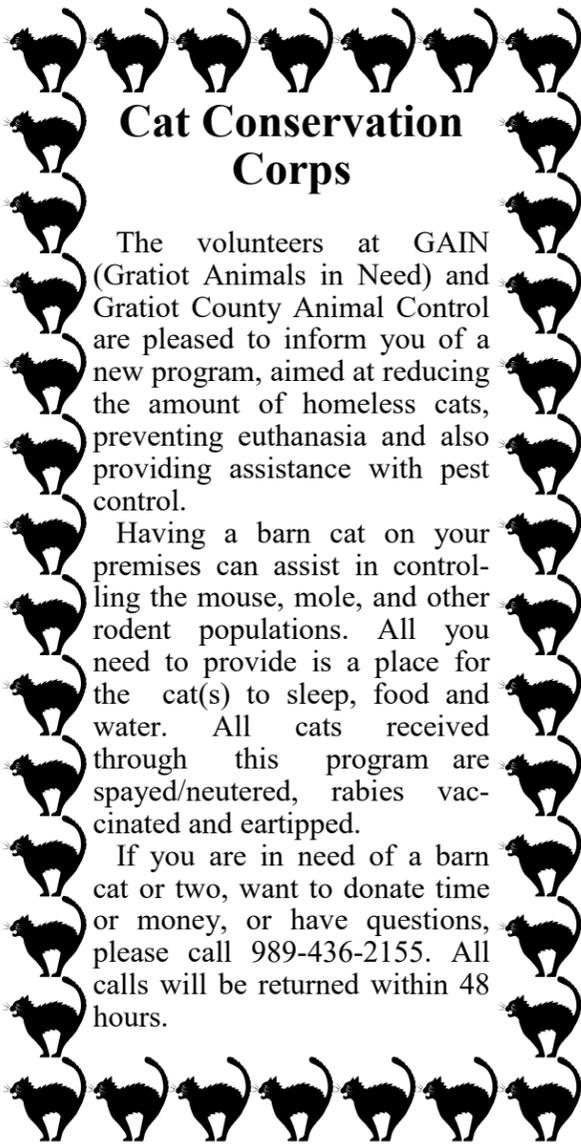
THE RAT PACK

Rules to follow for Trip

1. Please call 989-681-4341 right away if you are interested in the 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.**



October 6-12, 2019



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

Two Outlaws & a Good Guy



Please join us at the Sumner Community Center as the West Gratiot FWF site hosts a “Country Lunch” with a special musical performance on Wednesday, October 23rd. All other FWF sites will be closed on that day. Entertainment will be provided by the group **Two Outlaws and a Good Guy**. Grab your western boots, neckerchief and hat and come join us! Doors will open at 10:00 for coffee and entertainment will begin at 11:00 in the gymnasium. Lunch will be served at noon. The cost for the meal is a suggested donation of \$2.50 for attendees age 60 and over; a fee of \$5.00 for those who are age 59 and under. Make your reservation by calling the Commission on Aging kitchen at 989-875-5332 or signing up at your FWF meal site. Reservations must be made by October 14th. The Sumner Community Center is located at 10820 Pine Street in Sumner. Sumner is easily accessed by taking Warner Road south to St. Charles Road west; or Washington Road to Ferris Road north to St. Charles Road west. The community center is one block north of St. Charles Rd.



Pets & Dementia



By Sherri Florez,
Program Coordinator

Dealing with the daily challenges of Dementia can become overwhelming for the individual with the disease, as well as their family and friends. Studies have shown a friendly pet can have enormous rewards by helping to combat depression, anxiety and agitation. The following is a list of how a pet can support individuals with the disease.

For someone who has Dementia, animals:

- ♥ Offer unending affection and unconditional love. Having a pet can create a great source of joy.
- ♥ Give the person responsibilities. Walking, feeding or grooming a pet every day are important tasks (even if some supervision is necessary). The feeling of the pet needing them leads to a sense of independence and accomplishment.
- ♥ Provide a source for sensory stimulation. As the disease progresses, it will become more and more important for this person to get sensory stimulation. Having a lap animal to pet, or a cuddly creature by his or her side provides comfort and may even reduce agitation and anxiety.
- ♥ Allows easier socialization. Your loved one may have lost some verbal communication skills. The pet often makes it easier for the person to speak, especially to and about the pet. The pet often opens their communication with others.
- ♥ Brings on a reason to go outside. Like many elders, people with dementia tend to spend most of their time inside. Walking a dog provides for an excuse to get out. Being outside provides sensory stimulation (the smell of fresh flowers and fresh cut grass, the sound of leaves in the wind), and natural Vitamin D.

