

# Active LIVING

Volume 112 Issue 11  
November 2012

Formerly the Isabella Senior News

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging  
Friends of Isabella Seniors - 2200 South Lincoln Road, Mount Pleasant, MI 48858 - (989)772-0748 - [isabellacounty.org/dept/coa/news.html](http://isabellacounty.org/dept/coa/news.html)

## Holiday Bazaar

Bake Sale

Quilt Raffle



### COA Activity Center

2200 S. Lincoln Rd., Mt. Pleasant

**Saturday, November 10**

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

This is a great opportunity to shop for your holiday gifts! 50 Vendors are selling homemade items!



## Daniel P. Breidenstein Living Memorial Auction

Give a helping hand to COA and donate or just come and enjoy the fun!

**Saturday, November 10**

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

at

**The Bird Bar & Grill  
223 S. Main St., Mt. Pleasant**

**All Proceeds to Benefit:  
The Isabella County  
Commission on Aging**

## Have you walked the COA Fitness Trail?



Come out to COA and enjoy the Fitness Trail! Please see the Director's Comments on Page 2 for related information and be sure to walk the trail!

**Thursday, November 1 - An afternoon geared for ladies!**

**1st Annual Doe Day - 11:00 a.m. to 3:30 p.m.**

***Vintage Hat Show* at 11-11:45 Room A**

Marydeanna Duckworth will guide us through 100 years of hats  
Wear your favorite hat to this session!



***My Secret Garden* - at 11-11:45 Room B**

Master gardener Gloria Bixler presents a PowerPoint tour through her secret garden

**Food With Friends at 12-12:45 See Page 12 for Menu**

***Movie & Popcorn: 'The Notebook'* at 12:45**

Runs to 3 p.m. **Rooms A & B** Based on the Nicolas Sparks' novel, rated PG 13.  
A story about true love that lasts a lifetime.

**Enjoy Give-a-Ways and Door Prizes at 3:30**

**Call Jen to Register - 772-0748 by Noon, Tuesday, October 30.**

## Director's Comments

The COA Fitness Trail is complete. At least the pavement is in place, and we have started to use it for our Fitness Program. It is also available for any of our visitors to use and we hope they do.

The cost of paving the trail was \$59,800.00. The funding for the trail came from the following sources:

The Charles D. Strosacker Foundation  
 Rollin M. Gerstacker Foundation  
 Mt. Pleasant Area Community Foundation  
 Friends of Isabella Seniors  
 Anonymous Donor

I know I do beat this point to death, but I like everyone to know that there are no tax dollars being spent on the construction of our fitness trail. Many people have expressed their concern to me about the use of public funds so I am very conscious of this fact when we do special projects.

There probably won't be any more work done around the trail this fall. However in the spring we would like to do some landscaping and we would like to add benches where people can stop and rest during their walk. Presently we have six different individuals and families who have donated toward the purchase of a bench. Each of the benches will have plaques on them dedicating them to a special individual. Each bench will also be set into place and attached to the ground for security reasons. The estimated cost for a bench and the cement work securing it to the ground is between \$850.00 and \$1,000.00. The Fitness Trail is already a great addition to the Commission on Aging. The landscaping and the benches will make it even more appealing, and this will complete the first phase.

We have already started to generate funding for the second phase, which will entail the installation of outdoor fitness equipment. There will be six to nine different pieces of equipment which will be located along the Fitness Trail. As an individual walks around the trail they can stop at each exercise station, use the equipment and then walk on to the next. The addition of the exercise stations will greatly enhance the fitness and exercise experience. We still have to generate the funding to put our second phase in place. It will take time, but we will get it done.

You are invited to come and use the Fitness Trail and the stop into the building for a cup of coffee or for lunch.

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



## Ask a COA Specialist

**Question:** I'm receiving a lot of information in the mail from Medicare Part D prescription drug plans. I have a prescription drug plan from my group health insurance through my previous employer, Michigan Public School Employees Retirement System. Should I consider setting up an appointment for a prescription drug comparison?

**Answer:** We caution all group health insurance members from enrolling in a prescription drug plan. If you are unsure, you need to contact your medical insurance group to determine if it is necessary. Most group health insurance plans do not allow their members to pick up a Part D prescription drug plan. Enrolling in a prescription drug plan may create a penalty period of ineligibility for coverage or dis-enroll the individual from their group medical plan, permanently.

### 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 call (989)772-0748 ext. 236 Or Fax (989)773-0514.

## Harvest Celebration Thank You

More than 120 people came out to enjoy our 1st Annual Harvest Celebration on Tuesday, Oct. 2. The weather was gorgeous, the tractors fascinating, the food excellent and the music delightful! We would like to thank the following folks who helped make the day a huge success.

Thank you to Compassionate Care Home Health Services, Inc. and Becky Good for providing the very tasty cider and donuts. Thank you as well for generously providing the WalMart gift cards for our door prizes. We were glad you could join us for our fun day!

Thank you to the Jammers whose spirited music provided the perfect atmosphere for the days' events! You guys and gals are a blast!

Thank you to the Commission on Aging staff who helped secure our volunteers, prepare our delicious chicken dinner, take photographs and much more. Our COA team is great! A huge thank you goes out to all the volunteers who helped throughout the day with a multitude of tasks! We definitely can't do these kind of events without our fantastic COA Gold Key Volunteers!

A special thank you to Stu Moses for all of his hard work securing our tractors displayed during the celebration. Stu worked very hard to assure we had a great variety of tractors, old and new, large and small, shiny and antique! Thank you Stu, you were great fun to work with!

