



Active LIVING

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July 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

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

You Can Form a 3 Person Team
for \$210 (\$70 each) Sign up by
Friday, July 27

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!!!

Includes: Continental Breakfast, Box
Lunch, After the Game Hors d'oeuvres

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

Michigan Aging and Disability Needs Assessment YOUR VOICE "NEEDS" TO BE HEARD!!!

For the first time since 1987, the State of Michigan is conducting a statewide needs assessment of Michigan residents. Think about all of the changes in the last 25 years with technology, health care and services. The Michigan Office of Services to the Aging and the Isabella County Commission on Aging need your help in letting us know about your life and your needs to help us plan for how future needs might be met.

We are asking people over the age of 50, and those over the age of 18 with disabilities to help us by completing the needs assessment. The survey takes approximately 20 minutes to complete. It can be accessed in the following ways:

1. On-Line Visit www.needs-michigan.com on the internet.

The Computer Lab at the Isabella County Commission on Aging will have volunteers available on the following dates and times if an individual wishes to complete the survey and does not have a computer at home .

Monday	Wednesday	Friday
July 9	July 11	July 13
July 16	July 18	July 20
July 23	July 25	July 27
10:00 a.m. to Noon & 1:00 p.m. to 3:00 p.m.		

2. A Paper Copy

Paper copies of the Needs Assessment will be available at the Isabella County Commission on Aging main office at 2200 South Lincoln Road, Mt. Pleasant, and at all the COA Nutrition Sites in Isabella County. All surveys are anonymous. When you have completed the assessment, you can either mail the survey back to the address provided on the survey or you can return it to the Isabella County Commission on Aging, and we will deliver it to the state. All surveys are due back to the state by July 31, 2012.

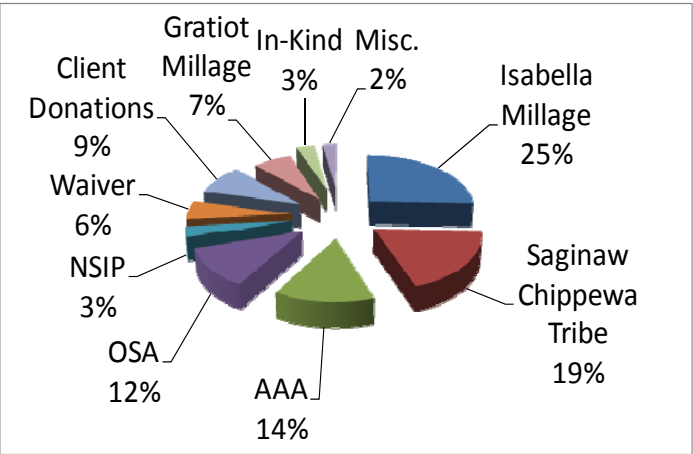
3. Interview Over the Phone

Contact Elise Hill at **(517) 348-5972** to set up an appointment time for someone to call and interview over the phone.

The needs assessment will ask questions about housing, employment, transportation, access to health care, social support, community services and finding information. Your answers will be confidential. The results will be analyzed and reported back to the State Office of Services to the Aging by an independent evaluation company. The information will be used to inform state and local leaders, policy makers and program planners. We will compile and report results for Michigan as a whole, and also prepare local results for each individual county.

The Isabella County Commission on Aging is asking all eligible individuals in our county to complete the needs assessment. We want to send a message to the state to let them know Isabella County is participating in this survey and that we care about the future of our older population.

Director's Comments *Brenda J. Upton, M.A., COA Executive Director*



Funding, funding, funding . . . is there anything I talk about as much as out funding at the Commission on Aging? Well, to be honest, NO . . . I do talk about our funding situation more than anything else.

It's not my most favorite subject, but it is the most important part of my responsibilities as Director of the agency. If I and our Program Coordinators didn't place "funding" as a priority we wouldn't have any programs to offer.

So it is important that we monitor our funding to make sure our services remain strong.

The chart you see above illustrates the variety of our funding sources. Everyone one of them is important, and is vital to our operations. The following is a description of each category:

2% Miscellaneous – This money comes from our fund raising activities; Our Annual Golf Outing and our Meals-on-Wheels Walk-a-thon, which are both sponsored by Friends of Isabella Seniors.

3% In-Kind- This isn't actually cash, but it is support required by our State and Federal Grants. Examples of an in-kind for our Foster Grandparent Program are the meals some of the schools provide to our Grandparents when they are volunteering at the schools. The schools provide the meals at no cost to the grandparents or our program and we can count it as "a gift in kindness given".

7% Gratiot Millage- We manage the Home Delivered Meals and Congregate Meals Programs in both Isabella and Gratiot Counties. The budgets for these programs and for each of the counties are separate. Only funding for Gratiot County is spent in that county and only funding for Isabella County is spent here. The Gratiot County Millage dollars are therefore given to us to spend on their nutrition program. By having us manage both programs in both counties we cut down on administrative costs which allows us to spend more on direct services in both counties.

