

# Active LIVING

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June 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](http://isabellacounty.org/dept/coa/news.html)

## Annual Golf Outing Supports COA Volunteer Mileage!

Friday, August 3, 2012  
Pleasant Hills Golf Club  
9:00 a.m. - Shotgun Start  
Scramble - 3 Person Teams

How can YOU help?

**BE A HOLE SPONSOR at  
\$100.00, MEAL SPONSOR at  
\$125.00 or DONATE A RAFFLE/  
SILENT AUCTION PRIZE**



OR

Form a Team

Join COA for a great day of golf!

**All Golfers are eligible for:**

Raffle Silent Auction Prizes

*You could win a  
2012 Buick Verano lease  
or other fabulous prizes  
on a Hole-In-One!!!*

For more information contact:  
Sally or Ginny at **772-0748** or  
[swojciechowski@isabellacounty.org](mailto:swojciechowski@isabellacounty.org)  
or [gcain@isabellacounty.org](mailto:gcain@isabellacounty.org)



The Central Michigan women's basketball staff awards a check for \$500 to the Isabella County Commission on Aging. The Chippewas received \$500 for winning the Mid-American Conference award in the NCAA's Pack the House challenge.

## Women's Basketball Gives Back

Courtesy: Erin Mowrey/CMU Athletics

In conjunction with the Isabella County Commission on Aging, the Central Michigan women's basketball program made a special presentation on May 2. The Chippewas were awarded a \$500 prize for claiming the victory in the NCAA's "Pack the House" competition as representatives of the Mid-American Conference. CMU chose to donate the prize to the local program that focuses on assisting individuals who are 60 years or older to live healthy, independent and fulfilling lives.

"Winning the Pack the House award each year has allowed us to give back to the various agencies in our community," said head coach Sue Guevara. "The Commission on Aging is a wonderful group that helps so many of our older adults in the Mid-Michigan area. This group has been supportive of our program and I look forward to continued involvement with them in the future."

The Chippewas claimed the prize by drawing 4,296 fans to their season opener against Northwestern. Mid-Michigan elementary and middle schools were invited to attend the game as part of CMU's "Hoops for Hunger" promotion. Through Hoops for Hunger the Maroon and Gold raised 51,000 pounds of food for the Food Bank of Eastern Michigan. The program was created to not only show the children an exciting afternoon of women's basketball, but also to expose them to the rising problem of hunger in their own backyard.

## Director's Comments



How long ago did I write to everyone about our walking trail? It's been a while, so I thought it was important to provide an update on our progress.

First of all we now have the money we need to complete the trail. The trail funding came from the following:

- Mt. Pleasant Area Community Foundation
- Brewster Family Access to Recreation Fund
- Healthy Seniors Fund
- G. Charles and Janice L. Hubscher Fund
- Theunissen Family Fund
- The Charles J. Strosacker Foundation
- Rollin M. Gerstacker Foundation
- Anonymous Donor

We have also received a wonderful donation of trees that have been planted around the COA building. On April 21, Allen Trees delivered and planted 30 pine trees. These trees were given to us as a gift from the Mt. Pleasant Garden Club. They are beautiful eight foot Blue Spruce and Norway Pines that really look wonderful around the building. You can see some of the new trees in photos next to this article.

Once the trail is in place we will be doing more landscaping and adding additional ornamental trees and flowers. We will be working with a local nursery to determine what we need.

For now I am finishing up the Request for Bids document that Isabella County requires when there is a construction project. It is our hope that the trail will be in place by the end of the summer.

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

## Mt. Pleasant Garden Club Donates Trees to COA



Pictured above (left to right) are Mary Harter, Treasurer of the Mt. Pleasant Garden Club, Brenda Upton, Executive Director of the Commission on Aging and Mary Ellen Wynes, Secretary of the Mt. Pleasant Garden Club. The Garden Club meets at the COA Activity Building the 3rd Monday of the month at 1:00 p.m. The public is welcome.

Pictured below are employees of Allen Tree Farms planting the trees at the COA on Saturday April 21.



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

## Mission Moments

*There are always two sides to every story and that could not be truer for the Senior Companion Program. This volunteer program touches the life of the volunteer as well as the family and client they serve. Below are two sides of one very special story.*

### The Family's Side:

Life is about many things and transition is certainly one of them. Life changing events come for all of us, and one of the major life transitions is when a parent comes to live in one's home. Having recently been in that position, I am even more aware of how good it is to know community resources. Caregivers worry about parents having to make a move from state to state, getting to know a new home and making new friends. I tried to make my 92 year old mother's move to Michigan a smooth one: making her bedroom look like the one she had at her home; putting up lots of family pictures; making sure friends and neighbors visited to welcome her. All of those things were very helpful, but I know in my heart that the person who helped the most was her Senior Companion. Even though my mother's memory was failing, she still enjoyed playing hours of Gin Rummy and her Senior Companion spent hours each week playing cards with her. When my mother's memory continued to fail, the Senior Companion still played cards, though the rules went by the way, and sometimes the game looked nothing like Gin Rummy. You see, my mother loved playing cards, but more important was the one-on-one contact with another person outside the family who not only played her favorite card game but laughed with her and made her feel special. The fact is my mother wasn't the only one who relied on the Senior Companion. I relied on her also and knew my mother was in the best of hands. Transitions aren't always easy but our Senior Companion made all the difference!

