

January

COA Upgrades Kitchen Equipment

Home Delivered Meals as well as meals for the Congregate Food with Friends sites are prepared at the Commission on Aging kitchen located in Ithaca, but the program did not originate at the current location. Originally, meals were prepared at the Ithaca Methodist Church between 1974 and 1978. In November of 1978, the meal preparation was moved to the United Brethren (Oasis) Church. After ten years, the kitchen was housed at the St. Louis American Legion building in October of 1988. With major financial support from community members, the kitchen found a permanent home at the Commission on Aging building in Ithaca and began fully operating in June of 2001.

Known fondly as Gram's Kitchen, the space was dedicated in memory of Dora Beck Ellis, the mother of Jo Jones. Jo, who is responsible for overseeing the Senior Activity Building as well as the Ithaca Food with Friends program, and her husband Fred remembered Dora always preparing something delicious in her own kitchen. The Jones family recognized the need for a permanent location for the meal program and their financial support for the project made it a reality.

With major backing from community members, donations allowed the Commission on Aging to purchase cooking equipment to fill Gram's Kitchen with new and improved appliances. Over the past 23 years, those appliances provided hearty meals for our homebound and congregate friends, but it became evident the time had come to replace the aging equipment.

With a price tag of approximately \$130,000.00, it took time to determine how to fund the purchase of the much-needed equipment. Through the Region VII Area Agency on Aging American Rescue Plan Act, local funds, donations from the Senior Activity Building fundraising group, as well as the Community Foundation Ed and Carol Hooper Donor Advised Fund and an anonymous donation, the Commission on Aging received enough funding.

In 2024, two double ovens and a tilt skillet were replaced. The ovens are energy efficient, computer based, and can be programmed using a smart phone. The tilt skillet allows staff to cook large amounts of food, such as sloppy joes, at once and tilt pour the finished product directly into serving pans. As we get more acquainted with the ovens, we plan to introduce new and improved menu items.

In the spring of 2025, the Commission on Aging plans to have an open house which will allow any interested community members to view the latest additions to Gram's Kitchen. We thank everyone for the support and look forward to serving delicious meals for years to come.



Above: The second double oven hard at work preparing the meal for the day.

Left: The COA Nutrition staff with one of the double ovens and the tilt skillet. From left: Danielle Wolfe, Brian Mikesell, Crystal Brown, and Paula Moeggenborg

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

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Number 1

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SENIOR GRATIOT

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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: **\$25.00 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. If an issue is returned by the post office, your subscription will be cancelled.

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.

**JEN COOK RONDY, EDITOR
MARITA HARKNESS
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 Printing of Greenville.

December 2024 Prep Team Volunteer Thank You!

Thank you to these 8 COA volunteers who devoted 22 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Helen Hoard, Nancy Crispin, Nora Kowitz, Sherry Hurt, Betty Reeves, Tricia Smith, Ellen Martin, and Irene Oliver Peck



VOLUNTEER ACTIVITY January 2025

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-Jan. 15, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - Jan. 16, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team
Commission on Aging in Ithaca
Jan. 30, 9:00 - 11:00 am

Thank You

Commission on Aging would like to extend a heartfelt Thank You to our Medicare/Medicaid Assistance Program staff and volunteers for a job well done. During the open enrollment period for Medicare/Medicaid, Sarah McClung and her 5 volunteers assisted 338 Gratiot County seniors with their health insurance plans. The volunteers gave over 166 hours of time between October 15th and December 7th. The clients are thankful for your assistance as well. We look forward to next year and your assistance once again. Without you, we would never be able to assist that many clients.



Thanks to Our Volunteers!



Board of Directors

- Brenda Pratt, District 1
- Yvette Franco-Clark, District 2
- Paul Showers, District 3
- David Kimball, District 4
- Gail Paradise, District 5
- Dale Clingenpeel, Member at Large
- Nancy Gott, Member at Large
- Nancy O'Brien, Member at Large
- Indira Saxena, Member at Large
- Hillary Shemes, Member at Large
- Sally Stoll, Member at Large
- George Bailey, Commissioner
- Corey Netzley, AAA Board Representative
- Diane Conroy-Kellogg, AAA Advisory Rep.

Legal Services of Eastern Michigan (LSEM)

There is a new legal service that is available for Gratiot County residents. The LSEM can assist clients who are low income, and those who are facing foreclosure, discriminated against in housing or seniors (persons 60 years of age and older) regardless of income. If you are in need of legal assistance, you will need to call the Counsel and Advocacy Law Line at 888-783-8190 where you will be asked about your issue. Hours of operation are:

- Monday-Tuesday, 9:00 am-5:00 pm
- Wednesday, 9:00am-6:00 pm
- Thursday, 9:00-5:00 pm
- Friday, 9:00 am-1:00 pm

Homestead Property Tax & Home Heat Credit Assistance

Commission on Aging (COA) staff and volunteers are looking forward to assisting you in the completion of Homestead Property Tax and Home Heating Credit documentation beginning in March. There will be clinics set up to aid in this assistance and the clinic schedule will be printed in the February issue of the Senior Gratiot. Once the clinics are published, please call the COA office, 989-875-5246, to schedule an appointment.

