

Active LIVING

Volume 113 Issue 5
May 2013

Formerly the Isabella Senior News

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



Aging Well Health Fair

Located at:
**Isabella County
Commission on Aging
2200 South Lincoln Rd.,**
.....

**Thursday
May 9
9:00 A.M. - Noon**

Hosted by
**Isabella County
Commission on Aging
and
Central Michigan District
Health Department**

- Nutrition Information by COA Nutrition Program
- Screening Services by Central MI District Health Department, McLaren Central Michigan, MidMichigan Health and CMU Carls Center
 - Grip Strength Test by McLaren Fitness
 - Healthy Spine Check by Dr. Whitford Chiropractor
- Drop off Old and Expired Prescriptions to Officer Jeff Browne
 - **Immunizations**
 - (Tetanus, Whooping Cough, Shingles, Pneumonia, and Hepatitis)
by Central MI District Health Department

If you are interested in receiving the Shingles vaccine, please check with your health insurance carrier prior to the clinic date to verify whether Shingle vaccination is a covered benefit for you if administered at a Local Health Department.

Information Tables also available for:

Adult Day Care, MSU Extension Health & Nutrition, Alzheimer Walk , 1016 Recovery Network

Questions may be directed to **Sally Wojciechowski, Isabella County Commission on Aging at 772-0748 or Melissa DeRoche, CMDHD at 773-5921 ext. 8433.**

Director’s Comments

Without a doubt, one of the best things about the Commission on Aging is the Gold Key Program and the hundreds of “Golden” Volunteers who devote tens of thousands of hours and drive thousands of miles to help fulfill the needs of our clients. Because of each one of our volunteers the Commission on Aging is able to serve our county and carry out our mission. The time you give keeps the Heart of our agency beating. We simply could not achieve the things we do without each one of you.



I say this from the bottom of my heart you are appreciated more than you will ever know. Each of you give a gift that cannot be replaced, it is the gift of love and a gift of time. You are a special group of people who make a difference to thousands of older adults throughout all of Isabella County.

It is because of your gifts that we all make a difference in the quality of care we give to our clients and for the reputation we achieve in the community. It is hard to thank you enough for what you do. We try when we see you on an individual basis, but it is never enough. That’s why we organize an annual recognition event where each of you are invited to attend an evening of entertainment and good food.

And herein lies the problem and the purpose of my comments. Last week the Commission on Aging had our annual Gold Key Volunteer Recognition Event. Our primary purpose is to say “Thank You” and publicly acknowledge your wonderful achievements. That I believe was accomplished. I believe we also provided great musical entertainment that you could “tap your toe to.” Our failure was in the food that was served. I am embarrassed and feel it is necessary to extend to each of you my apologies for the temperature of the food. It certainly did not meet our expectations.

I was brought up in a household where a guest was offered food as a show of appreciation, a show of acceptance and a show of love. We weren’t rich, but we shared what we had and we gave our best. Nothing less was acceptable. Please know that throughout the coming year the COA staff will provide “warm” appreciation to make up for the lack of warmth in your recognition meal.

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

Mission Moments

In 1963, President John F. Kennedy designated May as Senior Citizens Month, encouraging the nation to pay tribute to older people across the country. In 1980, President Jimmy Carter changed the name to Older Americans Month. This was to be a time to celebrate those over 65 with special programs, events and public recognition.

This year the theme of Older Americans Month is Unleash the Power of Age. This is about giving our older adults opportunities to teach others skills, to become involved and to volunteer their time to support those less fortunate. Doing these things helps promote a positive attitude toward aging, keeps one active and is a way to give back to your community. Here at the Isabella County Commission on Aging we are doing just that, not only in May but all year round.

By Sally Wojciechowski, Activity Center Director

Food With Friends Power of Age Road Trip!



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!

UPDATE: NO COST for adults age 60+! We do welcome donations for lunch that day. For people age 59 and younger, the cost is only \$5.00 for lunch!

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

Location: We will begin and end at Isabella County Commission on Aging, 2200 S. Lincoln Rd.

Sponsors: Compassionate Care Home Health Service, Inc is sponsoring Breakfast, Snacks, Prizes, and Activities. I – Ride is sponsoring our Transportation.

This interactive and upbeat, bus trip will travel to all of our Isabella County Meal and Activity sites, using the power of our age 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. Spaces are limited and filling up fast! For questions or to reserve your spot, please **call Elizabeth at 989-772-0748.**

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

Ask a COA Specialist

Question: When do I need the shingles vaccine and who pays for the vaccine?

Answer: According to the CDC (Centers for Disease Control and Prevention), it is recommended that anyone 60 years of age or older should get the shingles vaccine, regardless of whether they recall having had chicken pox. Studies show that more than 99% of Americans age 40 and older have had chicken pox, even if they don't remember having the disease. Even if a person has had shingles, it is still recommended that she/he receive the vaccine as it may help prevent future occurrences.

