

Active LIVING

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Formerly the Isabella Senior News

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Friends of Isabella Seniors - 2200 South Lincoln Road, Mount Pleasant, MI 48858 - (989)772-0748 - isabellacounty.org/dept/coa/news.html



National Institute of Senior Centers 2011 Programs of Excellence Fundraising Award Winner: *Isabella County Commission on Aging Keep Meals on Wheels Rolling Fitness Event*

The Annual Keep Meals-on-Wheels Rolling Fitness Event generated \$20,000 for our home-delivered meals program. Our fitness event included an array of activities for all levels of competitors. Our home delivered meals program provides meals to 724 individuals of Isabella and Gratiot Counties. These meals are extremely important to those individuals who are homebound, physically or mentally unable to attend a congregate meal site, or unable to adequately prepare their own meals. Our community volunteers see the importance of our program. They donated their time and effort to help put on this event, while making it a success. Participants raised pledges for their participation. Local businesses donated prizes for participants. Our local supporters believe in us and the efforts we put forth.

Donations are still needed for Have a Heart❤

Have a Heart needs your help! Considering the difficult economic conditions many older individuals are currently facing countywide, we hope to serve at least 150 people this year. The Commission on Aging is asking community members to assist us in this project. All of the funds for the “Have a Heart” boxes come from the generosity of individuals in our communities. No federal, state or local dollars are used for the project. As of January 22, 2012, we have received **\$1851.00** in donations-we still have a long way to go to meet the goal of distributing 150 boxes!

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.

There’s still time to donate to Have a Heart! **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

One More Assault on our Funding . . . !!!

Presently, the State Legislature is considering the elimination of the Personal Property Tax (PPT) for businesses. These are the taxes a business pays on machinery and other equipment used in their operation. There are presently several legislative bills under consideration; one of them is Senate Bill 34.

The passage of this bill, or any of the other bills, in its present form would affect the operating millages of at least the following service organizations in Isabella County:

- ▶ Isabella County Commission on Aging
- ▶ Isabella County Medical Care Facility
- ▶ Isabella County Transportation Commission (ICTC/*I-Ride*)
- ▶ Veterans Memorial Library



Its passage would also affect the operating millages of every unit of government in this county: the County Government, all the townships, and all the cities and villages.

For the Isabella County Commission on Aging the passage of this bill in its present form would mean a cut in our Senior Millage funding by over \$100,000.00.

If this happens to us at the COA it will affect all our programs. We may have to reduce the amount of services we do in the following programs:

- | | | | | |
|---------------------|------------------------|--------------------|----------------------------|-----------------------|
| ▶ Personal Care | ▶ Respite Care | ▶ Homemaking | ▶ Caregiver Training | ▶ Foster Grandparents |
| ▶ Senior Companions | ▶ Home Delivered Meals | ▶ Congregate Meals | ▶ Volunteer Transportation | |

How many times over the past 20+ years have I written about the battle to keep our funding in place for our programs and services....., more than I can count. Maintaining a constant and stable revenue stream is a big part of what I do as the Director of the Commission on Aging. I don’t do this by myself. Our entire staff, our Advisory Boards and many of our volunteers all have a part in finding, managing and generating additional funding. Our funding comes from a lot of different sources. The largest share comes from our local Senior Millage and the Saginaw Chippewa Tribe. Other funding is from State and Federal Grants, and client donations.

However, over the last three years our State and Federal dollars have been cut by approximately 28%. Our average client donation has dropped between 15% and 18%. A shining example of stability has been our Saginaw Chippewa Tribal Funding and to a lesser extent our Senior Millage. And now the Senior Millage is being threatened!

I understand the need to improve the business climate in the State of Michigan. We want our business community to be healthy, but can we afford to degrade our community services to hopefully improve our businesses?

Does the potential gain for business and industry through exemption of the PPT justify the assured loss in both the quality of life and the reduction of services to our older adult population? It is my belief that both businesses and individuals are attracted to a community because of the availability of excellent public services. Whether our citizens rely on the Commission on Aging, our schools, our libraries or our units of government, this bill would affect all levels of the public service sector.

If the Personal Property Tax is going to be erased through the passage of SB34, or a similar bill, then it is important that the legislation include a guaranteed and stable full replacement revenue source.

I will soon be meeting with State Senator Emmons (517-373-3760) and State Representative Cotter (517- 373-1789) to discuss this legislation. It’s important to us and all the other government and service agencies I have mentioned in this article. I would ask each of you to seek more information on this issue and whether you agree with me or not, please contact our legislative members and express your opinion on this issue. It’s important to us and to the quality of life in our county.

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

This page is sponsored by: **Chalgian & Tripp Law Offices PLLC**

Ask a COA Specialist

Question: My doctor recently recommended that I undergo a senior driver refresher course, where may I go?

Answer: There may be two different types of driver refresher courses, including a classroom setting or online course and a road skills course.

The Commission on Aging has scheduled an AARP Safe Driving Class on Friday, May 25. The cost is \$12.00 for members and \$14.00 for non-members of AARP. Checks may be made out to AARP and given to the instructor at class time. People may register by calling Sally Wojciechowski at **(989) 772-0748**. It is a classroom setting, which begins at 9:00 a.m. and is completed by 4:30 p.m. Persons may sign up to have lunch at the COA. Lunch for those ages 60 or older is a suggested donation of \$2.50. Participants under the age of 60 must pay \$5.00 for lunch. Participants may also bring their lunch.

Upon completing the course, individuals will receive a certificate for their insurance company. It is advised to first check with the insurance company, as not all may offer discounts on insurance for completing the course.

If a physician is recommending a driver refresher course that involves on the road training, individuals are advised to contact their local Secretary of State office to find out more information. You may also contact the following local agencies for more information on skills testing and to schedule an appointment:

Isabella County Transportation may be reached at **989-773-2913**
CPF (Charles Paul Frank) at **989-773-7414**.

Please note that the Isabella County Commission on Aging accepts no responsibility for agencies on this list and, it is the consumer's responsibility to discuss rates, appointments and terms.

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**.

