

# 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](http://isabellacounty.org/dept/coa/news.html)



National  
Volunteer  
Week  
April 21-27

## *Celebrate Service* **Celebrate COA Volunteers!**

If you see a Commission on Aging Volunteer, please thank them for their service to area older adults. Who are they? They could be a Foster Grandparent, Senior Companion, or Gold Key Volunteer such as Friendly Visitor, Grocery Shopper, Medical Escort Driver, Meal Site Assistant, Home Delivered Meal Driver, Reception Ambassador, Friendly Caller, Needle Crafts Worker, Active Living Volunteer, CMU Student Activity Center Senior Partner, Helping Hands Home Repair Person, Animal Friend for HATS Volunteer, AARP/IRS Tax Aide Volunteer, Medicare Part D Prescription Assistance Counselor, Ride Guide, Ride Buddy, Yard Cleanup Volunteer or Special Projects Volunteer.

Whoever these inspiring individuals may be, you will find them countywide, assisting area older adults within every township of Isabella County. We couldn't do it without them! Everyone at the Commission on Aging is deeply grateful for each and every volunteer. COA Volunteers make a difference every day in the lives of area older adults. See *"An Ode to Volunteers"* on page 2.

## ***Thank You, COA Volunteers!***

## **Caregiver Spring Training**

The Commission on Aging is offering an inspirational workshop 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, 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.

## **Legal Services**

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

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

**At this time, Lakeshore is no longer  
preparing wills, advance directives or  
power of attorney forms.**

# Director’s Comments

Beginning this month the Morning Sun, in cooperation with our agencies, the Isabella County Commission on Aging and the Gratiot County Commission on Aging, will be presenting a monthly news article. This article will not be used to publish a calendar of events that take place through our respective organizations but rather an article about the programs, services, issues and concerns our older adult citizens and their families deal with on a daily basis. For the first article in this new series we felt it was important to provide to our readers a little background on what exactly our agencies do in our respective counties.

To begin with, let’s think of our agencies as a three-legged table. Each leg on that table represents a different approach to enhance the lives of our older citizens. The first leg we will call “Independence.” There you will find the resources to assist and promote individual’s wishes to remain independent and safe in their own home. The services that are available to help sustain that independence begin with our Social Workers. They are the gatekeepers that help to guide older adults and their families to our services like Homemaking, Personal Care, Home Delivered Meals or Respite Care. Our Social Workers closely monitor what other community human service organizations have available and work with them to further strengthen and sustain an individual’s independence. They also provide resources for long-distance caregiving.

The second leg of our table we will call “Giving Back.” Here we offer the opportunity for an individual to give back to the community through multiple volunteer projects and programs. The Gold Key Volunteer Program for Isabella County touches every program and service we provide. We currently have over 500 registered volunteers that do everything from deliver meals to make knitted hats and mittens for every school district in Isabella County. We also have the Foster Grandparent and Senior Companion Programs that work with special needs children and adults. All of our volunteer projects and opportunities offer individuals the ability to share their gifts and talents with the entire community. Studies have shown that individuals who volunteer are happier, healthier and live longer. The volunteer opportunities we make available help to answer the needs of our communities while at the same time fulfilling the individual’s desire to give back and help others.

The third and final leg of our table is “Educate and Recreate.” Continual learning throughout our life is important. Through educational and recreational programming we offer individuals the opportunity to learn about new ideas and develop new talents and skills. We offer fitness classes in Tai Chi, Yoga and Low Impact Aerobics. We also work with Central Michigan University Recreational Department to have a Water Aerobics class at Rose Pool five mornings a week. All of these opportunities, whether it’s attending a health fair, an art class, an exercise class or playing pool with the guys at the Activity Building, provide the older individual an opportunity to hear new ideas, learn new skills or just have some fun. All of which strengthen who they are as they age and helps to break the myths of aging.

The Commission on Aging programs in Gratiot and Isabella Counties offer many programs and services that are similar and some that are unique to each county. If you are interested in learning more we suggest you visit our web pages at: [www.isabellacounty.org/dept/coa](http://www.isabellacounty.org/dept/coa) or [www.gratiotmi.co](http://www.gratiotmi.co)

If you would like more information on some of the activities we provide you can access our monthly newsletters through our individual webpage. The Isabella County Commission on Aging phone number is 989-772-0748, the Gratiot County Commission on Aging phone number is 989-875-5246.

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



## Mission Moments

### An Ode to Volunteers

Our volunteers help many in various ways

They visit – they call and brighten the days

They answer the phones with kindness and grace

And show all our guests our wonderful place

They package the meals to be delivered that day

They serve meals, wash tables and do all they may

They deliver the meals with a kind word and a smile

Knowing the importance – they drive mile after mile

They help in the schools – attending each day

They help children with studies and watch them at play

They visit our elders who might be “on the mend”

Playing cards, teaching crafts and being a friend

They help in the office doing so many tasks

Inputting data, correcting articles and whatever we ask

They help with taxes and Medicare D  
Getting hours of training to help those in need

Knowledge and wisdom our Board members share

They serve year after year without much fanfare

Ride buddies & guides help on the bus  
So someone is there for the children to trust

**And so volunteers you are simply the best**

**We thank you, we love you and now I must rest**

*By Barbara Frankenfield, In Home Services Program Director*

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

## Ask a COA Specialist

**Question:** I am 62 years old and have no health insurance. I am not eligible for Medicare until I am 65 yrs old and cannot afford private insurance. I have very low income. Is there any help available for someone in my situation?

