

Active LIVING

Volume 113 Issue 6
June 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

**Isabella County Commission on Aging
& Friends of Isabella Seniors**

10th Annual Golf Outing
Friday, August 2, 2013
Pleasant Hills Golf Club
9:00 a.m. Shotgun Start - Scramble

**Proceeds from this event will be used
to reimburse our volunteers for their mileage**

Cost is \$210 per team (\$70 per person) includes...
18 Holes of Golf with Cart Cash Prizes for Flights
Continental Breakfast Lunch
After-the-Game Hors d'oeuvres

Check-In begins at 8:00 a.m.
Skins Game available at the course - \$15 per team

Space is limited to 40 teams
Pre-registration is requested!
Registration forms including payment are due **July 26!**

For more information contact:
Sally Wojciechowski or Ginny Cain
at **772-0748** or by email at
swojciechowski@isabellacounty.org or
gcain@isabellacounty.org

Isabella County Commission on Aging/
Friends of Isabella Seniors
2200 S. Lincoln Road, Mt. Pleasant, MI 48858



50/50 Raffle

**Silent
Auction**

Prizes

You could win

\$10,000

on a

Hole-in-One!

Sponsored by

**Friends of
Isabella Seniors**

You are Invited

*To the
40th Anniversary
Celebration
of the*

**Isabella County
Commission on Aging**

**Friday, July 12, 2013
2:00PM to 5:00PM**

2200 South Lincoln Road
Mt. Pleasant, Michigan 48858

Program @ 2:30PM
Reception & Refreshments to follow

RSVP By
Friday, July 5th
989-772-0748



1973-2013

COA is Seeking Old Pictures or Mementos

Do you have pictures of Commission on Aging events from years gone by? COA is seeking old photographs or mementos from the 1970's, 1980's and 1990's to be displayed at the 40th Anniversary Open House. Items will be returned to the owner after the event.

Please bring your old COA treasures to the Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant by June 27.

Director’s Comments

We are 40 years old!....Yes we, the Isabella County Commission on Aging. We were officially established in 1973 by the Isabella County Board of Commissioners at which time we became an official department within the County’s governmental structure. That original proclamation/resolution was pasted on April 10, 1973. The by-laws and Advisory Board were pasted and established in July, 1973. The funding for our first budget was provided by the County Board of Commissioner and totaled \$10,700.00. With that funding we hired our first agency Director, Jill Kooiman.



It was a short time later that we received our first Federal funding through the Older Americans Act. That initial grant established our Personal Care and Homemaking Programs along with an Outreach Program that eventually grew into our Case Management Program. In October 1973, which was the beginning our 1974 Fiscal year, we were given our first grants for our Food With Friends Nutrition Program. With that funding we established our first meal sites at St. Johns Parish Hall and the Saginaw Chippewa Tribal Reservation.

The offices for the Commission on Aging were located in the County Building. It was in the spring of 1974 that the first Senior Center opened. It was called Hospitality Corner and it was located at 201 South Main in Mt. Pleasant. The photos of that first Senior Center you can see below. They were provided to us by Jack Westbrook. That building sat at the south east corner of Michigan and Main and burned in 1999.



Why am I providing you with this information? Because we are going to celebrate!

2013 marks the 40th anniversary of our establishment, and on Friday, July 12, we are going to have an open house. So mark your calendars and plan on attending.



201 South Main Street - In 1974, a senior citizens Hospitality Corner opened here, with the sign hanging by Carl Bragg and Leo Bowen witnessed by: third from left in back - City Manager Larry Collins, fifth left in the hat - Zonta President Mrs. Harold Elliott, holding the ladder – Mt. Pleasant Mayor Dean Eckersley and others of the crowd of 75 Zonta members and other area senior citizens.

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

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

Ask a COA Specialist

Question: I have heard that some people do not have to pay for their Medicare premiums. Is there a program to assist with the payment and where would I apply?

Answer: : In order to qualify for the Medicare Savings Program, your maximum income and assets must not exceed the limits listed below. Assets may include real estate (excluding your home), i.e. a second piece of property or land, bank accounts (including checking, savings, and certificates of deposit), stocks, bonds, mutual funds, and Individual Retirement Accounts (IRAs). The maximum income and assets limits for assistance are:

Individual Guideline (before deductions)

Income: \$1,313 per month

Assets: \$7,080 or less

Married Guideline (before deductions)

Income: \$1,765 per month

Assets: \$10,620 or less

If interested, persons may apply at the Department of Human Services, located at 1919 Parkland Drive, Mt. Pleasant, MI 48858. You may also contact the Isabella County Commission on Aging’s Insurance Hotline at **(989)772-0748** to schedule an appointment for assistance with the application.

