



Active LIVING

Volume 112 Issue 9
September 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

Retirement Series

Sponsored by
Isabella County Commission on Aging
2200 S. Lincoln Rd. in Mt. Pleasant

Monday, September 10 Life Transitions

Includes information on going from a job to no job, more free time, what you do for family and learn how to give back to your community.

Presenters: Barb Frankenfield L.B.S.W In-Home Services Program
Director, COA
Ginny Cain, Gold Key Volunteer Program Director, COA

Monday, 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. Information will be given regarding Medicare Part D.

Presenters: Shannon Patrick, Social Security District Manager
Jennifer Martin B.S.W. Social Worker, COA

Monday, September 24 Finances

Learn what you will need financially to retire comfortably, and strategies to protect your money.

Presenter: Paul Siers, Financial Advisor

Monday, October 1 Legal Issues

There will be a discussion on wills and probate. Learn why it is important to plan ahead.

Presenter: Matt Romashko, Attorney

These sessions will begin at 6:30 p.m. and will be presented in Room A at the COA Activity Center. Participants are encouraged to attend all sessions. Refreshments are available each evening. For reservations, call the Commission on Aging at **772-0748** by Wednesday, September 5. The series is open to people of all ages.

Catch Your Breath

The Commission on Aging, in collaboration with the Isabella County Adult Day Program has developed a unique opportunity for caregivers to talk, share and relax together. Catch Your Breath is a program for caregivers which includes massage, music, light yoga, a snack, and supportive contact with others who face the same challenges. It will be offered on October 11, 2012, at the Isabella County Commission on Aging, 2200 S. Lincoln Road, Mt. Pleasant, from 1:00-4:00 p.m. There will be tables of resource information for caregivers to take home.

Caregivers need opportunities to experience a retreat and respite, to briefly step out of their lives and caregiver responsibilities, in order to preserve and refuel their energy, and their sense of self, and their physical and emotional health. This program will address the health and well-being of family caregivers who will learn stress management practices in order to continue providing compassionate care with a sense of inner-balance and well-being. Good health is essential in continuing compassionate care for yourself and others.

Catherine Tobin will lead our hour long mind/body therapy workshop. She will explore and discuss body / mind stress reduction practices. Catherine is on the faculty at Central Michigan University and is Aerobics and Fitness of America Association, Schwinn Cycling, Pilates and Yoga certified. She has been teaching fitness classes for the past five years, and all levels of interest are welcome. If you are a caregiver, you already have all you need to attend! Males and females are invited.

If you would like to use the Adult Day Program, 1222 North Drive, Mt. Pleasant while you attend this retreat at the Commission on Aging, the ADP is offering complimentary care for your loved one from 12:30-4:00 to make it easy for you to attend the Catch Your Breath program.

If you are presently a caregiver and would like to attend the Catch Your Breath program, please call the Commission on Aging, **(989) 772-0748**, to reserve your spot and to learn more about this free event. Please call Deb Nartker at **(989) 779-5560** to sign up for your spot at the Adult Day Program.

Director’s Comments

I know most of you have probably heard the results of our annual golf outing, but I wanted to extend a few comments of my own. First and foremost I wish to extend to all the sponsors a tremendous “Thank You” for supporting the Commission on Aging and, in turn, all the Older Adults and families we serve in Isabella County. There were over 40 sponsors this year. Check out the display ad we have on page 5 of this issue of Active Living for a listing. We also placed this same ad in the August 12 issue of The Morning Sun. What a great group of people, organizations and businesses. Your spirit of generosity and giving means a lot to us!

The next and maybe the best “Thank You” goes to our teams and the people who come and play golf--to the great folks who have been with us for the last nine years and to the new ones who took part in our golf outing for the first time. Your enthusiasm for the game and the support you provide to our programs and services is wonderful. Not only do you pay the team fees, but you also buy tickets for the 50/50 raffle and then bid on the silent auction items. You really do make the entire day fun!

I also extend a big “Thank You” to Joe Recker and his staff at Pleasant Hills. They all work hard getting things in place and set up for the day. Their work certainly makes things run smoother for us. Pleasant Hills is a great place to play golf. It is always relaxing and they have always ordered the best weather for the day!

The funding that this year’s golf outing generated will be used to help reimburse our volunteers for the miles they travel while they are delivering meals or taking someone to a doctor’s appointment. Our volunteers are all very special individuals and help to make our agency strong.

Thank you all for taking part in our golf outing! We look forward to seeing you again next year for our 10th Annual COA Golf Outing. It’s already set for Friday, August 2, 2013!

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



Ask a COA Specialist

Question:

My brother and I live out of town and are concerned that our parents, who are living in Mount Pleasant, may need some assistance to remain in their home. How do we know what resources are available?