**Answer:** The Adult Medical Program (AMP), also known as the Adult Benefit Waiver, will have an open enrollment period from April 1, 2013 through April 30, 2013. This program is offered through the Department of Human Services (DHS). The AMP provides basic medical care to low income adults who do not qualify for Medicaid. There is a \$3,000 maximum asset limit allowed for the program. The income varies based on living situation. There are some income deductions available to people who are working.

The monthly income limits are:

Individual - \$316                      Married - \$425

In Isabella County there is the Central Health Plan that a person must be enrolled in to receive AMP benefits. For more information please contact your local Department of Human Services (DHS) at **772-8400**. Applications for the program are available at the DHS office at 1919 Parkland Drive, Mt. Pleasant.

**You Can Ask a COA Specialist** - 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**.

## Unleash the Power of Age!

Get Ready! May is Older Americans Month and the theme this year is Unleash the Power of Age. At Isabella County Commission on Aging we are here to help you Unleash the Power of YOUR Age! The Power to Give, to Create, to Care, to Teach, to Learn, to Grow, to Enjoy Life! On May 8, the Food with Friends program is taking the Power of Age on the Road!

### Power of Age Road Trip!

**Wednesday, May 8, from 8:30 a.m. - 4:00 p.m.**

Compassionate Care Home Health Service, Inc is sponsoring Breakfast, Snacks, Prizes, and Activities. **Cost:**

**\$2.50** suggested donation for lunch for those 85+. Transportation is free with Gold Card.

**\$6.00** for those age 60 – 84 for the cost of transportation. We welcome additional **\$2.50** suggested donation for lunch.

**\$11.00** for those under 60 for cost of transportation and \$5.00 meal cost.

This interactive and upbeat bus trip will travel to all of our Isabella County Meal and Activity sites, using our power in different ways at each stop. We will start out at the Isabella County Commission on Aging with a meet and greet breakfast. Transportation, breakfast, lunch and snacks are all included. Space is limited. For questions, or to reserve your spot, please call Elizabeth at **989-772-0748**.

## Caregiver Support

Our Caregivers Support Meeting will be April 16, 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.

## 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.

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. 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.

**CALL FOR APPOINTMENT**  
**989 - 772 - 0748**

**COMMISSION ON AGING - ACTIVITY CENTER**  
**Every Thursday through April 11**  
**April 3, 4, 9, 11, from 10:30 to 4:00**

**RESIDENTS OF WINCHESTER TOWERS,**  
**RIVERVIEW AND DOVER COURT PLEASE 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.**



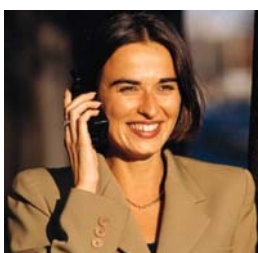
## Do You Have Stories to Tell?

Would you like more confidence to tell those stories? If so, join the Free Toastmasters' Speechcraft program to gain the poise and speaking skills you've wanted.

Everyone is welcome to attend, have fun, speak, listen and learn! The Speechcraft program is on Monday afternoons from 1:00 to 2:00 p.m. thru April 29, at the Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant.

Sign up today by calling **989-772-0748**. For more information call Jeannie at **989-631-8075**.

## A Friend is only a Phone Call away . . .



The Isabella County Commission on Aging is pleased to offer this service to Isabella County older adults and their families. The **Friendly Caller** program is available to any older adult who would like or benefit from a daily telephone call.

Calls can be temporary while recuperating from an illness or calls can be arranged on a permanent basis. Older individuals do not need to be homebound. Perhaps they are isolated and would just like someone to say hello to them each day.

A trained Gold Key Volunteer **Friendly Caller** will make regular telephone contact with a program participant, checking the older adult's safety. If the older adult does not answer his/her telephone, the Volunteer will contact COA staff who will try to reach an established emergency contact. If none of the contacts are available, COA Staff will attempt to contact the participant. Emergency services (9-1-1) may be contacted if necessary.

The Isabella County Commission on Aging Gold Key Volunteer Program has volunteers waiting to meet the needs of our community. If you know of someone who would benefit from this service, please call **989-772-0748**.

## Thank You, Have a Heart Donors!

Patricia Herron  
Sharron Dodge  
Gloria Downhour  
Jane Butcher  
Anonymous  
Ernestine Bintz  
George Ann Wolf  
Laura Plachta  
Isabella County Employees  
Trial Court Bake Sale  
Rosemary Funnell  
Chloe Hampton  
Marilyn Kay Olson  
Forest Hill Church of Christ



*Thank You for Having a Heart!*

## "The Fireflies"

CMU University Theatre presents: "The Fireflies" by Lauren McConnell, directed by Nancy Eddy. This a musical adaptation by Jose-Luis Mautua based on the children's book of the same name by Jan Karafiat. Originally performed in a concentration camp during World War II, "The Fireflies" tells a charming story of hope. The play recounts the misadventures of Brouček, a firefly boy, as he comes of age. "The Fireflies" has lively folk songs and dances, gentle humor and historical import.

CMU's production, as recounted by Holocaust survivors who witnessed or participated in the play, will feature Czech survivor Vera Meisels in the role of the narrator. Performances take place in Bush Theatre, (in Moore Hall) on the CMU campus, April 3-6 at 7:30 p.m. and April 7 at 2:00 p.m. Tickets are available at Ticket Central in the CMU Event Center, by phone at (989)774-3045 or online at [www.cmich.edu/ticketcentral](http://www.cmich.edu/ticketcentral).

(Note: Bush Theatre (in Moore Hall) is located just off East Campus Drive between Preston and Bloomfield with parking in lots 33N and 33S. A printed map is available through searching Google maps.)

Enjoy Nature with Family and Friends.....



