

Active LIVING

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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

Have a Heart Still Needs Your Help!

On behalf of the individuals who benefitted, everyone at COA thanks the individuals and organizations listed below for their generous donations which enabled the COA to distribute 150 "Have a Heart" boxes to older county residents for Valentine's Day. Every box contained six shelf-stable meals, making a total of 900 fully nutritionally balanced meals, and a \$35.00 Meijer gift card, plus valentines from area students. The cost per basket was approximately \$50. The total cost for the project was **\$7,500**. Donations helped older adults throughout every township in Isabella County. As of February 15, 2013 we received **\$5,410** in community donations. **Have a Heart still needs donations! If you are able to donate to Have a Heart, please send your donation to Friends of Isabella Seniors, 2200 S. Lincoln Rd., Mt. Pleasant, MI 48858.**



THANK YOU, DONORS:

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Royal & Eleanor Baker
Walter & Margaret Ballauer
Nancy Bauer
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Richard & Sharlene Wilson
James & Carol Wojcik
Eunice Way
Helene Zimmerman

Calla Rebekah Lodge 205
CMU Softball Team
CMU Students
CMU Track & Field Athletes
Friends of Isabella Seniors
Gold Key Volunteers

Isabella County/Court
Employees - Trial Court
Bake Sale /Silent Auction
(NAIFA) National Assn. of
Insurance and Financial
Adjusters of Central MI

Prestige Centre
Rowley Funeral Home
Sacred Heart Religious Education
Shepherd Elementary 1st Graders
St. Joseph the Worker School
-Students & Families
Tendercare - Mt. Pleasant
White Pine Montessori
Childrens Center



In Memory of

Florence Harvey
Ilene Sweet

Dale House
Nina House

Mary Pifer
Pat & Carol Pifer

Val Stevens
Frank & Ruth Ann Green

Director's Comments

We are getting ready for a special event at the Commission on Aging, and we want everyone to help us celebrate! In 1973 the Isabella County Board of Commissioners established the Commission on Aging, and on Friday, July 12, 2013, we are going to have an Open House here at the COA Activity Building to celebrate that milestone.



The process to establish the Commission on Aging was started by the County Board of Commissioners on April 10, 1973. It was at this board meeting that they appropriated \$10,700.00 from the County General Fund for our first year of funding. They also hired the Commission on Aging's first Director, Jill Kooiman. It was in July of that same year that the Commissioners finished the process by placing their stamp of approval on the COA bylaws and establishing the COA Advisory Board.

Our agency was underway! The first services we provided were through our In-Home Services Program. We offered Personal Care, and Home Chore Services. The funding for these first programs were Federal grant dollars that came to us from the Older Americans Act of 1965 through the Michigan State Office of Services to the Aging. It was later that same year, 1973, that the COA published our first Isabella Senior News, now called Active Living. We printed 950 copies and distributed them by hand through the county.

The Food With Friends Nutrition Program for Isabella and Gratiot Counties has always been managed by our agency with the close cooperation of the Gratiot County COA. In October of 1973 we opened our first three meal sites; St. Johns Parish Hall, in Mt. Pleasant, the Saginaw/Chippewa Indian Reservation and Salvation Army Center in Alma. The following year we opened meal sites in Shepherd at the Westlawn Church of Christ, in Rosebush at their town hall and in Ithaca at the United Methodist Church. Our Home Delivered Meals Program also started in October 1973, but had a very limited delivery area. It wasn't until we had established our meal sites in the out county areas that we were able to serve Home Delivered Meals everywhere in both counties.

Our Gold Key Volunteer Program has always been such a vital part of our success. It actually began in 1974 with a \$2,000 grant from Eight-Cap. During that first year of service we had 49 registered volunteers who provided 500 hours of service. The second year the funding came entirely from the County Board of Commissioners and totaled \$7,800. Now, of course, we have over 550 volunteers who give tens of thousands of hours annually and who save our agency hundreds of thousands of dollars! Our first volunteer recognition event took place in 1976 and was funded by Isabella Bank, and they have done it every year since. 2013 will be Isabella Bank's 37th year of support!

These events represent only a few of our milestones. As we get closer to our 40th anniversary celebration I will fill you in on even more. In the meantime mark your calendars for Friday, July 12 from 2:00 to 5:00 p.m. and plan on being here to help in the celebration!

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

Attention –

Gold Key Volunteer Drivers:

Please bring in your driver license and current proof of insurance to COA as soon as possible. If you would take them to the Reception Desk, the Reception Ambassador will make a copy and return them to you immediately. Thanks so much!

Caregiver Spring Training

Please mark your calendars now for the inspirational workshop that the Commission on Aging will be offering that will not be like any others you have attended! Maureen Burns will present "*Keeping Our Buckets Full*" on **April 30, 2013, from 1:00-4:00 p.m.** at the COA Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. Maureen is an international speaker, author and columnist.

