



**2019 Community  
Thanksgiving Dinner  
Thursday, Nov. 28, 2019**

Join your friends and neighbors at the First Presbyterian Church, 495 Charles St., Alma, for a delicious Thanksgiving day dinner. Dinner will be served promptly at noon. Please call the *Alma First Presbyterian Church office, 989-463-2940*, to make your reservations.

All ages are welcome to come and enjoy the traditional fixings: turkey, dressing, potatoes, gravy, squash, green beans, rolls, cranberries, a beverage, and of course...*pumpkin pie*. Remember, make your **reservation** in advance by calling **989-463-2940**.

Volunteers are also needed to serve the meal. Please call **JoAnne Allman, 989-463-1264**, if you, your family and friends would like to volunteer. A donation basket will be available and any assistance is greatly appreciated.

**Home Delivered Meals for Thanksgiving Day**

If you are a homebound senior citizen (60 years & older) and would like to have a hot dinner delivered to you, please call **Craig Zeese at 989-681-2300** by November 26<sup>th</sup>. Donations are greatly appreciated to help cover costs.

**If you receive a daily home delivered meal through the Food with Friends program, you will still need to call to receive this special holiday meal.**



**HAPPY THANKSGIVING**



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

November, 2019  
Volume XLIV  
Number 11

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
PERMIT NO. 4  
ITHACA MI

# SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging  
Website: [www.gratiotmi.com/Departments/Commission on Aging](http://www.gratiotmi.com/Departments/Commission on Aging)

## Deck the Halls Luncheon Friday, December 6

Fulton Township Hall  
3425 W. Cleveland Rd. (M-57), Perrinton  
11:00 a.m.-1:00 p.m.

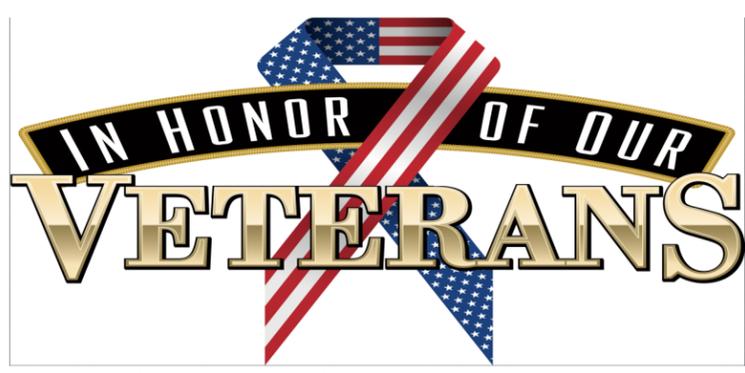
It's the beginning of the holiday season and the rush to get prepared. Take time out of the hustle and bustle and join us for entertainment and lunch at the Fulton Food with Friends site on Friday, December 6<sup>th</sup>. Music will be provided by **Dan the Piano Man**, as he plays and sings contemporary, oldies, gospel, classic rock, and easy listening. The entertainment will begin at 11:00 a.m. and will go throughout lunch, ending at 1:00 p.m.

All Food with Friends sites will be closed on this day. Home delivered meals will still be provided. Reservations are required and can be made by calling your FWF site or the Gratiot County Commission on Aging kitchen at 989-875-5332. Reservations need to be made by Tuesday, November 26th. Lunch will be basil parmesan chicken, brown rice, carrots, leprechaun fluff and a dinner roll for a donation of \$2.50 for seniors 60 and above, \$5.00 fee for those under 60.



## Veteran's Memorial Gathering Thursday, November 7 10:00-11:30 a.m.

The Commission on Aging invites Veterans from any branch of service to gather and share their stories, pictures and memories in a relaxed atmosphere. The community is invited to learn about the impact these servicemen and women had on our country and the impact of their service on their lives. Join us in the large conference room at the COA, 515 S. Pine River, Ithaca for a fun and informative time as we honor our veterans. Light refreshments will be served.



Like Gratiot County Commission on Aging On Facebook & Twitter



# VOLUNTEER CORNER

~With Sue Koch, Coordinator of Volunteers



Each year Americans in the United States celebrate the Thanksgiving holiday on the fourth Thursday of November. Many families follow traditions begun in part on the very first Thanksgiving but tweaked with their own unique traditions. Central to Thanksgiving is spending time with family and friends. Over my lifetime, gathering family has become a challenge. In my childhood and youth, most of our nuclear family lived within two hours' drive of Midland, Michigan. In 1964 a dramatic change occurred when my older sister heard J. F. Kennedy's call to "Ask not what your country can do for you, but what you can do for your country." And off she went to serve two years in the Peace Corps. As the decades have passed, family has scattered to North Carolina, Washington State, California, Ohio, and Florida. Our family fits into the statistics that cause Thanksgiving to be the busiest travel day of the year.

We are traditionalists regarding Thanksgiving Dinner – turkey, stuffing, sweet potatoes, mashed potatoes, gravy, rolls, butter, relish tray and cranberry sauce. Desserts are a variety of pies with pumpkin the favorite. It's the side dishes that capture the mini-traditions which make our feast unique to our family. As is often true, some sides were initiated by our family's matriarch. When our mother found a side that pleased one of her four daughters, she named that side for that daughter. It became an instant tradition. My naming happened when I was in 9th grade. The orange/pineapple/cottage/whipped cream side became Sue's Salad. I continue my mother's tradition by serving Sue's Salad at Thanksgiving and Christmas holidays. In this repetition of established and customary patterns surrounding the holiday dinners, families are maintained. The coming generations will do their own tweaking; but always, the core is the gathering of family and friends.



## MEET THE VOLUNTEER

Sue Koch, Coordinator of Volunteers  
989-875-5346

### Larry & Ann Marrin

Like most people, it's difficult to pinpoint a certain time that started a career in volunteer work. It may have started with the simple task of holding a door open for someone. Or it could have been giving a neighbor kid a ride to a little league game, since you were going there anyway. Maybe you taught Sunday School class or helped with a scout troop. Whatever it was, and this includes nearly everyone, the feeling of volunteering slowly grows within. As the kids finally leave the nest and then the long-awaited retirement comes, the volunteer juices take on a more sincere approach. Now with a little more time, we can devote more of our resources to volunteering.

Seniors have always been special. If we could somehow transfer all their knowledge onto an electrical device and plug it in our heads while we are young, we wouldn't be wasting so much time trying to reinvent the wheel. Just to take the time to listen brings them a moment of self-importance, a moment when someone is interested in what they say. While delivering meals, quite often the volunteer may be the only contact that person has that day.

