

Active LIVING

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Formerly the Isabella Senior News

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Friends of Isabella Seniors - 2200 South Lincoln Road, Mount Pleasant, MI 48858 - (989)772-0748 - isabellacounty.org/dept/coa/news.html

Have a Heart Needs Your Support

For the past eighteen years, the Isabella County Commission on Aging has distributed “**Have a Heart**” boxes to older county residents around Valentine’s Day. With the difficult economic conditions many older county individuals are facing, we are expecting to serve approximately 150 people this year.

Once again, the Commission on Aging is asking the community to assist us in this project. All of the funds for the “Have a Heart” boxes come from the generosity of individuals in our community. No federal, state or local dollars are used for the project.

Every box will contain enough food for approximately six meals, making a total of **900** fully nutritionally balanced meals. Each box will also include a gift card to a local merchant. COA realizes many older adults are contending with the increased costs of utilities, prescriptions and medical bills. Some are struggling to choose between paying bills or buying food. The gift card will allow independence of usage and will help make funds available to meet other needs.

The cost of each box will be approximately **\$50.00**. The total cost of this year’s project is approximately **\$7,500.00**. Your generous donation can help to brighten some very cold, dreary days in February for people who may be lonely, homebound and in great need.

Any size donation is deeply appreciated! Make your check payable to **Friends of Isabella Seniors**, 2200 S. Lincoln Road, Mt. Pleasant, MI 48858. If you have questions or would like more information, please contact the Commission on Aging at **989-772-0748**.

Thank you and please “*Have a Heart.*”

Thank You



Sue and Michelle Halfmann

The Commission on Aging is very grateful to the staff and clients of the Side Door Salon in Mt. Pleasant. Once again the Side Door Salon has donated Christmas gift bags filled with food, fruit, handmade items and gift cards for area older adults. Pictured above Side Door Salon owner, Sue Halfmann and daughter Michelle, with gift baskets to brighten the holidays!

Happy New Year!
from
The Staff of
Isabella County
Commission on Aging



**Come join the
fun and watch
an exciting
game!**

CMU Women’s Basketball

**Wednesday, January 2, 2013
at 2:00PM**

CMU vs. Marquette University

FREE Ticket Vouchers to the game
can be picked up December 26, 27, 28 and
January 2 at the COA office.

**Hurry! Beat the rush. Get yours for a
great CMU Women’s Basketball game!**

Director’s Comments

We have often said “It’s more than just a meal.” And now we can back that claim up with the results of a ten year, nationwide study conducted by Brown University.



Most older adults only need a little support in order for them to stay in their homes. However when that support is not available they can end up in a nursing home where they don’t need most of the available services. These older adults are considered “low-care” seniors.

According to the Brown University study, the more states spend on home delivered meals and other community-based services, like those offered through the Commission on Aging, under the Older Americans Act “the more likely they are to help people who don’t need nursing home care stay in their own home.”

The researcher’s analysis boils down to this ratio: for every \$25.00 per year per older adult of state spending on home delivered meal and other community based services, the state can reduce their percentage of “low-care” nursing home residents by 1 %.

Now consider that it costs over \$65,000.00 annually for one person to stay in a nursing home. Think of the saving that would be created by increasing the State spending on our home delivered meals and community based programs.

The programs and services provided through the Commission on Aging are vital to the care and well-being of our older citizens. What we do with the Older American Act funding, the state funding and the revenue generated locally through our Senior Millage and the Saginaw Chippewa Indian Tribe is the key to our success, and is therefore key to the success of our older adult population.

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

Ask a COA Specialist

Question: The Commission on Aging helped me enroll in my Medicare D program? What happens if I have a problem after the first of the year?

Answer: There are a couple of ways to deal with issues with a Medicare D problem: There will be a toll free number on the back of the ID card that gives a member access to Medicare D program staff. A member may call that number to receive assistance.

You may also choose to contact the Isabella County Commission on Aging and ask to leave a message on the agency insurance helpline. You will be contacted within 3 business days by one of the agency social workers to assist with the issues. The number to call for the Commission on Aging Insurance Helpline is **(989) 772-0748** and let the receptionists know that you have an issue with insurance and would like to leave a message on the helpline.

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.**

Frozen Home Delivered Meals are Dated

Commission on Aging takes great pride in the meals we serve to the community. If you have any questions about the food items you are served or how we prepare meals, please contact the Nutrition Program Coordinator, Carmel Slebodnik **(989-772-0748)**, at any time. Recently, there was a question about expiration dates on our frozen meals. Commission on Aging packages all frozen meals in our central kitchen located in Mt. Pleasant. The meals are dated when they are packaged and frozen for future use. Generally, meals are best if used within 30 days, but can usually last up to 90 days after they are frozen. Frozen meals are sent to clients with the intention the meals will be consumed within a week of delivery. Please notice that there are labels on the frozen meals that state, “Best If Used within 30 Days.” There is a stamped date on each meal indicating the packaged date. We hope that this dating system will be helpful to clients and families.

Caregiver Support

Our first Caregiver Support Group meeting for the New Year will be January 15, 2013, at the Isabella County Commission on Aging, Activity Center, 2200 S. Lincoln Rd, and 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. You will receive support, learn strategies for coping with challenging situations and get ideas that you can immediately implement. Educational handouts are always provided. If you have questions about this group or would like to talk about your care giving issues, please feel free to call the COA at **(989) 772-0748** and ask for Ann Kowaleski.

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

Mission Moments

As a new year begins so do the resolutions. How many times have people made resolutions that only last a month or two at most? A New Year's resolution is a commitment that a person makes that is to guide them throughout the year. One such goal a person could make is to give back to their community.

I am here to tell you that the Foster Grandparent and Senior Companion volunteers are the most committed group of individuals that you will find. They make a commitment once they join our programs and they stick with it – for some it has been a commitment of 10, 20 and 30+ years. They provide guidance and assistance to children in need in our schools. They provide compassion and support to frail older adults who are homebound or in a nursing home. They commit 20 hours per week, meeting the needs of others in our community.

If you are interested in joining this exceptional group of people and have no fear of commitment, make a call to the Commission on Aging (989-772-0748), and maybe we can help you with your New Year's resolution.