Maureen finds wisdom in the everyday moments. Through her wit and wisdom and practical ideas she is able to turn moments into stories that are a treat to the participant and that offer moments of transformation. Her weekly column has won two Associated Press Awards, and she writes a monthly column, "*In the Spirit*," for Faith magazine. Maureen has a new book, "*on my mind...or what is left of it!*" which will be available to purchase at the workshop.

This event is free and open to the public. Caregivers both professional and private will find her ideas helpful and inspiring and find her a warm and down-to-earth speaker. She is like medicine to the soul. She will lift you up! You will not want to miss this event; it will be helpful for your caregiving and life experience! Call the COA at **772-0748** for questions and to sign up. Refreshments will be provided.

Caregiver Support

Our Caregivers Support Meeting will be March 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. This group is open to all caregivers be it caring for your mother, spouse, grandparent or friend. In this group you will receive support, learn strategies for coping with challenging situations, and get ideas that you can immediately implement. Educational handouts are always available. If you have questions about this group 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

The Commission on Aging is truly blessed to have dedicated volunteers. Some individuals volunteer on a regular schedule; others sub as needed and still others volunteer for special projects.

Special Projects volunteers may help with various events during the year. Most recently, Special Projects volunteers helped with Have a Heart (*see related article on Page 1*). Staff members from Tendercare Mt. Pleasant, Prestige Centre, NAIFA (National Association of Insurance and Financial Adjustors of Central MI) and CMU Women's Softball Team members helped to deliver 150 boxes to older adults throughout Isabella County.



Sometimes individuals volunteer at an early age and continue throughout their lives. Shepherd Elementary First Graders, Sacred Heart Religious Education students, St. Joseph the Worker School students and families, and White Pine Montessori Childrens Center students made valentines for the Have a Heart boxes. CMU Track & Field Athletes decorated envelopes and valentines (pictured above).

Several Have a Heart recipients wrote to thank COA Donors and Volunteers for their generosity and stated: "Thank you from the bottom of my heart for the wonderful basket of food, special handmade valentines and gift cards!" and "I want to thank each and every one of you for all the food that was in my basket and the gift card. I'm going to use the money to buy a new pair of every day shoes that I need. I'm so thankful for each and every thing."

COA is thankful to every volunteer for the time they donate, the miles they drive, and the smiles they bring to the faces of the older adults we serve in Isabella County.

Ginny Cain

Gold Key Volunteer Program Director

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 through April 11

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

BLANCHARD LIBRARY/ROLLAND TOWNSHIP HALL

March 20, from 10:45 to 2:00

WEIDMAN SENIOR CENTER

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, March 13, from 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.**

Ask a COA Specialist

Question: I'm on a limited income and having difficulty paying my heating bills. Are there programs to assist someone like me?

Answer: Below is a list of energy assistance resources available to Isabella County residents. Agencies receive limited funds, so you may need to request assistance from more than one agency. Program eligibility guidelines are determined by each agency.

1. Department of Human Services- State Emergency Relief Fund-1919 Parkland, Mt Pleasant. (989)772-8400
2. True North Community Services-6308 S. Warner Ave. Fremont (855)300-8013
3. Salvation Army-1308 Burch St. Mt Pleasant (989)773-4663
4. Eight Cap-310 W. Michigan, Mt Pleasant (989)772-0110
5. Commission on Aging-2200 S. Lincoln Rd, Mt Pleasant (989)772-0748

You Can

Ask a COA Specialist

Please mail your questions to:

Ask a COA Specialist

**Isabella County Commission on Aging
2200 S. Lincoln Rd**

Mount Pleasant, MI 48858

Or call (989)772-0748 ext. 236

Or Fax (989)773-0514

Laugh Off!

The belly laughing continues! We are extending our "Laugh Off" competition until March 8! We want to hear your jokes, funny sayings or stories. Please turn in a written or typed version of your hilarity to a Food with Friends site near you by March 8. Remember to include your contact information. A panel will judge all entries to decide who inspires us to laugh the most. Winners will receive a gift certificate and be featured in Active Living. Get your Laugh on! And get into a Food with Friends site near you! See Pages 12 & 13 for site locations.

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




Senior - Activity Center Facts from NCOA - National Council on Aging

Recognized by the Older Americans Act (OAA) as a community focal point, senior centers have become one of the most widely used services among America's older adults. Today nearly 11,000 senior centers serve 1 million older adults every day.

Participants

- Approximately 70% of senior center participants are women; half of them live alone.
- The majority are Caucasian, followed by African Americans, Hispanics, and Asians respectively.
- Compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction and lower levels of income.
- The average age of participants is 75.
- 75% of participants visit their center 1 to 3 times per week. They spend an average of 3.3 hours per visit.

Services

- Senior centers serve as a gateway to the nation's aging network—connecting older adults to vital community services that can help them stay healthy and independent.
- More than 60% of senior centers are designated focal points for delivery of OAA services—allowing older adults to access multiple services in one place.
- Senior centers offer a wide variety of programs and services, including:
 - * Meal and nutrition programs
 - * Information and assistance
 - * Health, fitness, and wellness programs
 - * Transportation services
 - * Public benefits counseling
 - * Employment assistance

Continued next page . . .

