



Active LIVING

Volume 112 Issue 5
May 2012

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

Aging Well Health Fair

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

- Nutrition Information by COA Nutrition Program
 - Cholesterol Testing by Central MI Dist. Health Department
 - Blood Pressure Checks by Central MI Dist. Health Department
 - Grip Strength Test by Wellness Fitness
 - Vaccines by Central MI District Health Department
 - Healthy Spine Check by Dr. Whitford, Chiropractor
 - Drop off Old and Unused Prescriptions to Officer Jeff Browne
 - Diabetes Education Glucose Testing Foot Exams
 - Ear Checks and Screenings
- by CMU Health Professions and Clinical Services

Information Tables also available for:

- Adult Day Care • Blue Cross Blue Shield
 - Alzheimer Walk
- MSU Extension Health and Nutrition
- McClaren Central Michigan Community Hospital
 - Mid Michigan Health Park

**Located at:
Isabella County
Commission on Aging
2200 S. Lincoln Rd.
Mt. Pleasant**

**Hosted by:
Isabella County
Commission on Aging
and
Central Michigan
District Health
Department**

**Questions, call:
Sally Wojciechowski, COA
at 772-0748
or
Lisa Cross, CMDHD at
773-5921 ext. 8445.**

Director's Comments



“Where does all that money come from and where does it go?”

First of all, the money comes from you, our donors. It comes from the tremendous support we receive throughout all of Isabella County. This financial assistance starts with our two major funding sources:

- Isabella County Senior Millage
- The Saginaw Chippewa Tribal Council

It also includes the funding we receive in client donations and the funding we apply for through our State and Federal grants. All together we have over 14 different funding sources that are all vitally important to our programs and services. Certainly, some of these funding sources provide more than others, but they are all essential to the work we do for our program and service participants and their families.

Every single dollar we receive is applied to the betterment of others. We manage 23 different budgets, and over 85% of our funding goes to direct care services. To provide this care we utilize the skills of 53 employees (40 part time and 13 full time), 12 contract workers, 46 Foster Grandparents, 19 Senior Companions and over 500 wonderful Gold Key volunteers.

The Commission on Aging is one simple human services organization that functions not only because of individuals listed above, but because of the financial support we receive from our community and from people like you. On behalf of those we serve we thank all of you, all our donors. Every single dollar we receive is important. Every single program and service we offer relies on that funding.

Included in this month's Active Living you will find a special donation envelope. We hope that you will consider providing additional support to the Commission on Aging. By doing so you can be assured that your dollars will be spent locally on services for our older citizens. We thank you in advance for your consideration.

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

Events in May at COA

Better Sleep for the Rest of Your Life

Tuesday, May 8 10:30 a.m. to Noon

A team of sleep experts will discuss common sleep disorders, share details on how a sleep study is used to find effective treatment for patients, and what you should expect from one. Dr. Elie Obeid, MD will lead the discussion. Reservations are necessary for the program and can be made by calling Jen Conner at **772-0748**.

Memory Enhancement Session

Thursday, May 10 2:00 p.m.

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*

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

FREE Movie and Popcorn

Tuesday, May 22 at 12:45 p.m.

Please join us for the Free Movie and Popcorn this month when we show “War Horse” at 12:45 p.m. Preregistration 24 hours in advance is also required for this event and may be made by calling Jen Conner at **772-0748**. Seating may be limited, so please call early!

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.

Mission Moments

Where is your passion?

If your passion is keeping older adults healthy and independent, your donation can help one of the following programs:

Foster Grandparent Program

“Hey, I know how to spell that because Grandma taught me!” This is just one of many achievements that students will share about the Foster Grandparent Volunteer who serves in their classroom. The teachers will also testify to the impact that our volunteers have on their students. For the student who had a language delay - Grandma became her voice. For the student who struggles with confidence – Grandpa was there to hold them up so they wouldn’t give up. For the student who desperately wanted to review her sight words and read to someone, but there was no one at home who took the time - they knew their Foster Grandparent would be there for them the next day so they could practice their reading. Our volunteers give the gift of time - which is the most valuable gift to a child in need.

Food With Friends Program

If your passion lies with Food with Friends, your donation will help provide a nutritious meal each day to older adults at home or at one of our five meal sites. The meal program provides peace of mind for families knowing someone is talking to their loved one each day and seeing that they are safe.

Gold Key Volunteer Program

“I am very grateful for the transportation service. I know I will be able to get to my medical appointments on time and someone will stay with me. All of the volunteer drivers walk me to the door, open the door for me, help me with my walker and packages plus make sure I’m safe. My daughter helps when she can, but she lives 30 miles away from me and has other commitments. I’m just so happy Commission on Aging has this service.” If you are passionate about helping older adults get to medical appointments, treatments or grocery shopping, your donation could help reimburse our Gold Key volunteer drivers. With escalating gasoline prices, most of our drivers need the reimbursement to continue volunteering for COA.

Activity Center Program

Every day someone new comes through the front doors of the Activity Center. They come for various reasons to make a delivery, borrow equipment, attend an activity, meet for an appointment, eat lunch, make a donation or meet with friends. Because this is a close knit community it seems most people know someone who attends or works here.

Then there are those who are not from the area but have moved here to be near family. They are encouraged to come out and have a place of their own to visit and belong. Here is a typical scenario: Someone came in not knowing anyone. There were so many questions: “Where will I sit? Is the food any good? Will they know I am not from the area and talk to me?” Then introductions were made, a form was filled out and many said “hello.” A hot lunch was presented, and was it ever good! People did talk to him and to each other. They laughed and shared stories. He played bingo after lunch and stopped in where some were playing pool. Before he left he was asked if he would be back. He said “For sure, because this place is full of love and you can feel it when you visit. Why wouldn’t I come back?”