*Mary Ann Mooradian, Director
Foster Grandparent & Senior Companion Programs*

Social Security Office Changed Hours

The Mount Pleasant Social Security office is now open to the public Monday through Friday from 9 a.m. to 3 p.m. except the office will close to the public at noon every Wednesday.

Many services are available at www.socialsecurity.gov or by dialing our toll-free number, 1-800-772-1213. People who are deaf or hard of hearing may call our TTY number, 1-800-325-0778.

Free Tax Preparation Available at COA

The Isabella County Commission on Aging is working again with the AARP Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing available. This service is provided to low and middle income taxpayers, with special attention to those 60 and older. Appointments for all sites except Winchester Towers, Dover Court, and Riverview must be made by calling the Commission on Aging. Winchester, Dover Court, and Riverview residents should call their building office.

The volunteers at these tax clinics will be handling Federal and Michigan tax returns that are within the scope of their training, as well as Homestead Property Tax and Home Heating credits. Volunteers have to pass an IRS test before they can prepare returns. People who are self employed, have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

The following are the dates, places and times for the free tax preparation by appointment only.

CALL FOR APPOINTMENT 989-772-0748

COMMISSION ON AGING - MT PLEASANT ACTIVITY CENTER

Every Thursday from February 7 through April 11
February 7, 14, 21, 28, March 7, 14, 21, 28, April 3, 4, 9, 11, from 10:30 to 4:00

BLANCHARD LIBRARY/ROLLAND TOWNSHIP HALL
Wednesday, February 13, 27, March 20, from 10:45 to 2:00

WEIDMAN SENIOR CENTER
Tuesday, February 5, 19, March 12, 26, from 1:15 to 4:30

WINN COMMUNITY BUILDING
Wednesday, March 6, from 12:45 to 3:30

SHEPHERD SENIOR MEAL SITE – SHEPHERD UNITED METHODIST CHURCH
Wednesday, February 20 & March 13, from 12:45 to 4:00

ROSEBUSH - FAITH MEMORIAL LIBRARY
Tuesday, February 12, 12:45 to 4:00

RESIDENTS OF WINCHESTER TOWERS, RIVERVIEW AND DOVER COURT
CALL YOUR BUILDING OFFICE FOR DATES, TIMES & RESERVATIONS

ITEMS NEEDED FOR YOUR APPOINTMENT

1. Social Security cards for yourself, spouse and all dependents
2. Picture ID
3. A copy of last year's return
4. Proof of 2012 income, including Social Security, Pension, Interest Income, Dividends, Stock Transactions and all other income.
5. 2012 Property Tax bills, both summer and winter – or rent receipts for the year
6. Total amount of heating expenses
7. Amount of medical insurance premiums paid for 2012.

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

January 8, 15, 22, 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

January 31, 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**.

American Lung Association “Freedom from Smoking”

January 22, from 6-8 p.m. in the LAJ Conference Room. Cost for **Isabella County Residents, \$25.00.** All others please call **989-773-5921 ext. 8409** for cost and registration.

Central Michigan District Health Department is partnering with McLaren Central Michigan to offer a 6-week Freedom from Smoking (FFS) program. Topics include: Thinking About Quitting, On The Road To Freedom, Wanting To Quit, Quit Day, Winning Strategies, The New You, and Staying Off And Celebration! *Partial funding for this program has been made possible by a grant from the Saginaw Chippewa Indian Tribe.*

Diabetic Health Check

January 30, from 1-4 p.m. at the Wound Care and Hyperbaric Center, 4639 Pickard St., Mt Pleasant, Diabetes is a common disease, yet every individual needs unique care. We encourage people with diabetes and their families to learn as much as possible about the latest medical therapies and approaches, as well as healthy lifestyle choices. Good communication with a team of experts can help you feel in control and respond to changing needs. Join our team of experts, Registered Nurse and Wound Care Consultant Rose Shufelt Registered Nurse and Diabetes Educator Shelley Robinson, Hyperbaric Technician Robert David and Registered Dietician Katie Kulick, for a free health check. The health check includes blood glucose, blood pressure, nutritional counseling, physical exam of your foot and a discussion of treatment options that are available to suit your needs. Call (989) 779-5606 to schedule your appointment.

Open Community Breakfast at COA

Beginning January 31, 2013, the COA monthly Open Community Breakfast will now be held on the **last Thursday of each month from 8 to 9 a.m.** The breakfast will be “**All- You-Can-Enjoy**” and will include a variety of breakfast items such as scrambled eggs, bacon, sausage, fruit, juice and coffee.

The Breakfast Menu will change monthly. Cost is \$5. Reservations are required and may be made by calling **772-0748**.

**Get Stuck On Your
Isabella County Parks!**

2013



0001 Isabella County

**Annual Permits Give You Access
To Fun In The Parks all Year!!
Available for Purchase at
Deerfield Nature Park Today!**

**Parks Main Office
989.772.0911 extension 340**

\$1.00 Movie and Popcorn January 22

COA will show “*Trouble with the Curve*” starring Clint Eastwood at **12:45 p.m. Tuesday, Jan. 22**. In this December 2012 DVD release, Eastwood stars as Gus Lobel, one of the best baseball scouts the game has seen in decades. Despite his efforts to hide it, age is starting to catch up with Lobel. Nevertheless, Lobel—who can tell the pitch just by the crack of the bat—refuses to be benched for what may be the final innings of his career.

“*Trouble with the Curve*” also stars Amy Adams as Lobel’s daughter and Justin Timberlake as an up-and-coming baseball scout and announcer. Rated PG-13, running time is 1 hour and 50 minutes.

Happy Rippers Donations



Pictured above are several of the 38 mostly twin size quilts created by the Happy Rippers and donated to Christmas Outreach. The Happy Rippers meet weekly on Wednesdays from 1:00 p.m. to 6:00 p.m. in the Craft Room at COA.

Any quilters, sewers, knitters, etc. are invited to join this group!

“In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us.”
Flora Edwards

Reception-Ambassadors Needed

If you enjoy a professional office atmosphere which includes greeting visitors and performing general clerical duties, the Commission on Aging needs you! We are looking for volunteers to work as a **Reception-Ambassador** once per week from 8:00 a.m. to 12:15 p.m., or from 12:15 p.m. to 4:30 p.m. Please call **989-772-0748**.