Services continued from page 4

- * Volunteer and civic engagement opportunities
- * Social and recreational activities
- * Educational and arts programs
- * Intergenerational programs

To maintain operations, senior centers must leverage resources from a variety of sources. These include federal, state and local governments; special events; public and private grants; businesses; bequests; participant contributions; in-kind donations; and volunteer hours. Most centers rely on 3 to 8 different funding sources.

Impact

- Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental and economic well-being.

Today's senior centers are reinventing themselves to meet the needs and desires of the aging baby boom generation. Boomers now constitute more than two-thirds of the 50+ population. Senior centers are developing new programs and opportunities for this dynamic generation of older adults.

Visit your (Senior) Activity Center today at the Isabella County Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant.

Reprinted with permission from NCOA Fact Sheet

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 March!**Mt. Pleasant Garden Club to Meet-March 18**

Everyone is invited to attend a special program being presented to the Mt. Pleasant Garden Club on March 18 at 1:30 in the COA craft room. The program, "Wildlife Discovery," will be presented by naturalist Joe Rogers, who runs a Wild Life Recovery program in our area. He will be bringing birds of prey with him which have been injured and restored to health, and guests will have a chance to see them up close and learn about their rehabilitation.

(SERA) State Employee Retirement Association-March 19

The March 19 meeting will be presented by Laura Ruhle from the Alzheimer's Association of Greater Michigan Chapter Central Michigan Region. We will have our usual business meeting, 50/50 drawing, and door prize. The meeting will begin at 1:30 p.m. at the Commission on Aging, Room A, 2200 S Lincoln Road, Mt. Pleasant. Since there has been such an increase in this disease, it is important to know what organizations are out there and the help that is needed. If there are any questions, please feel free to contact me at 989-772-0597 or jac62irish@yahoo.com.

\$1 Movie and Popcorn: "Joyful Noise"-March 26

The monthly \$1 movie and popcorn will be "Joyful Noise," shown Tuesday, March 26 at 12:45 p.m. The small town of Pacashau, Georgia, has fallen on hard times, but the people are counting on the Divinity Church Choir to lift their spirits by winning the National Joyful Noise Competition. The choir has always known how to sing in harmony, but the discord between its two leading ladies now threatens to tear them apart. Their newly appointed director, Vi Rose Hill (Queen Latifah), stubbornly wants to stick with their tried-and-true traditional style, while the fiery G.G. Sparrow (Dolly Parton) thinks tried-and-true translates to tired-and-old. The film is rated PG with a running time of 1 hour, 58 minutes. Reservations are required 24 hours in advance and may be made by calling **772-0748**.

All-You-Can-Enjoy Breakfast - March 28

The COA monthly breakfast is scheduled from 8 to 9 a.m. on Thursday, March 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**.

SAVE THE DATE:**April 5 Detroit Tigers Baseball Party!**

Friday, April 5 the COA will have a Detroit Tigers' Home Opener Watching Party in Room C. Tigers' trivia contest at 11:30 a.m., Food with Friends lunch at noon, Tigers' Baseball on the Big Screen at 1 p.m. Join us for fun, food and a few surprises! Reservations required and may be made by calling **(989) 772-0748** no later than Wednesday, April 3.

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

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

March 1, 8, 15, 22, 29, 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

March 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 **listed below** 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**.

Free Colorectal Cancer Screening Kit

March is colorectal cancer awareness month. If you are 50 or older or have a family history of colorectal cancer, you need to request your free screening kit today. Screening is easier and more accurate than ever. You can complete the test in the privacy of your own home in just ONE simple step without any dietary or medication restrictions before screening. When it comes to colon cancer, don't take a chance. You need to know. For a free screening kit, call toll free **1-855-552-5669** or visit mclaren.org/cancer.

Are You a Candidate for Bariatric Surgery?

Learn more about bariatric surgery including treatment options, types of procedures, risks and benefits, program expectations, and insurance requirements. You'll have the opportunity to ask questions and hear honest answers from bariatric experts James Pilkington, MD, FACS or Jeffery Bonacci, MD, FACS and Sue Hahn, RN, BSN, McLaren Central Michigan Bariatric Coordinator. If you would like to learn more about the bariatric surgery process, contact our Bariatric Surgery Coordinator at **772-6739**.

Joint Replacement Program

McLaren Central Michigan offers an all-inclusive joint replacement program for individuals planning or considering a total replacement. The program features a planned course of treatment that places a strong focus on wellness and education, not sickness. To learn more about the joint replacement process, contact our Joint Replacement Coordinator, Beth Nesbitt, RN. Call **779-5651** for dates and times to register.