Caregiver Support

The next Caregiver Support Group meeting will be February 21, from 6:30-8:00 p.m. at the Activity Center, Commission on Aging, 2200 S. Lincoln Rd, Mt. Pleasant. This is a confidential support group, and all caregivers are invited to attend. The meeting is open to men and women and is for people who care for individuals with dementia, chronic and acute illnesses.

Come and discuss your caregiving situations. Strategies for coping are explored, and stress can be reduced by attending one of these support meetings. Educational materials are always provided.

If you have questions about the Support group or the Caregiver Trainer program, feel free to call COA at **(989) 772-0748**.

Mission Moments

Many people throughout the year have supported the Commission on Aging travel program. Individuals of all ages have cheered on the Detroit Tigers, enjoyed a play at the Wharton Center, visited Mackinac Island, taken a boat ride in Saugatuck or enjoyed the seeing the beautiful color as the leaves turned this Fall up north.

These tours are put together to offer you a safe, comfortable way to travel. They also provide the opportunity to meet new people with similar interests who live in your community. One traveler said after a trip "I didn't know my neighbor liked watching baseball too until I saw her on the bus." "Now we get together to watch a game when at home or take walks and talk about our favorite players."

If you have never taken a ride on a motor coach this could be the year to give it a try. A day trip is a good way to start. You can ask a friend or come by yourself and meet a new one. You just have to smile and want to have a good time. There is usually chocolate involved at some point on the trip just in case we all need some extra energy!

Sally Wojciechowski, Activity Center Coordinator

Meal Site Gift Certificates

Food with Friends 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 haven't visited yet. 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.

This page is sponsored by: **Central Michigan Community Hospital**

Isabella County Founder's Day Activities

The Mt. Pleasant Area Historical Society is reviving the tradition of an annual celebration of Isabella County Founder's Day with a celebration on the Saturday closest to the actual anniversary of the organization of Isabella County, February 11, 1859.

On February 11, 2012, the Mt. Pleasant Area Historical Society will hold a fundraising pancake breakfast at the First Methodist Church, 400 S. Main, Mt. Pleasant, from 8-11 a.m. Tickets are available from any Society member at \$6 each (children 4 and under are FREE) or by calling (989) 854-2509.

The First United Methodist Church Founder's Day Free Quilt Show will be held at the church from 10 a.m. to 5 p.m. (Quilt Show registration is from 8-10 a.m., and quilts may be picked up from 5:00 to 6:00 p.m.

An Open House, 10 a.m.-4 p.m., at the Mt. Pleasant Area Historical Society's proposed Sweeney-Brandell Mt. Pleasant Historical Center (the Sweeney house), 304 S. Washington, will be held. Local historical exhibits will be on display at both the church and the house.

At 7 p.m., the Society will present a showing of "*Isabella County – 150 years in the Making*," a one hour video filmed for the 2009 Isabella County Sesquicentennial, followed by presentation of the MPAHS 2012 John Cumming Isabella County Historical Preservation Award. As you know, the Mt. Pleasant Area Historical Society Founders Day Committee established the John Cumming Isabella County Historical Preservation Award in 2009, honoring CMU's Clarke Historical Library longtime director, the late John Cumming, author of *This Place, Mt. Pleasant* and other local historical works.

New members are not only welcomed but also heartily encouraged by the Society. For more information on February 11th Founder's Day Activities or Society membership, contact the M P A H S at (989) 854-2509, e-mail mtpleasantmiareahistoricalociety@charter.net or download a membership brochure from www.mifamilyhistory.org/isabella/MPHistoricalSociety/default.htm.

Mt. Pleasant Area Historical Society February Meeting

On February 7th, Paul Siers, Mt. Pleasant Investment banker and Autumnberry entrepreneur, will tell the history of his conversion of the berry from a historically pest bush to tasty gourmet wine, dessert topping and jam processing operation at his home west of Mt. Pleasant in a forest of Autumnberries. The invasive Autumnberry bush, also known as the autumn olive, Aki-gumi, or its dress-up name *Elaeagnus umbrellata*, is a bright red berry that grows wild on a ubiquitous invasive shrub imported to the United States in the 1830's as a soil stabilization plant for poor soils. Siers will make his presentation at the Mt. Pleasant Area Historical Society meeting at 7:00 p.m. February 7 at the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant. Everyone is welcome to attend.

Westbrook Extends Early Mt. Pleasant Home Interviews

From 10:00 a.m. until 1:00 p.m. each Tuesday through February, local photo history book author Jack R. Westbrook will be at 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. As stated in the January issue of *Active Living*, 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's Sweeney-Brandell Historical Center Fund.

"If you can't make it to the COA, call **989-773-5741** and an appointment can be made 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," Westbrook said last month. "If you already have scanned images of your home in earlier times, or one of the homes in the area described above, please send them to Westbrook with address and any anecdotal information, at jackrwestbrook@charter.net."

"Isabella County: 150 Years in the Making" video to be shown at COA

The Mt. Pleasant Area Historical Society presents a special showing of the 60-minute video "Isabella County: 150 Years in the Making" at 10:30 a.m. in Room A of the Isabella County Commission on Aging Building on Wednesday, February 15.

The video was created in part by the Isabella County Sesquicentennial Committee and the Mt. Pleasant Area Historical Society in 2009 in celebration of the County's 150th establishment anniversary. Produced by Jack Anson and Tammy Prout, the video featured interviews with Isabella County citizens about various aspects of Isabella County life and history. Those interviewed include: John Cumming, Hudson Keenan, Minnie Jackson, Judy Pamp, Rex Williams, and the Sanderson's of Millbrook's Sanderson Furniture.

"The video is being shown at the Broadway Theater in Mt. Pleasant at 7:00 p.m. Saturday, February 11 as part the Mt. Pleasant Area Historical Society's Isabella County Founder's Day celebration," Historical Society President Jack R. Westbrook says. "But since we know that a number of people do not like to drive in the dark during the winter, we decided on this February 15 daytime showing." Contact: Jack R. Westbrook **(989) 854-2509**.