(SERA) State Employee Retirement Association

I hope everyone had a safe and happy Christmas and New Year’s Day. Our meeting for January 15, 2013, will be at the usual time of 1:30 p.m. at the Commission on Aging, 2200 Lincoln Road, Mt. Pleasant. The presenter will be from the 7th Generation Cultural Center. This was scheduled before but had to be cancelled because of a family emergency. I hope everyone can attend, as it is very educational. As for the election of Board Members and officers at the November meeting, the following are the new officers for 2013. Board Members: Barb Riley, Jenny Cooper, Sue Hovey and Jackie Curtis. Officers are: President: Janet Fussman; Vice-President: Connie Riedel; Secretary: Jim Wilmot; and Treasurer: Betty Berryhill. Jackie Curtis will put articles in the Active Living paper and the Morning Sun. I need speakers for March and the rest of the year. Any articles need to be submitted to me before the 15th of the month. Please feel free to contact Jackie Curtis (jac62irish@yahoo.com) or 989-772-0597 Thanks again.

Active Living Needs Your Support

Thank You to our Readers and Sponsors who donate to Active LIVING. As of December 17, we received \$20,377.00. We appreciate and need your support! We came close to our annual goal of **\$24,000.00**. Have you donated to Active Living yet? How about a gift subscription for someone? **Please** consider donating to Active LIVING. You can use the form on the back page or call COA at **772-0748**.

Gratiot County’s First 25 Years Topic at MPAHS

David McMacken, St. Louis Michigan historical author and Gratiot County historian, will present a history of the first 25 years of Gratiot County at the Mt. Pleasant Area Historical Society meeting at 7:00 p.m., January 8 at the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant. McMacken taught Journalism and English at Alma High School and is known as the historian for Gratiot County. He has written several books and made more than 100 presentations to groups about that area’s history.

His talk on January 8 will focus on the first 25 years of Gratiot County history. Gratiot County is named for Charles Gratiot, 1788-1855, West Point engineering graduate who rebuilt old Fort St. Joseph (renamed Fort Gratiot during the war of 1812) at today’s Port Huron, Michigan. Set aside in 1831 and formally established in 1855, Gratiot County has 570 square miles, and is 43rd largest county and has 42,476 residents to rank 41st in population.

The public is invited and encouraged to attend this meeting. The meeting will present the speaker at the beginning of the evening before the MPAHS business meeting.

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

Benefits of Volunteering

Are you thinking about volunteering? Helping yourself while helping others is a great thing to do; volunteering has surprising benefits for people of all ages, especially our senior citizens.

Volunteering connects us to others, allowing us to connect to our community and make it a better place. Volunteering helps us make new friends and contacts, by exposing us to people with common interests. Volunteering allows us the opportunity to practice and develop our social and relationship skills.

Volunteering increases our self-confidence. Doing good for others and the community provides us with a natural sense of accomplishment. Volunteering combats depression, decreasing social isolation.

Volunteering helps us stay physically healthy. Research indicates those that volunteer have a lower mortality rate than those who don't. Here are tips for getting started:

- Ask yourself if there is something specific you want to accomplish.
- Make it a better place to live
- Meet new people
- Occupy spare time

Locating volunteer opportunities:

- Community theatres
- Libraries
- Youth organizations
- After-school programs
- Places of worship
- Local senior center

Getting the most from the volunteer experience:

- Ask questions
- Make sure you know what is expected of you

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

Mt. Pleasant Area Historical Society (MPAHS) to Celebrate Isabella County's 154th Birthday

Last year the Mt. Pleasant Area Historical Society (MPAHS) revived the tradition of an annual celebration of Isabella County Founders Day on the closest Saturday to the actual February 11, 1859 date the county was officially established. In 2012 that celebration fell precisely on the date of county establishment.

In 2013, February 9 will be the closest Saturday to the county's actual 154th birthday. On that day the Mt. Pleasant Area Historical Society will present a

Five-Point Celebration at First United Methodist Church, 400 South Main St. Mt. Pleasant

- 1 - 8:00 to 11:00a.m. ALL-YOU-CAN-EAT PANCAKE BREAKFAST WITH SAUSAGE, ORANGE DRINK & COFFEE**
CAUTION: "BEWARE OF FAMOUS CHRIS CAKES FLYING PANCAKES"
\$6.00 per person (Under 4 FREE)
- 2 - FIRST UNITED METHODIST CHURCH FOUNDERS DAY FREE QUILT SHOW On Display until noon**
- 3 - 11:30 Presentation of the 2013 JOHN CUMMING ISABELLA COUNTY HISTORICAL PRESERVATION AWARD**
- 4 - 9:00 a.m. to Noon CONTINUOUS SHOWING OF THE VIDEO "ISABELLA COUNTY: 150 YEARS in the MAKING"**
(DVD available for just \$10.00) in Church Gathering Room
- 5 - 'til closing at 12:30 LOCAL HISTORICAL DISPLAYS**

JOIN US FOR ANY OR ALL!

At 11:30 a.m., presentation of the MPAHS 2013 John Cumming Isabella County Historical Preservation Award, will take place at the church. As you know, the Mt. Pleasant Area Historical Society Founders Day Committee established the John Cumming Isabella County Historical Preservation Award in 2009, honoring CMU's Clarke Historical Library longtime director, the late John Cumming, author of "This Place Mt. Pleasant" and other local historical works.

So far, the award has been presented to:

- 2009 - Joyce McClain, Wayne Barrett, Marvin Lett, Rose Cohoon, Ben Weber, Marilyn Fosburg, Hudson Keenan, Bonnie Ekdahl, Donna Hoff-Grambau and John Cumming
- 2010 - Mary Ellen Brandell
- 2011 - Jack R. Westbrook and Mary Sue Sazima
- 2012 - Sherry Sponseller

The Cumming Award Committee will be meeting in January and will consider 2013 candidates for the award and welcome your suggestions. Please notify Frank Boles, Director, Clarke Historical Library (989) 774-3352 of your suggestions.

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

New Power of Attorney Protections *By Robert Carowitz, Legal Hotline Attorney*

A Durable Power of Attorney has proved to be a helpful legal document for many people as they age. It allows them to name someone, called the Agent, to handle their financial affairs in the event they are unable to do so. If a person becomes incapacitated, e.g. by a stroke or serious illness, having an Agent standing by with legal authority to handle financial transactions can prevent the need to seek a Guardian or Conservator through the Probate Court. The Principal is the name given to the person signing the document granting authority to another. Generally, the Durable Power of Attorney can be drafted so that it gives very broad authority to the Agent to do all that may be necessary on behalf of the Principal.