Probably like a lot of meal drivers, we started as substitutes several years ago. As time went on it turned into a dedicated route. We, like many others, have commitments elsewhere and are able to devote only one day a week. Everyone we have come in contact with concerning the Commission on Aging has been fabulous, from the administration, site managers, drivers and of course the seniors. The magic that the kitchen performs in labeling and separating the hot and frozen meals is unbelievable. This is something we have talked about many times.

In some weird way, being a volunteer seems somewhat selfish because we get so much back from what little we do. Along with many others, we want to do now what we can and not be sitting at home someday wishing we had done it. The days may not be that many before someone delivers meals to us.

## RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch,  
Coordinator of Volunteers  
989.875.5346

Mrs. VanDeWeghe's Leadership and Service students deserve a shout-out for their volunteer work on Winter/Christmas/New Year Holiday greeting cards which will soon be available in Commission on Aging's lobby. The Ithaca High School students have been volunteering during their morning class time – about an hour, two days a week. Currently displayed are Fall, Halloween, and Thanksgiving greeting cards along with the regulars – Birthday, Anniversary, Get Well, Thinking of You, Sympathy and many other categories. Some cards have been donated new and unused. Other cards are created from donated cards which are recycled by the Commission on Aging Cards Team. A suggested donation of .25 cents per card maintains our craft supplies. Please stop in. Commission on Aging is open Mondays through Fridays 8 a.m. – 4:30 p.m. While here, please help yourself to hard bound and paperback books and puzzles of all kinds.

Thank you to all who are clipping Box Tops and Labels for Education. We pass your donation along to local schools who submit the coupons and labels to the sponsoring company. Proceeds from this program provide supplies or special events that enhance Gratiot County elementary level classrooms.

Thank you to the twenty plus members of the Commission on Aging Mitten Makers/Hats Galore knitters who provide infants through early elementary children with hats, headbands, mittens, and scarves. Headbands and hats are also provided to children and adults who are experiencing hair loss due to medical treatment or illness. This team will publish a final count of knitted and crocheted items made by their members in the December issue of Senior Gratiot Newspaper.

And finally, in mid-October a gentleman stopped at Commission on Aging's front desk. During the conversation, I commented on his Airborne military cap. He said, "Yes, I got my cap when I made my 1,000th jump!" I was once again reminded of the debt owed to our military. Thank you for your service.



Thank  
you!  
Volunteers

**VOLUNTEER ACTIVITY  
November 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  
November 4<sup>th</sup> 9:00 a.m. - Noon  
November 11<sup>th</sup> Closed *Veterans Day*  
November 18<sup>th</sup> 9:00 a.m. – Noon  
November 25<sup>th</sup> 9:00 a.m. – Noon

**Mitten Makers/Hats Galore Knit-In**

No meeting November or December.  
Meeting resumes January 18, 2020

**Senior Gratiot Newspaper Prep Team**

Commission on Aging in Ithaca  
November 22<sup>nd</sup> 9:00 a.m. – 11:30 a.m.  
Early Birds begin at 8:00 a.m.



**Eating for One Classes  
Presented by  
MSU Gratiot County Extension Office**

Join the MSU Extension office as they present a six week class that will assist with planning out meals for one. This is a 60 to 90 minute class that will provide hands-on experience, recipe book and nutrition guides. The classes are being offered at both the West Gratiot and Breckenridge Food with Friends sites.

**Classes begin Nov. 18 for 6 Consecutive Mondays**

Please call the Food with Friends site listed below to register for the classes. There is no cost to participate.

Breckenridge Masonic Temple  
122 E. Saginaw St., Breckenridge  
Mondays at 10:00 a.m.  
Call Pat to register  
(989) 842-3338

Sumner Community Center  
10820 Pine St., Sumner  
Mondays at 12:30 p.m.  
Call Cindy to register  
989-463-1422



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

**Cat Spay/Neuter Clinics**

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

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

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

Nov. 11    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**

**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.



**November 2019**

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 This Week in History
				4
10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 White Elephant Bingo	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 1:00 Board Meeting	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 10:30 Puzzles 12:00 Lunch 12:30 Game Day	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 This Week in History
11	12	13	14	15
 <b>Closed</b> Veterans Day	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Painting with Diane *Honoring our Veterans	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 10:30 Puzzles 12:00 Lunch 12:30 Game Day	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 This Week in History
18	19	20	21	22
10:00 Ask the Optometrist 11:15 Morning Exercise 12:00 Lunch 12:30 White Elephant Bingo	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Painting With Shirley	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Bingo	10:00 Line Dancing 10:30 Puzzles 11:00 Lunch 12:30 Game Day	11:15 Morning Exercise 10:30 Puzzles 12:00 Lunch 12:30 This Week in History
25	26	27	28	29
10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 White Elephant Bingo	10:30 Puzzles 11:15 Morning Exercise 12:00 Lunch 12:30 Nutrition Program	10:30 Puzzles 11:15 Morning Exercise 12:00 Birthday Lunch 12:15 Being Thankful 12:30 Bingo	<b>Closed for Thanksgiving</b>	<b>Closed for Thanksgiving</b>

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

Hello friends,

November begins an extraordinary time of the year, the holiday season. This month is the month that we take a look at all we are thankful for such as friends, family, the company of others, as well as other everyday things we take for granted. This month I challenge you to make all the people in your life aware of how thankful you are for them. I am thankful for all of you and hope you all take time out of your day to come to the center and enjoy our company!

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 and put it in a bag. When you win a prize, pick a bag and peek inside, you never know what you might get.

Please note that due to the painting classes and the board meeting, Game Day has changed to Thursdays! 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 Thursday and is a ton of fun!

Every morning, excluding Thursdays, prior to lunch there is a morning exercise class. We have a routine that we complete with a couple of twists along the way. This is not to be taken too seriously. This is just a way for us to get up, get moving, and to also spend time with others. I instruct the class and we can modify our routine to fit all lev-

els and abilities. However, on Thursdays there is a beginner Line Dancing class which is not taught by me. This is taught by Betty Apple at 10am. Betty knows how to get us in the groove and get our feet moving. If you can't dance come and watch!

On Tuesday the 26<sup>th</sup>, while we are eating lunch I will be presenting the Nutrition Program information. This month's topic is "Eat Better, Move More, for a Healthier You!" We will be discussing how making small changes in your diet as well as pumping up your activity level can increase your health and longevity.