Walking the Trails at Deerfield Nature Park!!  
2425 West Remus Rd.  
6 miles west of Mount Pleasant



[www.isbellacounty.org/parks](http://www.isbellacounty.org/parks)

## Walk Michigan

There will be an informational meeting for a new Fitness Program planned at the Commission on Aging. The meeting will take place at the Commission on Aging Activity Building on **Monday, April 29, 2013 at 9:00 am**. The program will run for 6 weeks beginning May 6, 2013 and can accommodate 15 – 20 people.

## Reminder to: Gold Key Volunteer Drivers

If you have not already done so, 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!

# Coming Up In April!

## Mt. Pleasant Area Historical Society - April 2

At the Mt. Pleasant Area Historical Society meeting at 7:00 p.m., April 2, lifetime Mt. Pleasant area resident/genealogist and author Sherry S. Sponseller will talk about the history of the City of Mt. Pleasant Parks and Recreation Department from the city’s first park (Nelson Park) to the present. Sponseller, a local historian, has done extensive research projects for a number of organizations and individuals, as well as being co-author of the 2009-published *Yesterday’s School Kids of Isabella County*.

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.

## Detroit Tigers Baseball Party - April 5

The Food with Friends Program will host a Detroit Tiger Baseball Watching Party on Friday, April 5, as the Tigers take on the New York Yankees for the 2013 Season Home Opener. The event will begin with a Detroit Tigers Baseball Trivia Contest at 11:30 a.m. in Room C of the COA Activity Center, 2200 South Lincoln Road, Mount Pleasant. Prizes will be awarded to our trivia winners! A Food with Friends meal will be served at noon with a menu including chicken sandwich on a bun or hot dog on a bun, peas & carrots, coleslaw and Michigan fruit cup. Cost for the meal is \$5 for those under the age of 60; a donation of \$2.50 is suggested for those 60 years old and over. The Tigers Home Opener from Comerica Park will then be shown at 1 p.m. on the big screen in Room C. We will celebrate a “4th Inning Stretch” (not a 7th inning!) with fresh popped popcorn, beverages and goodies. The event concludes at 4 p.m. Tendercare of Mount Pleasant is generously sponsoring the watching party. Reservations for this event are required by noon Wednesday, April 3, and may be made by calling the Commission on Aging at **772-0748**. When making your reservations please leave a phone number for contact and please indicate if you will be joining us for lunch, just the watching party, or both! ***Go Tigers!***

## Mt. Pleasant Garden Club to Meet April 15

Everyone is invited to attend a program on Monday, April 15, in Room A at 1:30 p.m.. David Breedlove, owner of Pleasant Thyme Herb Farm on Baseline Road will be speaking about growing herbs. David is also the one who provides the flowers in downtown Mt. Pleasant every summer. We will begin our meeting with a social time and snacks at 1:00 p.m., followed by our program, and then our business meeting.

## (SERA) State Employee Retirement Association

The April meeting will be presented by the Genealogical Society of Isabella County. The presenters will be Cindy Smith, Sue Coon, Larry Noyes and Tammy Prout. Following the presentation there will be the regular business meeting, 50/50 drawing, and door prize. The meeting will begin at **1:30 p.m.** at the Commission on Aging Building, Room A, 2200 S. Lincoln Road. If there are any questions, or suggestions for following meetings, please feel free to contact me at **989-772-0597** or [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com). We hope to have a good turn out like we have had the past two months. See you on **April 16, 2013**.

## “Lincoln” is \$1 Movie and Popcorn - April 23

Steven Spielberg directs Daniel Day-Lewis to his third Academy Award for Best Actor in “**Lincoln**,” a revealing drama that focuses on the 16th President’s tumultuous final months in office. In a nation divided by war and the strong winds of change, Lincoln pursues a course of action designed to end the war, unite the country and abolish slavery. With the moral courage and fierce determination to succeed, his choices during this critical moment will change the fate of generations to come. Also starring Sally Field as Mary Todd Lincoln, Tommy Lee Jones, Joseph Gordon Levitt, Hal Holbrook and James Spader, this movie is rated PG-13 for emotional thematic content throughout, and some scary action sequences. Running time is 2 hours, 30 minutes. Reservations required at least 24 hours in advance by calling **772-0748**. The movie will begin at 12:45 p.m. in the Activity Center. When making your reservation, please indicate whether you will be joining us for lunch at noon just prior to the movie.

## Open Community Breakfast set for April 25

The Isabella County Commission on Aging will host it monthly all-you-can-enjoy monthly breakfast on Thursday, April 25 from 8 to 9 a.m. in Room C of the Activity Center, 2200 South Lincoln Road. The menu changes monthly but includes such items as scrambled eggs, bacon, sausage, cook’s specialty item, fruit, muffins, coffee, tea and juice. Cost for the meal is \$5. Reservations are required at least 24 hours in advance, and may be made by calling the Commission on Aging at **772-0748**.

## Upcoming Health Events

Register for these **FREE** classes **listed below** 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.**

**Could you, or a loved one, benefit from Hyperbaric Oxygen Therapy?      Wednesday, April 10   from 4 - 5 p.m.**

Hyperbaric Oxygen Therapy is a simple, non-invasive and painless treatment for slow healing wounds. Discover what this treatment is all about, what is involved and if you, or a loved one, would ever need, or benefit from, this type of treatment. Join Rose Shufelt, wound care clinician, and Robert David, hyperbaric technician, at the Wound & Hyperbaric Center 4639 E. Pickard, Suite A in Mt. Pleasant.

