



Community Thanksgiving Day Dinner

When: 12:00 Noon, Thursday, November 23rd

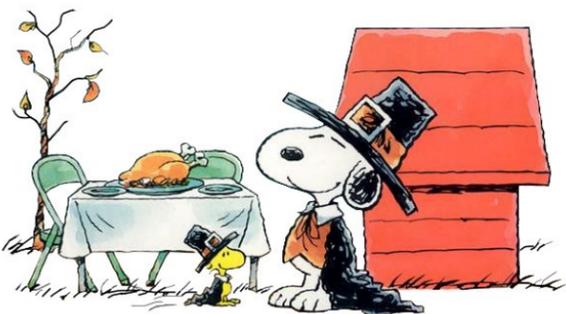
Where: First Presbyterian Church
495 Charles St., Alma

Menu: Turkey, dressing, potatoes, gravy, green beans, rolls, cranberry sauce, beverages, pumpkin pie

Join your friends and neighbors for a delicious Thanksgiving Day dinner. Reservations are required and can be made by calling Roger Allman, 989-330-5407, and leaving a message. Everyone is welcome to come and enjoy. There will be a donation basket available for a free will offering.

Volunteers are also needed to serve the meal. Please call Roger Allman, 989-330-5407, if you would like to volunteer.

If you are homebound, live in Gratiot County and would like to have a hot dinner delivered to you, please call Craig Zeese at 989-854-4453 by November 20th.



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

November 2023
Volume XLVIII
Number 11

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REMINDER

It's Open Enrollment Time

Call 989-875-5246 to Schedule an Appointment!

When you schedule your appointment, you will receive assistance with the following from one of the Medicare/Medicaid certified counselors who will be able to assist in reviewing your current coverages:

- ◆ Explore Medicare Part D and/or Medicare Advantage Plans
- ◆ Compare your current plan with other additional plans for 2024 based on your current situation and medications
- ◆ Review the plans' coverage, as well as what the premium, deductible, and co-payments will be for 2024
- ◆ Review or assist with plan enrollment if you decide to switch plans
- ◆ For those who appear eligible, assist with applications to the Social Security Extra Help Program

Remember to call for your appointment as open enrollment will end on December 7th. Do not wait until December to call and schedule. There are **NO walk-in times available**. If you have questions, please contact Sarah McClung at 989-875-5246.



Commission on Aging thanks the Order of the Eastern Star 1191 Alma Chapter 43 for their generous donation to the Nutrition Program. Pictured below (L to R): Cathy Yourchok, Nutrition Coordinator, Dave Travis, Worthy Patron, Jennifer Cook, Executive Director, Patricia Miller, Worthy Matron, and Paula Moeggenborg, Nutrition Assistant/Senior Center Coordinator.



Reminder: Commission on Aging will be closed on Friday, November 10th to honor our Veterans. We will also be closed on Thursday, November 23rd and Friday, November 24th to celebrate the Thanksgiving holiday.

Senior Gratiot Subscription/Donation

Please check: New Subscription _____ Renewal _____ Change of Address _____

Temporarily Away _____ Stop Date: _____ Restart Date: _____

Name: _____

Address: _____

City: _____ Zip: _____

Phone Number: _____ DOB: _____

Temporarily Away Address (use only if wish to receive the paper while away)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation: \$10.00 _____ \$15.00 _____ \$20.00 _____ Other _____

In Memory of _____

In Honor of: _____

Please make checks payable to **Senior Gratiot Newspaper** and submit to:

Senior Gratiot Newspaper
515 S. Pine River St.
Ithaca, MI 48847



The **Senior Gratiot, Inc.** organization is operated exclusively for charitable purposes, within the meaning of Section 501 (c)(3) of the Internal Revenue Code to encourage and assist with the provision of programs and services for older adults in Gratiot County operated in cooperation with the Gratiot County Commission on Aging.

Suggested contribution to Senior Gratiot: **\$20.00 per year** helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

Address Changes: Senior Gratiot is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office.

Please notify the COA office using the form at the left each time you request a change to assure we record changes correctly. Thank you. Your assistance with this helps to keep the costs down.

SENIOR GRATIOT, INC.

JENNIFER COOK, EDITOR
MARITA HARKNESS
HOWARD POINDEXTER
VICKIE THUM
CRAIG ZEESE

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2024 Medicare Part A & B Premiums and Deductibles

Most Medicare beneficiaries do not pay a Part A premium since they have at least 40 quarters of Medicare covered employment. Part A does have an annual deductible that beneficiaries pay when admitted to the hospital. For 2024, the deductible will be \$1,632.00. The skilled nursing facility care daily coinsurance amounts for days 21 through 100 will be \$204/day for 2024.

Medicare Part B does have a monthly premium and for 2024 it will be \$174.90/month. There is also an annual deductible that is paid. The deductible for 2024 will be \$240. After the deductible has been met, Medicare pays 80% of the Medicare approved amount.