*Jen Conner AC Site Manager*

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

## Mission Moments

“I only drive in town during the day.” “If I have a wreck, I’ll stop driving.” “I’ve been driving for 72 years. Nobody’s going to tell me to stop driving.” Over the years, I’ve had numerous conversations with family members and friends about how to discuss driving abilities with older adults. Driving helps older adults stay mobile and independent, but there may also come a time when it is no longer safe to drive.

There are times when family members are hesitant to have the discussion with parents or relatives who are no longer safe drivers. It is one thing for an automobile to be involved in a crash and the automobile to have damage. It is quite another thing, and much more serious if there is injury to a parent or another person. Aging brings with it some changes in vision and sometimes changes in the ability to reason and remember, which may mean limiting driving or totally discontinuing driving.

These aren’t easy conversations to have, but it’s much easier having the conversation than dealing with a personal injury accident caused by someone who was no longer a safe driver! For more information on safe driving tips, you may go to [www.cdc.gov/injurycenter](http://www.cdc.gov/injurycenter) or contact the Commission on Aging at (989) 772-0748.

*Barbara Frankenfield, In Home Services Program Coordinator*

## Caregiver Support

November is National Family Caregivers Month. We would like to take this opportunity to thank all caregivers for their dedication and hard work for the ones they love and are caring for. Thank you! There are so many ways to be a caregiver. You may be helping out a few hours a week or providing care on a daily basis. You may be a live-in caregiver or caring for someone who lives in an Assisted Living, Adult Foster Care or Extended Care facility. Every situation is unique.

To celebrate National Family Caregivers Month we will have two speakers at our usual monthly support group meeting on November 20, at the Commission on Aging 2200 S. Lincoln Rd, Mt. Pleasant. We will start at our normal time of 6:30 and meet until 7:30. At 7:30 we will have Dan and Jennifer Digmann talk with us about their life of caring for one another for the last seven years. They have faced multiple challenges together and they will talk about facing them with courage and a positive outlook. They were named the 2009 Multiple Sclerosis Achievement Award recipients, and will be the featured speakers at events at Cleveland Clinic and at the Women’s Symposium in Midland this fall. They have written a book called *Despite MS, to Spite MS*, which they will have available for those who are interested. They also maintain a blog. You are invited to attend both the support group meeting and the presentation with Dan and Jennifer Digmann; you may also attend either event separately. Hope to see you there.

## 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.

## AARP Tax-Aides Needed

It may seem too soon to be thinking about doing your taxes, but our volunteers are already planning how they can better help you with your tax or refund preparation. The Commission on Aging will continue to assist with this great free service to our community.

If you’re interested in helping your community and having fun while doing it, consider becoming a TaxAide Volunteer. Prior tax experience is not necessary, but it is helpful. You should be comfortable using a computer because the returns are prepared using a computer tax program. You would receive extensive training starting January 4 and will always have IRS approved materials and experienced volunteers available as reference sources. This program is geared toward middle and low-income people, with emphasis on those 60 or older. Tax return preparation will be scheduled from February 4 thru April 11 at the Commission on Aging and various other sites in Isabella County.

If you would like more information about volunteering, call Ginny Cain at the Commission on Aging (772-0748). We hope that even more volunteers will offer their services this year so that we can continue to improve the service that we offer you!

## Central Michigan District Health Department

**November 8, 13, 20, 27**

**Walk In Seasonal 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

**November 2, 9, 16, 23, 30, 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

**November 29, 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.

### ABC'S Improving Heart Health

**November 14, from 12:00-1:00 p.m. Space is limited, please call to register.** Tens of thousands of lives could be saved simply by improving heart health. According to the National Quality Strategy, heart health can be improved by: increasing aspirin to prevent and reduce the severity of heart attacks and strokes, reducing uncontrolled blood pressure and cholesterol, and eliminating smoking and exposure to secondhand smoke. Additionally, decreasing sodium and saturated and trans fat intake and other lifestyle interventions to modify risk factors such as obesity and physical inactivity also contribute to improved heart health.

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

### Free Physical & Occupational Screenings

**November 8, from 5:30-7:30 p.m. in the FDJ Conference Room.**

**Balance & Risk of Falling Screening**- Concerned with your balance? Physical therapy may help! This 15 minute screening consists of a physical assessment to measure balance and your risk of falling.

**Hand Function Screening**- Unsatisfied with the performance, function, or even the appearance of your hands? This 15 minute screening consists of a brief questionnaire and a grip strength evaluation to measure overall hand function.

**Swallow Difficulty Screening**- Do you, or does someone you know, have difficulty swallowing? This brief screening consists of answering questions and observing swallowing.

Screenings are completed by McLaren Central Michigan Rehabilitation Therapists and appointments are available.

### Treatment Options for Hip Arthritis

**November 29, from 6:30-7:30 p.m. in the FDJ Conference Room.** Osteoarthritis and rheumatoid arthritis are two major causes of joint inflammation and pain can result in limited range of motion, stiffness, and difficulty accomplishing daily activities. Join Orthopedic Surgeon Michael Mousatson, DO for a discussion on the symptoms, diagnosis, and treatment options for hip joint pain.



Give the gift of exploring your Isabella County Parks to friends and family this holiday season. Parks Gift Certificates are great for any holiday or occasion. They may be purchased in amounts to fit every budget. Parks Gift Certificates can be used towards Annual Entrance Permits, Pavilion Rentals and Camping/Cabin Fees!!



Parks Main Office  
989.772.0911 x340

## CMU Seeks 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](mailto:magnetresearch2012@gmail.com) or call **(586) 206-0156**. Thank you.