**Explore Treatment Options for Hip Arthritis   Thursday, April 11 from 6:30 - 7:30 p.m.**

Inflammatory arthritis of the hip is characterized by a dull, aching pain that is usually worse in the morning and lessens with activity; however, vigorous activity can result in increased pain and stiffness. The pain may limit your movements or make walking difficult. Join Orthopedic Surgeon Michael Moutsatson, DO for a discussion on the symptoms, diagnosis, and treatment options for hip joint pain. McLaren Central Michigan, FDJ Conference Room, 1221 South Drive, Mt. Pleasant

**Is Joint Replacement Right for You?   Thursday, April 11 or 25 from 1:30 - 4:30 p.m.**

The program features a planned course of treatment that places a strong focus on wellness and education, not sickness. If you would like to learn more about the joint replacement process, join Joint Replacement Coordinator, Beth Nesbitt, RN, at McLaren Central Michigan, FDJ Conference Room, 1221 South Drive, Mt. Pleasant. Registration is required for this free seminar. Call (989) 779-5651.

**Are You a Candidate for Bariatric Surgery?   Tuesday, April 16 from 6 - 7:30 p.m.**

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 Jeffrey Bonacci, MD, FACS and Sue Hahn, RN, BSN, McLaren Central Michigan Bariatric Coordinator. Call (989) 772-6739 to register for this FREE seminar. McLaren Central Michigan, Conference Room E, 1221 South Drive, Mt. Pleasant

**Protect the Skin You're in    Thursday, April 25 from 1 - 3 p.m.**

Skin cancer can be successfully treated before it has a chance to spread. Warning signs suggesting skin cancer include: a small change on the skin, a sore that does not heal, small change in an existing mole, or the development of a new mole. Call (989) 779-5606 to schedule your FREE appointment. Nisha Vashishta, MD, will perform skin screenings at 4639 E. Pickard, Suite A in Mt. Pl., on **Friday, April 19**, 9 am - Noon and Lacey Gardner, PA-C, at 1970 Ashland Drive, Suite B, Mt. Pleasant.

**Your Life Line - Arteries   Thursday, April 18 from 6 - 7 p.m.**

Arteries course throughout your body, supplying blood to vital organs. When an artery becomes clogged with plaque, it increases the likelihood of heart attack, stroke, and even death. It is important to be aware, no matter how old you are, of the causes of artery plaque and treatment strategies to prevent serious consequences. Join Interventional Radiologist Rami Safadi, MD, MBA to learn more about your life line. McLaren Central Michigan, FDJ Conference Room, 1221 South Drive, Mt. Pl. Call (989) 779-5606 to register.

Register for these **FREE** educational programs listed below 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**

**April 5, 12, 19, 26 from 9:00 a.m.-Noon** MidMichigan Health Park sponsors *free* blood pressure screenings as a public service. No appointment and no preparation are required. Screenings will be canceled due to holidays or bad weather.

**Treatment Options for Hip Pain**

**April 15, May 13, 21 from 6:30-8:00 p.m.** While many causes of hip pain arise from trauma to the joint itself, there are numerous structures surrounding the hip that can also be the source of inflammation. Join Orthopaedic Surgeon Brad Binsfeld, D.O., as he discusses the common types of hip pain, how to properly diagnose the source of the problem and the latest treatment options available.

**Diabetes Expo**

**April 13 from 8:00-11:00 a.m.** If you have diabetes, or provide for someone who does, join us at the Diabetes Expo. Visit vendor displays on the latest diabetes products, get your questions answered by the diabetes educators. Free screenings for participants who have diabetes on a first-come, first-served basis and include: Blood Pressure, Blood Glucose, Total Lipid Profile (HDL, LDL, total cholesterol and triglycerides), BMI and Waist Circumference, Bone Density Heel Scan. Registration is required. **Presentations Include:** ~ 9:30 a.m. – Dr Jennifer Morse-Diabetes “Weighty Issue,” ~ 10:45 a.m.– Kathleen Moore, R.D.-“Nutrition Made Simple”

*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: [coaintern@isabellacounty.org](mailto:coaintern@isabellacounty.org)

Genealogical Society of Isabella County

“A family tree can wither if nobody tends its roots.”

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

~ Upcoming Programs ~

April: Val Wolters will present her **Research Process Of Gathering Information For “The History of Ganiard Elementary” and Their MI Island Cottage.**

May: Program - In honor of Mother’s Day, members will present their **“Interesting Female Ancestors”**

June: Program - In honor of Father’s Day, members will present their **“Interesting Male Ancestors”**

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

Exercise for Older Adults By Dr. Robert Graham, Medical Director, CMDHD

Doctors describe older adults as anyone ten or more years older than themselves. For purpose of this article we will describe older adults as anyone over 65 years of age.

Physical activity is the motions associated with daily living and the bio-chemical actions of life while at rest. Exercise is the activity that exceeds the usual motions and bio-chemical actions associated with a resting state.

Exercise is associated with many positive health outcomes. Exercise reduces adverse lipid markers, reduces blood pressure and improves blood sugar control.(1) Other benefits include improved mobility and flexibility, reduced risk of falls, and improved mental health. (2)

The American Heart Association and the American College of Sports Medicine recommend four areas of exercise for people over 65 years of age and for people over 50 years of age with limited mobility due to a chronic illness such as osteoarthritis. The four areas are: aerobic exercise, muscle strengthening, flexibility, and balance.

Aerobic exercises should be performed for a minimum of 10 minutes and should include the use of large muscle groups. Suggested exercises include brisk walking, biking, golfing with no cart, swimming, treadmills, and stationary bikes. Duration depends on a person’s general health. The American Heart Association recommends 30 minutes of exercise five days a week.

Muscle strengthening includes weight lifting and resistance exercises using elastic bands.

Flexibility can be improved by activities such as yoga, calf stretching and shoulder stretching.