### The Volunteer's Side:

Being a Senior Companion is a world of many gifts. One of my most precious gifts was spending time with and getting to know Katie. Our mutual interest in playing cards was only the beginning of our friendship. She always greeted me with "Hi, how are you" and a big smile. Even on a bad day that greeting made me smile. Katie never complained about any of the obstacles she faced in life, past or present. All those hours together and not one "why me" made our visits uplifting for me. If I did hear any complaints it was because I won too many card games in a row, but that didn't happen very often because Katie knew her cards. During our time together she showed me her wit and shared her words of wisdom. Her many one liners still make me smile. When a serious topic came up her years of experiences gave her the ability to give valuable advice. I was assigned to Katie as a help to her, but I learned so much more about life and how to live it successfully from her. Katie is indeed a gift for which I am forever grateful. Thank you to her and her family for letting me share those hours of love, which is the greatest gift of all.

*The Senior Companion Program is a testament to the importance of connections and relationships with others. It makes our world a more special place and we salute our Senior Companions for their contribution and dedication to service!*

*Mary Ann Mooradian, Foster Grandparent/Senior Companion Program Director*



**Pictured above are Senior Companion Volunteer Barb Weber and Katie.**

## Caregiver Support

Our Caregivers Support Meeting will be June 19, 2012, at the Isabella County Commission on Aging Activity Center 2200 S. Lincoln Rd. Mt. Pleasant. The meeting is held from 6:30-8:30 in the Craft Room. This group is open to all caregivers be it caring for your mother, spouse, grandparent or friend. In this group you will receive support, learn strategies for coping with difficult situations, and get ideas that you can immediately implement. Educational handouts always provided. If you have questions about this group feel free to call the COA at **989 772-0748**.

SAVE THE DATE

## Walk to End Alzheimer's

September 29, 2012  
Location: Island Park  
Time: 10:00-2:00

50% of profits will benefit:

The COA Caregiver Respite Program

Email: [debrecker1@gmail.com](mailto:debrecker1@gmail.com) with further questions

*This page is sponsored by:* **Cheryl Jindeel at Century 21 Bowerman Peake Realty, Inc.**

## Movie of the Month

On Tuesday, June 26 come to COA for a FREE movie and popcorn. This month we will show "Red Tails" at 12: 45 p.m. Set in the fire and chaos of World War II, the U.S. military recruits a fearless group of African-American fighter pilots to help reclaim the skies over Europe. Produced by George Lucas and Anthony Hemmingway.

Pre-registration is required by calling Jen Conner at 772-0748 at least 24 hours in advance. When you make your reservation, let us know if you will be joining us for lunch at noon.

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### Legal Services

Lakeshore Legal Aid provides FREE legal advice to people over age 60.

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

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## 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.

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## (SERA) State Employee Retirement Association

On June 19 at 1:30 p.m. the local chapter of SERA will have a presentation by Zana Macki from Senior Brigade (Attorney Generals Office). Zana was unable to be with us in April due to a family emergency. She will be presenting the Home Repair and Equity Scams as well as Phone and Mail Scams. She was very sorry she could not be with us in April, but we have all had emergencies come up. After the presentation there will be 50/50 drawing as well as a door prize. It would be great if everyone could attend these informative meetings. Yearly dues are \$11.00. Hope to see you there. If you have any questions: Please contact Jackie Curtis ([jac62irish@yahoo.com](mailto:jac62irish@yahoo.com)) or 989 772-0597.

## Genealogical Society of Isabella County

Have you ever heard the following statements: Digging up bones? Looking for skeleton's in the closet? Can't you let sleeping dogs lie? Genealogists have been warned against researching family trees from the beginning of time because someone is afraid something undesirable might be discovered. Don't let that keep you from joining our monthly meetings to hear special guest speakers or join in when we help tear down those brick walls that researchers may encounter. The society meets the 2<sup>nd</sup> Thursday of each month at the Commission on Aging building at 7 p.m.

Upcoming programs include June Topic: "Indentured Servants" research and July Topic: "Daughter's of the American Revolution" research. More information may be obtained from our website: <http://isabellagenealogy.org/home>

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## 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, contact: Jackie Frost at 989-433-0150 or Megan Wedge at 989-944-4843

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## National Do not Call Registry Scam

Individuals have reported receiving phone calls from people claiming to represent the National Do Not Call Registry. The callers state they are providing an opportunity to sign up for the registry. The calls are NOT from the Registry nor are they from the Federal Trade Commission. Do NOT respond to these calls. Just hang up!

You can register your home phone or your cell phone for FREE. Call 1-888-382-1222, or go to [www.donotcall.gov](http://www.donotcall.gov) and click on "Register a Phone Number." Your registration will not expire. Telephone numbers placed on the National Do Not Call Registry will remain on it permanently due to the Do Not Call Improvement Act of 2007, which became law in February 2008. When your number has been on the Registry for 31 days, most telemarketers will not call you. If they do, you can register a complaint on the website.

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## Lyme Disease-Diagnose, Treat and Prevent

The Mt. Pleasant Garden Club will have a special program on Monday, June 18 at 1 p.m. in Room A. The speaker will be Mari Pat Terpening, who is the Communicable Disease Supervisor for the Health Department and is also a Master Gardener. She will be explaining what Lyme Disease is, how it is diagnosed, treated and how to prevent it. The public is welcome to attend.

