

Commemorative Issue

Volume 113 Issue 7

July 2013

Active LIVING

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



We wish to once again thank the Mt. Pleasant Garden Club for helping to make the Commission on Aging look so good. They furnished, planted and now tend to the flowers and shrubs around our sign (pictured at left) on Lincoln Road. Thank you all so much!

Holiday Closing

The Commission on Aging office, the COA Activity Center and all Food Sites will be closed on Thursday, July 4, in observance of the Fourth of July holiday. No meals will be delivered on this day. Have a safe and happy 4th!

You are Cordially Invited to the

1973-2013

40th Anniversary Celebration

of the Isabella County Commission on Aging

Friday, July 12, 2013 from 2:00 p.m. to 5:00 p.m.

2200 South Lincoln Road, Mt. Pleasant, Michigan 48858

Program @ 2:30PM with Reception & Refreshments to follow

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



Director's Comments



Last month I gave our readers a little background on when and how the Commission on Aging got started. I wrote about how the County Board of Commissioners established the COA and when our first programs went into effect. This month, on the twelfth of July, we are going to have an Open House to celebrate the establishment of our agency and 40 years of service to Isabella County.

Therefore I am extending to each of you an invitation to our 40th Anniversary Open House. It will be held on Friday, July 12, from 2:00 p.m. to 5:00 p.m. at the COA Activity Building in Rooms A-B-C.

The doors to Room A-B-C will open at 2:00PM. At 2:30PM there will be a short program. Following the program there will be snacks, cake and punch along with entertainment by the John Nichol's Quartet. If you haven't been to the COA Activity Building we hope you take the opportunity to take a small tour and look around.

Last month, we had photos of the original Senior Center, which was called "Hospitality Corner." It was located at 201 S. Main in downtown Mt. Pleasant and was a gathering place for older adults to meet and socialize with their friends. When the Commission on Aging was established in 1973 the office was located in the basement of the Isabella County Building. The office remained at that location until late summer of 1978 when they moved into a newly constructed Multi-Purpose Building on south Isabella Road. A photo can be seen below of the building taken the day of its open house and dedication. The Commission on Aging remained at that location for 20 years.



COA at 3480 S. Isabella Road

2200 S Lincoln Road in 2007

Groundbreaking in 2007

In November, 2006 the voters of Isabella County, with 74% approval, passed the County's first Senior Millage; a ten year proposal that allowed for program service funding and for the construction of a new building. Ground was broken for the new building in July, 2007. The photos included with this article are pictures of the property before the groundbreaking and at the ground breaking ceremony. The aerial photo below was taken with the kind assistance of Bill and Ginny Cain; Bill flew the plane, Ginny was the back seat co-pilot and I took the photos (lots of fun!). In closing, I once again extend to everyone an invitation to our 40th Anniversary celebration!



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

Ask a COA Specialist

Question: My father passed unexpectedly and we're not sure where to start. The funeral director has been helpful, but we want to be sure we don't make a mistake and cause a hardship for our mother. Where do we begin?

Answer: The days following the death of a loved one can be overwhelming. We do not always think clearly when we are grieving. The following is a checklist of some of the tasks that may need your attention:

1. Obtain copies of the death certificate. The funeral director should be able to provide you with these.
2. If your loved one was receiving Social Security benefits, notify the Social Security Administration at **1-800-772-1213** of the death. Overpayment of benefits could result in repayment. If you are a surviving spouse, ask about your eligibility for increased benefits.
3. If your loved one was a veteran, you may be able to get assistance with the funeral, burial plot or other monetary benefits. You will need a copy of your loved one's military discharge papers.
4. Contact the health insurance company regarding ending coverage for the deceased, while continuing coverage for any dependents.
5. Contact the life insurance company and file a claim.
6. Notify credit card companies of the death.
7. Contact attorney, accountant and executor of estate.
8. Arrange to change joint bank accounts, stocks and bonds into name of surviving spouse.
9. Make sure important bills, such as mortgage payments, continue to be paid.
10. Notify pension plan administrator regarding potential benefits for spouse.