9% Client Donations- This funding comes directly from our program participants. One of the requirements for our grant funded programs is that we "ask" for donations from the individuals we serve. If a client is unable to donate we will still serve them and give them as much assistance as we can. We do not charge for our grant funded services and we do not deny a service if a client cannot donate.

6% Waiver- Through the Medicaid Waiver, eligible adults who meet income and asset criteria can receive Medicaid-covered services like those provided by nursing homes, but can stay in their own home or another residential setting. This is a program restricted by certain eligibility guidelines. It is not administered by the Commission on Aging, but the Waiver Agents contract limited services through our agency.

3% NSIP- The Nutrition Services Incentive Program (NSIP) are Federal dollars the COA receives based on the number of meals we serve in both our Home Delivered and Congregate Meals Program. The amount received changes from year to year based on the number of meals we serve. It can range from .40¢ to .55¢ per meal.

12% OSA- Office of Services to the Aging is Michigan's State Unit on Aging. We contract directly with them for the funding we receive to manage our Foster Grandparent and Senior Companion Programs.

14% AAA- Region VII Area Agency on Aging receives funding from OSA and then contacts with the Isabella County Commission on Aging to provide funding for our Nutrition Programs and our In-Home Services Programs.

19% Saginaw Chippewa Tribe- The funding the COA receives from the Tribal Council has been a vital part of our budgets since 1995. Their generous support demonstrates the honor in which they hold the elders of our entire community. The Tribal Councils support is used in every direct service the COA provides.

25% Isabella Millage- In November, 2006 the voters of Isabella County passed, for the first time, a Senior Millage. The funding generated by this millage is being used to provide services to our older citizens throughout Isabella County. Prior to 2006 are local support came out of the County's General Fund. When the millage went into affect we no longer received General Fund dollars. Over the years we have seen our State and Federal funding diminish. It has been because of our Senior Millage funding and the funding from the Saginaw Chippewa Tribe that we have been able to sustain our programs and services. We are very grateful for the support of our entire community.

Mission Moments

They wake in the morning early to get to the pool on time before class starts at 7:30 a.m. It is not so bad this time of year but they do it in the middle of the winter, too. Who are these people? They are individuals who participate in the Commission on Aging Water Aerobic Program at CMU.

You may wonder why this class is so important to them. Some of the answers they have given include:

I feel better when I exercise.

I enjoy getting together with others who enjoy the water as much as I.

The leaders guide and encourage us.

I have made some new friends.

I feel healthier and have more energy throughout the day after swimming.

Sometimes we get together after class to have coffee and visit.

We look out for each other and notice when someone is not there.

It is a class I belong to, and I have a wonderful feeling when I am there.

What a way to start the day! For more information on this program call Sally Wojciechowski at **772-0748**.

Sally Wojciechowski, Activity Center Coordinator

Caregiver Support

Our Caregivers Support Meeting will be July 17, 2012, at the Isabella County Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. The meeting is held from 6:30 p.m. to 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 you will receive support, learn strategies for coping with difficult situations, and get ideas that you can immediately implement. Educational handouts are always provided. If you have questions about this group feel free to call the COA at **989 772-0748**.

Energy Lunch and Town Hall Meeting at COA

Please join Senator Judy Emmons for a Complimentary luncheon and Town Hall meeting discussing energy issues at the Isabella County Commission on Aging, 2200 S. Lincoln Rd. in Mt. Pleasant on Friday, July 13. The luncheon will begin at 11:30 a.m. and is open to the public – space is limited so please RSVP to **“Energy Lunch”** at **989-772-0748**.

Senator Emmons will have energy industry officials on hand to discuss how domestic energy production can impact jobs, the economy and our national security. After the presentation, all attendees are invited to stay for a complimentary ice cream dessert from Doozies Ice Cream Place of Mt. Pleasant.

“A Living Trust Education Initiative: Who Should You Trust? Avoiding Estate Planning Mistakes”

The State Bar of Michigan’s Unauthorized Practice of Law Committee, the Elder Law and Disability Rights Section, and the Probate and Estate Planning Section will present “A Living Trust Education Initiative: Who Should You Trust? Avoiding Estate Planning Mistakes,” to provide information to senior citizens about essential estate planning tools and caution them about deceptive sales practices by persons selling annuities, a financial product offered by insurance companies, as the most cost effective way to avoid the probate process and under the guise of assisting Veterans with filing an application for VA benefits.

This informal, 60 minute seminar will include a short presentation by Michigan licensed lawyers and a dynamic question and answer period to allow program participants to obtain accurate information about estate planning matters, provide easy and cost effective probate avoidance techniques, and address the myths and horror stories regarding the probate process.

The seminar is FREE. Registration is not required. Senior citizens attending will be given a specially designed folder containing estate planning information, forms, and other useful materials that will help guide their estate planning decisions, assist them in avoiding estate planning mistakes, and help them avoid being victimized by persons selling insurance products as the best, cost effective way to avoid the probate process, reduce estate taxes, ensure privacy in handling their personal affairs, and maintain control over their assets. Don’t miss this opportunity to become informed so that you may make estate planning decisions that address your specific needs and directives.