**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**

**9-1-1 Reflective Address Signs
available from COA - Call 772-0748**

Caregiver Support

Our Caregivers Support Meeting will be June 18, 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 implement immediately. 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.

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.**

Project Fresh 2013

Project Fresh is a wonderful program that provides \$20.00 worth of coupons for fresh produce that is purchased from local farmers, such as the Farmer's Market. Project Fresh coupons will be available for distribution again this year. Commission on Aging will have 125 coupon booklets to distribute.

In order to qualify for Project Fresh Coupons, you must be at least 60 years of age, and be considered low income. Distribution entails completion of an informational form and attendance of the nutrition education program. The entire process generally lasts one hour.

Due to the limited number of coupons available, we are requiring a scheduled appointment. Please **call after June 3** to schedule your appointment with the Commission on Aging Volunteer Ambassadors. Distribution will be held at Isabella County Commission on Aging, 2200 South Lincoln Road, Mt. Pleasant, MI. Please call **989-772-0748** for a scheduled appointment.

Mt. Pleasant Area Historical Society Meeting Replaced

A tour of Loren Anderson's mini-museum collection of Isabella County area historical memorabilia will take place at 1610 West Lyons Street in Mt. Pleasant at 7:00 p.m., on Tuesday, June 4. This event replaces the Mt. Pleasant Area Historical Society's usual monthly meeting. The public is invited and encouraged to attend.

Looking for Something To Do?

If you are interested in local events, check out the CMU website: www.cmich.edu. Type in Summer Events and you will find a wide variety of free and modestly priced upcoming events.

On Sunday, June 9 at 2:00 p.m., the Alumni of the CMU School of Music present the third annual Alumni Band Concert in the Staples Family Concert Hall in CMU's music building. This concert is FREE and open to the general public.

If you enjoy theatre, the 2013 CMU Summer Theatre is presenting Robert Fulghum's—*All I really Need to Know I Learned in Kindergarten* on June 26 and 30, *Anybody for Murder* on June 27 and 29 and *The Strange Case of Dr. Jekyll and Mr. Hyde* on June 28.

Mission Moments

Foster Grandparent Program

"No more pencils, No more books, No more teacher's dirty looks – Schools out for Summer." Well these lyrics don't exactly ring true for everyone – especially our Foster Grandparent Volunteers. After maybe a few weeks off many of our dedicated volunteers continue their service to children even on those hot and sticky summer days. They provide that needed support and structure assisting children in summer reading clinics, summer recreational programs and day care centers. Because of their service many children are able to maintain their reading levels while school is off or they advance in their reading skills. Learning never takes a vacation and neither do many of our Foster Grandparents.

We are proud of their dedication to helping others and making a positive impact on our future generation. To learn more about this amazing program contact Mary Ann Mooradian, FGP Coordinator at **(989) 772-0748**.

By Mary Ann Mooradian, FGP Coordinator

KINSHIP CARE SUPPORT GROUP

Isabella County Commission on Aging is now offering a Kinship Care Support Group service.

Who: This group is for individuals who are taking on new parental roles as caregivers to other family members' children.

What: The Kinship Care Support Group will be led by Masters level CMU professional counseling students completing an internship at COA. This group is designed to support kinship caregivers through the many challenges, concerns and issues that arise from taking on the role as kinship caregiver. There will also be opportunities for the group to be exposed to educational resources and information on kinship care.

When: The meetings will be held on Wednesday, June 12, 2013. The duration of the meeting is 6:30PM-8:00PM.

Where: Isabella County Commission on Aging in the Art Room

Contact: If you or someone you know is interested in joining the Kinship Care Support Group, please contact Joree Chapman at **989-772-0748 x. 238** or coaintern@isabellacounty.org.

COA Has Used Medical Equipment To Lend

The Commission on Aging lending locker is bursting with good condition, used medical equipment. Some of our items include walkers, shower chairs, and portable commodes. Our only request is that the items be returned to us clean and in good working order. If you are interested, stop by our building to view our selection.

FWF Road Trip Recap

According to all the comments I would say the Unleash the Power of Age Road Trip was a huge success. It was a beautiful spring day with blue skies and a warm sun. It was so nice to get to know our regulars better that participated and those that were brand new to the Food with Friends Program. If you started out as strangers you are now friends! We look forward to seeing you again. It was a full bus, so if you were not able to get a spot, we still welcome you to visit any of our sites.