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

LEGACY HERITAGE LINEAGE

Have you ever considered the importance of leaving your family stories or ancestry to your loved ones? Do you need help ? Consider visiting or joining **The Genealogical Society of Isabella County**. Meetings are held every 2nd Thursday (except January & February) at the Commission on Aging building at 7 p.m. Meetings are designed to help the beginner or the advanced researcher. More information may be obtained from our website:

<http://isabellagenealogy.org/home>

Reminder:

The Commission on Aging, Activity Center and all Food Sites will be closed on Monday, February 20, in honor of Presidents Day.



Reception Ambassadors Needed

Do you have experience working in customer service or 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, or sub occasionally, 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**.

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
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 14 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

This page is sponsored by: **Tendercare an Extendicare Facility**

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

February 3, 10, 17, & 24- 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

February 23, 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.

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

Treatment Options for Hip Arthritis

February 9, from 6:30-8:00 p.m. in the FDJ Conference Room. Join orthopedic surgeon, Charles Lilly, MD., for a discussion on the symptoms of hip arthritis, diagnosis and treatment options. Hip arthritis symptoms progress as the condition worsens. What is interesting about hip arthritis is that symptoms do not always progress steadily with time. Often patients report good months and bad months or symptom changes with weather changes. Common symptoms of hip arthritis include: pain with activities, limited range of motion, stiffness of the hip, and walking with a limp. Hip arthritis typically affects people over 50 years of age and those who have experienced an injury or have a family history.

Free Clinic Providing Primary Care to Uninsured
County Residents

Low-income, uninsured Isabella County residents now have access to free primary care. The McLaren-Central Michigan Free Clinic will open each Thursday evening at the Central Michigan District Health Department, 2012 E. Preston. The clinic is operated by McLaren-Central Michigan as part of its outreach to area residents and its efforts to expand wellness countywide. It is staffed by volunteers, including doctors, physician assistants, nurse practitioners, nurses, and administrative support.

“No one should have to suffer needless health emergencies that arise when our family, friends and neighbors can’t afford care basic health care,” McLaren-Central Michigan President & CEO Bill Lawrence said. “A healthy community cares for all of its residents.” Patients who arrive and register between 5 p.m. and 6:30 p.m. will be seen by a medical professional that evening. Patients may *not* enter early, as the space is in use by the health department. Appointments cannot be made in advance. The clinic provides primary care services, including treatment of minor illnesses such as colds and flu and chronic conditions such as asthma, diabetes and heart disease. To prevent duplication of services provided elsewhere, it will **not** provide the following:

Dental or vision care; sexually transmitted disease counseling; HIV testing or counseling; birth control or pregnancy testing; pre- or post-natal care; drug testing; routine immunizations; TB testing; hearing aids; controlled drugs/narcotics; substance abuse services; or second opinions.

The clinic is **not** an emergency room. Patients with chest pains or other life-threatening symptoms should call 911 or go immediately to the closest hospital emergency room. Patients should bring their driver license or state-issued ID card and must live in Isabella County at least seven months a year. They cannot be covered by health insurance, including Medicaid or Medicare. Patients also should bring pay stubs, unemployment receipts or their most recent tax return to show they are at or below 225% of the Federal Poverty Guideline.

Assistance will be available at the clinic for prescribed medications, as well as for lab and X-ray tests. Clinic Manager Nancy King, RN, has secured limited referrals from area specialists, such as surgeons, for patients who need more extensive treatment. Clinic staff also will use the 211 network to help patients access other resources as needed.

“If you have a medical problem, are uninsured, and have nowhere to go for evaluation and treatment, visit us,” King said. “If you have high blood pressure, or signs of diabetes, or asthma, or a bad case of the flu, for example, come see us. We’re here for you.” The clinic is modeled after a similar program at Bay Regional Medical Center, a McLaren Health Services sister hospital to McLaren-Central Michigan. In addition to funding and staffing from McLaren-Central Michigan, the Free Clinic has received support from The Mount Pleasant Area Community Foundation, The Morey Foundation, CMCH volunteers, local churches and many individual donors.

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**

The Mt. Pleasant Garden Club

will meet on Wednesday, February 22, at 1 p.m. in Room A of the Commission on Aging building. After a brief business meeting, members will participate in a show and tell, sharing gardening tips, useful equipment, pictures and other information of interest. Guests are welcome.

This page is sponsored by: **CLARK family FUNERAL CHAPEL & CREMATION SERVICE**

Get Heart Healthy For the New Year *by Ontell Babbitt, Health Promotion & Preparedness Intern*

Now that the stress and demands of the holiday season are behind us, it's time to look forward into the New Year and focus on making it to the next holiday season. In order to do that, we need to ensure our hearts are in tip top shape. In 2009, 23,044 people living in Michigan died because of heart disease, making heart disease the #1 cause of death in Michigan.

For men and women beyond 50, life may now mean starting a new career, sending the kids to college, spending time with grandkids, or even retiring. Be aware that your body is changing, and those changes can affect your heart. You have the power to reduce your risk; and if you do have a heart condition, there is a lot you can do to deal with it. Take a few minutes to think about your family history. Has anyone in your family had heart disease, stroke, or any other risk factors like high cholesterol, diabetes or high blood pressure? If so, then first and foremost be sure to talk to your doctor about your potential risk.

The "Go Red for Women" campaign has offered a few tips on keeping your heart healthy after 50. These tips are useful for both men and women.

They suggest that you get tested and know your numbers. Those numbers would be your Total Cholesterol, LDL ("Bad Cholesterol"), HDL ("Good Cholesterol"), and Body Mass Index (BMI). Your doctor can give you these numbers and explain what they mean. Your doctor can also offer you some tips on how to keep these numbers within acceptable limits.

Smoking and alcohol use can also increase your risk of heart disease. Smoking is the most preventable cause of death in the United States, and it can put you at risk for heart disease, stroke and several other diseases. If you smoke, stop. There are a number of options to help you quit. The Michigan Tobacco Quit line is available at **1-800-784-8669**. They can offer you several options depending on your level of insurance coverage. Also the Central Michigan District Health Department offers classes to help you quit. Drink in moderation. Drinking excess alcohol can cause weight gain because it adds calories to your diet. Alcohol also increases blood pressure, which in turn increases the risk of heart failure and stroke.