Balance exercises include things like tai chi and heel to toe walking.

Aerobic exercises, muscle strengthening, flexibility, and balance training can be done in the home. The exercises should be done at a regular time so as to be part of a person’s daily routine.

The benefits of these four modalities are dose related. That is, the more you do the more benefit you receive. Increasing the amount of exertion should occur in small steps. The advantages of aerobic exercises, muscle strengthening, flexibility, and balance training extend to people with all types of health issues.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org) and LIKE Central Michigan District Health Department on Facebook.

(1) Overview of the benefits and risks of exercise. From Up To Date, December 12, 2012

(2) Physical activity and public health in older adults: recommendation from the American College of Sports Medicine and the American Heart Association. Circulation. 2007;116(9):1094

Activity Center

APRIL ACTIVITIES

Monday	Tuesday	Wednesday
1 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 12:00 Community Service Council (A) 1:00 Pinochle, Dominos (C) 1:30 Yoga (F) 1:30 Toastmasters (B) 7:00 Square Dancing (C)	2 9:00 Tai Chi Five Elements (F) 10:00 Country 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 Mtg. (BR1) 7:00 Mt. Pleasant Historical Society (A) 7:00 Evening Bloomers (B)	3 8:30 Staff Meeting (Craft) 10:00 Watercolor Class (Craft) 10:00 Tax Help (A) Register in (B) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Rippers (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
8 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 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) 7:00 Square Dancing (C)	9 9:00 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 11:00 Tai Chi( F) 10:00 Country Music (B) 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)	10 10:00 Water Color Class (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)
15 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimers Practice (Craft) 1:00 Pinochle, Dominos (C) 1:00 Mt. Pleasant Garden Club (A) 1:30 Yoga (F) 1:30 Toastmasters (B) 7:00 Square Dancing (C)	16 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) 2:00 CARES (Craft) 6:30 Caregiver Support (Craft)	17 8:30 Staff Meeting (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Water Color Class (Craft) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
22 10:00 Dulcimer Practice (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Pinochle, Dominos (C) 1:00 Legal Service (CR1) 1:00 Readers Theatre (Craft) 1:30 Yoga (F) 1:30 Toastmasters (B) 7:00 Square Dancing (C)	23 8:00 Women’s Aid Staff Mtg (B) 9:00 Tai Chi Five Elements (F) 11:00 Tai Chi (F) 12:45 Movie “Lincoln” (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)	24 9:00 Mid Mich. Quilters (A and B) 10:00 Water Color Class (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
29 9:00 Organizational Meeting for the New Fitness Walking Program (A) 10:00 Dulcimer Practice (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Pinochle, Dominos (C) 1:30 Yoga (F) 1:30 Toastmasters (B) 7:00 Square Dancing (C)	30 9:00 Tai Chi Five Elements (F) 11:00 Tai Chi (F) 1:00 Caregiver Training (A and B) 2:00 Intermediate Line Dancing (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
4 9:00 Tai Chi Five Elements (F) 10:00 Tax Help (A) Register in (B) 10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab) 10:30 Singers (Craft) 11:00 Tai Chi (F) 1:00 Line Dancing (C) 1:30 Drawing Class (Craft)	5 9:00 Isabella County Collaborative (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 11:30 Tiger Trivia(C) 12:30 Learn the Ukulele (Craft) 1:00 Home Opener Tiger Game (C)	6 1:00 Euchre Card Party (C)
11 9:00 Tai Chi Five Elements (F) 10:00 Tax Help (A) Register in (B) 10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab)11:00 Tai Chi (F) 1:30 Drawing Class (Craft) 6:00 Clowns (C) 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy Mtg. (B)	12 2:30 FGP/SCP Recognition (A and B)  10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft) <b>6:00 Community Dance (C) \$5.00</b> <b>DJ/Singer/Oldies 50 and 60's</b>	13 9:00 DNR Wildlife Division (A and B)  1:00 Euchre Card Party (C)
18 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) Computer Help (Lab) 10:30 Singers (Craft) 11:00 Tai Chi (F) 1:00 Beginner Line Dancing (C) 1:00 Snowbird Book Club (Lib) 1:30 Drawing Class (Craft) 6:00 Watershed Conservancy (A) 6:00 Diversity Group (Craft)	19 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 Gold Key Volunteer Recognition (A B C)</b>	20 10:00 Daylily Group Mtg. (A)  1:00 Euchre Card Party (C)  3:00 Diversity Group Dinner (C)
25 8:00 All You Can Eat Breakfast (C) \$5.00 9:00 Meeting (A and B) 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft)11:00 Tai Chi (F) 10:00 Computer Help (Lab) 1:00 Beginner Line Dancing (C) 1:30 Drawing Class Starts (Craft)	26 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)	27 8:00 Quilt Class (A) ( B)  1:00 Euchre Card Party (C)
<b>Food With Friends</b> <b>Daily, Monday thru Friday</b> <b>Noon in Activity Room C</b> <b>See our Menu in this issue!</b>	<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	

Music

**Community Dance**  
**Friday, April 12**  
**6:00 - 9:00 p.m.**  
**COA Activity Center**  
**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, April 2 and 9

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

**Senior Singers**  
Thursdays, April 4 and 18  
10:30 a.m.

**Ukulele Lessons**  
Fridays, 12:30 p.m.  
Bring your instrument and enjoy playing  
**Bingo at the COA**  
Friday, April 19 - 12:45 p.m.

Games

Friday, April 26 - 12:45 p.m.  
**Deal or No Deal**  
Wed., April 10 - 11:15 before lunch with others.

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.

**Computer Help**  
If you have questions how to use certain programs on your computer, help is available. On Thursday mornings at 10:00 a.m., Jan will be in our computer lab to help. If you have a lap top bring it.