As a reminder, COA is only able to assist with the Homestead Property Tax and Home Heating Credits, we are **not able** to prepare federal or state income taxes for filing. Listed below are the qualifications for receiving the tax credits. More information will be forthcoming in the February Senior Gratiot.

Homestead Property Credit Qualifications:

- Homeowner's property taxes must be higher than 3.2% of the homeowner's income
- Renters, usually 20% of your rent is considered your share of property tax

Home Heating Credit Qualifications:

- A person who owns a home or is a renter and has an income that is less than the income guidelines.



Commission on Aging will be closed on Monday, January 20th in honor of Martin Luther King, Jr. Day. The office will re-open on Tuesday, January 21st at 8:00 am.

Gratiot Community Personal Needs Pantry

The residents of Gratiot County continue to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap, 2 bars of soap, laundry soap and other items, if available, upon request. These items are available thanks to the generous donations received from individuals, churches, and non profit organizations.

The Personal Needs Pantry is open to all Gratiot County residents. A client may use the pantry every 28 days and will need to present identification when they come. Please come to the rear of the church and remain in your vehicle. A volunteer will meet you and provide you with your bag of items.

**Location: St. Louis 1st United Methodist Church
116 S. Franklin St., St. Louis**

**When: Every Thursday,
12:00-3:00 p.m.**

A big thank you goes out to the volunteers of the community for their dedication to the pantry. If you have any questions, please contact the church at 989-681-3320.



Sharps Disposal Program

The Mid-Michigan District Health Department (MMDHD) is pleased to announce that it is accepting used sharps from people who live in 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 8:00-12:30 and 1:00-4:30. Once inside the building, follow the signs to the Environmental Health Department.

Sharps must be in a medical sharps container or hard sided plastic container (i.e. laundry detergent jug) in order to be accepted. You cannot use a water bottle or milk jug. To ensure everyone's safety, the container's lid should be closed tightly and taped shut. Check with your local pharmacy to purchase a medical sharps container.

This program is for **Gratiot County residents only**. Commercially generated sharps will not be accepted. If you have any questions, please call 989-875-3681.



COMMISSION ON AGING'S HOMESTEAD PROPERTY TAX & HOME HEATING CREDIT PROGRAM SEEKING VOLUNTEERS Sue Koch, Coordinator of Volunteers 989-875-5246

If you enjoy working with numbers and helping seniors at the same time, the Commission on Aging can use your help and talents. Volunteers are needed to complete the Michigan Homestead Property Tax and Home Heating Credit forms for Gratiot County senior citizens. If you are someone who enjoys attention to detail, possesses math skills and is familiar with a basic calculator, you will be a perfect fit.

Tax credit sessions are held at various locations throughout Gratiot County, but most sessions take place in Alma, St. Louis and Ithaca. Morning and afternoon sessions will be offered in March. Each session will last about 3 hours. The volunteer will sign up for the specific session(s) that work best in their schedule and will work alongside experienced volunteers.

Training is provided by Sarah McClung, Program Coordinator. For more information, please contact Sue Koch, Coordinator of Volunteers 989-875-5246.



Senior Activity Building

January 2025

Senior Center

Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8-10 EVERYDAY SAB Coffee & Conversation 10:00 EVERYDAY Visits, news, games, & activities 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 CLOSED </p>	<p>2 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 Euchre</p>	<p>3 8-10 SAB Coffee 12:00 Food with Friends Meal January Birthday Celebration</p>	<p>4 11:45 Building Open 12:15 Senior Friends Potluck</p>
<p>6 8-10 SAB Coffee 11:00 Nutrition Info 12:00 Food with Friends Meal 12:45 5 Crown Card Game</p>	<p>7 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 Dominoes</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 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 Movie</p>	<p>10 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Card Games</p>	<p>11</p>
<p>13 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 2:00 Just for Fun Dulcimer Music</p>	<p>14 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 Euchre 7:00 VFW Post #7805</p>	<p>15 8-10 SAB Coffee 10:00 Knitting Group 12:00 Healthy Mental Health Presentation 12:00 Food with Friends 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 Food with Friends Meal 12:45 Dominoes</p>	<p>17 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program Resumes</p>	<p>18  Winnie the Pooh Day</p>
<p>20 CLOSED </p>	<p>21 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 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 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 5 Crown Card Game</p>	<p>24 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>25</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 Food with Friends Meal 12:45 5 Crown Card Game</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 Food with Friends Meal 12:45 Euchre</p>	<p>31 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program</p>	<p>February 1 11:45 Building Open 12:15 Senior Friends Potluck</p>

Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager 989.875.2135



December was a month of music, filling the Senior Activity Building (SAB) with Joy! Thanks to Renee Hahn, the Two Outlaws and a Good Guy, and Abi Whitford for their gift of music. Speaking of programs, mark Valentines Day on your new calendar. We will host a Hawaiian program at 11:00 am. Enjoy Hawaiian music and Hula dances before our Valentine's Day Food with Friends dinner at noon.

