



JOIN US ON ST. PATRICK'S DAY
TUESDAY, MARCH 17, 2026 @ ITHACA SENIOR CENTER
1011 E. NORTH ST. ITHACA
Lunch served @12:00 noon
Entertainment—Al Bartholomew on piano begins @12:30pm
RSVP BY MARCH 13th BY CALLING 989-875-5246
MEAL INCLUDES
CORN BEEF & CABBAGE ~ REDSKIN POTATOES
TOSSED SALAD ~ PEACHES ~ DINNER ROLL
**60 yrs and older \$3.00 suggested donation,
59 yrs and younger \$6.00 fee



Are you heading south for the winter? Taking an extended vacation? Moving? While it is easy to change or forward the address with the local post office, because we mail the paper under a special classification it will **NOT** be forwarded, rather it is returned to us at a penalty.

The Senior Gratiot Newspaper needs your help. Every month we are inundated with returned and undeliverable papers. Not only that, there is a charge of \$.90 for every paper that cannot be delivered. Multiply that by the fact that, at times, it can take up to three months before we receive notice back (we are just now getting October/November) and that can be up to \$2.70 for each address returned.

We ask your help. If you know you will not be home for an extended period of time. Please take a moment and call our office to either make a change to your address, put the paper on hold, or cancel all together. We are here to help at 989-875-5246 and are happy to accommodate your request.

The Senior Gratiot Newspaper was created to bring useful information to our local community of seniors. We want to continue to provide information that keeps you informed. Help us help you.

SENIOR GRATIOT, INC
1101 S. 515 S. Pine River
Ithaca MI 48847
989.875.5246
Change Service Requested

February 2026
Volume LI
Number 2

SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
Website: www.gratiotmi.com/Archive.aspx?AMID=37

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

Tax Credit Assistance Delayed

The Commission on Aging has not received the current tax credit forms from the state, so we will be delaying the scheduling of appointments at this time. Further information will be provided in the March edition of the Senior Gratiot. We appreciate your patience and understanding, and look forward to assisting you with tax credits again this year.

Gratiot County Commission on Aging

Nutrition Advisory Council
Notice of Meeting

Wednesday, February 25, 2026
11:00am

Fulton Food With Friends
@Fulton Twp Hall
3425 W. Cleveland Rd (M57)
Perrinton, MI

If attending please RSVP to reserve
lunch @ 989-236-5019



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: \$25.00 _____ \$35.00 _____ \$50.00 _____ 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: **\$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 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.

January 2025 Mail Prep Team Volunteer Thank You!

Thank you to these volunteers for ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Nancy Wiltfong, Richard Coleman, Sherry Hurt, Nora Vasquez Kowitz, Irene Oliver Peck, Tami Coe, Nancy Gulick, Sue Wernick, Marge Clapp, Janet Holt, Jerry Chvojka, Ithaca High School National Honor Society Students- Tanner Lamey, Conner McMurphy, Chloe Skeith, Jacob Mankey, Thad Whitmore, Kynley Rademacher, Lillian Poindexter

VOLUNTEER ACTIVITY February 2026

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 February 18, 9:00-11:30am

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - February 19, 9:00-11:30am

Senior Gratiot Newspaper Prep Team
Commission on Aging in Ithaca
February 26, 9:00 - 11:00am

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.



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



A little love
CAN SAVE A LIFE

DONATE BLOOD

Wednesday
February

4

1:30 PM - 6:00 PM

Helpful tip:
Make sure to eat a healthy meal and drink plenty of water before donating.

For eligibility questions please call 866-642-5663

**Parkside Assemble of God
Community Blood Drive**

Parkside Assembly of God
302 Pine Ave.
Alma, MI 48801

APPOINTMENTS PREFERRED
-Call 866-642-5663
-Visit versiti.org/mi
-Or scan the QR code below



*Walk-ins welcome, as schedule allows!

Every 2 seconds someone in the U.S. needs blood and or platelets. Donating blood takes about an hour and has the potential to impact up to three lives.



2026 UPCOMING EVENTS

- Thursday, April 23
Patsy Cline Tribute
- Wednesday, May 13, 2026
Wheelin' & Dealin' with Johnny O

Stay Tuned!



**STEAM RAILROADING INSTITUTE
POTENTIAL PASSENGER DEPOT SURVEY**



Would you be interested in traveling by train with convenient access right here in our country?

The Steam Railroading Institute has shared a public survey seeking input from the community. This survey will help determine whether a passenger train depot in Alma would benefit the community and how residents and visitors might use it.