Reprinted information obtained from web site About.com

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**

Mission Moments

Each year, Food with Friends sends surveys about our program and the meals we serve to participants for completion. I always enjoy reading the comments. I thought I would share a few with you.

"I love everything about the meal program, more people should attend."

"Meals are well balanced."

"Good job, you have a great cook, staff is wonderful."

"I really enjoy the music and entertainment."

"The site manager really decorates and makes a friendly atmosphere."

"Keep up the good work."

I am always surprised how many community members have been involved with creating or running the meals program.

"My husband helped build this building." (Ithaca)

"I cooked for this program for 19 years."

"I was a site manager for the program many years ago."

"Years ago our neighbor was a site manager."

Thank you for completing the surveys this year, your feedback helps us decide what to change or where to improve.

By Carmel Slobodnik, Nutrition Program Coordinator

Foster Grandparent and Senior Companion Volunteers are Needed!!!

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

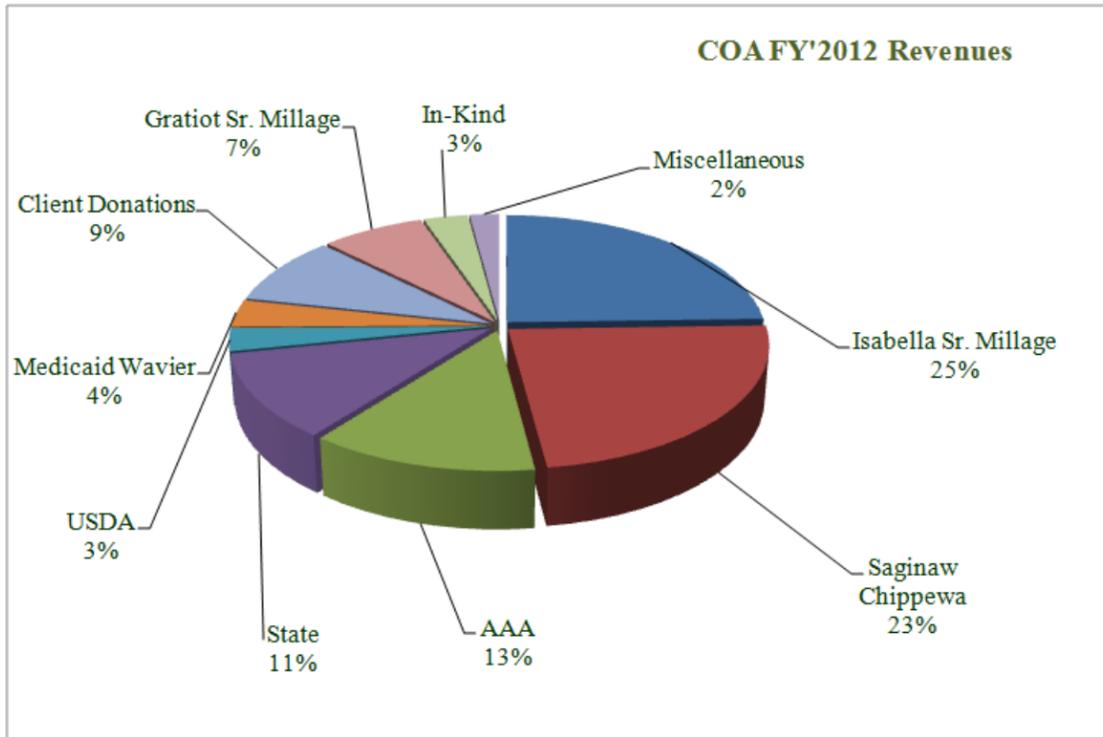
Volunteer Site Assistants Needed

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. one morning 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 and Mt. Pleasant areas.**

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

Isabella County Commission on Aging

FY'2011-2012 Annual Report



The Isabella County Commission on Aging operates programs in a three county area. The In-Home Services Programs, the Activity Programs and the Gold Key Volunteer Program operate only in Isabella County. The Food With Friends Nutrition Program operates in Isabella And Gratiot Counties, and the Foster Grandparent and Senior Companion Programs operate in Isabella, Gratiot and Clare Counties. The funding generated through the Isabella County Senior Millage and the Saginaw Chippewa Tribal Council are used only for Isabella County. The Gratiot Senior Millage is used only in the nutrition programs for Gratiot County. Fiscal year 2011-2012 covered October 1, 2011 through September 30, 2012.