Who Should Not Get the Vaccine?

Again, the CDC recommends the following people should not get the shingles vaccine:

1. A person who has ever had a life-threatening or severe allergic reaction to gelatin, the antibiotic neomycin, or any other component of the shingles vaccine.
2. A person who has a weakened immune system because of:
 - HIV/AIDS or another disease that affects the immune system
 - Treatment with drugs that affect the immune system, such as steroids
 - Cancer treatment such as radiation or chemotherapy
 - Cancer affecting the bone marrow or lymphatic system, such as leukemia or lymphoma
 - Women who are or might be pregnant

Payment

Medicare Part D plans must cover the shingles vaccine. Before getting a vaccination, you should check with your Part D Plan to discuss coverage rules and where you might get the shot covered at the lowest cost.

You may pay the least for your shingles vaccine if you are vaccinated at:

- A pharmacy that is in your drug plan's network (an "in-network" pharmacy)
- A doctor's office that can work with a network pharmacy that will bill your Part D plan for the entire cost of the vaccine or can bill your Part D plan for the vaccine, directly

You Can

Ask a COA Specialist

Please mail your questions to:

Ask a COA Specialist

Isabella County Commission on Aging

2200 S. Lincoln Rd

Mount Pleasant, MI 48858

Or call (989)772-0748 ext. 236

Or Fax (989)773-0514

Caregiver Support

Our Caregivers Support Meeting will be May 21, 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 provided. If you have questions about this group feel free to call the COA at **989 772-0748**, Ann Kowaleski.

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

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.

This page is sponsored by: **Cheryl Jindeel at Century 21 Bowerman Peake Realty, Inc.**

Stay Active with Shuffleboard!

Shuffleboard starts the 2013 season on Tuesday, May 7, at 1:00 p.m. on the courts in Island Park. This activity for all ages is open to everyone—beginners to experienced players.

The group will meet Tuesdays and Thursdays until October or November, weather permitting. The cost is \$5 per person per year. For new members, the first time play is free. For guests, the daily fee is \$1.

For more information on the Bob Bates Shuffleboard Courts group, contact Bruce at 866-2623 or Polly at 621-7791.

***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**.

Spring Has Arrived...Explore the
Rebirth of Nature



Pictures Taken at Meridian Park By: Cathy Murray

While walking the trails at
Deerfield Nature Park and
Meridian Park!!

2425 West Remus
6 miles west of Mount Pleasant



www.isabellacounty.org/parks

**Tigers Watching Party a
Homerun!**

The Commission on Aging would like to say thank you to Tendercare of Mount Pleasant for sponsoring our First Annual Detroit Tigers Watching Party that was hosted by the COA on Friday, April 5. More than 60 folks joined us for Tigers Trivia contest, lunch and watching the 2013 season opener on the 'big screen.' Thank you again, Tendercare, for making our day of fun possible! Go Tigers!

**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!

**Falls Prevention from
NCOA - National
Council on Aging**

Falls are the leading cause of injury death for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through evidence-based interventions, practical lifestyle adjustments and community partnerships, the number of falls among seniors can be substantially reduced.

The Challenge

According to the U.S. Centers for Disease Control and Prevention:

- One-third of Americans aged 65+ fall each year.
- Every 15 seconds, an older adult is treated in the emergency room for a fall; every 29 minutes, an older adult dies following a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.3 million fall injuries treated in emergency departments annually, including over 650,000 hospitalizations and more than 20,000 deaths.
- In 2000, the direct medical cost of fatal and nonfatal fall injuries totaled over \$19 billion, \$28.2 billion in 2010 dollars.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$54.9 billion by 2020.

Falls with or without injury also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, self-limit activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

Reprinted with permission from NCOA Fact Sheet at www.NCOA.org

Coming Up In May at the COA Activity Center

Celebrate Cinco de Mayo Day at COA!



Food with Friends will hold a Cinco de Mayo celebration at the Isabella County Commission on Aging Activity Center in Room C on **Friday, May 3**. The celebration will start at 11:00 a.m. with a special performance by mariachi band “Mas Caliente” with Bobby DeLeon! Drinks and snacks will be available.

Please call Commission on Aging at **989-772-0748** for reservations by Thursday, May 2. Lunch will include Spanish chicken, baked potato, European blend vegetables and strawberries for dessert. Come join us for great entertainment!

- **Aging Well Health Fair - Thursday - May 9 - 9:00 a.m. to Noon**
- **Old/Expired Prescription Drop - Thursday - May 9
9:00 a.m. until 1:00 p.m.**
- **Stroke Awareness - Tuesday - May 21 - 10:30 a.m. to 11:30 a.m.**
- **Free Balance, Hand Function, Speech and Swallowing Screenings - Wednesday - May 22 - By Appointment
Call 772-0748 for an appointment time for each screening.**
- **AARP Safe Driving Class, Friday, May 24, 9:00 a.m. to 4:30 p.m.**
- **\$1 Movie and Popcorn - Tuesday - May 28 - 12:45 p.m.
“Les Miserables” in Rooms A & B**

For more information or to sign up for these events, please call the COA at 772-0748.