Information from CMS (Centers for Medicare & Medicaid Services) "2024 Medicare Parts A & B Premiums and deductibles 2024 Medicare Part D Income-Related Monthly Adjustment Amounts".



Medicare Presentation

Join Sarah McClung, MMAP certified counselor, as she makes her final presentation to answer general questions regarding the 2024 Medicare changes and open enrollment. This is *not* for individual consultations.

Friday, November 3, 12:30 pm
Fulton Area Senior Center
3425 W Cleveland Rd (M-57)
Perrinton



Social Security Benefit Increase for 2024

Social Security and Supplemental Security Income (SSI) benefits for approximately 71 million Americans will increase 3.2 percent in 2024.

The 3.2 % cost-of-living adjustment (COLA) will begin for Social Security recipients in January of 2024. The increase for SSI beneficiaries will go into effect and be paid beginning December 30, 2023. Some people qualify for both Social Security payments and SSI benefits.

The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Information gathered from www.ssa.gov



October 2023 Prep Team Volunteer Thank You!

Thank you to these 17 COA volunteers who devoted 27 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Bernie Barnes, Nancy Crispin, Helen Hoard, Nora Kowitz, Ruth Malek, Ellen Martin, Sally Martin, Irene Peck, Jim Peck, Betty Reeves, Carol Reeves, Lisa Skaryd, Evelyn White, Judy Zimmerman, and 3 Ithaca High School Leadership/Service Students.



VOLUNTEER ACTIVITY November 2023

Please contact Sue Koch to register for these teams

Recycled Greeting Cards Team

Commission on Aging in Ithaca
Third Wednesday of every month

Next meeting - November 15, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month

Next meeting - November 16, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
November 28, 9:00 - 11:30 am



THANK YOU *Volunteers*



Thank you Isabella Bank employees from the Ithaca, Hemlock, Shepherd & Breckenridge branches who, on a bank holiday (October 11th), served 10 Ithaca seniors by raking their yards and cleaning up flower beds. Part of the group raked Atkinson Park while others served the Ithaca Senior Activity Building by washing windows and trimming bushes. Other volunteers painted fire hydrants for the City of Ithaca. We are grateful for these acts of kindness. Thank you Isabella Bank Ithaca Branch Manager, Jared Macha, for reaching out to COA for ways to serve Gratiot County seniors. Job well done!



Fun had by those that went on the Color Tour Bus Trip!



Senior Activity Building

November 2023

Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8-10 EVERYDAY SAB Coffee & Conversation with Linda St. Charles 10:00 EVERYDAY Visits, news, games, & activities scheduled 12:00 Monday through Friday Food with Friends Meal at Noon, Call 989-875-2135 to make your reservation (See menu on back page.)</p>		<p>1 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole</p>	<p>2 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>3 8-10 SAB Coffee 11:30 Blood Pressure Checks with Joyce 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>
<p>6 8-10 SAB Coffee 12:00 Food with Friends Meal Celebrate November Birthdays! </p>	<p>7 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>8 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole</p>	<p>9 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal Honor our Veterans</p>	<p>10 CLOSED </p>
<p>13 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 2:00 Dulcimers</p>	<p>14 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 1:00 Painting Class with Shirley 7:00 VFW #7805</p>	<p>15 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Thanksgiving Meal 1:00 Cornhole 7:00 A-Tractive Tractor Club</p>	<p>16 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>17 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>
<p>20 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Movie & Popcorn </p>	<p>21 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 1:15 SAB Board Meeting</p>	<p>22 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole</p>	<p>23 </p>	<p>24 </p>
<p>27 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo</p>	<p>28 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	<p>29 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole</p>	<p>30 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal</p>	



Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager

989.875.2135

Special thanks to Cleo Flegel and the Isabella Bank volunteers for cleaning all of the windows and screens on the Senior Activity Building (SAB) and for raking several trailer loads of leaves from Atkinson Park.

You are invited to share in our celebration with the seniors who were born in the month of November on Monday, November 6th at the Food with Friends meal. Then on Thursday, the 9th, we will honor our Veterans and ask you to bring pictures of your family members who have served our country. Finally, we hope you will come to the special Thanksgiving meal prepared by the COA kitchen staff on Wednesday, the 15th. Ithaca Food with Friends has a long kept tradition of our seniors bringing pies to add to this special meal. Reserve your meal and let us know if you will be providing a pie.

Every morning from 8:00 - 10:00 am, coffee and conversation happens at SAB. You will be welcomed by Linda St. Charles and other seniors whenever you stop in to find a seat at the table. Stay a few minutes or two hours.

Food with Friends meals are available Monday through Friday with hot meals on Monday, Wednesday and Friday and soup and salad meals available on Tuesday and Thursday. Meals are served at noon. Your reservation is needed at least one day ahead for the meals. Please take a peek at the menu and then call in your reservation for the days you will be join-

ing us around the table. The suggested donation remains at \$2.50.

Please look at the activity calendar above to remind yourself about the dates that you will be with us at the SAB.