Tami, our driver from ICTC, was an extra bonus to our day. She did a wonderful job of driving us around to the Isabella Meal and Activity Sites. She went above and beyond by escorting participants on and off the bus, helping inside the sites, playing games and dressing up for photos. Thank you ICTC for providing the service “free of charge”.

We also want to thank Becky Good from Compassionate Care Inc. for providing all the extras throughout the day as well as breakfast, ice cream sundaes, crafts, and our photo booth. It was also nice of her to join us for our card party in Shepherd.

So many friendly faces greeted us as we entered each food site: Shepherd, Winn, Weidman, Rosebush and Mt. Pleasant. Thank you to each of you for your great hospitality and all your “extra” treats! Thanks to Nancy Cotter, Marcia David, Molly York, Darcy Buchoz, Dawn Smith volunteering your time to help with the tour.

Thanks also to Clyde from Doozies for being generous with his Doozie Dollars. Thank you to Judy Adams for the lovely hats and scarves for our photo booth and for Ivy DeGraw for taking the photos.

I would also like to thank the people behind the scenes that we never get to see. I am sorry if I do not mention you by name, but you know who you are. Whether you work in the kitchen or the office, you helped make this day happen.

Rose Cowden, Shepherd Site Manager

Country Quilters Quilt Show

The Country Quilters will host their annual quilt show and demonstration during Weidman Daze, Friday, July 12 and Saturday July 13 from 10 a.m. to 4 p.m. at the Community Center, 5918 West Bridge Road (behind Isabella Bank). Admission is free. A hand quilted queen size quilt "Log Cabin Star" will be raffled at 4 p.m. on Saturday, July 13. Ticket holders need not be present at the drawing. The quilt is on display at Abbott's Furniture in Weidman.

Coming Up In June at the COA Activity Center

Monthly Breakfast Back by popular demand!

The monthly breakfast is served at 8:00 a.m. at Commission on Aging and is scheduled for the second Tuesday of the month on June 11, 2013. The menu will include the following:

Egg Casserole
(Food with Friends Famous Casserole)
Bacon/Sausage
Fruit
Toast or Muffins
Juice/Coffee
Chef’s Special featured each month

The cost is \$5.00.

Please call **989-772-0748** for reservations at least 24 hours in advance. Invite your friends and family and enjoy a hot breakfast. There is no age requirement to attend. Please join us!

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 Program ~

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>

(SERA) State Employee Retirement Association

Our June presenter will be Ginny Cain from the Commission on Aging. She will be speaking on the rewards of volunteerism. It is a proven fact that the more we serve others the happier and healthier we are. The meeting is June 18 at 1:30 pm at the Commission on Aging, Room A, 2200 S. Lincoln Road. Once again I hope we have a good turn out for this informational meeting. Following we will have 50/50 drawing as well as the door prize. Any questions please contact me at **989-772-0597**. If you have any suggestions for the following part of the year please contact me. Our summer pot luck will be in July.

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

June 14, from 1:00-3:00 p.m., at 2935 Health Parkway, Mt. Pleasant. 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. Even a small change in the skin can be a warning sign, so delaying treatment may be harmful to your health. Screenings will be done with Alex Corcoran, PA-C. Call to register for your free screening.

Knee Arthritis Program

June 13 from 6:30-7:30 p.m. in the FDJ Conference Room. Arthritis or simply years of use may damage knees, causing symptoms of pain. If you are experiencing knee pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon Charles Lilly, MD and learn about treatment options to ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee replacement surgery will be discussed. Call to register for free educational program.

Are You a Candidate for Bariatric Surgery?

Learn more about bariatric surgery including treatment options, types of procedures, risks and benefits, program expectations, and insurance requirements. You'll have the opportunity to ask questions and hear honest answers from bariatric experts, James Pilkington, MD, FACS or 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 **(989) 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 **(989)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

June 7, 14, 21, 28, from 9:00-12:00 p.m. MidMichigan Health Park sponsors **free** blood pressure screenings as a public service. No appointment and no preparation are required. Screenings will be canceled due to holidays or bad weather.

Bariatric Surgery Options

June 27, from 6:00-8:00 p.m. Learn about laparoscopic weight loss surgery and how it can improve your health and life. Bariatric Surgeons will highlight laparoscopic Roux-en-Y, adjustable banding and sleeve gastrectomy surgical options. Please call to register for this free program.



Campgrounds are Opened!
Let Your 2013 Summer Memories
Begin with Your
Isabella County Parks!!