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

## Ask a COA Specialist

**Question:** I've noticed that my mother appears to have some difficulty taking her medications. She currently uses a medication box and some of her prescriptions from earlier in the week are still in the container. She appears to be forgetting to take her medications. What can I do to assist?

**Answer:** There are many reasons your mother may not be taking her prescriptions. Problems might occur due to cognitive impairments such as Alzheimer's disease or other types of dementia. She may be having difficulty affording the medications or could be experiencing negative side effects, such as a stomach ailment. There could be a multitude of reasons for why she has not taken the medication as directed. You are encouraged to discuss this concern with your mother and to decide whether she may need to address the issue with her physician, or if she can manage with a little more organization and guidance. There are programs available that could give your mom daily telephone reminders. There are medication management devices which will dispense the proper dose of the prescriptions and give reminders until they are taken. Commission on Aging Social Workers are able to make referrals to get medication management devices at a reduced rate. Contact a COA Social Worker at **(989) 772-0748** for a referral or for additional information to address your concerns.

### 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**.

## Native American Cultural Programs in your Neighborhood

Through the months of June and July, 7th Generation, from the Saginaw Chippewa Indian Tribe, will be visiting our FWF Meal & Activity Sites in Isabella County. They will be presenting a different aspect of native culture at each site. We invite you to attend as many as you wish. Please call Site Manager(s) 48 hrs in advance for each presentation you plan to attend to ensure full accommodation.

Weidman – June 12 – Native Medicine – Marjie at **989-644-2538**

Shepherd – June 20 – Native Cooking – Rose at **989-828-5106**

Rosebush – June 25 – The Importance of The Elders – Penny at **989-433-0151**

Mt. Pleasant – June 28 – Native Dance – Jen Conner at **989-772-0748**

## Assistance for Those Ineligible for Insurance

If a person is not eligible for Medicare or group/private health insurance, generally he or she would be advised to apply for a state Medicaid program, if medically necessary. There are income and asset guidelines as well as other factors when determining eligibility for these programs. Applicants are encouraged to apply for Medicaid benefits through the local Department of Human Services office, located at 1919 Parkland Drive, Mt. Pleasant, MI 48858, **(989)772-8400**.

If a person is denied Medicaid coverage and is low income, he or she may also apply for the Central Health Plan offered through Central Michigan District Health Department. The Central Health Plan is a community sponsored health care program, which will only accept applications in the event that the program has openings. Applicants must be at least 19 years of age, a resident of Isabella County, U.S. citizen and have been denied Medicaid coverage. Applicants are encouraged to apply at 2012 E Preston Ave, Mt Pleasant, MI 48858, and at **(989)773-5921 ext. 104**.

Persons who are not eligible for either program, and who have a documented medical condition within the last 12 months, or who have been denied coverage due to a health condition may be eligible for the Health Insurance Program for MI, also known as HIP. Prior to submitting, applicants must also have been uninsured for 6 months. To find out more information on HIP you can call **1-877-459-3113** or visit [www.hipmichigan.com](http://www.hipmichigan.com).

CMCH Free Health Clinic now serves Isabella County residents who have low or no income and do not have or qualify for health insurance. Persons in need of care should bring proof of residence (Driver's license or State I.D.), proof of income and a list of current medications, along with any other relevant medical information. The office is open on Thursday beginning at 5:00 p.m. with sign-in required between 5:00 and 6:30 p.m. For additional information you may contact Free Clinic Manager Nancy King, RN at **989-772-6756** or [nking@cmch.org](mailto:nking@cmch.org).

For more information, contact COA Social Workers at **(989) 772-0748**.

## Project Fresh 2012

Project Fresh coupons will be available again this year. Commission on Aging will have 100 coupon booklets to distribute. In order to qualify for Project Fresh Coupons, you must be at least 60 years of age, and be considered low income. Distribution entails completion of an informational form and attendance of the nutrition education program. The entire process generally lasts one hour. Due to the limited number of coupons available, we are requiring a scheduled appointment. Distribution will be held at Isabella County Commission on Aging, 2200 South Lincoln Road, Mt. Pleasant, MI. Please call **989-772-0748** for a scheduled appointment.

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**

**June 1, 8, 15, 22, 29, 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**

**June 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](http://www.cmch.org). The following educational programs are held at **McClaren- Central Michigan Hospital, 1221 South Drive, Mt. Pleasant.**

### **Male Incontinence**

**June 6, from 6:30-7:30 p.m. in the FDJ Conference room.** The prevalence of urinary incontinence in men increases with age and can be caused by any disease, condition, or injury that damages nerves including diabetes, stroke, Parkinson's disease, MS, spinal cord injury, and often an unknown cause. Something as simple as coughing can result in the loss of bladder control. Treatment depends on the type of severity of your symptoms, your lifestyle, and preference. Many men regain urinary control by changing a few habits and doing exercises to strengthen muscles. Other options include medications or surgery. Join Urologist Kent Kirby, MD, for a reassuring discussion of causes and treatment options for male incontinence.

### **Explore Treatment Options for Knee Arthritis**

**June 14, from 6:30-7:30 p.m. in the FDJ Conference Room.** Arthritis, or simply years of use, may damage knees causing symptoms of pain. If you are experiencing knee pain, stiffness, or swelling that makes it difficult to walk, climb stairs, or limits everyday activity, join Orthopedic Surgeon Charles Lilly, MD, for a discussion about options available to help. Learning about treatment options can help ease anxiety and provide the knowledge necessary to assist you in making the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee replacement surgery will be discussed.