Bingo is enjoyed on Monday the 13th and 27th at 12:45 pm. Yvette from Schnepps Health Care will provide the prizes on the 9th while Ashly from Ashley Care Center will do the same on the 23rd. The Just for Fun Dulcimer Club will be playing their music on Monday the 13th at 2:00 pm. A movie will be enjoyed on Monday the 20th. The seniors will make the choice from several movies that we have in our inventory.

EZ Motion exercise class starts at 10:00 am each Tuesday and Thursday. Come stretch with us! The painting class with Shirley Frederick will meet on November 14th at 1:00 pm. Don't forget to call and register, 989-875-2135. The SAB Board meets at 1:15 pm on the 21st. The election of Officers is on the Agenda.

The knitting group gathers at 10:00 am each Wednesday. Cornhole is scheduled at 1:00 pm.

Thursdays we have Wii Bowling at 11:00 am following the EZ Motion class. On Tuesday the 7th and 28th, we will also plan to participate in Wii bowling at 11:00 am. You are always welcome to join us for any of the activities scheduled or for those that just "happen" at the moment.

Continued on page 5

Friday the 3rd we welcome Joyce Raycraft who will be glad to check your blood pressure before lunch. The Otago Exercise Program, led by Central Michigan University College of Medicine staff and student trainers, meets every Friday at 1:00 pm. The goal of the class is to improve your balance and reduce the risk of falls. Please notice that there are only two classes in November due to Veterans Day and Thanksgiving holidays.

Gratiot VFW Post #7805 will meet at the SAB on Tuesday the 14th at 7:00 pm. The A-Tractive Tractor Club meets on Wednesday the 15th at 7:00 pm.

Be sure to check the calendar at the SAB since there may be changes and additions to the schedule. Suggestions for activities are always welcome.

Food with Friends and the SAB phone number is **989-875-2135**. Feel free to call and check on updates about a scheduled event. Always call ahead of time to make your reservation for your Food with Friends meals. We look forward to your call and to welcoming you!

Hoping that you will find many things to be grateful for in this month of giving thanks. May you enjoy a Happy Thanksgiving with your family and friends. Remember, you are invited to be with friends on Wednesday, November 15th for our special Thanksgiving meal.



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from September 15 through October 12, 2023.

Thank you to our Volunteers, named and unnamed, who take care of our Building daily.

Gifts In Gratitude to SAB

Isabella Bank Volunteers
 Cleo Flegel
 Joyce Raycraft
 Jo Jones

Memorials

Annaebel Peet
 Jack & Vicki Martin
 Annabel Peet's Family
 Dorothy Kindt

GRATIOT COUNTY COMMUNITY FOUNDATION SENIOR ACTIVITY BUILDING AGENCY ACCOUNT gifts received:

Mary Humm



Cleo Flegel (left) and the Isabella Bank volunteers who worked at Atkinson Park and the Senior Activity Building. Thank You!



Gratiot Animals in Need *has a new home!*

Celebrate with us at our

Open House

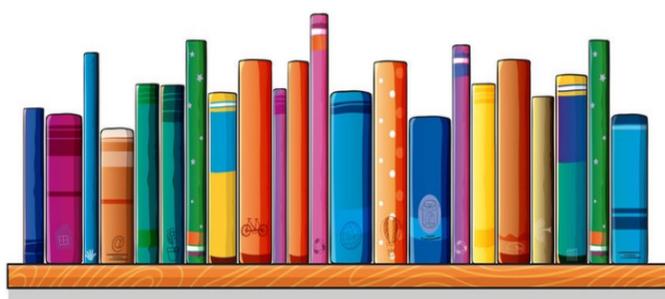
Enjoy finger foods/Hors d'ouerves and see the new building!

Saturday, November 4
3 to 5 pm
405 E. Washington St.
St. Louis, MI 48880

Book Nook & Puzzles

As fall ends and colder days are coming, it can be difficult to keep the days filled with activities. Stop by Commission on Aging, 515 S. Pine River, Ithaca, and pick up a great book from the Book Nook. We have a variety of books, including large print.

If books are not your favorite thing, there are also puzzles available for you to take home. The puzzle range from 350 pieces up to 1000 pieces.



Donations (monetary, dog/cat food, litter) will be gratefully accepted.

Get a sneak peek at our online silent auction items to go live on November 6.

Alma/St. Louis Senior Center

Filling Station, 415 Park Ave., Alma

Kaleigh Pettigrew, Site Manager 989.875.9118



October brought some new faces, which brings me such joy! November has lots of fun fall crafts in store, preparing us for all the fun Christmas crafts I have in mind. Can't wait to continue crafting, playing bingo, and having lunch with you all!

Mondays, 10 am-12 pm: Sit and Stitch! Crochet, knit, sew, needle point, cross stitch, etc. All levels are welcome, bring your own supplies, and learn from your peers.

Mondays, 12:45-1:45 pm: BINGO.