Make sure before you take on a pet that your loved one or yourself are able to handle proper care for the pet. You may find caregivers that are able to assist with pet chores. Also, a growing number of senior residential care programs allow a well behaved pet.

Sometimes considering a pet that has less maintenance may be a better fit. For example, a fish aquarium or a bird may make more sense. This type of pet will be less demanding on the individual. If owning a pet isn't an option, sometimes there may be a neighbor or local pet therapy group available to drop by with a visit. Also, visiting local shelters could be the perfect fit. Pet time without the responsibilities.

My own personal experience with pets and Dementia has had amazing results with individuals. I have seen significant changes with the above suggestions.

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 \$10 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.

UPCOMING EVENTS AT ALMA COLLEGE

September 27 through October 19, 2019

Sept. 27: The Alma College Hispanic Coalition sponsors the annual Hispanic Heritage Month Fiesta/Baile on Friday, Sept. 27 from 5:30 to 8:30 p.m. in the Tyler-VanDusen Campus Center. The celebration includes live mariachi music, Hispanic-inspired foods, dancing, salsa lessons, a display of local student artwork, children's activities and more. Admission is free and open to the public. Donations are requested.

Sept. 30-Oct. 31: The Flora Kirsch Beck Gallery at Alma College showcases the photography of lens-based artist Allison Roberts and the paintings of Wayne State University faculty artist Margi Weir from Monday, Sept. 30 through Thursday, Oct. 31. Admission is free and open to the public. Gallery hours are 10 a.m. to 5 p.m. Mondays through Fridays and 10 a.m. to 2 p.m. Saturdays. A gallery reception with the artists takes place from 7 to 9 p.m. Thursday, Oct. 31.

Oct. 6: The Alma College Music Department presents a faculty recital at 3 p.m. Sunday, Oct. 6 in the Remick Heritage Center, Presbyterian Hall. Performers include Tess Miller (flute), Randy Westmoreland (tuba), Dave Zerbe (drums), Tony Patterson (piano), Victoria Walker (voice), David Yandl (clarinet) and Christine Roberts (voice). Admission is free and open to the public.

Oct. 17-20: Alma College Theatre presents “The Music Man” by Meredith Wilson at 7:30 p.m. Thursday, Oct. 17, Friday, Oct. 18 and Saturday, Oct. 19 and 2:30 p.m. Sunday, Oct. 20 in the Remick Heritage Center, Presbyterian Hall. In Wilson's family favorite musical, a fast-talking con-man who sells marching band instruments to small town Iowans at the turn of the 20th century meets his romantic match in the clever town librarian. 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.



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 **12:30 p.m. to 1:30 p.m.**