The funding received for the In-Home

Services and Nutrition Programs are applied for annually through the Area Agency on Aging (AAA) grant process. This funding includes State and Federal dollars through the Older Americans Act, which requires the COA to serve individuals over the age of 60. The COA is also required to ask the program participants for donations which are deposited back into the program budgets. The State funding indicated above is for the Foster Grandparent & Senior Companion Programs and comes to the COA through a grant application process directly from the State Office of Services to the Aging.

The funding from the USDA is used only within the Nutrition Program and is applied to the cost of food. The Medicaid Wavier funding is used

within the Home Delivered Meals, Homemaking, Personal Care and Respite Care Programs for specially qualified program participants.

With the revenue listed above, the COA provides quality care through 30+ different programs and services.

FY'2011-2012 Annual Report

In-Home Services

	Clients Served	Hours Service
In-Home Services		
Case Coordination & Support	558	3,168
Personal Care	54	1,949
Homemaking	145	3,043
Respite Care	22	1,775
Caregiver Training	52	654
Unmet Needs	52	
Fitness Program	180	
Tai Chi	30	
Medicare Part D	590	
Pharmaceutical Assistance Program	35	
Tobacco Settlement/Respite Care	12	
Supplemental Services	32	
Emergency Respite	1	
Kinship Care	5	
MMAP	220	
Have A Heart Project	150	
Holiday Distributions	22	
Slip/Fall/Safety	32	
Home Repair	3	

The In-Home Services Program covers several major programs and services. The Case Coordination and Support Program is the primary entry point into a majority of the COA services. The Social Workers, who have degrees in Social Work, assess the needs and advocate on the clients behalf to arrange for and monitor services.

The Personal Care, Homemaking and Respite Care Aides also work within the In-Home Services Program and provide vital hands on care and time away for caregivers to older adult residents of the county.

The Medicare Medicaid Assistance Program(MMAP) and the Medicare Part D Program helps hundreds of clients annually through an often confusing maze of insurance issues.

Food With Friends Nutrition Program

	Clients Served	Meals Served
Nutrition Program		
Congregate Meals - Total	925	34,206
Isabella County	433	19,051
Gratiot County	492	15,155
Home Delivered Meals - Total	619	67,443
Isabella County	309	30,471
Gratiot County	310	36,972
Waiver - Home Delivered - Total	56	10,449
Isabella County	25	4659
Gratiot County	31	5790

The Nutrition Program has two components: Home Delivered Meals and Congregate Meals. The COA operates both programs in Isabella and Gratiot Counties.

The program provides nutritionally balanced meals to individuals 60 years and older.

Home Delivered Meal recipients are assessed by a COA Social Worker and are determined to be homebound, physically or mentally unable to adequately prepare their own meals.

The Congregate Meals Program operates 10 meal sites through out the 2 county service area. These sites promote better health through improved nutrition, social and educational activities.

FY'2011-2012 Annual Report

Gold Key Volunteer Program

	Active Volunteers	Hours Served	Miles Driven	Trips Provided	Gifts Distributed
Gold Key Volunteer Program					
Transportation	39	2,364	80,076	1,696	
Helping Hands	8	185	1,086		
Needle Crafts	45	12,155			3,293
Grocery Shopping	16	436	3,329		
Friendly Visitor	15	919	7,114		
Home Delivered Meal Drivers	70	5,772	70,204		
Meal Site Assistants	83	6,815	254		
CMU Student Activity Center	58	5,148			
Reception Ambassadors	32	4,261			
Active Living	5	183			
Tax Volunteers	17	2,664			
Ride Buddies	16	1,115	3793		
Flu Clinic Volunteers	17	102			
Medicare Part D	14	265			
Special Projects & Groups	190	1,846			
Totals	625	44,230	165,856		

The Gold Key Volunteer Program provides the opportunity for individuals to give back to their community through a variety of service opportunities. The volunteers range in age from 18 to 105 years old. Whether they are taking older adults to medical appointments, delivering meals to the homebound, volunteering as a COA Receptionist, or knitting mittens, all are important and are vital to the mission of the COA.