Varicose Vein Screening

March 15, at 4639 E Pickard St., Mt. Pleasant. Do you suffer with varicose veins? You know the problem is far from cosmetic; the pain, swelling and leg fatigue can discourage you from leading an active lifestyle. Find out what treatment options are available for you by attending a **FREE** varicose vein screening. The screening consists of a brief questionnaire and a physical exam. Screening exams will be provided by Amitava Ghosh, MD, a vein specialist. Appointments begin at 9:00 a.m.

Create Memories with Family and Friends!!



~ Baby Shower ~ Wedding Reception ~
~ Graduation Open House ~
~ Family Reunion ~ Birthday Party ~

Coldwater Lake Family Park
Deerfield Nature Park
Herrick Recreation Area



989.772.0911 x340
www.isabellacounty.org/parks

Isabella County Nutrition Advisory Council Meeting

We welcome everyone that participates in the Food with Friends Program throughout Isabella County to join us for our next Nutrition Advisory Council Meeting. These meetings provide you, the participant, with the opportunity to give the Food with Friends Staff feedback on the meals and sites. It is also an opportunity for you to ask questions and learn about everything that goes into planning and preparing your meals. You will also be privy to new menu items we are testing or plan to begin serving. The Meeting will be on March 21, at 11a.m. at the COA Activity Center. Please join us for lunch afterward.

To make reservations for lunch please call **989-772-0748** and indicate you will be attending the Nutrition Advisory meeting. The meal planned is baked ham, bread, steamed cabbage, corn and lima beans, and berry fruit cup. If you have questions, please call Elizabeth at **772-0748**. We hope to see you there!

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

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 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: cointern@isabellacounty.org

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.

Living a Tobacco Free Life *by Lisa Cross, Health Educator*

Cigarette smoking/tobacco use is the leading cause of preventable and premature death in the United States. It is estimated that 440,000 Americans will die each year from complications of tobacco use.

Benefits of Living a Tobacco Free Life

- Longer life expectancy
- Drop in heart rate and blood pressure
- Improved circulation
- Reduced risk of heart disease, stroke, cancer and Chronic Obstructive Pulmonary Disorders (COPD)
- Improved lung function
- Increased stamina
- Increased sense of taste and smell
- Whiter teeth
- Cleaner smelling clothes, furniture, car

If you are interested in smoking cessation information, please contact **(989) 773-5921 ext. 8409**, for more information. You can also call the Michigan Department of Community Health's Quit Line at 1-800-QUIT-NOW.

This article provided by Central Michigan District Health Department, serving Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon Counties. Visit our website at www.cmdhd.org or join us (Central Michigan District Health Department) on Facebook.

Mt. Pleasant Area Historical Society Meets March 5

At the Mt. Pleasant Area Historical Society meeting at 7:00 p.m. on March 5, Mt. Pleasant Area Community Foundation Director Amanda Schafer will talk about the 22 year history of the Foundation (MPACF), a tax-exempt public charity that enables people and businesses the opportunity to establish their own charitable fund or contribute to an existing fund. Contributions to these funds are permanently endowed, which means these gifts will never be spent. The assets of all funds are commingled for investment purposes and managed professionally. Each year the earnings from investments are used to award grants that will benefit charitable programs and organizations that address the needs of Isabella County residents.

The meeting will take place in Room A of the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant. The public is invited and encouraged to attend. The speaker is slated before the business meeting.

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**

Yarn and Fabric Needed

The Commission on Aging is accepting limited donations of yarn and quilting fabric. Gold Key Volunteer Needle Crafters make hats, mittens, afghans, quilts, walker and wheelchair bags, gingerbread dolls, clothing protectors, and shawls for distribution to more than 50 organizations in Isabella County. Last year they donated 3500+ handmade items to those in need.

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

Activity Center MARCH ACTIVITIES

Monday	Tuesday	Wednesday
Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu in this issue!		
4	5	6
8:30 FGP/SCP New Orientation (B) 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) 1:30 Toastmasters (B) 5:30 It Works (A) 7:00 Dog Park Mtg. (Craft)	8:00 FGP/SCP New Orientation (A) 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) 7:00 Mt. Pleasant Historical Society (A) 7:00 Evening Bloomers (B) 5:15 Advisory Bd.	8:00 FGP/SCP New Orientation (B) 8:30 Staff Meeting (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Rippers (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 2:00 Volunteer Receptionist Training (B)
11	12	13
8:00 FGP/SCP New Orientation (A) (B) 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) 1:30 Toastmasters (B) 5:30 It Works (A)	8:00 FGP/SCP New Orientation (A) 9:00 Tai Chi Five Elements (F) 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) 2:00 FGP/SCP Advisory Council (A) 3:00 Board of Commissioners (B) 7:00 Mid Michigan Wood Workers (Craft)	8:00 FGP/SCP New Orientation (B) (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 10:30 Ministers (A) 11:15 Deal or No Deal (C) 1:00 Book Club (Lib) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
18	19	20
10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimers Practice (Craft) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Mt. Pleasant Garden Club (A) 1:30 Yoga (F) 1:30 Toastmasters (B) 6:00 It Works (A)	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)	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)
25	26	27
10:00 Dulcimer Practice (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Legal Service (CR1) 1:00 Readers Theatre (Craft) 1:30 Yoga (F) 1:30 Toastmasters (B) 4:00 Drug Symposium (A and B)	8:00 Women's Aid Staff Mtg (B) 9:00 Tai Chi Five Elements (F) 11:00 Tai Chi (F) 12:45 Movie "Joyful Noise" (A-B) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 6:00 Quilters (A B C) 4:00 Walk Mtg. (BR1) 7:00 Stamp Collectors (Craft)	9:00 Landscape Quilters (A) 10:00 Water Color Class Starts (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 6:00 It Works (A)