Contact the Parks Main Office at
989.772.0911 extension 340
to reserve your sites today!!

Isabella County Parks and Recreation
Email: parks@isabellacounty.org
www.isabellacounty.org/parks



Stay Active with Shuffleboard at Island Park

The 2013 Shuffleboard season is underway on Tuesdays and Thursdays 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 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**.

Site Assistants Needed

Have you ever thought about volunteering? Are you looking for a way to give back to the community or stay active?

Perhaps you would enjoy volunteering at a Food With Friends Site? A volunteer **Site Assistant** in the Activity Center would work from 8:00 a.m. to 12:30 p.m. once per week to package meals for homebound older adults and serve meals to congregate participants. Other sites would need a volunteer from 11:00 a.m. to 1:30 p.m. **We are currently in need of Site Assistants in the Rosebush area on Monday or Wednesday or Friday.**

For more information on volunteering, please call Ginny Cain at 772-0748.

Save the Date!

Health, Wellness & Lifestyle Expo

July 10, 2013

Soaring Eagle Casino & Resort
Ballroom

10:00 a.m. – 2:00 p.m.

Free Admission
Everyone Welcome

If you are an Elder or know one, this Expo is for you. Come gather information to make those older years a pleasant memory with your family.

Sponsored by:
Saginaw Chippewa Indian Tribe
At-Large Program

Organ Donation *By Central Michigan District Health Department*

A person can donate a kidney, bone marrow, part of a liver or lung or small intestine and still lead a normal, full life. A deceased donor is one who has been pronounced brain dead or may be someone who has no hope of recovery and is being kept alive by machines. Donations can include lungs, heart, liver, kidneys, pancreas, and intestine for people on the waiting list to receive transplants. Tissues that can be donated include corneas, bone, skin, heart valves, blood vessels, ligaments, tendons and other soft tissues according to Gift of Life Michigan’s website www.giftoflifemichigan.org.

Gift of Life Michigan, states that people waiting for a transplant is as follows as of March 1:	Kidney	2,553
	Liver	327
	Lung	96
	Heart	78
	Kidney/ Pancreas	44
	Pancreas	13
	Kidney/Liver	12
	Intestine	5
	TOTAL	3,135

Their website also states that there were 261 organ donations, in 2012 and they provided 777 organs, to those waiting. Gift of Life claims that each organ donor can save up to eight lives and tissue donors can impact up to 50 lives!

Not everyone who is a registered donor will be able to have their organs used when they die. This is why it is so important to have more people register. Most people when they die aren’t being kept alive by life support or in a place where there organs can be saved to give to those in need. Sometimes people think they can’t have an open casket funeral if they sign up to be an organ donor, but they most certainly can.

Registering couldn’t be easier. All you need to do is go to www.giftoflifemichigan.org or your local secretary of state branch office, to sign up to become an organ donor. It is suggested that you either consult or at least let your family know of your organ donor wishes so that they know your thoughts and feelings on organ donation. Anyone can donate regardless of age or health. If a potential donor has an illness like HIV or Hepatitis C, they may be able to still donate organs to someone with the same diagnosis who needs a transplant. Minors do need parental consent. If a person is declared brain dead at the hospital or has no hope of recovery, the hospital will consult with the family if there is no clear indicator that the patient is an organ donor to ask them about organ donation. It is much easier if a person simply registers as an organ donor first. If the transplant team can use your organs, they will. If your organs cannot be donated, they are still able to be used for invaluable research.

Consider doing something for the greater good and register to become an organ donor today. It makes perfect sense. You actually could make a difference. Let’s make a positive change and try to move the list of potential donors ever higher, so that we may see a decrease in those who are trying to survive awaiting a transplant. Register today so that you might have the opportunity to save the lives of those in need.

This article provided by Central Michigan District Health Department. Visit our website at www.cmdhd.org and LIKE Central Michigan District Health Department on Facebook.