I have worked here for 35 years. I admire those who take that giant step and come out of their comfort zone in hopes of being welcomed and have a place belong. I am proud to be on the staff of the Isabella County Commission on Aging. One day I may be the one who visits a place for the first time, and I hope to feel the same way he did.

In Home Services Program

My phone rings and the receptionist says, “This person needs some help for his parents.” I answer the phone and in a voice that sounds anxious and a little out of breath I hear, “I just received a call from my mother that my father is about to be released from rehab. He broke his hip and is doing well in rehab but they just found out he’s ready to return home. They both think they’ll need some help when he returns home.”

I’m thinking this will be an easy fix as the Isabella County Commission on Aging is able to provide services or assist in finding resources people may need. But before I am able to answer, he continues, barely taking a breath, “They live in Georgia and even though they are both fairly healthy, there is no family near and none of us are able to get to Georgia to help.”

As I begin to respond, there is another gush, “I have tried calling to find assistance for the county in which they reside and here’s what I get: for this problem, push 1; for this situation, push 2; to speak with this person, push 3; if you are a physician or care provider, push 4; if you would like to leave a message. By the time I get to 4, I can’t remember 1, 2 and 3. I think I need help!”

I agree and tell them that they have come to the right place for help. I explained that the social workers in the agency would be happy to contact the county in which his parents reside and find out a website and services available and most importantly, the name and number of a contact person who could assist them through the maze of programs. I promised to call him with the information as soon as possible. Long distance caregiving is difficult in the best of situations. In emergencies, it is a tremendous hardship but one with which the COA is able to assist.

MPAHS Plans Trip

The Mt. Pleasant Area Historical Society is organizing a one day trip to Henry Ford Museum and Greenfield Village for Saturday, July 14. Trip includes: round trip motorcoach transportation from Mt. Pleasant; an all day pass to both venues (including the Titanic exhibit, largest touring exhibit in Ford Museum history); and an all day on-and-off pass to the train at the Village, as well as round trip bus transportation, a \$10 "Fun Money" voucher at the Museum and Village and a \$15 food credit for dinner (\$10 for children) in Frankenmuth.

Seating is limited. Cost is \$125 for non-Historical Society members, \$115 for Mt. Pleasant Area Historical Society members, and \$100 for children 5 to 12. A deposit of \$50 is due with reservation with the balance due by June 14. For more information or a reservation form, call (989) 854-2509 or e-mail: mtpleasantmiareahistoricalociety@charter.net.

Herbal Studies at COA

There is an herbal studies group meeting at the Commission on Aging Activity Center on the last Wednesday of each month from 6 to 8 p.m. in Room B. Each month the group studies a single herb for its many uses such as teas, health benefits, craft uses, cooking and fabric coloring. The group is open to the public. Light snacks will be served. If you have questions please call Cathy at 989-772-5451.

(SERA) State Employee Retirement Association

Please put May 15, at 1:30 p.m. on your calendar. We will hear a presentation by Ron Tatro from Elder Law of Michigan for Elder Abuse Prevention Projects and Consumer Fraud Prevention at the Commission on Aging building in Room A.

We meet the third Tuesday of the month at 1:30 p.m. We would love to see retired co-workers and recent retirees. Our meetings are educational and fun. We have a 50/50 drawing as well as door prizes. It would be great if everyone who has paid their dues would attend. Yearly dues are \$11.00. Hope to see you there.

If you have any questions, please contact Jackie Curtis at 989-772-0597 or email jac62irish@yahoo.com.

Grace Mc Arthur Art Exhibit and Fundraiser

The Friends of the Faith Johnston Memorial Library group will host a Grace McArthur Art Exhibit and Fundraiser on Saturday May 12, 2012, from 5:00 p.m. to 8:00 p.m. at Faith Johnston Memorial Library, 4035 N. Mission Rd., Rosebush.

Admission is \$10 per person, and tickets are available for purchase at Faith Johnston Memorial Library, Art Reach of Mid Michigan and Veteran's Memorial Library. The event includes over 30 art items, live music, hors d'oeuvres and door prizes.

Grace McArthur was a primitive folk art painter and longtime resident of Rosebush. This event is brought to you by: Michigan Council for Arts and Cultural Affairs, Art Reach of Mid Michigan, The Friends of the Faith Johnston Memorial Library and Chippewa River District Library System.

Rosebush Manor Assisted Living Community COMMUNITY FEST!

Please join us for an afternoon of fun in the courtyard. Bring your lawn chair and enjoy music, food, and entertainment.

Location: Rosebush Manor
4210 E. Rosebush Rd., Rosebush
Time: 1p.m.-7p.m. on Saturday June 2nd

We are looking for a few bands to play for one hour each

If interested, Please contact:
Jackie Frost at 989-433-0150 or Megan Wedge at 989-944-4843

Legal Services
Lakeshore Legal Aid provides
FREE legal advice to people
over age 60.
For an appointment call Toll
Free:
1-866-552-2889

**9-1-1 Reflective
Address Signs are
available from COA
Call 772-0748**

Caregiver Support

The next Caregiver Support Meeting will be May 15, 2012, at the Isabella County Commission on Aging Activity Center. The meeting is held from 6:30 - 8:00 p.m. in the Craft Room. This group is open to all caregivers, be it caring for your mother, spouse, grandparent or friend. In this group will you find support, learn strategies for coping with difficult situations, and get ideas that you can immediately implement in your caregiving routine. Educational handouts always provided. Please call COA (989) 772-0748 if you questions about this group.

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

Ask a COA Specialist

Question: I’m new to caregiving, and it’s a little scary. What resources are available to me and my family?

