

Active LIVING

Volume 112 Issue 8

August 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

There's Still Time to Help the Annual Golf Outing and Support 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 for \$100.00, MEAL
SPONSOR for \$125.00 or DONATE A RAFFLE/
SILENT AUCTION PRIZE**

OR

**Form a 3 Person Team for
\$210 (\$70 each)**

Sign up A.S.A.P. !!!

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**

Contact: Sally or Ginny at **772-0748** or
swojciechowski@isabellacounty.org
or gcain@isabellacounty.org



Mountain Singers perform on Wednesday,
**August 22, at 6:30 p.m. at the COA Activity
Center.** Light Refreshments will be served. Please call
772-0748 for a reservation.

“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. Older adults 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.

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

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

For questions contact Amy Emmons with the MI
State Bar Professional Standards Division at **(517) 346-6343**.

Director’s Comments

Did you know that we had nearly 40,000 visitors in our Activity Building last year? Did you know that our Volunteer Receptionists handled more than 63,500 phone calls? No wonder their ears hurt!

As of August 12, we will have been in this new building four (4) years. It amazes me how fast the time has flown. Even now, every morning when I walk into this building I have to pinch myself to make sure I’m in the right place. I cannot express to you enough how fortunate I feel about being a part of this organization and this community.

The COA Activity Building is a wonderful gift! And it is the entire county that has made this building possible. Because of that we do not see this building as a gift just to the Commission on Aging. It is a gift and an asset of the county. Yes, the Commission on Aging calls the Activity Building home, but over 55 different community service groups, organizations and non-profits use it for meetings and activities. It is a gift from the community to the community.

It is community assets like this building that bring new families and retirees to Isabella County. This type of support provides an environment where we all can gain and grow. And it is the support the Commission on Aging receives from across the county that allows this agency to be one of the premier Older Adult Services Programs in the State of Michigan. We thank everyone for your support, it is greatly appreciated!

In closing I wish to mention one more milestone that the Commission on Aging will be celebrating next year at this time. Yes, we have been in our new building four years. However, in July, 2013 the Isabella County Commission on Aging will be 40 years old. In July of 1973 the Isabella County Board of Commissioners established the Commission on Aging as a department within the County Governmental Unit. So I think we will have to think of some creative ways to celebrate this very special birthday! We will be keeping you informed . . .



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

Mission Moments

You know the saying “You’re never too old to learn,” well this could not be truer for our Foster Grandparent Volunteers. Each summer they attend a week long “Back to School” training to sharpen their skills in mentoring children before they head back to the classroom in the fall.

They learn new information on Child Development, new strategies to help improve children’s reading skills, the latest research on working with children with autism and the list goes on. There is a lot more to our volunteers than the much needed hugs or words of encouragement they give to the students– they are making an impact as part of the team in our children’s education.

The Foster Grandparent Volunteers take the saying “you’re never too old to learn” to a whole new level.

*Mary Ann Mooradian Foster Grandparent/
Senior Companion Program Coordinator*

Caregiver Support

The COA Caregiver Support Meeting will be August 21, 2012, at the Isabella County Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. The meeting is held from 6:30-8:00 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**.

Legal Services

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

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

This page is sponsored by: **Margaret’s Meadows**

Why Review your Medicare Part D Prescription Plan?

October to December is the only time each year that *all* people with Medicare can join or change their Medicare prescription drug plan. **Even if you like your current plan, it is strongly recommended that you review your plan for the upcoming year.** You may be able to save time, money and frustration by choosing a plan with possibly lower premiums and few restrictions. Here are a few frequently asked questions:

How may my current plan have changed?

Your current plan may have changed the monthly premium, the annual deductible, the co-payments to your pharmacy or the formulary (list of covered medications).

What do I have to do if I decide I want to stay in my current plan for 2013?

You are not required to do anything. You will stay enrolled in your current Part D plan unless you sign up for a new plan, or your plan is no longer renewing its Medicare contract (You will receive a letter from your plan if it is no longer being renewed).

What if I change plans and decide I do not like my new plan?

Changes can only be made during Open Enrollment October 15 – December 7. Most people will not be able to cancel the plan until the next Open Enrollment. Low income beneficiaries meeting certain criteria may change their plan throughout the year.

What if I did not join a Part D plan when I was first eligible, but would like to join

now?

You can enroll in a plan during the Annual Open Enrollment. You may have to pay a penalty for enrolling late.