Answer:

Long distance caregiving can be a difficult responsibility. Commission on Aging social workers are always available to meet with long distance caregivers to discuss available resources. This may be accomplished via telephone, e-mail, or a family meeting.

Caregivers may also want to visit the Commission on Aging website at www.isabellacounty.org/dept/coa.

You Can Ask a COA Specialist

Please send questions to:

Ask a COA Specialist
Isabella County
Commission on Aging
2200 S. Lincoln Rd
Mount Pleasant, MI 48858

Or

You can call in your questions to **(989)772-0748 ext. 236**

Or

Fax questions to **(989)773-0514.**

Mission Moments

As the Nutrition Coordinator for the Food with Friends program, I hear many comments about the meals. I always welcome the good and not so good comments; but when I hear positive comments, they really stay with me. I was working in the kitchen one day and a participant came up to me and said, “You know, the meals have kept me alive.” She went on to explain that she had been diagnosed with heart disease many years ago and her doctor recommended a diet plan. She didn’t feel she was making the right choices on her own, so she called Commission on Aging. She started receiving meals and she feels they are what changed her eating habits and have kept her “alive.” I am so grateful that Commission on Aging is able to help those who need a hot meal and a warm smile each day. This is one moment I will remember forever.

Carmel Slebodnik
Nutrition Program Coordinator

Caregiver Support

Our Caregivers Support Meeting will be September 18, 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 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 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

It Happens at My Activity Center. My Life. My time. My Way.



Whether it's participating in a National Award winning Fundraising event, playing or listening to your favorite music, attending an Energy Lunch and Town Hall meeting sponsored by Senator Judy Emmons or enjoying daily activities and fellowship, there is something for everyone at the Isabella County Commission on Aging. As a new generation of older adults looks to redefine retirement, there is a growing focus on wellness, work and volunteerism. When it comes to finding tools for staying healthy and involved or information about benefits, senior centers are the place to start. This September, COA invites the community to learn more about its programs and services during National Senior Center month. Join us as we celebrate with a host of activities planned for you! Be sure to see pages 8 thru 12 for dates and times. Listed below are comments and thoughts from participants who attend the Isabella County Activity Center. Many individuals have benefitted from programs and services and they would like to share their experiences with the community.

Dolores L. *"It's a refuge—an opportunity to be entertained with assorted games and a good opportunity to get a home cooked meal."*

Ruth D. *"This center means you don't have to sit home alone. You make friends and can enjoy some of the activities you used to enjoy before with friends who are no longer around you. It is a good way to beat depression and improve your outlook on life."*

Sally G. *"It is a real asset for information, meeting friends, exercise, food, meeting rooms for public. If they don't have the information you need they will try to locate it; great trips and activities."*

Rita M. *"I have so enjoyed the opportunity to meet other women in such a great atmosphere to discuss books and life. I encourage others to explore the opportunities to make connections with others through the activities at COA."*

Dave C. *"This center is a place to visit with old comrades and people I haven't seen in years and a chance to reconnect with other people I know."*

Ruth B. *"It is a great place for me to come and learn new things and meet new people. They have a lot of different classes and exercise programs to take advantage of to keep mind and body active."*

Linda S. *"It means friendships, educational opportunities, a place to enjoy my retirement and take advantage of practical information for senior adults. I really have found the COA to be a needed personal asset."*

Louise B. *"It's my second home and I love it! I have a lot of lovely friends that I have known for so many years. My favorite activity is pinochle and we need more players."*

Ida Mae L. *"It's a great place to meet new friends and have lunch; a place to come to break the day up. Also I like that I am not eating alone so often."*

Kathy F. *"Some activities are at no charge. It is open to all seniors of Isabella County and it is fun. It is a wonderful facility. You do not have to be retired to participate in the activities."*

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

September 7, 14, 21, 28, 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

September 27, 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**.

Treatment Options for Knee Arthritis

September 20, from 6:30-7:30 p.m. in the FDJ Conference Room. Arthritis and years of use damage knees causing symptoms of pain. If you are experiencing knee pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, please join Orthopedic Surgeon Charles Lilly, MD, for a discussion about options available for help.

Benign Prostate Enlargement

September 25, from 6:00– 7:00 p.m. in the FDJ Conference room. The Occurrence of prostate enlargement or benign prostatic hypertrophy (BPH) increases with age. It can often be the cause of bothersome urinary symptoms. There are several effective treatments for prostate enlargement. The best treatment for you is determined by the severity of your symptoms, prostate size, additional health issues, and your preferences. Join Urologist Kent Kirby, MD for a informative discussion on treatment options for prostate enlargement and its urinary counter part.

