

# Active LIVING

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*Formerly the Isabella Senior News*

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging  
Friends of Isabella Seniors - 2200 South Lincoln Road, Mount Pleasant, MI 48858 - (989)772-0748 - [isabellacounty.org/dept/coa/news.html](http://isabellacounty.org/dept/coa/news.html)

## COA Made Magic @ The McGuirk!

Saturday, December 3, 2011

CMU Women's Team played against the women's team from Bradley University



CMU Women's Basketball Team player shooting a foul shot on Dec. 3. Check [cmuchippewas.com](http://cmuchippewas.com) for upcoming games.



CMU Fan, Bayleigh Howes, shares a big hug with CMU Basketball Mascot, Rowdie.



The CMU Dance Team and Cheer Squad provided a great atmosphere and spirit to the fun filled event.

## Have a Heart Needs Your Support

For the past seventeen years, the Isabella County Commission on Aging has distributed "Have a Heart" boxes to older county residents around Valentine's Day. With the difficult economic conditions many older county individuals are facing, we are expecting to serve at least 150 people this year.

Once again, the Commission on Aging is asking the community to assist us in this project. All of the funds for the "Have a Heart" boxes come from the generosity of individuals in our community. No federal, state or local dollars are used for the project.

Every box will contain enough food for six meals, making a total of **900** fully nutritionally balanced meals. Each box will also include a \$35.00 gift card to a local merchant. COA realizes many older adults are contending with the increased costs of utilities, prescriptions and medical bills. Some are struggling to choose between paying bills or buying food. The gift card will allow independence of usage and will help make funds available to meet other needs.

The cost of each box will be approximately **\$50.00**. The total cost of this year's project is approximately **\$7,500.00**. Your generous donation can help to brighten some very cold, dreary days in February for people who may be lonely, homebound and in great need.

**Any size donation is deeply appreciated!** Make your check payable to **Friends of Isabella Seniors**, 2200 S. Lincoln Road, Mt. Pleasant, MI 48858. If you have questions or would like more information, please contact the Commission on Aging at **989-772-0748**.

Thank you and please "Have a Heart." 

## Director's Comments



A big annual event just ended here at the Commission on Aging. It was the annual Medicare Part D (Prescription Drug Coverage) Open Enrollment Period. It began October 15<sup>th</sup> and ended Dec. 7<sup>th</sup>. In that period of time, several very dedicated volunteers and COA staff members worked with over 750 different older adults helping them to get enrolled in Medicare Part D. It took a tremendous effort to bring this major project together, but it was worth it. In the end we were able to save tens of thousands of dollars for the enrollees that we worked with on this project.

Medicare Part D is a valuable program that certainly touches the lives of everyone over the age of 65 in this county and the country. Prescription drugs are one of the biggest expenses our older adult population has to face. The Part D Program has been a remarkable success. This isn't to say Part D doesn't have flaws, it does. However because of the Affordable Care Act (ACA) one of those flaws is going to be corrected.

The Medicare Part D "Donut Hole" is the coverage gap that exists when an individual's drug costs hit a maximum coverage cap. In 2010 that cap was \$2,830.00. When Part D has reached that coverage cap it will no longer cover the cost of an individual's drugs until their costs reach a determined amount (\$4,550.00 in 2010) at which point the Part D catastrophic coverage kicks in and Part D starts covering the drug costs again. Many older adults that fall within "Donut Hole" struggle to pay for their prescription medications. They will often go without food and other necessities just to pay for those needed drugs. Sometimes they will stop taking their drugs altogether. However, because of the ACA this is going to get better.

By 2020 ACA will eliminate the "Donut Hole." Until then, there is some relief for the older adults in the "Donut Hole":

- ▶ In 2010, rebate checks of \$250.00 were sent to Medicare recipients in the "Donut Hole" to help cover drug costs
- ▶ In 2011, seniors will receive 50% discounts on their brand-name drugs while in the "Donut Hole"
- ▶ From 2012 – 2019 the drug discounts increase for the "Donut Hole"
- ▶ In 2020 the "Donut Hole" closes and older adults will not pay more than 25% of their prescriptions.

The ACA, may not be a perfect document, but this is a part that will help thousands of older adults in this county, and millions across the country.

*Brenda J. Upton, M.A., COA Executive Director*

## Mission Moments

For most of us, there comes a time when advice from an elder may hit a little close to home. In the years I've been working with older adults, I've had my share of "advice." Most recently it came from an older woman with whom I was having a conversation. We were discussing that the holidays were fast approaching and the New Year wasn't far behind. She had never been one to "mince words," so she asked if I was ready for Christmas. I replied, "Not exactly." She then asked if I had thought about by New Year's resolutions. I replied, "Not exactly, but I do have the college football bowl schedule memorized." With a glance that nearly took my breath away, she said, "I'm sure knowing the college football bowl schedule is life changing," and even I heard the sarcasm in her remark. She then asked if I had thought about some improvements I might make in the New Year or maybe some things for which I was thankful. I resisted the urge to say I wasn't quite sure how thankful I was at this particular moment with this particular conversation.

Instead, I listened as she told me some of the things for which she thought I should be thankful:

You are able to go to a job you love every day with co-workers who support you and who you like – many people don't have a job

You not only have a job but you also have health insurance – many people have lost their health insurance.

You have friends – many people have had to move from their homes and leave friends behind.

You have friends and co-workers with whom you can laugh and share important moments – many people feel they have no one with whom to share special times.

AND you have people like me who help you remember all the things for which you can be thankful.

"One more thing," she added, "We need to be more courteous with each other. It seems a simple thing but so many of us seem to forget to practice this. After all, with an election year fast approaching, we will all need to practice being civil with each other and maybe the politicians will learn from us!"

We wished each other a happy holiday season. I promised I would think about what she told me. (I wasn't sure I would get out the door if I didn't promise.)

My New Year's Resolution: Remember the many things for which I'm thankful and remember to be kinder and more courteous.

*Barbara Frankenfield, In Home Services Coordinator*

## Ask a COA Specialist

### Question:

My family struggles to meet our bills every month and is looking for ways to cut costs. We sometimes have difficulty purchasing groceries. We considered applying for Food Benefits but do not know where to begin. How do I find out if we qualify?

### Answer:

The Food Assistance Program is a State of Michigan program where money is put on a Bridge Card. The Bridge Card is similar to a debit card that you swipe at the store. There are income and asset guidelines for this program. The asset limit is \$5,000 with a \$15,000 exclusion for vehicles. Applications may be picked up at the Dept of Human Services at 1919 Parkland Drive. There are also food commodity programs and food pantries in the area. Please call the Commission on Aging social workers at 772-0748 to learn more about the Food Benefit program and about other food assistance programs that are available in the area.

### You Can Ask a COA Specialist

Do you have a question you would like answered or a topic about which you would like more information? Have you ever wondered about Medicare/Medicaid, medication management or who can help with caregiving issues? Do you wonder 'when should I ask for outside help' or 'how do I locate resources?' We will take one of YOUR questions each month and answer it in the Active Living newspaper. Please submit questions to:

**Ask a COA Specialist**  
**Isabella County Commission on Aging**  
**2200 S. Lincoln Rd**  
**Mount Pleasant, MI 48858**

You can also call in questions to **(989)772-0748 ext. 236** or fax questions to **(989)773-0514**.

