

June 2025

Sanborn Gratiot Memorial Home Newsletter

Sanborn Gratiot Memorial Home

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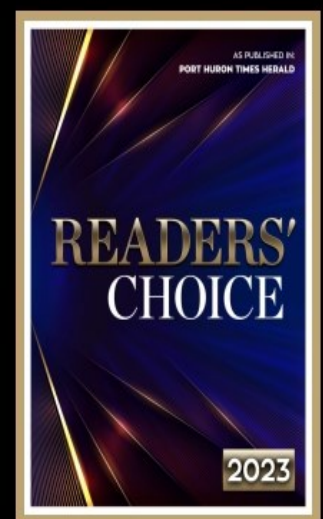
Elizabeth Sawielski

Hargopal Tekumulla



Senior Millage Recipient

Community Foundation



Sanborn Gratiot Memorial Home
Readers' Choice
Port Huron Times Herald - 2023



Changes Proposed for Community Mental Health Services

What's Happening?

The Michigan Department of Health and Human Services (MDHHS) wants to change how mental health, substance use, and intellectual and developmental disability services are managed and funded, moving away from our local public system to large private companies.

Why This Matters to You

Profit Over People:

Private organizations might prioritize profit or their bottom line over the specific needs of our community, impacting our ability to provide service.



Medicaid Cuts Could Make Things Worse:

These changes come as federal funding for these services may also be reduced.



Less Open Information: You'll have less insight and say in how these services are run.



Fewer Local Resources:

Local organizations like St. Clair County Community Mental Health would lose funding, affecting essential services such as:

- Respite care
- Community living support
- Skill building
- Residential care
- Hospitalization

More Restrictions, Fewer Options:

Expect longer wait times and fewer choices in providers, like with some private insurance plans.



Your Voice Matters

Contact the Governor and State Legislators **TODAY** and tell them that our community's well-being should be the priority, not profit. Use the QR code to contact your representatives and make your voice heard.



Sanborn's spring clean up day took place on May 31st. It was a chilly morning but a lot was accomplished. It was good, clean hard work and it was a great way to spend a Saturday morning. Fun was had by all and some much needed pruning, raking and removal of debris. Our tough Michigan winters can sure cause havoc on our yards. We want to send a heart felt *Thank You* to everyone who took time out of their busy weekend to lend a hand.



**MANY
HANDS
Make
LIGHT
WORK**



Keeping Summertime Safe for Seniors

Drink Plenty of Liquids

The most important thing seniors can do to maintain their health in summer is to stay hydrated and consume plenty of liquids-especially water. Stay away from too much caffeine or alcohol, especially while participating in an outdoor activity.

Pay Attention to the Thermometer

If temperatures are extreme, stay indoors (at least during the hottest part of the day). Often, the weather is much cooler during the morning or evening hours, so plan your activities for the times when it's safest and most comfortable outside.

Dress Appropriately

Wear light and loose-fitting clothes. Light colors reflect heat while darker ones absorb it, and therefore make you feel hotter. Don't forget a hat to keep the sun off your senior loved one's head.

Apply Insect Repellent and Sunscreen

Don't pay for a fun day outside with a bunch of uncomfortable, itchy bug bites or a bad sunburn. Take a few minutes to apply insect repellent or a strong sunscreen of 50SPF or better to protect your senior's skin.

Be Vigilant for Signs of Dehydration, Heat Exhaustion and Heat Stroke

A flushed face, headache, nausea, rapid pulse, dizziness and confusion all can serve as signs that you've had too much exposure to the warm weather. If you have any of these symptoms, go indoors to cool down and seek help immediately.

Three Scams Targeting Older Adults Are on the Rise

Scams targeting older adults are on the rise and can present an enormous threat to an older adult's security, both financially and emotionally. This demographic loses an estimated \$2.9 billion annually from financial exploitation, according to the Senate Special Committee on Aging. Aging-adult fraud victims may suffer long-lasting trauma that often erodes their sense of trust and well-being, eldercare experts have noted.

Three crimes, in particular, are on the rise, according to fraud protection groups. These are Social Security fraud, the Grandparent Scam and Unscrupulous Charities. Experts detail these three offenses against aging adults.

Social Security Spoofing:

In this scam, unknown callers threaten victims, saying they will face arrest or other legal actions if they fail to call a provided phone number or press the number indicated in the message to address the issue. If you receive one of these calls, hang up. Know that Social Security never calls people by phone unless you have ongoing business with them and they *never* make threats about arrest or legal action. Report suspicious calls to the *SSA Office of the Inspector General* by calling 1-800-269-0271.