Joint Replacement Program

September 13, from 1:30-4:30 p.m. or September 27, from 2:00-5:00 p.m. McLaren Central Michigan offers all-inclusive joint replacement program for individuals planning or considering total joint replacement. The program features a planned course of treatment that places strong focus on wellness and education, not sickness. If you would like to learn more about the joint replacement process join Joint Replacement Coordinator, Beth Nesbitt, RN.

Bariatric Surgery Options

September 18, from 6:00-7:30 p.m. in the FDJ Conference Room. Are you 100 pounds or more above your ideal body weight? Do You have a BMI of 40 or greater? Do you have a BMI of 35 or greater with one or more obesity-related health condition (s) ? Have other forms of weight control failed? If you’ve answered yes to two or more questions above, and are over 18 years of age, you may be a candidate for weight loss surgery. Learn more about Bariatric surgery, treatment options, types of procedures, risks and benefits, program expectations, and insurance requirements at a Bariatric seminar held the third Tuesday of each month at McLaren Central Michigan.

Save the Dates!

Saturday, September 29
Walk to End Alzheimer's
Time: 10:00 a.m.-2:00 p.m.

Island Park, 331 N. Main St.
50% of profits will benefit:
The COA Caregiver Respite Program
Email: debrecker1@gmail.com if you
have any further questions.
Hope to see you there!

Mister Rogers’ Sweater
Drive Oct. 15 - Nov. 30
Accepting new and gently worn sweaters
for all ages! Drop off locations announced
next month. Children’s sweaters needed.

Saturday, October 27
COA Walk-a-Thon
“A Howling Good Time”
Time: 8:00 a.m.—2:00 p.m.
Fund Raising Event

Costume Contest
Intergenerational Activities for All!
Bring the Family!
5K Run/Walk & Fun Walk
Refreshments, Prizes
Registration in Advance

Saturday, November 10
Holiday Bazaar
Bake Sale & Raffle
COA Activity Center
2200 S. Lincoln Rd.,
9:00 a.m. to 2:00 p.m.



Mark Your Calendars!

In a far away land... fairy tales, fables and folklore come to life at the

Halloween Wellness Fair October 30, 2012

We invite you to the Saginaw Chippewa Indian Tribe's 27th Annual Halloween Wellness Fair for adults on **Tuesday, October 30 from 10 a.m. to 2 p.m.**

Come join the fun at the **Entertainment Hall in the Soaring Eagle Casino, Mt. Pleasant.**

This **FREE** event will feature a variety of health and service organizations. Come and see what these programs have to offer. Many of them will be providing "give-a-ways" and other activities and information at their booths.

Come out and join the fun. Halloween is a time for us big kids too. **Prize raffle drawings throughout the day!** See you at the fair!

For more information about the fair or if you would like to have a booth, please call Nimkee Public Health: **Robyn - 775-4649** or **Judy - 775-4629.**

Heart of Michigan Clowns Starting NEW Class at COA



Come and join the FUN!

All classes are on Saturdays – September 22 & 29, October 13 & 20 from 9:00 a.m. to 3:00 p.m. For cost or other information or to register, please call **989-772-2822.** They do have lots of fun!

Isabella County Commission on Aging & Friends of Isabella Seniors 9th Annual Golf Outing

Thank you sponsors, donors, golfers, volunteers and staff at Pleasant Hills Golf Club for making our 9th annual Commission on Aging Golf Outing such a great success! Proceeds will benefit Volunteer Mileage Reimbursement.



Hole & Tee Sponsors

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CMU University Recreation
Great Lakes Loons
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**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**.

FREE Movie of the Month

Tuesday, Sept. 25 we will be showing “*The Best Exotic Marigold Hotel*” starring Judi Dench and Maggie Smith as British retirees that travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than its advertisements, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. The movie and popcorn begin at 12:45 p.m. following our noontime Food with Friends meal. Please call Jen Conner at **772-0748** at least 24 hours in advance to register for lunch and the movie.

**(SERA) State Employee
Retirement Association**

On September 18, there will be a presentation by the 7th Generation Cultural program from the Saginaw Chippewa Indian Tribe. The presentation will be on Ojibwe Culture and Isabella Reservation programs. The meeting will start at 1:30 p.m. I have seen this presentation at the Rosebush Meal Site and it is very informative. The meeting will also have 50/50 drawing as well as a door prize. Come and enjoy the information provided and the fellowship. There is strength in numbers.

There will also be an update from the State Meeting for SERA held in Holt, MI on August 2, 2012. Jean Jacks, Jackie Curtis and L.D. Hollenbeck attended. Currently I have speakers up to November 2012. If anyone has suggestions for the upcoming year please do not hesitate to bring the information forward. If there are any questions, please feel free to contact me, Jackie Curtis (jac62irish@yahoo.com) or **989-772-0597**.