## Things to Do *By Bunny Traines*

I can't think of many people in the older adult category who look forward to Michigan winters with its ice and snow. Some folks think that it takes way too much effort, and money, to leave their home. Not true! I'm here to deliver the news that there are lots of things to do that require just a little get up and go, and they are free!

Art Reach, in downtown Mt. Pleasant at 111 East Broadway, offers a program called "Let's Do Lunch" once a month where you can bring your own lunch and be entertained. They will even offer you a free beverage. On January 4, 2012, Ray Davis and Tho He, acoustical guitarists, will entertain the lunch crowd from 12 noon to 1 p.m. while you eat the lunch you brought. Bring a friend or make a new friend---it's definitely a winning situation.

While you're at Art Reach you can also enjoy a gallery exhibit. From January 4 through the 31 Paula Clark Nettleton will exhibit a flower photography series called "Liliym by Parise." It will be a stunning display that will help you remember the glory of last summer's flowers and the promise of the coming summer.

The Chippewa River District Library is a magical place filled with all kinds of activities that are free such as computer classes, a Brown Bag Book discussion group and Digging in the Dark genealogy. The library publishes a magazine every 3 months that describes the many programs that they offer. The magazine is free so check it out. On Sunday, January 8, 2012, The Nichol Quartet will play at 3 p.m. Don't miss this wonderful treat and remember it's free. Hope to see you at one of these free events.

## Caregiver Support

On January 17, 2012 the Caregiver Support Group Meeting will be held at the COA, from 6:30-8:00 in the Activity Center at 2200 South Lincoln Rd., Mt. Pleasant. All caregivers are invited to attend. The meetings are open to men and women taking care of another person be it a spouse, a friend, or a family member. Come and discuss your caregiving situations and strategies for coping with stressful situations. Educational handouts are always provided. If you have questions about the Caregiver Trainer program please call COA for more information at **(989) 772-0748**.

## Early Photos/Stories Needed

From 10:00 a.m. until 1:00 p.m. each Tuesday in January, local photo history book author Jack R. Westbrook will be in Room A of the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant, to scan vintage photographs and collect stories of Mt. Pleasant homes of yesteryear. Westbrook is seeking Mt. Pleasant residents who live or have lived in the area bordered by Pickard, Preston, Pine and Mission streets and requests they provide early photos of homes in that region and anecdotes about the house or early residents. Selected photos and stories will be included in "*At Home in an Earlier Mt. Pleasant, Michigan*" a more than 300 page book slated for late 2012 publication. A portion of the proceeds from sales of this book will be donated to the Mt. Pleasant Area Historical Society to be used for the Sweeney-Brandell Historical Center Fund.

In the summer and fall of 2011, Westbrook trod 35 streets of Mt. Pleasants historic "core area" taking present-day photos of nearly 900 residences. Westbrook and co-researcher, Mary Lou Westbrook, are now in the process of sorting the modern photos first by age of the structure, then architectural distinctive features, then by past occupants. To augment the modern photos and histories of the homes, the author wants to contain older photos of as many of them as possible

"I want to make this book about earlier Mt. Pleasantites and the places they lived as complete as possible" Westbrook says "So come and see me. The photo scanning takes just a few minutes but I will take all the time needed to hear your stories. If you can't make it to the COA, give me a call at **989-773-5741**, and we'll make an appointment to scan your photos at your place or mine. COA or private appointment, either way your heirloom photos will never leave your sight or possession."

## Friends of Isabella Seniors Receives \$5000 Grant from The Home Depot Foundation

Through its Community Impact Grants Program, The Home Depot® Foundation has awarded \$5,000 to Friends of Isabella Seniors. The donation will be used to provide modifications to low income older adults' homes to assure greater safety and energy efficiency.

"By combining resources with the Isabella County Commission on Aging, we will be able to make needed safety modifications and decrease heating costs for several area older adults," said Ray Johnson, Friends of Isabella Seniors Board of Directors President. "We were elated to receive a \$5,000 gift card from The Home Depot Foundation – the Commission on Aging Helping Hands Volunteers were very grateful to get the supplies they needed to assist the older adults in need."

The Home Depot Foundation's Community Impact Grants Program supports the work that local nonprofit organizations, public schools and other community organizations are doing to improve the physical health of their neighborhoods.

"We are delighted to support local volunteer projects aimed at creating and maintaining stable and healthy communities," said Kelly Caffarelli, president, The Home Depot Foundation. "Friends of Isabella Seniors deserves enormous credit for the work it is doing, and we are glad to be part of their efforts."

### About Friends of Isabella Seniors

The Friends of Isabella Seniors 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 Isabella County operated in cooperation with the Isabella County Commission on Aging.

### About The Home Depot Foundation

In 2011, The Home Depot Foundation committed \$30 million over three years to nonprofit organizations dedicated to improving the homes of economically disadvantaged veterans. Through Team Depot, the company's associate-led volunteer program, thousands of Home Depot associates volunteer their time and talents to positively transform neighborhoods and perform basic repairs and modifications to homes and to the facilities serving veterans with critical housing needs.

Since its formation in 2002, The Home Depot Foundation has granted more than \$270 million to nonprofit organizations improving homes and lives in local communities. To learn more and see our associates in action, visit [www.homedepotfoundation.org](http://www.homedepotfoundation.org), follow us on Twitter @homedepotfdn, and like us on Facebook at [www.facebook.com/homedepotfoundation](http://www.facebook.com/homedepotfoundation).



**Team Depot Volunteers from the Mt. Pleasant Home Depot store donated their time and talents recently to build a wheelchair ramp for a very grateful Isabella County couple. A veteran's bathroom was also modified by Team Depot to become more handicap accessible. Thank You, Home Depot!**

## Combination Smoke, Fire and Carbon Monoxide Alarms FREE to Low Income Older Adults

Friends of Isabella Seniors and the Isabella County Commission on Aging are pleased to offer the installation of free Combination Smoke, Fire and Carbon Monoxide Alarms thru the Home Depot Foundation to low income older adults residing in Isabella County.

The alarms provide warning to most types of fires and eliminate confusion with a voice system that states "FIRE! FIRE!" accompanied by loud 85 decibel alarm alerting you when smoke/fire is detected. The Carbon Monoxide alarm also eliminates confusion with a voice system stating "WARNING! CARBON MONOXIDE!" accompanied by loud 85 decibel alarm alerting you when CO levels become dangerous.

The combination alarms are battery operated and work during power outages. A HUSH button quickly silences unwanted alarms. A voice warning also states "LOW BATTERY" and a blinking light indicates a low battery condition.

The Consumer Product Safety Commission advises consumers to have at least one UL Listed Carbon Monoxide alarm mounted near sleeping areas.

Gold Key Volunteers will install the alarms for area low income older adults at no cost. If you or someone you know could benefit from this service, please call the Commission on Aging at 772-0748.

*This page is sponsored by: **Rowley Funeral Home, P.C.** formerly Helms Funeral Home*

## Meal Site Gift Certificates

The Food with Friends Program makes gift giving easy with Meal Site Gift Certificates. These gift certificates are a great gift for friends and family age 60+ who are regulars at our sites, or for those that just haven't had an excuse to visit. Give your loved ones the gift of great food, fun, and friendship.

Gift certificates can be used at any of our five Isabella County sites in Mt. Pleasant, Rosebush, Weidman, Winn, and Shepherd. Separate gift certificates can also be purchased for use at our Gratiot County Sites in Breckenridge, Ithaca, Fulton, Sumner, and St. Louis. Gift certificates can be purchased for \$2.50 per meal at the Commission on Aging office or at any of our meal sites.