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 November 12<sup>th</sup>, is going to be very different than anything you have ever done before. We are painting with coffee! The painting is of a barn but will be done using coffee.

Shirley Fredrick is also returning this month. 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, November 19<sup>th</sup>, we will be doing a harvest scene. 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 the prior Monday before Noon to give enough notice so our artists can bring enough supplies!

This month, along with being thankful, is the month in which we celebrate and honor our veterans. These brave men and women have gone above and beyond what was expected and have sacrificed for their country. For that, we thank them and their families.

Please remember that November 11<sup>th</sup> we will be closed in honor of Veteran's Day. We will also be closed on Thursday the 28<sup>th</sup> and Friday the 29<sup>th</sup> due to Thanksgiving. Take this time to be with your loved ones and indulge a little bit!

*"May your stuffing be tasty, may your turkey be plump, may your potatoes and gravy have nary a lump, may your yams be delicious, may your pies take the prize, may your Thanksgiving dinner stay off your thighs."*

-C.J. Beaman

**Watercolor Painting with Diane Clise**  
**Tues., Nov. 12, 12:30 p.m.**

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

Call 989-681-4341 to reserve your spot!



## 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 September 16<sup>th</sup> through October 14<sup>th</sup>.

### Donations

Wasil & Alice Ride

### In Loving Memory...

Gertie Levandowski  
Gary Irvin  
Helen Townsend  
Theodore Townsend

Gertie Levandowski  
Martha Moore  
Joyce Vibber

Larry Hagen  
Fred Clark  
Kay Clark  
Velma Spicer

Alan Stevenson  
Harold Stevenson  
Ann Stevenson

Nancy Goodsell  
Art Droste  
Aggie Starry  
Carol Crowley  
Gertie Levandowski  
Joseph Earegood

### Sponsors...

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



## COA Transportation Drivers Needed

Looking for a way to add value to your spare time? Want to make a priceless contribution to your community? If so, please consider serving our seniors as a volunteer driver! We realize both your time and our seniors are a precious commodity; it's a great match.

Now recruiting: DEDICATED volunteers to transport COA clients to medical appointments. The list is short and the need is long. As a volunteer, you may determine how involved you become with the COA Transportation Program. We currently have volunteers providing many rides per week, and some volunteers who provide a ride once every few weeks. The beauty of volunteering is that you can pick and choose how much time you give to the program. Please consider contacting the COA at 989.875.5246 to learn more about this amazing volunteering opportunity.

## 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 4<sup>th</sup> 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.

## 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.

# OPENING NOVEMBER 3

## GRATIOT COUNTY HOPE HOUSE



FOR MORE INFORMATION FIND US ON FACEBOOK OR ON THE WEB AT [WWW.GCHOPEHOUSE.ORG](http://WWW.GCHOPEHOUSE.ORG)

Located in St. Louis Church of the Nazarene 1001 W. Washington St. (M46) Saint Louis, MI 48880



In partnership with Bannister United Methodist Church & East Washington Church, Ashley United Methodist Church & Pompeii United Methodist Church

Is distributing **FREE** - fresh & non-perishable food items at a **MOBILE FOOD PANTRY for Gratiot County Residents**

If you or someone you know must choose between buying food, filling prescriptions or is having a tough time putting food on their table, please tell them about this important program.

**When:** Tuesday, November 12<sup>th</sup>  
Registration at 4 pm  
Food Distribution from 4 pm till 6 pm or until all the food is distributed

**Where:** East Washington Church  
8051 S. Crapo Rd  
Ashley MI

**Who can participate?**  
Senior citizens on fixed incomes  
Families/individuals with limited or low income jobs  
Only open to residents in Gratiot County

**What you need to bring**  
Proof of residency in Gratiot County – valid driver’s license or Michigan ID and one piece of mail from where you live in Gratiot County

**Participants MUST bring boxes, bags or containers to carry food**

For more information about the mobile pantry, call the Greater Lansing Food Bank at (517) 908-3680

*This institution is an equal opportunity provider*

## National Family Caregivers Month #BeCareCurious

November is National Family Caregivers Month and this year’s theme is #BeCareCurious. Family caregivers want their loved ones to have the best care possible—at the doctor’s office, at the hospital and at home. Ask questions, explore options and share in the care decisions that affect the health and well-being of your loved one.



### BeCareCurious About

- ♥ **Your Loved One’s Goals:** You know your loved one better than anyone else. Talk to them about what their goals are for treatment and their care in general. These talks help make sure our loved ones are getting the care they want.
- ♥ **Treatment Options:** Is your loved one responding well to treatment? If not, ask your doctor if there are other options. New treatments are available every day. Speak up and ask your doctor if there are options you and your loved one should consider.
- ♥ **Research:** The internet is a great research tool, but it can be full of conflicting, and even dangerous advice. Be curious about that article you just read. Is it from a reliable source? Talk to friends, family and doctors to ask as many questions as possible to learn about your loved one’s condition.
- ♥ **The Care Plan:** If your loved one is in the hospital, ask what happens next. Will they need home care? Are there new medications or procedures you will need to manage at home? Will you be trained on what to do and how to do it?
- ♥ **Coverage:** Don’t be shy about asking questions about insurance coverage. Is your parents’ Medicare plan the best option or should you change plans during open enrollment? Was a medication switched for a medical reason, or because your insurance no longer covered it? If coverage was denied, what can you do to change their minds?



Family caregiving is stressful, but the more you know, the more confident and capable you will be when providing care. Remember -

**Knowledge is power!**

## Fall Caregiver Training Isabella County Commission on Aging 2200 S. Lincoln Rd., Mt. Pleasant

**Thurs., November 14, 1:00-4:00 p.m.  
RSVP by November 11, 2019**

### Communication Strategies for Caregivers of People with Dementia

Communication is crucial to our quality of life. Our ability to hear and engage with the people and environment around us is fundamental to our health and wellbeing. It can form our interactions and influence our relationships. People with dementia can effectively improve communication and quality of life through improved sensory stimulation, environmental modifications, meaningful activities and general communication strategies.