Art / Classes

**Watercolor**  
**March 27 - May 15**  
Beginner and Intermediate  
(some basic drawing skills required)  
**FULL**  
**\*\*\*\*\***

**Drawing Techniques**  
**March 28 - May 16**  
**Furs, Feathers and Flesh**  
**For all Creatures Great and Small**  
**FULL**

Upcoming Event

**Health Fair**  
**Thursday, May 9**  
**9:00 a.m. to 1:00 p.m.**  
**\*\*\*\*\***  
**FREE Balance, Hand**  
**Function,**  
**Speech and Swallowing**  
**Screenings**  
**Wednesday, May 22**  
**Appointments can be made by calling**  
**772-0748. Both events are at the COA**

Exercise Classes

**New Walking Fitness Program**  
Informational Meeting  
Monday, April 29 - 9:00 a.m. Room A  
Come learn about this new 6 week program. It will begin on Monday , May 6, 2013 and run for 6 weeks. It can accommodate 15 to 20 individuals.

**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.  
**Weidman Community Building**  
Mondays & Thursdays, 4:30 p.m.

**Yoga Class**  
**Thru May 6**  
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 Five Elements Class**  
Tuesdays and Thursdays, 9:00  
**April 2 thru April 25**  
\$60.00 for all or \$10.00 a class  
Certified Tai Chi for Arthritis Instructor  
5 Elements practice 10:00 a.m. \$5.00  
To register call Judi **989-773-0786**

**Beginners Tai Chi**  
Starts at a beginner’s level and incorporates “Chi Kung” exercises along with the short Tai Chi Forms. **FREE**  
Instructor: Pat-McGann Zionts  
Tuesday and Thursdays, 11:00 a.m.

# Activity Center TRAVEL ACTIVITIES

## 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. Reservations need to be in by April 5. **Call 772-0748.** We need **10** more people for this trip to go!

## Turkeyville

### “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.

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.

\*\*\*\*\*

## Baseball Game

Wednesday, July 31

Detroit Tigers vs. Washington Nationals

Cost: \$95.00 includes hot dog & drink

Seats in section #114 and #112 protected from the sun. Leave at 8:30 a.m. Game is at 1:00 p.m. Call ASAP **772-0748** for a reservation.

DAY AND EXTENDED TRIPS CALL 772-0748

## 2013

### 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

Almost Full!

August 9 - 12

\*\*\*\*\*



### Stratford

“Blithe Spirit”

“The Three Musketeers”

“Fiddler on the Roof”

Staying at the Arden Park Hotel

4 meals

August 21-23



### Memorials and Monuments

Washington D.C.

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](http://www.isabellacounty.org/dept/coa)

Click on COA Trips or

**Call 772-0748 for information!**

**FWF Eat Smart Menu**

**April 2013**

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>Pork Chop Bread Company Potatoes Carrots Pears</div>	<div>2</div> <div>Beef Stew Biscuit Broccoli Citrus Salad Grape Banana Fruit Cup Cookie</div>	<div>3</div> <div>Chili Corn Bread Baked Potato Apricots Graham Goldfish</div>	<div>4</div> <div>Baked Chicken Bread Whipped Potatoes/Gravy Crunchy Vegetable Salad Cinnamon Applesauce</div>	<div>5</div> <div>Chicken Pattie Hamburg Bun Peas &amp; Carrots Coleslaw Michigan Fruit Cup</div>
<div>8</div> <div>Chicken/Rice Casserole Bread California Blend Tossed Salad Mixed Fruit Cup</div>	<div>9</div> <div>Veal Parmesan Bread Peas Fruited Coleslaw Tropical Fruit</div>	<div>10</div> <div>Baked Ham Bread Squash Green Beans Strawberries</div>	<div>11</div> <div>Turkey Loaf Bread Corn Stewed Tomatoes Pears</div>	<div>12</div> <div>Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Peaches</div>
<div>15</div> <div>Salisbury Steak Bread Whipped Potatoes Peas &amp; Carrots Citrus Fruit Cup</div>	<div>16</div> <div>Chicken/Broccoli/Cheese Bread Baked Potato Italian Blend Pineapple Gelatin</div>	<div>17</div> <div>Meatballs Bread Redskin Potatoes Brussels Sprouts Mixed Fruit Cup</div>	<div>18</div> <div>Baked Spaghetti Garlic Toast Tossed Salad Peaches</div>	<div>19</div> <div>Turkey Stew Biscuit Coleslaw Cinnamon Applesauce</div>
<div>22</div> <div>Macaroni &amp; Cheese Bread Winter Blend Carrot Salad Pineapple</div>	<div>23</div> <div>Baked Chicken Bread Whipped Potatoes/Gravy Cauliflower/Cabbage Salad Pears</div>	<div>24</div> <div>Meatloaf Bread Squash Pea Salad Peaches</div>	<div>25</div> <div>Sloppy Joe Hamburg Bun Carrots Bean Salad Cherry Fruit Cup</div>	<div>26</div> <div>Smothered Chicken Breast Bread Oven Roasted Potatoes Tossed Salad Pumpkin Custard</div>
<div>29</div> <div>Beef Stroganoff Bread Spinach Coleslaw Cinnamon Applesauce</div>	<div>30</div> <div>Corn Chowder Bread Stick Hard Cooked Egg Tossed Salad Peaches</div>	<div></div>		

For more information regarding the menu, contact the Isabella Commission on Aging office in Mt. Pleasant at (989) 772-0748  
Menus are Subject to Change Without Notice  
Reservations are Required 24 Hours in Advance

Milk provided with all meals  
Suggested Donation \$2.50

**Shepherd** United Methodist Church, 107 W. Wright, Shepherd

Meals M-W-F, 10:00 a.m. - 2:00 p.m.      Rose Cowden, Site Manager **828-5106**

You will not want to miss this month of fun activities. Starting right out on April 1, we have the Red Hat Strutters and that is no April Fools!

