



# 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)

## Caregiver Spring Training 2012

### **Is Caregiving Weighing You Down? Key Concepts for Caregivers to Stay Sane While Helping Others!**

Are you tired? Are you taking better care of others than of yourself? Do you ever wonder how long you can keep this up? Do you need others to pitch in and help? Or are you a professional caregiver trying to empower others? Ideas will be presented for training staff and working with caregivers.

Please mark your calendars for this special event sponsored by the Commission on Aging on **April 18, 2012, from 1:00 - 4:00 p.m.** We are pleased to present Dr. Sherene McHenry of Fully Engaged, LLC, who has special expertise on the core issues facing personal and professional caregivers, especially their high risk for burnout. Sherene has a Ph.D. in Counselor Education from the University of Wyoming, has spoken on three continents and was a full professor at Central Michigan University. She also is an author, and we hope to have her latest book, Your Dream At Risk: Balance, Boundaries, and Bedbugs, for sale on the day of the event. Sherene is a member of the American Counseling Association, the Michigan Counseling Association, the National Speakers Association and a board member of the Michigan Chapter of the National Speakers Association. She is very practical, sincere and down to earth.

In this fast paced, interactive, humorous and poignant afternoon you will learn how and when to say no, how and when to ask for help and how to develop healthier relationships. You will learn how to overcome "over functioning." You will also discover secrets for overcoming guilt and keeping resentments and depression from building. Lastly, you will be empowered and equipped to take care of yourself, to ensure you'll have what it takes to keep giving for the long-haul.

The afternoon will be very helpful and fun. We will serve a light snack. The first 50 enrollees will receive "a book in a flash," Mem-cards for Thriving in Today's Uncertain World. Each Mem-Cards deck contains key ideas and important insights to be used as quick reminders and reinforcement tools.

Reservations not needed but recommended. Call the COA at **772-0748** with questions or reservations. Hope to see you there!!

## Coming in May to COA

### ***Aging Well Health Fair***

**Thursday, May 10 9:00 a.m. to 1:00 p.m.**

There will be a Health Fair at the Activity Center hosted by Central Michigan District Health Department and the Commission on Aging. There will be a variety of testing opportunities available. No appointments are necessary.

### ***Memory Enhancement Session***

**Thursday, May 10 2:00 p.m.**

COA Activity Center

This workshop is designed to let participants know how our memory changes as we age and to learn new techniques to improve memory. Barb Frankenfield L.B.S.W. In Home Services Program Coordinator at the Isabella County Commission on Aging will be the presenter. You will be given information about the correlation between a healthy lifestyle and mental fitness, and we will have some fun while learning. The session begins at 2:00 p.m. Reservations are necessary and can be made by calling, **772-0748** by May 4.

### ***It is Time to Clean out Your Medicine Cabinet!***

### ***Prescription Drop off Scheduled at the COA***

**Tuesday, May 10 8:30 a.m. to 3:30 p.m.**

As a part of our Health Fair you will have the opportunity to drop off your old, outdated and unused medications. Officer Jeff Browne from the Department of Public Safety will be here during those hours to monitor the collection. They may not be dropped off at any other time.

This is an effort to help reduce possible abuse and limit access to prescription drugs. All ages are welcome.

### ***AARP Safe Driving Course***

**Friday, May 25 9:00 a.m. to 5:00 p.m.**

Cost: \$12.00 for AARP Members \$14.00 for Non Members

Check with your car insurance company. You may get a discount if you take this 8 hour in the classroom refresher course. Call **772-0748** to register by May 21. Payment is due the day of class and checks should be made out to AARP.



# Director's Comments

April is Volunteer Recognition Month. I'm sure many of you already know this fact. That's why we at the Commission on Aging (COA) always have our Gold Key Volunteer Recognition Dinner (April 19) and our Foster Grandparent/Senior Companion Recognition Dinner (April 13) during this month.

This is always an important time for us. We try to say thank you all the time, but our recognition dinners represent a special effort on our part to publically acknowledge all the hard work our volunteers give to our program participants and our agency.

Now, the dinners are not provided entirely by the COA, we must gratefully acknowledge the generosity of Isabella Bank. They have helped pay for the cost of both recognition dinners for over 30 years. Isabella Bank and the employees have been wonderful to work with, they believe in the mission of the COA and completely understand the important part all our volunteers provide to the lives of our older citizens.

Volunteering is generally thought to be an altruistic activity; something that is intended to improve society and the lives of others. However, while volunteering strengthens a community and its citizens the personal benefits to the individual volunteer is without question:

Volunteering connects you with others...

It connects to your community and makes it a better place

Volunteering is good for your mind and body...

It helps increase your self-confidence

It helps combat depression

It helps you stay physically healthy

Volunteering brings fun and fulfillment to your life...

It can provide a way to explore new interests and passions

It can be a relaxing escape that energizes you

It can renew your creativity

It can motivate you and provide you with a new vision

Volunteering can advance your career... (for our many student volunteers)

It can provide you with career experience

It can teach you valuable job skills

Our volunteers are the soul of our agency. They give us tens-of-thousands of hours of services and drive hundreds-of-thousands of miles providing care to the elders in our community. The heart of the Commission on Aging beats stronger because of the gift of time and love that is given by all our volunteers.

Thank you for being such a special part of the Commission on Aging and thank you for making our entire community stronger.

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



# Mission Moments

Occasionally we all receive advice or a recommendation from a friend or relative to try something new or do something different such as try a new exercise or eat a new type of food. How often do we take that advice seriously? What about advice or recommendations from your Doctor? Have you stayed on a diet plan or followed medical advice from your Doctor, because you trust his/her opinion?

Well, that is exactly what happened for a participant of the Food with Friends congregate meal plan. Her doctor recommended that she attend the meal site to help heal from the loss of her husband. Today she attends each day the site is open, helps volunteer to serve meals and even demonstrates activities to other participants. She listened to her Doctor, and she now feels she has a reason to get out of bed, get dressed and do something fun each day. The congregate meal program from Food with Friends, is more than a meal, it is a community gathering to support each other and to give each participant a reason to get dressed in the morning.