## Volunteers Needed

Do you have experience working with a multi-line phone? If you enjoy a professional office atmosphere which includes greeting visitors and performing general clerical duties, the Commission on Aging needs you! We are looking for volunteers to work as a **Reception-Ambassador** once per week from 8:00 a.m. to 12:15 p.m., or from 12:15 p.m. to 4:30 p.m. Please call **989-772-0748**.

## Legal Services

Lakeshore Legal Aid is providing **FREE** legal advice to people over age 60.

For an appointment call Toll Free:  
**1-866-552-2889**

## Volunteer Drivers Needed

The COA is seeking volunteer drivers to deliver lunchtime meals one day per week to homebound older adults or sub on a route in the **Shepherd, Rosebush and Weidman** areas. Mileage reimbursement is provided. Volunteer drivers must be available between 10:30 a.m. and 1:30 p.m. for meal deliveries. For more information, please call the Commission on Aging at **772-0748**.

## Free Tax Preparation Available at COA

The Isabella County Commission on Aging is working again with the AARP Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing available. This service is provided to low and middle income taxpayers, with special attention to those 60 and older. Appointments for all sites **except** Winchester Towers, Dover Court, and Riverview must be made by calling the Commission on Aging. Residents of Winchester, Dover Court, and Riverview should call their building office.

The volunteers at these tax clinics will be handling Federal and Michigan tax returns that are within the scope of their training, as well as Homestead Property Tax and Home Heating credits. Volunteers have to pass an IRS test before they can prepare returns. People who are self employed, have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

The following dates, places and times are for free tax preparation **by appointment only**.

### CALL FOR APPOINTMENT BEGINNING JANUARY 17 989-772-0748

**COMMISSION ON AGING - MT PLEASANT ACTIVITY CENTER**  
February 9, 16, 23; March 1, 8, 15, 21, 22, 28, 29; April 5, 10, 12 from 10:30 to 4:00

**BLANCHARD LIBRARY / ROLLAND TOWNSHIP HALL**  
February 8, 22 and March 15 from 10:45 to 2:00

**WEIDMAN SENIOR CENTER**  
February 7, 21; March 6, 20 from 1:15 to 4:30

**WINN COMMUNITY BUILDING**  
February 15 from 12:45 to 3:30

**SHEPHERD FWF MEAL SITE – SHEPHERD UNITED METHODIST CHURCH**  
February 8, 22 from 12:45 to 4:00

**ROSEBUSH - FAITH MEMORIAL LIBRARY**  
February 21, 12:45 to 4:00

Residents of Buildings Listed Below - Call Your Office for Reservations  
**WINCHESTER TOWERS, RIVERVIEW AND DOVER COURT**  
(Limited to Residents Only) Call For Dates & Times

### BE SURE TO BRING THESE ITEMS TO YOUR APPOINTMENT:

1. Social Security cards for yourself, spouse and all dependents
2. Picture ID
3. A copy of last year's return
4. Proof of 2011 income, including Social Security, Pension, Interest Income, Dividends, Stock Transactions and all other income
5. 2011 Property Tax bills, both summer and winter – or rent receipts for the year
6. Total amount of heating expenses
7. Amount of medical insurance premiums paid for 2011

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## Upcoming Health Events in our Community

Register for these **FREE** educational programs to be held at **MidMichigan Health Park, 4851 E. Pickard, Mt. Pleasant** by calling **775-1650** or toll free **1-800-999-3199**.

### Blood Pressure Screenings

**January 6, 13, 20, 27 from 9:00 - Noon** MidMichigan Health Park sponsors *free* blood pressure screenings as a public service. No appointment and no preparation are required. Screenings will be canceled due to holidays or bad weather.

### Bariatric Surgery Options

**January 26, from 6:00-8:00 p.m. in the Community Education Room.** Learn about laparoscopic weight loss surgery and how it can improve your health and your life. General surgeons from the Great Lakes Surgical Associates will highlight laparoscopic Roux-en-Y, adjustable banding and sleeve gastrectomy surgical options.

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Register for these **FREE** classes by calling **Health Promotion Services at 779-5606** or register on line at [www.cmch.org](http://www.cmch.org). The following educational programs are held at **Central Michigan Community Hospital, 1221 South Drive, Mt. Pleasant**.

### Lessons in Heart Health: Leg Pain that is Treatable Aching legs?

**January 19, from 6:00-7:00 p.m. in the FDJ Conference Room.**

Cramping, tingling or dull aching in the legs could be a sign of peripheral arterial disease, P.A. D. This potentially life-threatening disease is treatable. Join Board-Certified Vascular Surgeon Kenneth Granke, MD a discussion on how P.A.D. occurs, detection methods and treatment options. A tour of the vascular lab and the questionnaire to see if you are a candidate to return for a free P.A.D. screening will be available following the presentation. Call **(989) 779-5606** to register for this free educational program.

### Prostate Screening

**January 25, from 9:00-12:00 p.m. at the Moval K. Morey Cancer Center. Screening fee \$20.00. Radiation Oncologist Ramesh Vedula, MD** is offering prostate screenings in the Norval K. Morey Cancer Center. A prostate cancer screening can help identify cancer early on, when treatment is most effective. The prostate specific antigen (PSA) lab test and digital rectal exam are screening tools for prostate cancer. A normal PSA test, combined with a digital rectal exam, can help reassure you that it's unlikely you have prostate cancer.

### Treatment Options for Knee Arthritis

**January 26 from 6:30-7:30 p.m. in the FDJ Conference Room.** Arthritis and simply years of use may damage knees causing symptoms of pain. If you are experiencing knee pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, please join **Orthopedic Surgeon Dr. Michael Moutsaton** for a discussion about options available to help. Learning about treatment options can help ease anxiety and provide the knowledge necessary to assist you in making the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee replacement surgery will be discussed.

### Central Michigan Joint Replacement Program

**January 5, 19 from 1:30 -4:30 p.m. in the FDJ Conference Room.** CMCH offers an all-inclusive joint replacement program for individuals undergoing a total joint replacement. The program features a planned course of treatment that places a strong focus on wellness and education. The Central Michigan Joint Replacement Program offers monthly educational seminars for individuals scheduled for surgery.

## Red Hat Strutters Fundraiser

**January Community Dance  
Fri. January 13, 6 to 9 p.m.  
At COA Activity Center  
2200 S. Lincoln Rd. Mt. Pl.  
DJ with Oldies and Country  
Door Donation: \$5.00**

## David McMacken on Republic Trucks

David McMacken, St. Louis Michigan historical author and Gratiot County historian will present a history of Alma, Michigan's Republic Motor Truck Company at the **Mt. Pleasant Area Historical Society meeting at 7:00 p.m. January 3 at the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant.**

McMacken taught Journalism and English at Alma High School and is known as the historian for Gratiot County. He has written several books about that area's history and made more than 100 presentations to groups about that subject. His January 3<sup>rd</sup> talk will focus on Republic Motor Truck Company (1913-1929), which was recognized as the largest independent truck company in the world in 1918, producing more than 30,000 trucks that year. Lumber millionaire Ammi W. Wright who was the subject of a biography published by McMacken in 2003, adopted Alma as home, was responsible for a number of projects augmenting Alma's prosperity, and was involved in the establishment of Republic Motor Truck Company.