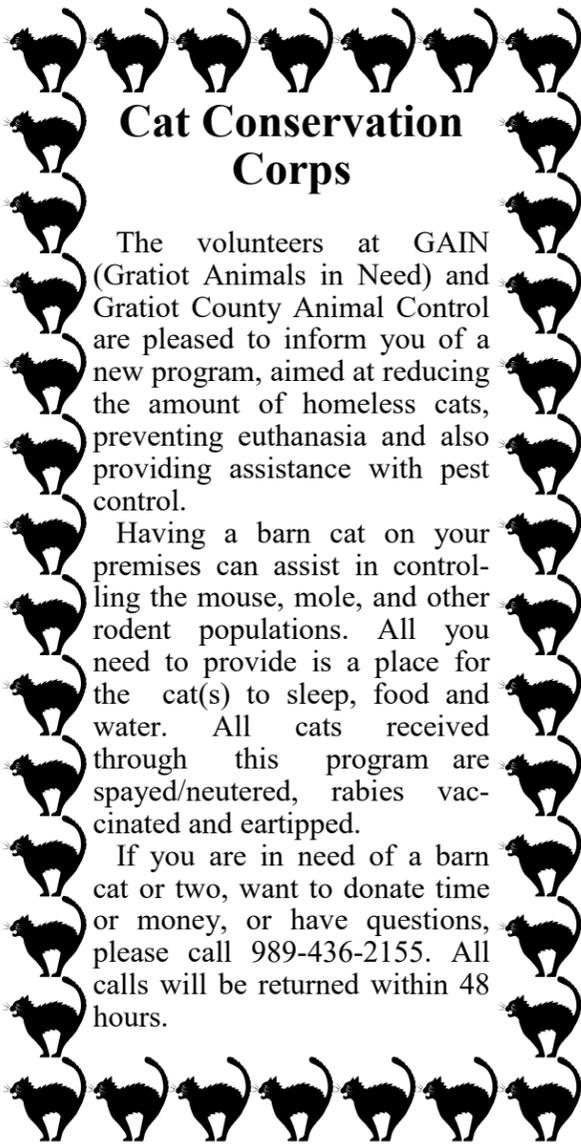
Attendees will learn more about the following during this seminar:

- ⇒ Environmental modifications to support communication for people with dementia
- ⇒ Meaningful activities for people with dementia to support interaction
- ⇒ General communication strategies for positive interactions for care partners and people with dementia
- ⇒ Sensory support options specifically for hearing impairment including hearing aids and assistive listening devices
- ⇒ General costs and financial support options for hearing aids and assistive listening devices.

Presenters: **Nicole M. Ferguson**, Director of Clinical Services and Instruction in Audiology at CMU.

**Natalie Douglas**, Associate Professor in the Department of Communication Sciences & Disorders at CMU.

This event is free and open to the public, but *space is limited*. RSVP by Nov. 11 at 989-772-0748.



## 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**  
 \*\*\*\*\*



Raising awareness of men’s health issues such as prostate cancer, testicular cancer and men’s suicide.

### Commodity Food Distribution Date

Commodities distribution will be on **FRIDAY, December 13, 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.**

## Alzheimer’s Awareness Month

By Sherri Florez,  
 Program Coordinator

In 1983, President Ronald Reagan proclaimed November as National Alzheimer’s Disease Awareness Month. According to the Alzheimer’s Association, at that time there were less than two million people with the disease. The current estimate of the number of people affected is 5.4 million.

Alzheimer’s disease does not only affect senior citizens. Early onset Alzheimer’s affects people under the age of 65 as well. Current treatments slow the progression of the disease, but there is no cure.

Not only does the month bring awareness to Alzheimer’s disease, it attempts to bring awareness of the caregiver and providing support to them as well. As the disease progresses, a wide variety of resources - from support groups to memory care - is available for caregiver assistance. Early intervention will improve treatments.

### What is the Disease?

Alzheimer’s disease is a type of dementia that leads to memory, thinking and behavior problems. It is the most common form of dementia, accounting for 60 to 80 percent of all cases. It is also the sixth leading cause of death in the United States.

### Top 10 Early Signs of Alzheimer’s

- ◆ Difficulty remembering things that just happened
- ◆ Inability to plan or solve problems
- ◆ Losing track of dates, seasons and time
- ◆ Misplacing things
- ◆ Mood and personality changes
- ◆ Poor decision-making
- ◆ Struggling with conversations
- ◆ Trouble completing familiar tasks
- ◆ Vision problems
- ◆ Withdrawal from social or work activities

### Area Treatment and Support Services

Gratiot Psychological Services  
 724 E. Superior Street  
 Alma, Michigan 48801  
 (989) 796-4555

CCMC Psychological Services  
 1505 Waterford Pkwy  
 Saint Johns, Michigan 48879  
 Speak with Mr. Brad Messenger  
 (989) 252-7229

Alzheimer’s Association  
 (800) 272-3900

### Knowledge

Learn about early screening and ways to support the caregiver. It’s never too early to receive support with this disease or to just ask questions. Good Company Adult Day Program in Alma offers a service Monday, Wednesday, and Friday, 10:30 a.m. to 2:30 p.m. We offer suggestions, activities, and ideas for those of us who have friends or family who are living with dementia or cognitive impairment. Our hope is

to continue to create moments of joy in their lives.

*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](http://www.firstpres.net) for more information. Good Company is partially funded by Gratiot County Community Foundation.*



## 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 with 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](http://222.medicare.gov) or by calling 1-800-Medicare (1-800-633-4227).

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 call the Commission on Aging. It is also suggested not to wait until December to call for an appointment as 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.