Answer: We are indeed fortunate in Isabella County to have programs at the Isabella County Commission on Aging. The Commission on Aging can assist through the following programs:

Respite Care Program which provides time away for the caregiver(s) while a respite care aide from the agency remains with the care recipient. The agency is able to provide this service 1 or 2 times a week for 4 to 6 hours at a time.

Caregiver Training Program which provides assistance with all aspects of caregiving. A caregiver trainer is available to assist with situations or questions concerning nutrition, stress, and other health and wellness issues

Case Management which provides social workers who are well versed in the resources available locally, state-wide and federally. Case managers assist with housing issues, financial/insurance questions and many other issues dealing with caregiving.

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**.

Reminder:
The Commission on Aging office, building, and all Food Sites will be CLOSED on:
Monday, May 28, Memorial Day.

Beware of Scams

Scam #1 Someone, who claims to be a jury duty coordinator, calls a person to verify they received a summons for jury duty, and that a warrant had been issued for their arrest. If the person states they never received a summons, the scammer asks for their Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. The person’s identity may be compromised by providing this information.

The fraud has been reported so far in 11 states including Oklahoma, Illinois, Colorado, and Arizona. This scam is particularly insidious because intimidation is used to obtain information from callers pretending to be with the court system. The FBI and the federal court system have issued nationwide alerts on their websites warning consumers about the fraud. For additional information, go to http://www.FBI.gov/page2/june06/jury_scams060206.htm.

Scam #2 There is a nationwide telemarketing scam for WalMart gift cards. Callers are asking for bank account numbers and personal information. Just **HANG UP** the phone!

Scam #3 A letter arrives advising the older adult of a car accident involving relatives and gives instructions on how to contact the relatives. The letter is actually mailed from outside of the United States. Do not reply to this letter!

If you receive a suspicious call or letter, contact your local law enforcement officials. A legitimate organization will not request personal information over the phone.

Genealogical Society of Isabella County

Preserving your Family Lineage is just as important as Estate Planning. The Genealogical Society of Isabella County can help you get started with your family tree.

Please plan to join our monthly meetings to hear special guest speakers or join in when we help tear down those brick walls researchers encounter. The society meets the 2nd Thursday of each month at the Commission on Aging building at 7 p.m.

~ Upcoming Programs ~

May10: Jo Jennings discusses the Shattuck family research.
More information may be obtained from our website: <http://isabellagenealogy.org/home>

Go Online to Check Your Tax Refund Status

FEDERAL: 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
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

May 4, 11, 18, 25, from 9:00-Noon MidMichigan Health Park sponsors *free* blood pressure screenings as a public service. No appointment and no preparation are required. Screenings will be canceled due to holidays or bad weather.

Bariatric Surgery Options

May 24, 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 **McClaren- Central Michigan Hospital, 1221 South Drive, Mt. Pleasant**.

Smoking Cessation– Series of Classes

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**.

Treatment Options for Varicose Veins

May 10, from 6:00-7:00 p.m. in the FDJ Conference Room. Join General and Vascular Surgeon Amitava Ghosh, MD for a discussion on the symptoms, diagnosis, and treatment option, including venous ablation.

Women Battling Cancer Can Look Good Feel Better

May 14 from 9:30-11:30 a.m. McLaren Cancer Institute, 1221 South Drive, Mt. Pl. A trained beauty professional from Headliner’s Salon will lead the group of four to six women, through practical, hands-on instruction. Women learn about makeup techniques, skincare, nail care, and options related to hair loss such as wigs, turbans, and scarves. Each program participant receives a free kit of cosmetics worth over \$250.00 for use during and after the workshop. Contact the American Cancer Society at **1-800-227-2345** to register for this free educational program.

Meals in Minutes

May 17, from 6:00-7:00 p.m. in the FDJ Conference a Room. Learn how to prepare nutritious meals for busy families in half an hour. Tips for saving money at the grocery store, speed cooking, and nutritious, good tasting options to fast food are included.

Protect the Skin You’re In

May 18, from 9:00a.m.-12:00 p.m. at 2940 Health Parkway and May 31, from 3:00-6:00 p.m. at 1970 Ashland Dr., Mt. Pleasant. Skin Cancer can be successfully treated before it has a chance to spread. Schedule your *free* appointment by calling **(989)779-5606**.

PAD, Carotid, Aortic Aneurysm Screening

May 22, from 8:00 a.m.-4:00 p.m. at the Heart and Vascular Center. Call **989-953-5147** to see if you are a candidate for this *free* screening.

Explore Treatment Options for Hip Arthritis

May 24, from 6:30-7:30 p.m. in the FDJ Conference Room. Join Orthopedic Surgeon. Michael Moutsatson, Do, for a discussion on the symptoms of hip arthritis, diagnosis and

Mt. Pl. Historical Society features Judy Welsh

Mt. Pleasant’s Judy Welsh will present the story of her two shared ancestor families, the Pickards and the Collins, both prominent in early Isabella County and Mt. Pleasant life. The Pickard’s lumber camps were located near Mt. Pleasant in Isabella County. The street on Mt. Pleasant’s north end is named for the Pickard brothers, whose two farms were north of the village, named after one route they took to their lumber operations. Later, the Pickard’s served in the Isabella County Sheriff’s Department.

Welsh will make her presentation at the Mt. Pleasant Area Historical Society meeting at 7:00 p.m. on Tuesday, May 1 at the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant.

Shepherd Historical Society

The Shepherd Area Historical Society meets Monday May 14, 2012, at the Old Powerhouse Museum on West Maple Street in Shepherd. Our program will be a presentation on John E. “Spikehorn” Meyer by Ray Alexander.

Known for his Bear Den and Wildlife Park, moccasins and buckskin clothes, John “Spikehorn” Meyer was born July 15, 1870, in Ohio. His family moved to Isabella County in 1876. They lived about two miles from Salt River.