Activity Center

JUNE ACTIVITIES

Monday	Tuesday	Wednesday
<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 B = Activity Room B C = Activity Room C Craft = Arts & Crafts Room F = Fitness Room CR1 = Conf Room B139 Lab = Computer Lab BR = Board Room B126		Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu in this issue!
3 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 12:00 Community Service Council (A) 1:00 Pinochle and Dominos (C) 1:30 Yoga (F) 6:00 It Works (A) 7:00 Dog Park (Craft) 7:00 Square Dancing (C)	4 9:30 Tai Chi Five Elements (F) 10:00 Country Music (B) 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)	5 8:30 Staff Meeting (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Rippers (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
10 9:30 MAFG/SCP Meeting (B) 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Pinochle and 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)	11 8:00 New Day for Breakfast (C) 9:30 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 10:00 Country Music12:30 Banjos-Guitars (B) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 2:00 FGP/SCP Advisory Council (A) 7:00 Mid Michigan Wood Workers (Craft)	12 10:00 and 11:00 Exercise-Low Impact (F) 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) 2:00 Receptionist Training (B)
17 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Pinochle, Dominos (C) 12:00 Garden Club (A) 1:30 Yoga (F) 7:00 Square Dancing (C)	18 8:30 Friends of Isabella Seniors Mtg (BR1) 9:30 Tai Chi Five Elements (F) 1:30 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing (C) 2:00 iPad Class (B) 6:30 Caregiver Support (Craft)	19 8:30 Staff Meeting (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 10:30 PF (B) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
24 10:00 and 11:00 Exercise-Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Pinochle and Dominos (C) 1:00 Legal Service (CR1) 1:00 Readers Theatre (Craft) 1:30 Yoga (F) 7:00 Dog Park Mtg. (Craft) 7:00 Square Dancing (C)	25 8:00 Women’s Aid Staff Mtg (B) 9:30 Tai Chi Five Elements (F) 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)	26 10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)

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

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

Thursday	Friday	Saturday
		1
6 9:30 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab) 10:30 Singers (Craft) 1:00 Beginner Line Dancing (C) 6:00 Clown (C)	7 9:00 Isabella County Collaborative (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft)	8
13 8:00 SCP Quarterly Training (A) 10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab) 10:30 PF (B) No Line Dancing Today! 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy Mtg. (B)	14 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft) (Last Class Until September 13)	15
20 9:30 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab) 10:30 Singers (Craft) 1:00 Beginner Line Dancing (C) 1:00 Snowbird Book Club (Lib)	21 8:30 FGP/SCP in-service (A and B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:45 Meijer Gift Card Bingo (C) 6:00 Community Dance (C) \$5.00 DJ/Singer/Oldies 50 and 60's	22 1:00 Ostomy Group (Craft)
27 9:30 Tai Chi Five Elements (F) 10:00 Computer Help (Lab) 10:00 Learn to Knit (Craft) No Line Dancing Today! 6:00 It Works (A)	28 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:45 Laurel's Bingo (C)	29

Music

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, June 4 an 11

Play Your Dulcimer

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

Senior Singers

Thursdays, June 6 and 20
10:30 a.m.

Ukulele Lessons

None this summer.
Starting again Friday, September 13

Games

Cards

Pinochle on Mondays at 1:00
Pepper on Wednesdays at 1:00
Bridge on Wednesdays at 1:00

NO EUCHRE PARTY
ON SATURDAYS

Bingo at the COA

Friday, June 21 - 12:45 p.m.
Friday, June 28 - 12:45 p.m.

Deal or No Deal

June 12 - 11:15 before lunch.

Classes

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.

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.



Community Dance

Friday, June 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.

Exercise Classes



Yoga Class

Classes are on Mondays from 1:30 - 2:30 p.m. As always, students can drop in for \$10.00 per class.
Next 8 week session for \$60.00 is 7/15-9/9.

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
June 4 thru June 27
\$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.

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.

Activity Center TRAVEL ACTIVITIES

DAY AND EXTENDED TRIPS CALL 772-0748

Day Trips
Turkeyville
Dinner Theatre
“Steel Magnolias”

Wednesday, May 29 Cost: \$86.00

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. SOLD OUT!

Mackinac Island
Thursday, August 15
Cost: \$90.00

Spend a day on Mackinac Island doing it your way. The cost includes motor coach transportation to and from Mackinaw City and Arnold boat ride to and from the Island. The motor coach will depart from pole B in the Meijer Store parking lot at 8:15 a.m. We will take the 11:30 a.m. boat which travels to the Island but goes under the Mackinaw Bridge first. If you have never done it before, bring your camera. Then you will have from noon to 4:00 p.m. to explore. There are a variety of places to eat. You can take a carriage tour for \$26.00 on your own or walk around to see the sights. What a nice way to spend a summer day. Call 772-0748 to reserve your spot. Payment is due by July 31.

2013

Shipshewana
Quilt Garden

Plus the play “Half Stitched”
June 4-6

Summer Mystery Trip

August 9 - 12
SOLD OUT!

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

2 motor coahes going

Lake Superior

Fall Foliage Tour

Tahquamenon Falls
Pictured Rocks National Lakeshore
Duluth

Apostle Islands Thunder Bay

Plus much more!