With this broad authority, an unscrupulous Agent can easily financially exploit an incapacitated Principal, and the Durable Power of Attorney has sometimes been referred to as a “License to Steal.” An untrustworthy and dishonest Agent, with complete access to the Principal’s assets, can take them and convert them to the Agent’s own use.

While there exist civil and criminal remedies to pursue the Agent, in each case there are limitations. Often, enforcement of the criminal law is declined on the grounds it is a “civil matter.” Pursuing a civil matter means hiring an attorney and being able to collect damages. Usually there are no resources to do this after the Agent has taken the money and spent it.

After years of complaints by victims of financial exploitation and the persistent urging of elder rights advocates, our lawmakers have responded with some changes to the law on a Durable Power of Attorney. The new law applies to any Durable Power of Attorney that is signed after October 1, 2012 and sets out a number of “obligations and responsibilities” of an Agent. Before

exercising any authority under the durable Power of Attorney, the Agent must sign an acknowledgement agreeing to be bound by and follow all of these obligations. The law provides an example of the acknowledgment, which must contain these key provisions:

Except as provided in the Durable Power of Attorney, I must act in accordance with the standards of care applicable to fiduciaries acting under Durable Powers of Attorney.

I must take reasonable steps to follow the instructions of the Principal.

Upon request of the Principal, I must keep the Principal informed of my actions. I must provide an accounting to the Principal upon request of the Principal, to a guardian or conservator appointed on behalf of the Principal upon the request of that guardian or conservator, or pursuant to judicial order.

I cannot make a gift from the Principal's property, unless provided for in the Durable Power of Attorney or by judicial order.

Unless provided in the Durable Power of Attorney or by judicial order,

I, while acting as Agent, shall not create an account or other asset in joint tenancy between the Principal and me.

I must maintain records of my transactions as Agent, including receipts, disbursements, and investments.

I may be liable for any damage or loss to the Principal, and may be subject to any other available remedy, for breach of fiduciary duty owed to the Principal. In the Durable Power of Attorney, the Principal may exonerate me of any liability to the Principal for breach of fiduciary duty except for actions committed by me in bad faith or with reckless

indifference. An exoneration clause is not enforceable if inserted as the result of my abuse of a fiduciary or confidential relationship to the Principal.

I may be subject to civil or criminal penalties if I violate my duties to the Principal.

Will these changes solve the problems and eliminate financial exploitation by Agents using a Durable Power of Attorney? Probably not, but the new law is a big help and significantly raises awareness of the problem. Importantly, it will force Agents to be much more careful and controlled. And, it will give prosecutors more leverage to bring criminal cases. You can still give yourself the greatest measure of protection by carefully and cautiously choosing a sound and trustworthy person to act as your Agent.

The information in this article is general and not intended to be a substitute for legal advice. In any legal matter, you should always consider consulting with an attorney for specific advice.

The Legal Hotline for Michigan Seniors can answer questions you may have concerning a variety of legal issues. You can call (800) 347-5297 Monday through Thursday, between 9-3, to set an appointment to have a lawyer call you, usually the next day. All services are free of charge to callers; tax deductible donations are gratefully accepted.

“Seniors for Seniors”

The Humane Animal Treatment Society (HATS) has older cats available for adoption at no cost to older adults. All cats are spayed or neutered and up to date with vaccinations. For more information call **775-0830**. Or if you would like to adopt an older dog for a companion, give HATS a call. You just may find a forever friend!

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

Activity Center

January Activities

Monday	Tuesday	Wednesday
	<div>1</div> <div>CLOSED</div> <div>New Year's Day</div>	<div>2</div> <div>10:00 and 11:00 Exercise-Low Impact (F)</div> <div>10:00 Computer Class (Lab)</div> <div>1:00 Happy Rippers (Craft)</div> <div>1:00 Bridge (C) 1:00 Pepper (C)</div>
<div>7</div> <div>9:00 Tax Class (B)</div> <div>10:00 and 11:00 Exercise - Low Impact (F)</div> <div>10:00 Dulcimer Practice (Craft)</div> <div>12:00 Community Service Council (A)</div> <div>1:00 Canasta, Pinochle, Dominos (C)</div> <div>1:30 Yoga (F)</div> <div>5:30 It Works (A)</div>	<div>8</div> <div>10:00 Needle Crafters (Craft)</div> <div>10:00 Country Music12:30 Banjos - Guitars(B)</div> <div>11:00 Tai Chi (F)</div> <div>1:00 CMU Bridge (Craft)</div> <div>2:00 - 4:00 Intermediate Line Dancing (C)</div> <div>7:00 Mid Michigan Wood Workers (Craft)</div> <div>7:00 Evening Bloomers (B)</div>	<div>9</div> <div>9:00 Tax Class (B) 1:00 (A)</div> <div>10:00 and 11:00 Exercise - Low Impact (F)</div> <div>10:00 Computer Class (Lab)</div> <div>10:30 Ministers (A)11:15Deal or No Deal (C)</div> <div>1:00 Book Club (Lib)</div> <div>1:00 Happy Ripper Quilters (Craft)</div> <div>1:00 Bridge (C) 1:00 Pepper (C)</div>
<div>14</div> <div>9:00 Tax Class (A & B)</div> <div>10:00 and 11:00 Exercise - Low Impact (F)</div> <div>10:00 Dulcimer Practice (Craft)</div> <div>1:00 Canasta, Pinochle, Dominos (C)</div> <div>1:00 Legal Services (CR1)</div> <div>1:00 Readers Theatre (Craft)</div> <div>1:30 Yoga (F)</div>	<div>15</div> <div>8:30 Friends of Isabella Seniors Mtg (BR1)</div> <div>9:00 Tai Chi Five Elements (F)</div> <div>10:30 Travel Information on Tours in 2013 (A)</div> <div>11:00 Tai Chi (F)</div> <div>1:30 State Retirees Meeting (A)</div> <div>2:00 - 4:00 Intermediate Line Dancing (C)</div> <div>2:30 I Pad Class (B)</div> <div>6:30 Caregiver Support (Craft)</div>	<div>16</div> <div>9:00 Tax Class (A - B)</div> <div>10:00 and 11:00 Exercise-Low Impact (F)</div> <div>10:00 Computer Class (Lab)</div> <div>1:00 Happy Ripper Quilters (Craft)</div> <div>1:00 Bridge (C)</div> <div>1:00 Pepper (C)</div>
<div>21</div> <div>CLOSED</div> <div>Martin Luther King Jr. Day</div>	<div>22</div> <div>8:00 Women's Aid Staff Mtg (B)</div> <div>9:00 Tai Chi Five Elements (F)</div> <div>11:00 Tai Chi (F)</div> <div>12:45 Movie "Trouble with the Curve" (A-B)</div> <div>1:00 CMU Bridge (Craft)</div> <div>2:00 - 4:00 Intermediate Line Dancing (C)</div> <div>6:00 Quilters (A - B - C)</div> <div>7:00 Stamp Collectors (Craft)</div>	<div>23</div> <div>9:00 Tax Class (A - B)</div> <div>10:00 and 11:00 Exercise-Low Impact (F)</div> <div>10:00 Computer Class (Lab)</div> <div>1:00 Happy Ripper Quilters (Craft)</div> <div>1:00 Bridge (C)</div> <div>1:00 Pepper (C)</div>
<div>28</div> <div>10:00 and 11:00 Exercise - Low Impact (F)</div> <div>10:00 Dulcimer Practice (Craft)</div> <div>1:00 Canasta, Pinochle, Dominos (C)</div> <div>1:00 Legal Service (CR1)</div> <div>1:00 Readers Theatre (Craft)</div> <div>1:30 Yoga (F)</div>	<div>29</div> <div>9:00 Tai Chi Five Elements (F)</div> <div>11:00 Tai Chi (F)</div> <div>2:00 Line Dancing (C)</div>	<div>30</div> <div>10:00 and 11:00 Exercise-Low Impact (F)</div> <div>10:00 Computer Class (Lab)</div> <div>1:00 Happy Ripper Quilters (Craft)</div> <div>1:00 Bridge (C)</div> <div>1:00 Pepper (C)</div>

