

# Active LIVING

Volume 113 Issue 2  
February 2013

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)

## Thank You, Blue Cross Blue Shield Michigan and Senator Judy Emmons!



Pictured from left are Kris Kraft, BCBSM Director of Governmental Affairs, presenting a check for \$10,000 to Brenda J. Upton, Executive Director of the Isabella County Commission on Aging. Senator Judy Emmons, pictured on the right, brought the needs of the Commission on Aging to Blue Cross Blue Shield Michigan resulting in the award. See Director's Comments on Page 2 for additional information.

## Mushroom Travelogue

Monday, February 25

At 1:00 p.m.

Interested in learning more about Mushrooms? Come join us! More details on Page 10.

## Telling Stories with Poise & Confidence

Join the Toastmasters' Speechcraft program at COA on Monday afternoons from March 4 through April 29. Everyone is welcome! See Page 10 for more information.

## Donations are still needed for Have a Heart!



**Have a Heart needs your help!** With the difficult economic conditions many older individuals are currently facing countywide, we hope to serve at least **150** people this year. The Commission on Aging is asking community members to assist us in this project. All of the funds for the "Have a Heart" boxes come from the generosity of individuals in our communities. No federal, state or local dollars are used for the project. As of January 18, 2013, we have received **\$ 2230.00** in donations - we still have a long way to go to meet the goal of distributing 150 boxes!

Every box will contain enough food for six meals, making a total of **900** fully nutritionally balanced meals. Each box will also include a \$35.00 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.

**There's still time to donate to Have a Heart!** 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."**

## Director's Comments



By now most readers are aware that the Commission on Aging has completed our Fitness Trail, which is located around the perimeter of our property. Our next project is to enhance our Fitness Trail with outdoor exercise equipment. You can see two examples of the type of equipment we are considering in the pictures below. One is a Cardio Stepper and the other is a Chest/Back Press. There are several other kinds of equipment and manufacturers. If you are interested in seeing some other types you can visit the web and Google "outdoor fitness equipment". You will find several manufacturers that have what we are considering. Ideally we would like six (6) to nine (9) different pieces of equipment placed along our Fitness Trail. We estimate that it will cost us between \$40,000 and \$60,000 to purchase and install the equipment.

We will accomplish this next phase the same way we got the first phase in place. We will be seeking funding from a variety of different sources. As you can see by the photo on the front page of this newspaper, that process has now started. Just last week we received a \$10,000 award from Blue Cross Blue Shield of Michigan to get us started.

This award was initiated by Senator Judy Emmons. She was aware that we had completed our trail and knew we wanted to install exercise equipment. Senator Emmons found out about the funding through Blue Cross/Blue Shield and brought our needs to their attention. Senator Emmons had our office send her our written proposal and she presented it to Blue Cross/Blue Shield for consideration. During the check presentation ceremony Senator Emmons stated the following:

"On behalf of the citizens of Isabella County, I want to express my gratitude to Blue Cross/Blue Shield of Michigan for generously supporting our community's goal of helping families stay healthy and improve the quality of their lives. This award is a model of community partnerships with business and organizations that share our goal of giving citizens the resources and support they need to be healthy. By staying fit and active, we can take a real step toward tackling serious health care challenges, from obesity and diabetes to heart diseases and other ailments."

The benefits of exercise are well documented. It not only helps the individual, but it also benefits the entire community. Exercise improves strength, coordination, cardiovascular health and an individual's sense of well-being. Combine these positive outcomes with sunshine and fresh air and you have a formula to inspire any older adult. We are so grateful to Senator Emmons and to Blue Cross/Blue Shield of Michigan for working together to help us on the way to achieving our next goal.

If you or anyone you know is interested in donating funding toward the completion of this project you can contact me, Brenda Upton, at the Commission on Aging. We are so grateful for the \$10,000 from Blue Cross/Blue Shield, but we still have more fund raising to do.



**Pictured at left is an older adult using a Cardio Stepper.**

**Pictured at right is an individual utilizing a Chest/Back Press.**



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

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

## Mission Moments

Occasionally I receive letters from clients thanking Commission on Aging for the services we provide. One particular letter described how grateful a client was to receive meals and have a volunteer to talk to every day. As older adults first start to receive meals at home through the Home Delivered Meal program, I never know how it will impact his/her life. Sometimes having that meal delivered each day allows that person to stay in their own home instead of moving into a more supportive living environment.

I am very thankful that this program can touch so many lives for the person receiving the meal and for those planning, cooking, and delivering that meal.

*Carmel Slebodnik, Nutrition Program Director*

### Active Living Needs Your Support

Our annual goal is **\$24,000.00**. Have you donated to Active Living recently? You may use the form on the back page. As of January 15, we've received \$1,320.00.

### Foster Grandparent and Senior Companion Volunteers are Needed!!!

Are you looking for a way to earn some extra cash??? Would you like to help the children or older adults in your community? Are you 55 years of age or older and on a limited income? If you answered YES to these questions you are the person we are looking for! Become a Foster Grandparent or Senior Companion Volunteer. You will receive an extra \$212.00 per month in a non-taxable stipend which will not affect your social security, subsidized housing or other benefits you may be receiving. The additional benefits include training, paid time off, holiday time, mileage reimbursement, an annual health screening, and many hours of fun and enjoyment. For more information please contact Mary Ann Mooradian, Anna McDonald or Michelle Howes at (989) 772-0748 or toll free at 1-800-878-0726. We will be waiting to hear from you.