Date: August 1, 2012 Time: 10:30 a.m.

**Location: Isabella COA Commission on Aging
2200 South Lincoln Rd., Mt. Pleasant**

For more information contact COA at **989-772-0748** or Amy Emmons with the State Bar of Michigan Professional Standards Division at **(517) 346-6343** or via e-mail at aemmons@mail.michbar.org.

About the State Bar of Michigan: Established in 1935, the State Bar of Michigan is composed of more than 41,000 practicing attorneys and judges. The mission of the Bar is to improve the administration of justice, promote the legal profession, and build public understanding of our legal system. More information about the Bar can be accessed at www.michbar.org.

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

Movie of the Month

On Tuesday, July 24 come to COA for a **FREE Movie and Popcorn** when we show the movie “*J. Edgar*” starring Leonardo DiCaprio. The Movie begins at 12:45 p.m.

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.

Legal Services

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

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

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

The July 17 meeting will begin at 12:30 p.m. as it is our annual Summer Picnic (Pot Luck) and lots of fun. There are no speakers this month so come and enjoy meeting former co-workers and catching up on gossip and news. We hope all can make it. There will be the 50/50 drawing as well as door prize. Come and enjoy the variety of dishes. If there are any questions, please feel free to contact Jackie Curtis at (jac62irish@yahoo.com) or call **989-772-0597**.

SAVE THE DATE

Walk to End Alzheimer’s

September 29, 2012 Time: 10:00-2:00

Location: Island Park

50% of profits will benefit:

The COA Caregiver Respite Program

Email: debreckel1@gmail.com with further questions

Mt. Pleasant Outdoor Summer Film Series

Movies by Moonlight

2012 Outdoor Movie Schedule:

E.T. Saturday, July 7

The Muppet Movie (1979) Saturday, August 4

Toy Story Saturday, August 11

Casablanca Saturday, August 18

Show Time:
8:30 p.m.
or Dusk

Cost: FREE

Location: Mt. Pleasant City Hall 320 W. Broadway St.
Bring lawn chairs or a blanket

Rain location: Broadway Theatre, downtown Mt. Pleasant

Reception Ambassadors Needed

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

Shepherd Historical Society

Ice Cream! The Shepherd Area Historical Society will host its annual Ice Cream Social on Monday, July 9, 2012. Join the fun in the Old Powerhouse Museum on the first block of West Maple Street in Shepherd. Serving begins at 6:30 p.m.

At 7:00 p.m.: **Ice Cream for Music!** The Central Michigan Area Concert Band will entertain guests with an eclectic selection of fine tunes at the park adjacent to the museum. Seating is available at park picnic tables or bring your own chairs with you. Bring your family and friends for a sweet treat . . . ice cream, cake and concert music.

Genealogical Society of Isabella County

A famous quote by George Santayana: “Those who cannot remember the past are condemned to repeat it!” Well, 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 2nd Thursday of each month at the Commission on Aging building at 7 p.m.

~ Upcoming Programs ~

July: Topic: “Daughter’s of the American Revolution” research

August: Topic: “Funny Ancestry Trivia”

More information may be obtained from our website at:

<http://isabellagenealogy.org/home>

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

Saginaw Chippewa
Indian Tribe
of Michigan,
At-Large Program

Health,
Wellness &
Lifestyle Expo

July 11, 2012
10:00am-2:00pm

Soaring Eagle
Casino & Resort
Ballroom
Mt. Pleasant

Expo is FREE and
open to the public.

Health Screenings
Door Prizes

Body, Mind & Spirit



Questions:
Phone: 800-884-6271
Fax: 989-775-4955
E-mail:
depelcher@sagchip.org



County Parks & Recreation Millage Fact Sheet

Please Remember to Vote on Tuesday August 7, 2012

Funding
Since 1967 Isabella County Parks & Recreation Commission has provided County-wide park services. The budget challenges the County is facing have affected the funding support for Parks and Recreation operations. Establishing a solid funding source will allow the Parks and Recreation Commission to better maintain and improve the County Parks so future generations will be able to enjoy these recreational areas.

County Parks Millage Request
On Tuesday, August 7, 2012 Isabella County voters will be asked to vote on a 6-year, Parks Millage, up to .35 mills for the purpose of operating, maintaining and improving County Park facilities and program offerings. The tax rate will generate up to \$ 567,963.

What is the estimated cost to support the County Parks?

Market Value Of Your Home	Estimated Annual Investment to Support Parks
\$ 50,000	\$ 8.70
75,000	13.00
100,000	17.40
150,000	26.00
200,000	34.80

PROPOSAL: For the purpose of operating, maintaining and improving the Isabella County Parks and Recreation Commission parks and programs as provided by PA 261 of 1965, shall the Constitutional limitation upon the total amount of taxes which may be assessed in one (1) year upon all property within the County of Isabella, Michigan, be increased by up to 0.3500 of one (1) mill, (\$0.35 per \$1,000 of Taxable Value), for a period of six (6) years, 2012-2017, inclusive?