September 29-October 4

For a brochure call Sally at
772-0748.

Fall Foliage Tour

Colonial Williamsburg
Greenbrier Resort and
Monticello

October 19-23

Mystery Trip

November 5 and 6

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

2014

Florida


Florida Keys & Fort Myers Beach
January

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

June 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak Bread Whipped Potatoes Brussels Sprouts Pears	Chicken Salad Bread Cucumber Salad Apple Slices Strawberries	Turkey Loaf Bread Corn Pea Salad Mixed Fruit Cup	Lasagna Garlic Toast Broccoli Tossed Salad Michigan Fruit Cup Graham Goldfish	Turkey Stew Biscuit Coleslaw Watermelon
Macaroni & Cheese Bread Green Beans Tossed Salad Pineapple	Baked Chicken Bread Whipped Potatoes/Gravy Peas & Carrots Cherry Fruit Cup	Sloppy Joe Bun Malibu Vegetable Blend Bean Salad Cantaloupe	Sliced Turkey Bread Sweet Potatoes Stewed Tomatoes Pears	Smothered Chicken Breast Bread Oven Roasted Potatoes Cauliflower/Cabbage Salad Pumpkin Custard
Corn Chowder Bread Stick Hard Cooked Egg Tossed Salad Peaches	Beef Stroganoff Bread Spinach Carrot Salad Watermelon	Spanish Chicken Bread Baked Potato European Blend Pineapple Gelatin	Pork Chop Bread Potato Salad Carrots Oatmeal Apple Crisp	Meatloaf Bread Squash Coleslaw Cinnamon Applesauce
Chop Suey Bread Brown Rice Green Beans Tropical Fruit	Trout Melt Bread Peas Kidney/Chickpea Salad Mixed Fruit Cup	Lemon Baked Chicken Bread Whipped Potatoes/Gravy Carrots Pears	Baked Spaghetti Garlic Toast Cauliflower Tossed Salad Peaches	Baked Ham Bread Steamed Cabbage Corn & Lima Beans Watermelon
				

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. Peggy Chiarenzelli, Site Manager 828-5106

Hello, I am Peggy Chiarenzelli and I am the new Site Manager here in the lovely town of Shepherd. I am super excited to be appointed to this location and have many exciting plans for this month and into the future. The inspiration for activities planned for the month of June comes from just outside the door. Our Shepherd facility has beautiful grounds and lovely Maple trees, fresh air and exceptionally friendly folks! I plan to utilize these fine qualities of the town throughout the month, including some fun outdoor games such as Washers, Yard Bocci and Croquet. For our less active participants, play Chinese Checkers, regular Checkers and card games under the Maples.

To kick off a summer of recreation and fun, we will have a “Friends and Neighbors” Ice

Cream Social sponsored by CARELINC on June 21, the first day of Summer! All the outdoor games will be set up for this occasion and, of course, plenty of tables under the Maples for socializing and card playing. Enjoy a Victorian inspired afternoon, and listen to music softly playing in the breeze. Please sign up as soon as possible for the games and events planned in Shepherd as it looks like our group is expanding! Call at any time with questions or to sign up by phone at 828-5106.

June Calendar

3

Yard Bocci –Regular and Chinese Checkers under the Maples and fresh lemonade.

5

Euchre – Nutrition Education: “The Importance of Physical Activity”

7

Pot some posies – Make and take a pot of

summer flowers.

10 Washers (Similar to Horse Shoes) Card games (of choice) under the Maples.

12 Euchre/Father’s Day celebration. Bring picture and/or a story about your father.

14 Flag Day Show your American Spirit, wear red, white, and blue. Everyone gets an American flag! June Birthday Party too!

17 Croquet – Rummy under the Maples.

19 Euchre – Bring your UFO! (UnFinished Object) Quilting, woodwork, or just about any other craft, Peggy can help you through.

21 **Friends / Neighbors Ice Cream Social**

24 Yard Bocci

26 Euchre

28 Pick a Prize Bingo-Pick gift of your choice on display. Coverall Jack Pot receives a beautiful gift basket!

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**

Come experience the beauty of June in Weidman. Thank You to Becky Good from Compassionate Care, Inc. for adding to that beauty by providing us with lovely flowers for our garden. Compassionate Care Inc. also provided the materials needed to make encouraging cards for our 4th graders next door who are moving on to middle school.