## 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 2012
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**

**February 1, 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**

**February 28, 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](http://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"**

**February 5, 12, 19, 26 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.*

### **Free Foot Exam**

**February 19, from 9:00-4:30 p.m. at 405 S Mission St, Office of Mark Young, DPM.** If you are a diabetic, have high blood pressure, or concerns about your feet including poor circulation, motion of joints, loss of feeling, lesions or calluses, don't put off having your feet checked. Find out the condition of your feet and how to improve your foot health during a free screening with podiatrist Mark Young, DPM.

### **Treatment Options for Shoulder Arthritis**

**February 21, from 6:30-7:30 p.m. in the FDJ Conference Room.** Shoulder arthritis is a common condition often caused by wear and tear, inflammation, or trauma to the shoulder. The most common symptom is pain, which is aggravated by activity and progressively worsens. If you struggle with shoulder pain and are looking for solutions, join Orthopedic Surgeon Ben Debelak, DO, for a discussion of treatment options.

### **Lunch & Learn...Cooking for Two**

**February 21, from 11:00-12:30 p.m. in the FDJ Conference Room.** Sometimes cooking for one or two may seem like it's not worth the trouble, but everyone needs a variety of foods to stay healthy. Homemade meals are usually more nutritious, better tasting and more economical compared to restaurant meals. If you struggle with cooking small portions, join Registered Dietician Katie Kulick to learn how to plan for convenient, nutritious, and economical cooking; reduce amounts in favorite recipes; choose healthy cooking methods; use leftovers; and liven up your meals.

## Ask a COA Specialist

**Question:** I recently signed up for a new drug plan, and I am having difficulty using the new plan at my pharmacy. What do I do?

**Answer:** Here is what I would recommend if you are experiencing problems at the pharmacy.

1. Contact the new plan to verify that the card you are using is the most current. Each prescription drug card has a number located on the back that can direct you to the plan for more information.
2. If you haven't received your card, you will want to contact the plan to order a new card and obtain member identification information that the pharmacist can use to bill the plan directly.
3. If you believe the information regarding co pay is incorrect you are encouraged to contact the plan to discuss the discrepancy in pricing. You may also use your formulary list to learn about pricing information for each medication.

If you are not sure how to contact your plan, or you need more information in resolving the problem you may contact 1-800-Medicare or Isabella County's Commission on Aging, at **(989) 772-0748**, for further assistance. If you contact the Commission on Aging you will be directed to the insurance hotline where a social worker will contact you for further information and assist in resolving the issue.

### **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**

## Caregiver Support

Our Caregiver Support Group meeting will be February 19, 2013, at the Isabella County Commission on Aging, Activity Center, 2200 S. Lincoln Rd, Mt. Pleasant. The meeting is held from 6:30-8:00 p.m. in the Craft Room. This group is open to all caregivers be it caring for your mother, spouse, grandparent or friend. 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.

## New Face at COA



**Joree Chapman**

Hello! My name is Joree Chapman, and I am a Central Michigan University Graduate student in the Masters of Professional Counseling Program. Part of the requirements to graduate from the program is to complete a counseling internship. I am very pleased to have the opportunity to do that here at Isabella County Commission on Aging. As a counseling intern, I will provide individual, group, family and couples counseling during the COA hours of operation.

I am interested in reading, running and exercising, crafting, cooking, and spending time with my family and friends. I look forward to the time I will spend interning Isabella County Commission on Aging. If you or anyone you know would be interested in seeking counseling services at the COA, please contact me at **989-772-0748 ext. 238**.

### 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**.

## Coming Up In February!

### Valentine's Day Meal and Entertainment on Feb. 13

The Food with Friends program will host their annual Valentine's Day meal at Noon, Wednesday, Feb. 13 in Room C of the Activity Center. Menu for the meal includes trout melt, hamburger bun, peas, carrots, coleslaw and strawberry shortcake. Lunch is a suggested donation of \$2.50 for those 60 years and older. Cost is \$5 for those under the age of 60. Just prior to the event, the Readers Theatre Group will give a live romantic-comedy performance beginning at 11:30 a.m. in Room C. Reservations for this event are required at least 24 hours in advance and may be made by calling **(989) 772-0748**.

### (SERA) State Employee Retirement Association on Feb. 19

The meeting on February 19, 2013, will be at the usual time of 1:30 p.m. at the Commission on Aging, 2200 Lincoln Road, Mt. Pleasant. The presenters will be from Blue Cross/Blue Shield Members Services regarding Medicare Generations/NoviXus Pharmacy. This is the new pharmacy coverage for State employees. Please inform members that may not receive the Active Living paper that this meeting information is also in the Morning Sun. I hope to see as many of you at this important meeting.

If there are any questions please feel free to contact me at **989-772-0597** or email [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com).