Meetings are from 7 p.m. until 9 p.m. Guests and new members are welcome. For additional information about the society, contact Larry Noyes at **828-5319**.

Weidman Euchre Club

The group 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**.

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

When Should I go to the Doctor?

By Lisa Cross, Health Educator

There are plenty of symptoms that warrant a visit to the doctor. Basic care can often reveal conditions that may need further testing or explanation. Medical advances have come a long way in recent years enabling better diagnostic tools, which in turn provide for a better prognosis and quality of life, both essential to healthy living.

Symptoms to send you to the doctor:

- persistent cough or blood tinged saliva
- change in bowel habits
- blood in the stool
- unexplained anemia
- breast lump or breast discharge
- lump in the testicles
- change in urination
- blood in the urine
- hoarseness
- indigestion or difficulty swallowing
- unusual vaginal bleeding or discharge
- unexpected weight loss, night sweats, fever
- continued itching genital/anal area
- non-healing sores
- headaches
- back pain, pelvic pain, bloating or indigestion

Investing the time in your physical body is the most precious gift that you can give yourself. Listen to what your body is saying. For further information, please seek the attention of a licensed healthcare provider.

This article has been provided by Central Michigan District Health Department, which serves the local residents of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon Counties. Visit our website at www.cmdhd.org. Join us (Central Michigan District Health Department) on Facebook.

Older Americans Month 2012 Never Too Old to Play!

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month—a proud tradition that shows our nation’s commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012—*Never Too Old to Play!*—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year’s celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults—many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

While the Isabella County Commission on Aging provides services, support, and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them! Contact the Isabella County commission on Aging, visit www.eldercare.gov or call **1-800-677-1116** to find ongoing opportunities to celebrate and support older Americans.

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

Are you wondering how you can help?
BE A HOLE SPONSOR at \$100.00, MEAL SPONSOR at \$125.00 or DONATE A RAFFLE/SILENT AUCTION PRIZE

For more information contact:
Sally or Ginny at **772-0748** or
swojciechowski@isabellacounty.org
or gcain@isabellacounty.org



Activity Center		MAY ACTIVITIES		
Monday	Tuesday	Wednesday		
Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu in this issue!	9:00 Tai Chi (F) 10:00 Cribbage (C) 10:00 Country Music 12:30 Banjos&Guitars (B) 11:00Tai Chi (F) 1:00 CMU Bridge (Craft) 12:00 Retired School Personnel (A) 2:00 - 4:00 Intermediate Line Dancing (C) 5:15 COA Advisory Board Mtg. (BR1) 6:00 Watershed Conservancy (B) 7:00 Mt. Pleasant Historical Society (A)	9:00 - 4:00 Sheriff Department (A) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Computer Class (Lab) 10:00 Watercolor Class (Craft) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)	1 2	
	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) 6:00 Woodland Hospice Grief Group (Craft) 6:30 Square Dancing (C)	9:00 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 10:00 Sleep Disorders Information (A) 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)	8:00 Sherriff Department (B) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Computer (Lab) 10:00Watercolor (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)	7 8 9
	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) 6:00 Woodland Hospice Grief Group (B) 6:00 Parkinson’s Support Group (Craft) 6:30 Square Dancing (C)	8:30 Friends of Isabella Seniors Mtg (BR1) 9:00 Extension Office Mtg. (Craft) 9:00 Tai Chi Five Elements (F) 11:00 Tai Chi Class (F) 11:00 Nutrition Mtg. (A) 1:30 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing (C) 6:30 Caregiver Support (Craft)	8:30 Community Mental Health Mtg.(B) 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Computer (Lab) 10:00 Watercolor Class (Craft) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)	14 15 16
	10:00 and 11:00 Exercise - Low Impact (F) 10:00 Dulcimer Practice (Craft) 11:00 Blue Cross Mtg. (B) 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)	8:00 Women’s Aid Staff Mtg. (B) 9:00 Tai Chi Five Elements (Craft) 11:00 Tai Chi Class (F) 12:30 Movie “Warhorse” (A and 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)	8:00 Quilter Class (A) 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Computer (Lab) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)	21 22 23
	Memorial Day Building Closed	9:00 Tai Chi Five Elements (F) 11:00 Tai Chi (F) 2:00 Intermediate Line Dancing (C)	10:00 and 11:00 Exercise - Low Impact 10:00 Computer Class (Lab) 1:00 Happy Rippers Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 6:00 West Union Condos Potluck/ Mtg (C) 6:00 Herbal Workshop (B)	28 29 30

This page is sponsored by: **McLaren - Central Michigan Hospital**

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

Thursday	Friday	Saturday
3 9:00 Tai Chi (F) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 10:30 Singers (Craft) 11:00 Tai Chi (F) 1:30 Watercolor Class (Craft) 1:00 Beginner Line Dancing (C) 4:30 Bead Class (A) 6:00 Clowns (Craft)	4 9:00 Isabella County Collaborative (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 12:30 Ukulele (Craft) 1:00 Eat Smart Live Strong (B)	5 8:00 Meeting (A and B) 9:00 Doll Making Class (Craft) 1:00 Euchre Card Party (C)
10 9:00 - 1:00 Health Fair (A & B) 10:00 Computer Class (Lab) Learn to Knit (C) 11:00 Tai Chi (F) 1:30 Art Class (Craft) 1:00 Beginner Line Dancing (C) 2:00 Memory Enhancement Program (A) 4:30 Bead Class (Craft) 7:00 Genealogy (B) 7:00 - 9:00 Mid Michigan Patriots (A)	11 8:30 FGP/SCP in-service (A) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Jam Session (Craft) 12:30 Ukulele Class (Craft) 1:00 Eat Smart Live Strong (B) 6:00 Dance (C) \$5.00	12 9:00 Doll Making Class (Craft) 1:00 Euchre Card Party (C)
17 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 10:30 Singers (Craft) 11:00 Tai Chi Class (F) 1:00 Snow Bird Book Club (Library) 1:00 Beginner Line Dancing (C) 1:00 Art Class (Craft) 4:30 Bead Class (Craft)	18 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)	19 1:00 Euchre Card Party (C)
24 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 11:00 Tai Chi (F) 1:00 NO LINE DANCING TODAY! (C) 4:30 Bead Class (Craft) Staff Development Day No FWF Lunch	25 8:30 AARP Safe Driving Class (A) 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)	26 1:00 Euchre Card Party (C)
31 9:00 Tai Chi Five Elements 9:30 - 3:00 MDSA Mtg. (B) 10:00 Computer Class (Lab) 1:00 Beginner Line Dancing (C) 4:30 Bead Class (Craft)	The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows: A = Activity Room A F = Fitness Room B = Activity Room B CR1 = Conf Room B139 C = Activity Room C Lab = Computer Lab	