If approved and levied in full, this millage will raise an estimated \$567,963 for the Isabella County Parks and Recreation Commission parks and programs in the first calendar year of the levy. In accordance with State law, a small portion of the millage may also be disbursed to the Downtown Development Authorities of the Cities of Clare, Mt. Pleasant, and Union Township; the Local Development Finance Authority of the City of Clare; the Tax Increment Finance Authorities of the City of Mt. Pleasant; and the Brownfield Redevelopment Authority of Mt. Pleasant.

- Park Millage Would Support**
- Deerfield Nature Park**
- Improve Facilities & Trails
 - Disc Golf/Sledding Hill/Mountain Biking
 - Cross Country Ski Trails
- Coldwater Lake Family Park**
- Upgrade Campground & Cabins
 - Improve Boat Launch
- Herrick Recreation Area**
- Upgrade Campground Area
 - Bathhouse Improvements
 - Improvement of Fishing & Boating Areas
- Pere Marquette Rail-Trail**
- Surface & Link Improvements
- Majeske Landing**
- Improve Boat Launch
- Meridian Park**
- Improve Boat Launch
- Gilmore Park**
- Add Trail Signs
- Park-Wide**
- Conservation Projects
 - Expanded Programs/Events
 - Trail Development
 - Upgrade Equipment
 - Chippewa River Stewardship
 - Implement ADA Guidelines
 - Expand County Park Support Efforts



Isabella County Parks & Recreation Commission

989.772.0911 extension 340 www.isabellacounty.org/parks

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

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

Bariatric Surgery Options

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

Register for 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**.

Ouch My Aching Shoulder-6:30 to 7:30 p.m.

July 19, in the FDJ Conference Room. A rotator cuff injury includes any type of irritation or damage to your muscles or tendons in your shoulder. The main causes of a rotator cuff injury are falling, lifting and repetitive arm activities, especially these done overhead, such as throwing a baseball or placing items on overhead shelves. Symptoms of a rotator cuff tear are shoulder pain and loss of range of motion.

If you struggle with shoulder pain are looking for solutions, join Orthopedic Surgeon Ben Debelak, DO, for a discussion of non-surgical and surgical treatment options. Possible options are different for each person so equip yourself with the information necessary to make the best choice for you.

Isabella County Home Improvement Program

Could your home use some improvements?
Isabella County has a program to help!



The Isabella County Community Development Department works with qualifying low to moderate income households in Isabella County to provide the resources they need to maintain safe, decent, and attractive homes.

Eligible improvements include, but are not limited to: roofs, furnaces, siding, insulation, window and door replacement, electrical and wiring upgrades.

For more information call us at **(989) 772-0911 Ext. 283**.



RIDE BUDDIES NEEDED

What is a Ride Buddy?

Ride Buddies are Gold Key Volunteers who ride *I Ride* buses to provide assistance, security and a friendly presence to all young children riding alone. If you enjoy working with young children, this might be just the volunteer opportunity for you!



Is there a cost?

The only cost is the usual *I Ride* bus fare for the child. Rate information is available by calling *I Ride* at **772-9441**. There is NO cost to the volunteer. Mileage reimbursement is provided from volunteer's home to pick up site and from drop off site back to volunteer's home. An *I Ride* Bus Pass is provided to the volunteer for use when volunteering as a Ride Buddy.

When is the Ride Buddy service available?

Ride Buddies will be available on weekdays during peak hours 7:00 to 10:00 a.m. or 2:00 to 5:00 p.m. The program runs September through June.

Where will Ride Buddies be?

Ride Buddies will be on the Mt. Pleasant city routes and out county routes. More routes will be added as needed.

How can I volunteer?

Additional Ride Buddies are needed due to the increase in children riding public transportation. Just call **772-0748** for more information or to register as a volunteer for this great opportunity. While all Isabella County Commission on Aging Volunteers go through a background check, Ride Buddies are required to pass some additional background checks. Please help the Isabella County Transportation Commission and the Commission on Aging make public transportation easy to use for the youngest riders.

Holiday Closing

The Commission on Aging office, the COA Activity Center and all Food Sites will be closed on Wednesday, July 4, in observance of the Fourth of July holiday. No meals will be delivered on this day. Have a safe and happy 4th!

Animal Friends for HATS

Volunteers are needed to staff an information desk at a local animal shelter. If you love animals, this is a great opportunity to be of service to our furry friends! Answer the HATS phone, take messages, update information, greet visitors, and become familiar with the animals available for adoption. For more information, call **772-0748**.

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

Ask a COA Specialist

Question: What is the difference between adult foster care homes and assisted living facilities?

Answer: In Michigan, adult foster care homes (AFCH) are licensed and regulated by the state. “Assisted Living” is used as a marketing term in Michigan. Because the term is not legally defined in Michigan any operation regardless of the services they may or may not provide may call themselves an “Assisted Living Facility”. Many AFCH are now marketing themselves as assisted living.