The public is invited to attend the program, and **new** members are not only welcome but also heartily encouraged. For more information on membership, contact the MPAHS at (989) 854-2509, e-mail [mtpleasantmiareahistoricalociety@charter.net](mailto:mtpleasantmiareahistoricalociety@charter.net) or download a membership brochure from [www.mifamilyhistory.org/isabella/MPHistoricalSociety/default.htm](http://www.mifamilyhistory.org/isabella/MPHistoricalSociety/default.htm).

## Mind and Body Wellness *By Shelli Wolfe, Health Educator*

Medical science is making remarkable discoveries about how your state of mind can affect your mental and physical health. Simple things like smiling, laughing, and spending time with others can increase your feelings of wellness.

It takes 43 muscles to frown and only 14 muscles to smile. When we smile (even when we do not want to) it triggers our brain to release good chemicals which can improve our mood. Thinking happy thoughts and smiling can make you feel good.

When was the last time you laughed really hard? Laughter is not only enjoyable, but also health promoting. It can help relieve stress, lower blood pressure, boost immune and brain function, and help you feel connected to others. Four-year-olds laugh 400 times a day while adults laugh only 14 times a day. Somewhere along the way, adults lose their funny bone—let's try to find ours today. When we tell or listen to a funny story, it can help us feel better physically.

Many people breathe in a shallow way. When this happens, our body does

not take in enough oxygen. Deep breathing can help us to relax, think clearer, and feel better. Take in a deep breath for five seconds and then let it out for five seconds.

Each person has unique and special qualities. Sharing even the smallest things with others can raise our spirits. Being with others takes the attention off ourselves and our troubles, while helping us realize that we are part of something bigger than ourselves. There are many ways to be around other people. Here are a few possible suggestions for you to get involved with others: attend the Foods with Friends program at the Isabella County Commission on Aging Food Sites, attend church, join a club, volunteer, start a new hobby or even learn a new skill.

Most people do not get enough physical contact. Did you know we are supposed to get seven hugs a day? Hugs (or other physical contact) can reduce stress hormones in our body. Some people do not enjoy being touched, but many do. At times we may need a hug or other physical closeness, but we are hesitant to ask for it. Shaking hands, patting someone on the back or arm, or giving a side hug can help to

raise your spirits while making others also feel good. Sometimes when we need a hug, the best way to get it is to offer a hug to someone else.

The way that you think and feel about things can affect your mental and physical health. The more we do to feel good about ourselves, the better we can actually feel. Remembering to let yourself smile, laugh, and enjoy the company of others can increase your feelings of wellness.

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## Project Suds

Inspired by cherished Winn Food with Friends site volunteer, Lindsey Trempler, COA presents "Project Suds." Through the month of January, Lindsey and the COA will be accepting donations of **unopened/unused** soap, lotion, conditioner, and shampoo including those from hotels. Donations will then be distributed to our older adult neighbors in Isabella County with the help of our wonderful volunteers. Please contact Elizabeth at the COA (**772-0748**) for more information or if you would like to be a recipient.

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## Area Support Groups

### Adult Grief Group - Open to Anyone

1<sup>st</sup> Tuesday of month, 5:30 to 7 p.m.  
Woodland Hospice, 2597 S. Meridian Rd.  
Info: Shelly at **773-6137**

### Alcoholics Anonymous/Alanon Groups

For area meetings: **772-4955**

### Bipolar Support Group

1<sup>st</sup> Wednesday of month, 5:30 to 7 p.m.  
CMCH, 1221 South Dr., LAJ Conf. Room  
Info: Marsha Jack at **772-6263**

### Caregiver Support Group

3<sup>rd</sup> Tuesday of month, 6:30 to 8 p.m.  
COA/ Activity Cntr., 2200 S. Lincoln Rd.  
Info: **772-0748**

### Nancy Carey Cancer Group for Women

Last Wednesday of month, 7:00p.m.  
Oxford Row/Canterbury Club House  
Info: Gisela **772-1602** or Chris **773-7990**

### Central MI Mental Health Alliance Group

2nd Thursday of month, from 7 to 9 p.m.  
Conf. Room, Listening Ear, 211 S. Main St.  
Info: Ann Silker at **772-5938**

### Diabetes Support Group

Days vary each month, 1:30 to 3 p.m.  
CMCH, 1221 South Dr., FDJ Conf. Room  
Register: Shelli Robinson, RN **772-6766**

### Gamblers Anonymous - New Hope

Tuesdays, 6 to 7 p.m. Open meeting at  
1016 Recovery Center, Health Parkway  
Info: **560-3353**

### Head Strong Support Group

3rd Tuesday of month, 6:30 to 8 p.m.  
Gratiot Medical Center, 300 E. Warwick  
Room 1161 A or B, Alma  
Info: **Earlene 828-4578**

### Mid MI Chapter United Ostomy Assn.

Call for dates and times  
Info: Bill Keenan at **463-3752**

### Multiple Sclerosis Support Group

3rd Saturday of month, 10:30-12:00 p.m.  
Immanuel Lutheran Church, 320 S. Bradley  
Info: Cathy Zuker at **866-2682**

### Stroke Support Group

1<sup>st</sup> Thursday of month, 6 to 7:30 p.m.  
CMCH, 1221 South Dr., FDJ Conf. Rm.  
Info: Laura at **774-7289**

### Parkinson's Group resumes in May

# Activity Center JANUARY ACTIVITIES

Monday	Tuesday	Wednesday
2	3	4
<b>Commission on Aging</b>  <b>CLOSED</b>	10:00 M.P. House History Interviews (A) 10:00 Country Music (B) 11:00 Tai Chi (F) 12:30 Banjos &Guitar (B) 2:00 Intermediate Line Dancing (C) 5:15 COA Advisory Board Mtg. (BR1) 7:00 Mt. Pleasant Area Historical Society (A)	10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Meeting BR1) 1:30 Pepper (C)
9	10	11
10:00 Dulcimer Practice (Craft) 10:00 Tax Training(B) 10:00 and 11:00 Exercise-Low Impact (F) 12:00 Community Service Council (A) 1:00 Readers Theatre(Craft) / 1:30 Yoga (F) 1:00 Legal Service (CR1) 1:00 Canasta, Pinochle, Dominos (C) 6:30 Square Dancing (C)	10:00 M.P. House History Interviews (A) 10:00 Needle Crafters (Craft) 10:00 Country Music 12:30 Banjos/Guitar (B) 11:00 Tai Chi Class (F) 2:00 - 4:00 Intermediate Line Dancing (C) 6:30 Mid Michigan Wood Workers (Craft)	10:00 Area Ministers Group (A) 10:00 Tax Training (B) 12:30 Training (A) 10:00 and 11:00 Exercise - Low Impact (F) 1:00 Book Club (Library) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:30 Pepper (C)
16	17	18
<b>Commission on Aging</b>  <b>CLOSED</b>	8:00 - 1:00 Lehnert Meeting (B) 8:30 Friends of Isabella Seniors Brd Mtg (BR1) 10:00 M.P. House History Interviews (A) 11:00 Tai Chi Class (F) 1:00 CMU Bridge Group (Craft) 1:30 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing (C) 5:30 Mt. Pleasant Arbor of Gleanors (C) 6:30 Caregiver Support (Craft)	10:00 and 11:00 Exercise-Low Impact (F) 10:00 Tax Training (A & B) 10:00 Wii Bowling (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:30 Pepper (C) 6:00 Watershed Conservancy (A)
23	24	25
10:00 Dulcimer Practice (Craft) 10:00 Tax Training (A) & (B) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Canasta (C) 1:00 Pinochle (C) 1:00 Dominos (C) 1:00 Legal Service(CR1) 1:00 Readers Theatre (Library) 1:30 Yoga (F) 6:30 Square Dancing (C)	8:00 Women’s Aid Staff Mtg. (B) 10:00 M.P. House History Interviews (Craft)) 10:00 Travel Presentation of Upcoming Tours (A) 11:00 Tai Chi (F) 12:45 Movie (B) “Water for Elephants” 2:00 Intermediate Line Dancing (C) 7:00 Stamp Collectors (Craft) 6:00 Mid Michigan Quilters (A& B)	10:00 Tax Training (A & B)  10:00 Wii Bowling (C) 1:00 Bridge (C) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft)
30	31	
10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 10:00 Wii Bowling (C) 1:00 Canasta, Pinochle, Dominos (C) 1:30 Yoga (F) 6:30 Square Dancing (C)	10:00 M.P. House History Interviews (A)  11:00 Tai Chi (F)  2:00 Intermediate Line Dancing (C)	