Senior Activity Building

October 2019

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 EVERYDAY Building open Coffee will be ready soon 10:00 EVERYDAY Visits, news, games, activities 12:00 Mon.-Fri. Food With Friends Noon Meal, Call for a Reservation 875-2135</p>		<p>1 9:00 EZ Motion 10:30 Cribbage Happy New Year!! 7:00 V.F.W. 7805</p>	<p>2 1:00 Dominoes</p>	<p>3 9:00-9:45 EZ Motion 10:00 Games 11:00 Joyce Raycraft at the piano 1:00 Wii Bowling</p>	<p>4 11:30 Blood Pressure checks by Joyce Raycraft 12:40 Medicare Updates by Sarah</p>	<p>5 11:00 -1:30 Building open 12:15 FAMILY POTLUCK</p>
6	<p>7 12:30 Bob Crist's piano music 1:15 Bob's Sunshine Gang visits Rosewood</p>	<p>8 9:00-9:45 EZ Motion 1:00 Progressive Euchre</p>	<p>9 1:00 Dominoes</p>	<p>10 9:00-9:45 EZ Motion 10:00 Games 11:00 Joyce Raycraft at the piano 1:00 Wii Bowling</p>	<p>11 1:00 - 3:30 Friday Cards with Volunteers Jack & Avis Ginther</p>	12
13	<p>14 10:05 Bingo Prizes donated by McDonald's & Super Shine Express Car Wash 1:00 Ladies Bridge Group 7:00 -9:00 Dulcimers</p>	<p>15 No EZ Motion 9:00 to 1:15 Voting for SAB Class of 2022 1:15 SAB Board Annual meeting</p>	<p>16 1:00 Dominoes 7:00 A-Tractive Tractor Club</p>	<p>17 No EZ Motion 10:00 Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling</p>	<p>18 1:00 Painting Class with Shirley Frederick</p>	19
20	<p>21 11:50 "Healthy Meals in Minutes" 12:45 Crafts & Cookies</p>	<p>22 9:00 EZ Motion October BIRTHDAY CELEBRATION-noon 1:00 Progressive Euchre</p>	<p>23 Building open 8:00 -10:00 today Country Lunch at the West Gratiot (Summer) FWF site</p>	<p>24 9:00-9:45 EZ Motion 10:00 Games 11:00 Joyce Raycraft at the piano 1:00 Wii Bowling</p>	<p>25 Young Senior Day 1:00 - 3:30 Friday Cards with Volunteers Jack & Avis</p>	<p>26 8:30 -9:30 Trick or Treat Pancakes & Sausage</p>
27	<p>28 10:05 Bingo Prizes donated by Schnepf's 1:00 Ladies Bridge Group</p>	<p>29 9:00-9:45 EZ Motion 10:30 Cribbage 1:00 Travel Video and Popcorn!</p>	<p>30 1:00 Dominoes 12:00 Susan's piano music 12:45 Healthy Eating for Seniors</p>	<p>31 9:00 EZ Motion Halloween HOWL 1:00 Joyce Raycraft at the piano 1:00 Wii Bowling</p>	<p>Every day this month -try to Walk Wanda's Walk in Atkinson Park before the snow starts falling!</p>	

Senior Activity Building & Food with Friends News

By Jo Jones

Happy New Year! Yes, October 1st marks the beginning of the new fiscal year for both Ithaca Food With Friends and the Senior Activity Building. We will welcome in the new year on Tuesday, the 1st. Whether you are young or "young at heart", please come to welcome in the 46th year of Ithaca Food with Friends. Our phone number is 875-2135. The answering machine will be glad to take your message, if you call at a time when we are unable to answer the telephone.

Your Senior Activity Building Board's **ANNUAL MEETING** is at 1:15 P.M. on October 15, 2019. On that day we also will be electing four Board members. They will be members of the Class of 2022. Any Senior, aged 60 years (or more) who has attended any activity, meeting, class, lunch, or coffee at the Senior Activity Building is eligible to vote. The polls at the Building are open for **voting from 9:00 AM until 1:15 PM. If you will not be able to come to vote on the 15th, there will be an opportunity to cast your vote early by stopping in at the Building between October 8th and October 14th. This is an Early voting option, not an absentee ballot option. You will be required to sign the Registration Book and to cast your vote while at the Building.**

Our Nomination committee appreciates each nominee's willingness to serve a three year term of service, if elected. The following persons have agreed to be nominated: **Marci Browne, Cleo Flegel, Ruthanne Larry, Larry Ringle, Janet Strong, Ned**

Weller, and Diane Yonker. You may vote for as many as four persons. Four persons will be elected to serve on the Board for three years (Class of 2022). Each person nominated would definitely be an asset to the Board's responsibility for the operation and mission of our Senior Activity Building. The commitment of time and talents by most Board members over the past years has been an example and definitely an encouragement to the many volunteers who have also donated their gifts, talents, and time. Special **THANKS for having served in the Class of '19** : Dick Abbott, Marci Browne, Ruthanne Larry, and Larry Ringle. Your presence at the **Annual Meeting** is most important. This will be your opportunity to review this Board's past year's operation of the Senior Activity Building that faithfully serves **YOU, the Seniors.**

The prizes for the **November 3rd Raffle** at the Building are donated by our Seniors. Three of our Board members have generously donated First prize, \$150.00 cash, second prize, \$100.00 cash, and third prize is \$50.00 cash. We usually have many more prizes donated by the time of the raffle. If you have a prize to donate, please contact us. All proceeds are used for the operation of the Building. **THANKS** to the donors of the prizes, Jack Ginther and other ticket sales persons, and each person who buys a raffle ticket. Your support is appreciated.