This page is sponsored by: McLaren - Central Michigan Hospital

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

Thursday	Friday	Saturday
3 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 10:30 Singers (Craft) 11:00 Tai Chi (F) 1:00 Line Dancing (C) 6:00 Clowns (Craft)	4 9:00 New Tax Class (A) 9:00 Isabella County Collaborative (B) 12:30 Tax Class (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 12:30 Learn the Ukulele (Craft)	5 1:00 Euchre Card Party (C)
10 10:00 Computer Class (Lab) 10:00 Learn to Knit (Craft) 11:00 Tai Chi (F) 1:00 Beginner Line Dancing (C) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy Mtg. (B)	11 9:00 Tax Class (A - B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 12:30 Learn the Ukulele	12 8:00 Mystery Quilt Workshop (A - B) 1:00 Euchre Card Party (C)
17 9:00 Coordinators (B) 9:00 Tai Chi Five Elements (F) 10:00 Computer Class (Lab) 10:00 Learn to Knit (Craft) 10:30 Singers (Craft) 11:00 Tai Chi (F) 1:00 Snow Bird Book Club (Lib) 1:00 Beginner Line Dancing (C) 6:00 Watershed Conservancy (A)	18 9:00 Tax Class (A - 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 Community Dance (C) \$5.00 DJ/Singer/Oldies 50 and 60's Old and New Music	19 10:00 Daylily Group Mtg. (A) 1:00 Euchre Card Party (C)
24 9:00 Tai Chi Five Elements (F) 10:00 Computer Class (Lab) 10:00 Learn to Knit (Craft) 11:00 Blue Cross (B) 11:00 Tai Chi (F) 1:00 Beginner Line Dancing (C)	25 9:00 Tax Class (A) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft) 12:45 Laurel's Bingo (C)	26 1:00 Euchre Card Party (C)
31 8:00 All you can eat Breakfast (C) 9:00 Tai Chi Five Elements (F) 10:00 Computer Class (Lab) 11:00 Tai Chi (F) 1:00 Line Dancing (C)	<i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i> A = Activity Room A F = Fitness Room B = Activity Room B CR1 = Conf Room B139 C = Activity Room C Lab = Computer Lab Craft = Arts & Crafts Room BR = Board Room B126	

Exercise Classes

iPad Class

Tuesday, January 15 at 2:30 p.m.

Do you have an iPad, or are you thinking about getting one? If so, come join us at the COA Activity Center for an hour introduction to the Apple iPad. Judy Czarnecki, from the Chippewa River District Library System will walk you through the basics. Learn about how to get started, what you can do with it and look at some of the most commonly used features. Also, we will talk about how to download free ebooks with the help of your library card. If you don't own an ipad you are welcome to come to hear what they are all about. Call 772-0748 by Monday, January 14 at 1:00 p.m. to let us know if you plan to be there.

Yoga Class

January 7 thru March 11

8 classes for \$60.00

Classes remain on Mondays from 1:30 p.m. to 2:30 p.m. As always, students can drop in for \$10.00 per class.

No reservations needed.(no class 1/21 or 2/18)

Line Dancing

Tuesdays, 2:00 - 4:00 p.m. Intermediate
Thursdays, 1:00 - 3:00 p. m. Beginner

There will be no Square Dancing until
Monday March 4.

2013
Calendars For Sale
\$10.00 each

Available at
the COA

Proceeds go to
the fitness
program.



Music

Community Dance

Friday, January 18

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.

Fridays, 10:00 a.m.

Banjos and Guitars

12:30 p.m.

Learn the Basics

Tuesday, January 8

Play Your Dulcimer

Mondays, 10:00 a.m.

New people welcome!

Senior Singers

Thursdays, January 3 and 17

10:30 a.m.

Ukulele Lessons

Fridays, 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 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.

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.

Computer Class is Back

There will be classes during the month of
January. They will resume Jan. 2 and be
every Wednesday and Thursday at 10:00
a.m. - noon. This is individual instruction.

Tai Chi Classes

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

Tuesday and Thursdays, 11:00 a.m.

Tai Chi Five Elements Class

No experience necessary

January 15 - 21

Tuesdays and Thursdays, 9:00

5 Elements practice 10 - 10:30 \$5.00

Cost: \$45.00 for 6 classes or \$10.00 per

To register call Judi 989-773-0786

Activity Center TRAVEL ACTIVITIES

Games

Bingo at the COA

Friday, **January 18** - 12:45 p.m.
Friday, **January 25** - 12:45 p.m.