Foster Grandparents & Senior Companion Programs

	Volunteers	Served	Served
FGP/SCP Program			
Foster Grandparent Program	49	45,974	112
Senior Companion Program	23	18,816	95



The Foster Grandparent (FGP) and Senior Companion Programs (SCP) are volunteer programs for individuals over the age of 55 and with an annual income at or below 200% of poverty level.

The Foster Grandparent or the Senior Companion volunteers 20 hours of service per week and receives an hourly stipend of \$2.65, which is not considered income for any Federally subsidized program. They also receive reimbursement for their transportation, as well as an annual health exam.

The Foster Grandparent volunteers serve at day care centers, Head Start Programs, or area schools, and are matched with special needs children.

The Senior Companions work with homebound adults, Mid-Michigan Industries, the Adult Day Center and area nursing homes.

The FGP and SCP Programs operate in Isabella, Gratiot and Clare Counties.

FY'2011-2012 Annual Report

COA Activity Program

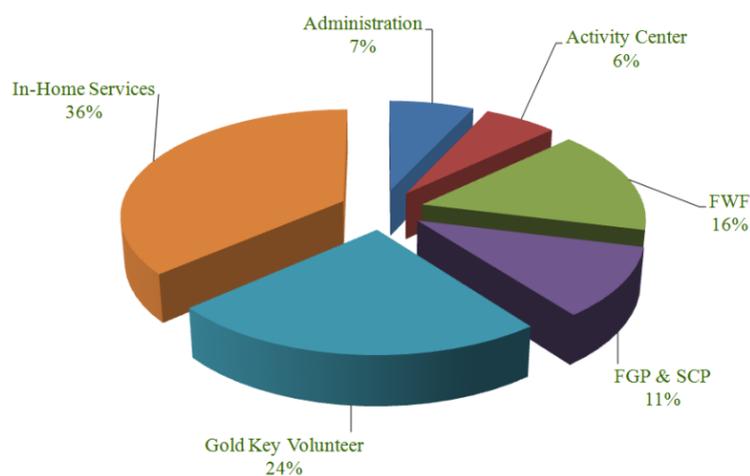
	Annual Visitors	Number Participants	Number Trips	Number Groups
COA Activities Building				
Activity Center	37,500			
Travel/Trips		545	26	
Community Groups				55



The COA Activity Building is our “Community Focal Point” for older adult programs and services. The Activity Building provides a friendly social atmosphere in which visitors can take part in and enjoy a wide variety of recreational, social, cultural, nutritional and educational opportunities. Visitors can play pool in The Game Room, take an art class or an exercise class. They could learn computer skills or join a book group. They can also attend health fairs or even watch a movie.

The COA Activity Building is also used by over 55 different community non-profit organizations and agencies. They utilize the community rooms for meetings and presentations that bring in people from all over the county. The COA Activity Building is truly a “Community Focal Point” not just for the COA and our Older Adult population, but for the community at large.

COA Phone Calls – FY'12



In FY' 12 the COA phone system processed over 63,000 phone calls. It's an important job answering the phone and seeing that the public is served quickly and efficiently. The COA relies on our wonderful Volunteer Receptionists, the Administrative Staff and all the employees who work at the COA.