Senior Activity Building

November 2019

Ithaca Food With Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00 EVERYDAY</b> Building open, coffee's almost ready <b>10:00 EVERYDAY</b> Visits, news, games, activities scheduled <b>12:00 Monday - Friday</b> <b>Food With Friends Noon Meal – CALL 875-2135 to make your reservation</b>					<b>1</b> <b>11:30</b> Blood Pressure checks by Joyce Raycraft <b>Noon</b> Birthday Party for Seniors born in November	<b>2</b> <b>11:00-1:30</b> <b>Building Open</b> <b>12:00</b> Family Potluck <b>1:00</b> Raffle
<b>3</b> 	<b>4</b> <b>12:30</b> Bob's Piano Music <b>1:20</b> Bob's Sunshine Gang visits Ashley Care Center	<b>5</b> <b>9:00</b> EZ Motion <b>10:30</b> Cribbage  <b>7:00</b> V.F.W. #7805	<b>6</b> <b>Cookie Sale</b>  <b>1:00</b> Dominoes	<b>7</b> <b>9:00</b> EZ Motion <b>10:00</b> Games <b>11:00</b> Piano Music by Joyce Raycraft <b>1:00</b> Wii Bowling	<b>8</b> <b>1:00 -3:30</b> <b>Friday Cards</b> with Volunteers Jack & Avis Ginther <b>Young Senior Day</b>	<b>9</b>
<b>10</b>	<b>11</b> <b>No FWF</b> <b>Building Closed</b>  <b>7:00-9:00</b> Just for Fun Dulcimer Club	<b>12</b> <b>9:00</b> EZ Motion <b>1:00</b> Progressive Euchre	<b>13</b> <b>FWF Thanksgiving Meal at noon</b> and Pies donated by Seniors <b>1:00</b> Dominoes	<b>14</b> <b>9:00</b> EZ Motion <b>10:00</b> Games <b>11:00</b> Piano Music by Joyce Raycraft <b>1:00</b> Wii Bowling	<b>15</b> <b>11:00</b> Wii Bowling <b>1:00</b> Painting Class with Shirley Frederick	<b>16</b>
<b>17</b> 	<b>18</b> <b>11:50</b> "Eat Better-Move More- for a Healthier YOU!" <b>12:40</b> Theodore & Franklin Roosevelt by Allen Thunell	<b>19</b> <b>9:00</b> EZ Motion <b>10:30</b> Cribbage <b>1:15</b> Senior Activity Building Board meets	<b>20</b> <b>1:00</b> Dominoes <b>7:00</b> A Tractive Tractor Club	<b>21</b> <b>9:00</b> EZ Motion <b>10:00</b> Games <b>11:00</b> Piano Music by Joyce Raycraft <b>1:00</b> Wii Bowling	<b>22</b> <b>1:00 -3:30</b> Friday Cards with Jack & Avis Ginther <b>1:00</b> Cookies and Crafts group meets	<b>23</b>
<b>24</b>	<b>25</b> <b>10:05-11:30</b> BINGO with Kara Jo (prizes from Schnepps Health Care)	<b>26</b> <b>9:00</b> EZ Motion  <b>1:00</b> Progressive Euchre	<b>27</b> <b>1:00</b> Dominoes  <b>12:45 -1:30</b> Healthy Eating for Seniors	<b>28</b> <b>Thanksgiving Day</b>	<b>29</b> <b>No FWF</b> <b>Building is closed today</b>	<b>30</b>

## Senior Activity Building & Food with Friends News

By Jo Jones

Hopefully, this news will arrive in your mailbox before Thursday, October 31<sup>st</sup>, when we have some **Halloween fun** planned. Ithaca Food With Friends and the Senior Activity Building Seniors have always had a lot of fun with several of the Seniors "dressing up" for our Halloween gathering. You are welcome to use anything in our collection of wigs, masks, and costumes. Please bring some Halloween treats to share with our Seniors.

**12:00** on Saturday, November 2<sup>nd</sup> you are invited to our monthly **Family Potluck**. For the folks who do not provide food, please make a monetary donation that will be given to the Senior Activity Building to help with energy costs. The prizes for the **November 2<sup>nd</sup> Raffle** are on display. Thanks to the many persons who have donated the prizes, sold and purchased raffle tickets. All proceeds go towards the operating costs of the Senior Activity Building.

The Food with Friends delicious **Thanksgiving meal** will be served on Wednesday, the 13<sup>th</sup>. Be sure to make your plans to join us (call in your reservation), and let us know if you will be one of our **pie makers**. The Ithaca Food site has been blessed with many pie makers willing to donate a special touch to the meal provided by the Gratiot Kitchen staff.

Allen Thunell will present an interesting program on Monday, the 18<sup>th</sup> at 12:40. His topic is **"Overcoming Physical Disabilities to Becoming Great Leaders (Theodore**

**and Franklin Roosevelt).**" Reserve your meal so you'll already be at the Building for the program.

Our Building is closed on Veteran's Day, the 11<sup>th</sup>. There will be no Food with Friends meals today. The Just For Fun Dulcimer group will be at the Building from 7 to 9.

**Monday, the 4<sup>th</sup>, Bob Crist** will tickle the piano keys at 12:30 before **Bob's Sunshine Gang** travels to Ashley Care Center to sing with the residents. Following our sing a long, we return to the Building to enjoy ice cream sundaes. November 4<sup>th</sup> is the actual 15<sup>th</sup> **ANNIVERSARY of Bob's Sunshine Gang!** Everyone is welcome to be a part of this very special event each month. No musical ability is needed. Just a SMILE that will bring **JOY** to those we visit. **ALL Seniors** are encouraged to reserve a meal on November 4<sup>th</sup> to express their appreciation to Bob Crist for his dedication to this activity and for his continuing commitment to so many community programs.

**Bingo** will be played on Monday the 25<sup>th</sup> from 10:05 until 11:30. Prizes will be from Schnepps Health Care. Kara Jo will call the lucky numbers.

Our **Nutrition** topic for November 18<sup>th</sup> is "Eat Better - Move More - For a Healthier YOU".

**Cribbage** will be on Tuesday, the 5<sup>th</sup> and on the 19<sup>th</sup> at 10:30. **Progressive Euchre** will be on the second and fourth Tuesdays each month. The dates are the 12<sup>th</sup> and the 26<sup>th</sup>. We try to get started at 1:00, but sometimes the clean up volunteers need a few more minutes to complete their "jobs". September/October Blue ribbon winners were Bruce McConnell (twice) and Gloria Kleinhans. Vern Recker and Ron Peters won the Red ribbons.

**EZ Motion** exercise group meets on Tuesday and Thursday from 9:00 to 9:45. You already know that exercise is an important part of successful aging. Please give it a try and become a part of this activity. It is a gift that only you can give to yourself.

Your **Senior Activity Building Board** meets on the 19<sup>th</sup> at 1:15.

The **Cookie Sale** is on Wednesday, November 6<sup>th</sup>. Orders are due **October 30<sup>th</sup>**. The cookies are the raspberry filled that were the favorites when we did Sub Sales. The suggested donation is \$5.00 for a Baker's half dozen.

The **Crafts and Cookie group** will meet at 1:00 on Friday, November 22<sup>nd</sup>. Diana Marble will lead this month's craft project.

**Domino** players meet at 1:00 each Wednesday. **Thanksgiving dinner** is on the 13<sup>th</sup>. As mentioned above, if you would like to provide a pie, let us know.

The **Healthy Eating for Seniors** class is on the last Wednesday at 12:45-1:30.