Our **Family Potluck** is on Saturday, October 5th at 12:15. As always, the Building will be open from 11:00 until 1:30. The food and fellowship are always great.

A Trick or Treat **Halloween Breakfast Party** will be on Saturday morning, October 26th from 8:30 until 9:30. The spooky Volunteer kitchen crew will prepare your favorite Halloween treat. Please note that the starting

time is 8:30!! Our volunteers will be prepared to begin serving at 8:30. You may come dressed in a Halloween outfit or in your pajamas, if you'd like. A sign up sheet will be available. You will help us to plan for this breakfast by putting your name on the sheet. **THANKS!** Your table service (cups, plates, plastic ware) will be furnished. This activity is a **FUN** raiser, not a **Fund** raiser.

Now, let's look at the rest of the schedule for the first month of our **NEW YEAR.** **Bob Crist** will get our singing voices tuned up at 12:30 on the 7th. Then **Bob's Sunshine Gang** will leave at 1:00 to travel to Rosewood Adult Foster Care in Ithaca. In keeping with the tradition, we return to the Building for ice cream sundaes! Remember, a singing voice is not a requirement to enjoy being a part of Bob's Sunshine Gang, but a **SMILE** is!

Bingo games are on the second and fourth Mondays, (October 14th and 28th) from 10:05 until 11:30. The prizes are donated by McDonald's, Super Shine Express Car Wash, and Schnepf's.

On the evening of the 14th, from 7 to 9, you are invited to listen to the **Just For Fun Dulcimer Club** members make music.

On the third Monday, you'll learn about Healthy Meals in Minutes. The Craft and Cookies group will meet at 12:45. Please check at the Building to sign up for this month's class.

EZ Motion exercise is scheduled on Tuesday and on Thursday at 9:00, with the exception of the 15th and the 17th. A variety of DVD s and videos lead this activity. You are **WELCOME** to join us!

Cribbage will be on the 1st and the 29th at 10:30. **Progressive Euchre** will be on Tuesdays, October 8th and the 22nd. Blue ribbon

winner were Dennis Sierakowski and Jo Jones (tie) and Wally Bringold. The Red ribbon winners were Wally Bringold and Ron Peters.

Come to enjoy a travel DVD and some popcorn on the last Tuesday at 1:00. Speaking about travel programs, we all want to thank Jane Mahler for the two special travel programs she shared with us in mid September.

Wednesday, the 23rd, we welcome you to attend the **Country Lunch** at the Sumner Community Center (Reservations required). There will be NO Home Delivered Meals or Congregate meals at the Ithaca Site today. The Senior Activity Building **will only be open from 8 until 10 o'clock.**

Most Wednesdays at 1:00, we play **Dominos**. You are welcome to join in anytime. On the last Wednesday, the 30th, Susan Montsatson will play a variety of music on the piano during the meal time. Then at 12:45, she will help with the Healthy Eating for Seniors program.

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

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

FRIDAY, October 4th, Volunteer nurse Joyce Raycraft will check your **blood pressure** at 11:30 to 12:00. **Sarah McClung**, MMAP Coordinator at COA, will **update** us on **Medicare** at 12:40.

Bridge, Euchre, Pinochle, and any kind of card game are on the schedule for the second and fourth Fridays, (11th and 25th) with Jack and Avis Ginther, our faithful volunteers. The time is 1:00 until 3:30 P. M.

Friday, October 18th, Shirley Frederick will be back to lead a **painting class**. Do call to let us know if you are planning to attend. The charge for this class is \$10.

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

Our Coffee fund began honoring each Birthday Buddy thirteen years ago. On your actual birthday, or if your birthday happens to come on a Saturday or Sunday (use the day closest to your birthday) you will be the honored guest of our Coffee fund. We do want to celebrate your Birthday with a gift of an enjoyable dinner at Ithaca Food with Friends. You will need to make RESERVATIONS for your meal at least one day ahead, and indicate that you qualify as a Birthday Buddy. We hope to sing "Happy Birthday" often throughout this 46th year of Food with Friends in Ithaca.