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

## Garden Club Meeting

The Mt. Pleasant Garden Club will meet on November 19 at 1 p.m. in Room A at the COA. Following a business meeting, we will enjoy a program about growing gardens indoors, presented by Shaun Ann Peters, who is a botany instructor at Mid Michigan Community College and also works at Green Scene Nursery. If you are interested in indoor gardening, please join us as a guest. If you like what you hear, please consider joining our club. Membership is open to anyone interested in gardening.



## Garden Club Wreaths for Sale

The Mt. Pleasant Garden Club orders fresh green Christmas wreaths each year which we decorate with pine cones and bows. We take orders from friends and neighbors and deliver them in mid November. The wreaths are 26 inches and cost \$25 payable to the Mt. Pleasant Garden Club. This is our only fund raising effort for the year, and we use the proceeds for several projects which beautify Mt. Pleasant. If you'd like to order one or more wreaths, please call Marilyn at 773-5110 by Monday, Nov. 5. Arrangements will be made for pick up or delivery on or after November 14.



## Central Michigan Area Concert Band presents a FREE Veteran's Celebration Sunday, November 11, at 3:00 p.m. Plachta Auditorium in Warriner Hall, CMU Campus

### (SERA) State Employee Retirement Association

On November 20, 2012, we will have a presentation by Laura Strait and the COA Readers Theatre Group. We enjoyed their last presentation. We will have a 50/50 drawing, as well as a door prize. Come and enjoy the information provided and the fellowship. I need some suggestions for programs for the upcoming year. If there are any questions, please feel free to contact Jackie Curtis ([jac62irish@yahoo.com](mailto:jac62irish@yahoo.com)) or 989-772-0597.

### Early Screening Essential to Prevention and Increasing Cure Rate

Central Michigan District Health Department is speaking out with advice for consumers on colorectal cancer, a potentially life-threatening disease. "Colorectal Cancer is the second leading cause of cancer deaths in the United States, with over 56,000 people expected to die from this disease each year," explains Dr. Robert Graham, medical director for the Central Michigan District Health Department. "However, it is a preventable and very curable disease if caught early."

Because there are often no symptoms when it is first developing, colorectal cancer can only be caught through regular early screening. "The benefits of early detection and treatment are dramatic," Dr. Graham says. "The possibility of curing patients after symptoms develop is only 50%, but if colorectal cancer is found and treated at an early stage before symptoms develop, the opportunity to cure is 80% or better."

If you are between the ages of 50 and 64, do not have health insurance, and have a limited income, contact your local office of the Central Michigan District Health Department to see if you are eligible for free colorectal cancer screening ([www.cmdhd.org](http://www.cmdhd.org)). Central Michigan District Health Department offers free fecal-occult screening or colonoscopy screening for eligible men and women with average or higher-risk for colorectal cancer.

Family history of colorectal cancer, colon polyps, inflammatory bowel disease, and Crohn's Disease are factors that create a higher risk for colorectal cancer. All men and women of average risk for colorectal cancer should have regular colorectal cancer screening after the age of 50. Your doctor may recommend earlier screening if you have one or more risk factors.

Dr. Graham notes that in addition to getting screened regularly for colorectal cancer, people can lower their risk of getting the disease by: Avoiding foods that are high in fat, Eating plenty of vegetables, fruits, and other high-fiber foods, Exercising regularly and maintaining a normal body weight, Not smoking and drinking alcohol only in moderation

For more information on colorectal cancer prevention and screening, visit the websites [www.cancer.org](http://www.cancer.org) or [www.cdc.gov/cancer](http://www.cdc.gov/cancer). Visit our website [www.cmdhd.org](http://www.cmdhd.org) or join us (Central Michigan District Health Department) on Facebook.

## Immanuel Lutheran Church to Host Free Thanksgiving Dinner

Immanuel Lutheran Church is hosting its annual Thanksgiving Dinner. It will be held on Thanksgiving Day, November 22, at Immanuel Lutheran Church, 320 S. Bradley St., Mt. Pleasant, beginning at noon.

The dinner is especially designed for anyone in the community who does not have family in town or will be alone on Thanksgiving Day. The church has traditionally served up to 180 people for the sit-down family style dinner.

The meal features home roasted turkey with all the trimmings, wonderful salads and desserts. This annual dinner has become a special event hosted by the congregation. There is no charge, and the dress is casual. Donations are accepted.

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

## FREE Movie of the Month

We will show *"It's a Wonderful Life"* starring James Stewart and Donna Reed on Tuesday, Nov. 27 at 12:45 p.m. in rooms A & B. In this American classic movie, an angel helps a compassionate but despairingly frustrated businessman by showing what life would have been like if he never existed. Running time is 130 minutes. Please call **772-0748** to make your reservation by Monday, Nov. 26 at 12 noon. When making your reservation, please indicate if you will be joining us for lunch prior to the movie.