Residents appropriate for both types of long term care facilities are unable to live independently due to physical or mental deficits, but do not need the continuous nursing care found in nursing homes. A listing of adult foster care homes, assisted living facilities and nursing homes in Isabella County is available from the Commission on Aging.

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.

Country Quilters Show

“A Walk Through A Garden of Quilts”

July 6 and 7

10 a.m. to 4 p.m.

during Weidman Daze

Weidman Community Center
5918 W. Bridge Road

Kids Corner, Raffle, Boutique

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.

Safe Travels *By Lisa Cross, CMCHD Health Educator*

Are you planning a summer or fall trip? Following are a few tips to ensure safer, more pleasurable travels.

- **Vaccinations:** Find out if you require any new or updated shots. Certain areas of travel require or recommend shots, especially travel overseas. Visit the Centers for Disease Control and Prevention (CDC) web site at www.cdc.gov/travel, and click on your destination for required or recommended vaccines.
- **Current medications:** If you currently take medications and will be crossing time zones, check with your physician as to whether you should continue to take your medication based on your local time zone or the time zone you are traveling to. Also, pack your current medications in their prescribed bottles. This will expedite your time in customs. Carry all current medications in your carry on bag to avoid loss or damage.
- **Guard against deep-vein thrombosis (DVT):** Older adults run a higher-than-average risk of developing a DVT. This is especially true when sitting still for long periods of time on an airplane, train or in an automobile. Some research finds that wearing “compression stockings” can help prevent this dangerous condition.
- **Water consumption:** Drink plenty of water on the plane, as the air inside a plane is dry and can promote dehydration.
- **Prepare in advance:** Talk with your travel agent to see if there are any restrictions or travel advisories for your vacation destination.
- **Review your health plan:** Review your current health plan before travel. Are you covered by your health insurance while in your vacation destination?

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties. Visit us at www.cmdhd.org, or join us (Central Michigan District Health Department) on Facebook.

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

Yarn and Fabric Needed

The Commission on Aging is accepting limited donations of yarn and quilting fabric. Gold Key Volunteer Crafters donated 4500 handmade items to those in need last year in Isabella County.

Activity Center

JULY ACTIVITIES

Monday	Tuesday	Wednesday
2 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 No Square Dancing Tonight	3 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) No Line Dancing Today! 7:00 Mt. Pleasant Historical Society (A)	4 4th of July Holiday Building Closed
9 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Legal Service (CR1) 1:00 Canasta, Pinochle, Dominos (C) 1:30 Yoga (F) 6:00 Parkinson’s Support Group (Craft)	10 9:00 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 10:00 Cribbage (C) 10:00 Country Music 11:00 Tai Chi Class (F) 12:30 Banjos and Guitars (B) 2:00 - 4:00 Intermediate Line Dancing (C)	11 9:00– 1:00 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)
16 10:00 and 11:00 Exercise - Low Impact (F) 1:00 Readers Theatre Practice (Craft) 1:00 Canasta, Pinochle, Dominos (C) 1:30 Yoga (F) 6:00 It Works (A) 7:00 - 9:00 Square Dance Basic Lessons (C)	17 8:30 Friends of Isabella Seniors Mtg (BR1) 9:00 Tai Chi Five Elements (F) 10:00 Cribbage (C) 11:00 Tai Chi Class (F) 12:30 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing © 6:00 Watershed Conservancy (A) 6:30 Caregiver Support (Craft)	18 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)
23 10:00 and 11:00 Exercise - Low Impact (F) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Legal Service (CR1) 1:00 Yoga (F) 7:00 - 9:00 Square Dance Basic Lessons (C)	24 8:00 Women’s Aid Staff Mtg (B) 9:00 Tai Chi Five Elements (Craft) 10:00 Cribbage (C) 12:45 Movie “J. Edgar” (A and B) 2:00 - 4:00 Intermediate Line Dancing (C)	25 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) 6:00 Herbal Workshop (C)
30 10:00 and 11:00 Exercise - Low Impact (F) 1:00 Canasta, Pinochle, Dominos (C) 1:30 Yoga (F) 7:00 - 9:00 Square Dance Basic Lessons (C)	31 9:00 Tai Chi Five Elements (Craft) 10:00 Cribbage (C) 2:00 Intermediate Line Dancing (C) 4:00 Alzheimer’s Walk Mtg. (Craft)	

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
5 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)	6 9:00 Isabella County Collaborative (B) 10:00 Wii Bowling (C) 10:00 and 11:00 Exercise - Low Impact (F) 12:30 Ukulele (Craft)	7 1:00 Euchre Card Party (C)
12 9:00 Tai Chi Five Elements (F) 10:00 Computer Class (Lab) Learn to Knit (Craft) 11:00 Tai Chi (F) 1:00 Beginner Line Dancing (C) 4:30 Bead Class (Craft) 7:00 Genealogy (B) 7:00 - 9:00 Mid Michigan Patriots (A)	13 10:00 Senator Emmons Energy Rally (B C) 10:00 and 11:00 Exercise - Low Impact (F) 12:30 Ukulele Class (Craft)	14 1:00 Euchre Card Party (C)
19 9:00 Tai Chi Five Elements 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) 4:30 Bead Class (Craft)	20 8:00 - 9:00 Open Breakfast (C) 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)	21 1:00 Euchre Card Party (C)
26 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 1:00 Beginners Line Dancing (C) 4:30 Bead Class (Craft)	27 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 12:30 Ukulele Class (Craft) 12:45 Laurels Gift Bingo (C)	28 1:00 Euchre Card Party (C)
<i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i> A = Activity Room A F = Fitness Room B = Activity Room B CR1 = Conf Room B139 C = Activity Room C Lab = Computer Lab		Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu in this issue!