Reminder:

The Commission on Aging, Activity Center and all Food with Friends Sites will be closed on Monday, May 27, in honor of Memorial Day.

Genealogical Society of Isabella County

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

The Genealogical Society meets the 2nd Thursday of each month at the

Commission on Aging building at 7 p.m.

~ Upcoming Programs ~

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>

Mt. Pleasant Area Historical Society Meets on May 7

At the Mt. Pleasant Area Historical Society meeting at 7:00 p.m. May 7, Ron Rademacher, author of the popular “Michigan Back Roads” book series will present an entertaining program about the adventure to be had on Michigan back road travel. Ron operates a multi-site web ring dedicated to promoting tourism and small towns in Michigan. Michigan Webs creates and manages custom web sites for small businesses, artists and communities. He is also the author of four books about road trips to out-of-the-way places and small towns in Michigan. He also operates two road trip websites (www.michiganbackroads.com and www.upnorthmichigan.com) and a monthly web magazine (www.travelinmichigan.com). Rademacher will sell and sign his books following the program.

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.

(SERA) State Employee Retirement Association

I hope everyone had a nice Easter. Our May presenter will be Barb Frankenfield from the Commission on Aging. She will be speaking on the Water Aerobics at CMU. This is a very valuable service from the Commission on Aging. The meeting will be May 21 starting at 1:30 p.m. at the Commission on Aging Building, Room A, 2200 S. Lincoln Road. The business meeting will follow with the regular 50/5 drawing and door prize. If there are any questions, please feel free to contact me at **989-772-0597** or jac62irish@yahoo.com. Hope to see you there.

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

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. The following educational programs are held at **McLaren Central Michigan Hospital, 1221 South Drive, Mt. Pleasant.**

Protect the Skin You Are In

Skin cancer can be successfully treated before it has a chance to spread. Warning signs suggesting skin cancer include: a change on the skin, a sore that does not heal, change in an existing mole, or the development of a new mole. Join Nisha Vashishta, MD on **May 10**, from 9 a.m. to noon at 4639 E. Pickard, Suite A and Jonathan Daniels, PA-C on **May 16**, from 9 a.m. to noon in the FDJ Conference Room. Call **828-4614** to schedule your free screening.

Want to try counseling therapy?

Difficulties in life, stories in the media, worries of our economy and other struggles can lead to stress, or the perception that life's too much. Stress, without a solution, or a way to decompress, sometimes develops into depression and anxiety. If you're thinking about seeing a counselor, or would like to learn about therapy, join Wendy Yoder, MCM's licensed professional counselor, for a free 30-minute counseling session. To Register Call **779-5241** to schedule your free 30 min. appointment and on **May 15**, from 7 a.m. to 7 p.m. at McLaren Wellness, 2600 Three Leaves Dr. Call **828-4614** to schedule your free screening.

Free Balance, Hand Function, Speech and Swallowing Screenings

Do you, or a loved one, have difficulty with balance, dizziness, or unsteadiness on your feet? Difficulty using your hands for daily tasks, chores, or leisure activities? Trouble with your voice, swallowing, communication or remembering new information? Join McLaren Central Michigan's Rehabilitation Services team for FREE balance, hand function, speech, and swallowing screenings. Each screening will take up to 20 minutes. **To register for these screenings on May 22, for appointments beginning at 9 a.m. at the Isabella County Commission on Aging, 2200 S. Lincoln Rd. Call 772-0748 to schedule your appointment.**

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. Join James Pilkington, MD, FACS or Jeffrey 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 joint replacement. 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, contact our Joint Replacement Coordinator, Beth Nesbitt, RN. Call **779-5651** for dates and times and 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

May 3, 10, 17, 24, 31 from 9:00 a.m. to 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.

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

PROTECT YOU AND YOUR FAMILY AGAINST DISEASES....



GET VACCINATED!!!!

Central Michigan District Health Department will be providing adult immunizations on May 9th, 2013 from 9 a.m. – 12 noon at the Aging Well Health Fair (Isabella Commission on Aging in Mt. Pleasant). Adult vaccinations offered will be Tetanus, Whooping Cough, Shingles, Pneumonia, and Hepatitis.

If you are interested in receiving the Shingles vaccine, please check with your health insurance carrier prior to the clinic date to verify whether Shingle vaccination is a covered benefit for you if administered at a Local Health Department.



Central Michigan District Health Department
Promoting Healthy Families, Healthy Communities

Stroke Awareness Program May 21 at COA

A stroke is an EMERGENCY and a brain attack that can cut off vital blood flow and oxygen to the brain. In the US, stroke is the fourth leading cause of death with over 133,000 people per year dying from a stroke. It is also a leading cause of long-term adult disability. A stroke can happen to anyone, at anytime, regardless of race, sex or age.