Total Calls—63,615

Isabella County
Commission on Aging
2200 South Lincoln Road
Mt. Pleasant, Michigan 48858

Phone: 989-772-0748
Fax: 989-773-0514

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.**

Diabetic Health Check

July 25, from 1-4 p.m. at McLaren Central Michigan Wound & Hyperbaric Center, 4639 E. Pickard St., Mt. Pleasant. This free health check for individuals with diabetes includes blood glucose, blood pressure, nutritional counseling, and a foot exam. Join our team of experts, Rose Shufelt, RN, Wound Care Consultant, Robert David, Hyperbaric Technician, and Katie Kulick, Registered Dietician for a free health check and a discussion of the latest medical treatment options available. Call for your free 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. 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**.

Bariatric Surgery Support Group

Emotional support, proper knowledge and behavior changes are key to the success of weight loss surgery. McLaren Central Michigan offers a monthly support group in a secure setting for individuals considering, have scheduled, or have had bariatric surgery. Learn from others who have had similar experiences battling weight, discuss personal and professional issues that arise from losing weight, find encouragement and motivation to reach your goals, and maintain them. Call **(989) 772-6739** for dates and times.

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

July 5, 12, 19, 26, 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

July 25, 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.



Gloria Bixler (pictured above) has taken on the job of planting and tending the beautiful plants and flowers in the Commission on Aging parking lot on the south side of our building. She also takes care of all the potted plants inside our building. She has a great "green thumb!" Thanks, Gloria!!!

Health, Wellness & Lifestyle Expo

July 10, 2013

Soaring Eagle Casino & Resort Entertainment Hall

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

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



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

50/50 Raffle Prizes



Silent Auction

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 26th!

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

You could win \$10,000 on a Hole-in-One!

Sponsored by Friends of Isabella Seniors



- _____ YES, I will be a Hole Sponsor of this Event in the amount of \$100
- _____ YES, I will be a Meal Sponsor in the amount of \$125
- _____ YES, I will provide a Monetary Donation, a Team or a Prize for the Event (Circle One or All)

Contact Name: _____ Organization Name: _____

Address: _____ City/State/Zip: _____

Phone: _____ Email: _____

Form a Team and Take Part in the Fun! - Cost \$210 per team (\$70 per person)

Team Captain: _____ Phone: _____
Address: _____

Team Member #2: _____ Phone: _____
Address: _____

Team Member #3: _____ Phone: _____
Address: _____

Checks Payable to: Friends of Isabella Seniors

Mail to: 2200 S. Lincoln Rd, Mt. Pleasant, MI 48858

Activity Center JULY ACTIVITIES

Monday	Tuesday	Wednesday
1	2	3
10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:00 Community Service Council (A) 1:00 Pinochle and Dominos (C) 1:30 Yoga (F) 7:00 Square Dancing (C)	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)	8:30 Staff Meeting (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Happy Rippers (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
8	9	10
10:15 Hi /Aerobics 11:00 Lo/Aerobics (F) 1:00 Pinochle and Dominos (C) 1:00 Legal Services (CR1) 1:00 Readers Theatre (Craft) 1:30 Yoga (F) 6:00 It Works (A) 6:00 Parkinson's Support Group (Craft) 7:00 Square Dancing (C)	8:00 Breakfast (C) 9:30 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 10:00 Country Music (B) 12:30 Banjos-Guitars 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 6:00 Diversity Group (B) 7:00 Mid Michigan Wood Workers (Craft)	10:15 Hi/Aerobics 11:00 Lo/Aerobics (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) 6:30 Kinship Care Support (Craft)
15	16	17
10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Pinochle, Dominos (C) 1:00 Garden Club (A) 1:30 Yoga (F) 7:00 Square Dancing (C)	8:30 Friends of Isabella Seniors Mtg (BR1) 9:30 Tai Chi Five Elements (F) 12:30 Ice Cream Social (C) 1:30 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing (C) 2:00 iPad Class (B) 6:30 Caregiver Support (Craft)	8:30 Staff Meeting (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
22	23	24
10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Pinochle and Dominos (C) 1:00 Legal Service (CR1) 1:00 Readers Theatre (Craft) 1:30 Yoga (F) 7:00 Square Dancing (C)	8:00 Women's Aid Staff Mtg (B) 9:30 Tai Chi Five Elements (F) 12:45 Movie "Guilt Trip" (B) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 6:00 Quilters (A)	10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 6:00 It Works (A) 6:30 Kinship Care Support (Craft)
29	30	31
10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Pinochle and Dominos (C) 1:30 Yoga (F) 7:00 Square Dancing (C)	9:30 Tai Chi Five Elements (F) 11:00 Nutrition Information Antioxidants & Brain Food (C) 2:00 Intermediate Line Dancing (C) 4:00 Walk Mtg. (Craft)	10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Happy Rippers Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) Trip to the Tiger Game