*This page is sponsored by:* **CMU CARLS CENTER: Speech and Hearing Clinics**

2200 South Lincoln Road, Mt. Pleasant—For more information please call 772-0748

Thursday	Friday	Saturday
<p>5</p> <p>9:00 Hi/Lo Aerobics (F) 10:00 Learn to Knit (Craft) 10:30 Singers (Craft) 11:00 Tai Chi Class (F) 1:00 Beginner Line Dancing (C) 6:00 Clowns (Craft)</p>	<p>6</p> <p>9:00 Isabella County Collaborative (B) 10:00 Jam Session (Craft) 10:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 1:00 Tax Training (B)</p>	<p>7</p> <p>1:30 Euchre Card Party (C)</p>
<p>12</p> <p>9:00 Hi/Lo Aerobics (F) 10:00 Learn to Knit (Craft) 11:00 Tai Chi (F) 1:00 Beginner Line Dancing (C) 7:00 - 9:00 Mid Michigan Patriots (A) 7:00 - 9:00 Genealogy Mtg. (B)</p>	<p>13</p> <p>10:00 Exercise - Low Impact (F) 10:00 Tax Training (A &amp; B) 10:00 Jam Session (Craft) 10:00 Wii Bowling (C) 6:00 Red Hat Strutters Dance (C) \$5.00 Everyone Welcome!!</p>	<p>14</p> <p>1:30 Euchre Card Party (C)</p>
<p>19</p> <p>9:00 Exercise– Hi/Lo Aerobics (F) 10:00 Tax training (A &amp; B) 10:00 Learn to Knit (Craft) 10:30 Singers (Craft) 11:00 Tai Chi Class (F) 1:00 Beginner Line Dancing (C)</p>	<p>20</p> <p>8:00 - 9:00 Open Breakfast (C) 10:00 Tax Training (A&amp; B) 10:00 Jam Session (Craft) 10:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 11:15 Deal or No Deal (C) 12:45 Meijer Gift Card Bingo (C)</p>	<p>21</p> <p>10:00 Central Mich.Daylily Society (A) 1:30 Euchre Card Party (C)</p>
<p>26</p> <p>9:00 Exercise - Hi/Lo Aerobics (F) 10:00 Learn to Knit (Craft) 11:00 Meeting (B) 11:00 Tai Chi (F) 1:00 Beginner Line Dancing (C)</p>	<p>27</p> <p>10:00 Exercise - Low Impact (F) 10:00 Jam Session (Craft) 10:00 Wii Bowling (C) 12:30 Laurels Gift Bingo (C)</p>	<p>28</p> <p>8:00 Mid Mich Quilters Guild (A &amp; B) 1:30 Euchre Card Party (C)</p>
<p><b>Food With Friends</b> <b>Daily, Monday thru Friday</b> <b>Noon in Activity Room C</b> <b>See our Menu in this issue!</b></p>	<p><i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i></p> <p>A = Activity Room A                      F = Fitness Room B = Activity Room B                      CR1 = Conf Room B139 C = Activity Room C                      Lab = Computer Lab</p>	

This page is sponsored by: **Bill and Sandy Caul**

## Activity Center

# JANUARY ACTIVITIES



**Art Classes**  
**Watercolor Painting**  
 For Beginners and Intermediate  
 10:00 a.m. to Noon  
 Wednesdays  
 January 11 - February 15  
 Cost: \$35.00  
 Does not include supplies  
 Pay instructor at first class  
 Jeanne Fisher  
 Call 772-0748 for a reservation

**Intermediate Drawing**  
**Emphasis on**  
**Portraiture**  
 1:30 p.m.- 3:30 p.m.  
 Thursdays  
 January 12-February 16  
 Cost: \$35.00  
 Does not include supplies  
 Pay instructor at first class  
 Jeanne Fisher  
 Cal 772-0748 for a reservation

**Yoga Class**  
 Winter Yoga  
 January 9 thru March 12  
 Mondays: 1:30 p.m. to 2:30 p.m.  
 \$60.00 for 8 weeks or \$10.00 a class  
 Open to all ages. Call 772-0748.

**Line Dancing**  
 Tuesdays 2:00 - 4:00 p.m.  
 Intermediate  
 Thursdays 1:00 - 3:00 p.m. Beginner  
 Classes at the COA Activity Center

**Bingo at the COA**  
 Friday, January 20  
 Meijer Card Bingo 12:45 p.m.  
 Friday, January 27  
 Laurel's Gift Bingo 12:45 p.m.

**Community Dance**  
 presented by Red Hat Strutters  
**Fundraiser Cost: \$5.00**  
 Friday, January 13  
 6:00 p.m. to 9:00 p.m.  
 COA Activity Center in Room C  
 D.J. Oldies Music 50's and 60's  
 Country Music Old and New  
 Snacks and Pop available for purchase  
 and everyone is welcome. No  
 reservations necessary.

**Piano Classes Begin**  
 The sessions are on Thursday mornings  
 January 12 thru March 1. The cost is \$80.00  
 which includes the lesson book. The  
 instructor is Pat Claussen. If possible, call  
 her by Friday, January 6 at 989-317-0960 to  
 reserve a spot in the class.

**Learn to Knit**  
 Every Thursday at 10:00 a. m.

**Play Your Dulcimer**  
 Every Monday at 10:00 a.m.

**Come Sing with Us**  
 The Senior Singers will meet in the music  
 room on the 1st and 15th at 10:30 a.m. for  
 about an hour. All voices are welcome.

**Deal or No Deal**  
 Friday, January 20 at 11:15 a.m.  
 Come out for lunch by 11:15 a.m. and  
 maybe win a prize before lunch.

**Game Day**  
 Mondays 12:45 p.m.  
 Come out and play your favorite game in  
 Room C of the Activity Center. There is  
 pinochle, canasta, and dominos.

**Lo Impact Aerobic Classes**  
 COA Activity Center  
 10:00 a.m. M W F and M W at 11:00 a.m.

There is also a class in **Weidman**  
 at the VFW Hall 5:00 p.m. M-W  
 Start the year off with a regular work out  
 at either location!!

**Readers Theatre Group**  
 Meets at the COA Activity Center on the  
 second and fourth Mondays of the month  
 at 1:00 p.m. Come join the fun and express  
 yourself. No experience necessary.

