

Active LIVING

Volume 112 Issue 10
October 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

Wellness Information Day at COA

Join State Senator Judy Emmons on Monday, October 15, from 9:00 AM – 1:00 PM at the Isabella County Commission on Aging for a Wellness Information day for seniors. Ask questions, get information. Visit with Senator Emmons and her staff, representatives from various state departments, providers of health services and others. No charge to attend and every senior is welcome. Free gift bag to the first 100 attendees. Sign up for a chance to win a door prize! Call the office of Senator Emmons if you have questions. **517-373-3760**.

AARP Safe Driving Class

Friday, October 19 from 9:00 a.m. to 4:30 p.m.

Cost: Members \$12.00 or Non-Members \$14.00

You will pay the instructor at the first class. Checks are to be made out to AARP. Bring your lunch or have lunch here at COA. For a reservation please call Sally at **772-0748** by October 16.

You are invited to a

HARVEST CELEBRATION!

Tuesday, Oct. 2 from 11 a.m. to 3 p.m.

Isabella County Commission on Aging
2200 South Lincoln Road, Mount Pleasant

Live Music by the Jammers

11 a.m. to 2 p.m. - Room B/COA Activity Center

Food with Friends

12 noon to 1 p.m. - Room C/COA Activity Center
Menu on Page 12— ALL AGES WELCOME.

Tractor Show

1 p.m. to 3 p.m. - COA Parking Lot



Cider & Donuts and Door Prizes

Provided by Compassionate Care Home Health Services, Inc.
Reservations are required for Food With Friends and may be made by calling Jen Conner at **772-0748** at least 24 hours in advance.

Saturday, October 27

“A Howling Good Time!”

At COA

2200 S. Lincoln Rd., Mt. Pleasant

Time: 10:00 a.m. - Noon

“Fun” Raising Event

Happy 
Halloween

Costumes Encouraged!

Join the Fun!

Safe and Appropriate for all ages!
Intergenerational Activities for All!

Grandparents Bring Your
Grandchildren!

Fun Walk, Games,
Refreshments, Prizes

Please call ahead to register:
772-0748



Director's Comments

I don't even remember when I first told everyone about our plans to have a fitness and walking trail constructed around our COA Activity Building. Well, finally I am here to tell you that we have now issued a bid request, which was due back to the County Administrative Offices on September 13. As I am writing this the County Board of Commissioners is due to select the winning contractor at their next Board meeting on September 18. Hopefully by the time Active Living is sent to our readers and you are reading this article, the construction work will have begun. It is supposed to be completed by October 15.

The funding for our fitness/walking trail comes from several different sources. They are as follows:

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

Anonymous Gift

Friends of Isabella Seniors

The trail will be 1,974 feet in length (approximately 1/3 of a mile). This includes a 65 foot connection to Union Township's McDonald Park, which is being paid for by Union Township. The entire trail will be 8 foot wide and covered with asphalt. There will be signage to caution both walkers and the drivers of vehicles to slow down and be watchful of their surroundings. Plus we will have a special trail access point at the southeast corner of the parking lot for those who may want to use a wheel chair.

We are so excited about finally getting our walking trail in place. In fact, we already have our first walking event planned for October 27. You can read all about that on the front page of this issue. We are planning a FUN Raiser! It's an intergenerational event for Grandparents and Grandkids. It will be a "Howling Good Time" so come and join us. Costumes are optional, but FUN is a must!

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



Ask a COA Specialist

Question: I am finding it difficult to keep up around the house and I was wondering how to go about hiring in-home help?

Answer: After determining what level of assistance is required, a person may want to consider whether it would be best to go with an agency or to hire privately, some things to consider include:

Benefits of Hiring Privately:

- Ability to develop a set schedule
- Ability to designate what duties are to be accomplished
- Ability to negotiate times, terms, and wages
- Ability to choose the Private Provider

Problems with Hiring Privately:

- Inability to fill in if worker is ill
- Handling of all screening and criminal background checks
- Managing all hiring, firing, wages and taxes

Benefits of Having a Private Pay Agency:

- Agency conducts screening, including background checks
- Agency conducts hiring/firing and paying of employees
- Agency may have the ability to send in another worker if regular worker is ill

Problems with Having a Private Pay Agency:

- Change in workers based on availability
- Inconsistency in scheduling
- Inability to provide service on select days
- Inability to choose a worker

For further information on Private Provider Lists and Private Duty Home Care Agencies, please feel free to contact the Commission on Aging and ask to speak to a social worker. Lists are available upon request and are updated frequently. Our social workers may also be able to recommend services such as homemaking, personal care services, or volunteer transportation offered by the Commission on Aging. If interested, or to request further information, please feel free to contact a social worker at the Commission on Aging by calling (989)772-0748.