Preventing a stroke means knowing the guidelines to help reduce your risk. These guidelines include health and lifestyle elements, what a stroke is, recognizing the symptoms, and knowing when and how to act in the event of a possible stroke.

The Rehabilitation Staff of McLaren Central Michigan will be presenting a class on Stroke Awareness on **May 21 from 10:30 a.m. - 11:30 a.m. at the COA**. During this class you will learn the definition of a stroke, recognition of stroke symptoms, guidelines to help reduce your risk of a stroke, and how to act when you think you or someone you love may be experiencing a stroke.

Prescription Drug Abuse Affects Central Michigan

By Sarah M. Kile, Health Educator

Every day, 2,500 teenagers nationwide use a prescription drug to get high for the first time. They are accessing these drugs in the comfort of home; it can be as easy as opening a cupboard, drawer, or medicine cabinet. In central Michigan the abuse of prescription drugs is a growing and serious problem. In fact, the abuse of prescription drugs to get high has become even more common among teens and young adults. Abuse of painkillers now ranks second—only behind marijuana—as the nation's most widespread illegal drug problem. Prescription drug abuse is the fastest-growing drug problem in the Nation, according to The Office of National Drug Control Policy.

According to health educator Sarah M. Kile, “Even though the problem seems to be growing out of control, each of us can be the solution!” Every responsible adult should be monitoring all the medicine in their home, knowing what and how much they have, taking note of how many pills are in a bottle or pill packet and keeping track of refills. All medicines should be safely locked away. Make sure to keep all medicine out of common areas in your home. Ask friends and family to safeguard their prescription drugs as well. Finally, medicine should be disposed of properly. Local police and sheriff's departments may have permanent medicine collection sites/drop boxes in your community. If you cannot find a site near you, mix your unneeded, expired or unused medicine with an unpleasant substance (like coffee grounds or used cat litter), moisten and seal in a container, making sure you have taken all personal information off prescription containers before they are disposed of.

If you are concerned about a family member, friend or loved one who may have an addiction issue, talk to them! Express your love and concern and encourage them to seek professional help. If you are suffering from addiction to prescription drugs, make sure to seek professional, medical help. Contact your doctor and your local substance abuse recovery network.

If you would like an opportunity to get involved to prevent prescription drug abuse, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. The County Health Rankings in central Michigan are among the worst in the state—TOGETHER WE CAN change that! For more information LIKE Together We Can Health Improvement Council on Facebook, visit our website at www.together-we-can.org or email us at TogetherWeCan@cmdhd.org. For more information on prescription drug abuse, please visit www.DrugFreeNorthernMichigan.com.

This article has been brought to you by Central Michigan District Health Department. Visit our website at www.cmdhd.org and LIKE Central Michigan District Health Department on Facebook.

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

Activity Center

MAY ACTIVITIES

Monday	Tuesday	Wednesday
		1 8:30 Staff Meeting (Craft) 10:00 Watercolor Class (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Rippers (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
6 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) 7:00 Square Dancing (C)	7 9:30 Tai Chi Five Elements (F) 10:00 Learn to Make a Kite (Craft) 10:00 Country Music (B) 12:00 Retired School Employees (A) 12:30 Banjos&Guitars (B) 2:00 Line Dancing (C) 5:15 COA Advisory Board Mtg. (BR1) 7:00 Mt. Pleasant Historical Society (A) 7:00 Evening Bloomers (B)	8 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)
13 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) 6:00 Parkinson’s Support Group (Craft) 7:00 Square Dancing (C)	14 9:30 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 10:00 Country Music 12:30 Banjos-Guitars (B) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 7:00 Mid Michigan Wood Workers (Craft)	15 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)
20 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Pinochle, Dominos (C) 1:00 Garden Club (not meeting here today) 1:30 Yoga (F) 1:30 Toastmasters (B) 7:00 Square Dancing (C)	21 8:30 Friends of Isabella Seniors Mtg (BR1) 9:30 Tai Chi Five Elements (F) 10:30 Stroke Awareness Program (B) 1:30 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing (C) 2:00 iPad Class (B) 6:00 Gleaners (C) 5:30 Into the Light(A)6:30 Caregiver Support	22 9:00 Fall and Balance, Hand Function, Speech and Swallowing Screening (A and B) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
27 CLOSED Memorial Day	28 8:00 Women’s Aid Staff Mtg (B) 9:30 Tai Chi Five Elements (F) 12:45 Movie “Les Miserables” (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. (A) 7:00 Stamp Collectors (Craft)	29 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Rippers Quilters (Craft) 1:00 Bridge (C) 1:00 Peppers (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
2 9:30 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab) 10:30 Singers (Craft) 1:00 Line Dancing (C) 1:30 Drawing Class (Craft) 6:00 Clown (C)	3 9:00 Isabella County Collaborative (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 11:00 Cinco De Mayo Celebration (C) 12:30 Learn the Ukulele (Craft)	4 8:00 Sewing Group (A and B) 1:00 Euchre Card Party (C)
9 9:00 Health Fair (A and B) 9:30 Tai Chi (F) 10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab) 1:30 Drawing Class (Craft) 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy Mtg. (B)	10 9:30 FGP/SCP in-service (A and B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft)	11 1:00 Euchre Card Party (C)
16 9:30 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) Computer Help (Lab) 10:30 Singers (Craft) 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)	17 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft) 12:45 Meijer Gift Card Bingo (C) 6:00 Community Dance (C) \$5.00 DJ/Singer/Oldies 50 and 60's	18 10:00 Daylily Group Mtg. (A) 1:00 Euchre Card Party (C)
23 Staff Development Day 9:30 Tai Chi Five Elements (F) 10:00 Computer Help (Lab) 10:00 Learn to Knit (Craft) NO MEALS TODAY! NO LINE DANCING TODAY!	24 9:00 AARP 55 Alive Driving Class (A) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft) 12:45 Laurel's Bingo (C)	25 1:00 Euchre Card Party (C)
30 10:00 Computer Help (Lab) 1:00 Beginner Line Dancing (C)	31 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft)	Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu in this issue!