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) 10:00 Computer Class (Lab) 10:30 Singers (Craft) 11:00 Tai Chi (F) 1:00 Line Dancing (C) 6:00 Clowns (Craft)	8 8:00 FGP/SCP New Orientation (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft) 1:00 Moral Mushroom Program (A)	9 8:00 Mid MI Quilt Guild (A and B) 1:00 Euchre Card Party (C) Remember to set your clocks ahead one hour tonight. SPRING AHEAD!
14 9:00 Tai Chi Five Elements (F) 10:00 Tax Help (A) Register in (B) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 11:00 Tai Chi (F) 12:15 Presentation Sodium (C) No Line Dancing Today 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy Mtg. (B)	15 8:30 FGP/SCP in-service (A and B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 11:30 St. Patrick's Day Sing a Long (C) 12:30 Learn the Ukulele (Craft) 12:45 Meijer Gift Card Bingo (C)	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) Computer Class 10:30 Singers (Craft) 11:00 Tai Chi (F) 11:00 Nutrition Advisory Council Mtg. (C) 1:00 Beginner Line Dancing (C) 6:00 Watershed Conservancy (A) 6:00 Diversity Group (Craft)	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) 1:00 Set Up for Quilt Class (A) (B) 6:00 Community Dance (C) \$5.00 DJ/Singer/Oldies 50 and 60's Old and New Music	23 8:00 Quilt Class (A) (B) 1:00 Euchre Card Party (C)
28 8:00 All You Can Eat Breakfast (C) \$5.00 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 11:00 Tai Chi (F) 10:00 Computer Class (Lab) 10:00 Tax Help (A) Register in (B) 1:00 Beginner Line Dancing (C) 1:30 Drawing Class Starts (Craft)	29 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) GOOD FRIDAY BUILDING CLOSSES AT NOON	30 1:00 Euchre Card Party (C)

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

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

Tai Chi Classes

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

5 Elements practice 10:00 a.m. \$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.

Classes

Fun with Morels
Friday, March 8 1:00 p.m.
If you enjoy hunting morel mushrooms you will enjoy this session. There will be a discussion on the kinds of morels and time to discuss and reminisce about the fun of the "spring hunt." Little known facts and humor will be shared about morels and spring mushrooms. Come prepared to share your insights and recipes. This program is presented by Sister Marie Kopin C.P.P.S. in conjunction with the Michigan Mushroom Hunters Club. If you are planning to attend, call the COA at **772-0748**.

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.

Art / Classes

Watercolor
March 27 - May 15
Beginner and Intermediate
(some basic drawing skills required)
10:00 a.m. - Noon
Wednesdays for 8 weeks
Cost: \$50.00
Supplies not included

Drawing Techniques
March 28 - May 16
Furs, Feathers and Flesh
For all Creatures Great and Small
(This class is for all skill levels)
1:30 - 3:30 p.m.
Thursdays for 8 weeks
Cost: 50.00
Supplies not included
Call the COA at **772-0748** to sign up.

Music

Bingo at the COA
Friday, **March 15** - 12:45 p.m.
Friday, **March 22** - 12:45 p.m.

Deal or No Deal
Wed., **March 13** - 11:15 a.m. before lunch

Community Dance
Friday, March 22
6:00 - 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, March 5 and 19

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

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

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

Activity Center TRAVEL ACTIVITIES

DAY AND EXTENDED TRIPS CALL 772-0748 PRICES

Day Trips

Little River Casino Fundraiser Trip

(A portion of the price supports the Travel Program)

Wednesday, April 17

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. from pole B in the Meijer Store parking lot. Group will have from 10:15 a.m. to 2:30 p.m. at the Casino. (1/2 price breakfast available until 11:00 a.m. The group should arrive back to Mt. Pleasant by 5:00 p.m.)



Turkeyville

Dinner Theatre

“Steel Magnolias”

Wednesday, May 29 Cost: \$86.00

This is a heartwarming and bitter sweet comedy that will make you laugh and cry. It is set in Truvy’s beauty salon in Louisiana. You will meet the new assistant Annelle, the outspoken Truvy, the curmudgeon Ouiser, the social leader M’Lynn and her daughter Shelby, the prettiest girl in town who is about to marry. The sudden realization of their mortality, creates a truly touching story about the good times and the bad.