You Can Ask a COA Specialist

Please mail your 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.

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

Mission Moments

I met this person several years ago shortly after her spouse passed away. She was having a very difficult time adjusting to the loss of her husband of many years and requested a friendly visitor for herself. She wanted someone to spend time with her and get her out a bit. We found a visitor, and the visits went well – very well, as a matter of fact. A few months later I received another phone call from her and she wanted to change things a bit. Now she wanted to be a friendly visitor!

Soon she came in to COA to register as a volunteer. We talked awhile about all of our volunteer opportunities. She started visiting with an older adult, taking the person out for short trips for coffee or staying in to visit. When the client moved away, she wanted another person to visit. She reminded me that the person's home must be handicapped accessible because she was confined to a wheelchair. We made sure to fulfill that requirement, and those visits went well, too.

Then she wanted to become more involved. When I asked "What else would you like to do?" she mentioned that she enjoyed knitting and crocheting. I told her about our Needle Crafts group that worked at home and met monthly, making items for donation within Isabella County. She came to the next meeting, brought along a family member who became a volunteer and really enjoyed the group. After several years and thousands of volunteer hours later, she had made hundreds of children warm with new hats and mittens. The afghans she made were among the most beautiful I've ever seen.

She didn't talk much about the things she could do and the things she had done in her lifetime, but her contributions were immeasurable! She taught many people how to overcome adversity and treasure the good times in life. We were truly blessed to count her as a Gold Key volunteer.

Ginny Cain, Gold Key Volunteer Program Coordinator

Caregiver Support

Our Caregiver Support Meeting will be October 16, 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 are always provided. If you have questions about this group feel free to call the COA at **989 772-0748**.

Mister Rogers' Sweater Drive is Accepting Donations from October 8 until mid December

Mr. Rogers' Sweater Drive will accept new and gently worn sweaters or warm outerwear for all ages from October 8 until mid December. Drop off your donations at WCMU, the Commission on Aging, Biggby Coffee on Mission St. or Bluegrass Rd., CMU Off Campus Programs, the CMU Volunteer Center or CMU Child Development and Learning Lab. Donations will be distributed to those in need Free of Charge by organizations in the community in which they were collected. Children's sweaters are needed. Please help keep a neighbor warm this winter.

Central Michigan District Health Department

Walk-In Seasonal Flu Clinics for Adults (ages 19 and above)

Wednesday, October 3

Rosebush Manor
4210 E. Rosebush Road in Rosebush
1:30 p.m. to 3:00 p.m.

Thursday, October 4

Riverview Apartments
10:30 a.m. to 12:00 p.m.

Wednesday, October 10

American Legion Hall
8803 West County Line Road in
Blanchard - (south of Tri County Electric,
left side) from 2:00 to 4:00 p.m.

Friday, October 12

Winchester Towers
1:30 p.m. to 3:00 p.m.

Wednesday, October 17

Shepherd United Methodist Church
1:30 p.m. to 3:00 p.m.

Thursday, October 18

Isabella County Commission on Aging
2200 S. Lincoln Road in Mt. Pleasant
10:00 a.m. to 2:00 p.m.

Thursday, October 30

Weidman Community Building
5918 W. Bridge Street in Weidman
1:30 p.m. to 3:30 p.m.

Thursday, October 25

Beal City High School
2:00 p.m. to 6:00 p.m.

November 8, 13, 20, 27

Walk In Flu Shots for Children and Adults at

Central MI District Health Dept., 2012 E. Preston Avenue in Mt. Pleasant from 4:00 p.m. to 6:00 p.m.

Appointments for infants and children (ages 6 months – 18 years) can be made by calling the health department at **(989) 773-5921 ext. 8405**.

Cost is \$30. We accept Medicare Part B and Medicaid. Most private insurances can be billed. We accept cash or checks made payable to CMDHD.

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

Upcoming Health Events

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

October 5, 12, 19, 26, from 9:00 a.m.-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

October 25, 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 **McLaren-Central Michigan Hospital, 1221 South Drive, Mt. Pleasant**.

Joint Replacement Program

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. Call **989-779-5651** To register and for dates and times.

Bariatric Surgery Options

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 conditions? 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. Call **989-772-6739** to register.

ACL (Anterior Cruciate Ligament) Reconstruction

October 19, from 6:30-7:30 p.m. in the FGJ Conference Room. ACL reconstruction is surgery to rebuild the ligament in the center of the knee. Tearing of the ACL is the most common knee ligament injury. Sports and fitness routines that involve running, pivoting, turning and jumping cause many A's. Not treating a torn ACL can lead to tissue damage and early arthritis. Join Ben Debelak, DO to learn more about ACL reconstruction.