Every morning from 8:00-10:00 am, our SAB coffee and conversation happens. 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 for the entire two hours.

Senior Friends potluck is on January 4th. If you would like to bring a friend or a family member, feel free to do that. Do remember it is a Potluck! We have a wide variety of hot dishes, salads, and desserts most months. If you are not a cook, a donation of cash may be made to the SAB for allowing the use of the SAB.

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

Food with Friends meals are available Monday through Friday with hot meals served every day at noon. There will not be Soup and Salad meals available until further notice. Your reservation is needed at least one day ahead for the meals.

Please take a peek at the menu on the back page and then call in your reservation for the days you will be joining us around the table. The suggested donation remains at \$2.50.

Bingo will be on Monday, January 13th and Monday, January 27th. Games will begin at 12:45 pm. The Just for Fun Dulcimer Club will add their sound of music on January 13th at 2:00 pm.

EZ Motion exercise class starts at 10:00 am on Tuesdays and Thursdays. Come stretch with us. We will have a chair ready for you to use. Wii Bowling fun follows the EZ Motion class at 11:00 am. You are always welcome to join us.

The SAB Board meets at 1:15 pm on January 21st. The 23-24 officers were elected to serve again this year, 24-25. Thanks to this excellent leadership team: Roger Cook, Donn Gates, Diane Yonker, and Mary Sullivan.

The knitting group gathers at 10:00 am each Wednesday. Cornhole is scheduled at 1:00 pm after our meal. Stop by to join in any Wednesday. No experience is needed to compete or to be one of the cheerleaders!

On Wednesday, January 15th, Michelle Lucchesi MA, LLP, Therapist/Liaison from Psychiatric Partial Hospitalization at MyMichigan/Alma will share information about their services. She will speak while we enjoy our meal.

The Thursday schedule is similar to Tuesdays, with a movie and popcorn on the 9th.

Otago balance classes we resume their Friday class on January 17th at 1:00 pm. There is no fee for these classes lead by Central Michigan University students. The students look forward to welcoming you back after their 5 week vacation!

You will find several card games and dominoes on the schedule above. We do welcome all seniors to come join us. No reservation is needed for most activities.

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

Food with Friends and the SAB's phone number is 989.875.2135. Feel free to call to check on updates about a scheduled event or to make your reservation for your meals. We look forward to your call and to welcoming you!

May you enjoy a Healthy New Year

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from November 9 through December 10, 2024.

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

Gifts In Gratitude to SAB

Just for Fun Dulcimer Club
Jo Jones
Nancy Smith
Joyce Raycraft

In Memory

Joyce Carpenter-Pitts
Mid Michigan District Health Dept.

Marvin Cumberworth
Mid Michigan District Health Dept.

Dorothy Wisner
Joyce Raycraft

Fred Jones
Fred & Jo's Parents
Jo's Senior Friends
Jo Jones

Honorarium

Jo's Senior Friends
Jo Jones

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

Mary Humm

In Memory

Fred Jones
Fred & Jo's Parents
Jo's Senior Friends
Jo Jones

Honorarium

Jo's Senior Friends
Jo Jones



Above: Carol Howdysshell's music welcomes seniors to the Food with Friends Christmas dinner

Below: Ellen & Ron decorate the SAB tree, including 31 Santa's (one is added to the collection each year)



Left: Ithaca Food with Friends senior artists display their turkey drawings

Right: Volunteer Cleo Flegel repairs the faucet at the SAB



Left: Renee Hahn leads a Christmas carol sing-a-long

Right: Patty Macha's winter arrangement class



Alma/St. Louis Senior Center The Filling Station, 415 Park Ave., Alma

Sue Waber, Site Manager 989.875.9118



I hope everyone's December was good and you're ready to start the New Year! Anyone have a resolution? I don't and never have. I guess it's because I know myself and that I will cave within a couple of weeks. I decided to do some research and the term "New year's resolution" first appeared in a Boston newspaper in 1813, but may date back as far as the late 17th century. There is a "Quitters day" which is the 2nd Friday of January. For those of you that have made a resolution, know that I'm cheering you on. Good luck.

December was a busy month for us. Thank you to firefighter Jeremy Gallagher and his co-workers for coming in and talking to us about fire safety. Even though we know what we should be doing, like changing batteries in smoke detectors, placing them correctly in the home, and having a plan in place in case of an emergency, it is nice to have a refresher course, so thank you. We all enjoyed you spending time with us. We also had a speaker from the Alzheimer's Association come in to talk about "empowering caregivers" for a 2 part series. We had a lot of great questions asked and suggestions on how to deal with issues that arise in caring for a loved one with Alzheimer's/Dementia.