Deal or No Deal

Wednesday, **January 9** - 11:15 a.m.
before lunch

Travel Presentation

Extended Trips for 2013

There will be a travel presentation here at the COA Activity Center on Tuesday, January 15 at 10:30 a.m. Tours for 2013 will be highlighted and your questions will be answered. A \$50.00 travel voucher will be awarded to one lucky person in attendance. Refreshments will be served. Come out and enjoy hearing about all the destinations we will be traveling to.



**In Memory
of
Jeannette
Homan**

Pictured above is Art Homan and Nancy Brecht, Jeannette's daughter who accepted for the COA Library a statue of a reading angel from the monthly Book Club. The group (pictured below) donated the reading angel in memory of Book Club member, Jeanette Homan.



DAY AND EXTENDED TRIPS CALL 772-0748

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 30-May3

Please note: In the previous newspaper it was written that we were going to see “Jonah”.

This was a mistake. The tour includes the Musical “Noah” at the Sight and Sound Theatre in Lancaster.

Mississippi River

Classic Oldies Cruise
May 15-17

Shipshewana

Quilt Garden

and Heritage Trail

Plus the play “Half Stitches”
June 4-6

Summer Mystery Trip

August 9 - 12

Stratford

“Blythe Spirit”

“The Three Musketeers”

“Fiddler on the Roof”

Staying at the Arden Park Hotel
August 21-23

Washington D.C.

Mt. Vernon

Gettysburg

September 16-20


For a brochure call Sally at 772-0748.

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

January 2013

Monday	Tuesday	Wednesday	Thursday	Friday
	<div>1</div> <div>CLOSED</div> <div>New Years</div>	<div>2</div> <div>Veal Parmesan</div> <div>Bread</div> <div>Peas</div> <div>Coleslaw</div> <div>Tropical Fruit</div>	<div>3</div> <div>Baked Ham</div> <div>Bread</div> <div>Baked Potato</div> <div>California Blend</div> <div>Strawberries</div>	<div>4</div> <div>Turkey Loaf</div> <div>Bread</div> <div>Corn</div> <div>Stewed Tomatoes</div> <div>Pears</div>
<div>7</div> <div>Salisbury Steak</div> <div>Bread</div> <div>Whipped Potatoes</div> <div>Peas & Carrots</div> <div>Citrus Fruit Cup</div>	<div>8</div> <div>Chicken/Broccoli/Cheese</div> <div>Bread</div> <div>Baked Potato</div> <div>Italian Blend</div> <div>Pineapple Gelatin</div>	<div>9</div> <div>Meatballs</div> <div>Bread</div> <div>Redskin Potatoes</div> <div>Brussels Sprouts</div> <div>Mixed Fruit Cup</div>	<div>10</div> <div>Baked Spaghetti</div> <div>Garlic Toast</div> <div>Tossed Salad</div> <div>Peaches</div>	<div>11</div> <div>Turkey Stew</div> <div>Biscuit</div> <div>Coleslaw</div> <div>Cinnamon Applesauce</div>
<div>14</div> <div>Macaroni & Cheese</div> <div>Bread</div> <div>Winter Blend</div> <div>Carrot Salad</div> <div>Pineapple</div>	<div>15</div> <div>Baked Chicken</div> <div>Bread</div> <div>Whipped Potatoes/Gravy</div> <div>Cauliflower/Cabbage Salad</div> <div>Pears</div>	<div>16</div> <div>Meatloaf</div> <div>Bread</div> <div>Squash</div> <div>Pea Salad</div> <div>Peaches</div>	<div>17</div> <div>Sloppy Joe</div> <div>Hamburg Bun</div> <div>Carrots</div> <div>Bean Salad</div> <div>Cherry Fruit Cup</div>	<div>18</div> <div>Smothered Chicken Breast</div> <div>Bread</div> <div>Oven Roasted Potatoes</div> <div>Tossed Salad</div> <div>Pumpkin Custard</div>
<div>21</div> <div>CLOSED</div> <div>Martin Luther King Day</div>	<div>22</div> <div>Beef Stroganoff</div> <div>Bread</div> <div>Spinach</div> <div>Tossed Salad</div> <div>Cinnamon Applesauce</div>	<div>23</div> <div>Roast Pork</div> <div>Bread</div> <div>Sweet Potatoes</div> <div>Stewed Tomatoes</div> <div>Pears</div>	<div>24</div> <div>Baked Cod</div> <div>Bread</div> <div>Potato Medley</div> <div>Kidney Bean Chickpea Salad</div> <div>Apricots</div>	<div>25</div> <div>Spanish Chicken</div> <div>Bread</div> <div>Baked Potato</div> <div>European Blend</div> <div>Strawberries</div>
<div>28</div> <div>Chop Suey</div> <div>Bread</div> <div>Brown Rice</div> <div>Tossed Salad</div> <div>Tropical Fruit</div>	<div>29</div> <div>Meatloaf</div> <div>Bread</div> <div>Oven Roasted Potatoes</div> <div>Italian blend</div> <div>Mixed Fruit Cup</div>	<div>30</div> <div>Lasagna</div> <div>Garlic Toast</div> <div>Fruited Coleslaw</div> <div>Peaches</div> <div>Graham Goldfish</div>	<div>31</div> <div>Baked Chicken</div> <div>Bread</div> <div>Whipped Potatoes/Gravy</div> <div>Carrots</div> <div>Pears</div>	

For more information regarding the menu, contact the Isabella Commission on Aging office in Mt. Pleasant at (989) 772-0748

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**

Brrrr...it's cold out there, but it's not in here. Come in for some warm tea, friendship, laughter, fun and games. It's a New Year! Start it out right! Join us at the Shepherd Food Site!

January Calendar

- 2 Euchre
- 4 Games - your pick
- 7 Games and Music Monday
- 9 Up, Up and Away - Come see what it's all about.
- 11 National Polka Music Month
Come out to dance
- 14 Geography Bee

- 16 Euchre
- 18 Games - your pick
- 21 **Closed** - Martin Luther King Day
- 23 Birthday Party (If your birthday is in January, please come join us so we have an excuse to Party!)
- 25 Games - Celebrate Winter Activities
- 28 Nicole form Mid-Mich Home Care

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

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**

“Baby, it’s cold outside,” but it’s warm in here at the Weidman meal and activity site. In addition to our good-natured card games and the delightful country bluegrass music of the River Ramblers, we will be shaking things up with some special events.