Senior Nutrition and Aging *by CMDHD Senior Wellness*

For all people, but especially the older adult, the benefits of healthy eating include increased mental sharpness, resistance to illness and disease, higher energy levels, faster recovery times and better management of chronic health problems.

Live Longer and Stronger

Good nutrition keeps muscles, bones, organs and other body parts strong. Eating vitamin rich foods will boost your immunity and fight illness-causing toxins.

Sharpen the Mind

Key nutrients are essential for the brain to do its job. People who eat a selection of brightly colored fruit, leafy veggies, fish and nuts can improve focus and possibly decrease their risk of Alzheimer’s disease.

Feel Better

Healthy, nutritious meals give you more energy and help you look better, resulting in self-esteem boost. It is all connected--when your body feels good, you feel happier inside and outside.

As a general guide, women and men over 50 years of age, depending on their physical activity level, should have the following number of calories per day.

- women over 50 not physically active 1600 calories a day
- women over 50 somewhat physically active 1800 calories a day
- women over 50 very active 2000 calories a day
- men over 50 not physically active 2000 calories a day
- men over 50 somewhat physically active 2200 a day
- men over 50 very active 2400-2800 calories a day

When eating a nutrient-dense diet, focus on whole fruits not fruit juices.

- Choose colorful vegetables, dark leafy greens and oranges and red
- Get Calcium throughout the day through milk, yogurt, cheese, broccoli, tofu, kale

Beat the summer heat with this thirst quenching nutrient-dense smoothie:

- 8 ounces of chilled vanilla Ensure ®
- 1 c frozen blackberries
- 1 tbsp sugar or 1-2 packets of sugar substitute
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg

Mix all ingredients in a blender until smooth, serve immediately.

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.

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.

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).

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 will be 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.

"Those who bring sunshine into the lives of others cannot keep it from themselves."

*James Matthew Barrie,
Author*

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 



Mt. Pleasant Garden Club

The Mt. Pleasant Garden Club will hold their September 17 meeting in Room A at 1 p.m. Following a social gathering and refreshments, member Judy Layfield will present a program which appeared on television recently, describing the Mt. Pleasant Garden Club's community projects and program.

Mt. Pleasant Historical Society

The silver screen of yesteryear will come alive and our audience will applaud a "Good Show" for the Mt. Pleasant Area Historical Society meeting at 7:00 p.m. on Tuesday, September 4, where speaker Steve Swart will present a history of the Broadway Theater.

Members will be nominating officers and directors for the next year at this meeting for the October 2 Annual Meeting. The meeting will be held at the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant. Members of the general public with an interest in our local history are encouraged to attend.

Volunteer Opportunity

COA is still recruiting volunteers who are interested in assisting older adults with reviewing their prescription coverage. The COA will hold several trainings in September for new and returning volunteers, which will guide those interested through the open enrollment process. Internet skills required. Any questions/concerns regarding the Medicare Open Enrollment or training can be directed to Jennifer Martin at **(989)772-0748.** To register as a volunteer, please call Ginny Cain at **(989)772-0748.**

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.

Morey Senior Outreach

8th Annual

Concert



**Sunday, September 30
2:00 p.m.**

**Staples Family Concert Hall
School of Music
Central Michigan University**

***This FREE one-hour
musical with refreshments
afterward is made possible
with generous support from
the Morey Foundation.***