The map pictured above depicts the anticipated passenger route.

If you have any interest in this project, consider taking the survey: <https://www.surveymonkey.com/r/XLFMSKL>

If you wish to learn more about the project in its entirety, check out their website: <https://www.northsouthrail.org>

Food with Friends

Fulton

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

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

Ithaca

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

Child Advocacy
GRATIOT COUNTY
SUBSTANCE & SUICIDE PREVENTION PROGRAM

SUICIDE LOSS SURVIVOR GROUP

A MONTHLY SUPPORT GROUP FOR ADULTS 18+

HAVE YOU LOST A LOVED ONE TO SUICIDE?

Join us monthly at the Suicide Loss Survivor Support Group. This is a judgement-free, safe space for those mourning the loss of a loved one to suicide. Participants will have the opportunity to meet other survivors and share their story while gaining peer support. The SLS Support Group is co-facilitated by a Certified Prevention Consultant and a Mental Health Professional.

FEBRUARY 17, 2026

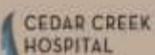
7:00PM

Child Advocacy

515 N. STATE ST. ALMA MI
PLEASE USE WEST ENTRANCE

QUESTIONS OR INTERESTED IN LEARNING MORE?

Emily Rayburn
(989) 463-1422
emily@childadvocacy.net



The Mitten Makers and Hats Galore Knit-In Group is in need of yarn donations. If you feel compelled to contribute, yarn can be dropped off at the Commission on Aging office Mon-Fri from 8:00am-4:30pm.

Thank you in advance for your consideration.

Senior Activity Building February 2026 Senior Center Ithaca Food with Friends

<ul style="list-style-type: none"> 8:00am- 10:00am EVERYDAY Coffee & Conversation with Linda St. Charles 10:00am EVERYDAY Visits, news, games, & activities 12:00pm Monday through Friday Food with Friends Meal at Noon, call 989-875-2135 to make your reservation (See menu on 						
1	2 8:00am-10:00am ☕ 11:50 Nutrition info "Saturated and Un-saturated Fats" 12:00pm FWF Meal 12:45pm 5 Crown Card game	3 8:00am- 10:00am ☕ 10:00 EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm Card game (your choice)	4 8:00am- 10:00am ☕ 10:00 Knitting group 12:00pm FWF Meal 1:00pm Cornhole	5 8:00am- 10:00am ☕ 10:00 EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm Card game (your choice)	6 8:00am- 10:00am ☕ 11:30am Blood Pressure checks by Joyce 12:00pm FWF Meal 1:00pm Otago Class	7
8	9 8:00am- 10:00am ☕ 12:00pm FWF Meal 12:45pm Bingo Prizes from FWF 2:00pm Just for Fun Dulcimer Club Come to Listen	10 8:00am- 10:00am ☕ 10:00 EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm Card game (your choice) 7:00pm VFW Post 7805	11 8:00am- 10:00am ☕ 10:00 Knitting Group 12:00pm FWF Meal 1:00pm Cornhole	12 8:00am- 10:00am ☕ 10:00 EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm Movie & Popcorn	13 8:00am- 10:00am ☕ 12:00pm FWF Meal Valentine Treats Wear some RED today 1:00pm Otago Class	14 Wishing you a very Happy Valentines Day!
15	16 SAB Closed No FWF today President's Day	17 8:00am- 10:00am ☕ Paczki Day! 10:00 EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 1:15pm SAB Board meeting	18 8:00am- 10:00am ☕ 10:00 Knitting Group 12:00pm FWF Meal 1:00pm Cornhole	19 8:00am- 10:00am ☕ 10:00 EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal Birthday Celebration 12:45pm More Wii Bowling	20 8:00am- 10:00am ☕ 12:00pm FWF Meal 1:00pm Otago Class	21
22	23 8:00am- 10:00am ☕ 12:00pm FWF Meal 12:45pm Bingo with Prizes by COA's FWF's program	24 8:00am- 10:00am ☕ 10:00 EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm Card game (your choice)	25 8:00am- 10:00am ☕ 10:00 Knitting Group 12:00pm FWF Meal 1:00pm Cornhole	26 8:00am- 10:00am ☕ 10:00 EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm More Wii Bowling	27 8:00am- 10:00am ☕ 12:00pm FWF Meal 1:00pm Otago Class	28



Senior Activity Building Senior Center & Ithaca Food with Friends News

1011 E North St. Ithaca, MI 48847
Jo Jones, Site Manager 989.875.2135

Hoping you will be sending a Valentine or making a call to someone who touches your life day by day. We will have a Valentine treat or maybe more than one on Friday the 13th, at our FWF meal. Let's see how many arrive wearing some red! Bring a friend to enjoy an old fashioned Pot roast dinner and a piece of Black Forest cake with you. Do reserve your meals by Wednesday, the 11th. For you who really enjoy soup, check the menu plan for Tuesdays, the 10th and 17th. Call to reserve your spot!