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

Music

Community Dance

Friday, May 17

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, May 7 and 14

Play Your Dulcimer

Mondays, 10:00 a.m.

New people welcome!

Senior Singers

Thursdays, May 2 and 16

10:30 a.m.

Ukulele Lessons

Fridays, 12:30 p.m.

Bring your instrument and enjoy playing

Games

Bingo at the COA

Friday, May 17 - 12:45 p.m.

Friday, May 24 - 12:45 p.m.

Deal or No Deal

May 8 - 11:15 before lunch.

Classes

AARP Safe Driving Class

Friday, May 24

9:00 a.m. to 4:30 p.m.

Cost: \$12.00 AARP Members

\$14.00 non-members

Session is held in Room A of the COA Activity Center classroom style. Lunch is available that day here for \$2.50 if you are over 60 and for \$5.00 if under 60. You need a reservation for the class and the meal. Call 772-0748 by Monday, May 20. Payment for the class is made the day of to the instructor.

iPad Instruction

There is room for 8 more people in an iPad class that meets every third Thursday of the month at 2:00 p.m. at the COA Activity Center Room B. Judy Czarnecki, from the Chippewa River District Library tries to teach something new at each session. If you would like to come, please call 772-0748 and we will let you know if there is room in the class. Bring your own wireless device if you have one. Space is limited.

Upcoming Event

Old and Expired Prescription Drop Off

At the COA Activity Center on Thursday, May 9

9:00 a.m. to 1:00 p.m.

Officer Jeff Browne from the Department of Public Safety will be here during those hours to monitor the collection. They may not be dropped off at any other time. This program is an effort to help reduce possible abuse and limit access to prescription drugs. All ages are welcome.

Exercise Classes

Kite Making Class

Tuesday, May 7

10:00 a.m. COA Activity Center

Cost: \$1.00

Come and learn how to make a kite. All materials will be furnished. Call 772-0748 to reserve a spot. You will leave with the finished project, and depending on the weather, you may want to fly your kite! Optional: bring permanent markers to decorate your kite.

Yoga Class

New Class Forming

May 13 to July 8

(No class on Monday, May 27)

8 weeks for \$60.00

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, 9:30 to 10:30

May 2 thru May 28

\$60.00 for all or \$10.00 a class

Certified Tai Chi for Arthritis Instructor
5 Elements practice 10:30 a.m. \$5.00

To register, call Judi 989-773-0786

No Experience Necessary

Call if you have any questions.

Modern Western Square Dancing

There is square dancing again on Monday nights at 7:00 p.m. for all ages. If you think this is something you might like to try, lessons are \$5.00. For more information call Patricia Depriest at 989-621-1383.

Activity Center TRAVEL ACTIVITIES

Computer Help

If you have questions about 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.

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.

Day Trips Turkeyville Dinner Theatre “Steel Magnolias”

Wednesday, May 29 Cost: \$86.00

This heartwarming and bitter sweet comedy 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 NOW for a reservation.

Tiger Baseball Game

Wednesday, July 31

Detroit Tigers vs. Washington Nationals
Cost: \$95.00 includes transportation, ticket and 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. Home by 8:30 p.m.
Call ASAP 772-0748 for a reservation.

DAY AND EXTENDED TRIPS CALL 772-0748

2013

Mississippi River

Classic Oldies Cruise
May 15-17

Shipshewana Quilt Garden

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.