### **Protect the Skin Your In**

**June 14, from 3:00-6:00 p.m. at 1970 Ashland Dr. Mt. Pleasant.** Physician Assistant Lacey Gardner will be performing free skin cancer screenings at her office.

## Cholesterol Counts

By Lisa Cross, Health Educator

Cholesterol is found in the bloodstream and in all human cells. It is a vital element for the production of hormones, vitamin D and bile salts. Cholesterol also plays a part in cellular health and is needed to keep the body in overall good health. However, too much cholesterol in the bloodstream can cause a host of problems. Because hyperlipidemia (high cholesterol) has no symptoms, it is important to be screened. Individuals age 20 years of age and older should have a cholesterol check at least once every 5 years. It is best to have a blood test - lipoprotein profile.

### **Desirable Cholesterol Levels**

Total Cholesterol less than 200mg/dL, LDL, (bad) cholesterol less than 100mg/dL. HDL (good) cholesterol 40 mg/dL or above (men) and 50 mg/dL or above for (women). Triglycerides below 150 mg/dL.

### **What affects cholesterol levels?**

#### **Non-modifiable risk factors:**

- Age and gender - as a woman ages and begins menopause, her cholesterol levels rise.
- Heredity - High Blood cholesterol can run in families.

#### **Modifiable risk factors:**

- Diet - Saturated fat, the main culprit and cholesterol in the food you eat make your blood cholesterol level go up.
- Weight - Being over weight tends to increase your cholesterol levels and place you at risk for heart disease.
- Physical activity - helps lower your total, LDL and triglyceride levels, plus raises your HDL levels.

For more information, talk with your healthcare provider about your cholesterol levels. This article has been provided by Central Michigan District Health Department. Visit our website at [www.cmdhd.org](http://www.cmdhd.org)

## Computer Training Classes

at Veterans Memorial Library

### **June Calendar**

4	11:00-12:30 p.m.
5	10:00-11:30 a.m.
7	2:00-3:30 p.m.
11	11:00-12:30 p.m.
12	10:00-11:30 a.m.
14	2:00-3:30 p.m.
18	11:00-12:30 p.m.
19	10:00-11:30 p.m.
21	2:00-3:30 p.m.
25	11:00-12:30 p.m.
26	10:00-11:30 a.m.

### **Free Classes**

Mastering the Mouse
Computer Basics
Basic Windows
Basic Internet
Basic Word
Basic Email
Basic Excel
Files & Folders
Basic Email 2
Basic Internet 2
Intermediate Word

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

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



### Walk The Trails.. Deerfield Nature Park!!!



[www.isabellacounty.org/park](http://www.isabellacounty.org/park)  
989.772.0911 extension 340

## Country Quilters Show

“A Walk Through A Garden of Quilts”

July 6 and 7 from 10 a.m. to 4 p.m.  
during Weidman Daze

At the Weidman Community Center  
5918 W. Bridge Road

Kids Corner, Raffle, Boutique

## Sue Paton will Speak about Early Mt. Pleasant

At the Mt. Pleasant Area Historical Society meeting, longtime Mt. Pleasant resident and dedicated aficionado of the area's history Sue Paton of the Brass Café and Market on Main Street will take her audience on a time machine journey to early Mt. Pleasant, where we will become familiar with a number of our early residents including Isaac Fancher, Milton Bradley, Samuel Hopkins and others. Paton's informal style, punctuated by vintage photos, has made her a popular guide to our area's yesteryears.

Paton will make her presentation at the Mt. Pleasant Area Historical Society meeting at 7:00 p.m. on June 5 at the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant.

## PROPANE, FUEL OIL, WOOD OR PELLET ASSISTANCE IS AVAILABLE

If you are in need of the above mentioned items and your tank is at 20% or below, **Eightcap** can help if you are eligible. If your monthly gross household income is within the following guidelines, you may call us at **(989)772-0110**.

# in Household	Cannot Exceed:
1	\$1,909
2	\$2,497
3	\$3,084
4	\$3,672
Each Additional Member, Add	\$107

You will need to provide your proof of income for the last 30 days for all members of the household, social security cards for each household member and a current driver's license or State ID. Eightcap is located at 310 W. Michigan, Mt. Pleasant.

## Reservations Due for Henry Ford Museum/G.F. Village

The Mt. Pleasant Area Historical Society is organizing a one day trip to Henry Ford Museum and Greenfield Village for Saturday, July 14. The 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; a \$10 "Fun Money" voucher at the Museum and Village and a \$15 food credit for dinner (\$10 for children) in Frankenmuth. Strolling ragtime musicians are slated to serenade Greenfield Village visitors the day of the MPAHS trip.

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. Send reservations to MPAHS Field Trip, P.O. Box 107, Mt. Pleasant MI 48804-0016. To receive more information or obtain a reservation form, please call **(989) 854-2509** or e-mail: [mtpleasantmiareahistoricalociety@charter.net](mailto:mtpleasantmiareahistoricalociety@charter.net).