A definite sign of spring is Opening Day for the Detroit Tigers. Join us with your Tiger Colors on April 5. Francis Bedell will be here helping us get hydrated for the big game.

Memory Loss – we all have it, come learn more about it with Barb Frankenfield on April 15.

Join us in the mornings for low impact exercise and concentration. Special programs begin after lunch. Come and get out and enjoy spring in the “Sweetest Little Town Around.”

**April Calendar**

- 1

The Red Hat Strutters – wear your red hats & your dancing shoes.
- 3

Euchre
- 5

OPENING DAY – BASEBALL SEASON – Who’s your favorite player? Wear your gear & colors.

- 8

CMU student, Francis Bedell, leading discussion on Hydration
- 10

Readers Theatre will be here!
- 12

Euchre
- 12

Word Search Puzzle Day
- 15

Barb Frankenfield presents “Memory Loss” in cooperation with the UMW group.
- 17

Euchre
- 19

National Humor Month – Got a good joke? – Story by Bessie
- 22

Welcome our new substitute!
- 24

Birthday Party for Rose Cowden and Queen Elizabeth II– Laurel’s Bingo w/ Prizes
- 26

Games – Your choice
- Maple Syrup Festival Begins

*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**

Spring is finally here! Come celebrate with us! Weather pending, we invite you to take a stroll down our trail through the woods and bird watch. We are connected to Sherman Township Library. Maybe you would enjoy reading a book on our picnic table while enjoying a cup of coffee. Do you like to garden? We have a garden that we'd be happy to have your help in caring for. Join us for various games and fellowship Monday-Friday.

**April Calendar**

- 1 April Fool's Day Stories – Calling all pranksters and prankies.
- 3 River Ramblers - 10:00 a.m.  
Barb Szymkiewicz Birthday Party

**April Calendar continued**

- 5 Opening Day of Baseball Season Celebration - wear your team colors!
- 8 National Poetry Month-Bring in your favorite poetry.
- 10 River Ramblers - 10:00 a.m.
- 11 Wendy from Tendercare of Clare presenting important health info.
- 15 Craft Day-Bring in your projects
- 17 River Ramblers - 10:00 a.m.
- 19 CMU student, Francis Bedell, leading discussion on Hydration.
- 22 Earth Day Celebration
- 24 River Ramblers - 10:00 a.m.
- 25 Barbara Streisand's Birthday
- 30 Play in the flower garden

**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**

April showers bring May flowers, so come in out of the rain and enjoy some of the many activities we have scheduled around our April Food with Friends meals:

**Tuesday, April 2** – Join the jammers for live music beginning at 10 a.m. Rooms B/C

**Thursday, April 4** – Frances Bedell health presentation: “Hydration” 12:15 p.m., Room C

**Friday, April 5** – Detroit Tiger Baseball Watching Party, Room C. See full article on Page 5. Reservations required by noon, April 3. Call **772-0748**.

**Tuesday, April 9** – Join the jammers for live music beginning at 10 a.m. Rooms B/C

**Wednesday, April 10** – Deal or No Deal by Tendercare at 11:15 a.m. in Room C

**Friday, April 19** – Meijer Bingo at 12:45 p.m. in Room C

**Tuesday, April 23** - \$1 Movie and Popcorn: “Lincoln”. See article on page 5. Reservations required 24 hours in advance. Call **772-0748**.

**Thursday, April 25** – All-You-Can-Eat Open Community Breakfast from 8 to 9 a.m. Room C. Cost is \$5. Reservations are required 24 hours in advance. Call **772-0748**.

**Friday, April 26** – Laurels Bingo at 12:45 p.m. in Room C

We look forward to seeing you!  
Jen

**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**

It's April – Wow! Where does time go? I think I'm still smiling from our St. Pat's Party! What a great time with so many of our friends. There is always room for more friends, though! If you haven't been out to meet us yet or it's been awhile, April is a great month to visit!

Rocky King and Friends get the month rolling by helping us celebrate our April Birthdays on April 1. We have another Birthday Celebration on April 22, for the merry ole' Queen of England! We have GREAT talent lined up for April! I think I might have a touch of that SPRING fever! Come and catch it! You're always welcome!

**April Calendar**

- 1 Rocky & Friends--Birthday Party
- 3 Kevin Bendele
- 8 Leon Seiter
- 10 Les Jenkins & Pat Kane  
National Garden Day
- 15 Dale Pridgeon
- 17 Aunt Mary, Kathy & Ralph
- 22 Lois & Steve Johnson  
Queen Elizabeth's Birthday
- 24 Ray Brown  
Lady Bug Day
- 29 Mark Bauman & Mark Ray

**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**

Hee Haw! Saddle up in gear for Western Day on April 19! Come on down for lunch in a western style atmosphere and singing country music with Leon Seiter and his friend Maxine. Later in the evening a free western movie will air at 6:15 p.m. Check out the activities for the rest of this month, and we hope to see you here for lunch.

Sit and Get Fit is M-W-F at 11:15 a.m. We have a free movie and popcorn every Friday at Rosebush Manor at 6:15 p.m.