Mt. Vernon

Gettysburg

September 16-20

Lake Superior

Fall Foliage Tour

Tahquamenon Falls
Pictured Rocks National Lakeshore
Duluth
Apostle Islands Thunder Bay
Plus much more!
September 29-October 4

Fall Foliage Tour

Colonial Williamsburg
Greenbrier Resort and
Monticello

October 19-23

Branson

Clay Cooper, Dixie Stampede
Tribute to Neil Diamond,
Daniel O’Donnell
Presley Family

Branson Belle Showboat

Miracle of Christmas

Staying at the Lodge of the Ozarks
November 17-22

Chicago

Theatre and Shopping
Show “Million Dollar Quartet”
Palmer House Hotel

December 11-13

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				May 2013
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Roast Pork Bread Sweet Potatoes Stewed Tomatoes Pears	2 Baked Cod Bread Parsley Buttered Potatoes Kidney/Chickpea Salad Apricots	3 Spanish Chicken Bread Baked Potato European Blend Strawberries
6 Chop Suey Bread Brown Rice Tossed Salad Tropical Fruit	7 Meatloaf Bread Oven Roasted Potatoes Italian Blend Mixed Fruit Cup	8 Baked Chicken Bread Whipped Potatoes/Gravy Carrots Pears	9 Baked Ham Bread Steamed Cabbage Corn & Lima Beans Berry Fruit Cup	10 Chicken Ala King Biscuit Green Beans Fruited Coleslaw Peaches Graham Goldfish
13 American Goulash Bread Mixed Vegetables Coleslaw Pineapple	14 Sliced Turkey Bread Sweet Potatoes Brussels Sprouts Cherry Fruit Cup	15 Russian Chicken Bread Baked Potato California Blend Fruit Cocktail Gelatin	16 Beef and Noodles Bread Beets Tossed Salad Mixed Fruit Cup	17 Egg & Cheese Casserole Cinnamon Roll Sausage Links Redskin Potatoes Orange Juice Ambrosia Fruit Cup
20 Pork Chop Bread Company Potatoes Carrots Pears	21 Beef Stew Biscuit Coleslaw Grape Banana Fruit Cup Cookie	22 Hot Dog Bun Potato Salad Broccoli/Cauliflower Salad Strawberry Shortcake	23 CLOSED Staff Development Day	24 Chili Corn Bread Tossed Salad Apricots Graham Goldfish
27 CLOSED Memorial Day	28 Veal Parmesan Bread Peas Fruited Coleslaw Tropical Fruit	29 Baked Ham Bread Squash Green Beans Mixed Fruit Cup	30 Turkey Loaf Bread Corn Stewed Tomatoes Cinnamon Applesauce	31 Lemon Baked Chicken Bread Oven Roasted Potatoes Crunchy Vegetable Salad Peaches

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

Milk provided with all meals
Suggested Donation \$2.50

Shepherd United Methodist Church, 107 W. Wright, Shepherd
Meals M-W-F, 10:00 a.m. - 2:00 p.m. Rose Cowden, Site Manager **828-5106**

In May we are celebrating Older Americans Month. Our theme is ***Unleash the Power of Age.*** That means whatever age you are, you have something special to add to this world. Join us this month for some incredible fun and fellowship. On May 20, we are taking you around the border of Michigan (virtual). If travel is difficult for you, you will love this!

We are also having a Picnic/ Reunion on May 22. If you have never attended the Shepherd site, please come visit us. We would love to see you!

We would like to thank all of our

sponsors who have helped us tremendously in the past few months. Heather, from The Laurels of Mt. Pleasant, has been wonderful with providing birthday prizes, cookies, and other surprises. Amy, from Home and Hospice Advantage, supplied cookies for our baseball day and spent the day with us. Call Rose at **828-5106** to reserve your spot! We will celebrate Bessie’s birthday on May 29.

Rose Cowden’s last day is May 31. Come wish her farewell!

May Calendar	
1	Euchre
3	Pepper
6	Nutrition Ed: Caffeine
8	Unleash Power of Age Road Trip
10	Pepper
13	Stories by Carolyn
15	Russian Day w/ Euchre
17	Breakfast – Sunday Drives & Lazy Days. – Wear your lounge wear!
20	Virtual Tour of Michigan
22	Picnic/ Reunion Shirley Allen plays the piano.
24	Pepper
29	Birthday Party for Bessie
31	Various Games

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**

Unleash the Power of Your Age in Weidman as we celebrate Older Americans Month! Each year that passes brings new adventures that inspire us to grow in various facets of our being. With all those adventures under our belts, we as Older Americans have so much to share! Come share your adventures and experience new ones with us! Join us M-F for various games and fellowship.