## Westbrook Presents Early Mt. Pleasant Homes Photos

Local photo-history author Jack R. Westbrook will preview his latest book project at 6:00 p.m., Wednesday, June 13 with a slide program of early Mt. Pleasant homes at the Veteran's Memorial Library, 301 South University Avenue in Mt. Pleasant. Westbrook took and collected pictures of homes in the historic core of Mt. Pleasant, bordered by Pickard, Bellows, Pine and Mission Streets. This base of modern pictures, combined with vintage photos collected the nucleus of his program.

Through slides and narration, Westbrook will guide the audience to the doorsteps of the homes of local greats and not so greats, visiting our neighbors in the past before and just after the turn of the 19th to the 20th centuries with homey photos, some never before published. From more than 600 photos, Westbrook has selected almost 300, which will be presented in the book "At Home in Earlier Mt. Pleasant, Michigan" due for publication on September 23, 2012. A portion of the proceeds from this book will go to the Mt. Pleasant Area Historical Society History Center Fund.

**Secret Coding & WWII Spies** will be presented by Arnie Hammel of Shepherd at the Shepherd Area Historical Society meeting on Monday, June 11, 2012, 7:00 p.m. Meetings are at the Old Powerhouse Museum on first block of West Maple Street in Shepherd. Guests are always welcome. For information, call Larry Noyes at **828-5319**.

This page is sponsored by: **Mt. Pleasant Area Historical Society**

# Activity Center JUNE ACTIVITIES

Monday	Tuesday	Wednesday
<p><b>Food With Friends</b>  <b>Daily, Monday thru Friday</b>  <b>Noon in Activity Room C</b>  <b>See our Menu in this issue!</b></p>		
<p><i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i>  A = Activity Room A                      F = Fitness Room  B = Activity Room B                      CR1 = Conf Room B139  C = Activity Room C                      Lab = Computer Lab</p>		
<p>4  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)  7:00- 9:00 Square Dance Basic Lessons (C)</p>	<p>5  9:00 Tai Chi Five Elements (F)  10:00 Country Music (B) 10:00 Cribbage (C)  11:00 Tai Chi (F) 12:30 Banjos and Guitars (B)  2:00 - 4:00 Intermediate Line Dancing (C)  2:00 Eat Smart Live Strong (Craft)  5:15 COA Advisory Board Mtg. (BR1)  7:00 Mt. Pleasant Historical Society (A)</p>	<p>6  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)</p>
<p>11  10:00 and 11:00 Exercise-Low Impact (F)  10:00 PF Meeting (B)  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 Parkinson's Support Group (Craft)  7:00 - 9:00 Square Dance Basic Lessons (C)</p>	<p>12  8:00 - 11:00 Aging Service Providers (A)  9:00 Tai Chi Five Elements (F)  10:00 Needle Crafters (Craft) Cribbage (C)  10:00 Country Music 12:30 Banjos/Guitar (B)  11:00 Tai Chi Class (F) 2:00 FGP/SCP (Craft)  2:00 Eat Smart Live Strong (A)  2:00 - 4:00 Intermediate Line Dancing (C)  6:00 Watershed Conservancy (A)  6:30 Mid Michigan Wood Workers (Craft)</p>	<p>13  9:00 Department Heads (A and B)  10:00 and 11:00 Exercise - Low Impact (F)  10:00 Computer (Lab)  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)</p>
<p>18  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)  7:00 - 9:00 Square Dance Basic Lessons (C)</p>	<p>19  8:30 Friends of Isabella Seniors Mtg (BR1)  9:00 Region 7 Nutrition Mtg. (Craft)  9:00 Tai Chi Five Elements (F)  10:00 Cribbage (C)  11:00 Tai Chi Class (F)  1:30 State Retirees Meeting (A)  2:00 Eat Smart Live Strong (B)  2:00 - 4:00 Intermediate Line Dancing (C)  6:30 Caregiver Support (Craft)</p>	<p>20  10:00 PF Meeting (B)  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)</p>
<p>25  10:00 and 11:00 Exercise - Low Impact (F)  10:00 Dulcimer Practice (Craft)  10:00 PF Meeting (B) 11:00 Blue Cross (B)  1:00 Canasta, Pinochle, Dominos (C)  1:00 Legal Service (CR1) 1:00 Yoga (F)  1:00 Readers Theatre (Craft)  7:00 - 9:00 Square Dance Basic Lessons (C)</p>	<p>26  8:00 Women's Aid Staff Mtg. (B)  9:00 Tai Chi Five Elements (Craft)  10:00 Cribbage (C) 11:00 Tai Chi Class (F)  12:30 Movie Red Tails 2:00 Eat Smart (Craft)  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)</p>	<p>27  8:30 - 12:30 SCP Meeting (B)  10:00 and 11:00 Exercise-Low Impact (F)  10:00 Computer (Lab)  11:30 Senior Safety Travel Tips (C)  1:00 Happy Ripper Quilters (Craft)  1:00 Bridge (C) 1:00  2:00 Volunteer Training (B)  6:00 Herbal Workshop (C)</p>