Fridays, (and Wednesdays if we're closed on Friday) 10 am-12 pm: Chronic Disease PATH with MSU Extension

November 1 10 am-12 pm: Witches Hats, Registration Required

November 3 10 am-12 pm: Chronic Disease PATH with MSU Extension
12-2 pm: Blood Pressure Checks with Alma College Nursing Students
1-2 pm Line Dancing

November 8 10 am-12 pm: Chronic Disease PATH with MSU Extension
12:30 pm: Scarecrow Craft, Registration Required

November 13 10 am-12:30 pm: Card Making. Registration Required by November 3- \$20 fee

November 15 10 am-12 pm: Turkey Craft, Registration Required

November 17 10 am-12 pm: Chronic Disease PATH with MSU Extension
12-2:00 pm: Blood Pressure Checks with Alma College Nursing Students

November 20 12:45 pm: Grocery Store Bingo with Schnepps

November 27 12:45 pm: Bingo with MSU Extension

November 29 10:15 am-12:00 pm: Christmas Plaques, Registration Required



As a reminder, all registration required classes are needed two days in advance, to make sure we have enough supplies!



Fun at the Alma/St. Louis Senior Center celebrating a birthday, creating pumpkins and enjoying the WISE class.



Breckenridge Senior Center

Breckenridge Masonic Temple, 122 E. Saginaw St., Breckenridge

Lori Chvojka, Site Manager 989.330.7508



Well, fall is surely upon us! The leaves have changed their clothes and so have we. Gone are the shorts and tank tops and now we have on our jeans and sweaters/sweatshirts. The leaves are now a beautiful array of reds, golds and oranges, with a tint of green and yellow. I love this time of year.

Along with the colder temperatures comes the danger of house fires. We need to be aware of the dangers of first starting up our furnaces and/or wood stoves. We need to learn what causes fires in the home and be aware of how to prevent these terrible accidents. With that being said, we will have Jeremy from the Gratiot Emergency Services Authority coming to speak at our site on November 3rd at 1:30 pm. This would be a wonderful time for you to visit us and see what we are all about.

We will be celebrating birthdays for November on Wednesday the 8th with cake and ice cream after lunch. We will also play Bingo, sponsored by Schnepps Health Care, at 12:30 pm.

Mondays: 10:30 Dirty Marbles
12:00 Lunch is served
12:30 Euchre, Dirty Marbles or other games

Wednesdays: 10:30 Dirty Marbles or game of choice
12:00 Lunch is served
1:45 Social time to just sit and chat

Fridays: 10:30 Games of choice and social time
12:00 Lunch is served
12:30 Games, crafts, or just social time, we wing it on Fridays!

My newsletter would not be complete without some special days for the month: Nov. 1, Author's Day; Nov. 2, National Men Make Dinner Day; Nov. 3, Sandwich Day; Nov. 4, Use Your Common Sense Day; Nov. 5, Daylight Savings Time.

Well that's all for this month. Sure hope you enjoy the great weather and remember, DO NOT GOBBLE TIL YOU WOBBLE!



Fulton Senior Center
Fulton Township Hall, 3425 W. Cleveland Rd., Perrinton
 Irene Noffsinger, Site Manager 989-236-5019

Well, we are full into fall now. This time of year brings to mind Thanksgiving and also Christmas. A big part of Thanksgiving for many people will be watching the Macy’s Thanksgiving Parade on November 23rd, one of the largest and most anticipated parades of the year. The parade began in 1924 in New York City at Macy’s flagship store, and continues from there today. The route is 2.5 miles long with bands from all over the country and world participating. The bands must compete for a spot by submitting a video of a performance. Notification of acceptance is sent out 18 months before the parade the band will participate in. Each year Macy’s gives back by donating tickets to the event, partnering with Meals on Wheels to provide seniors with a Thanksgiving meal, and providing grants to marching bands that perform in the parade. Kick your holiday season off by watching the Macy’s Thanksgiving Parade while you are stuffing that turkey.

On November 3rd, Sarah from the Commission on Aging will be here to tell us about all the changes that will be happening to Medicare in 2024. Mark the date on your calendar as this has been moved from October 20th to November 3rd. Valuable information will be shared. All are welcome.

On October 11th, Tonya from the Laurels of Fulton Therapy Department, led us in a program called **A Body in Motion Stays in Motion**. Tonya is very knowledgeable and is fun to exercise with. This program is available to anyone who wishes to come. Please join us at 11:00 am on November 8th for our next class. It would be great to see more of the community join us for this beneficial program. A COA liability form will need to be completed and class is FREE!

On November 1st, 8th, 15th and 29th, Joanna Urban will be joining us to teach a Cooking for 1 or 2 class. This is a six week class that started in October. The class begins at 12:30 pm.

Plan on joining us on November 27th to help in decorating the Township Hall for Christmas. Doughnuts and coffee will be provided.

Something to look forward to in December, the annual Holiday Party. Please mark your calendar and come join us for lunch. We will be listening to the barbershop chorus, Heart of Michigan. This fun day is filled with fellowship, music, and lots of give aways. If you haven’t been here before, this is a great time to come.