How do I receive help to compare plans for 2013?

You can call the Commission on Aging at **772-0748**, **beginning October 1**, to schedule an appointment with one of our trained volunteer counselors. Sessions are available for Isabella County residents 60 years of age and older and are by **Appointment Only**. There is no cost to the sessions, although donations to the agency are welcomed.

You can also call **1-800-MEDICARE (1-800-633-4227)** or go to www.Medicare.gov during the Open Enrollment Period.

Surviving August Days

With the arrival of August comes the risk of heat stroke or exhaustion. Older adults simply cannot cool their bodies as quickly as younger people. Often older adults do not even feel hot or thirsty in higher temperatures. So, extra precautions need to be taken. All heat related illnesses are preventable with a few simple reminders:

- Drink water often. Drink cool (not cold) non-alcoholic and decaffeinated beverages.
- Plan ahead. Avoid any strenuous activities. Take it easy, especially during the hottest part of the day.
- Take a cool shower, bath, or sponge bath frequently.
- If you can, stay in an air conditioned area. Fans cannot cool your body enough when the temperature reaches 90+ degrees.
- Wear light colored, loosely woven cotton clothing.
- Eat cool, light meals.
- **NEVER** leave anyone, especially children or pets in a parked car.
- Be sure to check on your older adult friends or family members at least **twice** a day. If they have transportation problems, offer to take them to an air conditioned facility.
- Check local media for heat relief shelters in your area. **The Isabella County Commission on Aging Activity Center located at 2200 S. Lincoln Rd. in Mt. Pleasant will be open as a cooling center when needed.**

If you would like someone to call you daily and check on you, call the Commission on Aging at **772-0748** and ask for the **Friendly Caller** program.

Volunteer Opportunity

Isabella County Commission on Aging is currently recruiting volunteers who are interested in a short term commitment. We are asking for support in assisting older adults with reviewing their prescription coverage. The COA will be holding several trainings for new and returning volunteers, which will guide those interested through the open enrollment process. We only ask that volunteers are able to use the internet. Any questions/concerns regarding the Medicare Open Enrollment, or training, can be directed to Jennifer Martin at **(989)772-0748**.

Trainings will be held in September and will benefit both new volunteers and returning volunteers. No Experience is necessary, although it is helpful. Open Enrollment will run from October 15 through December 7. This is a great way to learn about prescription drug plans and upcoming changes.

To register as a volunteer, please call Ginny Cain at **(989)772-0748**.

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

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

August 3, 10, 17, 24, 31, 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

August 23, from 6:00-8:00 p.m. in the Community Education Room. Learn about laparoscopic weight loss surgery and how it can improve your health and your life. General surgeons from the Great Lakes Surgical Associates will highlight laparoscopic Roux-en-Y, adjustable banding and sleeve gastrectomy surgical options.

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

Explore Treatment Options for Hip Arthritis

August 23, from 6:30-7:30 p.m. in the FDJ Conference Room. Hip arthritis typically affects people over 50 years of age, and symptoms progress as the condition worsens. Inflammatory arthritis of the hip is characterized by a dull, aching pain that is usually worse in the morning and lessens with activity. Vigorous activity can result in increased pain and stiffness. The pain may limit your movements or make walking difficult. Join Orthopedic Surgeon, Michael Moutsatson, DO, for a discussion on the symptoms of hip arthritis, diagnosis and treatment options including hip replacement surgery.

Protect the Skin Your In

August 24, from 9:00-12:00 noon at 315 Warwick Dr., Suite E, Alma. Skin cancer can be successfully treated before it has a chance to spread. Warning signs suggesting skin cancer include: a change on the skin, a sore that does not heal, change in an existing mole, or the development of a new mole. Even a small change in the skin can be a warning sign, so delaying treatment may be harmful to your health.

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**.



Equal Housing Opportunity



DO YOU LIKE TO WORK WITH CHILDREN? 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.



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

Ask a COA Specialist

Question: My father’s home gets quite hot during the summer months. I am concerned that he may become overheated. He does not have the money to pay for air conditioning. What should we do to prevent him from getting heat exhaustion?

Answer: Heat related illness can be very serious in older adults. Central air conditioning could cost into the thousands of dollars. Although we can’t assist with central air, the Commission on Aging has some emergency needs money available, to those who meet certain income guidelines, to help purchase window air conditioners and/or ventilating fans.