Classes

Computer Instruction

On Wednesday and Thursday from 10:00 a.m. to 11:45 a.m. there is a teacher in our computer lab to provide instruction. Some of you may have your own lap top computers, and we encourage you to bring them in if you have questions about how to use them. Just stop in and meet Jan.

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.

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.

Cribbage

Every Tuesday at 10:00 a.m. Room C

Upcoming

Better Sleep for the Rest of Your Life

Tuesday, May 8 10:30 a.m.

Join us as Dr. Elie Obeid, MD., Pulmonologist for a discussion on common sleep disorders and what to expect during a sleep study. Information on medical equipment, as well as insurance compliance will also be shared. Reservations are required and can be made by calling Jen Conner at **772-0748**. This session will be held in Room A at the COA Activity Center



May Community Dance

Presented by Red Hat Strutters
Friday, May 11 **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, May 1 and 8

Play Your Dulcimer

Mondays - 10:00 a.m.

Would you like to be in a Variety Show??

We are looking for people who would like to sing, dance, recite, perform magic tricks or entertain. Call Sally at **772-0748**, and a group meeting will be planned to explore the options of a variety show later this year.

Art / Craft Classes

Learn to Knit

Thursdays - 10:00 a. m.

Readers Theatre Group

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

Doll Making Class

Saturday, May 5 and May 12
9:30 a.m. to 5:00 p.m. COA Craft Room
Create a fabric doll at this two day workshop. The cost is \$75.00. You will need to bring your sewing machine and a box lunch for each day. To register or for more information call Gerry Ann Ryan at 989-588-6946.

Bead Class

Thursdays at 4:30 p.m.
For more information call June 773-3398

Exercise Classes

Lo Impact Aerobic Classes

M W F 10:00 a.m. and 11:00 a.m.

Tai Chi Classes

Beginners Only 10:30 - 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

Tai Chi Five Elements Class

May 8 thru May 31
Tuesday & Thursdays 9:00 a.m. -10:00a.m
Cost: \$60.00 pay at 1st class
No experience required

Activity Center TRAVEL ACTIVITIES

DAY AND EXTENDED TRIPS CALL 772-0748 FOR PRICES

Detroit Tiger Baseball

Thursday, June 21

Tigers vs. St. Louis Cardinals

Seats in Section #113 rows 40 thru 42

Cost: \$98.00

SOLD OUT!!!!!!!

The 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.

Detroit vs. Toronto

Thursday, September 20

Cost: \$85.00

Same times as above, The cost is less because it is a Senior Day. Ticket is less and you get a coupon for a soft drink and a hot dog. Now taking reservations. Payment is due by August 20.

Purple Rose Theatre in Chelsea

“On Golden Pond” August 1

Lunch at the Common Grill

Cost: \$95.00

This charming love story follows Ethel and Norman Thayer as they return to their summer home in Maine. Their respite is interrupted by the arrival of their estranged daughter, her fiancé and his teenage son. Norman and the boy develop an unlikely friendship. The cost includes transportation, lunch and theatre ticket. The motor coach will depart from pole B in the Meijer parking lot at 9:30 a.m. Lunch is at 12:15 p.m. You will have time to shop downtown Chelsea until the show starts at 3:00 p.m. The group should arrive back in Mt. Pleasant by 8:00 p.m. A fast food stop will be made on route. Reservations need to be in and paid for by July 10. Call 772-0748 to reserve your spot.



Mackinac Island

Lunch at the Grand Hotel

Festival of the Horse

Thursday, August 9

Cost: \$140.00

Come with us for a day on Mackinac Island during the Festival of the Horse. Enjoy lunch at the Grand Hotel at noon: then walk down to see the horses perform at 2:00 p.m. in the park on the way to town from the Hotel. There will be Friesians and Lippizans. Motor coach departs Meijer pole B at 8:00 a.m. We will catch the 11:00 a.m. ferry to the Island and stay there until 5:00 p.m. Arrival back in Mt. Pleasant will be at approximately 9:00 p.m. Cost includes motor coach transportation, ferry ride to and from the Island, taxi ride to hotel, Grand Buffet Lunch and horse performance. You have to be able to walk well to do this trip. Call 772-0748 to reserve your spot. Payment due by July 9.

Toronto

“Warhorse” the Play

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
Click on COA Trips or
Call 772-0748 for information!