### Mt. Pleasant Garden Club to meet Feb. 20

The Mt. Pleasant Garden Club will meet on Wednesday, February 20 in Room A of the Commission on Aging building, 2200 Lincoln Road, Mt. Pleasant. Following refreshments and a business meeting at 1 p.m., the program will be provided by a member's "show and tell." We will share gardening tips, equipment we have found to be useful, pictures of our gardens, or interesting things we have read about gardening.

### \$1 Movie and Popcorn: "Mighty Macs" set for Feb. 26

Set against the backdrop of the 1972 feminist movement, "Mighty Macs" tells the true story of Cathy Rush (played by Carla Gugino) who becomes the head basketball coach at a tiny, all-girls Catholic college, a team with no gym and no uniforms. She eventually leads the team to the first national championship in women's basketball, while the school's nuns fight to keep the owners from selling the institution and its land to developers. Also starring Ellen Burstyn, this movie is rated G and has a running time of 99 minutes. Cost for the movie and popcorn is \$1. Reservations are required at least 24 hours in advance and may be made by calling the Commission on Aging at **(989) 772-0748**.

### All-you-can-enjoy Breakfast Feb. 28

The COA monthly breakfast is scheduled from 8 to 9 a.m. Thursday, Feb. 28 in Room C. This breakfast is open to the public and held the last Thursday of each month. The menu changes monthly, and includes such items as scrambled eggs, bacon, sausage, cook's specialty item, fruit, muffins, coffee, tea and juice. Cost is \$5. Reservations are required at least 24 hours in advance and may be made by calling **(989) 772-0748**.

## Consumer Tips - Winter Protection from Shutoff

Are you age 65 or older? If so, inform your utility company. There are programs to protect and assist you if you are having difficulty paying your gas, electric or telephone bills.

The Michigan Public Service Commission (MPSC) and state law requires all regulated gas and electric companies and electric cooperatives to provide shutoff protection for seniors during the *heating season* (November 1- March 31).

If you were shut off before November 1st, MPSC rules or state law require the company to restore your service during the heating season without you paying the past due amount, a deposit, reconnect fee, or other charges. There are no requirements for specific payment amounts during that time. However, when the heating season is over you will be placed on a payment plan and must begin to pay any amounts owed.

Consumers Energy (Consumers) and DTE Energy (DTE) have shutoff protection programs that help customers, including seniors, manage energy payments with extended time to pay and senior discount rates or credits.

Shutoffs outside of the heating season, for seniors or other customers, can occur only between 8 AM and 4 PM. Prior to a shutoff, you will get a 10-day disconnect notice and the company will make at least two attempts to contact you by telephone before service is shut off.

Third Party Notification - You can designate someone else, such as a family member or friend, to receive bills, shutoff notices or other mailings from the company on your behalf. This allows them to help you keep track of your utility bills.

An energy bill that is subject to shut off due to non-payment may be postponed up to 21 days because of a medical emergency. Additional extensions may also be available. Contact your company for details. *Reprinted with permission from the Michigan Public Service Commission Alert 12-4*

## Mt. Pleasant Area Historical Society (MPAHS) to Celebrate Isabella County's 154th Birthday on Feb. 9

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. FUNDRAISER 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) Tickets are available from any MPAHS member or you may call 989 894-2589, or purchase tickets at the door.

#### 2 - FIRST UNITED METHODIST CHURCH FOUNDERS DAY FREE QUILT SHOW On Display until 12:30 Questions - call Val Wolters 989-773-9571

Show your Quilts. Please join the FREE Quilt Show! Registration—7:30 a.m. to 9:00 a.m. Quilt Pickup and Check Out - 12:30 to 1:00 p.m.

#### 3 - 11:30 Presentation of the 2013 JOHN CUMMING ISABELLA COUNTY HISTORICAL PRESERVATION AWARD

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.

Following the Cumming Award, the Isabella County Genealogical Society will present the Isabella County First Family Award Certificates.

#### 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 including one-room schools, the Saginaw-Chippewa Indian Tribe, the Old Settlers (descendants of middle Michigan's black settlers), early fashions, the Ganiard School History Projects and more. Individuals or groups wishing to exhibit local history-related displays should call 989-894-2589.

### JOIN US FOR ANY OR ALL!

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

## Five Wishes - Living Will

The Isabella County Commission on Aging will now be offering a **FREE** service called the Five Wishes program. The Five Wishes is a *simple* living will/advanced directive which gives individuals the opportunity to plan their end of life care and determine the treatment they wish to receive when they are unable to express their wishes themselves.

Individuals will be guided through each one of the steps of the Five Wishes program and will have any questions answered by a Masters level CMU counseling student completing an internship at the Commission on Aging.

### The Five Wishes steps are:

1. The person I want to make care decisions for me when I cannot.
2. The kind of medical treatment I want or do not want.
3. How comfortable I want to be.
4. How I want people to treat me.
5. What I want my loved ones to know.

The service also includes a Next Steps guide which gives individuals strategies of how to discuss and develop coping mechanisms when dealing with serious illness.