Motor coach departs pole B in the Meijer Store parking lot at 9:30 a.m. Complete turkey dinner at noon, time to shop after and the play is at 2:00 p.m. Group should be back to Mt. Pleasant by 6:00 p.m. Call **772-0748** by April 29 for reservation.

2013

Springtime in the South

Asheville, North Carolina,
Savannah, Georgia

Charleston, South Carolina

April 5-12

Lancaster Pennsylvania

“Noah”

“Brigadoon”

Amish Tour

April 30-May3

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
Arlington National Cemetery

Mt. Vernon

Gettysburg

September 16-20

Lake Superior

Fall Foliage Tour

September 29-October 4

Tahquamenon Falls

Pictured Rocks National Lakeshore
Duluth

Apostle Islands Thunder Bay

Plus much more

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.

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

March 2013

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Cod Bread Baked Potato Italian Blend Pineapple Gelatin
4 Chicken/Rice Casserole Bread Winter Blend Carrot Salad Pineapple	5 Baked Chicken Bread Whipped Potatoes/Gravy Cauliflower/Cabbage Salad Pears	6 Meatloaf Bread Squash Pea Salad Peaches	7 Smothered Chicken Breast Bread Oven Roasted Potatoes Tossed Salad Pumpkin Custard	8 Trout Melt Hamburg Bun Carrots Bean Salad Cherry Fruit Cup
11 Beef Stroganoff Bread Spinach Coleslaw Cinnamon Applesauce	12 Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Peaches	13 Roast Pork Bread Whipped Sweet Potatoes European Blend Pears	14 Spanish Chicken Bread Baked Potato Kidney/Chickpea Salad Apricots	15 Macaroni & Cheese Bread Broccoli Tossed Salad Leprechaun Fluff 
18 Chop Suey Bread Brown Rice Tossed Salad Tropical Fruit	19 Meatloaf Bread Oven Roasted Potatoes Italian blend Mixed Fruit Cup	20 Baked Chicken Bread Whipped Potatoes/Gravy Carrots Pears	21 Baked Ham Bread Steamed Cabbage Corn & Lima Beans Berry Fruit Cup	22 Vegetable Lasagna Garlic Toast Green Beans Fruited Coleslaw Peaches Graham Goldfish
25 American Goulash Bread Mixed Vegetables Coleslaw Pineapple	26 Sliced Turkey Bread Whipped Sweet Potatoes Brussels Sprouts Cherry Fruit Cup	27 Russian Chicken Bread Baked Potato California Blend Fruit Cocktail Gelatin	28 Tuna Casserole Bread Beets Tossed Salad Mixed Fruit Cup	29 CLOSED Good Friday

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,

March is coming quickly, and with it the signs of spring will be showing up soon. We haven't seen any maple syrup buckets yet. Those are always a sign of spring in Shepherd.

Come visit us in March and add some green to our site. On March 15, we will be celebrating St. Patrick's Day. On March 22, we will be celebrating SPRING!!! So wear your green and help brighten up our Food Site.

March Calendar

- 1 Smile Day! What makes you smile? Bring in items to show.
- 4 Spring Break Week - Visiting all the fun spots!!!
- 6 Euchre
- 8 Celebrate Your Name - The meaning and stories behind your name.
- 11 Create a Holiday and we'll help you celebrate when it comes around.
- 13 Euchre
- 15 St Patrick's Day - Wear Green

- 15 Francis from CMU with discussion and presentation on sodium
- 18 March Madness! Wear your team colors.
- 20 Euchre
- 22 Celebrate Spring - wear green
- 25 Nicole from MidMichigan Home Care
- 27 Birthday Bingo - Prizes by The Laurels
- 29 **CLOSED - GOOD FRIDAY**

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

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

Spring is upon us. With this awareness we are starting March off with smiles. What makes you smile? On March 4, we welcome you to bring in items to help you share with us what makes you smile. On March 26, we will be creating new holidays and putting them on our calendar. When the holidays come around, we will celebrate them with you. Join us every day Monday-Friday for games, fellowship and a delicious lunch.