What you eat can also be the cause of heart disease. Take time to carefully plan out meals, so you can get the most nutrition

and fiber possible. Choose foods low in saturated and trans fats, cholesterol, sodium and added sugars. Focus on including foods that are nutrient rich like colorful veggies and fruits, fiber-rich whole-grains, lean meats, skinless chicken, low-fat dairy products, and fish rich in Omega-3 fatty acids like salmon,. These foods can give your heart the nutrients it needs as well as improve your cholesterol and blood pressure. The Commission on Aging offers nutritious meals throughout the week at various locations or as home-delivered meals. Contact **772-0748** for more information.

Lastly, if you haven't started a moderate exercise routine, start now. Try to get at least 30 minutes a day of mild activity. You can walk, either on a treadmill or at a local shopping area. When it starts to warm up you can bike, or you can take a mild exercise class. Exercising not only keeps the blood pumping, but it can also help you lose or maintain weight. The Isabella County Commission on Aging offers both low- and high-impact exercise classes. If you want to inquire about them, please call **989-772-0748**.

Things to Do *By Bunny Trainees*

On February 1, during the Let's Do Lunch program, CMU School of Music will present a preview of the opera "The Telephone" with Eric Tucker, Director, at Art Reach located at 111 East Broadway. Remember the program takes place from 12 noon until 1 p.m. Bring your lunch if you'd like. While you are there be sure to check out the next art exhibit at Art Reach by Kris Sanford and Burt Dickerson to be presented from February 2-29.

I especially encourage you to take advantage of a once-a-year event and attend the R. Cedric Colness Memorial Vocal Scholarship competition on Sunday, February 5, at 2 p.m. The competition, in its 36th year, is a wonderful way to spend a lovely Sunday afternoon, listening to

beautiful music and beautiful voices featuring the CMU Music Department's best. The competition is held in the Staples Family Concert Hall in the Music Building on the Central Michigan University Campus. Parking, which is close to the building, and admission are **free**.

Veterans Memorial Library at 301 South University in Mt. Pleasant will host The Neil Gordon Trio on Sunday, February 12, at 3p.m.

Since I don't have any local grandchildren, aged two and up to help me out with computer skills, I was happy to hear that COA is now offering one on one computer classes by appointment. I'm already signed up. Call Sally, **772-0748** for details and to make an appointment.

When you are thinking about things to

do here are some simple life events that can make you feel good, according to Sonja Lyubomirsky, author of [The How of Happiness: A Scientific Approach to Getting the Life You Want](#). Prepare a list of the simple life events that make you feel good ---smiling at strangers, sipping the perfect cup of coffee, taking a walk with friends. Commit to at least one mood-boosting act every day. Personal happiness has more to do with how you spend your time and what you think about than external circumstances, says Sonja.

If you have any suggestions for things to do for seniors in our community, or comments in regard to this column, please send a note to COA's Active Living, 2200 South Lincoln Rd., Mt. Pleasant MI 48858. Attn: Bunny