Every morning from 8:00am to 10:00am, Linda St. Charles and many Seniors will be happy to welcome you to our Senior Activity Building's Coffee and Conversation time. You are welcome to spend just a few minutes or the full two hours. It is a great way to get your day off to a good start. Some pictures from these morning gatherings are on the back page.

Please note that the Lions Club continues to invite you to bring your no longer used eyeglasses and hearing aids to their

collection box located just inside the East door entrance (underneath the main SAB calendar).

Let's take a look at the calendar above. You'll see that we are closed on President's Day, the 16th. Otago classes were to resume on January 23rd, so we expect the classes to continue in February. Please check the main calendar at the Building for any updates or changes in this printed schedule.

The Monday Nutrition class (February 2nd) will include a discussion about Food Safety at home and when dining out. There are two regular Bingo dates in February. The dates are the 9th and 23rd. The Food with Friends program will donate many prizes, including the special Coverall prize. We welcome you to play a game of 5 Crowns on the 2nd. The Just for Fun Dulcimer Club will be with us on the 9th at 2:00pm.

Tuesdays are active days! The EZ Motion class (see some pictures on the back page) and the Wii Bowling Seniors are happy to welcome even more Seniors. We have lots of chairs!

The EZ Motion group begins stretching at 10:00am. Then, at 11:00am, the Wii Bowling games begin! The participants rotate so that everyone has an opportunity to participate in a game or two! Cheerleaders add to the fun. We have card or other games of your choice on the schedule at 12:45pm on several Tuesdays.

Paczis will be available on the 17th. Our Senior Activity Building Board meets on the 17th at 1:15pm. Thank you to all of you who have supported the Senior Activity Building through your many donations since November 13th. We apologize for the long delay in getting your receipt and thank you note to you. Our new computer and new system have been a challenge!

Wednesdays are busy with the knitting group at 10:00am. After our FWF meal, our cornhole players and cheerleaders pick up the pace at 1:00pm. You are welcome to attend these and all activities and classes each day.

Thursday schedules are similar to those on Tuesday. Popcorn and a movie are back on their regular schedule, the second Thursday of the month. You'll find that this month we have the monthly birthday celebration on the 19th. If your birthdate is in this short month, we invite you to make your reservation.

On the first Friday, you will find Joyce Raycraft available to check your blood pressure at 11:30am. The Central Michigan students will lead the Otago Class that stresses exercises that will help you to improve your balance. There is no charge for any of these scheduled activities.

You'll find photos on the back page from our busy and most

enjoyable December and early January at the SAB.

Please take another look at the calendar now that you've scanned this February update. We hope that you will now make your plans to enjoy being at the Senior Activity Building often. Call to make your reservation for your Food with Friends meals. 989.875.2135

Ithaca Food with Friends and the Senior Activity Building seniors look forward to welcoming you to "Our Home Away from Home". Happy Valentine's Day.

Commodity Food Distribution Date

Commodities distribution will be on **Wednesday, February 11, 2025** 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 \$1,632; income per couple not to exceed \$2,215 monthly. (To confirm income guidelines, please call Eight Cap.) Anyone interested in the program **must** contact Eight Cap at 616.754.9315. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from **10:00am to 12:00 pm.** or at Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 2:30 p.m.**

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from November 13, 2025 through January 12, 2026. Since we were in the midst of changing computers, we were unable to update this record of gifts for the January Senior Gratiot and for our Memorial Book. Each donation is much appreciated. Thanks for your patience while waiting for your receipts and thank you notes.

Thank you to our volunteers (named and unnamed) who take care of our building.