For those who attended the Holiday Party at the Fulton Township Hall, we want to say thank you for a great time and to Irene for hosting the event. Thanks Irene.

Once again, I want to remind you we would love for you to come and join us on Monday, Wednesday and Friday between 10:00 am and 2:00 pm for some socializing, games, and of course lunch! If you feel like line dancing, a great way to get some exercise, come on in Friday mornings and join Betty as she gets us moving. As things slow down after the holiday rush and the days seem to be long, think about joining us.

Mondays, 10:00 am-12:00 pm: Sit and Stitch! Crochet, knit, sew, needle point, cross stitch, etc. Bring in your current project and show us what you are working on or teach us.

Mondays, 12:30-1:30 pm: Bingo. On the 20th, Schnepf's will be calling the game.

Fridays, 10:15 am: Line Dancing with Betty Apple.

Listed below are a couple of other activities:

- * **Wednesday, January 15:** Painting on canvas, reservations required
- * **Wednesday, January 22:** Nutrition talk and celebrating January birthdays



Breckenridge/Wheeler Senior Center Wheeler Township Hall, 8510 E. Monroe Rd., Wheeler

Lori Chvojka, Site Manager 989.330.7508



Happy New Year! We are all hoping everyone had a great holiday and are looking forward to 2025. In the month of December, we enjoyed a lot of festivities. The Holiday Party at Fulton was great and the entertainment wonderful. Here at our site, we made some cute little lanterns and had a rip-roaring day of Christmas bingo.

January is a time of new beginnings and we are always looking for new beginnings here with new members for our great group. We have a new marble game we are anxious to learn and we want to thank Jeanne Ostrander for getting us the board for the game. We are always open for trying new games while enjoying our old standbys. Stop by the Wheeler Township Hall and Monday, Wednesday or Friday between 10:00 am and 2:00 pm and check us out. Call 989.330.7508 with questions or to make reservations for lunch.

The Wheeler Township Hall will be getting a face lift with some remodeling that will be done in February. I will keep everyone updated as I know when things will be done. We are getting a new kitchen with a 3-section sink, new cupboards and a new floor. We are very excited about these upgrades.

Mondays are Euchre days and we always have an exciting game or two. Wednesdays are Bingo days, with Yvonne from Schnepf's joining us on the 3rd Wednesday of the month, and nutrition information day is the 2nd Friday of the month. I will have various informational handouts on different ways to help with our nutrition subjects. We play Dirty Marbles every morning and Mexican Train Dominoes on Fridays.

Mondays: 10:00 Dirty Marbles	Wednesdays: 10:00 Dirty Marbles	Fridays: 10:00 Dirty Marbles
12:00 Lunch	12:00 Lunch	12:00 Lunch
12:30 Euchre	12:30 Bingo	12:30 Mexican Trian Dominoes

If you have any games that you like to play, but don't have anyone to play them with, bring them to the center and teach us all how to play. It may become a favorite. Join us for lunch, served at 12:00 pm, on Monday, Wednesday and Friday. Looking forward to seeing some new faces and making new friends.

January is National Blood Donor Month, so why not find a blood drive and donate to save a life. Here are some crazy January days:

Jan. 2: National Science Fiction Day Jan. 4: National Trivia Day Jan. 7: National Bobblehead Day Jan. 8: Bubble Bath Day



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

Happy New Year! Wishing you and yours a happy, healthy and abundant 2025

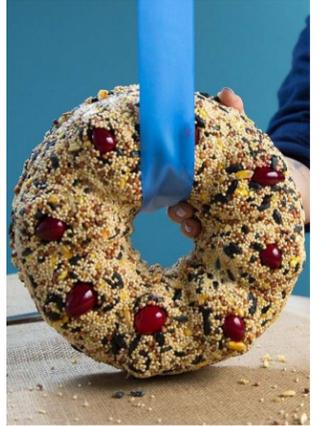
Thank you to the Crain family for their wonderful performance at our Holiday Party. We had a good turnout and for me, it was just fun being together. Thank you to everyone that shared in making the day successful, the folks at Fulton who always help me and all the folks from Alma/St Louis that arrived early and pitched right in to ensure we would be ready when everyone else arrived.

The craft this month is a bird seed wreath and is scheduled for Friday, January 17th at 10:30 am. Please call or sign up when you are at the senior center so we can make sure we have enough supplies. Bingo will be January 24th immediately following lunch.

Bottle caps can be dropped off at Fulton Food with Friends on Monday, Wednesday or Friday between 10:00 am and 2:00 pm. We are receiving bags of bottle caps from the community and much appreciate your donations. As this is an ongoing project, we hope to see continued donations and will continue to collect bottle tops until we are told there is no longer a need for them.