Vintage Ohio Wine Festival

August 3 - 4

Stratford/Niagara on the Lake

“42nd Street” “Ragtime” & “Girl Friday”

August 15 - 17

National Parks

August 21 - September 3

Mississippi River Cruise

Legends Music

“Dixie Swim Club”

September 12-14

Agawa Canyon Train Ride

Kewadin Casino Hotel

September 25-27

(need a proof of citizenship)

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

Niagara Falls

“Bobby Vinton” “Oak Ridge Boys”

Shawn Klush Elvis Impersonator

November 25 - 27

Chicago “Sister Act”

Staying at the Palmer House Hotel

November 29 - December 1

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

Food With Friends

May EAT SMART MENU

FWF Eat Smart Menu				May 2012
Monday	Tuesday	Wednesday	Thursday	Friday
	<div>1</div> <div>Turkey Tetrazzini</div> <div>Bread</div> <div>Carrots</div> <div>Coleslaw</div> <div>Pears</div>	<div>2</div> <div>Beef Stew</div> <div>Biscuit</div> <div>Cucumber Salad</div> <div>Grape Banana Fruit Cup</div> <div>Cookie</div>	<div>3</div> <div>Chili (turkey)</div> <div>Corn Bread</div> <div>Tossed Salad</div> <div>Apricots</div> <div>Goldfish Graham</div>	<div>4</div> <div>Turkey Loaf</div> <div>Bread</div> <div>Baked Potato</div> <div>Bean Salad</div> <div>Fruit Cocktail Gelatin</div>
<div>7</div> <div>Veal Parmesan</div> <div>Bread</div> <div>Peas</div> <div>Fruited Coleslaw</div> <div>Tropical Fruit</div>	<div>8</div> <div>Baked Ham</div> <div>Bread</div> <div>Squash</div> <div>Green Beans</div> <div>Peaches</div>	<div>9</div> <div>Lemon Baked Chicken</div> <div>Bread</div> <div>Oven Roasted Potatoes</div> <div>Broccoli/Cauliflower Salad</div> <div>Strawberries</div>	<div>10</div> <div>Beef Mozzarella Melt</div> <div>Bread</div> <div>Corn</div> <div>Stewed Tomatoes</div> <div>Pears</div>	<div>11</div> <div>Chicken Rice Casserole</div> <div>Bread</div> <div>California Blend</div> <div>Tossed Salad</div> <div>Mixed Fruit Cup</div>
<div>14</div> <div>Baked Spaghetti (turkey)</div> <div>Garlic Toast</div> <div>Tossed Salad</div> <div>Pears</div>	<div>15</div> <div>Chicken Broccoli Cheese</div> <div>Bread</div> <div>Baked Potato</div> <div>Italian Blend</div> <div>Pineapple Gelatin</div>	<div>16</div> <div>Sloppy Joe (turkey)</div> <div>Bun</div> <div>Carrots</div> <div>Pork 'N Bean Salad</div> <div>Cherry Fruit Cup</div>	<div>17</div> <div>Salisbury Steak (beef)</div> <div>Bread</div> <div>Whipped Potatoes</div> <div>Peas & Carrots</div> <div>Citrus Fruit Cup</div>	<div>18</div> <div>Turkey Stew</div> <div>Biscuit</div> <div>Coleslaw</div> <div>Cinnamon Applesauce</div>
<div>21</div> <div>Macaroni & Cheese</div> <div>Bread</div> <div>Winter Blend</div> <div>Carrot Salad</div> <div>Pineapple</div>	<div>22</div> <div>Meatloaf (beef & turkey)</div> <div>Bread</div> <div>Squash</div> <div>Pea Salad</div> <div>Peaches</div>	<div>23</div> <div>Hot Dog</div> <div>Bun</div> <div>Potato Salad</div> <div>Cabbage/Cauliflower Salad</div> <div>Strawberry Shortcake</div>	<div>24</div> <div>CLOSED</div> <div>Staff Development</div>	<div>25</div> <div>Meatballs (beef)</div> <div>Bread</div> <div>Redskin Potatoes</div> <div>Brussels Sprouts</div> <div>Mixed Fruit Cup</div>
<div>28</div> <div>CLOSED</div> <div>Memorial Day</div>	<div>29</div> <div>Spanish Baked Steak (beef)</div> <div>Bread</div> <div>Company Potatoes</div> <div>Malibu Vegetable Blend</div> <div>Apricots</div>	<div>30</div> <div>Beef and Noodles</div> <div>Bread</div> <div>Beets</div> <div>Tossed Salad</div> <div>Pears</div>	<div>31</div> <div>Baked Cod</div> <div>Bread</div> <div>Potato Medley</div> <div>Bean/Chickpea Salad</div> <div>Pumpkin Custard</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**

May is Better Sleep Month! However, according to the Centers for Disease Control, insufficient sleep is considered a public health epidemic. Currently, approximately one-third of all Michigan adults report not getting enough sleep at least 14 or more days a month. Moreover, according to the Institute of Medicine, persons experiencing sleep insufficiency are also more likely to suffer from chronic diseases such as

hypertension, diabetes, depression, and obesity, as well as a reduced quality of life and productivity.

Please join us as we welcome Dr. Elie Obeid, M.D., pulmonologist, Amy Foster, RPSGT/Gratiot Sleep Disorders and Vicky Flora, BSRC, RRT/Respiratory Therapist who will present “Better Sleep for the Rest of Your Life.” This team of medical experts will discuss common sleep disorders, sleep studies, medical equipment and insurance compliance. The program is scheduled from 10:30 a.m. to 12 noon, Tuesday, May 8. The program is FREE and OPEN TO THE PUBLIC, but preregistration is required and must be

made at least 24 hours in advance by calling Jen Conner at **772-0748**.

Please join us for the Free Movie and Popcorn this month when we show “War Horse” at 12:45 p.m. Tuesday, May 22. Preregistration 24 hours in advance is also required for this event and may be made by calling Jen Conner at **772-0748**. Seating may be limited, so please call early!