**Games** (mostly card games) continue to be a fun filled time each Thursday morning at 10:00. You are welcome to join in on the laughter any Thursday.

Thursdays are enjoyable with **Joyce Raycraft** at the piano around 11:00 each week. Music is such wonderful medicine for all of us. The Ithaca Food with Friends group appreciates all of our Volunteers who continue to provide and share their musical talent with us. A real blessing!

**Wii Bowling** is on the schedule each Thursday at 1:00. If you would like to enjoy some exercise and fun—you are **WELCOME**.

Joyce Raycraft, our Volunteer nurse, will be screening **blood pressures** on the first Friday each month at 11:30.

The November **BIRTHDAY PARTY** is Friday, the 1<sup>st</sup>. We expect to see YOU if this is your birth month or your anniversary month.

Shirley Frederick's **Painting Class** begins at 1:00 on November 15<sup>th</sup>. Please call to let us know that you will be here for Shirley's class.

**Friday Cards** (which includes bridge) is scheduled for the 8<sup>th</sup> and 22<sup>nd</sup>. Volunteers Jack and Avis Ginther will help you to join one of the games. The suggested donation for the afternoon of enjoyment is \$0.25, the same as it is for Progressive Euchre, Friday cards and blood pressure checks. These Crystal Jar donations are an important way of showing **your** support of the Senior Activity Building.

A special reminder to our **YOUNG SENIORS!** Please notice that Friday, the 8<sup>th</sup> is the day we set aside to welcome you to Food with Friends. Your support of this program is important to the success of our food site.

The 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 continue to express our THANKS and appreciation to Linda for being our reliable, friendly, caring, artistic "Good Morning" friend!



THANK YOU for your gifts received by the Senior Activity Building from September 13, 2019 through October 7, 2019:

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

- Musicians: Bob Crist, Joyce Raycraft
- Crystal Jar Donations: Unnamed Donations, Progressive Euchre, Friday Cards, Blood Pressure, Horseshoes
- Cleo Flegel
- Bill DeVuyst
- November Raffle Sales Persons
- November Raffle Prize Donators
- Smith Family Funeral Home
- Gratiot VFW #7805

GIFTS in GRATITUDE to SAB  
By Shirley Laurenz  
Jo Jones  
Vicki & Dean Parling  
Bob & Mary Sullivan

In MEMORY of GERTIE LEVANDOWSKI  
By Shirley & Shirley Priest

In MEMORY of DORETHEA GLOVER  
By Food with Friends  
Bob & Mary Sullivan

In MEMORY of PAT STAPLETON  
By Joyce Beard

In MEMORY of ART DROSTE  
By Jack & Avis Ginther

In MEMORY of L.D. HOLLENBECK  
By Joyce Beard

In MEMORY of EDITH WILLIAMS  
By Bonnie Barnes

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



September Birthday Celebration honored Jack Ginther on his 93<sup>rd</sup>. Jack sold over 1,000 tickets for the November raffle.



"The Glovers" - Larry and his daughter, Christine Simmons shared their musical talents.



September Cookies & Craft group, led by Linda, show off their creations. Phyllis Johnson, Donna Smith, Judy Hegle, Linda St. Charles, Joan Spear, and Nancy Smith enjoyed the project.



Alma College nursing students in the back (Mikala and Bre) learn about the Allen One Room School from Sharon Kapral (former student) and Joyce Bears (teacher). Sharon's sister, Linda Weburg, missed the photo opportunity.



Vicki Parling volunteered to refresh the bulletin board. It looks much better now!

**UPCOMING EVENTS AT ALMA COLLEGE**

**Oct. 27:** The Alma Symphony Orchestra, under the direction of Jonathan Spatola-Knoll, opens its 60<sup>th</sup> season with Dvorak's fun and lively Symphony No. 8 in G Major and Mozart's timeless "Solemn Vespers" at 3 p.m. Sunday, Oct. 27 in the Remick Heritage Center, Presbyterian Hall, at Alma College. 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.

**Nov. 4-Dec. 5:** The Flora Kirsch Beck Gallery at Alma College presents the creative artwork of Michigan State University faculty artist Robert McCann from Monday, Nov. 4 through Thursday, Dec. 5. McCann teaches studio art fundamentals and painting. 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, Dec. 5.

**Nov. 7:** Alma College hosts the inaugural Rural Michigan Initiative Conference from 8 a.m. to 5 p.m. Thursday, Nov. 7 in the Remick Heritage Center. The conference focuses on the contribution of clean water to the health and economy of the Great Lakes region. Economists and environmental experts outline the major challenges facing water quality and their impact on rural Michigan. Visit [www.alma.edu/rmi](http://www.alma.edu/rmi) for registration information.

**Nov. 8-10:** Alma College Dance presents the annual fall concert at 7:30 p.m. Friday, Nov. 8 and Saturday, Nov. 9 and 2:30 p.m. Sunday, Nov. 10 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.

**Nov. 15:** The Alma College Percussion Ensemble performs at 8 p.m. Friday, Nov. 15 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.

**Nov. 16:** The Alma College Kiltie Dancers perform at 7:30 p.m. Saturday, Nov. 16 in the Remick Heritage Center, Presbyterian Hall. Admission is free; no ticket required.



## West Gratiot

By Cindy Simons

October greetings went out for the birthdays of Ron Smejkal and Jim Fitzpatrick and the anniversary of Elmer and Pat Freed. We hope everyone enjoyed their special day.

In October, the West Gratiot Food with Friends site hosted a special event for area seniors. The musicians - Two Outlaws and a Good Guy - provided an outstanding array of tunes that helped lift our hearts and put a smile on our faces. From "Don't Fence Me In" to fancy yodeling - we enjoyed it all! Thank you again for sharing your talents!

West Gratiot attendees eagerly created table decorations to prepare for the special musical event. We would like to thank all the volunteers and staff who helped plan, set up and clean up from the event, as well as those who donated various items for table decorations and door prizes.

### Now, here are activities coming up:

The West Gratiot site will be closed on Monday, November 11<sup>th</sup>, for Veteran's Day, and on Friday, November 29<sup>th</sup>, for the Thanksgiving holiday.

Join us to help celebrate November birthdays and anniversaries on the 7<sup>th</sup> and 9<sup>th</sup>. A wellness topic will be shared on Friday, November 15<sup>th</sup>. On Wednesday, November 20<sup>th</sup>, work will begin on a holiday craft project.