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

Activity Center SEPTEMBER ACTIVITIES		
Monday	Tuesday	Wednesday
<div>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows: A = Activity Room A F = Fitness Room B = Activity Room B CR1 = Conf Room B139 C = Activity Room C Lab = Computer Lab</div>		
<div>Labor Day</div> <div>Building Closed</div>	<div>9:00 Tai Chi Five Elements (F) 10:00 Country Music 12:30 Banjos and Guitars (B) 10:00 Cribbage (C) 11:00 Tai Chi Fun (F) 12:00 Retired School Teachers (A) 2:00 - 4:00 Intermediate Line Dancing (C) 5:15 COA Board Mtg. (BR1) 7:00 Mt. Pleasant Historical Society (A)</div>	<div>10:00 and 11:00 Exercise-Low Impact (F) 10:00 Computer Class (Lab) 1:00 Happy Rippers (Craft) 1:00 Bridge (C) 1:00 Pepper (C)</div>
<div>10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 10:00 Blue Cross/Blue Shield (B) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Legal Service (CR1) 1:30 Yoga (F) 1:00 Readers Theatre (Craft) 6:00 Parkinson’s Support Group (Craft) 6:30 Retirement Seminar (A) 7:00 - 9:00 Square Dance Basic Lessons (C)</div>	<div>9:00 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 10:00 Cribbage (C) 11:00 Tai Chi Fun (F) 10:00 Country Music 12:30 Banjos & Guitars (B) 1:00 CMU Bridge (Craft) 2:00 FGP/SCP Advisory Council (A) 2:00 - 4:00 Intermediate Line Dancing (C) 6:00 Watershed Conservancy (A) 6:30 Mid Michigan Wood Workers (Craft)</div>	<div>9:00 MAFGSCP (B) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Computer (Lab) 10:00 Ministers (A) 11:15 Deal or No Deal (C) 1:00 Book Club (Library) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)</div>
<div>10:00 and 11:00 Exercise - Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Mt. Pleasant Garden Club (A) 1:30 Yoga (F) 6:30 Retirement Seminar (A) 7:00 - 9:00 Square Dance Basic Lessons (C)</div>	<div>8:30 Friends of Isabella Seniors Mtg (BR1) 9:00 Tai Chi Five Elements (F) Training (B) 10:00 E-Reader Help (A) 10:00 Cribbage (C) 11:00 Tai Chi Fun (F) 12:00 Training (Lab) 1:30 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing (C) 6:00 It Works (A) 6:30 Caregiver Support (Craft)</div>	<div>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)</div>
<div>10:00 and 11:00 Exercise - Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Legal Service (CR1) 1:30 Yoga (F) 1:00 Readers Theatre (Craft) 6:30 Retirement Seminar (A) 7:00 - 9:00 Square Dance Basic Lessons (C)</div>	<div>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 Best Exotic Marigold Hotel” (A - B) 1:00 CMU Bridge (Craft) 2:00 Line Dancing (C) 4:00 Alzheimer’s Walk Meeting (B) 6:00 Mid Michigan Quilters (A B C) 7:00 Stamp Collectors Mtg. (Craft)</div>	<div>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) 2:00 Volunteer Training (B) 6:00 Herb Workshop (C)</div>

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
Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu in this issue!		1 1:00 Euchre Card Party (C)
6 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) 6:00 Clowns (Craft)	7 9:00 Isabella County Collaborative (B) 10:00 Wii Bowling (C) 10:00 and 11:00 Exercise - Low Impact (F)	8 1:00 Euchre Card Party (C)
13 9:00 Tai Chi Five Elements (F) 10:00 Computer Class (Lab) 10:00 Learn to Knit (Craft) 11:00 Tai Chi Fun (F) 1:00 Beginner Line Dancing (C) 7:00 Genealogy (B) 7:00 - 9:00 Mid Michigan Patriots (A)	14 8:30 FGP/SCP in-Service (A) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C)	15 10:00 Daylily Society (A) 1:00 Euchre Card Party (C)
20 8:30 Training (B) 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 Fun (F) 12:00 Training (Lab) 1:00 Snow Bird Book Club (A) 1:00 Beginner Line Dancing (C)	21 8:00 - 9:00 Open Breakfast (C) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 12:45 Meijer Gift Card Bingo (C) 6:00 - 9:00 Community Dance \$5.00 (C) New Program and New D.J. Oldies 50's/60's Country Old/New	22 9:00 Clown Class (Craft) 1:00 Euchre Card Party (C)
27 8:00 MAFGSCP (B) 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)	28 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 12:45 Laurels Gift Bingo (C)	29 9:00 Clown Class (Craft) 10:00 - 2:00 Volunteer Fair (A B) 1:00 Euchre Card Party (C)

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

Exercise Classes

Yoga Class

September 17 to November 5
Mondays: 1:30 p.m. - 2:30 p. m.
\$60.00 for 8 weeks or \$10.00 a class

WATER AEROBICS

SAC/ Rose Event Center
Monday thru Friday
7:30 a.m. to 8:30 a.m.

Tai Chi Five Elements Class

No experience necessary!
September 4 - September 27
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

Dancing Classes

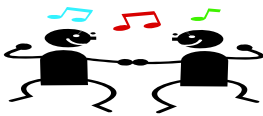
Line Dancing

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



Community Dance

Friday, September 21
6:00 p.m. to 9:00 p.m.
COA Activity Center
New Program, Music and D. J.
Oldies 50's/60's&Country Old/New
Donation: \$5.00
Snacks/Pop/Water \$1.00
Come Join the Fun!
Sponsored by the Red Hat Strutters.

Mt. Pleasant Music Studio

presents
“Better with Age”
Friday, October 5
12:45 p.m.
Come out and listen to this musical group
play some of your favorite songs.
Dancing is allowed and encouraged.