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

July 3 thru July 31
Tuesdays & Thursdays 9:00 a.m.-10:00a.m
Cost: \$60.00 for 8 classes or \$10.00 per
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.

Fun Tai Chi

11:00 a.m. Tuesday & Thursday
There will be no class the last two weeks of
July or the first week of August.

Games

Bingo at the COA

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

Deal or No Deal

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



Annual Golf Outing Fundraiser

Friday, August 43
Pleasant Hills Golf Club
3 person teams \$70.00 each
Includes 18 holes of golf, cart, breakfast
snack, lunch and hor d'oeuvres.
There is a raffle and a skins game.
Call Sally at 772-0748 for more information.



Mountain Singers

Wednesday, August 22
Performance 6:30 p.m.
At the COA Activity Center
Light Refreshments

Please call 772-0748 for a reservation so
we know how many to plan for.

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
No Class on Monday, July 2
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.
(Not meeting in July and August).

Bead Class

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

Classes

Retirement

Planning Series

September 10-October 1
Monday Evenings at 6:30 p.m.
September. 10 Life Transitions
Includes information on going from a job to
no job, free time, what you do for family
and learn how to give back to your
community.
September. 17 Social Security
Understanding Medicare and Social
Security benefits. For many Social Security
is a major source of income and for millions
over 65 health insurance would not be
affordable without it.
September. 24 Finances
Learn what you will need financially to
retire comfortably. How to protect your
money.
October 1 Legal Issues
A discussion on wills, probate and advanced
directives.
Call Sally at 772-0748 for more information
or to sign up for this informative program.
Persons of all ages are welcome.

Learn to Use a Computer

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. Just drop by and get HELP!

Activity Center TRAVEL ACTIVITIES

DAY AND EXTENDED TRIPS CALL 772-0748 FOR PRICES

Detroit Tiger Baseball

Thursday, September 20

Detroit vs. Toronto

Seats in Section #113 rows 37 thru 42

Cost: \$85.00

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. Included is a coupon for a soft drink and a hot dog. Now taking reservations. Payment due by Aug. 20. Call 772-0748.

Purple Rose Theatre in Chelsea

“On Golden Pond” August 1

Lunch at the Common Grill

Cost: \$95.00

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.

Turkeyville

“A Closer Walk With Patsy Cline”

Wednesday, October 17

Cost: \$85.00

Come experience the look, the sound, the magic and the music that made Patsy Cline the first lady of country. The motor coach departs at 9:15 a.m. from pole B in the Meijer Store parking lot. Dinner is at noon with the show following at 2:00 p.m. Our group should arrive back in Mt. Pleasant by 6:30 pm. Come with us and enjoy a Fall day away. Call 772-0748 by September 15 to reserve a 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.

Little River Casino

Wednesday, October 3

Fundraiser Trip Cost: \$55.00

Vintage Ohio Wine Festival

August 3 - 4

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!

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

SOLD OUT!

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

Food With Friends

July EAT SMART MENU

FWF Eat Smart Menu

July 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak (beef) Bread Whipped Potatoes Peas & Carrots Pears	3 Chicken/Broccoli/Cheese Bread Baked Potato Italian Blend Pineapple Gelatin	4 CLOSED Independence Day	5 Baked Spaghetti (turkey) Garlic Toast Tossed Salad Cinnamon Applesauce	6 Turkey Stew Biscuit Coleslaw Watermelon
9 Macaroni & Cheese Bread Winter Blend Tossed Salad Pineapple	10 Baked Chicken Bread Whipped Potatoes/Gravy Cauliflower/Cabbage Salad Grape Banana Fruit Cup	11 Meatloaf (beef & turkey) Bread Squash Pea Salad Cantaloupe	12 Meatballs (beef) Bread Redskin Potatoes Brussels Sprouts Mixed Fruit Cup	13 Smothered Chicken Breast Bread Oven Roasted Potatoes Carrot Salad Pears
16 Corn Chowder Bread Stick Hard Cooked Egg Tossed Salad Peaches	17 Roast Pork Bread Sweet Potatoes Stewed Tomatoes Pears	18 Chicken Pattie Bun Lettuce and Tomato Pork n' Bean Salad Baked Apples	19 Baked Cod Bread Potato Medley Fruited Coleslaw Watermelon	20 Spanish Baked Steak (beef) Bread Baked Potato European Blend Strawberries
23 Chop Suey (pork & beef) Bread Brown Rice Tossed Salad Tropical Fruit	24 Meatloaf (beef & turkey) Bread Baked Potato European Blend Mixed Fruit Cup	25 Baked Ham Bread Steamed Cabbage Corn & Lima Beans Berry Fruit Cup	26 Baked Chicken Bread Whipped Potatoes/Gravy Spinach Cantaloupe	27 Lasagna (turkey) Garlic Toast Fruited Coleslaw Peaches Graham Goldfish Cookie
30 Beef and Noodles Bread Beets Tossed Salad Mixed Fruit Cup	31 American Goulash (turkey) Bread Mixed Vegetables Coleslaw Pineapple			