Individuals interested in the Five Wishes program may contact Joree Chapman to find out more information or to set up an appointment by calling **989-772-0748 x. 238** or sending an email to: [coaintern@isabellacounty.org](mailto:coaintern@isabellacounty.org)

## Reminder:

The Commission on Aging,  
Activity Center and  
all Food Sites  
will be closed on  
Monday, February 18,  
in honor of Presidents Day.



## New Drop Box for Old Prescription Drugs at Mt. Pleasant Department of Public Safety Lobby

On two occasions the Mt. Pleasant Department of Public Safety partnered with the Commission on Aging to give area residents an opportunity to dispose of unused or expired prescription medications. A total of 1,862 items were collected weighing 96.5 pounds. Those events demonstrated the need for a prescription drug box collection program.

The Mt. Pleasant Department of Public Safety now provides a Prescription Drug Drop Box for the City of Mt. Pleasant and the surrounding area. A secure mail slot is located in the Mt. Pleasant Department of Public Safety lobby (located at 804 E. High St.), where individuals can walk in and anonymously deposit unused or expired medications twenty-four hours a day, seven days a week. This program will allow the community to properly dispose of prescription drugs in a safe and environmentally friendly fashion.

The program addresses a vital public health and safety issue. Unused or expired medications are highly susceptible to misuse and abuse. Fifty-six percent of individuals who abuse prescription drugs obtain them from their family or a friend's home medicine cabinet. More than 200 deaths in Northern Michigan have been linked to prescription drug abuse in the last year.

This program also addresses the problem of proper disposal. Many people do not know how to dispose of prescriptions medications and often flush them down a toilet. Flushing drugs carry the risk of possible contamination of soil and groundwater.

This program was made possible through a partnership with 1016 Substance Abuse Coalition and the Mt. Pleasant Community Foundation. These organizations recognize the growing concern of prescription drug abuse and support our efforts to help create an avenue for proper disposal of prescription drugs.

## Mt. Pleasant Area Historical Society meets February 5

On February 5th, Dave Rowley, Mt. Pleasant Civil War re-enactor and lecturer will recount Michigan's role in the Civil War on the eve of the 151st anniversary of the February 6, 1862, mustering of the Michigan 10th Infantry. Its original strength was 997; 791 recruits were gained, making a total of 1,788. Loss by death was 299. The regiment Seven officers and 95 enlisted men were killed in action or mortally wounded, and 2 officers and 223 enlisted men died of disease, for a total of 327 fatalities.

The meeting will take place at 7:00 p.m. in Room A of the Isabella County Commission on Aging Building, 2200 South Lincoln Road, Mt. Pleasant The public is invited and encouraged to attend and consider membership in a group dedicated to area historical preservation. The speaker is slated before the society's business meeting to accommodate those wanting to attend the talk only.

## Legal Services

Lakeshore Legal Aid is providing **FREE**  
legal advice to people  
over age 60.

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

## Winter Wonderland

Bundle up and enjoy a day at Deerfield Nature Park, Isabella County's very own Winter Wonderland! Load up your skis, sleds, fishing poles, family and friends for a fantastic winter day at the park! For more information on Isabella County Parks and Recreation, call **989-772-0911 ext. 340** or visit the website at [www.isabellacounty.org/parks](http://www.isabellacounty.org/parks).

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

# Activity Center FEBRUARY ACTIVITIES

Monday	Tuesday	Wednesday
4 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) 5:30 It Works (A)	5 9:00 Tai Chi Five Elements (F) 10:00 County Music (B) 11:00 Tai Chi (F) 10:00 Flower Arrangers/Garden Club (Craft) 12:30 Banjos/ Guitars (B)2:00 Line Dance (C) 5:15 COA Advisory Board (BR1) 7:00 Mt. Pleasant Historical Society (A) 7:00 Evening Bloomers (B)	6 8:30 Staff Meeting (Craft) 10:00 Art Class (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 11:15 Deal or No Deal (C) 1:00 Happy Rippers (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
11 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Legal Services (CR1) 1:00 Readers Theatre (Craft) 1:30 Yoga (F)	12 9:00 Tai Chi Five Elements 10:00 Needle Crafters (Craft) 11:00 Tai Chi (F) 10:00 Country Music 12:30 Banjos - Guitars(B) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 7:00 Mid Michigan Wood Workers (Craft)	13 10:00 Art Class (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 10:30 Ministers (A) 11:30 Readers Theatre Presents a Romantic Comedy Performance (C) 12:00 Valentine's Day Lunch (C) 1:00 Book Club (Lib) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
18 <b>CLOSED</b>  <b>Presidents Day</b>	19 8:30 Friends of Isabella Seniors Mtg (BR1) 9:00 Tai Chi Five Elements (F) 11:00 Tai Chi (F) 1:30 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing (C) 2:00 Class (B) 6:30 Caregiver Support (Craft)	20 8:30 Staff Meeting (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 1:00 Mt. Pleasant Garden Club (A)
25 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Mushroom Travelogue (B) 1:00 Legal Service (CR1) 1:00 Readers Theatre (Craft) 1:30 Yoga (F)	26 8:00 Women's Aid Staff Mtg (B) 9:00 Tai Chi Five Elements (F) 11:00 Tai Chi (F) 12:45 Movie "Mighty Macs" (A-B) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 6:00 Quilters (A - B - C) 7:00 Stamp Collectors (Craft)	27 8:30 Great Lakes Mtg (A and B) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)