Jam Session

Come and join in with others who play for
the fun of it.
Every Friday 10:00 a.m.

Banjos and Guitars

12:30 p.m.
Learn the Basics
Tuesdays, September 4 and 11

Play Your Dulcimer

Every Monday at 10:00 a.m.
New people welcome!

We’re Back

The Senior Singers will start meeting again
on the first and third Thursdays of the
month at 10:30 a.m. to 11:30 a.m. Anyone
who likes to sing is welcome to stop by.

Classes

eReader Presentation

Tuesday, September 18
There will be a presentation on e-readers at
10:00 a.m. at the COA activity Center. Sue-
Ellen and Barb from the Chippewa District
Library will talk about the different eReader
devices that are available, such as the
Kindle, the Nook, and the iPad. If you
have one, bring it with you. They will also
cover how to use your library card to
download FREE ebooks through Overdrive.
Call 772-0748 to reserve a place.

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 stop by the COA Activity
Center.

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.



AARP Safe Driving Class

Friday, October 19
8:30 a.m. to 4:30 p.m.
Members \$12.00
Non-Members \$14.00
Pay instructor at the first class. Checks are
to made out to AARP. Bring your lunch or
have lunch here. For a reservation call Sally
at 772-0748.

Activity Center TRAVEL ACTIVITIES

Art / Classes

Intermediate Water Color

Wednesdays
10:00 a.m. to 12:00 p.m..
October 3 thru November 7
Cost: \$40.00

Beginning and Intermediate Drawing

Wednesdays
1:30 p.m. to 3:30 p.m.
October 3 thru November 7
Cost: \$40.00

Supplies for classes not included. You will be told at the first class what you may want to purchase. Call 772-0748 for a reservation. Classes are limited in size.
Instructor: Jeanne Fisher

Games

Bingo at the COA

Friday, September 21 - 12:45 p.m.
Friday, September 28 - 12:45 p.m.

Deal or No Deal

Wednesday, September 12
11:15 a.m. before lunch

Movie

“The Best Marigold Hotel”

Tuesday, September 25
12:45 p.m.
COA Activity Center
Free Admission and Popcorn
Call Jen Conner at 772-0748
for a reservation.

DAY AND EXTENDED TRIPS CALL 772-0748

Detroit Tiger Baseball

Thursday, September 20
Detroit vs. Oakland Athletics
Seats Section #113 & 14rows 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. Call 772-0748.
We have room for 10 more fans!!!!!!

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. Call 772-0748 to reserve a spot now.

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 Sept. 15.

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

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

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!

FWF Eat Smart Menu

September 2012

Monday	Tuesday	Wednesday	Thursday	Friday
 CLOSED LABOR DAY3	Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Peaches4	Chicken Pattie Bun Lettuce and Tomato Pork n Bean Salad Baked Apples5	Baked Cod Bread Potato Medley Fruited Coleslaw Watermelon6	Spanish Baked Steak (beef) Bread Baked Potato European Blend Strawberries7
Chop Suey (beef & pork) Bread Brown Rice Tossed Salad Tropical Fruit10	Meatloaf (beef & turkey) Bread Baked Potato Winter Blend Mixed Fruit Cup11	Baked Ham Bread Steamed Cabbage Corn & Lima Beans Berry Fruit Cup12	Baked Chicken Bread Whipped Potatoes/Gravy Spinach Cantaloupe13	Lasagna (turkey) Garlic Toast Fruited Coleslaw Peaches Graham Goldfish14
Beef and Noodles Bread Beets Tossed Salad Mixed Fruit Cup17	American Goulash (turkey) Bread Mixed Vegetables Coleslaw Pineapple18	Russian Chicken Bread Oven Roasted Potatoes California Blend Pears19	Sliced Turkey Bread Sweet Potatoes Brussels Sprouts Cherry Fruit Cup20	Swissed Beef Pattie Bread Whipped Potatoes Cauliflower/Cabbage Salad Oatmeal Apple Crisp21
Chicken a la King Biscuit Carrots Coleslaw Pears24	Pork Chop Bread Whipped Potatoes/Gravy Bean Salad Peaches25	Chicken Salad Blueberry Muffin Carrot Sticks Cucumber Salad Grape Banana Fruit Cup26	Chili (turkey) Corn Bread Tossed Salad Apricots Graham Goldfish27	Turkey Loaf Bread Baked Potato Cauliflower Michigan Fruit Cup28

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

Milk provided with all meals
Suggested Donation \$2.50

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

In Shepherd we like to keep our bodies and minds active. We start each day with low impact exercises. After we get our blood flowing we exercise our minds with a game of concentration. We finish out 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. For more information or to reserve a meal please call Rose at 989-828-5106 or 989-772-0748 after site hours.