Grandparent Scam:

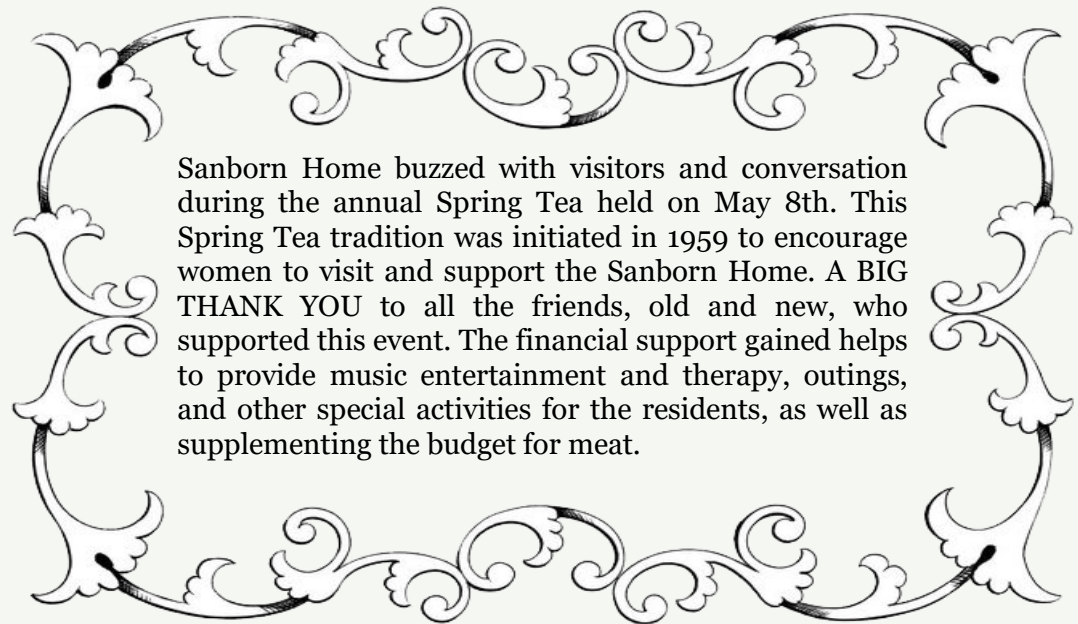
In this approach, a person calls an older adult pretending to be a grandchild who's been involved in an accident or legal trouble and needs money immediately. If you or a loved one receives such a call, call the grandchild back on a correct phone number and verify their whereabouts. If you've mailed cash, report it right away to the Postal Service or shipping company you used. Be sure to also file a complaint to the FTC at [gov/complaint](https://www.ftc.gov/complaint).

Fraudulent Charities:

Scammers may impersonate charities to get money or private information from well-meaning consumers. To find reputable charities to support victims of natural disasters and other causes, use the *IRS's Tax Exempt Organization Search* or look for an organization's charity rating on places such as *Guidestar* and *Charity Navigator*. If you're a disaster victim, use *NCOA's BenefitsCheckUp Disaster* assistance tool to find legitimate help with relief and financial assistance.

Arming yourself and loved ones with information is among the best way to help protect vulnerable older adults from fraud, experts note.

Care Resources / Wellness & Lifestyle Jan 29, 2024



Sanborn Home buzzed with visitors and conversation during the annual Spring Tea held on May 8th. This Spring Tea tradition was initiated in 1959 to encourage women to visit and support the Sanborn Home. A BIG THANK YOU to all the friends, old and new, who supported this event. The financial support gained helps to provide music entertainment and therapy, outings, and other special activities for the residents, as well as supplementing the budget for meat.



Sanborn employees, residents and auxiliary members are looking forward to meeting the family and friends of Sanborn at the Summer Picnic on June 27th, from 12:00pm—3:00pm.

Blue Ice, featuring Joe DeHenau and Dennis Hanselman, will be there to entertain with their lively music from 1:00pm—3:00pm.



Rain or Shine



Spotlight on Hailey Tesluck—Summer Volunteer at Sanborn

I am from Yale, MI, currently attending college at the University of Kentucky. I am studying chemistry on the pre-dental track and hope to attend dental school after I obtain my Bachelor's degree. Outside of work, I enjoy spending time with my friends and family and also playing tennis. While I am at school, I enjoy teaching spin class at the campus gym and promoting a fun, positive atmosphere. I chose to volunteer at Sanborn because I wanted to serve my community on a more personal level. I look forward to my time with everyone this summer.