SENIOR ACTIVITY BUILDING AND ITHACA FOOD WITH FRIENDS NEWS

GIFTS in GRATITUDE to SAB

Cleo Flegel
Nancy Smith

Just For Fun Dulcimer Club
John & Agnes Clark
Mercantile Bank

In HONOR of LINDA St. CHARLES

Bill & Ella Martyn

In HONOR of JO JONES

Bill & Ella Martyn

In HONOR of Jo's SENIOR FRIENDS

Jo Jones

In MEMORY of SHARON BOVEE

Donn & Pat Gates

In MEMORY of JAN DAVIS

Food With Friends

In MEMORY of FRED & JO JONES' PARENTS

Jo Jones

In MEMORY of Jo's SENIOR FRIENDS

Jo Jones

In MEMORY of FRED JONES

Jo Jones & Family

In MEMORY of HELEN BRANDAL

& AUNT BEATRICE REEVES

Barb Kench

In MEMORY of AVIS GINTHER

Mike Gabrion

In MEMORY of JEAN BARE

Mike & Marci Browne
William & Mary Alt

Mark & Karen Hoard

Dave & Kristine Rayburn

Jeanne Chaffin

Bill & Linda DeVuyst

Steve & Betty Schumacher

Linda Crumbaugh

Brad & Vickie Thum

Mike Gabrion

Kathy Densmore

Elaine Napieralski

Doug & Marita Harkness

Jayne Osborn

Chuck & Marty Wieferrich

Paul & Patrice Hornak

Jo Jones

Families of Jean Bare

Fred & Connie Bare

Connie Seiler

In MEMORY of LINDA SPARKS

Gordon & Carol Gerould

Debra Platt

EAA Chapter 134

Candyce Shields

Jo Jones

Jerry Lugten & Fern Griesbach

Rosemary Duckworth

Doug & Marcha Lippert

Jerry Sparks & Family

GIFTS RECEIVED at the GRATIOT CO.

COMMUNITY FOUNDATION

SENIOR ACTIVITY BUILDING

AGENCY ACCOUNT

Mary Humm

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

Sue Waber, Site Manager 989.875.9118



HAPPY VALENTINES DAY MY FRIENDS!

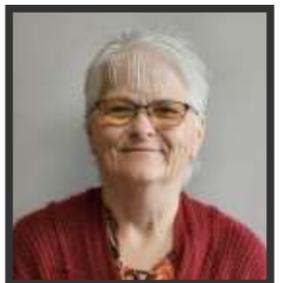
Hoping everyone has had a great start to their new year! It sure was good to see everyone after the days we had off along with the bad weather days. So ready to get back into a routine. Last month I was thinking about doing a little research on all these National (whatever) Days. How or who comes up with them? I googled it. When I searched it, guess what came up? There is actually a National Whatever Day on Jan. 30th. I don't know about some of you, but I have that day probably once a month. I found there is a Chase's Calendar of events started in 1957 by 2 brothers, Bill and Harrison Chase. Bill worked as a librarian and saw a need for a single source for authoritative and current information, so they came up with the Chase Calendar of Events. The first edition in 1958 was a 32-page calendar and 364 entries that sold for \$1.00. Obviously, the Federal Holidays are designated by Congress and State Holidays by individual states. The whatever national days can be made up by individuals like you and me through social media. Anyone that puts something out there that gains traction online or through marketing could become a national day by submitting it to resources like the Chase Calendar or National Day Calendar. One lady was dubbed "America's Premier Eventologist" with over 1,900 holidays. Some of these days are fun and others leave me scratching my head. So just a bit of info on that topic because I, and probably a few of you have wondered how those days come about.

I heard from Betty Apple and she will be back line dancing this month! This is exciting news as we love her music and the atmosphere she brings. It really puts us in a great mood and a pep in our step. Anyone wanting to feel free to show up. It is a great time and there is no cost. We have a couple things planned for the month so see dates and times below. Thank you to Evelyn at our site for getting the euchre games going. Anyone out there that would like to join us we sure would welcome you! Think about joining us for lunch if you haven't ever come or you're thinking about coming back. Where can you go to get a home style meal for a \$3.00 donation and they are delicious! Look at the calendar with meals in this paper. Hope to see you soon! Just a reminder we are closed Monday Feb, 16th for Presidents Day.

Wed Feb 4th	12:30pm	Craft: Puzzle Piece Valentine Craft.
Mon Feb 9th		Celebrate February Birthdays
Fri Feb 13th		Nutrition Talk –Food Safety First
Mon Feb 16th		Closed for Presidents Day
Wed Feb 18th	12:30pm	Craft: Bird Food Packs
Mondays	10:00am-12:00pm	Sit and Stich: Bring in a project you're working on such as a fun adult coloring book, knitting, crochet, or whatever. Show off your talents!
	12:00pm	Lunch
	12:30-1:30pm	Bingo
Wednesdays	10:30am-11:00am	EZ Motion Exercise
Fridays	10:15am-11:15am	Line Dancing with Betty Apple
		Any down time we will be playing cards, games, ring toss or cornhole!