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

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



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

Volunteers (named and unnamed) who completely care for the Building and its programs and activities:
Musicians: Bob Crist, Joyce Raycraft, & Susan Montsatson
Crystal Jar Donations: Unnamed Donations, Progressive Euchre, Friday Cards, Blood Pressure, Horseshoes
Supporters of September Cookie Sale
Cleo Flegel
Bill DeVuyst
Annual Clean Up Crew
November Raffle Sales Persons
November Raffle Prize Donators
Smith Family Funeral Home

GIFTS in GRATITUDE to SAB
By Fred & Helen Hoard
Jo Jones

In MEMORY of CLARICE WILSON
By Joyce Beard

In MEMORY of VIRGINIA CRIST
By Bob Crist

In MEMORY of CLAIRE WILSON
By Jeanene & Dave Wright

In MEMORY of CLARA BOYER
By Food with Friends
Jim & Bonnie Ludwick
Ida Bakker Kramer
Joyce Beard

In MEMORY of PAUL WISCHMEYER
By M/M Shirley Priest

In MEMORY of EDITH WILLIAMS
By Food with Friends
Jo Jones
Phyllis Johnson & Gary Hill
Jack & Avis Ginther
Joyce Beard
Ida Bakker Kramer

In MEMORY of DORETHEA GLOVER
By Food with Friends

In MEMORY of ROMAINE ALLEN
VIRGINIA WILLIAMS
EVAN YONKER
TOM TURNER
By Ida Bakker Kramer

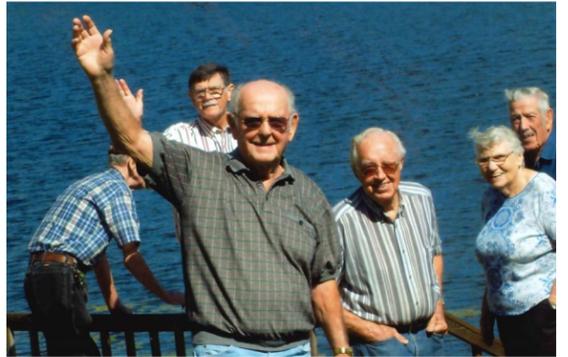
Gifts received at the GRATIOT COMMUNITY FOUNDATION, SENIOR ACTIVITY BUILDING AGENCY Account
By Mary Humm

In MEMORY of EDITH WILLIAMS
By Jo Jones

*Memories
are timeless treasures
of the heart.....*



Howard and Jackie Lott welcomed the Horseshoe players to their home at Deer Lake.



Lyle Rausch, Ron Peters, Cleo Flegel, Hazel and Bruce McConnell, and Howard Loh (in front) caught some fish and competed at Horseshoes. (Missing from picture - Jackie Loh and Jo Jones.)



Celebrating 41 years of Ithaca FWF and Jo being together are 2nd generation Seniors: (Front) Fred Hoard, Lyle Rausch and (Back) Helen Hoard, Avis Ginther, Joyce Raycraft, Nancy Crites and Carolyn Kimmel.



Building Clean Up Crew: Linda St. Charles, Howard Crites, Ken Feder-spiel, Ruthanne Larry, Marci Browne, Chris Yonker, Jeff Arnold, David Barden, Brandon Simmet, Joe Barden, Lizzie Barden, Jared Barden, Nancy Crites, Helen Hoard, Dick Abbott, Jack Ginther, and Jo Jones (behind the camera).



West Gratiot

By Cindy Simons

September birthday greetings went out to Burdell Burch. Mr. and Mrs. Scott Nemeth celebrated their anniversary. We hope everyone enjoyed their special days.

In September, we welcomed in the mixture of weather as the cooler air brought in the next season. It will be fun to enjoy the beautiful colored leaves and tasty fall apples!

Thank you to the Laurels for continuing to sponsor our special Bingo prizes. This is always greatly appreciated.