We also suggest:
Opening windows at night when it is cooler.
Keeping your windows and curtains closed during the higher, peak sun time.
Staying hydrated.
Visiting the *air conditioned* COA building for a range of activities!

Please call the Commission on Aging and speak to one of the social workers to learn more about emergency needs money that may be available. We can be reached at (989)772-0748.

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.

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

and others

Grandparents as Parents Day!




Thursday, August 23, 2012
11 a.m. to 2 p.m.
@
Isabella County Commission on Aging
Register for this FREE event by calling:
1-800-858-1637


FREE: Bike helmets and school supplies to the first 50 kids registered!

Bring the kids for a fun-filled day and connect yourself with resources and information designed to help grandparents and family members who are raising relative’s children.

- Services available to everyone include:**
- Information about enrolling in the Mi-Child Health Insurance
 - Representatives from community programs and organizations
 - Where to find help paying for babysitters or child care
 - Food, games and FUN!
- Services available to older adults:**
- Help with school clothes, supplies, and necessities
 - Medicare/Medicaid insurance programs for older adults



Need a ride? Let us know when you call to register.



Region VII Area Agency On Aging

Hosted by: Isabella County Commission on Aging, and Region VII Area Agency on Aging using funds provided by the National Family Caregiver Act and the Michigan Office of Services to the Aging..

“Seniors for Seniors”
The Humane Animal Treatment Society (HATS) has older cats available for adoption at no cost to older adults. All cats are spayed or neutered and up to date with vaccinations. For more information call 989-775-0830.

Yarn and Fabric Needed
The Commission on Aging is accepting limited donations of yarn and quilting fabric. Gold Key Volunteer Needle Crafters donated 4,500 handmade items to those in need last year in Isabella County.

**SENIOR COMPANION
VOLUNTEER NEEDED:**

We are in need of an individual 55 + years of age who is interested in being a friend to home bound older adults in Isabella County through the Senior Companion Program. For your services you will receive

- An hourly non taxable stipend of \$2.65
- Transportation Reimbursement
- Meal Reimbursement
- Holiday, Sick and Vacation Days
- Ongoing Training

To qualify to become a Senior Companion Volunteer you must meet our program income guidelines. Call now for more information. Please contact Mary Ann Mooradian or Michelle Howes at (989) 772-0748.

Movie of the Month

On Tuesday, August 28, come to COA for a **FREE Movie and Popcorn** when we show the movie “*The Lucky One*,” starring Zac Efron, Taylor Schilling and Blythe Danner. 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.

**(SERA) State Employee
Retirement Association**

On August 21, there will be a presentation by the Attorney General’s office on Residential Care Facilities. The meeting will start at 1:30 p.m. If anyone has suggestions for future meetings pertaining to any issue, please contact me so we can address those topics. All meetings have a 50/50 drawing as well as a door prize. Come and enjoy the information provided and the fellowship. There is strength in numbers. If there are any questions, please contact Jackie Curtis at jac62irish@yahoo.com or **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: debrecter1@gmail.com with further questions

Gratefulness for a Sweet Treat!

Thank you to A & D Home Care for donating and delivering sugar cookies to our Food with Friends meal and activity sites. They were delicious and your thoughtfulness is very much appreciated! It’s community involvement like this that makes our program great! Thanks again!

**Mt. Pleasant Outdoor Summer Film
Series - *Movies by Moonlight***

The Muppet Movie (1979) Saturday, August 4

Toy Story Saturday, August 11

Casablanca Saturday, August 18

Location: Mt. Pleasant City Hall, 320 W. Broadway St.

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

Cost: FREE

Bring lawn chairs or a blanket

Rain location: Broadway Theatre, downtown Mt. Pleasant

Snacks Needed for Mobile Food Pantry

On Saturday, August 1, the Community Compassionate Network Food Pantry will distribute food to individuals in need at the COA Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. Doors open at 8:00 a.m. There will be approximately 250 individuals receiving food that day. People arrive early a.m. The Commission on Aging will provide coffee, but we are in need of donations of morning snack food such as breakfast bars, bananas and cookies. If you are able to donated some morning snack items please drop them off by 4:30 p.m. on Friday, August 10, to COA, 2200 S. Lincoln Rd. Thank you in advance for your contributions.

Shepherd Historical Society

JOIN US FOR OUR ANNUAL PICNIC! The Shepherd Area Historical Society will host its annual picnic on Monday, August13, 2012, at 6:00 p.m. Bring a dish to pass and join us at the Wright Avenue Park on the first block of West Wright Avenue in Shepherd.