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

Lori Chvojka, Site Manager 989.330.7508



Happy Ground Hogs Day and Happy Valentines Day

January is done and hopefully the dreary weather is gone too! Will the ground hog see its shadow...will we have six more weeks of winter or will there be six weeks until Spring? Either way we look at it, spring will come and winter will leave. We had a bit of a growth spurt in January with three new faces joining us and we are so happy about this and looking forward to getting to know these new people. We are always looking for new or old friends to join us. We have lots of room and we want to fill it up, so if you are looking for a great place to get rid of your "winter blues", come join us.

February is a short month, and before we know it, we will be planning our gardens and planting flowers, which I can't wait to do. This is also the time of the year we really think about getting back into shape and maybe start a new exercise program or eating healthier. As always, consult your Primary Care Provider before embarking on anything like this. Just be safe in whatever you choose to do.

Have a fun and safe February and we will be looking forward to seeing some new faces here at the Breckenridge/Wheeler Senior Site, 8510 East Monroe Rd, Wheeler, MI 48615. As always if you have any questions feel free to call 989-330-7508 or the COA at 989-875-5246.

Feb 3	Carrot Cake Day	Feb 10	Umbrella Day
Feb 4	Thank Your Mailman Day	Feb 13	World Radio Day
Feb 6	Lame Duck Day	Feb 14	Valentines Day
Feb 8	Laugh and Get Rich Day		

Feb 2		Happy Ground Hog Day		
Feb 6	12:30pm	Nutrition Talk—Food Safety First		
Feb 9		Craft– Garden Stake Fairy Wand		
Feb 11	12:30pm	Celebrating February Birthdays		
Monday		* 10:00AM AM DIRTY MARBLES	* 12:00 PM LUNCH	*12:30 PM EUCHRE/SEVENS
Wednesday		* 10:00AM AM DIRTY MARBLES	* 12:00 PM LUNCH	*12:30 PM BINGO/SEVENS
Friday		* 10:00AM AM DIRTY MARBLES	* 12:00 PM LUNCH	*12:30 PM MEXICAN TRAIN DOMINOES



ALMA FOOD WITH FRIENDS BINGO

Fulton Senior Center

Fulton Township Hall, 3425 W. Cleveland Rd., Perrinton

Irene Noffsinger, Site Manager 989-236-5019



Can it really be possible that we are past the holidays and heading towards spring? I really enjoy the crisp, chilly air. But then I really enjoy the rebirth of everything spring, followed by warm balmy nights, BBQing with my family and hanging out. Oh yeah, I am ready to move forward. Come on, spring!

CRAFT: Feb 11th – Please come and join us as we put together delightful suet feeders for the birds. We will enjoy having you, and the birds will love you. **TIME:** 10:30am. There is no charge for this craft.

Feb: 20th at 10:30am. Please join us and welcome back Shannon, from Michigan State University Extension. Last month, Shannon came and shared holiday gift-giving ideas by making your gifts, cookies in a jar, making pure vanilla, and packaging it for gifting, among other things. We actually made up quart jars with a cookie recipe in them. This time, we are going to discuss and make some of our own salad dressing. Sign up for this craft will be on the table where you sign in, or you can call 989-236-5019 and let me know you will be there. If you sign up, please be aware that we will be starting right around 10:30am. Please try to be there as close to that time as possible so that you don't miss any of the information Shannon has for us. If you have any friends you think might enjoy this, please bring them. We look forward to seeing everyone. Feb 16th – CLOSED / Presidents Day

Feb 27th - BINGO

BOTTLE CAPS

Bottle Caps can be dropped off at the Fulton Senior Center any Monday, Wednesday, and/or Friday between 10:00am and 2:00pm. We thank all of our friends and community neighbors for their donations.

UPDATE: We received a note from Wayne (our bottle cap contact), letting us know that he turned in 90 lbs of bottle caps for the month of December. **YOU ARE ALL AWESOME!**

Books

Thanks to everyone that has come in last month and recycled their books with us. We get very excited to see what has arrived. Please continue to think of us when cleaning off your bookshelves. Books can be dropped of any time Monday, Wednesday, and/or Friday between 10:00am and 2:00pm.