Finally, remember our Open Community Breakfast will be served from 8 to 9 a.m. Friday, May 18. Cost is \$4, and reservations should be made by calling Jen Conner at **772-0748**.

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**

Before we get into May, I would like to send a very big THANK YOU to the McDonald’s, on Remus Road in Mt. Pleasant. They helped us celebrate McDonald’s Fun Day with decorations and coupons for free meals. The fun continues in May! May Birthday’s and Mother’s Day are two of my favorites! Come celebrate every day with us! Make your reservations now!

- May Calendar**
- 2 Nutrition Topic-
“Nutrition Ratings”
11:00 a.m. - Lyle Thrush &
Duane Hallock
 - 7 11:00 a.m. - Birthday Party
with Leon Seiter
 - 9 11:00 a.m. - Harold Helman
Health Dept. program:
“Cholesterol Counts”
 - 11 Plant Swap
 - 14 Mother’s Day Celebration!
11:00 a.m. - Jerry Waldorf
 - 16 11:00 a.m. - Ray Brown
 - 18 On the piano Township Clerk,
John Shimmelmenn
 - 21 11:00 a.m. - Leon MacDonald
 - 23 11:00 a.m. - Aunt Mary
 - 28 **Closed – Memorial Day**
 - 30 11:00 - Lois & Steve Johnson

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**
Come see and enjoy our new picnic table (pictured at left) made by Mt. Pleasant High School students from Mr. Theunissen’s class. We love it! Thank you to all the students who made the table and to Mission Lumber for supplying the materials.

- May Calendar**
- 1 Health Department-Cholesterol
Counts
 - 2 River Rambler-10:00 a.m.
 - 3 George Jennings-11:00 a.m.
 - 9 River Rambler-10:00 a.m.
 - 10 Bingo
 - 13 Happy Mother’s Day Celebration
 - 14 Nutrition- Nutrition Ratings
 - 16 River Rambler-10:00 a.m.
 - 17 George Jennings-11:00 a.m.
 - 23 River Ramblers-10:00 a.m.
 - 24 **Closed – Staff Development Day**
 - 28 **Closed – Memorial Day**
Have a Safe Weekend
 - 30 River Ramblers-10:00 a.m.
 - 31 Bingo

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**

Help celebrate Pet Week – on May 7. A Woodland Hospice Pet Therapist will be at our site to talk about how they train the dogs and what they do. You’ll even get a chance to meet the dogs!!!
Sally from the Chippewa Nature Center will be here on May 9. Join us for a picnic with fun outdoor games on May 23. Join us every day for exercise, games, and fellowship!

- May Calendar**
- 2 Great American Grump Out!
 - 7 Pet Therapy
 - 9 Chippewa Nature Center Program
 - 11 Mother’s Day Celebration
 - 16 Health Dept. Presentation with Lisa
 - 23 Picnic Day & Outdoor Games
 - 25 Happy Birthday Bessie Kalis!
 - 28 **Closed – Memorial 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**

Hello from Rosebush! There will be two special celebrations this month. One is Mother’s Day, and we will have cookies/tea before lunch in recognition of all mothers on May11. On May 18 at 6:30 p.m., we will recognize the Armed Forces by wearing military attire and eating popcorn while watching a military movie.
Let’s hear some music! Do you like the oldies, country music or like to hear your favorite song? Harold Helman will bring his Karoke machine on May 21.

- May Calendar**
- 2 Sit & Get Fit-11:15 a.m.
Health Department-12:30 P.M.
Penny Bingo-1:00 p.m.
 - 4 Chippewa Nature Center-12:45 p.m.
 - 7 Sit & Get Fit-11:15 a.m.
Birthday Party-12:30 P.M.
Nutrition-12:45 p.m.
Word Search/Crossword-1:00 p.m.
 - 9 Wild Sock Fashion Show-11:30 a.m.
Penny Bingo-1:00 p.m.
 - 11 Sit & Get Fit-11:15 a.m.
Celebrate Mother’s Day-11:30 a.m.
Good Times Band-1:00 p.m.
Coffee/Cookies-2:00 p.m.
 - 14 Sit & Get Fit-11:15 a.m.
Bingo with Prizes/Hospice-1:00
 - 16 Sit & Get Fit-11:15 a.m.
Bingo with Prizes/Laurels-1:00 p.m.
Storytelling-2:00 p.m.
 - 18 Armed Forces Day-11:30 a.m.
Young at Heart Band-1:00 p.m.
Ice Cream Social-2:00 p.m.
 - 21 Sit & Get Fit-11:15 a.m.
Karoke/Harold Helman-12:45 p.m.
 - 23 Picnic Day
Penny Bingo-1:00 p.m.
 - 25 Sit & Get Fit-11:15 a.m.
Craig Newton-1:00 p.m.
 - 28 **Closed**
 - 30 Sit & Get Fit-11:15 a.m.

IN MEMORY OF

Mary Hecksel
Nancy Carey Cancer
Support Group

Paul Dent
Larry & Annette Bowers

Maryanne Fransen
Ken & Carol Douglas

John Olson
Don & Gerry Schumacher
Carrie & Jerry Wieferich
William & Joan Ruddell

Joyce Mason
Terry & Rose Inosencio

Ruth Olson
Carrie & Jerry Wieferich

John “Jack” Veit
R.L. Hovey
Stan & Mary Veit
Floyd & Shirley Reed
Dick & Sandy Wood