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

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

Thursday	Friday	Saturday
	1 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 (Craft)	2 1:00 Euchre Card Party (C)
7 9:00 Tai Chi Five Elements (F) 10:00 Tax Help (A) Register in (B) 10:00 Learn to Knit (Craft) 10:30 Singers (Craft) 11:00 Tai Chi (F) 1:00 Line Dancing (C) 6:00 Clowns (Craft)	8 8:30 Happy Ripper Quilters (A and B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft)	9 8:00 Happy Ripper Quilters (A and B) 1:00 Euchre Card Party (C)
14 9:00 Tai Chi Five Elements (F) 10:00 Tax Help (A) Register in (B) 10:00 Learn to Knit (Craft) 11:00 Tai Chi (F) 1:00 Group Mtg. (Lib) 1:00 Beginner Line Dancing (C) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy Mtg. (B)	15 9:30 FGP/SCP in-service (A and 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) <b>6:00 Community Dance (C) \$5.00</b> <b>DJ/Singer/Oldies 50 and 60's</b> <b>Old and New Music</b>	16 10:00 Daylily Group Mtg. (A) 1:00 Euchre Card Party (C)
21 9:00 Tai Chi Five Elements (F) 10:00 Tax Help (A) Register in (B) 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)	22 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)	23 1:00 Euchre Card Party (C) 1:00 Ostomy Group (Craft)
28 8:00 All You Can Eat Breakfast (C) \$5.00 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Tax Help (A) Register in (B) 11:00 Tai Chi (F) 1:00 Beginner 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	

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

**Exercise Classes**

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

**Lo Impact Aerobic Classes**  
**COA Activity Center**  
**2200 S. Lincoln Rd.**  
M W F 10:00 a.m. and 11:00 a.m.  
at  
**Weidman Community Building**  
Mondays & Thursdays; 4:30 p.m.

**Yoga Class**  
**Thru March 11**  
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.**

**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.

**Tai Chi Classes**

**Tai Chi Five Elements Class**  
Tuesdays and Thursdays; 9:00  
February 5 thru 28  
\$60.00 for all or \$10.00 a class  
\*\*\*\*\*

5 Elements practice 10 - 10:30 \$5.00  
To register call Judi **989-773-0786**

**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.

**Music**



**Community Dance**  
**Friday, February 15**  
**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  
Tuesdays, February 5 and 12

**Play Your Dulcimer**  
Mondays, 10:00 a.m.  
New people welcome!

**Senior Singers**  
Thursdays, February 7 and 21  
10:30 a.m.

**Ukulele Lessons**  
Fridays, 12:30 p.m.  
Bring your instrument and enjoy playing with others.

**Do you have stories to tell?**  
**Are you looking for the confidence, poise and opportunity to tell them?**  
**if so...**  
**This Free Program is for YOU!!**  
**Come to our Toastmasters' Speechcraft program and gain the confidence and speaking skills to tell the stories you've longed to tell!**  
**PLAN TO HAVE FUN, SPEAK, LISTEN & LEARN!**  
**\*\*\*Everyone is Welcome!\*\*\***



**When:** Monday afternoons beginning March 4th through April 29, from 1:00-2:30  
**Where:** Isabella County Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant  
**Sign up today!: Call Isabella County Commission on Aging: (989) 772-0748**  
**\*\*For more information please call Jeannie: (989) 631-8075**

# Activity Center TRAVEL ACTIVITIES

**Bingo Games COA**  
Friday, February 15 - 12:45 p.m.  
Friday, February 22 - 12:45 p.m.

**DAY AND EXTENDED TRIPS CALL 772-0748**

**Deal or No Deal**  
Wednesday, February 6 - 11:15 a.m. before lunch  
\*\*\*\*\*

**Mushroom Travelogue**  
Monday, February 25 1:00 p.m.  
Interested in learning more about Mushrooms? Come join us to experience some of Taylor Lockwood's fascinating journeys abroad to the orient as he goes "In Search of the Holey Veil." He finds and photographs many exotic mushrooms. This DVD (which starts promptly at 1:00 p.m.) is illustrated with artistic music, illustrations, animations and humor. A discussion will follow. Presented in conjunction with the Michigan Mushroom Hunters Club. If you are planning to attend call the COA at 772-0748. It will be held in Room B.  
\*\*\*\*\*

**Day Trip**  
**Little River Casino**  
**Fundraiser Trip**  
(A portion of the price supports the Travel Program)  
Wednesday, April 7  
Cost: \$57.00  
(includes \$25.00 credit package)  
Wednesday special swipe for prizes!  
Must be 21 and have a valid photo I.D.  
Leave at 8:00 a.m; 10:15 - 2:30 Casino  
Back to Mt. Pleasant by 5:00 p.m.  
\*\*\*\*\*