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.

Genealogical Society of Isabella County

"A family tree can wither if nobody tends its roots."

The Genealogical Society meets the 2nd Thursday of each month at the Commission on Aging building at 7 p.m.

~ Upcoming Programs ~

October topic: "Brick Walls"

November topic: "At Home in Early Mt. Pleasant, Michigan" presentation by Jack R. Westbrook. Books available for purchase.

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

Central Michigan District Health Department Senior Wellness Emergency Preparedness

Getting yourself and your family prepared for an emergency takes less time and effort than you think. Having a plan and stocking up on basic supplies can make all the difference on how comfortable and easily you make it through a crisis. Although our needs and abilities are unique, there are three important steps all of us can take to get ready.

- **Assemble an emergency kit--3 day supply**
 - Nonperishable food items that don't require cooking (ie. dry or canned fruit; dry packaged beef; cereal)
 - Water, 1 gallon per person per day
 - First aid kit and manual
 - Matches in a waterproof container
 - Blanket
 - Flashlight with extra batteries
 - Cash and coins
 - Photo copy of personal identification
 - Extra set of car and house keys
 - One change of clothes
 - Family and friend's contact information
- **Make a Plan**
 - Communicate with family, friends and neighbors
 - Have contact information for one out-of-town person
 - Plan an escape route and practice
 - Plan for a meeting place
- **Be Informed**
 - Contact your local Emergency Management Office
 - Contact your local Commission on Aging (989-772-0748)
 - Visit www.ready.gov

Visit our website at www.cmdhd.org or join us (Central Michigan District Health Department) on Facebook.

Seeking Research Volunteers

We are seeking volunteers for a research study evaluating the effects of magnets on the symptoms of muscles soreness experienced after exercise. You may be eligible to participate if you are between the ages of 52-72 years, are willing to attend a total of 2 separate sessions of brief exercise at the Health Professions building on the campus of Central Michigan University, and are willing to wear an armband that contains magnets or placebo magnets for 48 hours. In addition, you must be willing to complete a pain log over a 3-day period.

You are ineligible for the study if you are currently taking prescription pain medications, have performed an upper body exercise routine regularly over the past 3 months, or have had an injury to your non-dominant arm in the past year. Those participants who complete all aspects of the study will receive a \$10 Meijer gift card.

If you are interested in participating, please contact magnetresearch2012@gmail.com or call (586) 206-0156. Thank you.

*Dr. Elaine Betts, (faculty), Matt Brancalone and Jon Kevnick (Graduate students)
Doctoral Program in Physical Therapy, CMU*

Save the Dates!

**Thursday, November 1
1st Annual Doe Day**

11:00 a.m. to 3:30 p.m.

An afternoon geared for ladies!

Vintage Hat Show at 11-11:45

or

My Secret Garden at 11-11:45

Food With Friends at 12-12:45

Movie & Popcorn at 12:45

Door Prizes at 3:30

Call Jen to Register

772-0748

Saturday, November 10

Holiday Bazaar

Bake Sale & Raffle

COA Activity Center

2200 S. Lincoln Rd.,

9:00 a.m. to 2:00 p.m.

Saturday, November 10

4:00 p.m. to 8:00 p.m.

Daniel P. Breidenstein

Living Memorial Auction

The Bird Bar & Grill

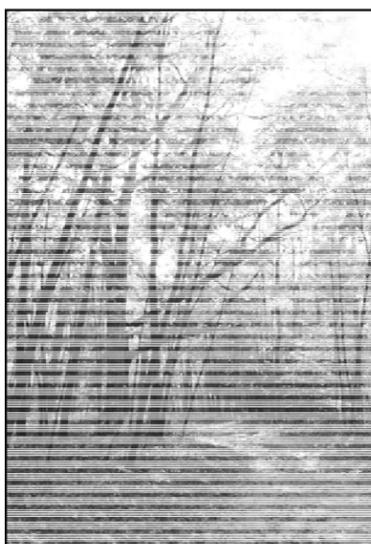
223 S. Main St., Mt. Pleasant

All Proceeds to Benefit:

The Isabella County

Commission on Aging

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

	<p>Walk the Trails at Deerfield Nature Park, and Fall in Love with Your Isabella County Parks!!!</p>
<p style="text-align: center;">  www.isabellacounty.org/park 989.772.0911 extension 340 </p>	



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.**

FREE Movie of the Month

Please join us for a FREE movie and popcorn on Tuesday, Oct. 23 at 12:45 p.m. when we show "Hocus Pocus" starring Bette Midler, Kathy Najimy, and Sarah Jessica Parker. After 300 years, three sister witches are resurrected in Salem, Massachusetts on Halloween night; and it is up to two teenagers, a young girl, and an immortal cat to put an end to the witches' reign of terror once and for all. The movie is rated PG with a running time of 96 minutes. Please feel free to come dressed in your favorite holiday costume! Reservations are required at least 24 hours in advance and may be made by calling Jen Conner at **772-0748.**