AFTER THE PICNIC, those interested can join Larry Noyes as he conducts a guided tour of the Powerhouse Museum (adjacent to the park). Mr. Noyes has a wealth of knowledge about the Shepherd area and is pleased to share with those interested. The tour begins around 7:45 p.m.

Genealogical Society of Isabella County

Please join 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. More information may be obtained from our website at: <http://isabellagenealogy.org/home>

~ Upcoming Program ~

August: Topic: “Funny Ancestry Trivia”

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



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

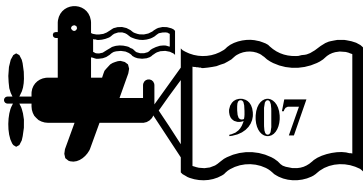
- Improve Boat Launch

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



Come Out and See the Planes!

Local EAA Chapter 907 is sponsoring a Fly-In or Drive-In Breakfast on **Sunday, August 12, from 8 a.m. to Noon at the Woodruff Lake Airport, 6438 W. Millbrook Rd., just east of Coldwater Rd.**

You are invited to bring the grandkids and come out to view the airplanes and antique automobiles. If you like, have a wonderful breakfast of pancakes, ham, eggs and cheesy potatoes.

Mt. Pleasant Garden Club



The Mt. Pleasant Garden Club will meet in Room A at the Commission on Aging on August 20. There will be a social gathering and refreshments at 1, followed by a business meeting at 1:30 and a program about the care and propagation of the iris at 2. The speaker will be past president of the club, Julia Grantsynn. **Guests are welcome to attend!**

Isabella County Parks & Recreation Commission

989.772.0911 extension 340

www.isabellacounty.org/parks

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

Activity Center		AUGUST ACTIVITIES	
Monday	Tuesday	Wednesday	
<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 B = Activity Room B C = Activity Room C			1
F = Fitness Room CR1 = Conf Room B139 Lab = Computer Lab		10:00 and 11:00 Exercise-Low Impact (F) 10:00 Computer Class (Lab) 10:30 State Bar Assoc. Presentation (A &B) 1:00 Happy Rippers (Craft) 1:00 Bridge (C) 1:00 Pepper (C)	
6	7	8	
10:00 and 11:00 Exercise-Low Impact (F) 12:00 Community Service Council (A) 1:00 Canasta, Pinochle, Dominos (C) 1:30 Yoga (F) 7:00– 9:00 Square Dance Basic Lessons (C)	9:00 Tai Chi Five Elements (F) 10:00 Country Music (B) 10:00 Cribbage (C) 11:00 Tai Chi Fun (F) 12:30 Banjos and Guitars (B) 2:00 - 4:00 Intermediate Line Dancing (C) 5:15 COA Board Mtg. (BR1) 7:00 Mt. Pleasant Historical Society (A)	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)	
13	14	15	
8:00 FGP/SCP Training (A and B) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Legal Service (CR1) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Legal Service (CR1) 1:30 Yoga (F) 6:00 Parkinson’s Support Group (Craft) 7:00 - 9:00 Square Dance Basic Lessons (C)	8:00 FGP Training (A) 9:00 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 10:00 Cribbage (C) 10:00 Country Music 11:00 Tai Chi Fun (F) 12:30 Banjos and Guitars (B) 2:00 - 4:00 Intermediate Line Dancing (C) 6:30 Mid Michigan Wood Workers (Craft)	8:00 FGP/SCP Training (A and 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)	
20	21	22	
10:00 and 11:00 Exercise - Low Impact (F) 1:00 Readers Theatre Practice (Craft) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Mt. Pleasant Garden Club 1:30 Yoga (F) 6:00 It Works (A) 7:00 - 9:00 Square Dance Basic Lessons (C)	8:30 Friends of Isabella Seniors Mtg (BR1) 9:00 Tai Chi Five Elements (F) 10:00 Cribbage (C) 11:00 Tai Chi Fun (F) 1:30 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing (C) 6:00 Watershed Conservancy (A) 6:30 Caregiver Support (Craft)	10:00 MARPS Mtg. (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) 6:30 Mountain Singers Come Listen to the Music	
27	28	29	
10:00 and 11:00 Exercise - Low Impact (F) 11:00 Blue Cross/Blue Shield (B) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Legal Service (CR1) 1:30 Yoga (F) 7:00 - 9:00 Square Dance Basic Lessons (C)	8:00 Women’s Aid Staff Mtg (B) 9:00 Tai Chi Five Elements (Craft) 10:00 Cribbage (C) 11:00 Tai Chi Fun (F) 12:45 Movie “The Lucky One” (A and B) 2:00 - 4:00 Intermediate Line Dancing (C) 4:00 Alzheimer’s Walk Meeting (Craft)	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) 6:00 Herbal Workshop (C)	