June Calendar

- 3 Grandparents Brag Day! Bring in pictures of your grandkids and brag!
- 5 River Ramblers-10:00 a.m.
- 6 Playing in the garden! Bring appropriate clothing to participate.
- 10 Discussion on Phone Scams

June Calendar continued

- 12 River Ramblers-10:00 a.m.
- 13 Wendy-Clare Tendercare – Health Topic
- 14 Flag Day Celebration sponsored by Home & Hospice Advantage
- 17 Father’s Day Celebration
- 18 Picnic Day
- 19 Birthday Party for Elaine Currie with River Ramblers- 10:00 a.m.
- 20 Nutrition Topic – “The Importance of Physical Activity”
- 24 Card Games
- 26 River Ramblers-10:00 a.m.
- 27 Birthday of “Happy Birthday” first written in 1893 as “Good Morning”

COA Activity Center

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

I am excited to be your new Site Manager for the activity center in Mt. Pleasant and looking forward to meeting all of you and learning what your interests are. I have been a site manager for nine years for the Rosebush site and have been working for In-Home services of the Commission on Aging for over six months. I have lived in this area most of my life. I am married to my best friend of twenty four years and we have four children and four grandchildren. I enjoy having family get togethers, going fishing, canoeing the rivers and camping. In my spare time, I enjoy gardening and reading.

I will be at the site on Tuesdays and Thursdays until July 1, and then I will be there permanently five days a week Monday through Friday. Join us June 7, for a FUN NEW GAME from 12:30 – 1:30pm. Staff from Masonic Pathways will be here to lead us in a game of Question Quest and will be bringing snacks. Check the calendar for other upcoming events this month.
Penny Wisney, Site Manager

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**

Many Thanks to Linda Elliott from Elliott’s Green House in Mt. Pleasant and Amy from Home & Hospice Advantage for making our Mother’s Day Celebration Great! Home & Hospice Advantage also added a little POP to our picnic by supplying us with soda.

Since the sun has been shining it seems like I have all the flowers popping up here! Every day people are leaving with a smiles on their faces and I can hear humming as they go out the door! If you need a lift up, come on in and share the experience for yourselves! We have many happy days planned for June. We are sure to have fun surprises pop up as well!

June Calendar

- 3 Birthday Party with Leon Seiter
- 5 Kevin Bendele
- 10 International Clothes Line Day with The Boys from Arden
- 12 Pat Kane, Les Jenkins, Rocky King, and John Capon
- 14 Flag Day – Nutrition Education: “Importance of Physical Activity”
- 17 Father’s Day Celebration with Jerry Waldorf
- 19 Andy Stanley
- 24 Mark Bauman & Mark Ray
- 26 Jack Salisbury & Loretta Merritt

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

I am leaving the Rosebush site to be a site manager in Mt. Pleasant on July 1. I have many good and lasting memories here and will miss everyone, but I am not going far away. I will stop in to say hello.

We have a picnic at Millpond Park on June 24. COA is providing a sack lunch and the Manor the beverages, paper supplies and bus which leaves at 11:30 a.m. to the park. We will have a grand time! Call **(989)433-0151** and ask for Penny to reserve a seat by June 14.

The Rosebush Manor rummage sale is June 21, from 10:00 a.m. to 4:00 p.m. We will celebrate Beach Day with a beach theme on June 28, sponsored by CARELINC. This will be my last day. So be sure to stop by. I will be serving ice cream sundaes with toppings for everyone.

June Calendar

- 3 1:00 - Penny Bingo
 - 5 1:00 - Penny Bingo
 - 7 12:45-Chippewa Nature Center: Homestead Farm Exercise Program
 - 10 1:00-Bingo/Prizes-Woodland Hospice 2:30- Red Hat Strutters
 - 12 1:00 - Penny Bingo
 - 14 1:00- Good Times Band 2:00- Cookies
 - 17 12:30-Birthday Party 12:45-"Isabella County 1859 to 2009" told by author Jack Westbrook
 - 19 1:00-Bingo with/Prizes- Laurels 2:00-Storytelling - Faith Johnson Library
 - 21 Manor Rummage Sale from 10-4 p.m.
 - 21 1:00- Homemade Ice Cream
 - 24 Picnic- trip to Millpond Park **bus leaves at 11:30 a.m. from the manor**
 - 26 1:00 - Penny Bingo
 - 28 Beach Day 12:30- Ice Cream Sundaes 12:45- Nutrition Education: “The Importance of Physical Activity” 2:50- Word Search/ Crossword Puzzles
- Sit and Get Fit - On every M-W-F at 11:15 a.m. Movie and Popcorn every Friday at 6:15 p.m.