Thank you,

Hailey



The BIG GIVE is officially over, but the generosity of donors to Sanborn Gratiot Memorial Home lives on in the increase to our fund at the Community Foundation. The dollars earned help to build that fund and will help Sanborn with perpetuity.

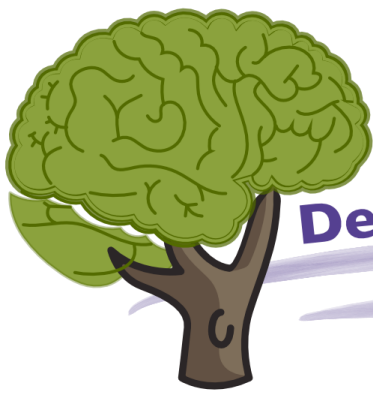
The BIG GIVE was a tremendous success because people care about all seniors in their community and people realize the key role that Sanborn plays to meet the needs of seniors who may be low income, homeless or in unsafe situations.

Sanborn Gratiot Memorial Home's executive director, Lisa Beedon, had this to say about Sanborn's participation in the BIG GIVE and the impact it had for Sanborn: ***"Giving to Sanborn's endowment fund is important because it provides long-term, sustainable support for the organization, ensuring it'll be here to care for vulnerable seniors for another 80 years."***

A donation can be given to Sanborn's fund at the Community Foundation at any time of the year. People have provided gifts to honor a loved one, a legacy gift from their estate / or insurance or simply because they believe in the cause. Contact Kathy Baker @ 810-662-0957 or the St. Clair County Community Foundation @ 810-984-4761 to learn how you can provide a gift to this fund.

Thank you to each and every donor, we appreciate you all.





Dementia & Alzheimer's Association of St. Clair County

Advocacy · Education · Resources · Support



Pictured:
Betty Guigar, Joan Lunden
and Billy Johnson



Pictured:
Jan Rose along with
Deb Johnson

On June 3, 2025, Blue Water Developmental Housing's executive team were honored to attend the Caregiver Connections Expo for St. Clair County at the Blue Water Convention Center. This event is designed for everyone involved in caregiving, whether you're caring for a loved one at home or working in a professional caregiving capacity.

*

They heard from Keynote speaker, Joan Lunden. She was a caregiver for her own mother for many years. She spoke of the challenges of caregiving. She is now an advocate to help others empower themselves in their caregiving journey.

*

They were also overjoyed as long time supporter of our own Sanborn Gratiot Memorial Home, Janice Rose, receive the award of Community Advocate of the Year.



Pictured:
Joan Lunden

Respite Grant

Respite care provides care givers a temporary rest from caring for a loved one. It also allows care givers time to take care of errands while having comfort and peace of mind, knowing their loved one is safe. Respite care can be provided in the home by a private duty agency or in an adult day program that provides quality care and structured activities in a safe, comfortable setting.

The Dementia & Alzheimer's Association of St. Clair County Respite Care Grant provides financial assistance to help cover the cost of respite care. To qualify you must be a primary care giver of an individual who resides in St. Clair County and who has been

diagnosed with a form of dementia by a physician. There are no income requirements for program eligibility. Approved local health care agencies will provide the care for your loved one in your home or in an adult day program. Limited funds are available and are approved on a first-come, first-serve basis

For more information, or to apply for a grant, please call us for assistance or visit our website.

Alzheimer's Disease

Alzheimer's disease is not a normal part of aging. Alzheimer's disease is an irreversible, progressive (worsens over time) brain disorder that causes a slow decline in memory, thought and reasoning skills. Alzheimer's is the most common cause of dementia in older adults.

Physicians and other leaders in Alzheimer's treatment may refer to the progressing stages of the disease. It is important to note that every person with Alzheimer's experiences the disease differently. Instead of focusing on what stage a person is in. It is essential that the person with dementia has a good quality of life and that their needs are being met.

Dementia

Dementia is a term that describes the symptoms associated with a decline in memory or other thinking skills that are severe enough that they interfere with everyday activities. Dementia is not a disease. There are many forms of dementia, but the most common is Alzheimer's disease. Other common dementias include Lewy body dementia, frontotemporal disorders, and vascular dementia.