FEBRUARY

MONDAY		WEDNESDAY		FRIDAY	
Feb 2	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Feb 4th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Feb 6th	10:00am Cards 12:00pm Lunch 12:30 pm Euchre,Dice,Skip Bo
Feb 9th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice Skip Bo	Feb 11 th	10:30am CRAFT-SUET BLOCKS 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	Feb 13th	10:00am Cards 12:00pm Lunch/ Valentines Goodies 12:30pm Euchre, Dice, Skip Bo
Feb 16th	CLOSED TO OBSERVE PRESIDENTS DAY	Feb 18th	10:00 Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	Feb 20th	10:30 Shannon Michigan State Extension-making salad dressings 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo
Feb 23rd	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Feb 25th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	Feb 27th	10:00am Cards 12:00pm Lunch 12:30pm BINGO

Monday	Tuesday	Wednesday	Thursday	Friday
		Milk provided with all meals Suggested Donation \$3.00		<i>happy Valentine's day</i>
2 Potato Crunch Pollock Au Gratin Potatoes Peas and Carrots Papaya Mango Wheat Bread	3 Chicken Parmesan Green Beans Scandinavian Blend Applesauce Wheat Bread	4 Swedish Meatballs Whipped Potatoes Capri Blend Vegetables Ambrosia Fruit Cup Dinner Roll	5 Spaghetti Spinach Kyoto Vegetable Garlic Toast Orange	6 Cheese Omelet Scalloped Hash Brown Potatoes Whole Grain Muffin Orange Grape Juice
9 Chicken Pattie w/ Bun Red Skin Potatoes Malibu Blend Vegetables Pears Chocolate Brownie	10 Corn Chowder Cheesy Bread Stick Sweet Peas Mixed Fruit Cup Yogurt	11 Sloppy Joe on a Bun Broccoli Mixed Vegetables Peaches Cheese Stick	12 Smothered Chicken Whipped Potatoes/Gravy Brussel Sprouts Applesauce Chocolate Chip Cookie Wheat Bread	13 NEW MENU ITEM Pot Roast w/ Vegetables Corn Dinner Roll Banana Black Forrest Cake
16 CLOSED PRESIDENT'S DAY	17 Baked Potato Soup Carrots Winter Blend Vegetables Pears Dinner Roll Chocolate Chip Cookie	18 Macaroni & Cheese Green Beans Spinach Pineapple Wheat Bread	19 Meatballs w/Mushrooms & Gravy Whipped Potatoes Brussel Sprouts Pineapple Wheat Bread	20 Fish Sandwich w/ Cheese and Tartar Sauce Malibu Vegetable Blend Apple Crisp Banana
23 Beef and Noodles Mixed Veggies Spinach Pears Wheat Bread	24 Hot Dog w/ Bun Potato Rounds Green Beans Pineapple	25 Roast Pork Whipped Potatoes Carrots Cinnamon Applesauce Wheat Bread	26 Turkey Stew Succotash Vegetable Blend Mixed Fruit Biscuit Chocolate Pudding	27 Stuffed Cabbage Roll Whipped Potatoes Green Beans Peaches Dinner Roll

Menus are Subject to Change Without Notice

To cancel a Home Delivered Meal, please call (989) 875-5332

The Tuesday/Thursday hot meals are *only* available at the SENIOR CENTER, located at the Senior Activity

Five Star Stay

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

BAR
BELLBOY
BREAKFAST
BUFFET
CONTINENTAL
ELEVATOR
FLOWERS
GYM
HOTTUB

KEY
KING
LAUNDRY
LOBBY
LUGGAGE
MAID
QUEEN
RECEPTION
ROOM

SAFE
SAUNA
SERVICE
SUITE
TIP
TOWELS
TWIN
WAKE UP
WIFI

Loan Closet

Commission on Aging has a loan closet that is available to seniors (60 years of age or older) who live in Gratiot County and may be in need of adaptive medical equipment. If you are in need of something, please call 989-875-5246 to see if we have the item available. This program is made available by various grants.



Incontinence is one of the most common disorders among seniors with over 15% to 35% of older adults dealing with some form of incontinence. However, older adults can use supplies to help manage the discomfort associated with bladder and fecal incontinence.

The costs associated with managing incontinence from absorbent products such as pads and adult diapers to additional laundry, to skin care products can add up quickly, often turning this personal struggle into an economic one.

Gratiot County Commission on Aging, through their Loan Closet, offers free supplies to seniors in need. Availability is based on supplies in stock. If you are in need of assistance, please call 989-875-5246 to see if we have the items available.