May Calendar

- 1 River Ramblers - 10:00 a.m.
- 3 Craft Day - Bring in projects you have completed or are working on to show off and inspire the group!
- 8 River Ramblers - 10:00 a.m.
Road Trip group joining us at 1:00

- 9 Wendy - Clare Tendercare - Wellness
- 12 Mother’s Day Celebration
- 13 Nutrition Topic - Caffeine
- 15 River Ramblers - 10:00 a.m.
- 21 Remembering the 40’s - Dress to impress in 40’s era fashion and bring in your memorabilia.
- 22 River Ramblers - 10:00 a.m.
- 23 **Closed** - Staff Development Day
- 27 **Closed** - Memorial Day
- 28 The unofficial start to Summer Celebration - Vacation Memories! Bring in pictures/ souvenirs and share stories of your summer vacations.
- 29 River Ramblers - 10:00 a.m.

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**

It is with a tender heart that I announce I will be leaving the Food with Friends program at the Isabella County Commission on Aging at the end of this month. I have accepted another position in Mount Pleasant. For nearly the past two years, I have had the privilege of getting to know our participants. You have shared your personal history, your wisdom, more than a few laughs, and sincere kindness with me, and I am touched by your generosity of spirit. Thank you! Truly, it has been a complete pleasure to serve each of you.

May Calendar - Room C

- 7 Jammers live music at 10 a.m.
 - 8 Deal or No Deal - Tendercare 11:15
 - 14 Jammers live music at 10 a.m.
 - 17 Meijer Gift Card Bingo at 12:45 p.m.
 - 22 Picnic Food with Friends meal Noon
 - 23 **No Meals** - Staff Development Day
 - 24 Laurels Gift Card Bingo at 12:45 p.m.
 - 27 **Closed** No meals
 - 28 \$1 Movie and Popcorn. “Les Miserables” at 12:45 p.m. in Rooms A&B
- Blessings, Jennifer

Winn Community Building

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

Come celebrate Older Americans Month in Winn! We are gearing up for another month of fun, Fun, FUN! Along with our regular music bands, we have a few new talents coming in May!! Nancy and Benny Lopez will be here May 1, to help celebrate our May Birthdays. Welcome Buzz Stone on the 13. April Showers bring May Musicians! Don’t forget to join us on Fridays for fellowship. Come on in – the coffee and tea is always on! Always a guaranteed smile!

May Calendar

- 1 Nancy & Benny Lopez
- 6 Randy & Julie Davis
- 8 Les Jenkins, Pat Kane, Rocky King & Band
- 13 Buzz Stone
- 15 Andy Stanley
- 20 Mark Baumann & Mark Ray
- 22 Harold Helman
- 27 **Closed** – Memorial Day
- 29 Bud & Quanita Carter

Rosebush 433-0151

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

To celebrate Older Americans Month, Food with Friends will go on the road to visit all the sites in Isabella County from 8:30 a.m.-4:00 p.m. on May 8. Please contact Elizabeth at **(989) 772-0748** for information and to reserve your spot-- first come, first served basis. Craig Newton will sing and play the guitar at 1:00 p.m., and the Rosebush site will serve Root Beer floats at 2:15 p.m. that day.

The celebration continues with The Good Times Country Band on May 10 at 1:00 p.m. We will also host two special guests, Jerry Schafer--One Man Band at 12:45 p.m. on May 17, and Nate Myers will play Jazz/Blues on May 24 at 1:00.

May Calendar

- 1 Penny Bingo-1:00 p.m.
- 3 Chippewa Nature Center- “Dust Bunnies” -12:45 p.m.
- 6 Birthday Party-12:30
Cake provided by CareLine
Penny Bingo-1:00 p.m.
- 8 Road trip starting at COA-8:30 a.m.
Craig Newton-1:00 p.m.
Ice Cream Sundaes with FWF Trip Group-2:15 p.m.
- 10 Good Times Band-1:00 p.m.
Ice Cream provided by Rosebush Manor-2:00 p.m.
- 13 Bingo w/ Prizes / Woodland Hospice -1:00 p.m.
- 15 Bingo w/ Prizes by Laurels-1:00 p.m.
Storytelling-2:00 p.m.
- 17 Jerry Schafer-One Man Band-12:45
- 20 Dennis Kendrick talks about his trip
- 22 Picnic Day/Lunch-12:00 p.m.
Penny Bingo-1:00 p.m.
- 24 Nate Myers- Jazz/Blues-1:00 p.m.
- 27 **Closed**
- 29 Penny Bingo-1:00 p.m.
- 31 Nutrition/Caffeine Recommendations 12:30 p.m.
Crossword/Word Search-12:45 p.m.
Sit & Get Fit every M-W-F at 11:15 a. m.
Enjoy a Movie/Popcorn every Friday at 6:15 p.m.

Activities provided in cooperation with Rosebush Manor.