(SERA)

State Employee Retirement Association

Our speaker for October will be Mary Pollock, our Legislative Representative for SERA. She will give updates on what is happening in Lansing and other issues coming up. Mary is very informative and helpful. Her News of the day helps me to know more about the actions in Lansing by our legislatures. As usual there will be a 50/50 drawing as well as a door prize. Come and enjoy the information provided and the fellowship. There is strength in numbers. I need suggestions for the year 2013 starting in January. Thanks for the attendance and interest. If there are any questions, please feel free to contact me Jackie Curtis (jac62irish@yahoo.com) or **989-772-0597.**

FRAUD ALERT: MEDICARE TELEMARKETING FRAUD SCHEME

Seniors in the Michigan area have been recently targeted by a fraudulent telemarketing scheme. Random callers have telephoned seniors claiming that Medicare is sending all seniors new cards. The callers have asked these seniors to verify their name and address and then asked for their bank's name, and in some cases, more detailed banking information. These seniors were targeted by a Medicare telemarketing fraud scheme.

Please be aware, this fraudster and others like him are still making calls to seniors across the country in an attempt to steal their identities for fraudulent purposes. It's important to remember:

- The only time you need a new Medicare card is when you have misplaced an old one or enroll in a new plan
- Never give your financial information or social security number over the phone
- Never give your Medicare plan number to someone you do not know, and
- Immediately end any phone conversation with anyone who asks for this information over the phone.
- Please report this event to your health plan.

If you get a similar call, please report it to 1-800-MEDICARE - **(1-800-633-4227).** Help us stop these fraudsters from taking advantage of unsuspecting seniors. www.stopmedicarefraud.gov

Volunteer Drivers Needed at COA to deliver lunchtime meals or transport older adults to medical appointments. Mileage reimbursement. Call 772-0748.

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

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.

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 Historical Society

Jack R. Westbrook will present a slide program based on his latest local photographic history book *At Home in Earlier Mt. Pleasant, Michigan: A Visit with our Neighbors of the Past*. The program will feature photographs of houses and people from the 262-page book, focusing on homes within the area bounded by Bellows, Pickard, Oak and Mission streets with an additional representation of homes west of the Chippewa River. It will include biographical introductions to residents of those homes through the years. Westbrook, author of seven previous photo history books, six of which have dealt exclusively with Mt. Pleasant and Isabella County, will have books available and autograph books bought at the program or elsewhere.

At this annual business meeting following the speaker, members elect officers and directors for the next year. The meeting will be held at the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant., at **7:00 p.m., Tuesday, October 2**. The members of the general public with an interest in our local history are encouraged to attend.

New Face at COA



Rachel Harvey

My name is Rachel Harvey, and I am a new social work intern for Commission on Aging. I am twenty-three years old, grew up in Mt. Pleasant and graduated from Shepherd High School. Although I am working towards my Bachelor's in Social Work at Central Michigan University, I do have an associate's degree in Sociology from Mid Michigan Community College.

I have chosen social work for my profession because I have always been interested in helping people, and the why behind the problems of the world and how they can be resolved. I believe if someone needs help, there is an ethical responsibility to respond to that and take action.

I will be working here for the next two semesters on Tuesdays and Thursdays, and am excited to be here! I am eager to learn more about the wonderful programs that are offered here, especially the Foster Grandparent Program. Here is to a great year, and new beginnings!

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: **Tendercare an Extendicare Facility**