**April Calendar**

- 1 April Fool's Day  
Penny Bingo -1:00 p.m.
- 3 Penny Bingo -1:00 p.m.
- 5 Chippewa Nature Center  
“Showers Bring”-12:45
- 8 Bingo w Prizes/  
Woodland Hospice 1:00 p.m.  
Red Hat Strutters 2:30 p.m.
- 10 Penny Bingo -1:00 p.m.
- 12 Nutrition “Hydration”-12:30  
Good Times Band -1:00 p.m.  
Cookies-2:00 p.m.
- 15 Birthday Party by Tendercare  
12:30 p.m.  
Crossword/Wordsearch-12:45
- 17 Bingo w Prizes/Laurels- 1:00  
Storytelling -2:00 p.m.
- 19 Western Day -11:30-2:00 p.m.  
Leon Seiter & Maxine-12:45
- 22 River Ramblers -12:45 p.m.
- 24 Penny Bingo -1:00 p.m.
- 26 Root Beer Floats -12:30 p.m.

Activities provided in cooperation with Rosebush Manor.



IN MEMORY OF

**Russell Martin**  
Midland Public Schools  
Leona Buchel  
Bob & Loraine Forquer  
Mike & Karen Straus  
Anna Buchel  
Donna Buchel  
Darlene Buchel  
Joyce Vibber  
Vince & Sue Weiferich  
Charles & Doris Roethlisberger  
Jerry & Carrie Weiferich

**Judy Fate**  
Shirley French

**Mary Dennis**  
Jack & Norma Mogg  
Randy & Rosie Mogg

**Peg Sowle**  
Chuck & Sue Vannorsdall

**Lois Kriener**  
Agnes Zawacki

**Helen Horn**  
Agnes Zawacki

**Walter Zawacki**  
Agnes Zawacki

**Eugene Bridget**  
Esther Bidget

**Dave Maney**  
Willard & Joyce Seeley

**Jeff Zuker**  
Paul & Diane Zuker

**Helen Parker**  
Anonymous

**Helen Horan**  
Anonymous

**Alene Brittain & Byron Clendening**  
George Ann Wolf on behalf of  
the Senior Singers

**Neil Langlois**  
Sally Merrifield

**Audrey Langlois**  
Sally Merrifield

**Theresa Langlois**  
Sally Merrifield

**James Hicks**  
Louise Ball  
Susan Werkau

In Home Service  
In Memory of

**Katie Slack**  
Don & Sue Schafer  
Eileen Jennings

**Curt Nash**  
Margaret Arnold-Nash

**Arlene Quick**  
Alan Quick

**Betty Mullett**  
Christine Hoffman

Food with Friends  
In Memory of

**Russell Martin**  
Frank & Ruth Ann Green

**Helen Rollins**  
Anonymous

**James Tolas**  
Petro Tolas

**Arlene Quick**  
Alan Quick

Gold Key Needlecrafters  
In Memory of

**Russell Martin**  
Cliff & Joyce Stacy

Active Living  
In Memory of

**James Tolas**  
Floyd & Bonnie Love

**Jack Krontz**  
Patricia Krontz

**Patty Faber**  
Floyd & Bonnie Love

**Jean Gage**  
Ron & Lois Doerr

**Arlene Quick**  
Alan Quick

**Jack Theisen**  
Jack & Mary Lou Westbrook

Gold Key Helping Hands  
In Memory of

**Arlene Quick**  
Alan Quick

Durable Medical Equipment  
In Memory of

**Judy Fate**  
Richard Fate

Activity Center  
In Memory of

**Betty Vogel**  
Newell & Shirley Dennis

**Arlene Quick**  
Alan Quick

**James Hicks**  
*From his Euchre Buddies:*  
Louise Ball  
Ruth Musser  
Bernie Hill  
Con Halter  
Wilma Morey  
Carrol Metcalf  
Jim & Ann DeLong  
Roger Hatt  
Colleen Campbell  
Howard Hofmeister  
Marjorie Lynch-Park

Donations to ACTIVE LIVING

Mary Nolan	Gloria Downhour	Rosemary Funnell
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Harold & Sharon Zastrow	Kathleen McIntosh	Marjorie Barrett
Mary Gaudette	James & June Fitzpatrick	Suzanne Anthony
Harold Billings	John & Marilyn Zerbe	Delbert & Joyce Heistand
Connie Hildebrand	Barbara Bush	Michael & Barbara McHugh
Ralph & Barb Pitts	Donald & Barbara Carey	Larry Johnson
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	Barbara Ingram	

*Donations listed in this issue were received by March 15, 3013. Thank you very much for your support.*

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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 **March 15**, we’ve received \$4661.00.

Computer Training Classes

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

<u>April Calendar</u>	<u>Free Classes</u>
3 6:00 p.m.	eReaders
8 11:00 a.m.	Basic Windows
9 10:00 a.m.	Basic Excel
16 10:00 a.m.	Intermediate Excel
22 11:00 a.m.	Microsoft Publisher
23 10:00 a.m.	Advanced Excel
25 2:00 p.m.	Internet Genealogy
29 11:00 a.m.	Basic Internet 1

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

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District 5	Rebecca Bott
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District 7	Sarvjit Chowdhary
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Temporarily Away

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

Active LIVING Deadline

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

Isabella County  
Commission on Aging

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

Mission Statement

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

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

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

In Home Services Program

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

Food With Friends Program

- Congregate Meals
- Home Delivered Meals

Foster Grandparent Program

- Senior Companion Program

Activity Center Program

- Activities /Trips


Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

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

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

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Mt. Pleasant, MI 48858

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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 April

### Breakfast at COA

The COA monthly Breakfast moves to the **last Thursday of each month (April 25) from 8 to 9 a.m.** and now will be **“All- You-Can-Enjoy!”** See **Page 5** for more details.

### Community Dance

**Friday, April 12**  
**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.**

## APRIL 2013 ACTIVE LIVING

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