Thanks again to everyone that donated books to Fulton Senior Center last month. As always, books may be donated at any time. We are open Monday, Wednesday and Friday from 10:00 am to 2:00 pm.

Please join us for lunch, cards, dice and Skip Bo, or just to visit. Remember to call, 989-236-5019, and make your reservation for lunch. There are usually card games starting as early as 10:00 am. Come join us, we look forward to hearing from you.

Nov. 1	10:30 Wii Bowling 12:00 Lunch 12:30 Cooking for 1 or 2 12:30 Euchre, Dice	Nov. 3	12:00 Lunch 12:30 Medicare Presentation 12:30 Cards, Dice	Nov. 6	12:00 Lunch 12:30 Cards, Skip Bo
Nov. 8	11:00 A Body in Motion Stays in Motion 12:00 Lunch 12:30 Euchre	Nov. 10	CLOSED TO OBSERVE VETERANS DAY	Nov. 13	10:00 Cards 12:00 Lunch 12:30 Euchre, Skip Bo
Nov. 15	10:00 Cards 12:00 Lunch 12:30 Cooking for 1 or 2 12:30 Cards	Nov 17	10:00 Cards 12:00 Lunch 12:30 Fire Safety Class	Nov 20	10:00 Cards 12:00 Lunch 12:30 Cards, your choice
Nov 22	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	Nov. 24	CLOSED TO OBSERVE THANKSGIVING	Nov. 27	10:30 Deck the Halls 12:00 Lunch 12:30 Cards, Dice
Nov. 29	10:00 Cards 12:00 Lunch 12:30 Cooking for 1 or 2				

Are you a family caregiver? If you spend time tending to the needs or concerns of a person with an ongoing illness, injury or disability, you are considered a caregiver. November is National Family Caregivers Month and is meant to shine a spotlight on caregivers. It gives us an opportunity to raise awareness of caregiver issues, educate communities, and increase support for family caregivers.

Families are the primary source of support for older adults and people with disabilities in the US. That means it can be difficult for the caregiver to juggle work and other responsibilities. It can often take a toll on the caregiver, both financially and physically. Nearly half of all caregivers are over the age of 50 and are vulnerable to a decline in their own health, reporting significant stress, depression, anxiety and fatigue. Studies indicate that coordinated support services can reduce some of these things, allowing the caregiver to provide care longer, which avoids or delays the need for institutional care.

As a caregiver, it is important to take the time to care for yourself. Here are some tips:

- ♥ Seek support from other caregivers. You are not alone!
- ♥ Take care of your own health so that you can be strong enough to take care of your loved one.
- ♥ Accept offers of help and suggest specific things people can do to help you.
- ♥ Learn how to communicate effectively with doctors.
- ♥ Caregiving is hard work, so take respite breaks often.
- ♥ Watch out for signs of depression and don’t delay getting professional help when you need it.
- ♥ Be open to new technologies that can help you care for your loved one.
- ♥ Organize medical information so it is up to date and easy to find.
- ♥ Make sure legal documents are in order.
- ♥ Give yourself credit for doing the best you can in one of the toughest jobs there is!



Jean McNab - your guide for the bus trips!

Bus Trip General Information

Below are some rules as well as general information regarding the bus trips.

Please notify the Commission on Aging (COA) *immediately* if you must cancel your reservation. The number to call is 989.875.5246. Please leave a detailed message if calling outside of normal business hours. If you found your own replacement, please provide their name and contact information to the office when you call. Refund checks may be issued when the trip does not include prepaid expenses and you cancel more than 30 days prior to the trip date. Otherwise, a refund will be issued only if we can find a replacement from the reserve list.

If you are not sure about your walking abilities after reading a description of the trip, please ask for more information about the trip before you sign up.

All payments are made out to:

Gratiot Community Senior Center and mailed to:

Gratiot Community Senior Center
c/o Gratiot County Commission on Aging
515 S Pine River St, Ithaca, MI 48847

If you are interested in a trip that is advertised, please call as soon as possible to make your reservation. The number to call is 989.875.5246. 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. The only way to assure your reservation is confirmed is by making payment.

Reservations for the trips are made weeks in advance. Tickets are paid for and are expensive. If tickets get purchased for a trip and then not used, we are not able to get a refund on those tickets. That is why it is important to confirm the dates prior to making a reservation.

If you have to cancel because of illness, please call as soon as possible 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 due to a full coach.

If you have questions about any of the above, please don't hesitate to call. We look forward to having you take part in the trips.

"Diva Royale" Thursday, November 16, 2023 \$169.00 (Inclusive) Bus Departs: 9:00 am, Return 7:00 pm

We will be traveling to the Purple Rose Theater in Chelsea to see "Diva Royale", written and directed by Jeff Daniels. The Purple Rose was founded in 1991 by acclaimed actor and Chelsea native Jeff Daniels. The original building has been expanded and remodeled since 1991.