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
2 8:30- 4:30 FGP/SCP Evaluations (CR1) 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 1:00 Beginner Line Dancing (C) 6:00 Clowns (Craft)	3 9:00 Isabella County Collaborative (B) 10:00 Wii Bowling (C) 10:00 and 11:00 Exercise - Low Impact (F) COA Golf Outing Today	4 1:00 Euchre Card Party (C)
9 9:00 Tai Chi Five Elements (F) 10:00 Computer Class (Lab) 10:00 Learn to Knit (Craft) 11:00 Tai Chi Fun(F) 11:00 Nutrition Mtg. (A) 1:00 Beginner Line Dancing (C) 7:00 Genealogy (B) 7:00 - 9:00 Mid Michigan Patriots (A)	10 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) Set Room For Saturday Food Truck	11 Food Truck 1:00 Euchre Card Party (C)
16 8:00 FGP/SCP Training (A and B) 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 11:00 Tai Chi Fun (F) 1:00 Snow Bird Book Club (Library) 1:00 Beginner Line Dancing (C)	17 8:00 - 9:00 Open Breakfast (C) 8:30 FGP/SCP In-Service (A and B) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 12:45 Meijer Gift Card Bingo (C)	18 1:00 Euchre Card Party (C)
23 8:00 - 4:00 FGP/SCP Physicals (B-139) 9:00 Tai Chi Five Elements (F) 10:00 - 2:00 Kinship Care (A and B) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 11:00 Tai Chi Fun (F) 1:00 Beginning Line Dancing (C)	24 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 12:45 Laurels Gift Bingo (C)	25 12:00 Ostomy Group (Craft) 1:00 Euchre Card Party (C)
30 8:00 - 4:00 FGP/SCP Physicals (B-139) 9:00 Tai Chi Five Elements (F) 11:00 Tai Chi Fun (F) 1:00 Beginning Line Dancing (C)	31 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C)	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

NO WATER AEROBICS
SAC/ Rose Event Center
Closed for Maintenance and Cleaning
AUGUST 3 thru 10

Tai Chi Five Elements Class
No experience necessary!
August 2 thru August 30
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
No class the first week of August.

Games

Bingo at the COA
Friday, August 17 - 12:45 p.m.
Friday, August 24 - 12:45 p.m.

Deal or No Deal
Wednesday, August 8
11:15 a.m.

Movie
“The Lucky One”
Tuesday, August 28
12:45 p.m.
COA Activity Center
Free Admission and Popcorn
Call Jen Conner at **772-0748**
For a reservation



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
Monday
7:00 p.m. - 9:00p.m.
Call **Marvin at 773-1581**
For more information

Music

Jam Session
Not meeting in July or August



Banjos and Guitars
12:30 p.m.
Learn the Basics
Tuesday, August 7 and 14

Play Your Dulcimer
Not meeting in July or August

Art / Craft Classes

Learn to Knit
Thursdays: 10:00 a. m.
Come learn from those who know how.

Readers Theatre Group
Meets on the second and fourth Mondays of
the month at 1:00 p.m.
(Not meeting in August)

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, and 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. Payment due by Aug. 20. Call **772-0748**. We need 12 more people for this trip to go!

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. **Only 2 spots left call 772-0748.**

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 p.m. 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

Cost: was \$140.00 now \$130.00

(Horse show cancelled)

Thursday, August 9

Come with us for a day on Mackinac Island. Enjoy lunch at the Grand Hotel at noon. You will then have time to browse the downtown area or take a carriage tour or visit the butterfly house on your own. 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 and Grand Buffet Lunch. There is still room, so call **772-0748** to reserve a spot ASAP.

Little River Casino

Wednesday, October 3

Fundraiser Trip Cost: \$55.00

The motor coach departs at 8:00 a.m. from pole B in the Meijer Store parking lot. Cookies and juice will be available on route with a rest stop made on the way to Manistee. You will have from 10:30 a.m. to 2:30 p.m. at the Casino and will receive \$25.00 in gaming credits. Persons must be 21 years old and have with you a valid photo ID (driver’s license or passport) to receive this package. Should be back by 5:00 p.m.