Harold Hetherington
Alice Hetherington

Ida Coomer
Alice Hetherington

Bill Schueller
Donna Smalley

Keith Bowers
Richard & Justine Bernard

Shelby Jean Kenny
Carrie & Jerry Wieferich

Anna Marie Larmoreaux
Carrie & Jerry Wieferich

Donations As of April 18, 2012



Veterans
In Memory of

Leon Kappler
Delbert & Joyce Heistand

Melvin Kappler
Delbert & Joyce Heistand

Russell Kappler
Delbert & Joyce Heistand

Tom Kappler
Delbert & Joyce Heistand

Dan Kostrzewa
Craig & Kathy House

Foster Grandparent
In Memory of

Kay Harless
Mr. & Mrs. Kenneth
Blevins

In Home Services
In Memory of

Rosie Sponseller
Harold & Jeanette Wilson

**Donations to
COMMISSION ON
AGING**

In Home Services

Birgit Roy

Gold Key Volunteers

Bunny Traines

Activity Center

Richard & Jean Thomas
Martha Rarick
Marjorie Lynch-Park
Earl Sawade
Lois Rydahl
Clara Garner
Dorothy Steele
Howard & Mary Lou Jones
Frank Frick
Joyce Willis
Anonymous
Melvin Onuskanich
State Employees Retiree
Assoc.

Food with Friends

Barbara Zelesket

COA Walking Trail

Anonymous

Gold Key Transportation

Christa Kamenetsky

Donations to ACTIVE LIVING

Robert Welsh
Mary Nolan
Mary Gaudette
Milne & Marilyn Witbeck
Eileen McCarthy
Rose Fortin
Frances & Darlene Fedewa
Laura Pohl
Howard Homister
Velma Burr
Linda Rose
Joann Bellingar
Mark & Connie Greenwald
Ronald & Lois Doerr
Paul Fortino Jr.
Marcella Kocar
Val Wolters
Dorothy Tilmann
Maureen Wardrop
Thomas & Glenda Fyke
Thelma Mullet
Elmer & June Walker
Donald & Barbara Carey
Jerry Schafer
John & Marilyn Zerbe
Ernestine Bintz
Harold & Jeanette Wilson
Dave & Carol Neyer
Jack & Sandra Wolfe
Andrew Tschappat
James Dutcher
Gene & Marie Backlund
Shirley Blackwell
David & Chris Myers
Ruth Cook
Larry & Judy Boursaw
Wilma Blackman
Richard & Justine Bernard
Florence Emlinger
Ken & Marjorie Keene
Jeanette Wedding
Barbara Zelesket
Robert & Eileen Rankin
Michael & Jeanne Hottinger
Eva Lumbert
Lucile Latta
Marion Straight
Murray Mogg
Priscilla Garver
Doris Dale
Michael & Joan Carmody
Donna Bell Turner
Marlene Coney
William & Wenona Beltinck
Mt Pleasant Garden Club

Honor Our Veterans – Memorial Day

On Memorial Day, America undertakes its solemn duty to remember the sacred list of brave Americans who have sacrificed their lives for the cause of freedom and the security of our nation. By honoring these proud Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen lost throughout our country's history, we renew our commitment to upholding the democratic ideals they fought and died to preserve.

Public Law 106-579, the **National Moment of Remembrance**, established by Congress, asks Americans, wherever they are at 3 p.m., local time, on [Memorial Day](#), to pause in an act of national unity for a duration of one minute. The time 3 p.m. was chosen because it is the time when most Americans are enjoying their freedoms on the national holiday.

The moment does not replace traditional Memorial Day events; rather, it is an act of national unity in which all Americans, alone or with family and friends, honor those who died in service to the United States.

Computer Training Classes

At Veterans Memorial Library

<u>May Calendar</u>	<u>Free Classes</u>
1	10:00 a.m. Mastering the Mouse
3	3:00 p.m. Basic Computing
7	11:00 a.m. Basic Windows
8	10:00 a.m. Basic Internet
10	2:00 p.m. Basic Word
14	11:00 a.m. Basic Email
15	10:00 a.m. eReaders
17	2:00 p.m. Facebook1: Get an Account
21	11:00 a.m. Genealogy 1
22	10:00 a.m. Intermediate Word
24	2:00 p.m. Computer Security
29	10:00 a.m. Internet Searching
31	2:00 p.m. Facebook 2: You Have

An Account, Now What
Remember individual help is also available between classes! To register for these free classes call **773-3242 ext. 33**.

**COMMISSION
ON AGING
ADVISORY BOARD**

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

**Friends of Isabella Seniors
Board of Directors**

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

Temporarily Away

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

Active LIVING Deadline

Each issue of Active LIVING is printed and mailed to our readers before the 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.

For Delivery of



Please check:

☐ New Subscriber

☐ Renewal

Contribution: \$

☐ Change of Address (Please attach a label with old address)

☐ Temporarily Away

Stop Date

Restart Date

Temporarily Away - Address

Full Name

Number & Street

Apt. No.

City

Zip

Phone

New Subscriber or Change of Address

Full Name

Number & Street

Apt. No.

City

Zip

Phone

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:

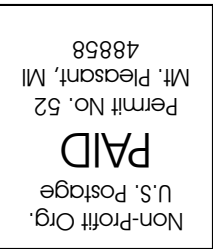
***Seasonal Fruit Juice/Coffee Scrambled Eggs Toast and Muffins
The Cook’s Special and Bacon/Sausage (2 links and 2 strips)***

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

MAY 2012 ACTIVE LIVING

INSIDE May 2012 issue

Aging Well Health Fair	1
Director’s Comments	2
Events in May at COA	2
Mission Moments	3
Grace McArthur Art Exhibit	4
Caregiver Support	4
Community Fest needs Musicians	4
Ask a COA Specialist	5
Check Your Tax Refund Status	5
Beware of Scams	5
Historical Societies	6
Upcoming Health Events	6
When Should I Go To the Doctor/	7
Activity Calendar	8, 9
Activity Center Activities	10
Travel Activities	11
FWF Menu & Activities	12, 13
Memorials and Donations	14



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