*Carmel Slebodnik*  
*Nutrition Program Coordinator*

# Eat Smart, Live Strong

MSU-Extension is presenting a Nutritional Program called Eat Smart, Live Strong. The purpose of this program is to provide education on fruit intake, vegetable intake, and physical activity among adults, (ages 60 to 80 years old). It also will examine changes in diet and nutrition behaviors, as well as common nutrition perceptions.

- This is a 6 week program that provides two gift cards for attending the classes. Classes can have between 2 and 10 participants and each participant must be between the ages of 60 and 80.

**Cycle II:** Mondays 9:00 a.m. - starting April 2

**Cycle III:** Fridays 1:00 p.m. - starting April 20

If you are interested in attending the classes or have more questions, please contact Carmel Slebodnik at **989-772-0748** to sign up. Call as soon as possible; space is limited. If all cycles fill, a waiting list and a fourth cycle will be scheduled.

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



## Ask a COA Specialist

**Question:** As a long distance caregiver, I am unable to assist my mom as much as I would like. I recently spent a couple weeks with her and noticed she is experiencing some difficulties managing her finances. There were a few bills with late notices and even some mail not opened! My mom has always been great with handling her finances in the past. I know my mom has the finances to pay her bills, but I am not sure why she is ignoring them now.

**Answer:** Poor money management may be the result of physical changes due to the aging process (limited vision, arthritis or other conditions which limit the ability to write), or because of other cognitive impairments such as Alzheimer’s disease. You may want to suggest having some of her bills paid through an automatic withdrawal from her bank account. Depending on her level of need, there are resources such as CPAs, elder law attorneys, daily money managers, bookkeepers, and financial advisors available. You may also want to check with her banking institution to inquire if they offer any type of money management program. I want to mention that people can sometimes become sensitive about discussing their monetary affairs. Keep the lines of communication open. Discuss any of your concerns with your mom. If you are not her power of attorney or designated payee, proceed carefully and try and work with your mom through this entire process, letting her ultimately make the decision.

**You Can Ask a COA Specialist**  
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**.

## “Planning For Your Tomorrow”

Isabella Bank is hosting a free financial planning seminar titled “*Planning For Your Tomorrow*” on Friday, April 27, 2012, from 2:00 - 3:30 p.m. at the Nottawa Township Hall. The entire community is welcome and encouraged to attend.

Topics will include:

- How do I choose between a trust and will?
- Who will decide my health care when I can’t?
- If I have a will, does that avoid probate?
- How much can I safely withdrawal from my retirement assets before I run out of money?
- Can I protect my assets when I am in a nursing home?
- Have you planned for long term care expenses?

Reservations may be made by calling one of the following Isabella Bank offices - Beal City **989-644-3357**, Lake Isabella **989-644-2452**, or Weidman **989-644-3347**. For more information, visit [www.isabellabank.com](http://www.isabellabank.com).

## Things to Do *By Bunny Traines*

Morey Courts Recreation Center at 5165 E. Remus Road is a great place for older adults if you’re looking for a safe place to exercise with friends or to make new friends. Their indoor walking and jogging track is available to non-members who wish to pay a \$1 drop-in fee to use the track. For more info check the internet or call **953-7529**.

Have you ever noticed the Happy Rippers mentioned in the monthly calendar featured in the COA newspaper and wondered what that meant? The Happy Rippers is a group of people who like to do needlework of different kinds. The group has grown to include people who like to knit, crochet, embroider or mend, you name it. Those who attend bring whatever they are working on, including sewing machines and their other supplies. The idea is to have the opportunity to socialize with folks while working on their projects. They meet every Wednesday from 1-6 p.m. On the first Wednesday of the month they have a potluck. Several times a year they schedule “work bees” that take place on different days and times which might include making community quilts which are then donated to charities that the group selects. Although there are no dues once a year the group plans a donation to the COA. There are presently 20 members with skills from beginner to expert and somewhere in between. New “Happy Rippers” are always welcome so stop in on a Wednesday and get ready to sew, talk and eat!

You might also like to check-out the Wellspring Literary Series at Art Reach which is a monthly event featuring established poets, authors, CMU graduate students and community members performing their written work with musical entertainment at each performance. This event is free of charge. Jack Ridl, author of *Losing Season*, *Broken Symmetry* and *Outside the Center Ring*, will present a program on Monday, April 9, at 7 p.m. Art Reach is located at 111 East Broadway in Mt. Pleasant.

I recently read an article by Gretchen Rubin in Good Housekeeping titled “Write a Love Letter--To Your Life” that caught my eye. Ms. Rubin says in her article that she never seemed to find enough time to keep up a journal of daily activities until she started a “one-sentence journal”. That idea really appealed to me since I never can find the time to write much more on any regular basis. I like the idea that “a one-sentence journal can keep you happy by noting all those little memories that are so sweet, but can fade overnight. When you think about it, a handful of sentences each week is enough to help hang on to precious memories.” In other words, “My one-sentence journal memorializes my family life, and it’s a tool that can be used to keep track of any subject that’s important to you.” I’m going to try it, and I hope you will to. Just think “as the years go by we can create a treasury of memories.” One sentence at a time can serve to remind us of so much more!!!



## The Home Depot Foundation Grant

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

The Commission on Aging Helping Hands Volunteers were very grateful to get the supplies they needed to assist the older adults in need. Sixty three low income older adults received upgrades such as a new wheelchair ramp, repairs to existing ramps, bathroom fixtures, storm doors, new deck and step boards, grab bars and 53 combination smoke and carbon monoxide detectors.

### 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.

To learn more and see Home Depot 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).