September Calendar

- 3
- Closed – Labor Day
- 5
- Back to School – Stories by Carolyn
- 12
- Sally from Chippewa Nature Center presents: *Games People Played*
- 14
- My Secret Garden by Gloria: *Enjoying our Gardens Past and Present*
- 19
- Euchre
Emergency Preparedness w/ Lisa from the CMDHD
- 21
- Pepper
- 24
- Cooking for Two* presentation w/ Nicole from Mid-Michigan Home Care
- 26
- Massage Therapy by Michelle Bendele – Come receive a FREE 5-10 minute back massage. Relaxation for Heart, Body, Mind, and Soul.
- 28
- Apple Harvest – Favorite Apples and Treats

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**

Cooler temperatures, beautiful colors, something warm in the Crockpot – autumn is definitely my favorite time of the year! Kids go back to school, excited to renew old friendships and, hopefully, make a few new ones. The same opportunity awaits at our daily Food with Friends program. Folks reconnect with old acquaintances and usually make many new ones. Please consider joining us for our daily noon meal by calling Jen at **772-0748** to make your reservation! Here are a few special dates to keep in mind during the month of September:

Tuesdays 10 a.m. to 12 noon in Room B – pull up a chair and cup of coffee or tea and enjoy the sound of our COA Jammers as they play their brand of country, folk and bluegrass.

Tuesdays 10 a.m. to 12 noon in Room C – drop-in cribbage. Call a day or two ahead to let us know if you will be joining us. We’ll supply the cards, you bring the cribbage board!

Wednesday, Sept. 12 at 11:15 a.m. – Deal or No Deal by Tendercare, Mt. Pleasant

Friday, Sept. 21 at 12:45 p.m. – Meijer Gift Card Bingo

Friday, Sept. 21 from 8 to 9 a.m. – Open Community Breakfast. Call to reserve your spot at least 24 hours in advance. Cost is \$4 and all ages are welcome.

Tuesday, Sept. 25 at 12:45 p.m. – FREE movie and popcorn. This month we will show *“The Best Exotic Marigold Hotel”* starring Judi Dench and Maggie Smith.

Friday, Sept. 28 at 12:45 p.m. – The Laurels Bingo

Blessings, Jen

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

Here in Weidman we are a caring group of Friends with always room for one more. Join us Monday – Friday for fun games, educational presentations, great fellowship, and a delicious meal. Call Marjie for more info or to reserve a meal.

September Calendar

- 4 Health Department- Lisa Emergency Preparedness
- 5 River Ramblers - 10:00 a.m.
- 6 Bingo
- 10 Cards
- 12 River Ramblers - 10:00 a.m.
- 14 Dominoes/Tri-Dominoes
- 18 Nutrition - “Cooking for One Or Two”
- 19 River Ramblers - 10:00 a.m.
- 25 National Apple/Honey Month
- 26 River Ramblers - 10:00 a.m.
- 27 Bingo

Winn Community Building

2583West Blanchard Road, Winn
Meals M-W-F, 10a.m.to 2p.m. Denise Peltier-Pohl, Site Manager **866-2520**

With September now upon us I still need to say thank you to Tropical Smoothie for the gift of 2 free smoothies, to the beautiful Hula dancers (Sue Courington, Becky Bott, and Deb), and also for the massages from Michelle Bendele.

We have things happening at Winn Meal Site... Stop in and see for yourself!

September Calendar

- 3 Closed-Labor Day
- 5 Dale Prigdeon
- 10 Birthday Party w/Jerry Waldorf
- 12 Harold Helman
National Peanut Day Celebration
HealthDept. - Emergency Preparedness
- 17 Leon Seiter
National Honey Month Party
- 19 Andy Stanley
Fruit & Veggie Month Soiree
- 24 Mark & Mark
National Chicken Month Dinner
- 26 Ray Brown

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

Come join us for a good hearty meal and see some new activities we have planned for this month. Sally from Chippewa Nature Center will be presenting “Games People Play” on September 7. The River Ramblers Band will be playing on September 17. Join us on September 21, to celebrate the first day of fall and Bill Coughlin who will be presenting his rock collection.

We want to thank Rosebush Manor for taking us to Doozie’s for ice cream and to Coldwater Lake for a picnic.

Sit and Get Fit is every M, W, F at 11:15 a.m. Movie and Popcorn every Friday at 6:30 p.m.