**Tai Chi Classes**  
 11:00 a.m. Tuesdays and Thursdays  
 (These are drop in classes)

**Jam Session**  
 Fridays 10:00 a.m. till Noon

**Banjoes and Guitars**  
 Learn the Basics  
 Tuesday, January 3 and 10 at 12:30 p.m.  
 Dust off your instrument and come and  
 learn to play again!

**BEADING CLASSES**  
 Beginning January 6  
 Fridays 5:30 p.m. to 8:30 p.m.

Beginner level lessons are designed to give  
 the student an indepth understanding of  
 basic beading techniques while producing  
 small jewelry items. Each class covers a  
 different technique. Class size is limited.  
 Call the instructor for a supply list and to  
 reserve a seat.

**\$30.00 per class plus kit fee**  
**Contact Instructor June Johnston at**  
**(989)773-3398**

*This page is sponsored by:* **MidMichigan Health**

# Activity Center TRAVEL ACTIVITIES

## DAY AND EXTENDED TRIPS

### Travel Show

**Tuesday, January 24**

There will be travel presentation at the COA Activity Center at 10:00 a.m. Tours for 2012 will be discussed and your questions about them will be answered. If you have never been on a tour maybe it is time to give one a try. A \$50.00 gift certificate will be given to one lucky winner present. All ages welcome. Refreshments will be served!!!!

### 2012

#### Upcoming Day Trips In 2012

##### “On Golden Pond”

Purple Rose Theatre in Chelsea  
Lunch at the Common Grill  
Wednesday, August 1

Cost: \$95.00

Please note!!

(The date and price have changed)

\*\*\*\*\*

##### Turkeyville

“A Closer Walk with Patsy Cline”

Wednesday, October 17

Cost: \$85.00

\*\*\*\*\*

#### RESERVATIONS & PAYMENTS

Send payments to: COA Activity Center  
Attn: Sally  
2200 South Lincoln Road  
Mt. Pleasant, MI 48858  
www.isabellacounty.org/dept/coa  
Click on COA Trips or  
Call 772-0748 for information!



#### Philadelphia History International Flower Show

March 6 - 10

\*\*\*\*\*

#### Spring in the Smoky Mountains

Dollywood/Pigeon Forge  
Gatlinburg

Plus on route

“Happy Days” play in Louisville  
and Vicki Lawrence in Renfro Valley  
April 25-29

\*\*\*\*\*

#### Greendale Wisconsin

“Taste of Home”

Fireside Dinner Theatre

The Musical “9 to 5”

Gurnee Mills Indoor Outlet Mall

May 6-8

\*\*\*\*\*

#### “Warhorse”

The Stage Play in Toronto

Sheraton Centre Hotel

Boat Cruise

June 12-14

\*\*\*\*\*

#### Canadian Rockies by Rail

June 21-29

\*\*\*\*\*

#### Summer Mystery Tour

July 12 - 13

### Vintage Ohio Wine Festival

In Kirkland

August 3 - 4

\*\*\*\*\*

#### Stratford

“42nd Street”

#### Niagara on the Lake

“Ragtime” & “Girl Friday”

August 15 - 17

\*\*\*\*\*

#### National Parks

Black Hills of Badlands

Yellowstone Mount Rushmore

Custer State Park

Snake River Float Trip

August 21 to September 3

\*\*\*\*\*

#### Shades Of Ireland

September 11-20

\*\*\*\*\*

#### Mississippi River

Legends Cruise

Circa 21 Dinner Theatre

“Dixie Swim Club”

September 12-14

\*\*\*\*\*

#### Agawa Canyon Train Ride

Kewadin Casino Hotel

September 30 - October 2

(need a passport or enhanced driver’s  
license to enter Canada and USA)

\*\*\*\*\*

#### New York City

Week of October 8

More information soon!!!!

# Food With Friends January EAT SMART MENU

<b>FWF Eat Smart Menu</b>		<b>January 2012</b>		
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 CLOSED	3 Spanish Baked Steak Bread Company Potatoes Malibu Vegetable Blend Apricots	4 Beef and Noodles Bread Beets Tossed Salad Mixed Fruit Cup	5 Baked Cod Bread Potato Medley Kidney/Chickpea Salad Strawberries	6 Glazed Chicken Bread Baked Potatoes Broccoli Cinnamon Applesauce
9 Chop Suey (beef & pork) Bread Brown Rice Tossed Salad Tropical Fruit	10 Meatloaf (beef & turkey) Bread Baked Potato European Blend Mixed Fruit Cup	11 Baked Ham Bread Steamed Cabbage Corn & Lima Beans Berry Fruit Cup	12 Baked Chicken Bread Whipped Potatoes/Gravy Spinach Citrus Fruit Cup	13 Lasagna (turkey) Garlic Toast Fruited Coleslaw Peaches Graham Goldfish
16 CLOSED	17 American Goulash (turkey) Bread Mixed Vegetables Coleslaw Pineapple	18 Russian Chicken Bread Oven Roasted Potatoes California Blend Peaches	19 Sliced Turkey Bread Sweet Potatoes Brussels Sprouts Cherry Fruit Cup	20 Swissed Beef Pattie Bread Whipped Potatoes Cauliflower/Cabbage Salad Oatmeal Apple Crisp
23 Turkey Tetrizzini Bread Carrots Coleslaw Pears	24 Pork Chop Bread Whipped Potatoes/Gravy Cauliflower Michigan Fruit Cup	25 Beef Stew Biscuit Cucumber Salad Grape Banana Fruit Cup Cookie	26 Chili (turkey) Corn Bread Tossed Salad Apricots Graham Goldfish	27 Turkey Loaf Bread Baked Potato Bean Salad Tropical Gelatin
30 Veal Parmesan Bread Peas Fruited Coleslaw Tropical Fruit	31 Baked Ham Bread Squash Green Beans Peaches			

Menus are Subject to Change Without Notice  
Reservations are Required 24 Hours in Advance

Milk provided with all meals  
Suggested Donation \$2.50

**Winn** Community Building 2583 West Blanchard Road, Winn  
Meals M-W-F, 10:00 a.m. - 2:00 p.m. Denise Peltier-Pohl, Site Manager 866-2520

The last jingle, the last ho, ho, ho has finally gone, but here in Winn we are still partying on!

Did you all get what you wanted this year? Boy, I must have been good because I got just what I wanted, a great group of wonderful people with which to have lunch and listen to music! Come on in for a warm welcome!

**January Calendar**

- 2 **Closed**
- 4 Lyle Thrush & Duane Hallock 11:00-12:00 p.m.
- 6 Walking or Cards-10:30-12:00 p.m.
- 9 Birthday Party with Leon Seiter 10:30-12:00 p.m.
- 11 Don Leisure-11:00-12:00 p.m.
- 13 Walking or Cards

**January Calendar continued**

- 16 **Closed-Martin Luther King Day**
- 18 Aunt Mary-11:00-12:00 p.m.  
Readers Theater-12:30-1:00 p.m.
- 20 Walking or Cards
- 23 Kevin Bendel-11:00-12:00 p.m.
- 25 Leon MacDonald-11:00-12:00 p.m.
- 27 Walking or Cards
- 30 Jerry Waldorf-11:00-12:00 p.m.