Thank you, Rosebush Manor for providing some of the programs and activities.

IN MEMORY OF

Bonita “Bonnie” Brooks William & Gloria Brooks David & Patricia Krcmarik Loretta Judge Ruby	Dick Koester Anonymous
John Wirth Lee Wirth Louise Uphold Candy Wirth Wendy Wirth	Judy Fate Dick & Justine Bernard
Verzella Larrance Connie Kreiner Norma Kreiner Bob & Marianne McJames	Daniel & Verzella Larrance Lawrence & Sally Foote
Marge Baker Trudy Smith	Eugene & Mary Foote Lawrence & Sally Foote
Gilbert “Gip” Turnwald Bill & Faye Thering Alice Tatro & Family Bryan & Ellen Augustine Randy Turnwald & Family Anonymous	Norbert Travis Louise, Vicki, David, & Cheryl Travis
Blanche L Fisher Nancy Durham Joan Durham	Kenneth Travis Louise, Vicki, David, & Cheryl Travis
Dolores Mountain Dick & Sandy Wood	Enid Nestle Morval & Theda LaLone & Brendon, Cornell, Molly, Reg & Jean
Grethel Dangler Gayla Merchand	

Active Living
In Memory of

As of May 15, 2013

Activity Center
In Memory of

Donations to ACTIVE LIVING

Sandy Aitken Charlie & Mary Ellen Holliday Leonard Klunzinger Jessica Gardon Rose June Powell Ron & Kathleen Huber Lorenza Worden Jack & Mary Lou Westbrook Irene Graham Tom & Janet Cashen Tom & Marie Nulty Richard Hecksel Stan & Ann Klumpp Leota Curtiss	Bruce & Rose Jackson Nancy Bush Elayne Watson Rose Inosencio Elywin & Shirley West Rosemary Hammerle Janice Galgoci Louis & Sue Ecker W.T. Edmonds Leon & Joyce Dull Hilda Calkins Pauline Schaffer Luella Frick Christa Kamenetsky Dick & Sandy Wood	Dorothy Holcomb Marge Hicks Sharon Shaw Jim & Leorna Lynch Fae Codden Frances Miller- Pappenfus Kim Douglas-Waugh Basil & Theresa Zimmer Gene & Marie Bucklund Kirk Sponseller Nancy Priestap Larry Johnson
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Active Living Needs Support

Thank You to everyone who has donated to the publishing of *Active Living*. Between January 1 and May 10, 2013, we received \$5976.00 in donations. We earned \$500.00 from our sponsor pages. Memorials added \$551.00 to our funds. Our goal for the year is \$24,000.00.

Printing and postage costs continue to increase. As you can see, with five months of the year already gone, we have a long way to go to accomplish this goal and keep *Active Living* financially sound.

We currently mail or distribute approximately 5000 copies of the *Active Living* each month. Older adults in Isabella County rely on *Active Living* for health information, assistance, questions regarding benefits, travel, activities, meals, etc.

Please consider donating to *Active Living*. We really need your help to keep *Active Living* a part of our community!

A suggested contribution to *Active Living* is \$20.00 per year to help to cover the costs of producing and mailing the paper. Please make checks payable to: *Friends of Isabella Seniors*, 2200 S. Lincoln Rd., Mt. Pleasant, MI 48858. You may use the form on Page 16. Thank you.

“It is lack of love for ourselves that inhibits our compassion toward others. If we make friends with ourselves, then there is no obstacle to opening our hearts and minds to others.”
Author Unknown

Donations to
COMMISSION ON AGING

Gold Key Transportation

United Way of Isabella County
Boston Scientific- Employee Giving

Commission on Aging
Walking Trail

GFWC of Mt Pleasant

Food with Friends

Randall & LaVonna Roose

Activity Center

Richard & Jean Thomas

In Home Services

Lorraine Mathers

Donations listed in this issue were
received by May 15. *Thank You*



*Peace to all
living creatures.*

Computer Training Classes

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

June Calendar

3 11:00 a.m.
6 2:00 p.m.
11 10:00 a.m.

12 6:00 p.m.
17 11:00 a.m.
20 2:00 p.m.
24 11:00 a.m.
27 2:00 p.m.

Free Classes

Basic PowerPoint
Basic Internet
Organizing your
Computer
Basic Excel
Facebook 1
Pinterest
Advanced Excel
Basic Word

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

COMMISSION
ON AGING
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District 3	Shirley Decker
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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.

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

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 - 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

JUNE 2013 ACTIVE LIVING

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