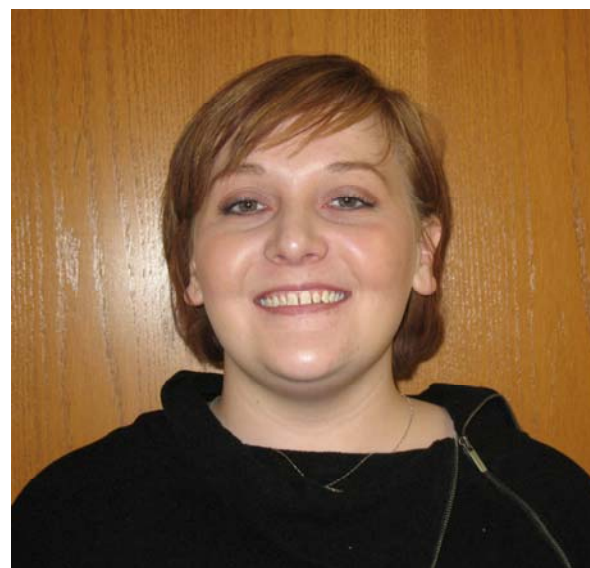
## (SERA) State Employee Retirement Association

Please put April 17, 2012 at 1:30 p.m. on your calendar. We will have a presentation from Staff of the Attorney General's office pertaining to Home Repairs and Equity Scams. Our meetings are at the Commission on Aging Building, Room A, every third Tuesday. We would love to see former co-workers and recent retirees. Our meetings are educational and fun. We have a 50/50 drawing as well as door prize. It would be great if everyone who has paid their dues would attend. Yearly dues are \$11.00. Hope you see you there. If you have any questions, please contact Jackie Curtis at 989-772-0597 or [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com).

## New Face at COA

### Student Intern

### Alicia Gerstner



Hello everyone. My name is Alicia Gerstner and I am the new intern here at the Commission on Aging. I have really enjoyed my time here; everyone has been so welcoming and friendly that I am very excited to get to know everyone.

I have lived in Michigan my entire life. Originally I am from Escanaba, and I have been living in Mount Pleasant now for 6 years. I have enjoyed the time I have spent here getting to know the town and the people. The majority of my family still lives in Escanaba, and I try to make trips up north every few months to see them; luckily, I enjoy traveling. I also enjoy reading, yoga, spending time with friends and family, as well as watching movies. My favorite movie is Harvey starring Jimmy Stewart.

I am a graduate student in the Professional Counseling department at Central Michigan University. I will be working at the Commission on Aging through August while finishing up my education and earning my Masters degree. After I have my degree, I will continue to do personal counseling, helping people to work through anything from feeling a little out of sorts to dealing with the loss of a loved one. Sometimes simply just having someone to talk to is enough. We often talk and combine it with reading, journaling, or other things that each person enjoys. I hope to be able to share with many people how wonderful, healing, cathartic, and enjoyable the counseling journey can be.

I am looking forward to my time here at the Commission on Aging, and I hope to get to know many of you.

## Caregiver Support

The next Caregiver Support group meeting will be April 17, 2012 at the Isabella County Commission on Aging. The meeting is held from 6:30pm-8:00pm in the Activity Center, Craft Room. This group is for all caregivers, be it caring for a mother, spouse, grandparent or friend. This group will help you learn strategies for coping with difficult situations and give you ideas that you can immediately implement. Educational handouts are always provided. Should you have questions about this group please feel free to call Ann Kowaleski at the COA, (989) 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.

### Have you tried the COA Library?

The COA Activity Center Library has books to loan for anyone interested. These books are supplied by the Veterans Memorial Library and changed every 6 weeks.

Books by Area Authors are available to be checked out. Just stop at the front desk when you come in and ask where they are located. There is a sign out sheet and return date for these books.

**Save the Date!**  
**The annual**  
**COA/FOIS**  
**Golf Outing**  
**is scheduled for**  
**Friday, August 3.**



### Free Tax Preparation Available at COA

The Isabella County Commission on Aging continues to work 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. 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. 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.

#### CALL FOR APPOINTMENT 989-772-0748

COMMISSION ON AGING - MT PLEASANT ACTIVITY CENTER  
April 5, 10, 12 from 10:30 to 4:00

Residents of Buildings Listed Below - Call Your Office for Reservations  
WINCHESTER TOWERS, RIVERVIEW AND DOVER COURT

#### 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

### You Can Check Your Tax Refund Status Just Go Online

**FEDERAL:** [www.irs.gov](http://www.irs.gov)

In the middle column, click on "I'M WAITING FOR MY REFUND," then click on **3 - REFUND STATUS**. For security reasons, you will have to enter: Social Security Number, Filing Status (single, married, etc.), Exact Refund Amount. The information should be available four days after an e-file is accepted, and it may take three to four weeks after the date a paper file is mailed.

**MICHIGAN:** [www.michigan.gov/taxes](http://www.michigan.gov/taxes)

Click on the Green Box – CHECK MY INCOME TAX INFO. For security reasons, you will have to enter: Social Security Number, Tax Year (2011), AGI or HHI (see below), Filing Status then click on the Green Box - CHECK MY TAX AND REFUND INFORMATION.

Note: For 2011 Michigan returns, Adjusted Gross Income is found on line 10 of your MI-1040. Household Income is found on line 28 of your MI-1040CR or line 31 of your MI-1040CR7.

The information may not be available for at least 14 days after the e-file is accepted. It may take six weeks after a paper return is mailed.

*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

**April 6, 13, 20, 27, - 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

**April 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.

\*\*\*\*\*

Register for the following **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 **McClaren - Central Michigan Hospital, 1221 South Drive, Mt. Pleasant**.

## Smoking Cessation– Series of Seven Classes

**April 17, 24, May 1, 8, 10, 15, & 17. From 6:00– 8:00 p.m. in the LAJ Conference Room.**

Cost is \$20.00. For more information call **989-773-5921** ext **8409**.

## PAD, Carotid, Aortic Aneurysm Screening

**April 17, from 9:00 am. –5:00 p.m. at the Heart and Vascular Center.** Call **989-953-5147** to see if you are a candidate for this *free* screening.

## Treatment Options for Shoulder Arthritis

**April 19, from 6:30– 7:30 p.m. in the FDJ Conference Room.** If you struggle with shoulder pain and are looking for solutions, join Orthopedic surgeon Ben Debelak, Do, for a discussion of treatment options including non– surgical management as well as surgery. Possible options are different for each person. Equip yourself with the information necessary to make the best choice for you.

