

August 2025

Sanborn Gratiot Memorial Home Newsletter



Sanborn Gratiot Memorial Home

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Save the Date

Friday, March 13, 2026

6:00 PM - 9:00 PM

NY NY Dueling Pianos

Alexanders Banquet Facility



TICKETS COMING SOON!!!

Two Pianos, Endless Hits, One Unforgettable Night

Follow our Facebook Page for updates:

<https://www.facebook.com/SanbornGratiotMemorialHome>



Senior Millage
Recipient



Community Foundation
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The 7 C's of Communication

- ◆ *Clear*
- ◆ *Concise*
- ◆ *Concrete*
- ◆ *Correct*
- ◆ *Coherent*
- ◆ *Complete*
- ◆ *Courteous*



What are the Benefits of talking to older adults?

Emotional well-being: Talking allows elders to express their feelings, share experiences, and connect with others, which can combat feelings of loneliness and isolation.

Sharing wisdom: Elders often have valuable life experiences and knowledge.

Treating seniors with respect is a key aspect of effective communication. Avoid using infantile language or talking down to them. Maintain eye contact, speak in a slower and deeper tone, and sit at the same level as them, especially if they are in a wheelchair.

Asking seniors questions allows them to maintain a sense of autonomy and independence. Instead of making assumptions, it provides opportunities for seniors to voice their opinions and make choices, even if they are dealing with physical issues or cognitive decline. This approach not only respects their autonomy, but also encourages them to participate actively in conversation and decisions, which can boost their confidence and self-esteem.

Utilizing clear and respectful language: Communication like this is also essential when communicating with a senior. This involves avoiding medical jargon, explaining information in simple terms, and repeating key points if necessary. Confirm their understanding by asking them to summarize the information or explain it back to you.

Promoting collaboration thoughts "I" statements: Using "I" statements instead of "YOU" statements can promote collaboration and prevent seniors from feeling defensive or criticized. For instance, instead of saying "You need to take your medicine," say "I noticed that the medicine is still on the table. Can I help you with that?" This approach conveys a sense of teamwork and respect, which can lead to more productive communication.

Asking questions: Asking an elderly adult questions is one of the most valuable ways to connect with them. Don't make assumptions about what your senior loved one wants or needs. It's essential that seniors maintain a sense of autonomy and independence. Unfortunately, many older adults lose this as others start to make decisions for them. Even if your loved one is facing physical health issues or cognitive decline, give them as many opportunities as possible to speak for themselves.



BLACK MAGIC JOE
Master Illusionist
Magician

Come One! Come All!
2:00 Thursday, July 17

"Black Magic Joe" fascinated the audience with his many acts of wonder!

- Using a magician's sleight of hand his wallet went "POOF—money to burn!"
- With the next trick, Jack selected a random card which he showed to everyone. Moments later, "Slippery Seymore" pulled the exact 5 of diamonds from the deck! AMAZING!
- Gloria pulled one puzzle piece from a bag of many; she guessed it belonged to Mona Lisa. When the puzzle was unveiled, Gloria had smartly picked the correct puzzle! How did she know?
- When the crowd exclaimed "P" was the answer to the question, simultaneously, Jeremiah the bullfrog surprised the skeptical onlookers—he peed!
- Following many more tricks and a round of applause, "Black Magic Joe" magically disappeared just as the Hippy Dippy ice cream cart circulated the room for everyone to make their desired selection.

What an entertaining and magical July afternoon for everyone!



Nature—That great restorer of mind, body, and soul is waiting for you.

What Nature Activities Provide

Our cognitive health is enhanced by interacting with nature and the people around us. The brain enjoys a break from its usual routine, which helps us refocus and re-energize. Plus, our stress and anxiety diminishes as our energy increases. More movement and less worry mean a fitter body and healthier sleep, which translates to a strengthened immune system and less susceptibility to frailty. Additionally, studies suggest that living in or near greener spaces can boost mental health in young and old alike.

Many Options To Get Outside

You don't have to go on a challenging hike to reap the benefits of exploring nature. There are many ways you can spend time outside and still make the most of the experience. Below are some suggestions for fun nature activities:

Walking

A simple walk, brisk or slow, can improve your mood and your circulation, decrease your cholesterol levels, lower your blood pressure, improve your breathing, increase your metabolism, and make you feel good about accomplishing all of the above. It is also a great way to socialize with a friend or neighbor who walks with you.