Activity Center

FEBRUARY ACTIVITIES

Monday	Tuesday	Wednesday
<div>Food With Friends</div> <div>Daily, Monday thru Friday</div> <div>Noon in Activity Room C</div> <div>See our Menu in this issue!</div>		<div>1</div> <div>8:00 Isabella Seniors Health Care (A)</div> <div>10:00 Cribbage (C)</div> <div>10:00 Watercolor Class (Craft)</div> <div>10:00 and 11:00 Exercise - Low Impact (F)</div> <div>1:00 Happy Ripper Quilters (Craft)</div> <div>1:00 Bridge (C)</div> <div>1:00 Pepper (C)</div>
<div>6</div> <div>10:00 Dulcimers Practice (Craft)</div> <div>10:00 Cribbage (C)</div> <div>10:00 and 11:00 Exercise-Low Impact (F)</div> <div>12:00 Community Service Council (A)</div> <div>12:30 Play the Ukulele (Craft)</div> <div>1:00 Readers Theatre (B) 1:30 Yoga (F)</div> <div>1:00 Canasta, Pinochle, Dominos (C)</div> <div>6:30 Square Dancing (C)</div>	<div>7</div> <div>10:00 Flower Arrangers (A)</div> <div>10:00 Country Music 12:30 Banjos/Guitars (B)</div> <div>10:00 - 1:00 Mt. P House History Int. (Cafe)</div> <div>11:00 Tai Chi (F) 2:00 Train the Trainers (A)</div> <div>1:00 CMU Bridge Group (Craft)</div> <div>2:00 - 4:00 Intermediate Line Dancing (C)</div> <div>5:15 COA Advisory Board (BR1)</div> <div>7:00 Mt. Pleasant Historical Society (A)</div>	<div>8</div> <div>10:00 Cribbage (C)</div> <div>10:00 Area Ministers Group (A)</div> <div>10:00 Watercolor Class (Craft)</div> <div>10:00 and 11:00 Exercise - Low Impact (F)</div> <div>1:00 Book Club (Library)</div> <div>1:00 Happy Ripper Quilters (Craft)</div> <div>1:00 Bridge (C) 1:00 Pepper (C)</div>
<div>13</div> <div>10:00 Cribbage (C)</div> <div>10:00 and 11:00 Exercise</div> <div>10:00 Dulcimer Practice (Craft)</div> <div>12:30 Play the Ukulele (Craft)</div> <div>1:00 Legal Service (CR1)</div> <div>1:00 Canasta, Pinochle, Dominos (C)</div> <div>1:30 Yoga (F)</div> <div>6:30 Square Dancing (C)</div>	<div>14</div> <div>10:00 - 1:00 M.P.House History Interviews (A)</div> <div>10:00 Needle Crafters (Craft)</div> <div>10:00 Country Music 12:30 Banjos/Guitar (B)</div> <div>11:00 Tai Chi Class (F)</div> <div>2:00 - 4:00 Intermediate Line Dancing (C)</div> <div>6:30 Mid Michigan Wood Workers (Craft)</div>	<div>15</div> <div>10:00 Cribbage (C)</div> <div>10:00 and 11:00 Exercise-Low Impact (F)</div> <div>10:00 Watercolor Class (Craft)</div> <div>10:00 Wii Bowling (C)</div> <div>10:30 Come and See the Video</div> <div>“Isabella County 150 Years in the Making” (A)</div> <div>1:00 Happy Ripper Quilters (Craft)</div> <div>1:00 Bridge (C)1:00 Pepper (C)</div> <div>6:00 Watershed Conservancy (A)</div>
<div>20</div> <div>Commission on Aging and Activity Center</div> <div>CLOSED</div>	<div>21</div> <div>8:30 Friends of Isabella Seniors Mtg (BR1)</div> <div>10:00 - 1:00 M.P. House History Int. (Cafe)</div> <div>11:00 Nutrition Mtg. (A)</div> <div>11:00 Tai Chi Class (F)</div> <div>1:00 CMU Bridge Group (B)</div> <div>1:30 State Retirees Meeting (A)</div> <div>2:00 - 4:00 Intermediate Line Dancing (C)</div> <div>6:30 Caregiver Support (Craft)</div>	<div>22</div> <div>10:00 Cribbage (C)</div> <div>10:00 Wii Bowling (C)</div> <div>10:00 and 11:00 Exercise - Low Impact (F)</div> <div>11:00 Computer Class (Lab)</div> <div>12:00 Garden Club (A)</div> <div>1:00 Bridge (C)</div> <div>1:00 Pepper (C)</div> <div>1:00 Happy Ripper Quilters (Craft)</div>
<div>27</div> <div>10:00 Cribbage (C)</div> <div>10:00 and 11:00 Exercise-Low Impact (F)</div> <div>10:00 Dulcimer Practice (Craft)</div> <div>11:00 BB Meeting (B)</div> <div>12:30 Play the Ukulele (Craft) 1:30Yoga (F)</div> <div>1:00 Legal Service (CR1)</div> <div>1:00 Readers Theatre (A)</div> <div>1:00 Canasta, Pinochle, Dominos (C)</div> <div>6:30 Square Dancing (C)</div>	<div>28</div> <div>8:00 Women’s Aid Staff Mtg. (B)</div> <div>10:00 - 1:00 M.P.House History Interviews (A)</div> <div>11:00 Tai Chi (F)</div> <div>12:45 Movie-The Legend of Bagger Vance (B)</div> <div>2:00 Intermediate Line Dancing (C)</div> <div>7:00 Stamp Collectors (Craft)</div> <div>6:00 Mid Michigan Quilters (A& B &C)</div>	<div>29</div> <div>10:00 Cribbage (C)</div> <div>10:00 Wii Bowling (C)</div> <div>10:00 and 11:00 Exercise - Low Impact (F)</div> <div>11:00 Computer Class (Lab)</div> <div>1:00 Bridge (C)</div> <div>1:00 Pepper (C)</div> <div>1:00 Happy Rippers (C)</div>

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
2 10:00 Cribbage (C) 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) 1:30 Intermediate Drawing Class (Craft) 6:00 Clowns (Craft)	3 9:00 Isabella County Collaborative (B) 9:30 FGP/SCP In -service (A) 10:00 Meeting (BR1) 10:00 Cribbage (C) 10:00 Jam Session (Craft) 10:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 5:30 Beading Class (Craft)	4 1:00 Euchre Card Party (C)
9 9:00 Hi/Lo Aerobics (F) 10:00 Learn to Knit (Craft) 10:00 Tax Help (A & B) 10:00 Cribbage (C) 11:00 Tai Chi (F) 1:00 Beginner Line Dancing (C) 1:30 Intermediate Drawing Class (Craft) 7:00 - 9:00 Mid Michigan Patriots (A)	10 8:00 Happy Rippers (A and B) 10:00 Cribbage (C) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Jam Session (Craft) 10:00 Wii Bowling (C) 5:30 Beading Class (Craft) 6:00 Valentines Dance (C) \$5.00	11 8:30 Happy Rippers (A and B) (Craft) 1:00 Euchre Card Party (C)
16 9:00 Exercise– Hi/Lo Aerobics (F) 10:00 Cribbage (C) 10:00 Tax Help (A & B) 10:00 Learn to Knit (Craft) 10:30 Singers (Craft) 10:00 Computer Class (Lab) 11:00 Tai Chi Class (F) 1:00 Beginner Line Dancing (C) 1:30 Intermediate Drawing Class (Craft)	17 8:00 - 9:00 Open Breakfast (C) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 11:15 Deal or No Deal (C) 12:45 Meijer Gift Card Bingo (C) 5:30 Beading Class (Craft)	18 10:00 Central Mich.Daylily Society (A) 1:00 Euchre Card Party (C)
23 9:00 Exercise - Hi/Lo Aerobics (F) 10:00 Cribbage (C) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 10:00 Tax Help (A & B) 11:00 Tai Chi (F) 1:00 Beginner Line Dancing (C)	24 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Jam Session (Craft) 10:00 Wii Bowling (C) 10:00 Cribbage (C) 12:30 Laurels Gift Bingo (C) 5:30 Beading Class (Craft)	25 1:00 Euchre Card Party (C)
	<i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i> A = Activity Room A F = Fitness Room B = Activity Room B CR1 = Conf Room B139 C = Activity Room C Lab = Computer Lab	

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

Exercise Classes

Lo Impact Aerobic Classes

COA Activity Center
10:00 a.m. M W F and at 11:00 a.m.
Please Note: Due to demand there is now
an 11:00 a.m. class on Friday.

There is also a class in Weidman
at the VFW Hall 5:00 p.m. M-W

Tai Chi Classes

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

Yoga Class

Winter Yoga
March 19 - May 7
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.

Games

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.

Cribbage Anyone?

Beginning February 1 there will be a drop
in cribbage group in Room C at the COA
Activity Center. Every Monday,
Wednesday, Thursday and Friday you can
play cribbage with others. Bring a cribbage
board and a friend and we will supply the
cards. Stay for lunch at noon.