## A Cardiologist Talks About Heart Arrhythmias

**April 26, form 6:30– 7:30 p.m. in the FDJ Conference room.** Heart arrhythmias occur when the electrical impulses in your heart don't work properly, causing your heart to beat too fast, too slow, or irregularly. You may have a fluttery feeling when your heart beats or feel out of breath. Heart arrhythmias may be harmless, just bothersome or sometimes life-threatening. Arrhythmia treatments can control or eliminate irregular heartbeats and may include medications, a pacemaker, cardioversion, implantable cardioverter, and cardiac rehabilitation. Join Cardiologist Ellen Kehoe for a discussion on the causes, symptoms and the various treatment options available for those experiencing heart arrhythmias.

# Mt. Pleasant Historical Society

Lifelong Mt. Pleasant area resident, Judy (Landon) Delong, has done extensive research on the Landon family heritage in Isabella County, with emphasis on the original Landon area pioneer and early Mt. Pleasant business leader, John T. Landon. She will be the guest speaker at the April meeting of the Mt. Pleasant Area Historical Society.

In 1862, John T. Landon came to Chippewa Township, Isabella County at age 22, from his native Canada to work a year at \$15 a month and room and board for he and his wife. In 1863, he went into debt to buy 40 acres. By 1873, now a prominent landowner, lumberman and farmer, he built a brick home in Section 27 of Chippewa Township, the first brick structure in the county. Later, Landon moved to Mt. Pleasant and was mentioned frequently as a prominent hunter and sportsman. He had six Mt. Pleasant properties when he died in 1912.

DeLong will make her presentation to the Mt. Pleasant Area Historical Society at 7:00 p.m. on April 3, at the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant.

# Shepherd Area Historical Society

The Shepherd Area Historical Society meets the second Monday of the month, March through December, at the Old Powerhouse Museum on West Maple Street in Shepherd. Meetings are from 7 p.m. until 9 p.m. and often feature programs on local history.

Members are currently working to repair and restore the powerhouse building and the little red schoolhouse museum building. Guests and new members are welcome. For additional information, contact Larry Noyes at **828-5319**.

# Mt. Pleasant Garden Club

The Mt. Pleasant Garden Club will meet at the COA on Monday, April 16 at 1 p.m. Following a business meeting, we will be treated to a program about floral arrangements presented by renowned floral designer Ethel Gallagher. Guests are welcome to join us to enjoy watching this artist at work. For more information, contact Mary Ellen Wynes at [newynes@yahoo.com](mailto:newynes@yahoo.com)

**Weidman Euchre Club** meets on Thursday at the Masonic Hall in Weidman. Doors open at 5:00 p.m. and games begin at 6:00 p.m. Everyone is welcome! For more information contact Karen at **644-2266** or Jeanette at **644-6925**.



**Osteoporosis and Fall Prevention** *By Lisa Cross, CMDHD Health Ed*

Osteoporosis is a disease in which bones become less dense, resulting in weak bones that are more likely to break. Osteoporosis can progress without pain or symptoms until a bone breaks. Osteoporosis has the reputation of being an “old woman’s disease.” Although it is common in white and Asian females, older than 50 years of age, osteoporosis can affect men and women at any age.

Three factors are related to whether a bone breaks from a fall, the fall itself, the force and direction of the fall and how fragile the bones are. Prevention of falls is very important to people with osteoporosis.

**Factors that increase falling risk:**

- Muscle weakness around the hip joint
- Increased unsteadiness on the feet
- Intake of more than 3 medications

**Causes of falls:**

- Loss of footing
- Loss of traction
- Vision problems
- Loss of balance
- Diseases that impair mental or physical functions
- Certain medications
- Changes in reflexes
- Changes in muscle and fat

**How to avoid a fall outdoors:**

- Use a cane for added stability while walking outside
- Wear warm boots with rubber soles and good traction when it is snowy outside
- In bad weather, find and use 24-hour pharmacies or grocery stores that take phone orders and deliver
- When going out, keep your hands free by using a shoulder bag, fanny pack or backpack
- Stop at curbs and check the height before stepping down

**How to avoid a fall indoors:**

- Keep things off the floor
- Floor surfaces should be smooth and level but not slippery
- Wear supportive shoes inside the house
- Secure all carpets and rugs to the floor so they cannot slide
- Keep electrical cords and telephone lines out of the way

For more information, talk with your healthcare provider about osteoporosis prevention and detection.

**Computer Training Classes**  
*At Veterans Memorial Library*

**April Calendar**

2 11:00 a.m.  
3 10:00 a.m.  
5 2:00 p.m.  
9 11:00 a.m.  
10 10:00 a.m.  
12 2:00 p.m.  
16 11:00 a.m.  
17 10:00 a.m.  
19 2:00 p.m.

**Free Classes**

Mastering the Mouse  
Basic Computing  
Basic Windows  
Basic Internet  
Basic Word  
Basic Email  
Basic Excel  
Basic PowerPoint  
Facebook 1:  
Get an Account  
Files & Folders  
Genealogy  
Internet Searching  
eReaders

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

**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**

*T is it true?  
H is it helpful?  
I is it inspiring?  
N is it necessary?  
K is it kind?*  
*Author Unknown*

**Ganiard School  
West Side History Project**

**Reunion Open House**

**Thursday, April 26  
3:00 to 7:00 p.m.**

**At  
Commission on Aging  
2200 S. Lincoln Rd.**

2009-10--75th Anniversary of the West Side/Ganiard School Continued Interviews for a West Side Book! If you have photos to share or donate, school items, Newspaper articles, or yearbooks / albums please bring them to be photographed or scanned for our research.

A fabulous Ganiard History DVD (which includes photos of other schools, churches, and Mt. Pleasant) will be available for \$10, with all money supporting the Ganiard History Project Scholarship! Beginning with 2011, a \$500 GHP scholarship is awarded to a Ganiard student graduating MPHS!

As a Book about the West Side is produced, portions of those sales will also fund the \$10,000 goal for the scholarship, which is offered in conjunction with the Mt. Pleasant Area Community Foundation. With sales of the DVD, and generous donations from alumni, faculty, and friends, we are one-third of the way to our goal. Scholarship donations are tax-deductible, and payable to: MPACF/ Ganiard History Project. (For details, please check at [info@mpacf.org](mailto:info@mpacf.org))

Please come and enjoy the company of friends! Refreshments will be served.