### *Thank you for the successful Walk to End Alzheimer's fund raiser.*

Many community volunteers have successfully completed the fourth annual Walk to End Alzheimer's. We are happy to have raised \$ 7,713.00. Half of this amount will go to the Alzheimer's Association for research and half will assist families caring for loved ones with dementia with their Respite Care needs. We are especially grateful for our Silver sponsors: Mission Pharmacy, Isabella County Credit Union, Tillman Enterprises/Sears, Horizon Senior Living/Clare, Recker Electric, Recker Family Farms, Isabella Bank, Saginaw Chippewa Indian Tribe, MJ Murphy Beauty College, Extendicare/Tendercare, Prestige Center, Carelinc Medical Supply, Prestige Place/Clare, Isabella County Adult Day Program, Isabella County Medical Care Facility/ Women's Auxiliary, The Laurels of Mt. Pleasant, and our Bronze Sponsors, James Kremsreiter, Mary Jane McCormick, David Recker, Margaret's Meadow's Assisted Living , Lux Family Funeral Home, A&D Home Health Care , Sam Thering, and Crystal Campbell. Thank you also to Home Depot, Tim Horton's, The Gleaners and Little Caesars Pizza for donating food and drinks. Our silent auction items were donated by Mission Pharmacy, Los Palaminos, Recker Family Farms, COA/ Country Quilters/Weidman, Deb Nartker, Jen and Ona Martin, Pizza King, Out-A-Bounds, Applebee's, Mountain Town Station, Blue Gator/Cheers, Four Seasons, Ann Stewart, Tendercare, Sears, Birch Valley, Darbi Gross, Sheree Murray, Glenda Pohl and Bella Spa and Salon. We also want to thank the band Precision Sound and Red Hat Strutters and to all those who supported the walk, purchased items and donated money on the day of the walk! A heartfelt "thank you" to Deb Recker for organizing the walk and her dedication to this fund raiser. Thank you again, and we look forward to our WALK next year in September of 2013!

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

### Why Review your Medicare Part D Prescription Plan?

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

Here are a few frequently asked questions that may be able to answer your specific concerns.

#### How may my plan have changed?

Your current plan may have changed:

- The monthly premium
- The annual deductible
- The co-payments to your pharmacy
- The formulary (list of covered medications)

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

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

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

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

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

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

#### How do I receive help to compare plans for 2013?

You can call the Commission on Aging at 772-0748, to schedule an appointment with one of our trained volunteer counselors. Sessions are available for Isabella County residents 60 years of age and older and are by **Appointment Only**. There is no cost to the sessions, although donations to the agency are welcomed. You can also call 1-800-MEDICARE or go to [www.Medicare.gov](http://www.Medicare.gov) during the Open Enrollment Period.

#### Will there be any cost for this service?

The ICCOA does not charge for this service. However, donations are accepted and help us to extend program services to other community residents. Please note that service is never denied based on inability to donate.

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

## United Way Launches 2012 Campaign

United Way of Isabella County engages citizens in a community-wide effort to support human services that improve lives. We understand that it takes everyone in our community working together to create a brighter future. Together, united, we can inspire hope and create opportunities for a better tomorrow.

By contributing to United Way, you are helping to support the work of some 20 local affiliate agencies — including **Friends of Isabella Seniors** — that provide human services to thousands of people right here in our community. It is important to remember that we're helping REAL people in REAL time. They are our neighbors . . . our friends . . . maybe even members of our own families.

Earlier this year, United Way of Isabella County's volunteer Board of Directors set a goal to raise \$410,000 during this year's campaign, which concludes on December 31, 2012. Donors have the option of contributing to the Community Investment Fund and/or designating directly to affiliate agencies.\*\* The Community Investment Fund is the most powerful way to invest your contribution, because a group of local volunteers review program grant requests from United Way affiliate agencies to determine how to distribute Community Investment Funds.

Giving is easy. You may contribute directly to United Way of Isabella County by mailing your check (payable to "United Way of Isabella County") to our new office at 524 E. Mosher Street, Suite 400, Mt. Pleasant, MI 48858. We also accept secure credit card payments on our new website, [www.unitedwayisabella.org](http://www.unitedwayisabella.org); make a one-time payment or set up recurring payments on a weekly, monthly or annual basis for however long you desire. Many local companies provide their employees a unique opportunity to contribute through easy payroll deduction; consult your HR/Payroll department to see if this may be an option for you.

Underneath everything we are and everything we do, we are all people. Connected, interdependent, united. When we reach out a hand to one, we influence the condition of all. That's what it means to LIVE UNITED. Thank you for your support!

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\*\*Designations to **Friends of Isabella Seniors** help reimburse Commission on Aging volunteers for their mileage. Volunteers transport frail older adults to necessary medical appointments and medical treatments in county and out of county. Last year COA Volunteer drivers delivered more than 36,000 lunchtime meals to homebound older adults in every township of Isabella county while checking on their safety and security. This valuable service helps enable older adults to remain healthy and independent thus reducing the strain on families and taxpayers.

## 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 Area Historical Society

Bob Banta's history of the Isabella County Sheriff's Department will be the subject of the Mt. Pleasant Area Historical Society meeting at COA building, 2200 S. Lincoln Rd., Mt. Pleasant on Tuesday, November 13, at 7:00 p.m. Bob Banta is a former local radio personality and Isabella County Sherriff's Department retiree. Note that the meeting has been moved from the normal first Tuesday of the month to accommodate those MPAHS members and officers who work at the polls on Election Day.

At the business meeting following the speaker, members will discuss the planning of the proposed Mt. Pleasant Area Historical Society Heritage Park at Main and Michigan streets in Mt. Pleasant, which will pay homage to all aspects of area history, including the beginning of Central Michigan Normal School and Business Institute at that location in 1892. The members of the general public with an interest in our local history are invited and encouraged to attend.