Bingo at the COA

Friday, February 17
Meijer Card Bingo 12:45 p.m.
Friday, February 24
Laurel’s Gift Bingo 12:45 p.m.

Music

Ukulele Group Fun

Mondays starting February 6 - 12:30 p.m.
Bring your uke if you have one. Sing along
skills helpful and musical assistance is
available.

Jam Session

Fridays 10:00 a.m. till Noon

Banjoes and Guitars

Learn the Basics
Tuesday, February 7 and 14 at 12:30 p.m.
Dust off your instrument and come and
learn to play again!

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 2nd and 15th at 10:30 a.m. for
about an hour. All voices are welcome.

Valentine’s Dance



Presented by Red Hat Strutters
Friday, February 10 - Cost \$5.00
6:00 - 9:00 p.m - COA Activity Center
Fundraiser with a D.J. featuring
50’s & 60’s oldies and country music
Refreshments available for purchase
All are Welcome-No reservations required!

Dancing Classes

Line Dancing

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

Square Dancing

Mondays 6:30pm - COA Activity Center

Art / Craft Classes

Beginning Drawing

10:00 a.m. to Noon - Wednesdays
April 11- May 15 - Cost: \$35.00
Does not include supplies
Pay instructor Jeanne Fisher at first class
Call 772-0748 for a reservation

Beginning / Intermediate
Watercolor

1:30 p.m.- 3:30 p.m. - Thursdays
April 12 - May 17 - Cost: \$35.00
Does not include supplies
Pay instructor Jeanne Fisher at first class
Cal 772-0748 for a reservation

Beading Class

Continuing
Fridays 5:30 p.m. to 8:30 p. m.
Beginner level lessons are designed to give
the student an in depth understanding of
basic beading techniques while producing
small jewelry items. Each class covers a
different technique. Class size is limited.
Call the instructor, June Johnston, for a
supply list and to reserve a seat.
\$30.00 per class plus kit fee
For a reservation call - (989)773-3398

Learn to Knit

Every Thursday at 10:00 a. m.

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.

Upcoming Events

Interested in computer class
instruction contact Sally - 772-0748

Health Fair - May 3
AARP Safe Driving Class - May 25

Activity Center TRAVEL ACTIVITIES

DAY AND EXTENDED TRIPS CALL 772-0748 FOR PRICES

Upcoming Day Trips In 2012

“On Golden Pond”
Purple Rose Theatre in Chelsea
Lunch at the Common Grill
Wednesday, August 1
Cost: \$95.00

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!

Smoky Mountains
Dollywood/Pigeon Forge
Gatlinburg
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

Lancaster PA
Frankie Valli & the Four Seasons
“Annie Get Your Gun:
“Jonah” at Sight & Sound Theatre
May 15-19

Toronto
“Warhorse” the Play
Princess of Wales Theatre
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 - September 3

Mississippi River
Legends Cruise
Circa 21 Dinner Theatre
“Dixie Swim Club”
September 12-14

Agawa Canyon Train Ride
Kewadin Casino Hotel
September 25-27
(need a passport or enhanced driver’s
license to enter Canada and USA)


Branson Shows
“Joseph” Sight and Sound Theatre
Oak Ridge Boys
George Jones
Clay Cooper
Shoji Tabuchi
Plus Silver Dollar City
October 9-14

New York City
New Broadway Musical
“Nice Work If You Can Get It”
Matthew Broderick and Kelli O’Hara
Music by George and Ira Gershwin
Staying 3 nights at the newly renovated
Milford Plaza Hotel
close to Times Square and Theatres
Guided Tour, Circle Line Boat Tour
Tour Radio City Music Hall
October 21-26

New Years Eve
Oakbrook outside Chicago
“Singin in the Rain”
“Nutcracker on Horseback”
December 31 - January 1, 2013

Food With Friends

February EAT SMART MENU

FWF Eat Smart Menu					February 2012				
Monday	Tuesday	Wednesday	Thursday	Friday					
		1 Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Strawberries	2 Beef Mozzarella Melt Bread Corn Stewed Tomatoes Pears	3 Chicken/Rice Casserole Bread California Blend Tossed Salad Mixed Fruit Cup					
6 Baked Spaghetti (turkey) Garlic Toast Tossed Salad Pears	7 Chicken/Broccoli/Cheese Bread Baked Potato Italian Blend Pineapple Gelatin	8 Sloppy Joe (turkey) Bun Carrots Corn & Bean Salad Cherry Fruit Cup	9 Salisbury Steak (beef) Bread Whipped Potatoes Peas & Carrots Citrus Fruit Cup	10 Turkey Stew Biscuit Coleslaw Cinnamon Applesauce					
13 "Valentine's Dinner" Meatballs (beef) Bread Redskin Potatoes Brussels Sprouts Strawberry Shortcake	14 Baked Chicken Bread Whipped Potatoes/Gravy Cauliflower/Cabbage Salad Grape Banana Fruit Cup	15 Meatloaf (turkey & beef) Bread Squash Pea Salad Pears	16 Macaroni & Cheese Bread Winter Blend Carrot Salad Pineapple	17 Smothered Chicken Bread Oven Roasted Potatoes Tossed Salad Pumpkin Custard					
20 CLOSED Presidents Day	21 Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Peaches	22 Baked Cod Bread Potato Medley Kidney/Chickpea Salad Cinnamon Applesauce	23 Roast Pork Bread Sweet Potatoes Stewed Tomatoes Pears	24 Spanish Baked Steak Bread Company Potatoes Malibu Blend Apricots					
27 Chop Suey (pork & beef) Bread Brown Rice Tossed Salad Tropical Fruit	28 Meatloaf (turkey & beef) Bread Baked Potato European Blend Mixed Fruit Cup	29 Baked Ham Bread Steamed Cabbage Corn & Lima Beans Berry Fruit Cup							

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**

Is it February already? Someone better pinch me!! With the holidays behind us, now is the time to think about the great parties ahead of us! Great musicians will be in on Mondays and Wednesdays to entertain us from 11-noon. On February 6, Rocky King will be here to help us celebrate our February Birthdays. Our Valentine's Day Party will be on February 13. Bring in your Valentine for some dancing or listening to Jack Salisbury

and Loretta Merritt music!
On Feb. 15, good folks from the COA will be here from 12:45 – 3:30 to help prepare your taxes. Make sure you bring all your information. National Tooth Fairy Day is Feb. 28, but we will celebrate it on Feb. 27 with Andy Stanley playing and singing for us. So bring your teeth... you never know what I have planned! See right for the full listing of events. Game Days are on Fridays, Feb. 3, 10, 17, 24!