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 We love music in Winn! Join us for a toe tappin' good time! Come as a stranger; leave as a friend.	July Calendar		18	Lyle Thrush & Duane Hallock
	2	July Birthday Party w/ Jerry Woldrof	20	7 th Generation presents: Native Music
	4	Closed for Independence Day	23	Leon Seiter
	9	Cathy and Band National Sugar Cookie & Ice Cream Month Celebration	25	Leon MacDonald National Hot Dog & Grill Month Celebration
	11	Harold Helman Eye Health presentation w/ Lisa from CMD Health Dept.	30	Dale Pigeon
	16	Kevin Bendel	Entertainment starts at 11:00 with lunch to follow.	

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 July 4th everyone! I hope you are out enjoying all this beautiful summer weather, but when the heat and humidity run too high, come on into the COA Activity Center Meal Site and join us for an indoor activity! Here are just a few things we have this month:

Wednesday, July 11: **Deal or No Deal** at 11:15 a.m. in Room C

Friday, July 20: **Open Community Breakfast** 8 to 9 a.m. Cost is \$4

Tuesday, July 24: **FREE Movie and Popcorn** when we show the movie “J. Edgar” starring Leonardo DiCaprio. Movie begins at 12:45 p.m.

Preregistration is required at least 24 hours in advance for all of these events, and can be made by calling Jen Conner at 772-0748. Hope to see you here!

Shepherd

United Methodist Church,
107 W. Wright, Shepherd
Meals M-W-F, 10:00 a.m. - 2:00 p.m.
Rose Cowden, Site Manager 8285106

July Calendar

- 2 Stories by Carolyn “Celebrating 4th of July”
- 4 Closed for Independence Day
- 6 Nutrition Education – “Don’t Let Supersize Portions Tempt You”
- 9 Happy 100th Birthday Food Brands – Fun Facts and Trivia on the brands that have been with us through thick and thin.
- 11 Skipbo
- 13 Pepper
- 18 Eye Health Presentation with Lisa from CMD Health Department
- 20 Pepper
- 27 Henry Ford Birthday Celebration – Test your knowledge of Ford vehicles and share your car stories.

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

July Calendar

- 3 Eye Health presentation with Lisa from the CMD Health Department
- 4 Closed for Independence Day! Have a Safe and Happy Holiday!
- 5 George Jennings on accordion: 11:00
- 6 & 7 Weidman Daze – Bring in your stories, pictures, and artifacts of the Weidman area from years gone by.
- 11 Birthday Party w/ River Ramblers: 10:00
Birthdays: Sue Beaudin and Larry Boursau
- 12 Bingo
- 17 Nutrition Education – “Don’t Let Supersize Portions Tempt You”
- 18 River Ramblers: 10:00
- 20 National Sugar Cookie and Ice Cream Month Celebration w/ Banana Splits
- 25 River Ramblers: 10:00
- 26 Bingo
- 31 Summer Vacation Memories – Share your stories, pictures, and souvenirs from your favorite summer vacations.

Other days we enjoy various card games. Do you have a favorite card game? If we don’t know it, we would love to learn.

Shepherd July Calendar continued:

- 30 We all scream for Ice Cream! Ice Cream Social – Join us for lunch and stay to listen to the beautiful music of local pianist, John Schimmelmann, as you enjoy a sweet treat!
- Programs begin after lunch around 12:30. Every morning we start out with low impact exercise. We then exercise our minds with a game of concentration and word games. We welcome you to join us!

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

Rosebush is having a Red, White, & Blue Celebration on July 6 & 7. Enjoy free ice cream and the movie “Rio” in Rosebush Park on Friday July 6 in the evening. On Saturday, the parade starts at 11:00 a.m. After the parade, lunch will be served in the park along with different activities. Hope to see you there!

The Manor has invited us to go to Doozies for ice cream on July 20 at 1:00 p.m. We will be riding the ICTC bus for free. The only cost will be the ice cream. Please RSVP by July 13 to Penny at 443-0150. Please check the calendar for more special activities.

Weekly Activities

Sit and Get Fit – Now **Every** Monday, Wednesday, and Friday at 11:15a.m.

Movie & Popcorn – Every Friday at 6:15p.m.