The MSU Gratiot County Extension office is offering a special nutrition class entitled "Eating for One". A recipe book and nutrition guides will be given out during the program. Sessions will be held on Mondays for six weeks, beginning on November 18<sup>th</sup> and finishing on December 23<sup>rd</sup>. Plan to be in attendance from 12:30-2:00 each day. Preregistration is required. Please call the West Gratiot/Sumner Site by Wednesday, November 13<sup>th</sup> to register.

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

- 11/7 Birthday & Anniversary Celebration
- 11/9 Birthday & Anniversary Celebration
- 11/11 Closed: Veteran's Day
- 11/13 Thanksgiving Dinner
- 11/15 Nutrition & Wellness Topic
- 11/18 Eating for One, MSU Ext. Class
- 11/20 Holiday Craft Project
- 11/25 Eating for One, MSU Ext. Class
- 11/29 Closed: Thanksgiving Holiday



## 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

WOW! Can you believe that we are approaching the holiday season already? Where has the year gone? I'm not much on the cold and snow, but I love the holidays. Come and share in the fun with some of our activities. We will have many in November and December.

We have a new cooking class starting Monday, November 18<sup>th</sup>. It's Cooking for One and is a free class and includes a cookbook. Give me a call to sign up for this six week class.

Our senior group, with the help of Linda Chapin, made many fall centerpieces and donated them to local senior care facilities. Everyone had a lot of fun. Thank you, Linda.

We will have a ceramics class, just not sure of the date as of yet because of being closed on Veteran's Day. Just give me a call if you are interested.

Here are some of our activities for November:

- 11/4 Cardmaking at the Library
- 11/5 Bingo after Lunch with Schnepps
- 11/8 Puzzle Day
- 11/11 **CLOSED-Veteran's Day**
- 11/12 Bingo after Lunch
- 11/13 Craft: Making Christmas Cards for Veterans and Shut-ins
- 11/15 Knit and Crochet Fun
- 11/18 Cooking Class, 10:00 a.m.
- 11/19 Bingo after Lunch
- 11/20 High School Student Visit
- 11/21 Ask the Chief of Police Question Day
- 11/25 Cooking Class, 10:00 a.m.
- 11/26 Bingo after Lunch
- 11/28 **CLOSED-Happy Thanksgiving**
- 11/29 **CLOSED-Holiday**

Come visit us and see what we are all about. If you would like to join us for lunch, just give me a call at 989-842-3338. Hope to see you soon!

### Fall Centerpieces



## Greetings from Fulton

By Irene Noffsinger

Burr! November

Did you know that November 18<sup>th</sup> is National Princess Day? They say there is a princess in everyone. It could be your gift of laughter that makes everyone around you smile, or acts of kindness or a person's heart of gold. I LIKE THIS. A Princess Day all for me. When reading about this National Day, I was reminded of growing up with my 5 sisters. My dad always said we were Charlies Angels; his name of course was Charles. We sure had fun with that. Dad was Charlie, we were the Angels, and mom was, well there was only one spot left. You guessed it. She was Bosley. I don't think she was as thrilled with that as we were. Ahh, it was great to be young and gullible.

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. We will only be offering this through January, so please come and join us.

We will be hosting Gratiot County Seniors on December 6<sup>th</sup> for a Holiday Kick off Concert. We will be having a few workshop days in preparation for this big event. Please join us to help in the preparation of centerpieces and whatever else needs to be done to get ready. We will meet on November 5<sup>th</sup> and the 18<sup>th</sup> for this workshop.

### 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. Thanks to a generous donation, we have many larger print books at this time.

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.

Please note that our Thanksgiving Dinner will be served on Wednesday, November 13<sup>th</sup>.

- 11-1 Lunch/Euchre
- 11-5 Lunch/Workshop/Skip Bo
- 11-7 Lunch/Phase Ten
- 11-9 Lunch/Euchre
- 11-11 **CLOSED - Veteran's Day**
- 11-13 **THANKSGIVING DINNER/Phase Ten**
- 11-15 Lunch/Euchre
- 11-18 Lunch/Workshop/Skip Bo
- 11-20 Lunch/Healthy Eating/Phase Ten
- 11-22 Lunch/Euchre  
Celebrate November Birthdays
- 11-25 Lunch/Skip Bo
- 11-27 Lunch/Phase Ten
- 11-29 **CLOSED - Thanksgiving**

### 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 \$392.00 to the Senior Gratiot Newspaper contribution fund from September 16, 2019 to October 15, 2019. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca, MI 48847.

Keith & Betty Apple  
Carol Glave  
Pastor Shirley Ellsworth  
Stanley Glowacki  
Stanley & Alice Howey  
Thom & Pat McCreery