Activity Center OCTOBER ACTIVITIES

Monday	Tuesday	Wednesday
1 1:00 and 11:00 Exercise- Low Impact (F) 10:00 Dulcimer Practice (Craft) 12:00 Community Service Council (A) 1:00 Canasta, Pinochle, Dominos (C) 1:30 Yoga (F) 6:30 Retirement Series (A) 7:00 Square Dancing (C)	2 9:00 Tai Chi Five Elements (F) 10:00 - Country Music (B) 12:30 Banjos & Guitars (B) 10:00 Cribbage (C) 11:00 Tai Chi (F) 10:00 - 4:00 Tractor Show Outside © 2:00 - 4:00 Intermediate Line Dancing (C) 5:15 COA Board Mtg. (BR1) 7:00 Mt. Pleasant Historical Society (A)	3 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Computer Class (Lab) 10:00 Watercolor Class (Craft) 11:00 Blue Cross (A) 1:00 Happy Rippers (Craft) 1:00 Bridge (C) Pepper (C) 1:30 Drawing Class (B)
8 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) 6:00 Parkinson's Support Group (Craft) 7:00 - 9:00 Square Dance Basic Lessons (C)	9 9:00 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 10:00 Cribbage (C) 11:00 Tai Chi (F) 10:00 Country Music 12:30 Banjos & Guitars (B) 10:00 - 12:00 Retired School Employees (A) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 6:30 Mid Michigan Wood Workers (Craft)	10 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Computer Class (Lab) Ministers (A) 10:00 Watercolor Class (A) 11:15 Deal or No Deal (C) 1:00 Book Club (Lib) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 1:30 Drawing Class (B)
15 9:00-1:00 Wellness Fair (A and B) 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 (Craft) 1:30 Yoga (F) 6:00 It Works (A) 7:00 - 9:00 Square Dance Basic Lessons (C)	16 8:30 Friends of Isabella Seniors Mtg (BR1) 9:00 Tai Chi Five Elements (F) 10:00 Cribbage (C) 11:00 Tai Chi (F) 12:00 I H Training (B) 1:30 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing (C) 6:30 Caregiver Support (Craft)	17 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Computer Class (Lab) 10:00 Watercolor Class (A) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 1:30 Drawing Class (B)
22 8:30 Medicare D (Lab) 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) 2:00 Volunteering Training (B) 7:00 - 9:00 Square Dance Basic Lessons (C)	23 8:00 Women's Aid Staff Mtg (B) 9:00 Tai Chi Five Elements (F) 10:00 Cribbage (C) 11:00 Tai Chi (F) 12:45 Movie "Hocus Pocus" (A and B) 1:00 CMU Bridge (Craft) 2:00 Line Dancing (C) 6:00 Mid Michigan Quilters (A B C) 7:00 Stamp Collectors Mtg. (Craft)	24 8:00 Quilting Class (A) 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Computer Class (Lab) 10:00 Watercolor Class (Craft) 12:30 Med. Training (Lab) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 1:30 Drawing Class (B)
29 8:30 Medicare D (Lab) 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Canasta, Pinochle, Dominos (C) 1:30 Yoga (F) 7:00 - 9:00 Square Dancing (C)	30 8:30 Medicare D (Lab) 9:00 Tai Chi Elements (F) 10:00 Blue Cross (B) 10:00 Cribbage (C) 11:00 Tai Chi (F) 2:00 Line Dancing (C)	31 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Computer Class (Lab) 10:00 Watercolor Class (A) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 1:30 Drawing Class (B)

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
<p>4</p> <p>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)</p>	<p>5</p> <p>9:00 Isabella County Collaborative (A) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 11:00 Musical Group Set-Up 12:45 Musical Group “Better with Age” (B) Come listen and Dance to the Music!</p>	<p>6</p> <p>1:00 Euchre Card Party (C)</p>
<p>11</p> <p>9:00 Tai Chi Five Elements (F) 10:00 Computer Class (Lab) 10:00 Learn to Knit (Craft) 11:00 Tai Chi (F) 1:00 “Catch Your Breath” Program (A and B) 1:00 Beginner Line Dancing (C) 6:00 Watershed Conservancy (C) 7:00 Genealogy (B) 7:00 - 9:00 Mid Michigan Patriots (A)</p>	<p>12</p> <p>8:30 FGP/SCP in-Service (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 12:30 Learn the Ukulele (Craft)</p>	<p>13</p> <p>8:00 Mid. Mich. Quilt Guild (A and B) 9:00 Clown Class (Craft) 1:00 Euchre Card Party (C)</p>
<p>18</p> <p>9:00 Tai Chi Five Elements (F) 10:00 - 2:00 Flu Shots (A and B) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 10:30 Singers (Craft) 11:00 Tai Chi (F) 12:00 Med Training (Lab) 1:00 Snow Bird Book Club (Craft) 1:00 Beginner Line Dancing (C)</p>	<p>19</p> <p>8:00 - 9:00 Open Breakfast (C) 8:30 Med Training (Lab) 9:00 AARP Driving Class (A) 10:00 Blue Cross (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 12:30 Learn the Ukulele (Craft) 12:45 Meijer Gift Card Bingo (C) 6:00 - 9:00 Community Dance \$5.00 (C)</p>	<p>20</p> <p>9:00 Clown Class (Craft) 10:00 Daylily Society (A) 1:00 Euchre Card Party (C)</p>
<p>25</p> <p>9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 11:00 Tai Chi (F) Noon COA in-service (B) 1:00 Beginning Line Dancing (C) 6:00 - 9:00 Hospice and COA (A and B)</p>	<p>26</p> <p>8:30 Medicare D (Lab) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Jam Session (Craft) 12:30 Learn the Ukulele (Craft) 12:30 Medicare D (Lab) 12:45 Laurels Gift Bingo (C)</p>	<p>27</p> <p>10:00 Goulash Walk & Fun (Outside) 1:00 Euchre Card Party (C) 1:30 Ostomy Group (Craft)</p>
<p><i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i></p> <p>A = Activity Room A F = Fitness Room B = Activity Room B CR1 = Conf Room B139 C = Activity Room C Lab = Computer Lab</p>		<p style="text-align: center;">Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu in this issue!</p>

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

Exercise Classes

Yoga Class

until November 5
Mondays: 1:30 p.m. - 2:30 p. m.
\$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!