Diva Royale was first staged in 2018 and is full of side-splitting hilarity as it follows three midwestern stay-at-home moms whose love for Celine Dion makes them plan a last minute trip to New York City. With the return of the entire original cast, this crowd pleasing comedy is guaranteed to make you laugh 'til you cry. (Contains adult language and subject matter.)

On the way to Chelsea, we will visit Dixboro General Store. This historic store and the adjoining Merchants home houses one of the busiest gift and furnishing stores in Michigan. We will enjoy lunch at the Dixboro House. This beautiful restaurant was carved out of the bones of the original barn structure, originally erected in 1880 and utilized as a restaurant beginning in the 1920's. The barn has been restored to feature exposed 140 year old timbers, a gambrel vaulted ceiling and the original stone fireplace. The Dixboro House is planning a fun experience with a gourmet pizza party featuring wood fired pizza for our group.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 9:00 am sharp and will return to COA around 7:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.

The price includes transportation, theatre tickets, lunch and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. Payment is due at time of reservation. Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

A Carpenters Christmas Sunday, December 3, 2023 \$179 (Inclusive)

Bus Departs: 10:00 am, Returns 8:00 pm

Let's visit the Lexington Village Theatre, a premier performance venue committed to bringing world class entertainment to Lexington, MI. Singer and playwright Lisa Rock and her 6 piece backing band are keeping The Carpenters' holiday traditions alive and bringing their unforgettable Christmas songs to the stage. Based on the music of The Carpenter's two holiday albums and Christmas variety shows, A Carpenters Christmas is a holiday concert that spreads joy and cheer to all.

Prior to the show, we will enjoy lunch hosted by The Cadillac House which is listed on the National Register of Historic Places. It was built to accommodate visitors drawn to the area during Lexington's "golden era" of the mid-nineteenth century when it served as a significant center for the lumber and fishing industries in Michigan's Thumb and major transshipment point for goods and materials on the Great Lakes. You have 3 choices for lunch: 1) Salmon, bacon wrapped asparagus, herbed rice with dill sauce, 2) Cherry Chicken Pasta, rich creamy Alfredo sauce tossed with penne pasta, diced chicken, cherries, onion, tomatoes, 3) Tavern Burger with Fries, half pound of Michigan Beef, lettuce, tomato, pickle, onion, garlic parm sauce, cheddar cheese. Please let us know your meal choice when you call in for your reservation.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 10:00 am sharp and will return to COA around 8:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.

The price includes transportation, theatre tickets, lunch and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by November 17, 2023.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

Sounds

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

D O M I N A N T T O N E S O U
 H E A R I N G I M P A I R E D
 N D M O B L A S T R V E S I N
 E C R U O S O T D E E P S N W
 A V R G E N S R R T H A H O T
 A S N R G E U T C U A U R I G
 T O H W T M A B Y T P H I S T
 G E A O U E G N A H C S L E H
 E H O L P M U F F L E R L I R
 S E E E S C I N O R T C E L E
 U A R C L E A C O U S T I C S
 A D E A I N S T R U M E N T H
 L P T Y C N E U Q E R F B N O
 P H S U O N O T O N O M A D L
 P O T S I N U S G O L F N E D
 A N C A T H U N D E R A G R D
 R E I E L Z T R E H D O H C E
 I S N S I K D E D E C I B E L

EARDRUM
 ECHO
 ELECTRONICS
 FREQUENCY
 GONG
 HEADPHONES
 HEARING IMPAIRED
 HERTZ
 INSTRUMENT
 LOW
 MONOTONOUS
 MUFFLE
 NOISE
 REPEAT
 SHRILL
 SONG
 SOURCE
 SPEED
 SPURT
 STEREO
 TALK
 THRESHOLD
 THUNDER

ACOUSTICS
 APPLAUSE
 BANG

BLAST
 BURST
 CHANGE

DEAF
 DECIBEL
 DOMINANT TONE

November is
**NATIONAL FAMILY
 CAREGIVERS MONTH**

#CaregiverAnd

FALL PREVENTION PROJECT

FREE Otago Exercise Program!

Where: Ithaca Senior Center at the Senior Activity Bldg.
1011 E. North St, Ithaca

When: Fridays at 1:00 pm

The Otago Exercise Program is a key intervention that reduces the risk of falling in older adults. This is an evidence-based program that employs strength training and balance retraining exercises, combined with a walking regimen.

Free ankle weights and exercise manual included.



E-mail or call to sign-up or learn more!

FallPrevention@cmich.edu (989) 774-1350

med.cmich.edu/healthy-aging



Gadgets, Gizmos, and Thingamabobs: Small Changes, Big Differences

Terri Robbins from the Disability Network of Mid-Michigan

Tuesday, November 7, 2023 - 1pm-3pm

C.O.A. 515 S. Pine River, Ithaca

- What is Assisted Technology (AT) and how can it help you?
- Are you confused by all the options of (AT) that might help your loved one function at their best?