Thank you for the donations of books we received. We are always delighted to receive different books and welcome any books that you wish to donate. We are open Monday, Wednesday, and Friday from 10:00 am - 2:00 pm. Feel free to walk in and leave them, or take some time and browse through what we already have for a book or books you might enjoy. There is no sign out, just grab some books and enjoy.

Please come and join us for lunch, cards, or just to visit on Monday, Wednesday, or Friday from 10:00 am to 2:00 pm. Call 989-236-5019 to reserve your meal. We look forward to seeing you!



Jan. 1	CLOSED: HAPPY NEW YEAR	Jan. 3	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Jan. 6	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Jan. 8	10:00 Cards 12:00 Lunch, Nutrition Talk 12:30 Euchre, Dice, Skip Bo	Jan. 10	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Jan. 13	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Jan. 15	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Jan. 17	10:30 Bird Seed Craft 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Jan. 20	CLOSED Martin Luther King, Jr. Day
Jan. 22	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Jan. 24	10:00 Cards 12:00 Lunch 12:30 Bingo	Jan. 27	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Jan. 29	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Jan. 31	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo		





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. Remember, you will also have to get on and off a charter bus with steps.

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.

Broadway Presents *Pretty Woman: The Musical*

Sunday, May 4, 2025

\$189.00 (All Inclusive)

Bus Departs: 9:00 am Bus Returns: 6:00 pm

Pretty Woman: The Musical is based on one of Hollywood's most beloved romantic stories of all time. The powerhouse creative team of Jerry Mitchell, Bryan Adams and Jim Vallance, and a book by the movie's legendary director Garry Marshall and screenwriter J.F. Lawton bring the story to life. *Pretty Woman: The Musical* will lift your spirits and light up your heart.

We will be having lunch before the show at Anna's House. 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 6:00 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 Broadway tickets, lunch, transportation, and all tips and gratuities. Seating is limited for this show. To make your reservation, please call COA at 989.875.5246. **Payment is due by April 1, 2025.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

Ned & Nancy See America, A New Musical Comedy

Tuesday, June 3, 2025

\$139.00 (All Inclusive)

Bus Departs: 8:00 am Bus Returns: 7:00 pm

The Blue Gate Theatre in Shipshewana, Indiana presents *Ned & Nancy See America!* To celebrate his retirement and 40th wedding anniversary, Ned Richards surprises his wife Nancy with a cross-country road trip in his shiny new RV! As good as his intentions are, this "vacation of a lifetime" quickly turns into one hilarious disaster after another. Through it all new memories are made, old ones relived, and vacation frustrations melt away in the beauty that is America. This show will have the audience singing along, and laughing their bobby socks off!

Before the show, we will enjoy lunch at the Grand Blue Gate Restaurant Buffet, which will include all the homemade pies!

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:00 am sharp and will return to COA around 7:00 pm.

The price includes transportation, theater tickets, buffet and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by May 1, 2025.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

Extended Eastbound Lighthouse Cruise

Tuesday, July 22, 2025

\$189.00 (All Inclusive)

Bus Departs: 8:00 am Bus Returns: 9:30 pm

Take a more in depth look at our eastern Lake Huron lights. Begin with a pass under the Mighty Mac, then sail across the Straits of Mackinac to view the following: Round Island Lighthouse, Round Island Passage Light, Bois Blanc Lighthouse, Spectacle Reef Light (can only be viewed up close from a boat), Poe Reef Light and Fourteen Foot Shoal Light. A quick trip up the Cheboygan River to view the Cheboygan Crib Light and Cheboygan Front Range Light will round out the trip. Maritime history will be shared by an expert from the Great Lakes Lighthouse Keepers Association.

Before the cruise, we will be stopping at Audie's Restaurant in Mackinaw City for their wonderful buffet. The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:00 am sharp and will return to COA around 9:30 pm. The price includes Lighthouse cruise, lunch buffet, transportation, and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by July 1, 2025.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

Carbon Monoxide Safety

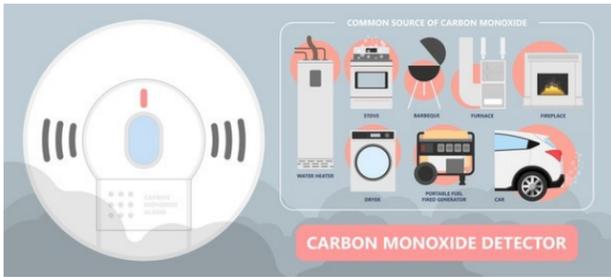
Carbon monoxide, also known as CO, is called the invisible killer because it is a colorless, odorless, poisonous gas. It is undetectable to the human senses, so people may not know that they are being exposed. Carbon monoxide poisoning occurs when carbon monoxide builds up in the blood. When too much CO is in the air, the body replaces the oxygen in the red blood cells with CO which can lead to serious tissue damage or even death.