#### IN MEMORY OF

**EDITH WILLIAMS**

By Alma Moyes

**LILA DECKER**

By Dave & Norma Bast

**KATHY BURCH**

By Clare & Jean Bare

**BETTY LANGLOIS**

**JANICE FURTAW**

By Phyllis Tannehill

**DUANE PENDELL**

By Bertha Pendell

**DORETHEA GLOVER**

By Ken Federspiel Family & Nancy Shankel

**ROY & OPAL LUDWICK**

By Dale & Mavis Vest

**ELAINE PRIEST**

By Paul & Donna Erskine

**OWEN WOOD**

**GERALDINE DANCER**

By Madelyn Wood

**CAROL CROWLEY**

By Mary Morton

**THOMAS PALMER**

**DUANE HALLOCK**

**JOYCE FREED**

**CLAUDE HALLOCK**

**IOLA HALLOCK**

By Gayla Palmer

### COMMISSION ON AGING DONATIONS

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

Lincoln Rd. United Methodist Church  
Brad Shaull  
Willajoe Bush

#### IN MEMORY OF

**DOUG OOMEN**

**RICK FENBY**

**GARY IRVIN**

**GERTRUDE LEVANDOWSKI**

By Marian Miller & Pamela Miller

**NANCY GOODSSELL**

By Linda Moffett

Harold & Pauline McClintic

Patricia & Thomas McCreery

**WENDY BYWATER**

**EDITH RILEY JOHNSON**

**IRENE RILEY**

By Janet Schollaert

**GARY IRVIN**

By Diana Farrier Mizer

Kay Adams

Argil & Sue Willman

**MARGARET ROSLUND**

**GARY IRVIN**

**JOAN PETERS**

**JODY SCHNETZLER**

**CLAIR WILSON**

**LARRY HAGEN**

**MARK CHAFFIN**

**JANICE NICEWANDER**

By Judy Roslund

**LARRY CARPENTER**

By His Family

**GERALDINE DANCER**

By Virginia Dancer & Family

**PAT STAPETON**

**MONNIE HELMAN**

**ART DROSTE**

**L.D. HOLLENBECK**

By Gene & Pat Pitcher

**BETTY WOODS**

By Theodore Woods

**DANIEL MIKEK**

**ART DROSTE**

**CAROL CROWLEY**

By Marian Miller & Pamela Miller

**BILL CAPEN**

By Mary Jane Rohde

**PHYLLIS SILHAVY**

By Al Silhavy

**GERALDINE DANCER**

By Alfred Silhavy

**FRANCES HOGAN**

By Kevin & Linda Clancy

#### IN HONOR OF

**COA VOLUNTEER DRIVERS**

By Anonymous

### SCAMS

**Reduce your risk  
By being aware:**

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

### Central Michigan Area Stroke Support Group

#### STROKE SURVIVORS AND CAREGIVERS

Stroke survivors and caregivers will be able to connect with others that may have had similar successes or struggles, in an environment that fosters emotional support, empowerment, and educational opportunities.

Potential topics include: health and wellness, communication changes, social connections, and community participation.

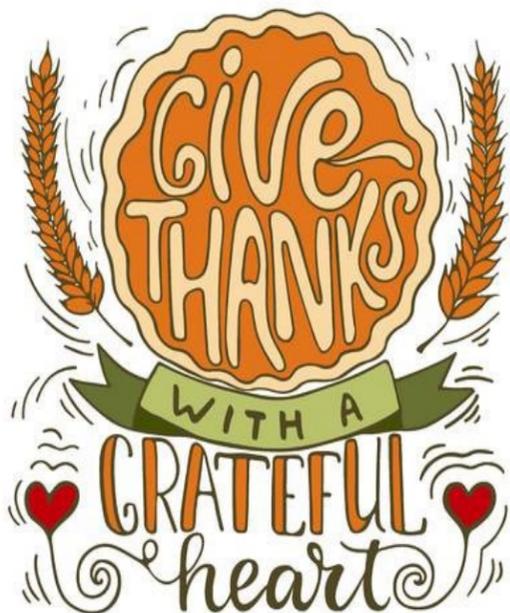
MONDAY, November 11, 2019  
(Second Monday of every month)  
3:00 p.m. to 4:30 p.m.

Check in at front desk for directions to the meeting room

McLaren Central Michigan Hospital  
1221 South Drive Mt. Pleasant, MI 48858

Enter the hospital through the main entrance off Brown Street (under the green awning)

**TO SIGN UP and for more information, call:  
McLaren Central Michigan Rehabilitation Services at 989-779-5604**



Monday	Tuesday	Wednesday	Thursday	Friday
SOUP AND SALAD ONLY AVAILABLE AT FOOD WITH FRIENDS SITES	SOUP & SALAD MEAL ALSO INCLUDES THE FRUIT OF THE DAY, WHOLE WHEAT BREAD & MILK			1 Lasagna Green Beans Tossed Salad Mandarin Oranges Garlic Toast
5 Beef Stroganoff Capri Vegetables Pineapple Wheat Bread	6 Baked Ham Augratin Potatoes Winter Blend Veggies Leprechaun Fluff Wheat Bread	7 Swedish Meatballs Whipped Potatoes Kyoto Vegetable Strawberries Wheat Bread <b>**OR CHEF SALAD &amp; Chicken Vegetable SOUP</b>	8 Turkey Loaf Baked Potato Multi-Bean Salad Citrus Fruit Cup Wheat Bread	9 <b>Chicken Nuggets Potato Rounds Tossed Salad Fruit Cocktail Whole Wheat Bread</b>
11 <b>CLOSED</b>  <b>VETERANS DAY</b>	12 Veal Parmesan Corn Broccoli Berry Fruit Cup Dinner Roll	13 <b>THANKSGIVING DINNER</b> Sliced Turkey Whipped Potatoes/Gravy Stuffing Green Bean Casserole Cranberry Sauce Pumpkin Custard Dinner Roll	14 Chicken/Broc/Cheese Lima Beans Tossed Salad Pineapple Gelatin Biscuit	15 Potato Crunch Pollock Scalloped Potatoes Carrots Fresh Orange Wheat Bread
18 Chicken a la King Brussel Sprouts 24 Hr Cabbage Slaw Mixed Fruit Cup Biscuit	19 Hamburger Lettuce and Tomato Augratin Potatoes Peaches Hamburger Bun	20 Pork Chop Whipped Potatoes/Gravy Broccoli Pears Wheat Bread <b>**OR CHEF SALAD &amp; ROAST PEPPER SOUP</b>	21 Sloppy Joe on Bun Carrots Coleslaw Peaches	22 Breakfast Bake Sausage Links Redskin Potatoes Orange Cinnamon Roll
25 Corn Chowder Hard Cooked Egg Green Beans Applesauce Cheese Bread Stick	26 Spaghetti Winter Blend Apricots Garlic Toast Whole Grain Cookie	27 BBQ Meatballs Roasted Potatoes Tossed Salad Pineapple Wheat Bread	28 Thanksgiving Day <b>CLOSED</b>	29 Thanksgiving Holiday <b>CLOSED</b> 

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  
4<sup>TH</sup> THURSDAY EACH MONTH AT NOON  
CONTACT: BONNIE WHITAKER  
989.875.3607

**SENIOR ACTIVITY BUILDING**

1011 E. NORTH STREET, ITHACA  
1<sup>ST</sup> SATURDAY AT 12:15 PM  
CONTACT: JO JONES  
989.875.2135



**OCTOBER 2019 PREP TEAM VOLUNTEER THANK YOU**

The following Commission on Aging volunteers contributed 37.75 preparing the Senior Gratiot Newspaper for mailing. Yes, they are good people. Yes, they have fun while working on the monthly project. Yes, we appreciate each as individuals and as a team.

**Thank you!**

Linda Cox, Vicki Bertoni, Jim Peck, Helen Hoard, Evelyn White, Irene Peck, Dorothy Rhines, Lora Schultz, Mary Patterson, Martha Seiler, Sally Martin, Carol Glave, Nancy Crites, JoAnne Zimmerman, Jill Everitt and guest Carolyn Kimmel.

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

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

**Alzheimer's Support Group**

1<sup>st</sup> & 3<sup>rd</sup> 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**

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