Join us November 7th for demonstrations and hands on experience with a variety of AT equipment that may include:

- *iPad Apps
- *Amplifiers
- *Grooming aides
- *and much more!
- *Communication boards
- *Wireless keyboards
- *Magnification devices



Several items will also be available for a FREE short term loan. This allows you to try the device in your own home before you buy it.

Hosted by: Gratiot County Commission on Aging, 515 S. Pine River, Ithaca



Programs funded by Region VII Area Agency on Aging, AASA, Gratiot County Senior Millage, and donations. Programs comply with Title VII, Civil Rights Act

Navigating Online Medical Appointments

My, Michigan Health's Steven Blodgett, Virtual Care Manager & Becky Bensal, MyChart Support Representative

Tuesday, November 14, 2023 - 1pm-2pm

C.O.A. 515 S. Pine River, Ithaca

- Have you found that changing health conditions make it difficult, or even impossible, to leave the house for medical appointments?
- Would you like to learn how to better navigate virtual visits with more success and less stress?

Join us November 14th and learn the steps and best practices to setting up and joining online appointments. Session topics include:

- *Navigating online appointments
- *Manage virtual visits
- *Become familiar in using the MyChart patient portal



Hosted by: Gratiot County Commission on Aging 515 S. Pine River, Ithaca



Programs funded by Region VII Area Agency on Aging, AASA, Gratiot County Senior Millage, and donations. Programs comply with Title VII,

Acrylic Painting Class

Shirley Frederick, Instructor

Join instructor Shirley Frederick from the Alma Community Art Center at the Senior Center located at the Senior Activity Building, 1011 E. North St., Ithaca for an acrylic painting class. This fun class will teach you the basics of acrylic painting and you will take home a beautiful picture at the end of class. The project this month is pictured below. If this sounds like fun, please call 989.875.2135 to register as reservations are required.

The class is on Tuesday, November 14th from 1:00-3:00 pm. The fee for class is \$20.00 and payment for the class must be received prior to class in order to reserve your place. The fee includes all supplies and instruction. We are pleased to have Shirley share her talents with us. Please call 989.875.2135 to make your reservation.



Memorials

Commission on Aging

Alice McCrory

Debi & Hugo Garafalo
Robinn & Mike Boyer

Shirley Cole

Robinn & Mike Boyer

Judy Bovee

Sally Ann Reava

Maynard Allen

Rosalie & Diane Davis

John W. Reynolds

Anonymous

Marie Goodhall

Carol Reeves

Isabelle Sinko

Mike & Julie Elenbaas
Pam Bentley

Fulton Food with Friends

Mike Kellogg

Kevin Daly

Janet Simes

Doug Klumpp

Deb Demott

Diane Kellogg

Senior Gratiot

Lila Decker

Dave & Norma Bast

Norma J. Bast

Alice McCrory

Judy Bovee

Marilyn House

Lynn & Beulah Hopkinson

Joan Cook

Roger & Kristi Cook

Donations

COA Donors

Sondra Giles

Verna Beth Hayward

St. Louis Correctional Facility Staff

Nutrition Program

Marty Peet

Sally Martin

Order Of Eastern Star 1191 Alma

Chapter 43

Gram's Kitchen

Jo Jones

Senior Gratiot Donors

Kathryn Kolb

Lorraine Clements

Bobbi J. Price

Virginia Schaeffer

Esther Stewart

Linda Crumbaugh

Diane Yonker

JoAnne Hayward

*Thank you for your support and
generous donations.*

Strategies for Overcoming Seasonal Stress

Sometimes as we age, the holidays no longer seem very jolly, and we don't feel like celebrating much. There is an expectation that we should all be happy this time of year, but that expectation alone can cause people of all ages to become sad or depressed. While the holidays may not be the same as they were in the past, there can still be plenty of reasons to celebrate.

There are many common causes of depression during the holidays.

1. **Grieving a Loved One's Passing:** This time of year can highlight the loss of a loved one, whether it is a recent loss or one that occurred years ago. You may find yourself feeling guilty if you are having a good time. There are ways for you to remember and honor your loved one which may help in bringing you peace: Light a memorial candle, make a photo album of previous holidays and focus on the positive memories, toast your loved one, visit your loved one's final resting place or a location where you enjoyed spending time together.
2. **Stress of Too Much to Do:** As you age, there can be a feeling of pressure from family and friends for things to continue as they have always been. Traditions are special, but nothing ruins a holiday faster than having too much on your plate. To keep from

feeling overwhelmed try these suggestions: Focus on what you need and want instead of what others expect of you, be realistic in what you can do, accept help when it is offered, down-size holiday tasks by putting out fewer decorations, making a smaller dinner, etc, and make lists of things that you absolutely need to do and when they are done, cross them off. This will give you a sense of accomplishment and bolster your spirits.