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!

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

A second bus has been added..call ASAP

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

Mystery Trip

December 8 - 9

New Year’s Eve

Nutcracker on Horseback

Lunch and Dinner

“Singin in the Rain”

New Years Eve Celebration

December 31-January 1

Food With Friends

August EAT SMART MENU

FWF Eat Smart Menu					August 2012				
Monday	Tuesday	Wednesday	Thursday	Friday					
		1 Russian Chicken Bread Oven Roasted Potatoes California Blend Cantaloupe	2 Sliced Turkey Bread Sweet Potatoes Brussels Sprouts Cherry Fruit Cup	3 Swissed Beef Pattie Bread Whipped Potatoes Cauliflower/Cabbage Salad Oatmeal Apple Crisp					
6 Chicken a la King Biscuit Carrots Coleslaw Pears	7 Pork Chop Bread Whipped Potatoes/Gravy Bean Salad Watermelon	8 Chicken Salad Blueberry Muffin Carrot Sticks Cucumber Salad Grape Banana Fruit Cup	9 Chili (turkey) Corn Bread Tossed Salad Apricots Graham Goldfish Cookie	10 Turkey Loaf Bread Baked Potato Cauliflower Michigan Fruit Cup					
13 Baked Ham Bread Squash Green Beans Strawberries	14 Veal Parmesan Bread Peas Fruited Coleslaw Tropical Fruit	15 Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Cantaloupe	16 Beef Mozzarella Melt Bread Corn Stewed Tomatoes Pears	17 Chicken/Rice Casserole Bread California Blend Tossed Salad Mixed Fruit Cup					
20 Baked Spaghetti (turkey) Garlic Toast Tossed Salad Pears	21 Chicken/Broccoli/Cheese Bread Baked Potato Italian Blend Pineapple Gelatin	22 Sloppy Joe (turkey) Bun Carrots Crunchy Vegetable Salad Cherry Fruit Cup	23 Salisbury Steak (beef) Bread Whipped Potatoes Peas & Carrots Watermelon	24 Turkey Stew Biscuit Coleslaw Cinnamon Applesauce					
27 Macaroni & Cheese Bread Winter Blend Tossed Salad Pineapple	28 Baked Chicken Bread Whipped Potatoes/Gravy Cauliflower/Cabbage Salad Grape Banana Fruit Cup	29 Meatloaf (beef & turkey) Bread Squash Pea Salad Cantaloupe	30 Meatballs (beef) Bread Redskin Potatoes Brussels Sprouts Mixed Fruit Cup	31 Smothered Chicken Breast Bread Oven Roasted Potatoes Carrot Salad Pears					

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

August has a lot packed into it at the Winn FWF Meal and Activity site. Join us on August 13 for a Hawaiian Luau! We are doing it up big! Award winning dancers, with years of experience will be entertaining us. Dig out your Hawaiian shirts and dust off your grass skirts!

If you carry your tension in your

shoulders, neck and back, don't miss out on a chance to experience a massage from Massage Therapist, Michelle Bendele. She will be here on August 24 to indulge us. Please call **898-866-2520** or **989-772-0748** after site hours to reserve your spot for these and other days listed below that are sure to be a great time!

August Calendar

1

Lyle Thrush & Duane Hallock

6

Birthday Party with Randy & Julie Davis

8

National Zucchini Day

August Calendar continued

8

Nutrition-"Portion Size vs. Serving Size"

Leora Nelson

13

Hawaiian Luau

15

Steve & Lois Johnson

20

Rocky King

National Black Cow Month-Root Beer Floats

22

Aunt Mary & Friends

24

Michelle Bendele

27

Kevin Bendele

29

Don Leisure & Friends

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**

WOW! I don’t remember a summer quite this hot in recent years! Beat the heat by coming inside and joining us at the COA Activity Center for one of these cool activities:
Wednesday, Aug. 8: Deal or No Deal with Tendercare. 11:15 a.m. Room C
Friday, Aug. 17: Open Community Breakfast. 8 to 9 a.m. Room C. Cost is \$4, preregister by calling Jen at **772-0748**.
Friday, Aug. 17: Meijer Gift Card Bingo 12:45 p.m. Room C
Friday, Aug. 24: Laurels Bingo at 12:45 p.m. Room C
Tuesday, Aug. 28: FREE MOVIE and POPCORN. We will be showing “The Lucky One,” starring Zac Efron, Taylor Schilling and Blythe Danner. Preregistration is required by calling Jen at **772-0748**.