Warm up with tea on January 7 and help us warm hearts. We will be making small tokens to send out to our homebound neighbors. Also we can’t let January 8, Elvis’s birthday, go by without peanut butter and banana sandwiches. Refer to our schedule below for more fun activities happening in January! We are open M-F for you to share fun activities and a delicious meal with friends.

Those celebrating a birthday this month are Larry Claybaugh, Earl Currie and Harold Skinner who will be turning 90. Come out and help us wish them a very happy birthday!

January Calendar	
2	River Ramblers - 10:00 a.m.
3	Cards-your pick
7	Warm Tea Party - Community Service Project
8	Elvis Birthday Celebration- Dress up like the King, bring memorabilia or music.
11	Cards - your pick
15	Nutrition – Food/ Drug Interactions
16	River Ramblers - 10:00 a.m.
17	Winter Pictionary
21	Closed - Martin Luther King Day
23	River Ramblers - 10:00 a.m. Birthday Party
24	Belly Laugh Day - Bring in your favorite jokes to share.
28	Science Project - Lemon Battery
30	River Ramblers - 10:00 a.m.

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 New Year!

We are already gearing up for a ton of great events here at the Activity Center for the 2013 year! We will be back with special events like Harvest Celebration and Doe Day, and we are adding new events like a “Grandparent-Grandchild Dance,” Detroit Tigers Opening Day event, Gingerbread Home Making Day and much, much more! Watch for upcoming Active Living issues for dates and details! Here’s January:

Tuesday, Jan. 8 – the Jammers provide live music from 10 a.m. to noon/Room C
Wednesday, Jan. 9 – Deal or No Deal by Tender Care at 11:15 a.m./Room C
Friday, Jan. 18 – Meijer Gift Card Bingo at 12:45 p.m./Room C
Monday, Jan. 21 – **SITE CLOSED/** Martin Luther King Jr. Day
Tuesday, Jan. 22 – \$1.00 Movie and Popcorn: “Trouble with the Curve” at 12:45 a.m.
Friday, Jan. 25 – Laurels Bingo at 12:45 p.m./ Room C
Thursday, Jan. 31 – All-You-Can-Enjoy Breakfast from 8 to 9 a.m./Room C. Cost \$5.

Come join us! *Jen*

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

Cheers to the New Year from the Winn Meal and Activity Site! Everyone has survived the Christmas rush, and now we start all over again! If one of your resolutions is to be more social and involved in your community, come on in!

With special thanks going out to Coyne Oil and Propane, Blodgett Oil Company, 5 Alarm Smokehouse, Shepherd Bar & Restaurant and Judges Bench for all their donations for our Christmas Dinner door prizes. Thank you very much!

January Calendar	
2	Vicky Dexter
4	Wellness Friday
7	Birthday Party with Mark Bauman and Mark Ray
9	Jack Salisbury and Loretta Merritt
11	Wellness Friday - Chair Massages & Cards
14	Gilbert Morris and Friends
16	Harold Helman Nutrition – Food/Drug Interactions
18	Wellness Friday
21	Closed – Martin Luther King Day
23	Les Jenkins, Pat Kane and Friends
25	Wellness Friday
28	Jerry Waldorf and Friends
30	Andy Stanley

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 the holidays behind us, what to do for the upcoming winter days? The Chippewa Nature Center presents “What to do in Winter” on January 4.

We have bingo every Wednesday and every second Monday of the month. The Good Times Band will play country music on Jan. 11 and Harold Helman presents karaoke for us on Jan 28.

We have “Sit and Get Fit” and access to long hallways for walking indoors. We also do puzzles, play games, socialize with one another!

Come down for lunch on Jan 18th for a tasty Cold Root Beer Float to enjoy after lunch. Happy 2013! from the Rosebush Meal & Activity Site.
Sit and Get Fit: Every M, W, and F, from 11:15 – 11:45. Movie and Popcorn: Every Friday at 6:15pm.

January Calendar	
1	Closed
2	1:00 – Penny Bingo
4	12:45 – Chippewa Nature Center: “Winter”
7	12:30 – B-day Party 12:45 – Nutrition Ed: “Food and Drug Interactions” 12:55 – Crossword/ Word search 1:00 – Dominos/Cards
9	1:00 – Penny Bingo
11	1:00 – Good Times Band 2:00 – Cookies/ Coffee
14	1:00 – Bingo w/ Prizes sponsored by Woodland Hospice
16	1:00 – Bingo w/ Prizes sponsored by The Laurels 2:00 – Storytelling – Faith Johnson Library
18	12:30 – Root Beer Floats
21	Closed – Martin Luther King Day
23	1:00 – Penny Bingo
25	11:30 – 2:00 – Global Belly Laugh Day
28	12:45 – Karaoke w/ Harold Helman
30	1:00 – Penny Bingo

IN MEMORY OF

Dorothy Brewster Pat Campbell Dick & Jane Potter	<u>Gold Key Needle Crafters</u> <u>In Memory of</u>
Lawrence Ray Packer Janet Bambach	Barbara Peters Leroy & Joan Klopceic
Elinor “Ellie” Rau Mary Jane Shippee Richard & Sandra Wood Ted & Diane Post	<u>Food with Friends</u> <u>In Memory of</u>
Beverly Myers Kenneth & Margaret Nichols	Elinor Rau Lawrence & Sandra Montney
Ella Mae O’Hara Louise Ball	Donald Gould Rose Marie Funnell
Kenneth Allen Burr Louise Ball	Donald Cotter Verne & Ina Mae Philo Alice Hetherington Dolores Robison Sharon Horgan Priscilla Garver Larry & Ginger Claybaugh Craig & Pam Buys Dolores Lockwood Bud & Paula Grubb
Gerald E Donley Louise Ball	Theron Merrihew Verne & Ina Mae Philo
Robert Brady Pinochle Club	<u>In Home Services</u> <u>In Memory of</u>
Donald Gould Bill & Peg Sowle John & Viki Bollman Dan & Mary Fussman	Harlon “Bones’ Hall Gladys Hall
Bud Steele Dorothy Steele	Joe Epple Jeanne Epple
Virgil Roethlisberger Dorothy Steele	Marjorie Karr Bob Folkert Kathy Long Sharon Horgan Ralph & Becky Granger
Arthur Roethlisberger Dorothy Steele	<u>Activity Center</u> <u>In Memory of</u>
Robert & Mary Elliott Dorothy Steele	Donald Gould COA Pepper/Euchre Senior Group Eileen Rau
Barbara Barber Dorothy Steele	Elinor Rau Kathy Hendershot Ruth Carlson & Family
Lawrence Boyce Lorraine Boyce	<u>Gold Key</u> <u>In Memory of</u>
Roger Schafer Pat Schafer Roque Schafer	Donald Gould Max & Joanne Lovejoy
Helen Egbert Dan & Edythe Sloyer	