### Jack Westbrook's "At Home in Earlier Mt. Pleasant Michigan" book to be subject of area programs during November:

**Thursday, November 9** – Slide Show  
Winn Senior Center – 12:30 p.m.

**Thursday, November 9** – Genealogical Society of Isabella County, Commission on Aging Building, - 7:00 p.m.

**Saturday, November 10**– Craft show signing, Isabella County Commission on Aging Building, – 9:00 a.m.

**Wednesday, November 14**–Slides  
Commission on Aging Building, 11:00 a.m.

**Saturday, November 17**– signing, Sacred Heart Knights of Columbus Craft Show, Parish Center, 10:00 a.m.

**Tuesday, November 20**– Slides  
Weidman Senior Center 11:15 a.m.

**Friday, November 30**– Book signing, The Book Garden, 114 South Main Street, Mt. Pleasant. 5:00 to 9:00 p.m.

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

# Activity Center NOVEMBER ACTIVITIES

Monday	Tuesday	Wednesday
<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                      Craft = Arts &amp; Crafts Room              BR = Board Room B126</p>		<p><b>Food With Friends</b>  <b>Daily, Monday thru Friday</b>  <b>Noon in Activity Room C</b>  <b>See our Menu in this issue!</b></p>
<p>8:30 Med D (Lab) 5                      10:00 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)                      6:00 "It Works" (A)                      7:00 Square Dancing (C)</p>	<p>6                      8:30 Med D (Lab)                      9:00 Tai Chi Five Elements (F)                      10:00 - Country Music (B) 12:30 Banjos &amp; Guitars (B)                      10:00 Cribbage (C) 11:00 Tai Chi (F)                      2:00 - 4:00 Intermediate Line Dancing (Craft)                      5:15 COA Board Mtg. (BR1)</p>	<p>7                      8:30 Med D (A)                      10:00 and 11:00 Exercise-Low Impact (F)                      10:00 Computer Class (Lab)                      1:00 Happy Rippers (Craft)                      1:00 Bridge (C)                      Pepper (C)</p>
<p>12  <b>CLOSED</b>  <b>Veterans Day</b></p>	<p>13                      8:30 Med D (Lab)                      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 &amp; Guitars (B)                      1:00 CMU Bridge (Craft)                      2:00 - 4:00 Intermediate Line Dancing (C)                      6:30 Mid Michigan Wood Workers (Craft)                      7:00 Mt. Pleasant Historical Society (A)</p>	<p>14                      10:00 and 11:00 Exercise - Low Impact (F)                      10:00 Computer Class (Lab)                      10:30 Ministers (A)                      11:00 "At Home in Earlier Mt. Pleasant" (B)                      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)</p>
<p>19                      8:30 Med D (Lab)                      10:00 and 11:00 Exercise-Low Impact (F)                      10:00 Dulcimer Practice (Craft)                      1:00 Canasta, Pinochle, Dominos (C)                      1:00 Mt. Pleasant Garden Club (A)                      1:30 Yoga (F)                      7:00 - 9:00 Square Dance Basic Lessons (C)</p>	<p>20                      8:30 Friends of Isabella Seniors Mtg (BR1)                      9:00 Tai Chi Five Elements (F)                      10:00 Cribbage (C)                      11:00 Blue Cross (B)                      11:00 Tai Chi (F)                      1:30 State Retirees Meeting (A)                      2:00 - 4:00 Intermediate Line Dancing (C)                      6:30 Caregiver Support (Craft)</p>	<p>21                      10:00 and 11:00 Exercise-Low Impact (F)                      10:00 Computer Class (Lab)                      1:00 Happy Ripper Quilters (Craft)                      1:00 Bridge (C)                      1:00 Pepper (C)</p>
<p>26                      10:00 and 11:00 Exercise-Low Impact (F)                      10:00 Dulcimer Practice (Craft)                      12:30 Med D (Lab)                      1:00 Canasta, Pinochle, Dominos (C)                      1:00 Legal Service (CR1) 1:30 Yoga (F)                      1:00 Readers Theatre (Craft)                      7:00 - 9:00 Square Dance Basic Lessons (C)</p>	<p>27                      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 "It's a Wonderful Life" (A &amp; 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)</p>	<p>28                      9:00 Quilt Class (A)                      10:00 and 11:00 Exercise-Low Impact (F)                      10:00 Computer Class (Lab)                      12:30 Med D (Lab)                      1:00 Happy Ripper Quilters (Craft)                      1:00 Bridge (C)                      1:00 Pepper (C)</p>

This page is sponsored by: **McLaren - Central Michigan Hospital**

2200 South Lincoln Road, Mt. Pleasant—For more information please call 772-0748

Thursday	Friday	Saturday
1 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit 10:30 Singers (Craft) 10:00 Computer Class (Lab) 11:00 to 3:00 1st Annual Doe Day (A and B) 11:00 Tai Chi (F) 12:00 Medicare Part D (Lab) 1:00 Line Dancing (C) 6:00 Clowns (Craft)	2 9:00 Isabella County Collaborative (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 12:30 Learn the Ukulele	3 1:00 Euchre Card Party (C)
8 9:00 Tai Chi Five Elements (F) 10:00 Computer Class (Lab) 10:00 Learn to Knit (Craft)11:00 Tai Chi (F) 11:00 Nutrition Mtg. (BR1)12:30 Med. D (Lab) 1:00 Beginner Line Dancing (C) 6:00 Watershed Conservancy (C) 7:00 Genealogy (B) 7:00 - 9:00 Mid Michigan Patriots (A)	9 8:30 FGP/SCP in-Service (B) <b>NO Jam Session Today</b> 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) <b>Set up for Holiday Craft Sale</b>	10 <b>Holiday Craft Sale</b> 9:00 a.m. to 2:00 p.m.  NO Cards Today
15 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 Snow Bird Book Club (Craft) 1:00 Beginner Line Dancing (C) 6:00 Diversity Group (Craft)	16 8:00 - 9:00 Open Breakfast (C) 8:30 - 4:30 Medicare Part D (Lab) 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 <b>Dance</b> \$5.00 (C)	17 1:00 Euchre Card Party (C) 2:30 to 6:30 Hospice Event (A)
22 <b>CLOSED</b>  <b>Thanksgiving</b>	23 <b>CLOSED</b>  <b>Thanksgiving</b>	24 1:00 Euchre Card Party (C)
29 All Day Sort in Craft Room 9:00 Tai Chi Five Elements (F) 10:00 Computer Class (Lab) 1:00 Beginner Line Dancing (C)	30 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft)	