**Turkeyville Dinner Theatre**  
**"Steel Magnolias"**  
Wednesday, May 29 Cost: \$86.00

**2013**



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

**Mystery Trip**  
March 22-23  
(Almost Full)

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

**Lancaster Pennsylvania**  
"Noah"  
"Brigadoon"  
Amish Tour  
April 30-May3

**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!**

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

**Shipshewana**  
**Quilt Garden**  
**and Heritage Trail**  
Plus the play "Half Stitched"  
June 4-6  
\*\*\*\*\*

**Summer Mystery Trip**  
August 9 - 12  
\*\*\*\*\*

**Stratford**  
"Blithe Spirit"  
"The Three Musketeers"  
"Fiddler on the Roof"  
Staying at the Arden Park Hotel  
4 meals  
August 21-23  
\*\*\*\*\*

**Washington D.C.**  
Memorials and Monuments  
Mt. Vernon  
Gettysburg  
September 16-20  
\*\*\*\*\*

**Branson**  
Clay Cooper, Dixie Stampede  
Tribute to Neil Diamond,  
Daniel O'Donnell  
Presley Family  
Branson Belle Showboat  
Miracle of Christmas  
November 17-22

For a brochure call Sally at 772-0748.

**FWF Eat Smart Menu February 2013**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Ham Bread Steamed Cabbage Corn & Lima Beans Berry Fruit Cup
4 American Goulash Bread Mixed Vegetables Coleslaw Pineapple	5 Sliced Turkey Bread Sweet Potatoes Brussels Sprouts Cherry Fruit Cup	6 Russian Chicken Bread Baked Potato California Blend Fruit Cocktail Gelatin	7 Beef and Noodles Bread Beets Tossed Salad Mixed Fruit Cup	8 Swiss Beef Patty Bread Whipped Potatoes Green Beans Ambrosia Fruit Cup
11 Pork Chop Bread Company Potatoes Carrots Pears	12 Beef Stew Biscuit Broccoli Citrus Salad Grape Banana Fruit Cup Whole Grain Cookie	13 "Valentine's Lunch" Trout Melt Hamburg Bun Peas & Carrots Coleslaw Strawberry Shortcake	14 Baked Chicken Bread Whipped Potatoes/Gravy Crunchy Vegetable Salad Cinnamon Applesauce	15 Chili Corn Bread Baked Potato Apricots Graham Goldfish
18 <b>CLOSED</b>  <b>Presidents Day</b>	19 Veal Parmesan Bread Peas Fruited Coleslaw Tropical Fruit	20 Baked Ham Bread Squash Green Beans Peaches	21 Turkey Loaf Bread Corn Stewed Tomatoes Pears	22 Tuna Noodle Casserole Bread California Blend Tossed Salad Mixed Fruit Cup
25 Salisbury Steak Bread Whipped Potatoes Peas & Carrots Citrus Fruit Cup	26 Turkey Stew Biscuit Coleslaw Cinnamon Applesauce	27 Meatballs Bread Redskin Potatoes Bursels Sprouts Mixed Fruit Cup	28 Baked Spaghetti Garlic Toast Tossed Salad Peaches	

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**

Hi, from Shepherd! February is for those who are young at heart. Come in and share your heart with others. We have some fun opportunities to help you do that. On February 13, join us for our Valentine's Day lunch and celebrate marriage with us. Whether you have been married 1- 70 years, or even if your spouse is deceased, come tell us about your marriage.  
 On February 27, we will be

celebrating February birthdays with Rose Cohoon who will be turning 97 and George Roberts turning 89.  
 Generally every day before lunch there is the opportunity to exercise, play Concentration and other games. Below are special events that will follow lunch. If no special event is planned for that day it is a "diners' pick" day for activities after lunch. We would love for you to join us!

- February Calendar**
- 1 Stories with Bessie
  - 6 Euchre
  - 11 Nutrition Topic: Calcium & Vitamin D
  - 13 Valentine's Party
  - 18 **Closed- Presidents Day**
  - 20 Euchre
  - 25 Nicole from MidMichigan Home Care
  - 27 Birthday Party with Laurels Bingo

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**

Welcome to your home away from home in Weidman. During this month of LOVE we would like to send LOVE to our friends at Dharma Mojo for donating tea to help us celebrate National Tea Month in January. It was delicious and very comforting. Thank You!

We will continue to feel the LOVE in February. We LOVE to play a variety of card games. We also LOVE listening to the River Ramblers every Wednesday at 10 a.m. Below you will find more ways to feel LOVE and share it too!

#### **February Calendar**

- 1 Wear Red Day to show support for National Heart Month
- 5 Tax Preparations starting at 1:15 p.m.
- 6 Birthday Party/Donna Hines
- 7 Making Pop-up Cards for grandkids and school children
- 12 Mardi Gras – Come Flashy – Earn Beads!
- 13 Valentine’s Day Dinner
- 14 Wendy from Clare Tendercare visiting – wellness presentation
- 18 **Closed – Presidents Day**
- 19 Tax Preparations starting at 1:15 p.m.
- 21 Hobby Day – Bring in your completed projects or ones you are working on.
- 26 Nutrition Ed. – “Calcium & Vitamin D”
- 28 Tooth Fairy Day!