CO poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater or generator, is not working or vented properly. The brain and heart are affected the most by CO poisoning. Symptoms of poisoning can include: headache, weakness, dizziness, nausea or vomiting, shortness of breath, confusion, blurred vision, drowsiness, loss of muscle control or loss of consciousness.

Here are some tips to keep yourself and your family safe from carbon monoxide poisoning:

- Install and maintain CO alarms inside your home to provide early warning of CO.
- Install CO alarms in a central location outside each separate sleeping area and on every level of your home.
- Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.
- Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.

If you are concerned you may be suffering from CO poisoning, get into fresh air and seek medical care immediately.



January is National Blood Donor Month

Blood donations typically drop off during and immediately after the winter holidays. Busy schedules, holiday breaks from school, inclement weather and winter illnesses contribute to fewer blood and platelet donations. The Red Cross needs to collect more than 13,000 donations every day to keep the blood supply ready and available to meet the needs of about 2,500 hospitals, clinics and cancer centers across the country. They rely on voluntary blood donors to meet the demand.

Although an estimated 38 percent of the U.S. population is eligible to donate blood, less than 10 percent actually do. The Red Cross provides about 40 percent of the blood in the U.S. The organization is seeking new donors to help meet the needs of patients battling cancer and other conditions or disorders, individuals undergoing surgery and victims of accidents or violent acts such as mass shootings. Please consider becoming a blood donor.

Donors, especially those who donate regularly, keep our nation's blood supply stable. Although many people donate blood after disasters, patients need blood year-round. Shortages in the nation's blood supply can happen at any time. If you are eligible to donate blood, please make an appointment to donate today.



Snow Removal Service

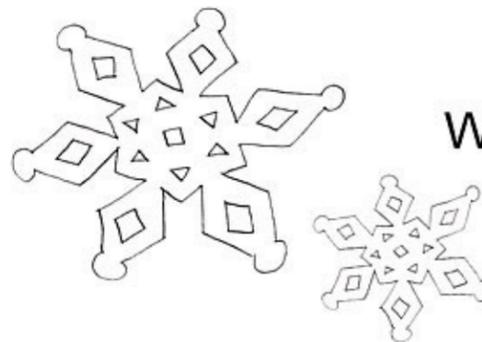
Winter has arrived and snow is falling. The Commission on Aging's Home Chore department is ready to assist the seniors of Gratiot County with shoveling the snow.

Dan and the crew use walk behind snow blowers and shovels to clean your sidewalks, driveways and porches. Unfortunately, they are not able to clean long driveways.

All you need to do to take advantage of this service is call the COA office, 989-875-5246, on the day you need the snow cleared. Your name will be added to the list for that day. You **must call each time** you need the snow removed as snowfall amounts can differ across the county. There is no charge for this service, however donations are accepted and will help cover the costs of the program to keep it running. Every effort is made to complete the requests daily so don't forget to call.



WINTER



Word Search

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

COCOA
 COLD
 EVERGREEN
 GLOVES
 HAT
 ICICLE

SLED
 SLEDDING
 SNOWBALL
 SNOWFLAKE
 SNOWMAN
 WINTER



PATH Telephone Toolkit
A Self-Management Resource Center Program

DATE & TIME:
Tuesdays
Jan 7 to Feb 11, 2025
9:00-10:00 AM ET

LOCATION:
This will be a **weekly phone call**. You will be provided with the call in number after registration.



COST: Free

Presenter:
Holly Tiret
tiret@msu.edu

WHO SHOULD ATTEND:
Adults of all ages who have a chronic condition and their family members/caregivers.

DESCRIPTION:
A six-week (1 hour) workshop over the phone, where participants learn strategies to help:

- Deal with difficult emotions
- Develop a healthy eating and exercise plan
- Set goals and problem solving
- Learn a variety of other tools to manage chronic conditions

Register online: <https://bit.ly/41jBxpf>
Or contact Holly Tiret, tiret@msu.edu
616-570-5818
Please note registration closes December 30, 2024

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations.

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Diabetes PATH
A Self-Management Resource Center Program

DATES
Mar 6 to Apr 17, 2025

TIMES
10:00 AM - 12:30 PM ET

LOCATION:
219 N State, Alma MI 48801



COST: Free
This class is being sponsored by the St. Louis Alma Lions Club Michigan

Instructors:
Holly Tiret, tiret@msu.edu
Sheilah Hebert, murphysh@msu.edu



The Diabetes PATH Program, a Self-Management Resource Center Program, has been identified by the American Diabetes Association for providing high-quality Diabetes Support programming.*

*The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming.

WHO SHOULD ATTEND:
Adults of all ages may attend, including adults with prediabetes, type 1 or type 2 diabetes, and their family members/caregivers.

DESCRIPTION:
A six-week workshop where participants learn strategies to help:

- Deal with difficult emotions
- Develop a healthy eating and exercise plan
- Set goals
- Problem solve
- Learn a variety of other tools to manage diabetes

REGISTER ONLINE
<https://bit.ly/3BITa3N>

OR CONTACT:
Holly Tiret, tiret@msu.edu, 616-570-5818



MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations. Accommodations for persons with disabilities may be requested by contacting Holly Tiret, 616-570-5818 Feb 21, 2025 to make arrangements. Requests received after this date will be fulfilled when possible.