This page is sponsored by: **Prestige Centre and Prestige Place Assisted Living**

## Commission On Aging

## Reaching Out in Your Area

**COA Activity Center**

2200 S. Lincoln Rd, Mt. Pl.  
Meals M thru F,  
Open 8a.m. to 4:30p.m.  
Jen Conner, Site Mgr. **772-0748**

Well, another new year is upon us! All around the world there are celebrations marking this occasion. In London, thousands of people will gather along the Embankment on the River Thames to watch fireworks. Here, in the United States, Americans often celebrate with parties and by making resolutions. This year, if your resolutions include becoming more active, making new friends, or trying something new then I invite you to come out to the Isabella County Commission on Aging! Each month there are dozens of opportunities for fun and friendship.

Here are just a few:

**Try Wii Bowling!** We offer this each morning beginning at 10 a.m. the Activity Center. If you've never played before, don't worry, there are plenty of us here to help you get started.

**Free movie and popcorn.** This month we will show *"Water for Elephants"* starring Reese Witherspoon and Robert Pattison on Tuesday, January 24 at 12:45 in Room B. Bring a friend!

**Monthly COA Breakfast** A great way to start the morning, this meal is set for Friday, January 20 from 8 to 9 a.m. Cost is \$4; please call Jen Conner at **772-0748** for reservations.

*Happy New Year!*  
Jen

**Rosebush**

Village of Rosebush Manor  
4210 E. Rosebush Road, Rosebush  
Meals M-W-F, 10:00 a.m. - 2:00 p.m.  
Penny Wisney, Site Manager **433-0151**

During the long winter months, come join us for a warm hearty meal and entertainment to help prevent cabin fever. Bring a friend or two; the more the merrier! Every Friday we have a movie with popcorn at 6:30 p.m.

It's hard to get out and about to exercise. We have long wide hallways for anyone who would like to walk. We also have a Sit and Get Fit exercise class which is instructed by a physical trainer at the manor on Jan. 6, 9, 11, 20, 23, 25, 30 at 11:15a.m.

**January Calendar**

- 2 **Closed**
- 4 Penny Bingo-1:00 p.m.
- 6 Chippewa Nature Center-12:45 p.m.  
Celebrate Winter
- 9 Bingo with Prizes-1:00 p.m.
- 11 Penny Bingo-1:00 p.m.
- 13 Good Times Band-1:00 p.m.  
Cookies/Coffee Hour-2:00 p.m.
- 16 **Closed- Martin Luther King Day**
- 18 Bingo with Prizes-1:00 p.m.  
Storytelling-2:00 p.m.
- 20 Young at Heart Band-1:00 p.m.  
Ice Cream Social-2:00 p.m.
- 23 Birthday Party-12:30 p.m.
- 25 Penny Bingo-1:00 p.m.
- 27 Music-1:00 p.m.
- 30 Nutrition- 12:30 p.m.  
Crossword/Word Search-12:45 p.m.

**Weidman Senior Center**

3453 N. School Road, Weidman  
Meals M-F, 9:30 a.m. - 1:30 p.m.  
Marjie Evans, Site Manager **644-2538**

Before we begin the New Year, I want to thank people for their generosity in the past year. Thank you to Doris Terbush for the December birthday dessert and to everyone else that calms our sweet teeth with their delectable goodies.

Thank you to the musicians that share their talents with us. We enjoy old time country and bluegrass tunes from The River Ramblers every Wednesday at 10:00 a.m. The first and third Thursday of the month Jan. 19, we delight in a visit from local accordionist, George Jennings.

We will celebrate our January birthdays on Wednesday, January 25. Celebrating a birthday this month are Larry Claybaugh, Earl Currie, and Harold Skinner. Do you have a birthday in January? Come celebrate with us!

January is National Tea and Oatmeal Month. To celebrate we will have a tea party on January 26, with a delicious oatmeal snack to tide us over before our delicious lunch including our famous chili, corn bread, tossed salad, apricots, and graham goldfish. Reserve your spot today!

**January Calendar**

- 3 Health Department
- 5 George Jennings-11:00a.m.
- 9 Game Day
- 13 Bingo
- 16 **Closed- Martin Luther King Jr. Day**
- 24 Nutrition Education: Shopping on a Budget
- 25 Birthday Party
- 26 Tea Party
- 31 Game Day

**Shepherd United Methodist Church**, 107 W. Wright, Shepherd

Meals M-W-F, 10:00 a.m. - 2:00 p.m. Rose Cowden, Site Manager **828-5106**

Come join us for Senior Olympics – a chance to start an exercise program with some incentives and friends to cheer you on. Our Senior Olympics will include exercise, Concentration for your brain, and some fun new activities and medals.

This month we will also have a Bunco Tournament, Pepper and a birthday party. Those celebrating a birthday this month are Dick Koester and Joan Burt-our party is January 25.

**January Calendar**

- 2 **Closed**
- 4 Senior Olympics Begin
- 6 Celebrate Christmas
- 9 Hot Tea Month
- 13 National Soup Month
- 16 **Closed**
- 18 Health Department
- 20 Bunco Tournament
- 23 Pie Day
- 27 Pepper Tournament

This page is sponsored by: **Margaret's Meadows**

## IN MEMORY OF

**Lois Willoughby**  
Russell & Ruth Martin

**Don Ferrell**  
Craig & Kathy House

**Frank Foglesong**  
Marguerite Foglesong

**Mary Lou Kniffen**  
Pat & Carol Pifer

**Maryanne Fransen**  
Ken & Carol Douglas

**Roger & Bernadette White**  
Paul & Diane Zuker

**Jean Wood**  
Shirley French

**Ben Graham**  
Frances Murray

**Virgil & Fred  
Roethlisberger**  
Dorothy Steele

**Bud Steele**  
Dorothy Steele

**Barbara Barber**  
Dorothy Steele

**Robert & Mary Elliott**  
Dorothy Steele

**Alene Brittain**  
George Ann Wolf

**Activity Center**  
**In Memory of**

**Lucille Cotter**  
Don Cotter

**Clifford Swan**  
Don Cotter  
Freida Augustine  
Betty Hammond  
Larry & Ginger Claybaugh  
William Coughlin  
Jean Glass  
Imogene Bullard  
Gertrude Coddington

**Dale Smalley**  
Morval & Theda LaLone

**Robert Recker**  
Morval & Theda LaLone

**Barb Curtiss**  
Morval & Theda LaLone

**Food with Friends**  
**In Memory of**

**Clifford Swan**  
Louise Lobsinger

**Edward Kalis**  
Bessie Kalis

**Dale Smalley**  
Esther Spencer  
Rodney & Audrey Hall

**Active Living**  
**In Memory of**

**Karyl Hartzler**  
Hilda Machuta

**Dale Smalley**  
Delbert & Joyce Heiland

**John Varga**  
St. Henry-St. Charles Alter  
Society

**In Home Services**  
**In Memory of**

**Patrick Fussman**  
Russell & Ruth Martin  
William & Margaret Sowle  
Daniel & Mary Fussman

**Dale Smalley**  
Nina House  
Frances Murray  
Dolores Sangster  
Randall & Lavonna Roose  
Marie Massey  
Betty Johnson  
Mike & Ruth Ann Theisen  
Regina Hasler  
Mary Bowers  
Thomas & Prudy Carney  
Norma Brein

**Dale Smalley**  
Nelda Gilmore  
Carol Brannon  
Donna Smalley  
Roque Schafer  
Norma Prout  
Ken & Margaret Nichols  
Edgar & Lois Mayer  
Richard & Betty McCaghy  
Lucile Prout  
Donna Bell Turner  
Dorothy Steele  
Diane Carney & Family  
Bill Schueller  
Wayne Seaggs  
Sue & Lisa Beliveau  
Bruce & Jean Sabin  
Anonymous