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
	1 8:30 Training (A) 9:00 Isabella County Collaborative (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 12:30 Ukulele (Craft)	2 1:00 Euchre Card Party (C)
7 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 (F) 1:00 Beginner Line Dancing (C) 4:30 Bead Class (B) 6:00 Clowns (Craft)	8 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Jam Session (Craft) 12:30 Ukulele Class (Craft) 6:00 Dance (C) \$5.00	9 1:00 Euchre Card Party (C)
14 9:00 Tai Chi Five Elements (F) 10:00 Computer Class (Lab) Learn to Knit (Craft) 11:00 Tai Chi (F) 1:30 Art Class 1:00 Beginner Line Dancing (C) 1:00 Staff Training (A) 2:00 Eat Smart Live Strong (Craft) 4:30 Bead Class (Craft) 7:00 Genealogy (B) 7:00 - 9:00 Mid Michigan Patriots (A)	15 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)	16 1:00 Euchre Card Party (C)
21 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) 2:00 Eat Smart Live Strong (Craft) 4:30 Bead Class (Craft)	22 8:30 FGP/SCP In Service (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) 12:45 Laurels Gift Bingo (C)	23 1:00 Euchre Card Party (C) 1:30 Ostomy Group Mtg. (Craft)
28 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 11:00 Native American Dance (C) 11:00 Tai Chi (F) 1:00 Beginners Line Dancing (C) 2:00 Eat Smart Live Strong (Craft) 4:30 Bead Class (Craft)	29 10:00 and 11:00 Exercise - Low Impact (F) 10: Jam Session (Craft) 10:00 Wii Bowling (C) 12:30 Ukulele Class (Craft)	30 1:00 Euchre Card Party (C)

This page is sponsored by: **The Laurels and Maplewood of Mt. Pleasant**

## Exercise Classes

### Yoga Class

July 16 - September 10  
Mondays: 1:30 p.m. - 2:30 p.m.  
\$60.00 for 8 weeks or \$10.00 a class

### Tai Chi Five Elements Class June 5 thru June 28

Tuesdays & Thursdays 9:00 a.m.-10:00a.m.  
Cost: \$60.00 pay at first class  
To register call Judi 989-773-0786

### Lo Impact Aerobic Classes

COA Fitness Room  
M W F 10:00 a.m. and 11:00 a.m.  
Weidman Community Building  
Mondays and Thursdays: 4:30 p.m.

### Tai Chi "Healing Sounds"

Seated Chi Kung Exercises  
Tuesday, June 12 10:30 a.m.

There will be a "Tai Chi Playshop presented by Pat McGann-Zionts, our FUN Tai Chi instructor. Pat was trained in San Francisco with Chinese Sufi, Dr. Peigi in this healing program. Pat will offer you an hour to clear your mind and body connections by making SHOOing and W~AHing sounds. Pat especially likes to use the YEE-ee when sleep is disrupted because of ringing in the ears (Tinnitus). If you have any questions e-mail Pat at pmcgannzionts@yahoo.com.

The regular Fun Tai Chi classes are:  
Beginners only 10:30 Tuesdays  
Intermediate 11:00 Tuesday & Thursday

## Games

### Bingo at the COA

Friday, June 15 - 12:45 p.m.  
Friday, June 22 - 12:45 p.m.

### Deal or No Deal

Wednesday, June 13 - 11:15 a.m.

## June Community Dance

Presented by Red Hat Strutters  
Friday, June 8 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  
Room C

### Modern Western Square Dancing

Mondays  
Room C  
6:30 p.m. - Mainstream Free  
7:00 p.m. - 9:00p.m. Basic Lessons \$5.00  
No reservations necessary- pay the  
instructor that evening.

## 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

12:30 p.m.  
Learn the Basics  
Tuesday, June 5 and 12

### Play Your Dulcimer

Mondays: 10:00 a.m.

## 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.

### Bead Class

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

## 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.

## An Activity For the Whole Family - Square Dance

Are you wondering what the family can do  
as an activity together? Get off the couch,  
out of the kitchen, out from behind the  
computer/TV, and away from any bad  
habits. Come as you are to try Basic  
Modern Western Square Dancing. It's  
healthy for the body and the brain. Enjoy  
the fellowship and meet new people.  
Singles, couples, young, and the young at  
heart are welcome as we start a new series  
of lessons. It all happens at the COA  
Activity Center, Room C at 2200 S.  
Lincoln Rd. in Mt Pleasant every Monday  
from 7:00 p.m. to 9:00 p.m. The cost is  
\$5.00 which can be paid to the instructor the  
night of class. For more information call  
Marvin at 989-773-1581.

# 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

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. Taking names on a wait list.

## Detroit vs. Toronto

Thursday, September 20

Cost: \$85.00

Same times as above, The cost is less because it is a Senior Day: The 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. 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.