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

**Exercise Classes**

**Yoga Class**

November 12 thru December 17  
 Mondays: 1:30 p.m. - 2:30 p. m.  
 \$45.00 6 classes or \$10.00 a class

**WATER AEROBICS**

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

**Tai Chi Five Elements Class**

No experience necessary  
 November 1 - 29

Tuesdays & Thursdays 9:00 a.m.-10:00 a.m  
 5 Elements practice 10 - 10:30 \$5.00  
 Cost: \$60.00 for 8 classes or \$10.00 per  
 To register call Judi 989-773-0786

**Lo Impact Aerobic Classes**

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 Zionts  
 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.  
 For more information  
 Call Patricia Depriest 989-621-1383

**Music**

**Community Dance**

Friday, November 16  
 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.

\*\*\*\*\*

**Jam Session**

Come and join in with others who play for  
 the fun of it.

Every Friday 10:00 a.m.

**Banjoes and Guitars**

12:30 p.m.  
 Learn the Basics  
 Tuesdays, November 6 and 13

**Play Your Dulcimer**

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

**Senior Singers**

Thursdays, November 1 and 15  
 10:30 a.m.

**Ukulele Lessons**

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

**Legal Services**

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

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

**Classes**

**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, November 19 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 19th.

**Upcoming Art Class**

**Portrait and Figure**

**Drawing**

Wednesdays  
 10:00 a.m. - 12:00 p.m.  
 January 9 - February 13, 2013  
 Cost:TBA  
 Call if interested 772-0748.

# Activity Center TRAVEL ACTIVITIES

## Games

### Bingo at the COA

Friday, Novemebr 16 - 12:45 p.m.  
Friday, Novemebr 30 - 12:45 p.m.

### Deal or No Deal

Wednesday, November 14  
11:15 a.m. before lunch

## Movie

### “It’s a Wonderful Life”

Tuesday, November 27  
12:45 p.m.  
COA Activity Center  
Free Admission and Popcorn  
Call Jen Conner at 772-0748  
for a reservation.



### Acapellapalooza

Saturday, October 27  
7:00 p.m.  
Central Michigan University  
Plachta Auditorium  
Featuring:  
The Mountain Town Singers  
Fish n Chips A Cappella  
Ebb N’ Flow Quartet  
Tickets @ CMU Box Office

## DAY AND EXTENDED TRIPS CALL 772-0748

### 2012

**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  
\*\*\*\*\*



**Holiday Craft Sale**  
Saturday, November 10  
9:00 a.m. to 2:00 p.m.  
COA Activity  
Center

**RESERVATIONS & PAYMENTS**  
Send payments to: COA Activity Center  
Attn: Sally  
2200 South Lincoln Road  
Mt. Pleasant, MI 48858  
[www.isabellacounty.org/dept/coa](http://www.isabellacounty.org/dept/coa)  
Click on COA Trips or  
Call 772-0748 for information!

### 2013

**Florida**  
Fort Meyers Beach  
January 30-February 13  
\*\*\*\*\*

**Deep South**  
New Orleans  
Natchez  
Vicksburg  
March 10-18  
\*\*\*\*\*

**Mystery Trip**  
March 22-23  
\*\*\*\*\*

\*\*\*\*\*  
**Springtime in the South**  
Asheville North Carolina  
Savannah Georgia  
Charleston South Carolina  
April 5-12  
\*\*\*\*\*

**Lancaster Pennsylvania**  
“Noah”  
“Brigadoon”  
April-May3  
\*\*\*\*\*

**Mississippi River**  
Classic Oldies Cruise  
May 15-17  
\*\*\*\*\*

**Memorials and Monuments**  
**Washington D.C.**  
September 16-19

For a brochure call Sally at 772-0748.

<b>FWF Eat Smart Menu</b>				<b>November 2012</b>		
Monday	Tuesday	Wednesday	Thursday	Friday		
			1 Baked Chicken Bread Whipped Potatoes/Gravy Spinach Pears	2 Lasagna (turkey) Garlic Toast Fruited Coleslaw Peaches Graham Goldfish		
5 Beef and Noodles Bread Beets Tossed Salad Mixed Fruit Cup	6 American Goulash (turkey) Bread Mixed Vegetables Coleslaw Pineapple	7 Egg & Cheese Casserole Sausage Links Cinnamon Roll Redskin Potatoes Orange Juice Ambrosia Fruit Cup	8 Swissed Beef Pattie Bread Whipped Potatoes Cauliflower/Cabbage Salad Oatmeal Apple Crisp	9 Baked Ham Bread Sweet Potatoes Brussels Sprouts Peaches		
12 <b>CLOSED</b>  <b>Veterans Day</b>		13 Pork Chop Bread Whipped Potatoes/Gravy Coleslaw Cinnamon Applesauce	14 Turkey Loaf Bread Baked Potato Cauliflower Fruit Cocktail Gelatin	15 Chili (turkey) Corn bread Tossed Salad Apricots Graham Goldfish	16 <b>Thanksgiving Dinner</b> Sliced Turkey Bread Whipped Potatoes/Gravy Stuffing / California Blend Cranberry Jelly Pumpkin Custard	
19 Chicken/Rice Casserole Bread Carrots Tossed Salad Pears	20 Veal Parmesan Bread Peas Fruited Coleslaw Tropical Fruit	21 Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Peaches	22 <b>CLOSED</b>  <b>Thanksgiving</b>		23 <b>CLOSED</b>  <b>Thanksgiving</b>	
26 Baked Spaghetti (turkey) Garlic Toast Tossed Salad Peaches	27 Chicken/Broccoli/Cheese Bread Baked Potato Italian Blend Pineapple Gelatin	28 Sloppy Joe (turkey) Hamburg Bun Carrots Crunchy Vegetable Salad Mixed Fruit Cup	29 Salisbury Steak (beef) Bread Whipped Potatoes Peas & Carrots Citrus Fruit Cup	30 Turkey Stew Biscuit Coleslaw Cinnamon Applesauce		

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**

Hello from Shepherd!