BENEFITS OF SHOWER GRAB BARS

As mobility decreases with age, everyday activities like showering can become more challenging. Shower grab bars for seniors provide essential stability, reducing the risk of slips and falls while promoting confidence and independence. These safety features make bathrooms more accessible and secure.

Benefits of Grab Bars:

1. **Increased Safety**

Wet bathroom surfaces can be slippery, increasing the risk of falls. Shower grab bars provide a firm grip, helping seniors maintain balance.

2. **Greater Independence**

With a secure grab bar to hold onto, seniors can shower with more confidence and reduced assistance.

3. **Enhanced Comfort**

Shower grab bars help with movement inside the shower, making it easier to step in and out safely.

4. **Support for Mobility Challenges**

Individuals with mobility limitations, arthritis, or injuries benefit from the added support, reducing strain on joints.

Gratiot County Commission on Aging offers installation of grab bars through our own Home Chore program. If you have a need for installation of a grab bar call 989-875-5246 to see if we can assist you. A grant from the Community Foundation has made this a no cost program for Gratiot County residents over the age of sixty.

Important note: The location of the installed grab bar will vary depending on the layout of the home.



CONSUMER PROTECTION ALERTS

Government Imposter Scams Can Happen to You

Scammers are targeting people through emails, calls, or texts and claiming they are from a government department. The messages may offer grants, special medication rates, requests for updated personal information, or demand money.

If the message contains a link or attachment, do NOT click the link, or download the attachment. It may contain a virus which will infect your device when it's opened. The scammer will then be able to access information on your device.

Scammers know that calls, texts, or emails from a government agency will get you to react, either out of fear or curiosity. Replying to a spam message or phone call lets a scammer know that your information is active, and they may get a response.

How do you protect yourself?

- Block the text, email, or call;
- Don't click links or open attachments;
- Report the spam; and
- Delete the text or email from your device.

Utility Imposter Scam

Have you ever received a call from a utility company claiming that your bill is overdue and if you don't pay now, your power, heat, or water will be turned off immediately? That is the last thing you want in Michigan's cold winters or hot summers. Scammers know this and will pose as utility company employees to trick you into providing money, personal, or financial information.

Scammers bully consumers, threatening to turn off a utility at an inconvenient time. They are aggressive, stating payment must be made immediately, and be paid in a manner not used by utilities, such as a Green Dot debit card, Western Union wire transfer, bitcoin, or apps like Cash App, Venmo, and Zelle. They may also ask for bank account or credit card information.

Utility companies may offer you the option to pay over the phone but will never demand payment over the phone.

They will also never do the following:

Scammers can be convincing and often target those who are most vulnerable, including older adults and low-income communities. They also direct their scams at small business owners during busy service hours. However, with the right information, utility customers can learn to detect and report these predatory scams.

The current scam involves a call claiming to be from DTE, stating they are sending field staff to turn off electricity at the victim's residence for nonpayment. The number on the caller ID reflects DTE's actual toll-free number. The victim is able to show payments were made, but the caller claims that they were not received by DTE, and that payment is needed quickly to avoid immediate shut-off. They demand payment by some form of pre-paid debit or gift card or through a pay app such as Zelle, with the promise of returning the funds if its later determined payment was made after further investigation. Neither form of payment is regulated, and both are irreversible and untraceable.

Protect Yourself

Scammers are now able to create authentic looking 800 numbers that appear on your phone display. The number, if called back, will direct you to an imposter posing as a utility worker at a utility company you are familiar with. Instead of dialing the number provided by the caller, locate contact information for that company on a recent utility bill and call to confirm if they contacted you in the first place.

If a scammer threatens immediate disconnection or service shutoff without prior notification, hang up the phone, delete the email, or shut the door. To be safe, hang up and call the company directly from a phone number available on their website or on a monthly bill. Customers with delinquent accounts will receive an advance disconnection notification, typically by mail included with their regular monthly bill.

Never purchase or provide a prepaid card, send money through a wire transfer service, or through a mobile application like Zelle to avoid disconnection or shutoff. Utility companies will offer a variety of ways to pay a bill including online payment, by phone, automatic bank draft, mail, or in person at an authorized payment center.

Create an online account with each utility. Not only can customers log in to check their balance and payment history, but they can **also** sign up for recurring payments, paperless billing, and helpful alerts.

Tips and Reporting

If you suspect you have been contacted by a utility imposter, call the number for that service provider listed on your utility bill to speak to a customer service representative. They can confirm the status of your account, make appropriate arrangements to protect your account, and assist you with a payment plan if necessary. Also report it online to the [Michigan Public Service Commission](#) or call 800-292-9555.