RSVP for the event to: Valerie Wolters, 4795 East Broadway, Mt. Pleasant, MI 48858 or email to: [Ganiardhistory08@gmail.com](mailto:Ganiardhistory08@gmail.com)  
Or call: **989-773-9571**.



Activity Center

APRIL ACTIVITIES

Monday	Tuesday	Wednesday
2 9:00 Eat Smart Live Strong (B) 10:00 Dulcimer Practice (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:00 Community Service Council (A) 1:30 Yoga (F) 1:00 Canasta, Pinochle, Dominos (C) 6:30 Square Dancing (C)	3 10:00 Country Music 12:30 Banjos&Guitars (B) 10:00 Flower Arrangers (A) 11:00Tai Chi (F) 12:45 Medical Alert Device Information (C) 1:00 CMU Bridge Group (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 5:15 COA Advisory Board Mtg. (BR1) 7:00 Mt. Pleasant Historical Society (A)	4 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Computer Class (Lab) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
9 9:00 Eat Smart Live Strong (B) 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Legal Service (CR1) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Readers Theatre (Craft)1:30 Yoga (F)  6:30 Square Dancing (C)	10 10:00 Tax Help (A) Wait in hallway 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)	11 8:00 MAFG/SCP Assoc. (B) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Computer (Lab) 10:00 Watercolor Class (Craft) 10:00 Area Ministers (A) 11:15 Deal or No Deal (C) 1:00 Book Club (Library) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
16 9:00 Eat Smart Live Strong (B) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Mt. Pleasant Garden Club (A) 1:30 Yoga (F) 6:00 Woodland Hospice Grief Group (Craft) 6:30 Square Dancing (C)	17 8:30 Friends of Isabella Seniors Mtg (BR1) 9:00 Staff Class (A) 11:00 Tai Chi Class (F) 1:00 CMU Bridge Group (B) 1:30 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing (C) 6:30 Caregiver Support (Craft)	18 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Computer (Lab) 10:00 Art Class (Craft) 1:00 Caregiver Session (A and B) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 6:00 Watershed Conservancy (A)
23 9:00 Eat Smart Stay Strong (B) 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 11:00 B Cross (A)1:00 Legal Service (CR1) 1:00 Readers Theatre (A) 1:30 Yoga (F) 1:00 Canasta, Pinochle, Dominos (C) 6:00 Woodland Hospice Grief Group (Craft) 6:30 Square Dancing (C)	24 8:00 Women’s Aid Staff Mtg. (B) 9:00 Staff Class (A) 11:00 Tai Chi Class (F) 12:30 Movie “Moneyball” (B) 2:00 - 4:00 Intermediate Line Dancing (C) 4:00 Alzheimer’s Walk Mtg. (Craft) 6:00 Mid Michigan Quilters (A,B,C) 7:00 Stamp Collectors (Craft)	25 8:00 Quilter Class (A) 9:00 LGBT (B) 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Computer (Lab) 10:00 Art Class (Craft) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 2:00 Volunteer Training (B)
30 9:00 Eat Smart Stay Strong (B) 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimers Practice (Craft) 1:00 Canasta, Pinochle, Dominos (C) 1:30 Yoga (F) 6:00 Woodland Hospice Grief Group (Craft) 6:30 Square Dancing (C)		<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>

*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
5 10:00 Cribbage (C) 10:00 Learn to Knit (Craft) 10:00 Tax Help (A&B) 10:00 Computer Class (Lab) 11:00 Tai Chi (F) 1:00 Beginner Line Dancing (C) 2:30 Eat Smart Live Strong (Craft) 6:00 Clowns (Craft)	6 9:00 Isabella County Collaborative (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F)  <b>Good Friday Close at Noon</b>	7  9:00 Clown Class (Craft)  1:00 Euchre Card Party (C)
12 10:00 Learn to Knit (Craft) 10:00 Tax Help (A & B) 10:00 Cribbage (C) Computer Class (Lab) 11:00 Tai Chi (F) 1:30 Drawing Class (Craft) 1:00 Beginner Line Dancing (C) 2:30 Eat Smart Live Strong (BR1) 7:00 Genealogy (B) 7:00 - 9:00 Mid Michigan Patriots (A)	13 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Jam Session (Craft) 12:30 Ukulele Class (Craft) 2:30 - 5:30 FGP/SCP Recognition (A,B,C) 5:30 Beading Class (Craft)	14  1:00 Euchre Card Party (C)
19 9:00 Staff Class (A) 10:00 Cribbage (C) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 11:00 Tai Chi Class (F) 1:00 NO LINE DANCING TODAY!! 1:00 Drawing Class (Craft) 3:30 Gold Key Volunteer Banquet (A,B,C)	20 8:00 - 9:00 Open Breakfast (C) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 12:30 Ukulele Class (Craft) 12:45 Meijer Gift Card Bingo (C) 1:00 Eat Smart Live Strong (B) 5:30 Beading Class (Craft) 6:00 Dance (C) \$5.00	21 9:00 Clown Class (Craft)  10:00 Central Mich.Daylily Society (A)  1:00 Euchre Card Party (C)
26 9:00 Staff Class (A) 10:00 Cribbage (C) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 11:00 Tai Chi (F) 1:00 Beginner Line Dancing (C) 3:00-7:00 Ganiard History Project (A and B) 1:30 Drawing Class (Craft)	27 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Jam Session (Craft) 10:00 Wii Bowling (C) 12:30 Ukulele Class (Craft) 12:30 Laurels Gift Bingo (C) 1:00 Eat Smart Live Strong (B) 5:30 Beading Class (Craft)	28  1:00 Euchre Card Party (C)  1:30 Ostomy Group (Craft)
	<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	



Exercise Classes

Lo Impact Aerobic Classes

COA Activity Center  
M W F 10:00 a.m. and 11:00 a.m.

Weidman  
at the VFW Hall M-W 5:00 p.m.

Tai Chi Classes

Beginners Only 10:30 to 11:00 Tuesdays  
\*\*\*\*\*

Intermediate to Advanced Class  
Tuesday and Thursday 11:00 - Noon

Yoga Class

May 14 thru July 2  
Mondays: 1:30 p.m. - 2:30 p. m.  
\$60.00 for 8 weeks or \$10.00 a class

Games

Game Day

Mondays at 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

Thursdays - 10:00 a.m.  
Activity Center - Room C

Bingo at the COA

Friday, April 20 - 12:45 p.m.  
Friday, April 27 - 12:45 p.m.