March Calendar

- 4 Smiley Face Day - What makes you smile?
6 River Ramblers-10:00 a.m.
7 Cereal Day - Exploring favorite cereals of today and yesteryear

- 12 Taxes done here - 1:15 p.m. Call to make an appointment.
13 River Ramblers - 10:00 a.m.
14 Health Series Presentation by Wendy from Clare Tendercare.
15 St. Patrick's Day Lunch
20 River Ramblers - 10:00 a.m.
March Birthday Party for Larry Davis, Mary Mullin, Dorothy Purtill, Larry Siefker, & Reta Westerby.
26 Create a Holiday! And let us celebrate with you!
27 River Ramblers - 10:00 a.m.
28 Francis, from CMU, presenting and leading discussion on sodium.
29 **Closed for Good Friday**

COA Activity Center2200 S. Lincoln Rd, Mt. Pleasant
Meals M thru F, Open 8 a.m. - 4:30 p.m.
Jen Conner, Site Mgr. **772-0748**

Happy St. Patrick's Day! My mother's family is all Irish, so celebrating St. Patrick's Day has always been a huge part of my family tradition. But, as it has been said before: in America, EVERYONE is Irish on St. Patrick's Day! So, this month, come on in and join us!
Tuesday, March 5 & 12 - Jammers play live music at 10 a.m. in Room B
Wednesday, March 13 - Deal or No Deal by Tendercare at 11:15 a.m. in Room C
Thursday, March 14 at 12:15 - Nutrition presentation on sodium in Room C
Friday, March 15 - St. Patrick's Day Party! Sing-a-long with John Maul at 11:30 a.m.; Lunch at 12:00; Meijer Gift Card Bingo at 12:45 p.m. in Room C
Wednesday, March 20 - 1st Day of Spring!
Friday, March 22 - Laurels Gift Card Bingo at 12:45 p.m. in Room C
Tuesday, March 26 - \$1 Movie and Popcorn at 12:45 p.m. with "Joyful Noise" starring Dolly Parton and Queen Latifah.
Thursday, March 28: Open Community Breakfast. "All-You-Can-Enjoy" from 8 to 9 a.m. Cost is \$5. Reservations required 24 hours in advance by calling **772-0748**.
Friday, March 29: NO lunch, COA building open until noon.

Winn Community Building2583 West Blanchard Road, Winn
Meals M-W-F, 10 a.m. to 2 p.m.
Denise Peltier-Pohl, Site Mgr.
866-2520

March is hopping in with spring beginning and daylight savings time! We have a few extra parties going on! St. Patrick's Day should be fun with the wearing of the green and the fun band we have coming! Be sure to stop by on March 25 for the mysterious "Something on a Stick Day!" What do you think I'm going to do? We always have fun here in Winn! Make sure to get your reservations in early for those special days! Happy Easter!

March Calendar

- 4 March Birthday Party with Randy & Julie Davis
6 Help with Taxes Day - 12:45-3:30
Jack Salisbury & Loretta Merritt
11 Mark Ray & Mark Bauman
13 Pat Kane & Les Jenkins & Friends
15 St. Patrick's Day Party with Pat Kane, Les & Darlene Jenkins & Becky Pendel.
18 National Share a Smile Day with Jerry Woldorf
20 Spring Begins with Harold Helman
25 "Something on a Stick Day!"
27 Andy Stanley
29 **Closed for Good Friday**

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

Hear the birds singing? Spring is almost here! We will be celebrating St. Patrick's Day on March 15. Join us for lunch and listen to Tinker's Follie, a three piece band that will play Celtic and Folk music.

We will be celebrating spring on March 20, with spring fever in the dining area; and speaking of warm temperatures coming, we have K9 officer Williams and his partner coming in to show us how they work together on a drug or bomb call on March 22. We will be closed on March 29 for Good Friday. The following activities are brought to you in partnership with The Rosebush Manor.

March Calendar

- 1 Chippewa Nature Center-12:45p.m.
"Feathered Friends"
4 Crossword/Word Search-12:30 p.m.
Penny Bingo-1:00 p.m.
8 Good Times Band-1:00 p.m.
Ice Cream Social-2:00 p.m.
11 Bingo W/Prizes-1:00 p.m.
13 Penny Bingo-1:00 p.m.
15 Celebrate St. Patrick's Day
Tinkers Folic-Celtic Music-1:00p.m.
18 Birthday Party-12:30 p.m.
20 Celebrate Spring
Bingo W/Prizes-Laurels-1:00 p.m.
Storytelling-2:00 p.m.
22 K9 Officer Derek and his partner presenting his K9 techniques at 12:30 p.m.
Francis Bidell from CMU will present and lead a discussion on sodium at 1:00 p.m.
25 Karaoke-Harold Helmann
27 Penny Bingo-1:00 p.m.
29 **Closed**

Sit & Get Fit at 11:15 a.m. every M-W-F. Free Movie/Popcorn every Friday at 6:15 p.m.