Tips & Suggestions for Caregiving

As you begin to take stock of the situation, here are some tips that may help:

- Learn all you can about Alzheimer's disease and/or dementia.
- Write your questions down as you think of them.
- Ask your doctor if a cognitive dementia screening test has been performed.
- **DO NOT ARGUE!** Instead redirect the person's attention.
- Avoid open-ended questions: Ask yes or no questions instead.
- Simplify tasks and routines and try to be flexible.
- Try to eliminate clutter, noise, glare, and excessive background noise.
- If your loved one is experiencing a sudden change in behavior, make sure they are comfortable and check regularly for pain, hunger, thirst, constipation, full bladder, fatigue, infection, or skin irritation.
- Allow enough rest between stimulating events, such as visits from friends or neighbors.
- Consider using respite care or an adult day program to ease the demands of caregiving.
- Begin to plan for the future. Make sure your financial and legal documents are up to date. Look into services that may be covered by health insurance or Veterans benefits and start investigating long term options.
- Think about safety: equip doors and gates with safety locks, remove guns from the home, and make sure your medications and chemicals, such as cleaning supplies are properly stored.
- People with dementia or Alzheimer's disease will lose the ability to drive safely. Talk with your doctor and begin the conversation about safety as soon as possible.
- If there is a potential wandering, notify local law enforcement of memory changes and look into services such as Smart 9-1-1 that keep emergency services informed.
- Find a support group to share your feelings and concerns with. It's important to take care of

About Us

Sanborn Gratiot Memorial Home, Inc. provides residential assisted living for the elderly with a mission to serve lower income seniors who are semi-independent and seeking a secure and affordable residence. We are located near beautiful Lake Huron in Port Huron, Michigan in St. Clair County. Sanborn Gratiot Memorial Home, Inc. is the only "licensed home for the aged" in St. Clair County and the only senior residence with a mission to serve lower income individuals.

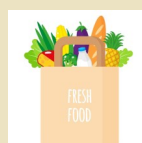
Our expanded circa 1890 Victorian-style house is comfortably designed for ambulatory individuals and we are licensed to provide care for up to 32 residents age 55 and older. Paraprofessional staff provide 24 hour compassionate care for residents including personal services, laundry, bathing and medication administration. Please see our Activities & Services page for more information.

Mission

It is the mission of Sanborn Gratiot Memorial Home, Inc. to provide an affordable, comfortable, safe, assisted living home to the aging community while striving to maintain a high quality of life for our residents through social activities and family involvement.

Do you know about Kroger Community Rewards? If you shop at Kroger, you can link your shopper's reward card to earn money for our organization at no cost to you and this will not affect your gas points! This program is designed so that Kroger donates back a percentage of your shopping total to the organization you designate and link to your shopper's reward card. Just go to Kroger.com and scroll to the bottom of the page where it says Community. Click on Community Rewards and follow the instructions to

sign up



Be sure to follow us on social media!
Facebook, Instagram and LinkedIn!



Do you do a lot of shopping online? Want to know how you can help Sanborn Gratiot Memorial Home while you shop online? Go to iGive.com and sign up for an account. It is a free service where shopping at any of over 2000 stores like Walmart, Travelocity, Chewy, Overstock and more will mean a percent of your purchase will get donated back to Sanborn at no additional cost to you!! Sign up for your free account today and start earning for Sanborn!



Contact Us

**Sanborn Gratiot
Memorial Home
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(810) 985-5631
www.sanborngriat.org**

Sanborn Gratiot Memorial Home has been an affiliated organization with United Way of St. Clair County for many years, enabling you to direct your gift to Sanborn Gratiot Memorial Home. Sanborn Gratiot Memorial would like to encourage you to give generously to the United Way of St. Clair County to support its efforts to provide assistance to many deserving community agencies. Take some time to check out the United Way of St. Clair County's website to view current activities, fundraisers, newsletter and information about their current campaign.

Donations to the United Way of St. Clair County can also be made on their website or feel free to call 810-985-8169 to see how you can be an "everyday hero".

Sanborn Gratiot Memorial home is always accepting donations for our residents. Some of the items that we currently need are:

Kleenex, Body Wash, Shampoo, Combs and Brushes, Adult Wipes, Standard Size Pillow Cases, Lap Blankets, Twin Comforters, Craft Supplies and Prizes for Bingo.

If you or someone you know would like to donate these wish list items, please feel free to contact Betty Guigar at 810-985-5631 or email her at Sanborn@bwdh.org.



Endowment Fund

Sanborn Gratiot Memorial Home is proud to partner with the Community Foundation of St Clair County.

The organization has established an endowment fund with the Community Foundation. This fund supports Sanborn Home by helping cover the costs of resident activities, furniture, supplies, and other operating costs that enhance the lives of seniors living in the home.

If you are interested in learning more about the Sanborn Endowment Fund or making a donation please go to:

www.stclairfoundation.org/fund/the-sanborn-gratiot-memorial-home-endowment