As always, please come in and join us for Food with Friends, Monday through Friday at 12 noon in Room C. Lunch is a suggested donation of \$2.50 for those over the age of 60, and \$5 for those under the age of 60. Stay cool!

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**

Join us in August as we begin our Summer Olympiad Games! Don’t worry if you have limited mobility. We will accommodate different ability levels. Along with keeping our bodies active we keep our minds in shape by starting each day with a game of concentration and continuing the day with various games, puzzles, word games, trivia, presentations, and fellowship. We welcome you to join us for fun activities and a delicious meal with friends.

August Calendar

- 1 What do you remember about the 1960’s?
- 3 Pepper
- 6 Skipbo + Nutrition Topic-Portions Size vs. Serving Size
- 8 Game Day
- 10 Pepper
- 13 Summer Olympiad Games
- 15 Birthday Party:
Nancy Cotter, Dottie Evans & Leorna Lynch
Bingo
Visit from Lisa from CMDHD - Nutrition and Aging
- 17 Pepper
- 20 Bingo
- 22 Field Trip to the Country Garden after lunch
- 24 Pepper
- 27 Nicole from Mid-Michigan Home Care
- 29 An Afternoon in Africa
- 31 Labor Day’s coming! Remembering Vacations of Years Past

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



We love card games and we are always happy to pull up another chair for newcomers. Pictured above is our Chair Affair chair on display this summer in downtown Mt. Pleasant. Join us for games and other fun activities listed below!

August Calendar

- 1 River Ramblers- 10:00 a.m.
- 2 Bingo
- 7 Lisa from CMDHD - “Nutrition and Aging”
- 8 River Ramblers- 10:00 a.m.
Birthday Party for Mina Garrett
- 9 Dominoes
- 13 Nutrition Topic – “Portion Size vs. Serving Size”
- 15 River Ramblers- 10:00 a.m.
- 17 Zucchini Recipe Exchange
- 21 National Senior Citizens Day- Recognizing your contributions to Society
- 22 River Ramblers- 10:00 a.m.
- 23 Bingo
- 27 Word Games
- 29 River Ramblers- 10:00 a.m.

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

It’s hard to believe half the summer has passed. We still have much to do with what remains of the season. Join us at Coldwater Lake as the Rosebush Manor has invited us for a day by the water on Aug 21 from 11-3. Bring your sun screen and a dish to pass.

We have many more activities that we hope you’ll join us for. Sit and Get Fit is Every Monday, Wednesday, and Friday at 11:15. Movie and Popcorn on every Friday at 6:15.

August Calendar

- 1 1:00 - Penny Bingo
- 3 12:45-Chippewa Nature Cntr.
- 6 12:30- Nutrition –“Portion Size vs. Serving Size”
12:45- Word Search/
Crossword
- 8 1:00- Penny Bingo
- 10 1:00- Good Times Band
2:00- Ice Cream Social
- 13 1:00- Bingo w/ prizes –
Woodland Hospice
2:30- Red Hat Strutters –
Country Line Dancing
- 15 1:00- Bingo w/ prizes – The Laurels
2:00- Storytelling –Library
- 17 12:30- Craig Newton
- 20 1:00- Quilts/Kathi
- 21 11:00-3:00 p.m. - Coldwater Lake Picnic
- 22 1:00- Penny Bingo
- 24 1:00- Animal Show & Share
- 27 12:30- Birthday Party
1:00- Bowling
- 29 1:00- Penny Bingo
- 31 1:00-Doozies Ice Cream Trip

Lunch is a suggested donation of \$2.50 for those over the age of 60, and \$5 for those under the age of 60.