Deal or No Deal

Wednesday, April 11 - 11:15 a.m.

Upcoming

Annual Summer Golf  
Outing  
Friday, August 3

April Community Dance

Presented by Red Hat Strutters  
Friday, April 20 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 6:30 p.m. - COA Activity Center

Music

Ukulele Group Fun

Fridays - 12:30 p.m.  
Bring your uke if you have one. Musical  
assistance is available.

Jam Session

Fridays - 10:00 a.m. - Noon

Banjoes and Guitars

Learn the Basics  
Tuesday, April 3 and 10

Play Your Dulcimer

Mondays at 10:00 a.m.

\*\*\*\*\*

Medical Alert Device

Demonstration  
Tuesday, April 3  
Room C after Lunch

Art / Craft Classes

Beginning Drawing

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  
Call 772-0748 for a reservation

Learn to Knit

Thursdays at 10:00 a. m.

Readers Theatre Group

Meets on the second and fourth Mondays  
of the month at 1:00 p.m.

Beading Class

Friday 5:30 p.m. to 8:30 p.m. \$30.00  
For a Reservation call (989)773-3398

Classes

Memory Enhancement Class

Tuesday, May 10  
2:00 p.m. - 3:30 p.m.  
Call 772-0748 by May 4 for a spot

AARP Safe Driving Class

Friday, May 25  
9:00 a.m. - 5:00 p.m.  
\$12.00 AARP Members  
\$14.00 Non Members  
Call 772-0748 by May 21 for a spot.  
Pay the instructor at class/checks to AARP  
\*\*\*\*\*

Snowbird Book Club  
Forming

A second book club is forming for the  
snow birds who go away for the winter.  
Meetings will be held from 1:00 p.m. to  
3:00 p.m. on the third Thursday of each  
month May thru October. The first day to  
get together is May 17 at the COA. At this  
time everyone will meet and create a list  
of books to read. Call 772-0748 if  
interested to commit to this time frame.  
Club is limited to 15 people.



# Activity Center TRAVEL ACTIVITIES

DAY AND EXTENDED TRIPS CALL 772-0748 FOR PRICES

**Fire Keepers Casino**  
**Battle Creek**  
**Wednesday, April 18**  
**Cost: \$55.00**

**FUNDRAISER TRIP**

Receive \$20.00 in slot credits and \$5.00 for food. Depart pole B in the Meijer Store parking lot at 8:15 a.m. Time at the casino is 10:45 p.m. to 2:45 p.m. Back home by 5:00 p.m. We need your name, address and birth date to send ahead for a player's card. If you have one just give us your number. **You must be 21 years old and show a valid picture ID at the casino. Call 772-0748 for a reservation Payment is due with reservation by April 1.**

\*\*\*\*\*

**Detroit Tiger Baseball**  
**Thursday, June 21**  
**Tigers vs. St. Louis Cardinals**  
**Seats in Section #113 rows 42 thru 44**  
**Cost: \$98.00**

Cost includes transportation and outfield seat. Food is on your own. There are no coupons for this day. You can bring in a sandwich or buy something at the many concession stands. Reservations are now being taken. Payment is due by May 21. Call **772-0748** to reserve a spot. Motor coach departs pole B in the Meijer Store parking lot at 8:30 a.m. We should arrive at the park at 11:15 a.m. Game time is 1:00 p.m. Depart for home after the game or if extra innings by 5:30 p. m. Payment due May 21. Call **772-0748** for reservation.

\*\*\*\*\*

**Purple Rose Theatre in Chelsea**  
**“On Golden Pond” August 1**  
**Lunch at the Common Grill**  
**Cost: \$95.00**  
**Now taking reservations**

**Turkeyville**  
**“A Closer Walk with Patsy Cline”**  
**Wednesday, October 17**  
**Cost: \$85.00**

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**Smoky Mountains**  
**Dollywood/Pigeon Forge**  
**Gatlinburg**  
**Vicki Lawrence in Renfro Valley**  
**April 25-29**

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**Greendale Wisconsin**  
**“Taste of Home”**  
**Fireside Dinner Theatre**  
**The Musical “9 to 5”**  
**Gurnee Mills Indoor Outlet Mall**  
**May 6-8**

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

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**Toronto**  
**“Warhorse” the Play**  
**Sheraton Centre Hotel**  
**June 12-14**  
  
**Summer Mystery Tour**  
**July 12 - 13**

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

**Vintage Ohio Wine Festival**  
**Kirkland Ohio**  
**August 3 - 4**

\*\*\*\*\*8

**Stratford/Niagara on the Lake**  
**“42nd Street”**  
**“Ragtime” & “Girl Friday”**  
**August 15 - 17**

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**National Parks**  
**August 21 - September 3**

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**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**  
**Broadway Musical w/ Matthew Broderick**  
**“Nice Work If You Can Get”**  
**Plus City and Boat tour/Radio City Music Hall**  
**Staying 3 nights in Manhattan**  
**October 21-26**