IN MEMORY OF

Nancy Deni

Pat & Marty Siuda
Tom & Betty Olson
William & Louise
McCracken

Peggy Sowle

Tom & Betty Olson

Betty Vogel

Marion Carpenter
Frank & Lou Frick
Mike & Sue Hovey
Stan Sheredy
Dick & Mary Paisley
Alice Paisley
Agnes McDonald
Stan & Ann Klumpp
Bob Heinlein

Dick Koester

Frances Murray
Jay & Darlyn Curtiss
Jeffery & Lee Bean
John & Judith Williams
Elton & Ina Mae Philo
Michael & Janet Goodyear
Recker Family Farms
Kelly & Pam Travis
Esther Cotter
Berry Funeral Home
Charles Purtill
Edna Nartker
Anonymous
Lois Curtiss
Don & Alice Paisley
Shaun Graham
Mr. & Mrs. Don Schumacher
Dean & June Stalter
Airport Animal Clinic PC
Roger & Patricia Trudell
J. B. Walden
Eileen Rau
Bob & Barb Roethlisberger
Clare & Lois Myers
Douglas & Joan Ruddell
Jerry & Bethal Schafer
Marie Green

Howard “Bunk” Wood

Catherine Garrett
Don & Jo Riley

Bob Lodes

Jan Lodes

Jean Gage

John Gage

Jack Theisen

Helen Lehnert

Vivian J Vanas

Joe Vanas
Dorthe James
Eddie Mayer
Art & Opal Vanas
Ron & Darla Ripple
Phil & Tracy Vanas
Charlotte Pasch

Helen Rollins

Ralph & Barbara Pitts

Harold Hetherington

Alice Hetherington

Ida A Coomer

Alice Hetherington

John Wirth

Lee Wirth

Active Living
In Memory of

Nancy Deni

Jack & Mary Lou Westbrook

Donald W Hauck - US Army
Veteran of the Korean War

Betty Hauck & Family

Jack Fussman

Betty Hauck & Family

Dick Koester

Linda Robinson

Gold Key
Transportation
In Memory of

Helen Parker

Larry Thomas

Monday
May 27
Memorial
Day

Please take
some time to
honor our
fallen heroes
and their loved
ones.



Donations to ACTIVE LIVING

Kim Douglas-Waugh Robert & Eileen Rankin Gary Sperry Louise Lobsinger Howard & Phyllis Schaeffer Janet Monroe Elliott & Emelia Parker Dorothy Snyder George & June Roberts Edna Nartker Beverly Gross Thomas & Glenda Fyke Velma Burr	Nancy Adams Alice Wilson Pastor Shirley Ellsworth Howard Homister Adeline Fortino Alice Gauthier Dee Beavers Robert Emery Eugene Tilmann Marlene Porter Randall & Lavonna Roose Leone Weber Yvonne Springer T.J. Schmitz Sara Louise Dell	William & Wenona Beltinck Charles Schwartz Ruth Martin Larry Johnson Veronica Schutt Jan Lodes Tonya Toole Harry & Rose Martin Mike & Margo Merchand Priscilla Garver Don & Jo Riley Bob Cook Donna Turner Borley Hanel Auxiliary 3033
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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 April 18, we’ve received \$5,551. We have a long way to go to meet our goal for this year. We appreciate your support.

Donations listed in this issue were received by April 18, 3013. Thank you very much for your support.

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

Donations to
COMMISSION ON AGING

Activity Center

William Hill
Violet Sutton
Janet Kuhn
Anonymous
Martha Rarick
Virgil & Joyce Haggart
VFW Post 4106
William & Wenonah Beltinck
Melvin Onuskanich

Have a Heart

United Methodist Women
Alice Garon LaBonte
VFW Post 4106

Gold Key Transportation

Mary Pickelman
Nelda Gilmore
Connie Hildebrand
Jane Leroux-Evans
Richard & Jean Thomas
Lois Rydahl

Food with Friends

VFW Post 4106

In Home Services

VFW Post 4106
United Methodist Women –Shepherd
Rodney Roethlisberger

Computer Training Classes

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

<u>May Calendar</u>	<u>Free Classes</u>
2 2:00 p.m.	eReaders
6 11:00 a.m.	Facebook 1
7 10:00 a.m.	Basic Email
9 4:00 p.m.	Quicken
13 11:00 a.m.	Basic Excel
16 2:00 p.m.	Basic Computing
20 11:00 a.m.	Online Shopping
23 2:00 p.m.	Basic Word
28 10:00 a.m.	iPad Photos
31 2:00 P.M.	Google Docs

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

Full Name

Number & Street

Apt. No.

City

Zip

Phone

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

New Subscriber or Change of Address

Full Name

Number & Street

Apt. No.

City

Zip

Phone

Please make checks payable to:
Friends of Isabella Seniors

Upcoming Events - Save the Dates!

Friday - July 12
COA 40th Anniversary
Open House
2:00 to 5:00 p.m.

Friday - August 2
10th Annual
COA and FOIS
Golf Outing
at Pleasant Hills

MAY 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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Friends of Isabella Seniors
2200 South Lincoln Road, Mount Pleasant, MI 48858