If you've mistakenly provided bank account or credit card information to someone you suspect might have been an impostor, call your bank or credit card company immediately.

Customers who feel threatened during contact with an imposter should contact local law enforcement.

[Utilities United Against Scams \(UUAS\)](#) is an agency dedicated to combating impostor utility scams by providing a forum for utilities and trade associations to share data and best practices, in addition to working together to implement initiatives to inform and protect customers. They also published a comprehensive [Consumer Guide to Imposter Utility Scams](#) for consumer assistance.

MEMORIALS

COMMISSION ON AGING

Dennis Page
Maria Page

Robert Douglas Neitzke
Frances Lichtman

Debra Viles
Kathy McDonald
Chris & Jill Sandro
Matt McDonald

William (Bill) O'Boyle
Tommy & Carol (O'Boyle) Crow

Ray & Edith Webber
Ed & Vallie Shank
Greg Crooks
Sam Maxwell
Jake Braman
Ryan LaVoy
Kandra Hadanek
Darvis & Pam LaVoy

Dean Giles
Family

Rose Capen
Keith & Donnalea Chaffin
Phyllis Studer
Janet Holt
Linda Trieb
Carren Magee Smith
Norma Pratt
Dallas & Beverly McClain
Tina Lehmann
Michigan Masonic Charitable Foundation
Max, Timothy, and Mary Capen
Aubree and Seth Capen
Janet Hanus and Family

Mike Kellogg
Janet Simes
Doug Klumpp
Kevin Daly
Diane Conroy-Kellogg

SENIOR GRATIOT

Ken Swanson
Janet Swanson

James & Bonnie Briggs
David Briggs

Robert Cassady
Willowdean Cassady

Clare & Emma Troub
Gail Paradise

Waneta Bigelow
Russell Nieman
Alton Bigelow

Jeanne Torpey
Sue Miller

Karen (Cole) Stephenson
Noel Duflo
Thomas & Jacque Koenigsnecht

Larry Ackels
Andrea Ackels

Hubert, Violet, and Linda Church
Kathleen Hutchins

Robert Winkelman
Joyce Winkelman

Bill Francetic
Nancy Francetic

Mona Jean Helman
Mom

IN HONOR OF

Iris Henries
Christine Henries-Zerbe

Wanda O'Boyle
Tommy & Carol (O'Boyle) Crow

Thank you for your support and generous donations.

DONATIONS

SENIOR GRATIOT

Mavis Lippert
Darvis Pam LaVoy
Linda Lott
Barbara Kench
Judith Dow
Louis Dame
Norma Bast
Phil & Linda Chovanec
Larry & Anne Marrin
Linda Foster
John & Agnes Clark
Martin Lott
Ron Littell
Kathy Densmore

COA

Richard and Joanne Green
A. Dean Parling, Jr.
Sharwin Martyn
Gleaner Life Insurance Society
Danny McGuirk
Darvis Pam LaVoy
R Joanne Baker
John Clark
Marty Peet
St. Louis Methodist Women
Ester Hyde

FUN AND GAMES AT THE ITHACA SENIOR ACTIVITY BUILDING

2 Outlaws and a Good Guy (The Cowboys) Entertainment



Enjoying FWF Holiday Dinner



Clean-up Volunteers Ron, Nan, Cleo



Brian Picks Up Trays From the Holiday Dinner



Kevin thanks Mavis and Linda for setting up the Holiday Table



Cleo Replaced Wooden Strips in the Hallway



Raising Cane to Bring in the New Year



Joyce and Jo say Happy Holidays



Morning Coffee at the Senior Activity Building



Morning Coffee at the Senior Activity Building



Morning Coffee at the Senior Activity Building



Senior Companion Program



Provide companionship and socialization for isolated older adults who want to live independently.

Qualifications:

- 55 or Better
- Meet income requirements
- Commit to 15-20 hours a week
- Be in good standing health
- Pass various background checks
- Be ready to make a difference



ISABELLA COUNTY COMMISSION ON AGING

Foster Grandparent Program



Mentors & role models for at-risk students to provide academic assistance in school settings.

Benefits:

- Earn a non-tax stipend
- Mileage reimbursement
- Pre-service & ongoing training
- Holiday & PTO
- Fulfill a life long purpose



AmeriCorps Seniors

CONTACT US

Isabella County Commission on Aging
Brandi, Jodi or Anne
(989) 772-0748

Serving: Clare, Gratiot & Isabella Counties