Thanks to the other contributions that were made to the West Gratiot site by attendees and friends around the area. We are still accepting items for the veteran's hospital in Saginaw. Donations can be dropped off during our congregate hours.

Pauline Daniel and Pat Elliott deserve a thank you for leading our creative flower project. These two ladies, along with Evelyn White, Harold Daniel and Doug White donated various supplies to complete the project. The flowers will be used to decorate for the annual Food with Friends event in October.

Now, here are activities coming up:

Our birthday celebration will take place on Wednesday, October 9th, and Friday, October 11th.

Sarah McClung will visit on Monday, October 14th to share information on Medicare updates. She will begin after lunch. The new wellness topic will be presented on Friday, October 18th.

Plan ahead to reserve your seat for the second annual **Country Lunch**, held at the West Gratiot site in Sumner on Wednesday, October 23rd. The special musical group **Two Outlaws and a Good Guy** will entertain us from 11:00 until noon, followed by a delicious lunch. There will be plenty of parking this year, along with door prizes and countless friends to catch up with. To make your reservation, sign up through the COA office or a FWF site manager by Monday, October 14th. All other sites will be closed on the day of the event. Further details and driving directions are in the special article found on page 5.

We will finish the month by enjoying a special treat on Monday and Wednesday, October 28th and 30th. Dress in costume for Halloween, if you wish.

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).

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 7:00-12:30 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 Birthday & Anniversary Celebration
- 11 Birthday & Anniversary Celebration
- 14 Medicare Update Presentation

- 14 Reservations due for Country Lunch
- 18 Nutrition & Wellness Topic
- 23 Country Lunch - Music Event**
- 28 Special Treat
- 30 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

WELCOME FALL!

My favorite time of year. Come visit us and let us know what you like about fall. We have some fun things planned in October and would love to have you enjoy some of them with us.

Here are some of the activities that are planned:

- 10/1 Bingo with Schnepps Healthcare
- 10/2 Making a Fall Centerpiece with Linda Chapin
- 10/4 Ice Cream Floats
- 10/7 Cardmaking at the Library after Lunch
- 10/8 Bingo after Lunch
- 10/9 Medicare Updates with Sarah
- 10/15 Bingo after Lunch
- 10/16 Ask the Chief of Police Question Day
- 10/18 Knit & Crochet Fun
- 10/21 Craft, Making Potato Necklaces, sign up in advance, \$5.00
- 10/22 Bingo
- 10/23 **CLOSED - COUNTRY LUNCH AT SUMNER FWF SITE**
- 10/25 PUZZLE Day
- 10/29 Bingo
- 10/30 Nutrition Education
- 10/31 Halloween Party, wear your costume!

We play euchre and many other games every morning. Come have some fun playing or just visit with friends. Give me a call to make a lunch reservation at 989-842-3338. We look forward to seeing you soon!

Greetings from Fulton

By Irene Noffsinger

October Days are here!

Can't believe we are already into fall. Can't wait for all the trees to turn colors. Fall can be so spectacular.

Did you know that October 8th is Fluffernutter Day? That word sounds like it should be straight out of Rose's mouth in Golden Girls. If you don't already know what that word means, it is the original name for Marshmallow Crème. Fluffernutter was invented in 1917 by Archibald Query of Somerville, Massachusetts. The earliest ex-

ample of a fluffernutter was a marshmallow crème sandwich and peanut butter. Query sold his recipe in 1920 to Durkee-Mower who then renamed it Marshmallow Fluff. It has held the same name for over 100 years and continues to go by that same name today. It is said that peanut butter and marshmallow crème on toasted bread is taking perfection to the limits. You can also add bacon or bananas. Yum! Can you just picture it? All of us sitting around trying to eat one of those sandwiches? I have visions of everyone with their sandwiches stuck to the roof of their mouths trying to swallow. Just saying! Maybe we should celebrate Fluffernutter Day. It could be fun.

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 will be presented by Gratiot Isabella RESD.

Thank you to Donna Smith for coming out to our site and sharing her unique craft of making necklaces out of beads created from potatoes. We enjoyed meeting Donna and really enjoyed making our necklaces.

Please mark your calendars for October 7th. Sarah from the Commission on Aging will join us at 12:15. She will be sharing with us the upcoming changes in Medicare for 2020. This will be very informative.