\*\*\*\*\*

**Chicago**  
**“Sister Act”**  
**November 28 - 30**



Food With Friends

April EAT SMART MENU

FWF Eat Smart Menu				April 2012
Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>Meatballs (beef) Bread Redskin Potatoes Brussels Sprouts Mixed Fruit cup</div>	<div>3</div> <div>Baked Chicken Bread Whipped Potatoes/Gravy Cauliflower/Cabbage Salad Grape Banana Fruit</div>	<div>4</div> <div>Meatloaf (beef &amp; turkey) Bread Squash Pea Salad Pears</div>	<div>5</div> <div>Macaroni &amp; Cheese Bread Winter Blend Carrot Salad Pineapple</div>	<div>6</div> <div>CLOSED Good Friday  NO MEALS</div>
<div>9</div> <div>Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Peaches</div>	<div>10</div> <div>Italian Chicken Bread Company Potatoes Broccoli Pumpkin Custard</div>	<div>11</div> <div>Roast Pork Bread Sweet Potatoes Stewed Tomatoes Cinnamon Applesauce</div>	<div>12</div> <div>Egg &amp; Cheese Casserole Sausage Links Redskin Potatoes Cinnamon Roll / Orange Juice Ambrosia Fruit Cup</div>	<div>13</div> <div>Spanish Steak (beef) Bread Baked Potato Malibu Vegetable Blend Apricots</div>
<div>16</div> <div>Chop Suey (beef &amp; pork) Bread Brown Rice Tossed Salad Tropical Fruit</div>	<div>17</div> <div>Meatloaf (beef &amp; turkey) Bread Oven Roasted Potatoes European Blend Mixed Fruit Cup</div>	<div>18</div> <div>Baked Ham Bread Steamed Cabbage Corn &amp; Lima Beans Berry Fruit Cup</div>	<div>19</div> <div>Baked Chicken Bread Whipped Potatoes/Gravy Spinach Citrus Fruit Cup</div>	<div>20</div> <div>Lasagna (turkey) Garlic Toast Fruited Coleslaw Peaches Graham Goldfish</div>
<div>23</div> <div>Beef and Noodles Bread Beets Tossed Salad Mixed Fruit Cup</div>	<div>24</div> <div>American Goulash (turkey) Bread Mixed Vegetables Coleslaw Pineapple</div>	<div>25</div> <div>Russian Chicken Bread Baked Potato California Blend Cherry Fruit Cup</div>	<div>26</div> <div>Sliced Turkey Bread Sweet Potatoes Brussels Sprouts Peaches</div>	<div>27</div> <div>Swissed Beef Pattie Bread Whipped Potatoes Cauliflower/Cabbage Salad Oatmeal Applecrisp</div>
<div>30</div> <div>Pork Chop Bread Whipped Potatoes/Gravy Cauliflower Michigan Fruit Cup</div>	<div>Happy Easter!</div>			

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

Milk provided with all meals  
Suggested Donation \$2.50

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

Spring has finally sprung! Now that it is finally warmer out and around central Michigan, please join us for one of our many activities and programs at the Commission on Aging.

Tuesday, April 3, from 12:45 to 1:45 p.m. in Room C of the Activity Center, we conclude our series with MidMichigan Health when Nicole Potter

will give a presentation on medical alert devices, device capabilities, contracts, where to get devices, cost and more.

Friday, April 20, from 8 to 9 a.m. in Room C of the Activity Center, we will have our monthly Open Community Breakfast. The public is welcome. Menu will include scrambled eggs, bacon, sausage, muffins, fruit, cook’s specialty item, coffee, tea and juice. Cost is \$4. Please call **772-0748** at least 24 hours in advance to make your reservation.

Join us for Free Movie and Popcorn on Tuesday, April 24, at 12:45 p.m. in

Room B when we show “Moneyball” starring Brad Pitt, Jonah Hill and Robin Wright; a story about “Oakland A’s general manager Billy Beane’s successful attempt to put together a baseball club on a budget by employing computer-generated analysis to acquire new players.”

Happy Easter!  
Jen



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



Commission On Aging

Reaching Out in Your Area

**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**

Once again – where has March gone? Keep your eyes open for the April Birthday Party with Rocky King and that Easter Party Bunny!

We have a lot going on in April. We continue to have great musicians here to entertain us on Mondays and Wednesdays. Thanks Patty! We will also have some other things thrown in the mix. We are going to do the Great Recipe Exchange on the 13th. Bring your favorite recipes in at 11:30 and stay for lunch. On Friday the 27th join us for Old Car Day! Some of you have not met my great volunteer, Lauren Hernandez. She’s a Keeper! Come on in! Can’t wait to see you!

**April Calendar**

2 April Birthday Party with Rocky King - 11:00

4 Lyle Thrush & Duane Hallock - 11:00

9 Easter Party Mark Bauman and the other Mark

11 Don Leisure - 11:00

13 Recipe Exchange - 11:30

16 McDonalds Fun Day with Jack Salisbury & Loretta Merritt-11:00

18 Andy Stanley - 11:00

Nutrition Topic- Making Healthy Food Choices

23 Kevin Bendle - 11:00

25 Leon MacDonald & Friends - 11:00

27 Old Car Day (CD music inside)

30 Dale Pridgeon - 11:00

**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**

Hello Everybody! April is humor month, so find something to laugh about today. Hop on over for a hot meal with friends and laugh with us. Take a moment each day to be thankful for something. We are thankful for our musicians, The River Ramblers, on Wednesdays, and George Jennings on the accordion the 1<sup>st</sup> and 3<sup>rd</sup> Thursday. Thanks to Dorothy Purtill for the March Birthday cake! Happy Birthday to all those celebrating a Birthday in April!

**April Calendar**

3 Health Dept - Osteoporosis and Fall Prevention

4 River Ramblers - 10:00

5 George Jennings - 11:00

6 **Closed – Good Friday**

9 Card Games

11 River Ramblers- 10:00

13 Friday the 13<sup>th</sup> - History and Lucky Charms

17 Nutrition Topic - Healthy Food Choices

18 River Ramblers - 10:00

19 George Jennings - 11:00

23 Earth Day- History and Game

25 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**

Spring, is just around the corner. The sweet smell of newness and freshness is in the air. Senior Olympics is over, but join us for new exercises. Come visit us for fun and fellowship. Call Rose at **828-5106** for more information.

**April Calendar**

2 April Fool’s is Past- Bring your stories to tell of past practical jokes

4 Games

6 **Closed - Good Friday**

9 Games

11 Craft Day

13 Surprise

16 Pepper (card game)

18 Health Department - Osteoporosis & Fall Prevention

20 Karaoke Day - Join us for some sing along fun!

23 Games

25 Birthday Party Bingo

Florence Jeffery & Rose Cowden

27 Maple Syrup Festival

30 Celebrate Arbor Day

**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**

What a great way to start spring: on April 20, enjoy eating ice cream with several toppings of choice while listening to country music played by the Young at Heart Band. Enjoy a movie and popcorn every Friday at 6:15p.m. provided by Rosebush Manor.