<u>Active Living</u> <u>In Memory of</u>	<u>Senior Companion</u> <u>In Memory of</u>
Donald Gould Jack & Mary Lou Westbrook Paul & Teresa Stickler	Pat Blankenship Dolores Lockwood
Beverly Myers Ralph & Barbara Pitts	

Donations to ACTIVE LIVING

Rose Wayoff Stan & Kay Veit Edward Grubb Eleanor Lopez Barb Riley John & Marian McDonald Phyllis Ahlers Jane MacDonald Frieda Augustine John & Viki Bollman Alice Spayd Hazel Kelley Harold & Bev Crawley John & Esther Haupt Blake & Lynn Marr Alice Helms Ethel Gallagher Joe & Carol Marchiando David & Margie Swayze Colleen Jenkins Marguerite Foglesong Evelyn VanOrden Jeanne Epple Ruth Cook Ilene Sweet Jim & Barb Draper Warren & Nancy Spragg	Rose Marie Funnell Eileen Rau Louise Ball Dorothy Steele Velma Allen Mary Latowski Marguerite Rice Gail Schmidt Helen Miller Charles Weston Elaine Brickner Lois Root Everett Cope Katherine Hougaboom Soheila Khoury Dean & Judith Kreiner John & Jean Krantz Arthur Homan Clara Garner Ron & Evelyn Malish Bruce LaPointe Beth Miller John & Sue Bradac Marcia Mink Jo Ann Swenson Anonymous Mike & Brenda Wisneski
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Thank You for your donations to COA.
Donations listed in this issue were received by December 17.

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

Activity Center

Charles & Virginia Fox
Mid Michigan Woodworkers
Larry Smith

In Home Services

Anonymous
Jennie DeLong
Stan & Kay Veit
William & Shirley Brewer
Richard & Jean Thomas
Leroy & Marsha Prince
Marian Carpenter
Raymond & Margaretta Elliott
Mary Ramon
Ronald & Sharon Douglas
Joyce Willis
Kathleen McCoy

Gold Key Transportation

Frank & Betty Varga
Pat & Marty Siuda

Gold Key Helping Hands

June Powell
Frieda Augustine
Pat Podoll

Computer Training Classes

At Veterans Memorial Library
201 S. University Ave., Mt. Pleasant

January Calendar Free Classes

7	11:00 a.m.	Mastering the Mouse
8	10:00 a.m.	Basic Windows
9	6:00 p.m.	eReaders
10	2:00 p.m.	Quicken
14	11:00 a.m.	Basic Excel
15	10:00 a.m.	Internet Genealogy
17	2:00 p.m.	Basic Internet 1
21	11:00 a.m.	Intermediate Excel
22	10:00 a.m.	iPad Basics
24	2:00 p.m.	Photo Editing
28	11:00 a.m.	Basic Word
29	10:00 a.m.	Facebook 1
31	2:00 p.m.	Basic Internet 2

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

COMMISSION
ON AGING
ADVISORY BOARD

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

Friends of Isabella Seniors
Board of Directors

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

Temporarily Away

Active LIVING is not “forwarded.” When newspapers are returned to us, we automatically remove the individual from our mailing list. **In order to get back on the mailing list, you must contact our office with your current address.** If you are planning a winter vacation or plan to be away or are moving, please call **772-0748** or use the form on the next page.

Active LIVING Deadline

Each issue of Active LIVING is printed and mailed to our readers before the 1st of each month. In order to complete the entire process we need to receive information for submission by the 10th of the prior month. Please understand all articles submitted are subject to editing for content and space restrictions. Thank you.

Isabella County
Commission on Aging

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

Mission Statement

The Mission of the Isabella County Commission on Aging is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities.

The Isabella County Commission on Aging (COA) is a leading multi-service agency that provides a community focal point for the needs of our Older Adult population.

The following programs focus on assisting individuals who are sixty (60) years of age and older and live within our geographical service areas:

In Home Services Program

- Case Management
- Caregiver Training
- Counseling / Information
- Homemaking
- Medicare / Medicaid Assistance
- Personal Care
- Respite Care
- Fitness

Food With Friends Program

- Congregate Meals
- Home Delivered Meals

Foster Grandparent Program

- Senior Companion Program

Activity Center Program

- Activities /Trips


Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

Donations or fees for all programs and services are requested. If we can assist you or someone you know, please call (COA) at **989-772-0748** Monday thru Friday between 8:00 a.m. and 4:30 p.m.

Funding sources include Client Donations, Memorials, Planned Estate Gifts, Saginaw Chippewa Indian Tribe, Michigan Office of Services to the Aging, Isabella County Senior Millage, Federal, State, Isabella County and Gratiot County appropriations.

For Delivery of



Please check: ☐ New Subscriber ☐ Renewal Contribution: \$ _____

☐ Change of Address (Please attach a label with old address)

☐ Temporarily Away **Stop Date**_____ **Restart Date**_____

Temporarily Away - Address

New Subscriber or Change of Address

Full Name

Number & Street Apt. No.

City Zip

Phone_____

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 Events in January

Breakfast at COA

On January 31, 2013, the COA monthly Breakfast moves to the **last Thursday of each month from 8 to 9 a.m.** and now will be “**All- You-Can-Enjoy!**” See Page 4 for more details.

Travel Presentation

**Tuesday, January 15
10:00 a.m. at COA**
Tours for 2013 will be highlighted.
You could win a \$50 Travel voucher!
See Page 11 for details.

JANUARY 2013

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