### **COA Activity Center**

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

Happy Valentine’s Day! Even though I am a Michigander born and bred, right about this time of the year, the winter months are beginning to wear on me. I’ve seen enough snow and felt enough cold, and I need a pick-me-up in my daily routine. Sound familiar? Well, give us a call and come on in for a warm Food with Friends meal and enjoy one of the many activities we have scheduled for this month:  
**Tuesday, Feb. 5** – Jammers play live music at 10 a.m. in Room B. Pull up a chair and pour a cup of coffee and enjoy the upbeat music!

**Wednesday, Feb. 6** – Deal or No Deal by Tendercare at 11:15 a.m. in Room C

**Tuesday, Feb. 12** – Jammers play again from 10 a.m. to 12 noon in Room B!

**Wednesday, Feb. 13** –Today we have our Food with Friends Valentine’s Day meal at noon. Menu includes trout melt, bun, peas/carrots, coleslaw and strawberry shortcake. Please call 24 hours in advance to make your reservation! The Readers Theatre Group will give a live romantic comedy performance at 11:30 a.m. in Room C!

**Friday, Feb. 15** – Meijer Gift Card Bingo at 12:45 p.m. in Room C

**Monday, Feb. 18** – Food with Friends **CLOSED** for Presidents Day observation

**Friday, Feb. 22** – Laurels Bingo at 12:45 p.m. in Room C

**Tuesday, Feb. 26** - \$1 Movie and Popcorn at 12:45 in Room B with “Mighty Macs” (rated G), running for 99 minutes. Please call 24 hours in advance to make your reservation.

**Thursday, Feb. 28** – Open Community Breakfast from 8 to 9 a.m. in Room C. All-you-can-enjoy for \$5. Please call 24 hours in advance to make your reservation.

### **Winn Community Building**

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

Hello everyone! February is a short month, but we have so much fun packed into it! Rocky King will be here for our Birthday Party. Then we are having a Valentine’s Day Party so bring all your sweethearts! On Feb. 15 there is more fun with “Soup’s On” card party! It just keeps on getting better and better! When we laugh and smile we chase the blues away. It will almost be spring! Come on in and see me!

#### **February Calendar**

- 4 Birthday Party w/ Rocky King
- 6 Leon Seiter
- 11 Dale Pridgeon  
Nutrition Education-“Calcium & Vitamin D”
- 13 Valentine’s Day Party w/ Kevin Bendele
- 15 “Soup’s On”-Card Party w/ Massages by Michelle
- 18 **Closed-Presidents Day**
- 20 The Louisells
- 25 Lois & Steve Johnson
- 27 Ralph, Kathy, and Aunt Mary Schoner

### **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**

Hard to believe that winter is almost over. Hopefully, the ground hog will not see his shadow on February 2, so we can have an early spring.

To get ready for spring, Gloria will present a program on Master Gardening, she will talk about her secret garden and show some slides for some ideas. Another thing we are doing to get ready for spring is Banana Splits on February 22, after lunch; just saying that makes my mouth water!

Sit & Get Fit every M-W-F from 11:15-11:45 a.m. Movie & popcorn on Fridays at 6:15 p.m.

#### **February Calendar**

- 1 Ground Hog Day  
Chippewa Nature - 12:45  
“Animals, Where Did They Go?”
- 4 Birthday Party-12:30
- 6 Nutrition/Calcium & Vitamins-12:30  
Crossword/Word search-12:45  
Penny Bingo-1:00
- 8 Good Times Band-1:00  
Cookies & Coffee-2:00
- 11 Bingo w/Prizes-1:00  
Red Hat Strutters-2:30
- 13 Valentine’s Day Party  
Penny Bingo-1:00
- 15 Head Start Class/  
“Postal Workers”  
10:00 & 1:30
- 18 **Closed-Presidents Day**
- 20 Bingo w/Prizes-1:00  
Storytelling-2:00
- 22 Dominoes-1:00
- 25 Master Gardener-12:45
- 27 Penny Bingo-1:00

## IN MEMORY OF

**Bob Seiter**  
Floyd & Bonnie Love

**Leroy Hansen**  
Floyd & Bonnie Love

**Bruce & Alice Eggers**  
Floyd & Bonnie Love

**Ed Marquardt**  
Floyd & Bonnie Love

**Dorothy Hedgcock**  
Sharon Hedgcock

**Virginia Jackson**  
Patricia Herron  
Eugene & Janet Bambach

**Alfred Klumpp**  
Maxine Klumpp-Kent

**Betty Huber**  
Al & Deb Andres

**Helen Egbert**  
Cliff & Joyce Stacy

**Roger Decker**  
Neva Cole  
Catherine Garrett  
Dolores Garrett

**Barbara L Riley**  
Donald & Jo Riley

**Wayne Cole**  
Neva Cole

**Norman Johnson**  
Helen Johnson

**Don Appelgreen**  
Shirley French

**Helen Horan**  
Anonymous  
Chris & Sue Rader  
Larry & Wilma Ervin  
Linda Bechtel  
Earl & Doris Fox  
Richard Hartgrove Family  
Robert & Peggy Darling  
Jack Burch  
Edna Nartker  
Rose O'Brien  
Marjorie Lynch-Park  
Jeanne Epple  
Catherine Cairns  
Robert & Marge Mills  
Linda Berry  
Theresa Maeder  
Gregory & Laurie House  
Rich & Tillie Embrey  
John Crouch  
Rhonda Reedy  
Pat & Jill LaChance