**April Calendar**

2 11:15 - Sit and Get Fit

12:30 - Nutrition - Making Healthy Food Choices

12:45 - Crossword/ Word Search

4 11:15 - Sit and Get Fit

1:00 - Penny Bingo

6 **Closed - Good Friday**

9 11:15 - Sit and Get Fit

1:00- Bingo w/ Prizes From Woodland Hospice

11 1:00 - Penny Bingo

13 11:15 - Sit and Get Fit

1:00 - Good Times Band

2:00 - Coffee/Cookies

6:15 - Movie/Popcorn

16 11:15 - Sit and Get Fit

12:30 - Birthday Party w/ Cake & Ice Cream

18 11:15 - Sit and Get Fit

1:00 - Bingo w/ prizes- The Laurels

2:00-Storytelling from Faith Johnson Library

20 1:00 - Young at Heart Band

2:00 - Ice Cream Social

6:15 - Movie/Popcorn

23 11:15 - Sit and Get Fit

25 1:00 - Penny Bingo

27 11:15 - Sit and Get Fit

1:00 - Craig Newton/ Music

6:15 - Movie/Popcorn

30 11:15 - Sit and Get Fit

1:00 - Dominoes

This page is sponsored by: Margaret’s Meadows



IN MEMORY OF

**Mary Hecksel**  
William & Judy Ashbury  
Jim & Carol Colville  
Sally Goodrow  
Ginger Kjolhede  
Kay Veit  
Barbara Sheperdigian  
Maybelline Smith  
Clare Education Assn

**George W. McClain**  
Joyce McClain

**Monica Andres**  
Mr. & Mrs. Mike Thiesen

**Maryanne Fransen**  
Ken & Carol Douglas

**Neil & Audrey Lanlois**  
Sally Merrifield

**Kay Brookens**  
Jerry & Carrie Weiferich  
Terry & Beverly Childs

**Gene Bridget**  
Al Bland

**Dan Garver**  
Rose Marie Funnell

**June Ann Thrush**  
Shirley French

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

**Jerry Tubbs**  
Roger & Deanna Allen

**Cliff Swan**  
Ralph & Barb Pitts

**Joe Epple**  
Ralph & Barb Pitts

**Nancy Brooks**  
Ralph & Barb Pitts

**Ivan Hines**  
Donna Hines

**Carl Beutler**  
Mary Beutler

**Foster Grandparents**  
**In Memory of**

**Al & Kay Harless**  
Jerel & Carol Konwinski  
Ed & Dorothy Howard  
Einar & Phyllis Bacome  
Mary Todink  
John & Judy Todink  
Carrie & Judy Denslow  
Shirley French  
Jerome & Kay Beck  
Paul & Catherine Snyder  
& Family  
Margaret Clare  
Marty & Deb Martin  
Charlotte Birgy  
Rose Gross  
Kay Hart  
Norma Mogg  
Michael & Kim Elliott  
Dorothy Steele

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

**Waldo Sauter**  
Martha Smith  
Eunice Burgess  
Charles & Lois MacGregor  
Rich & Donna Parr  
Herb & Marilyn Deromedi  
Sally Buckley  
Anthony Miele  
Peggie Edmonds  
Jeffery Ellis  
Chuck & Louise Hopper  
J.B. Bugg  
Sue DeGroote  
Dennis Thavenet  
Richard Hecksel  
Dick & Pat Parfitt  
Richard & Diane Fleming  
Dale & Marie Dunham  
Day Bible Church

**Dan Kostrzewa**  
Amy Kostrzewa

**Dale Smalley**  
Len & Jacque Jackson

**Bill & Bev Brewer**  
Len & Jacque Jackson

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

**Waldo Sauter**  
Rose Marie Funnell

**Friends of Isabella Seniors**  
**In Memory of**

**Dale Smalley**  
Len & Jacque Jackson

**Bill & Bev Brewer**  
Len & Jacque Jackson

**Have a Heart**  
**In Memory of**

**Sid & Liz Sowle**  
Ruth Anne Sowle

Donations to  
COMMISSION ON  
AGING  
**Activity Center**

Linda Buckley  
Isabella Citizens for Health  
Central MI Day Lilly Society  
Garden Club  
Sharon Iverson  
Melvin Onuskanich

**Foster Grandparents**

United Methodist Women  
Weidman

**Food with Friends**

Jeanette Wedding

Donations to ACTIVE LIVING

Bobby & Jenny Tolley  
Barbara Riley  
James & Mary Wilmot  
Ron & Kathleen Huber  
Harold & Mary Tremain  
Betty Enders  
Janet Marr Strickler  
Dianne Schumacher  
William Hill  
Virginia Darnell  
Martin & Sandra Trombley  
Helen Clark  
Agnes Sibal  
Joyce McClain  
Connie Hildebrand  
Kathleen McIntosh  
Hilda Calkins  
Roger Lower  
Peter & Martha Gruss  
Patricia John  
Edward & Betty Vogel  
Joseph & Judith Travis  
Richard & Carol Wood  
Ruth Anne Sowle  
Harold & Sharon Zastrow  
Rita Deni  
Alice Gauthier  
Joe & Sharon Brickner  
Joan Durham  
Rose Lynn Pohl  
Everett & Betty Schafer  
Dorothy Snyder  
Dorothy Holcomb  
Shirley McConnell  
Kay Ashworth  
Irene Roberts  
Ray & Esther Smith  
Richard Hecksel  
Mary Bowers  
Kim Douglas-Waugh  
Dick & Loretta Koester  
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Let Your 2012 Summer  
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[www.isabellacounty.org/park](http://www.isabellacounty.org/park)   
989.772.0911 extension 340



Cuddly Cats Seek Forever  
Homes

The Humane Animal Treatment Society is working on ‘Saved by a Senior’ program to match seniors with felines who have special needs or 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  
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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 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:***

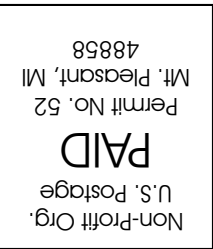
***Seasonal Fruit Juice/Coffee Scrambled Eggs Toast and Muffins  
The Cook’s Special And Bacon/Sausage (2 links and 2 strips)***

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

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