We have a new schedule. The first Monday of each month is music Monday. Birthday parties are the fourth Wednesday of each month. Every Wednesday is Wacky Wednesday! You'll have to come visit us to see just how wacky we get! We will still start each day exercising our bodies at 10:15 and our minds at 10:30 with a game of concentration. Come Join Us!

**November Calendar**

- 2 Pepper/ Games
- 5 Music Monday
- 7 Wacky Wednesday
- 9 Pepper/ Games
- 12 **Closed** - Veterans Day
- 14 Chippewa Nature Center  
Wacky Wednesday
- 16 Thanksgiving Dinner
- 19 Games- Christina's Day (Intern)

**November Calendar**

- 21 Wacky Wednesday  
Nutrition Topic: Food Safety
- 22-23 **Closed** - Thanksgiving
- 26 Presentation from Mid-Michigan Home Care
- 28 Birthday Party for Kate  
Hollenbeck & Max Augustine  
Birthday Bingo
- 30 Pepper

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, Weidman  
Meals M-F, 9:30 a.m. - 1:30 p.m. Marjie Evans, Site Manager **644-2538**

Hello from Weidman!

If you are looking for a warm and inviting environment, look no further. We would be happy to pull up a chair for you. We enjoy playing many different games and chit chatting with each other over a nice hot drink. We also have music entertainment every Wednesday. Call today for more information or to reserve a meal.

Our birthday party will be on November 7. Those celebrating a birthday this month are Jackie Curtiss, Ben Huffman, Bud Garrett and Dave McNabb. Happy Thanksgiving!

**November Calendar**

1	Cards
6	Health Department /Arthritis Update
7	River Ramblers -10:00
9	Dominoes
12	<b>Closed-</b> Veterans Day
13	Nutrition Topic: Food Safety
14	River Ramblers-10:00
16	Thanksgiving Dinner
19	Cards
21	River Ramblers-10:00
22-23	<b>Closed for Thanksgiving</b>
27	Reminisce -Thanksgiving Stories
28	River Ramblers -10:00
29	Cards

**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**

Hello everyone! Thank you to all who attended our first Harvest Celebration in October. The tractors, live music, cider, donuts and luncheon were enjoyed by more than 120 folks! November brings more events to enjoy here at the Activity Center – **Thursday, Nov. 8:** Nutrition Council Meeting, 11 a.m. Give your input on our food program, and get a FWF meal coupon! **Monday, Nov.12:** Veterans Day **CLOSED** **Wednesday, Nov. 14:** Deal or No Deal by Tendercare. 11:15 a.m.

**Friday, Nov. 16:** Open Community Breakfast from 8 to 9 a.m. Cost \$4. Please call for reservations. Thanksgiving Meal at 12 noon. (Please call for reservations by Wednesday, Nov. 14). Meijer gift card bingo at 12:45 p.m.

**Thurs. Nov. 22 & Fri. Nov. 23:** **CLOSED** **Tuesday, Nov. 27:** Free Movie and Popcorn: “*It’s a Wonderful Life*”, American classic starring James Stewart and Donna Reed, 12:45 p.m. Rooms A & B.

**Friday, Nov. 30:** Laurels bingo at 12:45.

The Jammers perform live music from 10 a.m. to 12 noon in Room B the first and second Tuesdays. Wii Bowling and ping pong are available Monday through Friday 10 a.m. to 12 noon in 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**

Hello from Winn! November is full! Please get your reservations in early!

In addition to the musical fun we are famous for, we have other great programs and activities. On Nov. 9, Jack Westbrook, local author and historian, will be presenting at 10:30, and Michelle will return to spoil us with free shoulder massages to melt away our stress!

Don’t forget about our delicious Thanksgiving meal on Friday Nov. 16 w/ Rocky King and Pat Kane entertaining us. We have many other great things happening. Come for a great time here!

**November Calendar**

5	Birthday Party/Jaunita Carter & Mike
7	Mark Bauman and Mark
9	Massages by Michelle Jack Westbrook
12	<b>Closed -</b> Veterans Day
14	Harold Helman Homemade Bread Day
16	Thanksgiving Meal & Entertainment
19	Rocky King
21	Ray Brown Wear your John Deere gear Day
23	<b>Closed -</b> Thanksgiving
26	Jerry Waldorf
28	Bruce Frost and Friends

**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**

November is a very busy month with the elections on November 6. Be sure to vote.

Veterans Day is on November 12. Please remember those who have served and those who have fallen in battle.

We will be having Thanksgiving Dinner on Friday November 16, plus many different activities and entertainment.

Enjoy those cool temperatures and fabulous color changes.