Sitting Outside

If going for a walk is not your style, then you'll be happy to learn that simply sitting outside on a deck or patio has its health benefits also. As you relax, your blood pressure lowers, your stress hormones are reduced, and you give yourself time to put things in perspective. Adding the presence of a friend or family member is an added bonus to combat loneliness.



Press Release: MDHHS commemorates 60th Anniversary of Medicaid

On Thursday, July 30th, the Michigan Department of Health and Human Services commemorated the 60th anniversary of Medicaid.

The press release quoted officials including Elizabeth Hertel, MDHHS Director, and Meghan Groen, MDHHS Chief Deputy Director for Health Services and Medicaid Director. Selected quotes are shared below.

“Medicaid has protected the health and well-being of tens of millions of Michigan residents and improved the state’s economic security,” said Elizabeth Hertel. *“It is the backbone of our health care system and has been proven to improve health outcomes, reduce poverty and support working families, children, older adults and people with disabilities.”*

The press release indicated that the anniversary comes at a challenging time when federal cuts and new requirements for Medicaid put the health coverage for hundreds of thousands of our state’s residents at risk.

“Looking to the future, we are exploring ways to keep Michigan’s Medicaid program strong despite federal cuts,” said Meghan Groen. *“We will work with the legislature, State Budget Office and Governor Whitmer on how we move forward in Michigan to help families get the health care they need.”*

Concluding, the press release provided an overview of key Medicaid statistics in Michigan including:

Past

- ◇ Michigan Medicaid launched in 1966 and quickly enrolled about 600,000 residents.
- ◇ Expanded to cover pregnant women and children in the 1980s.
- ◇ Covered over 1.8 million Michigan residents by 2010.
- ◇ Healthy Michigan Plan added about 700,000 adults starting in 2014.
- ◇ Cut the uninsured rate among children to under 3% by 2020.

Present

- ◇ Reduces uncompensated care and sustains Michigan’s health care workforce.
- ◇ Serves as a vital lifeline for rural and vulnerable communities. Coverage for more than 2.6 million Michigan residents.
 - ◆ 1 Million Children
 - ◆ 300,000 people with disabilities.
 - ◆ 168,000 seniors.
- ◇ Coverage for 1 in 4 Michiganders.
- ◇ Coverage for 3 in 5 nursing home residents.
- ◇ Covers 40—45% of the state’s births.



**Sanborn Gratiot Memorial Home
Annual Picnic was
June 27, 2025**

**Special Thanks to:
Ashley Guigar on the Grill
The Ladies Auxiliary
SGMH Volunteers**



**Live Music By:
Joe DeHenau and Dennis Hanselman**





Adrienne Luckenbacher

Adrienne Luckenbacher is the Outreach and Community Relations Coordinator for St. Clair County Community Mental Health, where she has proudly served for nearly 22 years. With a total of 25 years of experience in the mental health field, Adrienne brings a deep passion for education, advocacy, and connection. She regularly facilitates trainings and presentations both within her organization and throughout the community, sharing valuable insights and practical tools to promote mental wellness. Adrienne is especially dedicated to empowering others with strategies for supporting mental health—both in others and themselves. She has provided impactful trainings for Sanborn Gratiot Memorial Home staff, focusing on selfcare, resilience, and ways to effectively support the mental health of those they serve.

Thank you Adrienne!



Young people bring joy to our residents. We have a young visitor who played a game of chess with one of our veteran residents, and she won! It was a sweet moment and our resident really enjoyed it. A senior sharing a lifelong talent gives the senior a sense of purpose and the young person a chance to learn a new skill and learn appreciation for older persons in the community.





Sanborn Gratiot Memorial Home would like to thank volunteer Terri Lamb for restoring the Sanborn Gratiot Memorial Home sign to its former beauty. Terri is a busy woman in her community. Nurse by trade, serving her community on the Port Huron City Council and volunteering to keep her community beautiful.



2 MEN AND 8 HOURS LATER, JOB COMPLETE!!

THANK YOU TO JOHN (BRENT) CANTWELL, SANBORN VICE PRESIDENT, AND HIS NEIGHBOR, JOE FOSTER, A REGULAR VOLUNTEER AT OUR SPRING AND FALL CLEAN UPS. THEY CHANGED THE ENTRANCE DIRECTION OF THE RAMP TO HAVE BETTER ACCESS FOR THE RESIDENTS.



About Us

Sanborn Gratiot Memorial Home 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, 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 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

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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 Home 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