October 2-October 25

Tuesdays & Thursdays 9:00 a.m.-10:00 a.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.

Beginners Tai Chi

Starts at a beginners level and incorporates
“Chi Kung” exercises along with the short
Tai Chi Forms. FREE

Intermediate students are also welcome

Instructor: Pat-McGann Zions
Trained since the 1980’s
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

Modern Western

Square Dancing

Mondays 7:00 p. m. - 9:00 p.m.
New Classes Start on Oct. 8, 15 and 22
Call Patricia Depriest 989-621-1383

Music

Community Dance

Friday, October 19
6:00 p.m. - 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.

Friday Afternoon Dance
October 5

Music by “Better with Age”
From the Mt. Pleasant Music Studio
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, October 2 and 9

Play Your Dulcimer

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

Senior Singers

Thursdays, October 4 and 18
10:30 a.m.

Ukulele Lessons

Fridays at 12:30 p.m.
Bring your instrument and enjoy playing
with others.

Classes



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 be made out to AARP. Bring your lunch
or have lunch here. For a reservation call
Sally at 772-0748. Please call ASAP if
interested in attending this class.

Learn to Use a Computer

On Wednesdays and Thursdays 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.

Mt. Pleasant Garden Club

Welcomes New Members

The Mt. Pleasant Garden Club will meet
Monday, October 15 at 1 p.m. in the Craft
Room at the Commission on Aging Activity
Center. Members, and any guests who
would like to lend a hand, will be wiring
pine cones and making bows for their
wreath sale in November. No experience is
required, and all volunteers are appreciated.
If you are interested in becoming a
member, stop by and learn more about the
group on the 15th.

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, October 19 - 12:45 p.m.
Friday, October 26 - 12:45 p.m.

Deal or No Deal

Wednesday, October 10
11:15 a.m. before lunch

Movie

"Hocus Pocus"

Tuesday, October 23
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



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! We have room for 20 more people.



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 ASAP. There is still room for more to go.

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

October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Mozzarella Melt Bread Corn Stewed Tomatoes Pears	2 Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Peach Crisp	3 Baked Ham Bread Squash Green Beans Strawberries	4 Veal Parmesan Bread Peas Fruited Coleslaw Tropical Fruit	5 Chicken Rice Casserole Bread California Blend Tossed Salad Mixed Fruit Cup
8 Baked Spaghetti (turkey) Garlic Toast Tossed Salad Peaches	9 Chicken/Broccoli/Cheese Bread Baked Potato Italian Blend Pineapple Gelatin	10 Sloppy Joe (beef & turkey) Hamburg Bun Carrots Crunchy Vegetable Salad Cherry Fruit Cup	11 Salisbury Steak (beef) Bread Whipped Potatoes Peas & Carrots Citrus Cup	12 Turkey Stew Biscuit Coleslaw Cinnamon Applesauce
15 Macaroni & Cheese Bread Winter Blend Tossed Salad Pineapple	16 Smothered Chicken Breast Bread Oven Roasted Potatoes Carrot Salad Grape Banana Fruit Cup	17 Meatloaf (beef & turkey) Bread Squash Pea Salad Peaches	18 Meatballs (beef) Bread Redskin Potatoes Brussels Sprouts Mixed Fruit Cup	19 Baked Chicken Bread Whipped Potatoes/Gravy Cauliflower/Cabbage Salad Pumpkin Custard
22 Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Peaches	23 Roast Pork Bread Whole Sweet Potatoes Stewed Tomatoes Pears	24 Chicken Pattie Hamburg Bun Lettuce and Tomato Pork n Bean Salad Baked Apples	25 Baked Cod Bread Potato Medley Fruited Coleslaw Apricots	26 Spanish Baked Steak (beef) Bread Baked Potato European Blend Strawberries
29 Chop Suey (beef & pork) Bread Brown Rice Tossed Salad Tropical Fruit	30 Meatloaf (beef & turkey) Bread Baked Potato Italian Blend Mixed Fruit Cup	31 "Happy Halloween" Baked Ham Bread Steamed Cabbage Corn & Lima Beans Berry Fruit Cup / Cookie	 Happy Halloween!	