AG Nessel Applauds House Committee for Advancing Vulnerable Adult Package

The House Committee on Families, Children and Seniors advanced Senate Bills 922-925 to the full House for consideration. This legislative package, championed by the Attorney General and the Department’s Elder Abuse Task Force, enhances protections for vulnerable adults by increasing penalties for abuse and financial exploitation, while also advancing programs aimed at bolstering prevention efforts.

“While my office has prosecuted far too many cases of vulnerable adult exploitation and abuse, current state law is tragically inadequate to protect and prevent Michigan’s vulnerable from unimaginable harm,” Nessel said. “These bills would offer crucial protections and restore dignity to those who need it most. I encourage the House of Representatives to join their colleagues in the Senate in passing this crucial legislation, prioritizing the rights and safety of our most vulnerable.”

The legislative package aims to:

- Allow an individual who is 60 year or older, is a vulnerable adult, or has a developmental disability to petition the court to obtain an elder and vulnerable adult personal protection order (PPO);
- Include embezzlement of a vulnerable adult as a predicate offense for racketeering, extending the statute of limitations from six to ten years for property recovery;
- Extend legal protections beyond a vulnerable adult’s death;
- Allow each county or region to create a vulnerable adult multidisciplinary team to take a holistic approach to preventing, intervening, investigating, and prosecuting abuse, neglect, and financial exploitation of older and vulnerable adults.

Michigan’s Elder Abuse Task Force consists of more than 55 different organizations in the public, private and nonprofit sectors all working together to combat elder abuse.

More than 100,000 older adults in Michigan are victims of elder abuse. They experience abuse, neglect and exploitation. Michigan residents seeking elder abuse resources are encouraged to call 800-24-ABUSE (22873), or 855-444-3911 to report suspected elder abuse.

AG Nessel Urges Consumers to Protect Their Credit Cards from Scammers

Credit cards give consumers the freedom to buy now and pay later. Some credit cards can be used in ways similar to an interest-free loan. There are many different types of credit cards that may include rewards or special promotions. What makes them safer than cash is their ability to provide account holders with fraud protection.

Here are a few tips to help you keep your credit card accounts safe:

1. Keep your credit card secure: Sign the back of your card, do not leave your card unattended, take advantage of multi-factor authentication
2. Keep your account number private: Be selective when giving your account number over the phone, shred any documents with sensitive personal information
3. Keep your information current: Notify your bank if you move
4. Be careful with your receipts: Check your receipts against your account, shred duplicate or old receipts
5. Secure your devices and networks: do not store your credit card number on your browser
6. Protect yourself online: Know your retailer, do NOT use public Wi-Fi to shop or conduct financial transactions
7. Check your account often: Review your recent account activity frequently
8. Notify your credit card company about disputed charges immediately: Contact the card company to file a dispute

To report fraud or if you have a general consumer complaint, you may file a complaint with the Attorney General’s Consumer Protection Team at:

Consumer Protection Team
PO Box 30213
Lansing, MI 48909
517-335-7599
Fax: 517-241-3771
Toll-free: 877-765-8388



Donations

COA

First United Methodist Church
Women of Faith
Bernard Winn
First United Methodist Church
Gary Johnson

Nutrition

Fulton Food with Friends
Commercial Bank

Memorials

Commission on Aging

Joyce E. Koutz
Becky McDonald

Maynard Cole
Ted & Penny Childers
Brad & Monica Childers
Cathy Childers
Maxine Martin
Chuck & Karen Emery
Carl & Theresa Cole
Lisa Cole
Judith Monroe

Walter Hagen
Toni & Steven Guoan
James & Rosemary Melton
Joan Sparks
Lorie Sparks

Muriel Crooks
Bill & Linda DeVuyst

Nutrition

Dorene Lewis
Regina York
Carolyn Peters
Todd & Paula Moeggenborg
Dick & Rhonda Harrell
Cheryl Chapman
Nancy & David Simon
Roberta Charney
Terry & Janice Clements
Joyce Raycraft
Barbara Gladding
Barbara Conner