September Calendar

- 3 Closed
- 5 Penny Bingo-1:00 p.m.
- 7 “Games People Play”- 12:24 p.m.
- 10 Bingo with Prizes - 1:00 p.m.
Red Hat Strudders - 2:00 p.m.
- 12 Penny Bingo - 1:00 p.m.
- 14 Good Times Band - 1:00 p.m.
Ice Cream Social - 2:00 p.m.
- 17 River Ramblers Band - 12:45 p.m.
- 19 Bingo w/Prizes - 1:00 p.m.
Storytelling/Library - 2:00 p.m.
- 21 Celebrate Fall Season
Rock Collection - 1:00 p.m.
- 24 Nutrition- “Cooking for One or Two” - 12:30 p.m.
Crossword/Search - 12:45 p.m.
- 26 Penny Bingo - 1:00 p.m.
- 28 Craig Newton- Singing/Guitar \- 1:00 p.m.

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

Ernest Garrett Clayton & Carol Garrett	Bill Kleinhans Jack & Mary Lou Westbrook
Ken Martin Clayton & Carol Garrett	Harold Mullins Freda Mullins
Edward Garrett Clayton & Carol Garrett	Jim Watson Elayne Watson
Carl Beutler Clayton & Carol Garrett	Dan Denslow Jason Denslow
Dorotha Sloan Shirley Stanbaugh	Maria Miele Anthony Miele
Dale Whitehead Lawrence & Sally Foote Mike & Karen Goodwin Cleta Goodwin Family of Dale Whitehead	<u>Food with Friends</u> <u>In Memory of</u>
Max Berry Helen Johnson	Julia Mrazek Violet Robinson
Tom Klein Shirley Klein	<u>Activity Center</u> <u>In Memory of</u>
Jeff Klein Shirley Klein	Edna Gage John Gage
Albert Campbell Shirley Klein	Bruce Johnston Morval & Theda LaLone
Art Meyer Richard & Sue Switzer	Dan Kostrzwea Anthony Miele
Wilma Cotter Shirleen Gepford	<u>Gold Key Transportation</u> <u>In Memory of</u>
Eileen Cotter Shirleen Gepford	Rose Silvers Frances Silvers
Helen Hurbis Anonymous	Sally Holiday Frances Silvers
Jane Ouderkirk Sandra Salchert	<u>Gold Key</u> <u>In Memory of</u>
<u>Active Living</u> <u>In Memory of</u>	Phyllis Wernette Gene & Martha Rich
Carl Beutler Mary Beutler	Harold Reihl Gene & Martha Rich

Donations to ACTIVE LIVING

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Donations to
COMMISSION ON AGING

<u>General Donations</u>	<u>Activity Center</u>
Boston Scientific	Karen Tibor
Karen Langeland	Norma Tibor
Joseph Timmons	Stan & Ann Klumpp
	Marcia Mink
<u>In Home Services</u>	<u>Food With Friends</u>
George & Beverly Morgan	Bob & Ann Neyer
Glenna Beard	
	<u>Volunteer Transportation</u>
	Boston Scientific

Active Living Needs Donations!

Thank You to our readers who donate to Active LIVING. As of August 15, 2012, we have received **\$9,157.00**. 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.

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

Computer Training Classes
At Veterans Memorial Library

September Calendar	Free Classes
4 10:00-11:30 a.m.	Mastering a Mouse
6 2:00-3:30 p.m.	Basic Windows
10 11:00-12:30 p.m.	Basic Computing
11 10:00-11:30 a.m.	Facebook 1
13 2:00-3:30 p.m.	Files & Folders
17 11:00-12:30 p.m.	Basic Email 1
18 10:00-11:30 a.m.	Basic Excel
20 2:00-3:30 p.m.	Basic Word
24 11:00-12:30 p.m.	Basic Email 2
25 10:00-11:30 a.m.	Computer Security
27 2:00-3:30 p.m.	Basic Internet 1

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
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District 3	Shirley Decker
District 4	John Dinse
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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.

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Send to: Friends of Isabella Seniors (COA)

2200 S. Lincoln Rd.

Mt. Pleasant, MI 48858

Please make checks payable to:

Friends of Isabella Seniors

The **Friends of Isabella Seniors** organization is operated exclusively for charitable purposes, within the meaning of Section 501 (c)(3) of the Internal Revenue Code to encourage and assist with the provision of programs and services for older adults in Isabella County operated in cooperation with the Isabella County Commission on Aging.

Suggested contribution to Active Living: \$20.00 per year helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

Address Changes: Active Living is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office. *Please notify the COA office using the delivery form at left each time you request a change to assure we record changes correctly.*

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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.

SEPTEMBER 2012 ACTIVE LIVING

PAID

Non-Profit Org.

U.S. Postage

Permit No. 52

Mt. Pleasant, MI

48858

Friends of Isabella Seniors

2200 South Lincoln Road, Mount Pleasant, MI 48858