Also, Thank You to Laurels of Fulton who continue to spoil us with desserts, every month.

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. We would love to have you stop in.

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

- 10-2 Lunch/Phase Ten
- 10-4 Lunch/Euchre
- 10-7 Lunch/**Medicare Changes** Skip Bo
- 10-9 Lunch/Phase Ten
- 10-11 Lunch/Euchre
- 10-14 Lunch/Skip Bo
- 10-16 Lunch/Phase Ten **Healthy Eating**
- 10-18 Lunch/Euchre **Celebrate October Birthdays**
- 10-21 Lunch/Skip Bo
- 10-23 **CLOSED/COUNTRY LUNCH AT SUMNER FWF SITE**
- 10-25 Lunch/Euchre/**Special Dessert**
- 10-28 Lunch/Skip Bo
- 10-30 Lunch/Phase Ten Nutrition Education

FULTON SENIOR CENTER DONATIONS

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

Books
Ann Jarrett



Beautiful Holiday Centerpiece
Beth Kuh



**SENIOR GRATIOT
NEWSPAPER
DONATIONS**

These people generously donated \$425.00 to the Senior Gratiot Newspaper contribution fund from August 16, 2019 to September 15, 2019. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Jeri Piccolo
Sharon Kackmeister
Janet Clark
Zelda & Karel Whitfield
Nancy Crispin
Leona Quidort

IN MEMORY OF

ROBERT E. WARD

By Doris E. Ward

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JODY SCHNETZLER

TOM TURNER

STEVIE WETZEL

By Alan & Alice Schafer

IN HONOR OF

KAREN FRESHNEY



**COMMISSION ON AGING
DONATIONS**

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

Bob & Carol Austin
Rhonda & Richard Harrell
Lincoln Rd. United Methodist Church
James & Janet Warthman
Shirley Wallace

IN MEMORY OF

ROMAINE ALLEN

By Patricia Chirra
Laura Allen
Maynard Allen Family
The Paris Family
David & Teresa Peters
Gale Feith
Cheryl Booth
Mike & Sue Allen
Dr. John & Nancy Allen
Joan Cook

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By Family

THOMAS MAX TURNER

By Ithaca Arbor 802 of the Gleaner

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By Arnold & Sharlene Liimakka
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DORSALEAN WINN PROUT

GERTIE LEVANDOWSKI

DIANA MALLORY

By Wendy & Scott Cary

GARY IRVIN

HARRY (BRADLEY) TRIPP

By Beverly Tripp

**IN LOVING
MEMORY**

**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

NORMA JOHNSON

By Shirley & Shirley Priest
Judy Priest
K. G. Light
Diane & Larry Tasselmyer
Marcia J. Stahl
Ann Powers
Nancy Redes
Sylvia Reimus
Annette L. Johnson
Rache & Elijah
Kelsey & Arthur
Ned & Betty Johnson

RICHARD C. SMITH

LULA & MARTIN PRAHIN

MARTHA & BILL POST

MARY HORVAT

VIRGINIA STOWITS

ESSIE & WILLIAM POSEY

By Mrs. Linda M. Smith in Honor of their September Birthdays



A Few Halloween Facts

The first citywide celebration of Halloween was in Anoka, Minnesota in 1921.

Bobbing for apples is thought to have originated from the Roman harvest festival that honors Pomona, the goddess of fruit trees.

Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.

Halloween is the second most commercially successful holiday, with Christmas being the first.

The first Halloween card was made in the early 1920's.



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

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



SEPTEMBER 2019 PREP TEAM VOLUNTEER THANK YOU

Ruthie Malek, Jim Peck, Helen Hoard, Linda Cox, Carol Glave, Nancy Crites, Irene Peck, Sally Martin, Dorothy Rhines, and Martha Seiler. devoted 29.25 hours preparing the September Issue of the Senior Gratiot Newspaper for mailing. Our volunteers are your neighbors. Thank you.



SENIOR GRATIOT, INC.
JENNIFER COOK, EDITOR
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Alzheimer's Support Group

1st & 3rd Tuesday of each month 1:00 p.m.
 First Presbyterian Church
 495 Charles Ave., Alma
 Contact: COA Office 989.875.5246

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