**Helen Horan**  
Mary Zeien

**Food with Friends In Memory of**

**Donald & Lucille Cotter**  
David & Carolyn Lapham

**Beulah Zimmerman**  
Anonymous

**George Grim**  
Verne & Ina Mae Philo

**Helen Horan**  
Stan & Ann Klumpp  
Dolores Cluley-Lockwood  
Mary McEvoy

**Donald Cotter**  
Charles & Doris Roethlisberger  
CMFMC Walkers  
Kelly Stacey  
Bill & Kathleen Mahaffey  
Eric & Thena Cotter  
Rick & Jane Cotter  
Wilma Morey  
Lee & Arlene Scramlin  
Marlin & Joyce Clark  
Carol Metcalf  
Ed & Pat Fike  
Pat & Terri Pappas  
Tousley-Griffin Care Group  
Dorothy Steele  
Dolores Lawrence  
Jan Graham  
Helen Zyonse  
Marjorie Lynch-Park  
Eunice Burgess  
Donald & Phyllis Wentworth  
Ken & Margaret Nichols  
Larry & Donna Anderson  
Gerald & Maureen Taylor  
Kathy Formsma  
Louise Lobsinger  
Neil & Linda Hopp  
The Tops Girls

**Pearl Cross**  
Gene Dulle

**Foster Grandparent/  
Senior Companion  
In Memory of**

**Pat Blankenship**  
Rosebush Food with Friends  
Rosebush Manor

**Active Living In Memory of**

**Kathleen Brickner**  
Larry Brickner

**Ersal & Lavern Main**  
Carol Maxfield

**Pat & Lelia Gilbert Methner**  
Don & Sandy Methner-Moore

**George & Verna Moore**  
Don & Sandy Methner Moore

**Vicki Zeborah**  
John & Lee Wirth

**Gold Key Volunteers  
In Memory of**

**Barbara Peters**  
Cliff & Joyce Stacy

**Agnes Heyl**  
Gold Key Needle Crafters

**Have a Heart In Memory of**

**Dale House**  
Nina House

**In Home Services In Memory of**

**Betty Mullett**  
Joyce Dull  
Jeffery Jones  
Linda Davies

**Helen Horan**  
June Fitzpatrick

## Donations to ACTIVE LIVING

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Joyce Williams	Gary Kramer	Mary Judge
	Paul & Natalie Dean	Dianne Holt

**Thank You for your donations to COA.**  
Donations listed in this issue were received by January 15 .

### 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

### In Home Services

Christa Kamenetsky  
Donna Parr  
Lorraine Mathers

### Food with Friends/Home Delivered Meals

Janice Klein  
Rosebush Presbyterian Church  
Order of Eastern Star 1191  
Glenn & Katherine Hoyle  
Carolyn Swart  
CMU  
Isabella Bank/Customer Service

### Gold Key Transportation

Floyd & Bonnie Love  
Margie Baker  
Larry Johnson  
Boston Scientific/Employee Giving  
Louise Plachta

### Activity Center

Donald Cotter Trust  
Larry & Donna Doughty  
Melvin Onuskanich  
James & Mary Wilmot

### Food with Friends In Honor of

**Elizabeth Miller**  
Karen Langeland

## Computer Training Classes

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

<u>February Calendar</u>	<u>Free Classes</u>
4	11:00 a.m. Computer Terminology
5	10:00 a.m. Basic Computing
7	2:00 p.m. Mastering the Mouse
11	11:00 a.m. Computer Security
12	10:00 a.m. Basic Email 1
14	2:00 p.m. Basic Word
18	11:00 a.m. Facebook 1
19	10:00 a.m. Basic Email 2
21	2:00 p.m. Basic Internet 1
25	11:00 a.m. Facebook 2
26	10:00 a.m. Basic Excel
28	2:00 p.m. Files & Folders

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.

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Full Name \_\_\_\_\_  
 Number & Street \_\_\_\_\_ Apt. No. \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_

Send to: Friends of Isabella Seniors (COA)  
 2200 S. Lincoln Rd.  
 Mt. Pleasant, MI 48858

**Please make checks payable to:**  
**Friends of Isabella Seniors**

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

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

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

## Upcoming Events in January

### Breakfast at COA

The COA monthly Breakfast moves to the **last Thursday of each month (February 28) from 8 to 9 a.m.** and now will be **“All- You-Can-Enjoy!”** See Page 5 for more details.

### Community Dance

**Friday, February 15  
 6:00 p.m. - 9:00 p.m.  
 COA Activity Center  
 Donation: \$5.00  
 Snacks/Pop/Water: \$1.00  
 Come Join the Fun!  
 Sponsored by the Red Hat Strutters.**

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