**FGP/SC Program**  
**In Memory of**

**Robert Recker**  
Max & Joanne Lovejoy

**Donations to  
COMMISSION ON  
AGING  
Activity Center**

Virginia Judge  
Happy Rippers  
Karl & Joanne Lindfors  
Judge Ronald & Sharon  
Douglass  
Melvin Onuskanich

**In Home Services**

Kathryn Beck  
Ethel Gallagher  
Daniel O'Neil

**Gold Key Transportation**

Lonnie & Naomi Lint  
Pat & Mary Siuda

**In Honor of Grandchildren**

**Brandon & Blake Higgins  
Joslyn, Josh, & Regan  
Epple**  
Frank & Ruth Ann Green

## Donations to ACTIVE LIVING

Russell & Ruth Martin  
Bonnie Gray  
Donna Joslin  
Don Cotter  
P.J. Smith  
Gerald Thielen  
Lois Root  
Doris Himebaugh  
Pat & Carol Pifer  
Ken & Andrea Hofmeister  
Debbie Barker  
Clayton & Carol Garrett  
Eileen Burnham  
Nancy Stegman  
Frank Deni  
Anonymous  
Nancy Brasington  
Beverly Frevert  
Frances Rouman  
Carole Kennett  
Christine Hoffman  
Paul & Diane Zuker  
Roger & Sally Cole  
Bob McDonald  
Louise Ball  
John & Marian McDonald  
Kenneth Vogel  
Harvey & Doris Hammond  
Richard & Sharlene Wilson  
Ruth Guthrie  
John & Sue Bradac  
Ethel Gallagher  
Sue Ecker  
Joyce Mikula  
Velma Allen  
Richard & Katherine Hougaboom  
David & Margie Swayze  
Ron & Evelyn Malish  
Chum & Ruth Utterback  
Bruce & Beth LaPointe  
Marcia Mink  
Rose Funnell  
Elayne Watson  
Helen Miller  
Lois Lippold  
Fredrick & Patricia Streng  
Kenneth & Judith Deveriglio  
Elaine Carlson  
Gaylord & Marilyn Courter  
Judge Ronald & Sharon Douglas

This page is sponsored by: **Michigan Spine & Pain**

### Computer Training Classes

At Veterans Memorial Library  
301 S. University Ave., Mt. Pleasant

<u>January Calendar</u>	<u>Free Classes</u>
9 3:00-4:30 a.m.	Mastering Mouse
10 10:00-11:30 a.m.	Basic Computing
12 11:00-12:30 p.m.	Basic Windows
16 3:00-4:30 p.m.	Basic Word
17 10:00-11:30 a.m.	Basic Internet
19 11:00-12:30 p.m.	Computer Security
23 3:00-4:30 p.m.	Basic Excel
24 10:00-11:30 a.m.	Genealogy
26 11:00-12:30 p.m.	Tri-Fold
	Brochure in Publisher
30 3:00-4:30 p.m.	Intermediate Excel
31 10:00-11:30 a.m.	Genealogy

Remember that individual help is also available in between classes! To register for these free classes call 773-3242 ext. 33.

### Cuddly Cats Seek Forever Homes

The Humane Animal Treatment Society is pleased to announce our 2012 Saved by a Senior program. This program matches seniors with felines who have special needs or who require a single animal home. It is a great opportunity to assist an animal in need.

The Isabella County Animal Shelter is home to many amazing animals seeking forever homes and for seniors who are interested in adopting; the fee is a mere \$10.00. All animals available at the shelter are spayed or neutered and have received their age appropriate vaccinations.

You are saving a cat's life by choosing adoption and the wonderful feeling that goes along with the adoption experience is immeasurable in words. Our HATS staff strives to match adoptable animals with caring seniors to ensure both are comfortable with the transition. Your adopted cat will reward you over and over again for your act of compassion. For more information, please contact Jill Irving at 989-775-0830 and join the Humane Animal Treatment Society in saving lives.

### COMMISSION ON AGING ADVISORY BOARD

District 1	Roxanna Dunevant
District 2	Ruth Anne Maniteau
District 3	Shirley Decker
District 4	John Dinse
District 5	Rebecca Bott
District 6	Joanne Lovejoy
District 7	Jeanne Pfeiffer
At-Large	Therese Mosier
At-Large	Claudia Douglass

### Friends of Isabella Seniors Board of Directors

President	Ray Johnson
Vice President	Joanne Lovejoy
Secretary	Brenda Upton
Treasurer	Ginny Cain
Member	Lawrence Foote
Member	Paula Johnson
Member	Louise Plachta
Member	Ralph Pitts
Member	Kory Priest
Member	Jay Lanctot

### Temporarily Away

Active LIVING is not "forwarded." When newspapers are returned to us, we automatically remove the individual from our mailing list. **In order to get back on the mailing list, you must contact our office with your current address.** If you are planning a winter vacation or plan to be away or are moving, please call 772-0748 or use the form on the next page.

### Active LIVING Deadline

Each issue of Active LIVING is printed and mailed to our readers before the 1<sup>st</sup> of each month. In order to complete the entire process we need to receive information for submission **by the 10th of the prior month.** Please understand all articles submitted are subject to editing for content and space restrictions. Thank you.

### Isabella County Commission on Aging

Brenda J. Upton, M.A., Executive Director

### Mission Statement

The Mission of the Isabella County Commission on Aging is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities.

The Isabella County Commission on Aging (COA) is a leading multi-service agency that provides a community focal point for the needs of our Older Adult population.

The following programs focus on assisting individuals who are sixty (60) years of age and older and live within our geographical service areas:

#### In Home Services Program

- Case Management
- Caregiver Training
- Counseling / Information
- Homemaking
- Medicare / Medicaid Assistance
- Personal Care
- Respite Care
- Fitness

#### Food With Friends Program

- Congregate Meals
- Home Delivered Meals

#### Foster Grandparent Program

- Senior Companion Program

#### Activity Center Program

- Activities /Trips

#### Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

Donations or fees for all programs and services are requested. If we can assist you or someone you know, please call (COA) at 989-772-0748 Monday thru Friday between 8:00 a.m. and 4:30 p.m.

Funding sources include Client Donations, Memorials, Planned Estate Gifts, Saginaw Chippewa Indian Tribe, Michigan Office of Services to the Aging, Isabella County Senior Millage, Federal, State, Isabella County and Gratiot County appropriations.

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Send to: Friends of Isabella Seniors (COA)  
 2200 S. Lincoln Rd.  
 Mt. Pleasant, MI 48858

**Please make checks payable to:**  
**Friends of Isabella Seniors**

The **Friends of Isabella Seniors** 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 Isabella County operated in cooperation with the Isabella County Commission on Aging.

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

**Address Changes:** Active Living is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office. *Please notify the COA office using the delivery form at left each time you request a change to assure we record changes correctly.*

## Breakfast Special at COA

Each month, on the **third Friday of the month**, the Farmer's Breakfast will be served at COA. Please join us! Breakfast is served from 8:00 a.m. until 9:00 a.m. in room C. The cost is \$4.00 per person.

**Featured items include the following:**

**Seasonal Fruit Juice/Coffee Scrambled Eggs Toast and Muffins**  
**The Cook's Special And Bacon/Sausage (2 links and 2 strips)**

Please call **989-772-0748** for reservations at least 24 hours in advance.

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