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, presentations, special events, and fellowship. We welcome you to join us for the merriment around 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.

October Calendar

- 1 Games
- 3 Sarah's Day (CMU student volunteer)
- 5 Pepper
- 8 Games
- 10 Chippewa Nature Center-
Magic in the Apple
- 12 Birthday Party
- 15 Games
- 17 Poker Run w/ Prizes
Health Department-*Colorectal Health*
- 19 Pepper

October Calendar continued

- 22 Mid-Michigan Home Care
Nutrition Education-
Benefits of Seasoning
- 24 Storyteller
- 26 Pepper
- 29 Games
- 31 Halloween Party-Games!
Fun! Prizes! Food!

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

Commission On Aging

Reaching Out in Your Area

Weidman Senior Center 3453 N. School Road, WeidmanMeals M-F, 9:30 a.m. - 1:30 p.m. Marjie Evans, Site Manager **644-2538**

As you're out enjoying the splendor of fall, stop in and visit us in Weidman. You'll always find warm smiles to greet you and caring hands to pull a chair up for you. Give us a call today for more information or to reserve a meal: **989-644-2538**.

October Calendar

2	Health Dept.- <i>Colorectal Health</i>
3	River Ramblers-10:00
4	Bingo
8	Fluffernutter Day-Enjoy Peanut Butter & Marshmallow Cream Sandwiches
10	River Ramblers-10:00
11	Bingo
15	Nutrition Education- <i>The Benefits of Seasoning</i>
17	River Ramblers-10:00

October Calendar continued

19	Cards
24	River Ramblers-10:00 Birthday Party-Wanda Bunker, Bonnie Gray, Betty Hauck & Bette Kinsman
29	Cards
31	Halloween Party! Dress to impress with a creative or scary costume. You can also come as you and just take in the view!

COA Activity Center

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

Happy October! We are packed with great activities during the month of October, and we hope you join us!

Tuesday, October 2 – Harvest Celebration from 11 a.m. - 3 p.m. Live music, Food with Friends, tractor show, cider & donuts, door prizes and more! Reservations are required –call Jen Conner at **772-0748** by 12 noon, Monday, October 1.

Friday, October 5 - Music and Dancing by "Better With Age" at 12:45 in Room B&C. Come out and listen to your favorite songs.

Wednesday, October 10 – Deal or No Deal by TenderCare. 11:15 a.m. / Room C

Friday, Oct. 19 – Open Community Breakfast from 8 to 9 a.m. / Room C. Cost is \$4, All ages are welcome. Reservations are required 24 hours in advance –call Jen Conner at **772-0748**.

Friday, October 19 – Meijer Gift Card Bingo. 12:45 p.m. / Room C

Tuesday, October 23 – FREE movie and popcorn: "Hocus Pocus" starring Bette Midler. Come dressed in your favorite Halloween costume. 12:45 p.m. in Rooms A & B. Reservations are required 24 hours in advance—call Jen Conner at **772-0748**.

Friday, October 26 – Bingo by The Laurels. 12:45 p.m. / Room C.

**Winn Community Building**

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

Wow! Looking over October we've got a lot happening! Such great talent coming in! We also have Massage Day once a month with Michelle Bendele! When we're not getting massages we enjoy great conversation over cards. It's all good!

October Calendar

1	Birthday Party w/ Leon MacDonald
3	Leon Seiter
8	Kevin Bendele
10	Don Leisure & Many Friends Health Dept.- <i>Colorectal Health</i>
12	Massages by Michelle Bendele
15	Kathy Hagen Nutrition Education- <i>Benefits of Seasoning</i>
17	Jack Salisbury and Loretta Merritt
22	Bob and Kathy Louiselle
24	Aunt Mary and Friends
29	Randy and Julie Davis
31	Halloween Party w/ Rock King & Bruce Frost

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**

With fall in full swing, enjoy the colorful leaves and crisp cool air before snow arrives. Celebrate Halloween with us on October 31st. In the morning there will be cider and donuts. After lunch, we will have a costume contest and play Trick or Treat Bingo!

Sit & Get Fit is every M-W-F from 11:15 – 11:45 a.m. Movie/Popcorn on Fridays at 6:30 p.m.

October Calendar

1	Nutrition-The Benefits of Seasoning-12:30 p.m. Crossword/Word Search-12:45p.m.
3	Penny Bingo-1:00 p.m.
5	Chippewa Nature Center/ Magic Apple-12:45 p.m.
8	Bingo w/Prizes/Woodland Hospice-1:00 p.m.
10	Penny Bingo-1:00 p.m.
12	Good Times Band-1:00 p.m. Ice Cream Social-2:00 p.m.
15	Birthday Party-12:30 p.m.
17	Bingo w/ Prizes/ Laurels-1:00 p.m.
19	Surprise Day
22	4-H Animal-12:30 p.m.
24	Penny Bingo-1:00 p.m.
26	Craig Newton-3:30 p.m.
29	Craft Project-12:45 p.m.
31	Halloween Party-11:30 a.m. Trick or Treat Bingo-1:00 p.m.