3. **Financial Pressures:** Spending tends to increase at this time of year as you are purchasing extras for gifts, meals, and generic things like heating bills. Ways to help alleviate some of the stress: Set a budget, remind loved ones that gifts don't have to be expensive to be appreciated, make baked goods or handcrafted gifts, agree with your family to set a dollar limit on gifts or do a gift exchange instead of purchasing for everyone.

If you realize you may have difficulty in dealing with the holidays this year, don't wait to take action. By being proactive, you may be able to reduce the feelings of stress and depression.

1. Keep to a regular schedule and build in breaks and rest.
2. Do not feel guilty for picking and choosing what holiday plans you will do and which you will not. Under-

standing that you cannot do them all is a big step.

3. Make sure to continue to get regular exercise. This is a time of year when weather can impact your normal exercise and with the addition of holiday meals, it can make things difficult. Taking care of your health should be a top priority.
4. Avoid overeating at every meal. This will keep your energy levels up and prevent digestive issues which can occur.

These are just a few things that can assist you getting through the holidays. Remember that the real meaning of the holiday is to be thankful for what you had, have now and what the future may bring. Be honest and realize that this time of year may not feel the same as it once did. Share your feelings with your loved ones and encourage your loved one to share with you. It will help ease the burden you may be feeling to know that you are not alone in those feelings.



Food with Friends Eat Smart Menu

Lunch 12:00-12:30

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				
6 Pork Chop Whipped Potatoes/Gravy Northwest Vegetable Blend Pears Wheat Bread	7 Chef Salad Stuffed Roast Pepper Soup Pears Wheat Bread	8 Swedish Meatballs Whipped Potatoes Kyoto Vegetable Strawberries Wheat Bread	9 Chef Salad Beef Vegetable Soup Strawberries Wheat Bread	10 Walking Taco Corn Bean Fiesta Blend Spanish Rice Tortilla Scoops
13 Sloppy Joe on Bun Key West Vegetable Blend Peas Mandarin Oranges	14 Chef Salad Beef Vegetable Soup Mandarin Oranges Wheat Bread	15 THANKSGIVING DINNER Sliced Turkey Whipped Potatoes/Gravy Stuffing Green Bean Casserole Cranberry Sauce Pumpkin Custard Dinner Roll	16 Chef Salad Stuffed Roast Pepper Soup Pears Wheat Bread	17 French Toast Sausage Links Hash Brown Patties Orange Cinnamon Roll
20 BBQ Meatballs Roasted Potatoes Nantucket Vegetable Blend Pineapple Wheat Bread	21 Chef Salad Minestrone Soup Pineapple Apple Juice Wheat Bread	22 Corn Chowder Hard Cooked Egg Green Beans Applesauce Corn Bread	23 CLOSED  Happy Thanksgiving	24 CLOSED 
27 Baked Chicken Breast Whipped Potatoes/Gravy California Vegetables Peaches Cookie Wheat Bread	28 Chef Salad Chicken Vegetable Soup Peaches Apple Juice Wheat Bread	29 Cheese Ravioli w/Sauce Italian Blend Broccoli Applesauce Garlic Toast	30 Chef Salad Minestrone Soup Applesauce Wheat Bread	

Menus are Subject to Change Without Notice, milk is provided with all hot meals. Suggested donation \$2.50 per meal. To CANCEL your HDM or to make a reservation for a meal at a Food with Friends site, please call the COA Kitchen, 989.875.5332.

The Soup and Salad meals are ONLY available at the SENIOR CENTER, located at the Senior Activity Building, 1011 E North St in Ithaca. Unfortunately, NOT available for Home Delivered Meals.



Commodity Food Distribution Date

Commodities distribution will be on **Friday, December 8, 2023** (note the change in day). 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 no more than \$1,473; income per couple not to exceed \$1,984 monthly. (To confirm income guidelines, please call Eight Cap.) Anyone interested in the program **must** 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 Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 1:30 p.m.**

**To date,
J&J Party Store
has donated \$10,738.43 to
the HDM program at the
COA!**

**Support Groups Meet at
MyMichigan Medical Center
Gratiot, Alma**
Contact Michelle Miller, 989-466-3378
Parkinson's Disease
2nd Thursday of each month, 5:00 p.m.
300 E. Warwick Dr.
Wilcox Auditorium
Alzheimer's/Dementia
3rd Wednesday of each month, 4:30 p.m.
300 E. Warwick Dr., Room 1161

Food with Friends

Alma/St. Louis Site
Filling Station
415 Park Avenue, Alma
Phone: 989.875.9118
Site Manager: Kaleigh Pettigrew
Breckenridge Site
Breckenridge Masonic Temple
122 E. Saginaw St., Breckenridge
Phone: 989.330.7508
Site Manager: Lori Chvojka
Fulton Site
Fulton Township Hall
3425 W. Cleveland Rd., (M-57) Perrinton
Phone: 989.236.5019
Site Manager: Irene Noffsinger
Ithaca Site
Senior Activity Building
1011 E. North St., Ithaca
Phone: 989.875.2135
Site Manager: Jo Jones