\*\*\*\*\*

## Vintage Ohio Wine Festival

August 3 - 4

\*\*\*\*\*

## Stratford/Niagara on the Lake

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

August 15 - 17

\*\*\*\*\*

## 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!

## 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”

October 21-26

\*\*\*\*\*

## Mall Of America

November 4 - 7

\*\*\*\*\*

## 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: **Genealogical Society of Isabella County**

# Food With Friends **June EAT SMART MENU**

<b>FWF Eat Smart Menu</b>				<b>June 2012</b>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				1 Italian Chicken Breast Bread Baked Potato Broccoli Cinnamon Applesauce
4 Chop Suey (beef & pork) Bread Brown Rice Tossed Salad Tropical Fruit	5 Meatloaf (beef & turkey) Bread Baked Potato European Blend Mixed Fruit Cup	6 Baked Ham Bread Steamed Cabbage Corn & Lima Beans Berry Fruit Cup	7 Baked Chicken Bread Whipped Potatoes/Gravy Spinach Watermelon	8 Lasagna (turkey) Garlic Toast Fruited Coleslaw Peaches Graham Goldfish Cookie
11 Beef and Noodles Bread Beets Tossed Salad Mixed Fruit Cup	12 American Goulash (turkey) Bread Mixed Vegetables Coleslaw Pineapple	13 Russian Chicken Bread Oven Roasted Potatoes California Blend Cantaloupe	14 Sliced Turkey Bread Sweet Potatoes Brussels Sprouts Cherry Fruit Cup	15 Swissed Beef Pattie Bread Whipped Potatoes Cauliflower/Cabbage Salad Oatmeal Apple Crisp
18 Chicken a la King Biscuit Carrots Coleslaw Pears	19 Pork Chop Bread Whipped Potatoes/Gravy Multi Bean Salad Watermelon	20 Chicken Salad Blueberry Muffin Carrot Sticks Cucumber Salad Grape Banana Fruit Cup	21 Chili (turkey) Corn Bread Tossed Salad Apricots Graham Goldfish Cookie	22 Turkey Loaf Bread Baked Potato Cauliflower Michigan Fruit Cup
25 Veal Parmesan Bread Peas Fruited Coleslaw Tropical Fruit	26 Baked Ham Bread Squash Green Beans Strawberries	27 Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Cantaloupe	28 Beef Mozzarella Melt Bread Corn Stewed Tomatoes Pears	29 Chicken Rice Casserole Bread California Blend Tossed Salad Mixed Fruit Cup

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

Milk provided with all meals  
Suggested Donation \$2.50

## Winn Community Building

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

**866-2520**

Come on in - June is going to be a great new month! We have a lot of great people here who make great friends! Come on in - you won't be a stranger long. Good friends! Good food! Good music! See you there!

## June Calendar

- 4 Jack Salisbury & Loretta Merritt
- 6 Lyle Thrush & Duane Hollack
- 11 Don Leisure & Band
- 13 Aunt Mary  
Nutrition Education with Lisa:  
Eating Better & Moving More
- 18 Father's Day Party  
Mark Baumann & Mark
- 20 Leon MacDonald
- 25 Kevin Bendel
- 27 Andy Stanley

## Meal Site Gift Certificates

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

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

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

## Commission On Aging

## Reaching Out in Your Area

**COA Activity Center**

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

Happy summer! As you make your summer plans, please consider joining us for the following activities:

**Tuesdays from 10 a.m. to 12 noon** - Cribbage in Room C. Bring a cribbage board and a friend and we'll supply the cards! **Also on Tuesdays 10:30 a.m. - noon** – Enjoy bluegrass music by the Jammers in Room B.

**Wed., June 13** - Deal or No Deal by Tendercare at 11:15 a.m.

**Fri., June 15** – Open Community Breakfast from 8 to 9 a.m. Cost is \$4. Plus – Meijer Bingo at 12:45 p.m.

**Fri., June 22** – Laurels Bingo 12:45 p.m.

**Tues., June 26:** FREE movie and popcorn. This month we will show "Red Tails" at 12:45 p.m.

**Wed., June 27** - Lisa Cross, Central MI District Health Department will be here to speak on "Senior Safe Travel Tips."

**Thurs., June 28** -7<sup>th</sup> Generation from the Saginaw Chippewa Indian Tribe will be here for a presentation on traditional Native American Dance from 11 a.m. to 12 noon.

All events are FREE and open to the public (unless otherwise stated), but **pre-registration is required for all events** by calling Jen Conner at **772-0748** at least 24 hours in advance. All activities are programmed around the Food With Friends noontime meal, so when you make your reservation let us know if you will be joining us for lunch as well.

**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**

**June Calendar of Events**

- 5 Health Department- Senior Safe Travel Tips
- 6 River Ramblers: Enjoy Old Country Music - 10:00 a.m.
- 7 George Jennings Accordion Music - 11:00 a.m.
- 12 Native Medicine: 7th Generation
- 13 River Ramblers - 10:00 a.m.
- 14 Flag Day: Wear Red, White & Blue
- 18 Nutrition: Eat Better Move More
- 20 First Day of Summer River Ramblers - 10:00a.m.
- 21 George Jennings - 11:00 a.m.
- 25 Card Games
- 27 June Birthday Party: Duane Chapman, Elaine Currie & George Jennings River Ramblers - 10:00 a.m.
- 28 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**

**June Calendar**

- 6 Stories with Caroline Kampf: "Schools Out"
- 13 Chippewa Nature Center Crunch & Munch
- 15 Father's Day Celebration
- 20 Health Department: 7th Generation / Native Cooking
- 22 Pepper/Games
- 27 Pepper/Euchre
- 29 Birthday Party-Pat Dalrymple Bingo

**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**

In celebration of summer this month, join us on June 2 from 1:00-5:00 p.m. for a community fest at Rosebush Manor. Bring your lawn chair to the courtyard and enjoy listening to several bands. There will also be food to enjoy.

Get out your dancing shoes, the Red Hat Strutters will be here on June 11 at 2:00 p.m. If the music is not your style come on in wearing western attire on June 15 at 11:30 a.m. for our Fathers Day celebration with coffee and cookies and also enjoy a hearty meal.