IN MEMORY OF

Jack Krontz
Patricia Krontz

Gertrude & Lloy Sperry
Patricia Krontz

Roger Goenner
Alice Goenner

Gladys Lippold
Anonymous

Bob Edmonds
Peggie Edmonds

Edna Neyer
Mary Ann Judge
Animal Health Associates
Dave & Rita Mogg
Paul & Diana Hutchins
Dane & Jane Clark
Chuck & Sue Vannorsdall
Bob Heinlein

Lou Ann Maeder
Larry & Jan Galgoci

Don Rau
Clayton & Carol Garrett

Ed Morbitzer
Clayton & Carol Garrett

John Weber
Clayton & Carol Garrett

Carl Straus
Clayton & Carol Garrett

Martha Gruss
Pauline Schafer

John & Mary Hafer
Morval & Theda LaLone

Active Living
In Memory of

Albert Campbell
Melva Coyne

Food with Friends
In Memory of

Rowena Diehl
Geraldine Travis

Wayne Cole
Jean Cole

Edna Neyer
Rod Martz

Activity Center
In Memory of

Edna Neyer
Rodney & Audrey Hall

In Home Services
In Memory of

Edna Neyer
Kathleen Martin

Active Living
Needs
Donations!

Thank You to our readers who donate to Active LIVING. As of July 13, 2012, we have received **\$8,272.00**. 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

Bill & Sue Bisard	Roger Gutka
William & Joan Ruddell	Dorothy Sponseller
Earl Decker	Peggie Edmonds
Rowley Funeral Home	Carol Griffin
Richard & Diana Moreau	Shirley Sheppard
George Ann Wolf	David & Joyce Salisbury
Robert & Nancy Wheeler	Lee Wirth
Thomas & Dorothy Horgan	Lorna Gates
Robert Krikorian	Marilee Dean
Dorothy Tilmann	Dolores Lockwood
Richard & Janet Earl	Kenneth & Margaret Nichols
Sally Buckley	Geri Welling
Roger & Shirley Wing	Nancy Brasington
Lyle & Verna Walkington	Gordon & Suzi Tengen
Jerald Lounsbury	Glen Hamel
Linda Zemko	Duane Chapman
Geraldine Travis	

Donations to
COMMISSION ON AGING

General DonationsGold Key Transportation

Diane Morey	Pat & Marty Siuda
Earl & Betty Ewing	
Anonymous	
Gerald & Joan Thielen	<u>Activity Center</u>
Willis & Betty Bouchey	
Melvin Onuskanich	Richard & Jean Thomas
	Mid Michigan Quilter Guild
	Milan Shepard

Friends of Isabella Seniors
In Honor of

Ray & Jan Johnson
Jeff & Jennifer Johnson

Donations listed in this issue
were received by July 13, 2012 .

“Let us forgive each other -
only then will we live in peace.”
Leo Nikolaevich Tolstoy

Computer Training Classes

At Veterans Memorial Library

August Calendar	Free Classes
2	2:00-3:30 p.m. Mastering the Mouse
6	11:00-12:30 p.m. Basic Computing
7	10:00-11:30 a.m. Basic Windows
9	2:00-3:30 p.m. Basic Word
13	11:00-12:30 p.m. Files & Folders
14	10:00-11:30 a.m. Basic Internet 1
16	2:00-3:30 p.m. Intermediate Word
20	11:00-12:30 p.m. Basic Email
21	10:00-11:30 a.m. Basic Internet 2
23	2:00-3:30 p.m. Basic Excel
27	11:00-12:30 p.m. Basic Email 2
28	10:00-11:30 a.m. Computer Security
30	2:00-3:30 p.m. Facebook 2

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 need to show verification of your age and be a resident of Isabella County to obtain a pass.

COMMISSION ON AGING
ADVISORY BOARD

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

Friends of Isabella Seniors
Board of Directors

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

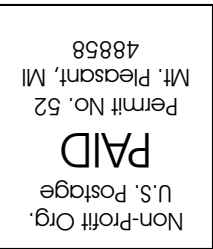
*Seasonal Fruit Juice/Coffee Scrambled Eggs Toast and Muffins
The Cook’s Special and Bacon/Sausage (2 links and 2 strips)*

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

AUGUST 2012 ACTIVE LIVING

INSIDE August 2012

Annual Golf Outing	1
Living Trust Education	1
Director’s Comments	2
Mission Moments	2
Review Your Medicare Part D	3
Mobile Food Pantry Snacks Needed	4
Movie of the Month	4
Senior Companion Needed	4
County Parks & Recreation Millage	5
Upcoming Health Events	6
Like to Work With Children?	6
Grandparents as Parents Day	7
Ask a COA Specialist	7
Activity Calendar	8, 9
Activity Center Activities	10
Travel Activities	11
FWF Menu & Activities	12, 13
Memorials and Donations	14



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