LaVerne Reeves
Millie Reeves & Family

Senior Gratiot

Clint, Neta, & Joe Howe
Pamela Howe

Janet Foote
Douglas Foote

Gary Leonard
Eric Schalge
Dick Colbry
Julie Shimunek

Aaron J Alexander, Our Son
Abe & Vlesta

Alice Schafer
Mary & Howard Kenney

Betty Freed
Jim & Linda Hunt

Vicente Rodriguez, Jr.
Julie Rodriguez

James Norris
Veronica & Family

David Norris
Mom & Sisters

Husband
Mom & Dad
Brother & Sister
Daughter
Janet Schollaert

Bill & Eleanor Seamon, Parents
Aaron Crispin, My Son
Nancy Crispin

Marion E. Brown
Joanna Brown

Howard Billingsley
Erma Billingsley
Micheal Billingsley
Cheryl Andree

Honorariums

Family & Friends of Gary & Marty McDaid
Gary & Marty McDaid

Sally Martin
David & LaDaun Longanbach

John & Bobbie Federspiel
Lora Schultz

Senior Gratiot

Mavis Lippert
Jeanne & Marion Bendele
Robin Hart
Deborah Brune
Kathryn Kolb
James & Doris O'Connor
Julie McConnell
Elma Florian
Mary E Newville
Joan Ward
Joanne Baker
Judy Henderson
Bernard & Linda DeVuyst
Mildred Reeves
Janet M. Clark
Terrie Smith
Joyce Raycraft
Sharon Goffnett
Marie & Jack Collins
John & Cherie Yost
Agnes & Dale Clingenpeel
Emma Jane Brown
Eloise Jason
James Rowland
John & Sue Belles
Don & Sue Reithel
Janice Helman
Dick Kaufman
Susan Fisher
Stan & Lynn McMann
Senior Activity Building Board, Inc.
Joyce Vibber
Sherry Byrnes
Cindy & Chuck Simmons
Anonymous
Nancy Loomis
Regis & Jane Norris
Becky Gilbert
Debra & Douglas Wells
Emily Moerlins
Maryjane Beebe
Kathleen Woodruff
Dan & Marlene McGuirk
Kathleen Sandow
JoAnne Hayward
Gary & Cindy Johnson
Betty Coffell
Caroline DeGraaf
Joyce Shinabery
Jean Seward
Linda Chovanec
George Gibbs
William & Linda DeVuyst

*Thank you for your support
and generous donations.*

Food with Friends Eat Smart Menu

Lunch 12:00-12:30

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		CLOSED NEW YEARS HOLIDAY	Chili Potato Rounds Green Beans Pineapple Gelatin Corn Bread	Baked Ham Whipped Sweet Potatoes Green Beans Pears Dinner Roll
Macaroni & Cheese Mixed Vegetables Carrots Peaches Wheat Bread	Breaded Chicken Pattie Carrots Broccoli Pineapple Apple Juice Hamburger Bun	Meatloaf Stewed Tomatoes Lima Beans Berry Fruit Cup Wheat Bread	BBQ Meatballs Redskin Potatoes Peas & Carrots Fresh Orange Wheat Bread	Spanish Rice Winter Blend Corn Mixed Fruit Cup Wheat Bread
Chicken Chop Suey Brown Rice European Vegetables Applesauce Wheat Bread	Chicken Pattie Brussel Sprouts Peas Mandarin Oranges Hamburger Bun	Chicken a la King Carrots Green Peas Peaches Buttermilk Biscuit	Basil Parmesan Chicken Brown Rice Spinach Pineapple Dinner Roll	Roast Pork Whipped Potatoes/Gravy Peas Apple Crisp Dinner Roll
CLOSED Martin Luther King Day	Spaghetti Winter Blend Broccoli Apricots Garlic Toast	Pulled Pork on a Bun Green Beans Corn Pears Potato Chips	Lasagna Lima Beans Carrots Peach Crisp Wheat Bread	Spanish Chicken Broccoli Corn Triple Berry Crunch Bar Wheat Bread
Beef Stew European Vegetables Peach Crisp Dinner Roll	Potato Crunch Pollack Potato Rounds Mixed Vegetables Pineapple Wheat Bread	Beef and Noodles Winter Blend Green Beans Fresh Orange Grape Juice Wheat Bread	American Goulash Broccoli Beets Tropical Fruit Apple Juice Wheat Bread	Chicken Fettuccine Alfredo Winter Blend Brussel Sprouts Tropical Fruit Dinner Roll

Menus are subject to change without notice, milk is provided with all meals. Suggested donation is \$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 Tuesday/Thursday hot 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 **Wednesday, February 12, 2024**. 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 **10:00 a.m. to 12:00 p.m.** or at Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 2:30 p.m.**



Support Groups Meet at MyMichigan Medical Center, Gratiot Alma, MI

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.
 Wilcox Auditorium

Food with Friends

Alma/St. Louis

Filling Station
 415 Park Avenue, Alma
 Phone: 989.875.9118
 Site Manager: Sue Waber

Breckenridge/Wheeler

Wheeler Township Hall
 8510 E Monroe Rd., Wheeler
 Phone: 989.330.7508
 Site Manager: Lori Chvojka

Fulton

Fulton Township Hall
 3425 W. Cleveland Rd., (M-57) Perrinton
 Phone: 989.236.5019
 Site Manager: Irene Noffsinger

Ithaca

Senior Activity Building
 1011 E. North St., Ithaca
 Phone: 989.875.2135
 Site Manager: Jo Jones