IN MEMORY OF

John H Wixson Sr.
Jim & Barb Bissett

Jim Malley
Floyd & Bonnie Love

Mary Dennis
Floyd & Bonnie Love

Gwendolyn Tomlinson
Bradley & Deborah Fahr
Paul & Patrice Hornak
Kevin & Amy Salisbury
Dan & Chris Weber
Arnold Newman

Agnes Heyl
Tuesday Line Dancing Class

Helen Horan
Ruth Fransted & Family
Amy Kostrzewa
Ken Roth
Charles & Lois MacGregor
James & Joyca Block

Roberta Perry
Willard & Joyce Seeley

Delores Lynch
Janet Adams & Family

Ray Clark
Willard & Joyce Seeley

Robert E Watson
Elayne Watson

Nelda Oberlander
Elayne Watson
Tom & Betty Olson

Jim Hicks
Louise Ball
Susan Wekau

Jack Welch
Maxine Welch

Walter & Joanna Smith
Joe & Judy Travis

Marion Suminski
Wanda Suminski

Bill Murphy
Alvin & Joanne Roy

Peggy Sowle
Mary Jean Rodenbo

Ernest Garrett
Catherine Garrett

Lois McCann
Judith Neely
Nelda Gilmore

Active Living
In Memory of

Mary Wendrow
Harvey & Doris Hammond

James Bauer
Nancy Bauer

Florence Harvey
Ilene Sweet

Ivan Hines
Madonna Hines

Gold Key Transportation
In Memory of

Gwendolyn Tomlinson
Anonymous

Activity Center
In Memory of

James Hicks
Louise Ball
Ruth Musser
Bernie Hill
Con Halter
Wilma Morey
Carol Metcalf
Jim DeLong
Ann DeLong
Roger Hatt
Colleen Campbell

James Hicks
Howard Hofmeister
Marjorie Lynch-Park

In Home Services
In Memory of

Katie Slack
N.G. Burmeister
Patricia Welgs
Diane Burns
Laurie Braden
Jerry & Marilyn Morey
Debra Kadabra's
Campus Salon
Jane Leahy
Anne VanDyke
Joan Hornak
Diana Hughes
Jane Shippee

Katie Slack
Cheryl Vincent
Mary Ann Monte
Richard & Donna Parr
David & Patricia Snett
Bruce & Marilyn Goncer
Ronald & Carolyn Lutz
Fred & Jennifer Frankenfield
Ann Fitzgerald

Food with Friends
In Memory of

Don Kolarik
Fred & Margaret Yuncker

Frank & Francis Theisen
Fred & Margaret Yuncker

Donations to ACTIVE LIVING

Sharron Dodge	Dale & Mary	Adeline Fortino
Judith Neeley	Wawersik	Bruno & Mary
Lavern Owen	Carole Heydenburg	Delorenzo
Stanley & Joyce	Alice Tatro	Joyce Mikula
Pridgeon	Royal & Eleanor	Barbara & Ara
Dorothy Connors	Baker	Shepherdgian
Robert & Ellen	Kathleen McNerney	Mary Jean Rodenbo
Grinzinger	Edna Rau	Jeanne Pfeiffer
Leonard & Carol	Lois Lippold	Jane Leahy
Swan	Mary Bowers	Wilma Morey
Kim Douglas-Waugh	Agnes Sibal	Richard & Justine
Martha Rich	Helen Clark	Bernard
Eugene & Edith	Jean Richardson	Shirley Wilbur
Bushey	Joe & Judy Travis	Rita Deni
Keith & Betty Apple	Jean Reihl	Joyce Spicer
Melva Coyne	Mary Hauck	Lorraine Davis
Dan Buckley	Carol Swetz	Donna Maddock-
Donna Earl	Kathleen Martin	Skomski
Vicki Robinson	Janice Zeien	Charles Campbell
Ron & Linda Ruble	Marilyn Sweeney	Sam Hart
Esther Spencer	Janet Harvey	Duane Chapman
Dorothy Tilmann	Jo Ann Maxim	Edward Weber
Helene Zimmerman	Maureen Wardrop	Virginia Darnell
Nancy Kinney	Joan Durham	Shirley Abbott

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

Donations to COMMISSION ON AGING

Gold Key Mileage
First United Methodist Church

Food with Friends
Jerry & Dorothy Sheahan

Activity Center
Joanne Golding
Richard & Jean Thomas
Melvin Onuskanich
Joan Woods
Pansy Thaller

Gold Key Helping Hands
Richard & Justine Bernard

In Home Services
Richard & Justine Bernard

Donations listed in this issue were received by 2/15/13. **Thank You**

Active Living Needs 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 February 15, we've received \$3,475.

Computer Training Classes

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

March Calendar Free Classes

4	11:00 a.m.	Basic Excel
5	10:00 a.m.	Internet Genealogy
7	2:00 p.m.	Basic Internet
11	11:00 a.m.	Intermediate Excel
12	10:00 a.m.	iPad Basics
13	6:00 p.m.	Basic Excel
14	2:00 p.m.	PowerPoint
14	4:40 p.m.	Quicken
18	11:00 a.m.	Facebook 1
19	10:00 a.m.	Basic Microsoft Access
22	2:00p.m.	Online Buying/Selling
25	11:00 a.m.	Online Storage
26	10:00a.m.	Organizing Computer
27	6:00 p.m.	Picasa Photo Editing

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	Sarvjit Chowdhary
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	Jeanne Pfeiffer

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

Upcoming Events in March

Breakfast at COA

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

Community Dance

Friday, March 22
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.

MARCH 2013 ACTIVE LIVING

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

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

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

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