- 2 12:30 Nutrition Education: “Don’t Let Supersize Portions Tempt You”
- 12:45 Word Search/ Crossword
- 4 **Closed**
- 6 12:45 Chippewa Nature Center
- 9 1:00 Bingo w/ prizes – sponsored by Woodland Hospice
- 11 1:00 Penny Bingo
- 13 1:00 Good Times Band
2:00 Ice Cream Social
- 16 1:00 Karaoke w/ Harold Helman
- 18 100th Birthday Celebration
1:00 Bingo w/ prizes – sponsored by The Laurels
2:00 Storytelling by the library
- 20 1:00 Trip to Doozies Ice Cream
- 23 12:30 Birthday Party
1:00 COA Readers Theatre performance
- 25 1:00 Penny Bingo
- 27 1:00 Craig Newton – singing/ guitar

This page is sponsored by: Margaret’s Meadows

IN MEMORY OF

Harold Reihl Paulette Green	Nancy Jane Brooks Alec Brooks
Stan Kowallic Dorothy Kowallic	Phyllis Wernette Edith Hammink
Joe Kowallic Dorothy Kowallic	Howard Beutler Edith Hammink
Warren Keiser Marilyn Griffiths	<u>Food with Friends</u> <u>In Memory of</u>
Albert Campbell Carrie & Jerry Wieferich Helen Johnson	Hazel Lilly Ralph & Barb Pitts Anonymous
Tom Peters Jim & Delores Morford	Shirlie Campbell Marge Clare
Lavern Baker Anonymous	Edna Thompson Anonymous
Stewart J. Gillison Nell M. Gillison	<u>Gold Key</u> <u>In Memory of</u>
Joe Epple Dean & Judith Kreiner	Albert Campbell Max & Joanne Lovejoy
Neva Baxter Jeanette Wedding Carl Baxter	
Theresa Conroy Dick & Loretta Koester	
Buck VanHorn Bonnie VanHorn	
Ida Downing Bonnie VanHorn	
Jack L. Welch Maxine Welch	
<u>Active Living</u> <u>In Memory of</u>	
Tom Peters Floyd & Bonnie Love	
Wilson Batchelder Dorothy Batchelder	

Active Living
Needs Donations!

Thank You to our readers who donate to Active LIVING. As of June 15, 2012, we have received **\$7,532.00**. We deeply appreciate your support.

We are still a long way from our goal of **\$24,000.00**. To keep Active LIVING a part of our communities we need your support.

Please consider donating to Active LIVING. Checks should be payable to Friends of Isabella Seniors and mailed to 2200 S. Lincoln Rd., Mt. Pleasant, MI 48858.

Donations to ACTIVE LIVING

Newell & Shirley Dennis Howard & Mary Lou Jones Larry Johnson Donna Collins Margo & Lendy Siefker Barb Peters Edward & Donna Lick Mary Louise Smith W.F. Edmonds Karen Clark Grant & Velma Allen Dorothy Anderson Sharon Shaw Earl & Donna Gates Richard & Susan Switzer John & Sally Weisenburger	George Clapp Jr. Lawrence & Katherine Fussman Albert & Marjory Hyder Don & Jo Riley Sandy Scutt Susan Murphy Helen Prechesky Louise Uphold Marge Clare Harry & Mary Phelps Dolores Lawrence Anonymous Theo Smalley Herta Murrell Judy Bohlmann
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Donations to
COMMISSION ON AGING

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Donations listed in this issue were received by June 15, 2012.

Computer Training Classes

At Veterans Memorial Library
July Calendar Free Classes

9	11:00-12:30 p.m.	Mastering the Mouse
10	10:00-11:30 a.m.	Basic Computing
12	2:00-3:30 p.m.	Basic Windows
16	11:00-12:30 p.m.	Basic Internet 1
17	10:00-11:30 a.m.	Basic Excel
19	2:00-3:30 p.m.	Files & Folders
23	11:00-12:30 p.m.	Basic Email 1
24	10:00-11:30 a.m.	Intermediate Excel
26	2:00-3:30 p.m.	Basic Word
30	11:00-12:30 p.m.	Basic Internet 2
31	10:00-11:30 a.m.	Facebook1-Creating an account

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

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.

Golden Age Cards

If you are age 85 or older, you are eligible to receive a Golden Age Card, compliments of the Isabella County Transportation System. This will enable you to ride the IRide bus for free. This card is made at the COA Activity Center, 2200 S. Lincoln Rd. in Mt. Pleasant. You will need to show verification of your age and be a resident of Isabella County to obtain a pass.

COMMISSION ON AGING
ADVISORY BOARD

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District 7	Jeanne Pfeiffer
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At-Large	Claudia Douglass

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Member	

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:

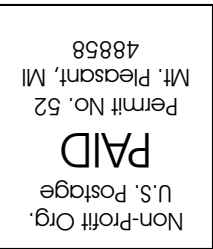
***Seasonal Fruit Juice/Coffee Scrambled Eggs Toast and Muffins
The Cook’s Special and Bacon/Sausage (2 links and 2 strips)***

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

JULY 2012 ACTIVE LIVING

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