**November Calendar**

2	Chippewa Nature Center A Golden Gate - 12:45 p.m.
5	Nutrition/Food Safety - 12:30 p.m. Crossword/Word Search 12:45 p.m.
7	Health Department - 12:30 p.m. Penny Bingo - 1:00 p.m.
9	Good Times Band - 1:00 p.m. Ice Cream Social - 2:00 p.m.
12	<b>Closed -</b> Veterans Day
14	Penny Bingo - 1:00 p.m.
16	Thanksgiving Dinner - 12:00 p.m.
19	Birthday Party - 12:30 p.m.
21	Bingo with Prizes/Laurels 1:00 p.m. Storytelling - 2:00 p.m.
23	<b>Closed -</b> Thanksgiving
26	River Ramblers Band - 12:45 p.m.
28	Penny Bingo - 1:00 p.m.
30	Euchre/Dominoes - 1:00 p.m. Sit & Get Fit - M-W-F 11:15 - 11:45 a.m. Movie & Popcorn every Friday 6:15 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

**James R Bigard**  
Sharon Bolton  
M & L Services LLC  
Dart Oil & Gas Corp  
Pat & Mary Siuda  
Paul Siers  
Norma Kreiner  
Larry & Dawn Dennis  
B&B Oilfield Equipment Corp.  
Summit Petroleum Corp.

**Dorothy Recker**  
Sharon Bolton

**Roselyn Green**  
Alvin & Ada Andres & Family

**Mary Parks**  
Anonymous

**Mabel Chaffee**  
Murna VanHorn

**Lois Campbell**  
Anita McGuire

**Marilyn McDonald**  
Anita McGuire

**Jeanette Homan**  
Anita McGuire  
Nancy Rivard  
Betty Hammond

**Helen Egbert**  
Anonymous  
Alice Spayd  
Harry & Virginia Herman

**Marion Straight**  
Bernadette Sunderman

**Ed Marquardt**  
Nancy Rivard  
Ed & Ruth Helwig

**Mary Pifer**  
Carrie & Jerry Wieferich  
Marie Price  
Don & Jo Riley

**Elaine Thering**  
Larry & Ginger Claybaugh  
Fred & Irene Zeien  
Tim & Teri Rau  
Steve & Joyce Zeien  
Sally Rau  
John Graham  
Pat Schafer  
Steve & Yvonne Jackson  
Roy & Joann Muterspaugh

**Bambi Paciocco**  
Betty Hammond

**Dewayne Foglesong**  
Ruth Foglesong

**Ray C Sprosty Jr -Wooster, OH**  
Dale Sprosty

**Orval & Agnes Nichloson**  
Joe & Lois Clark

**Mary Clark**  
Joe & Lois Clark

**Larry Jones**  
Beverly DeLong

**Wanda Powell**  
Donna Smalley

**In Home Services**  
**In Memory of**

**Dorothy Recker**  
Robert & Deanna Harris

**James R Bigard**  
Bernard Wentworth

**Food with Friends**  
**In Memory of**

**Helen Egbert**  
Fred & Margaret Yuncker

**Glenn Springer**  
Dick, Carol & Brenda Clare

**Lois Rowe**  
Sandra Salchert

**Activity Center**  
**In Memory of**

**Mary Hyde-Parks**  
Jennie DeLong

**Active Living**  
**In Memory of**

**James R Bigard**  
Jack & Mary Lou Westbrook

**Helen Egbert**  
Jean Reihl

**Sandra Waters**  
Pat & Marty Siuda

**Jeanette Homan**  
Mt Pleasant Area Historical Society

**Elaine Thering**  
Pat & Marty Siuda  
Dorothy Sponseller

**Dorothy Recker**  
Harold & Jeanette Wilson

**Wanda Powell**  
Harold & Jeanette Wilson

**Gold Key Needlecrafters**  
**In Memory of**

**Barbara Peters**  
Craig & Pam Buys

**Gold Key Volunteers**  
**In Honor Of**

**Mary Meade**  
Ralph & Barb Pitts

**In Home Services-Respite Care**  
**In Memory of**

**Alma Armbrustmacher**  
Robert Armbrustmacher

**Effie Dupuis**  
Ginny & Bill Cain

## Donations to ACTIVE LIVING

Raymond & Patricia Reihl  
Judith Welsh  
Larry & Sally Johnson  
Bill & Beverly Pung  
Robert & Karen Loomis  
Gail Shack  
Sara Dell  
Roberta Perry  
Richard Salisbury  
Juliana Hall  
Rosemary Thelen  
Eileen Jennings  
Bernadette Sunderman  
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Frank & Georgean Perry  
Hilda Calkins  
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Joyce Williams  
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John & Gladys Walker  
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Bonnie Ranck  
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Robert Welsh  
Loretta Ruby  
Edward & Harriet McDonald  
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Esther Peacock  
Janice Lather  
Pansy Thaller  
Elvis & Connie Denton  
Clarence & Mary Ann Tuma  
Yvette Crandall  
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Dawn Snyder  
Gail Miller  
Michael Florian  
Laurence Tice  
Joe & Lois Clark  
Larry & Sally Johnson  
Herbert & Marilyn Deromedi  
Mary Lou Duffy

*Thank You for your donations to COA.*

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

### 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.

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

## Donations to COMMISSION ON AGING

### Gold Key Transportation

Eileen Jennings  
Richard & Jean Thomas  
Boston Scientific

### Gold Key Needle Crafts

Pat Spence  
Ella Strauss

### General Donations

Virginia Kjolhede  
CMU Bridge Group

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Melvin Onuskanich  
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Larry & Jeanette Rescoe  
Nelda Gilmore  
Janet Kuhn

### In Home Services Donations

Arnold Newman

# Active Living Needs Your Support

*Thank You* to our Readers and Sponsors who donate to Active LIVING. As of October 17, 2012, we have received **\$16,472.00**. 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.

## 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

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### 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.*

## Upcoming Events in November

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

**Daniel P. Breidenstein**  
**Living Memorial Auction**  
**Saturday, November 10**  
**4:00 p.m. to 8:00 p.m.**  
**The Bird Bar & Grill**  
**223 S. Main St., Mt. Pleasant**  
**All Proceeds to Benefit:**  
**Commission on Aging**

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