**Sit and Get Fit will be on June 4, 8, 11, 13, 18, 22, 25, & 27, at 11:15 a.m.**

Banana split day will be on June 8 at 2:00 p.m. Enjoy a movie on Fridays at 6:15 p.m.

**June Calendar**

- 1 Chippewa Nature Center-12:45 p.m. Movie- Planet Earth
- 2 Community Fest- 1:00-5:00 P.M.
- 4 Nutrition- Eat Better Move More- 12:30 p.m. Crossword/Word Search-12:45 p.m.
- 6 Health Department-12:30 p.m. Penny Bingo- 1:00 p.m.
- 8 Good Times Band-1:00 p.m. Banana Splits-2:00 p.m. Movie-Music Man
- 11 Celebrate Flag Day Bingo with Prizes-1:00 p.m. Red Hat Strutters-2:00 p.m.
- 13 Penny Bingo-1:00 p.m.
- 15 Celebrate Father's Day-11:30 a.m. Movie- High Noon
- 18 Birthday Party-12:30 p.m. Bean Bag Toss-1:00 p.m.
- 20 First Day of Summer Lemonade Hour-11:30 p.m. Penny Bingo -1:00 p.m. Storytelling at Library-2:00 p.m.
- 22 Craig Newton - Music-1:00 p.m. Movie-Philadelphia Story
- 25 7th Generation Presentation 12:45 p.m. "The Importance of the Elders"
- 27 Bingo with Prizes -1:00 p.m.
- 29 Music – 1:00 p.m. Movie – Silent Era – Charlie Chaplin

## IN MEMORY OF

**Donald Hauck**  
Betty Hauck & Family

**Harold Mullins**  
Freda Mullins

**Donna Steed**  
Willard & Joyce Seeley  
Janet Kuhn

**Agnes Franco**  
Milton & Roxie Fox  
Floyd & Bonnie Love

**Hurley Kampf**  
Louise Lobsinger  
Richard & Carol Wood

**John Olson**  
Rudy & Rosalyn Block  
Don & Barbara Carey  
Kay Olson

**Shelby Kenny**  
Richard & Sharlene  
Wilson

**Al Fortino**  
Adeline Fortino

**Bruce Woodbury**  
Donna Robert

**Edna Davis**  
Carol Davis

**John A. Beltinck**  
Richard & Ruth  
Beltinck

**Peggy Breidinger**  
Max & Joanne Lovejoy  
Donald Cotter  
Freida Augustine

**Jean Bland**  
Alfred Bland

**Mary Ludwick**  
Robert & Louise Cova

**Dean Muterspaugh**  
Evalyn Muterspaugh

**Bernard W. Coffell**  
Judy Coffell

**Fred & Lucille  
McDonald**  
Barbara McDonald

**John McDonald**  
Barbara McDonald

**Mary (McDonald)  
Worley**  
Barbara McDonald

**Dick McDonald**  
Barbara McDonald

**Jerry McDonald**  
Barbara McDonald

**Jim McDonald**  
Barbara McDonald

**Harry H. Price**  
Marie Price

**Raymond Prechesky**  
Helen Prechesky

**Donna Stacy**  
Doris Woodbury

**Florence Harvey**  
Anonymous

**Rose Silvers**  
Frances Silvers

**Sally Holiday**  
Frances Silvers

**Marion Suminski**  
W. Suminski

**Evert Himebaugh**  
Doris Himebaugh

**Dewayne Foglesong**  
Ruth Foglesong

**Lillian Tarabula**  
Paul Tarabula

**David & Gertrude  
Palmer**  
Marilyn Palmer

**Norman Buchel**  
Leona Buchel  
Darlene Buchel

**Mathline Petrick**  
Michael Petrick

**Ersal Main**  
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**Jack Boettner**  
Joan Boettner

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Eisenberger

**Dale House**  
Nina House

### Activity Center In Memory of

**Hurley Kampf**  
Rodney & Audrey Hall

**Dan Kostrzewa**  
James & Carolyn Hill

**Terry Thaller**  
Pansy Thaller

### Active Living In Memory of

**Guthel Dangler**  
Gayla Merchand

**Harry Nelson**  
Terry & Jacqueline  
Nelson

### Gold Key Transportation In Memory of

**Michael Byberg**  
Pamela Byberg

### Gold Key Needle Crafters In Memory of

**Phyllis Wernette**  
Doug & Arlene Elias

### Friends of Isabella Seniors In Memory of

**Harvey Bidlack**  
Ralph & Barb Pitts

### Food with Friends In Memory of

**Waldo Sauter**  
James & Joan Hornak

**Rosie Sponseller**  
Philip & Mary Mead

### Foster Grandparent/ Senior Companion In Memory of

**Kay Harless**  
Butch & Jean Glass

### In Home Services In Memory of

**Waldo Sauter**  
Walt & Marian  
Schneider

### Active Living In Honor of

**Dick Wood**  
Sandy Wood

### In Honor of Birthday

**Barb Bissett**  
Imogene Bullard

**Imogene Bullard**

### In Honor of

**Julie Torpey Clark**  
Susan Torpey

**Tod A. Brown**  
Daryl & Willene  
Brown

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**Donations listed in  
this issue were  
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## Donations to COMMISSION ON AGING

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### Gold Key Volunteers

Sally Mayes

## 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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### 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.

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**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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