- February Calendar**
1 – Duane Hallock & Lyle Thrush
6 – February Birthday Party with Rocky King (make sure to call for reservations)
8 – Leon Seiter
13 – Valentine's Party with Jack Salisbury & Loretta Merritt
15 – Tax Preparers 12:45 ~ 3:30
20 – Closed ~ Presidents Day
22 – Ray Brown, Nutrition Education
27 – Andy Stanley performing, National Tooth Fairy Day (bring your teeth)
29 – Aunt Mary singing songs and telling stories

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. Pleasant
Meals M thru F, Open 8a.m.- 4:30p.m.
Jen Conner, Site Mgr. **772-0748**

What a great start to 2012! We are now offering ping pong and Wii bowling each day between 10 a.m. and noon. Both activities take place in Room C prior to our Food with Friends noontime lunch.

This month we are starting a “Drop-in Cribbage Group” in Room C between 10 a.m. and noon any Monday, Wednesday, Thursday or Friday. Bring a cribbage board and a friend, and we will supply the cards! Don’t forget to call a day early and sign up for lunch!

A monthly health topic presented by experts from the community will begin this month to kick off a three-part series co-sponsored by COA and Gratiot Rehab Centre.

* Tuesday, February 7, Kara Finkbeiner, Occupational Therapist, will give an interactive presentation on home exercises

* Tuesday, March 6, Lisa Minns, Registered Nurse Manager, will join us to talk about major signs of stroke, care options and more.

* Tuesday, April 3 Jamie Staley,Physical Therapist will discuss fall prevention, and Nicole Potter from MidMichigan Home Care will discuss medical alert devices.

All presentations are from 12:45 to 1:45 p.m. in Room C. We encourage you to join us for lunch which is served at noon. Reservations are required; please call Jen Conner at 772-0748. There is no cost for this three-part series and lunch is a donation of only \$2.50.

The monthly Open Community Breakfast will be February 17 from 8 to 9 a.m. Cost is \$4. Please call Jen Conner at **772-0748** for reservations!

The free monthly movie is “The Legend of Bagger Vance” at 12:45 p.m. Tuesday, February 28.

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**

Come celebrate Valentine’s Day with us on Feb 13. Leon Seiter will be playing for us after lunch. Leon is a country singer who has been inducted into the Country Music Hall of Fame and still often travels to Tennessee to play. Leon performed a song called “Honky Tonk” which hit top singles in the 1970’s. We would like to encourage everyone to wear red this day to increase awareness of Heart Disease, as February is American Heart Month.

Join Sit and Get Fit at 11:15 on Feb. 3, 6, 8, 13, 17, 22, 27. Come for Penny Bingo on Feb. 1, 8, 22 and 29 at 1:00 p.m.

We have a new singer, Craig Newton, coming every fourth Friday of the month. He plays guitar and does sing-a-longs on many different formats.

February Calendar

- 1 - 12:30 Health Dept. Presentation
- 3- 12:45 Chippewa Nature Center “Old Time Medicine”
- 6 -12:30 B-day Party w/ Ice Cream & Cake
 - 1:00 Bingo w/prizes from Woodland Hospice
- 10 -1:00 Good Times Band
 - 2:00 Coffee and Cookies
- 13 -Valentine’s Celebration – Wear Red or Pink
 - 12:30 Leon Seiter ~ Country Music
- 15 -1:00 Bingo w/ prizes from The Laurels
- 17 -1:00 Young at Heart Band
 - 2:00 Ice Cream Social
- 20 - **Closed ~ Presidents Day**
- 24 -1:00 Music ~ Craig Newton
- 27- 2:30 “Color your Plate with Good Nutrition.”
 - 12:45 Crosswords & Word search

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**

February is National Heart Month. Show your support by wearing red on Feb. 3. February is also National Library Month. Visit us for fun, fellowship, and a hearty lunch; then visit our library next door. Bring in your favorite Jello recipes to share with the group on Feb. 28 for Jello Day.

A big thank you to Earl Currie for bringing in the Birthday dessert for January. Rita Doerfer and Donna Hines have birthdays this month. We will have a party for them on Feb. 8. Do you have a February Birthday? Let’s celebrate together!

February Calendar

- 1 – River Ramblers ~ 10:00
- 2–George Jennings11:00, Groundhog Day
- 7 – Nutrition Topic ~ Color Your Plate
- 8 – River Ramblers ~ 10:00
- 10 – Game Day
- 13 – Valentine’s Party
- 15 – River Ramblers ~ 10:00
- 16 – George Jennings ~ 11:00
- 20 – Closed ~ Presidents Day**
- 22 – River Ramblers ~10:00
- 24 – Game Day
- 28 – Jello Day
- 29 – Leap Year Day, River Ramblers ~ 10:00

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**

We started our Senior Olympics, and we are enjoying some friendly competition even if we are just competing against our own scores each day. You can still join us for Senior Olympics, since we will be going through the end of March. Medals and prizes will be distributed the first of April. Our very own Rose Cohoon has a birthday this month. Come celebrate with her on February 10. State Trooper, Mike White, will join us on Feb. 22 to give us tips on how to avoid scams. There will be a lot of fun and surprises this month so plan to come in each day we are open so you don’t miss anything!