Breakfast Special at COA

On the **Third Friday of the month**, 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.

Enjoy 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.

IN MEMORY OF

Marion Straight
Anonymous

Martha Gruss
Shirley French

Norma Hansen
LJ's Kitchen & Interiors
David & Rita Mogg
Tink & Dinah Hall,
David & Kim
Lynn & Jean Jones

Dean Muterspaugh
Evalyn Muterspaugh

Wilmer Mogg
Evalyn Muterspaugh

Jim Mogg
Evalyn Muterspaugh

William Kleinhans
Mt Pl Area Historical Society

Anne Pierett
Lee Hobson

Ed Marquardt
Martha Smith

Helen Egbert
George Ann Wolf
Joyce McClain
Karen Rhode

Rose Kornexl
Sue & Dick Switzer
Mary Harter

Ken Martin
Stanley Thren

Ed Garrett
Stanley Thren

Dorothy Recker
Carrie Wieferrich
Eileen Rau
Lyle & Mary Lou
Willoughby
John & Viki Bollman
Ruth Beltinck
Gina Gross

William Campbell
William & Joan Ruddell

Helen Miller
Carol Walker

Mabel Chaffee
Rick & Cora Flaughter
Dale & Jeanette Gatehouse

Barbara Peters
Juanita Blystone
Gold Key Volunteers

Glenn Springer
Jenny McClure

Pat Burch
Dorothy Burch

Food with Friends In Memory of

Max Berry
Randall & Lavonna Roose

James Quillen
Fred & Maggie Yuncker

Norman Hansen
Dick & Carol Clare
Brenda Clare

Dorothy Recker
Vince & Linda Meyer
Don & Alice Paisley
Geraldine Travis

Active Living In Memory of

Rose Neff
Joyce Seeley

Marion Straight
Jack & Mary Lou Westbrook

Carl Brewster
Dorothy Brewster

Ed Marquardt
Pat & Marty Siuda

Foster Grandparent - Senior Companion In Memory of

Norma Hansen
Richard Fillingham
Barb Weber

Transportation In Memory of

Rose Silver
Frances Silvers

Sally Holliday
Frances Silvers

Activity Center In Memory of

Helen Egbert
Diane Benn
Harold & Pam Rescoe

In Honor of

Pat Campbell
Martha Smith

*Thank You for your
donations to COA.*

**Donations listed in this issue
were received by September 17,
2012.**

Donations to ACTIVE LIVING

Evelyn Woolever
John & Barbara Grajek
Tom & Gisela Moffit
Dorothy Howard
Judith Friday
Phyllis McKillop
Joe & Sharon Kasper
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Donations to COMMISSION ON AGING

Activity Center

CMU Bridge Group
Richard & Jean Thomas
Lawrence & Jeanette Rescoe
Nelda Gilmore
Janet Kuhn
Melvin Onuskanich

Gold Key Mileage

Mt Pleasant Interservice Club
Pat & Marty Siuda

In Home Services

Arnold Newman
George & Beverly Morgan

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

Computer Training Classes

At Veterans Memorial Library
301 S. University, Mt. Pleasant

October Calendar	Free Classes
1 11:00 a.m.	Mastering the Mouse
2 10:00 a.m.	Files & Folders
4 2:00 p.m.	Basic Email 1
8 11:00 a.m.	Basic Excel
9 10:00 a.m.	Basic Windows
11 2:00 p.m.	Basic Word
15 11:00 a.m.	Intermediate Excel
16 10:00 a.m.	Basic Computing
18 2:00 p.m.	Basic Email 2
22 11:00 a.m.	Advanced Excel
23 10:00 a.m.	Facebook 1
25 2:00 p.m.	Intermediate Word
29 11:00 a.m.	Internet Genealogy
30 10:00 a.m.	Facebook 2

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

Active Living Needs Your Support

Thank You to our readers who donate to Active LIVING. As of September 17, 2012, we have received **\$10,632.00**. 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.

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
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Friends of Isabella Seniors Board of Directors

President	Ray Johnson
Vice President	Kory Priest
Secretary	Brenda Upton
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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.

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 City _____ Zip _____
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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.*

Upcoming Dances at COA Activity Center

Community Dance

Friday, October 19
6:00 p.m. - 9:00 p.m.
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 the band
"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.

OCTOBER 2012 ACTIVE LIVING

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