February Calendar

- 3 – Ground Hog Day Celebration
- 8 – Tax Assistance
- 10 – Rose Cohoon’s Birthday Party
- 13 – Valentine’s Party
- 15 – Health Department Presentation
- 17 – Surprise
- 20 – Closed ~ Presidents Day**
- 22 – Tax Assistance
- 24 – Surprise
- 29 – Leap Year

IN MEMORY OF

Wallace Blodgett
Nancy Beckwith

Ruth Koopman
Charles & Betty Campbell

Harold C. Prout
Larry & Janice Galgoci

Clair Canute
Larry & Janice Galgoci

Benjamin Graham
Larry & Janice Galgoci

Dewayne Foglesong
Ruth Foglesong
Janet McGee

Mary (Peggy) Shackelford
Ann Keegan
Jerry & Betsy Lyon
Jim & Mary Cousins
John & Peggy Landersoll
Larry & Julie Ross
Dave & Denise Livermore
Larry Collins
Edna Shackelford
Ginger Claybaugh
Priscilla Garver

Nancy Brooks
Joyce Griffiths
Jeanne Epple

Lawrence Boyce
Honora Boyce

Wayne Cole
Neva Cole

Joe Epple
Jeanne Epple

Marie Beaucamp
Carolyn Ferris

Theresa Smoder
Bonnie Bauder
Debbie Bauder
Steven Lagsdin
Steven & Jo Seamon
Janice Zeien
Rich & Donna Parr
Jerry & Maureen Taylor
Don Cotter

Theresa Smoder
Betty Hammond
Cliff & Katherine Anderson
Mary Jo Dodge
Mary Jane Benske
Kathy Clouse
Lisa Bollman
Irene Hackett
Olive Ivicic
Rose Insencio
Louise Lobsinger
Joe Simlik & Family
Bill & Mary Jo Neyer
John Varga
Gary & Missy Lynch
Dave & Mary C. Lynch
Kathy Formsma
Stan Sheredy

Dan Kostrzewa
Cynthia Kaliszewski
Don & Paula Johnson
Madeline (Pat) Stevens
Jeanne Pfeiffer
Richard Jarvis
Pam Ries
Roger & Alice Goenner
Michael & Suzanne Carey

Lucille Moor
Gladys Shanteau
Dorothy Brewster

Norman Johnson
Helen Johnson

Robert Murry Wedding
Jeanette Wedding
Carl C. Baxter
Walter Wedding
Jim & Connie Calkins
Larry & Nancy Gotts
Willard Denman
Sandra Blodgett
Carl W. Baxter
Irene Bennett
Richard & Debbie McQueen
Gary & Kerry Ellison
Bruce Anderson
Virgilene McQueen
Priscilla Jackson
Michael Meakin

In Home Services
In Memory of

Dale Smalley
George Ann Wolf
Elton & Ina Mae Philo

Clifford Swan
Elton & Ina Mae Philo

Lois Willoughby
Elton & Ina Mae Philo

Mary Lou Kniffen
Elton & Ina Mae Philo

Ben Graham
Elton & Ina Mae Philo

Frances Beaupre`
Faith Weavers of St. Mary

Theresa Smoder
Eileen Rau

Dan Kostrzewa
Ruth Gomez

Activity Center
In Memory of

Byron Clendening
Glenna Clendening

Clifford Swan
Glenna Clendening

Gold Key Transportation
In Memory of

Joe Lawrence
Dolores Lawrence

Active Living
In Memory of

Mary Lou Shilling
Marshall & Monica
Birdsong

Kathleen Brickner
Larry Brickner

Active Living
In Memory of

Gail Chaffee
Mary Jo McEnvoy

Active Living
In Memory of

Maryanne Fransen
Ken & Carol Douglas

Kenneth L Farmer
Marjorie Farmer

Food with Friends
In Memory of

Dale Smalley
Marge Clare & Family
Dave & Margie Swayze

Alfred Klumpp
Maxine Klumpp Kent

Dan Kostrzewa
Dolores Lawrence
Donald Cotter
Pat & Marty Suida
Carolyn Swart

Donations to
COMMISSION ON AGING

Gold Key Transportation

Eileen Jennings
Sharon Cueny

Activity Center

Edward & Erna Marquardt
David & Christine Myers
Tuesday Line Dancing Club
Sharon Hedgecock
Happy Rippers
Frank & Diane Benn
Alice Goener
Judith Bailey
Susan Schiller
Kenneth Livermore

Food with Friends

Roger & Joanne Grabinski
Rosebush Presbyterian Church
CMU Warriner Hall
Tri-County Service Team
Marge Clare & Family
Mt. Pleasant Gleaners
Clara Garner

In Home Services

Kathryn Beck

Donations to ACTIVE LIVING

Laura England
Mary Jean Rodenbo
Marguerite Rice
Glenna Clendening
Patrick & Evelyn Travis
Rose Inosencio
Susan Hovey
Charles Weston
Nellie Ferguson
Charles & Betty Campbell
Dean & Nancy Phelps
Lucile Bollman
Juan & Sally Reyes
Herbert & Janet Rice
Mid MI Chapter-United Ostomy Assoc.
Jo Ann Swenson
Joyce Griffiths
Jim & Barbara Draper
Diane Current
Mary Hauck
Tom & Margaret Peters
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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 1st 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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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:

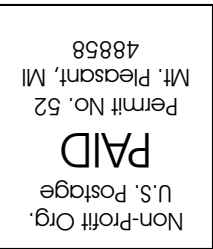
***Seasonal Fruit Juice/Coffee Scrambled Eggs Toast and Muffins
The Cook’s Special And Bacon/Sausage (2 links and 2 strips)***

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

FEBRUARY 2012 ACTIVE LIVING

INSIDE February 2012

Have a Heart Still Needs Support	1
COA Wins National Award	1
Director’s Comments	2
Mission Moments	3
Ask a COA Specialist	3
Caregiver Support	3
Founder’s Day Activities	4
Isabella County Video at COA	4
Genealogy Information	5
Free Tax Preparation	5
Free Health Clinic Opens	6
Heart Health	7
Things To Do	7
Activity Calendar	8, 9
Activity Center Activities	10
Travel Activities	11
FWF Menu & Activities	12, 13
Memorials and Donations	14, 15



Friends of Isabella Seniors
2200 South Lincoln Road, Mount Pleasant, MI 48858