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

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

Thursday	Friday	Saturday
4	5	6
Commission On Aging CLOSED No Meal Delivery	10:15 Hi/Aerobics 11:00 Lo/Aerobics (F)	
11	12	13
10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab) 1:00 Beginner Line Dancing (C) 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy Mtg. (B)	10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 2:00 - 5:00 40th Anniversary Celebration of the COA	
18	19	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 Second Hand Book Club (Lib)	9:30 FGP/SCP Picnic Union Township Park 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:45 Meijer Gift Card Bingo (C) 6:00 Community Dance (C) \$5.00 DJ/Singer/Oldies 50 and 60's	
25	26	
9:30 Tai Chi Five Elements (F) 10:00 Computer Help (Lab) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C)	10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:45 Laurel's Bingo (C)	Wii Bowling Everyday Room C Before Lunch 10:00 to Noon
Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu in this issue!	<i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i> A = Activity Room A F = Fitness Room B = Activity Room B CR1 = Conf Room B139 C = Activity Room C Lab = Computer Lab Craft = Arts & Crafts Room BR = Board Room B126	

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

Music

Banjos and Guitars

12:30 p.m.
Learn the Basics
Tuesdays, July 2 and 16

Play Your Dulcimer

Cancelled for July and August Starts Sept.9

Senior Singers

Thursday, July 18 10:30 a.m.

Ukulele Lessons

Cancelled for the summer Starts Sept. 13

Jam Session

Fridays

Cancelled for July and August

Games

Cards

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

Bingo at the COA

Friday, July 19 - 12:45 p.m.
Friday, July 26 - 12:45 p.m.

Deal or No Deal

June 12 - 11:15 before lunch.

Movie

“Guilt Trip”

Tuesday, July 23
12:45 p.m.
\$1.00

Call 772-0748 to reserve a spot.
Rated PG-13 with Barbra Streisand

Community Dance

Friday, July 19

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.

New Name For Book Club

Our **Snowbird Book Club** has changed their name to the **Second Hand Book Club**. They are now meeting all year and are **accepting a few new members**. If you are interested in joining and can meet the third Thursday of each month from 1:00 p.m. to 3:00 p.m. call **989-772-0748** and get your name in ASAP.

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 you. 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.

Square Dancing

There is square dancing again on Monday nights at 7:00 p.m. for all ages. Lessons are \$5.00. For more information call Patricia Depriest at **989-621-1383**.

Line Dancing

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

Exercise Classes

Yoga Class

Mondays from 1:30 - 2:30 p.m.
Students can drop in for \$10.00 per class.
July 15 thru September 9
8 week session for \$60.00

Tai Chi Five Elements Class

Tuesdays and Thursdays, 9:30 to 10:30
July 2 thru July 30
\$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**

Water Aerobics

SAC/ Rose Event Center

Monday thru Friday
7:30 a.m. - 8:30 a.m.

Starting in July

CHANGE IN CLASS TIMES

Aerobic Classes

10:15 Hi/Aerobics

and

11:00 Lo/Aerobics

M W F in the COA Activity Center Fitness Room

Come Walk the Trail

Monday thru Friday at 9:00 a.m., those who like to walk with others are encouraged to come out to the COA Activity Building to walk. Three time around the fitness trail is a mile. A fitness instructor will lead the group before in a warm up and after in a cool down. You can then stay after to work out in a Hi/Aerobics class at 10:15 a.m. Get on a schedule and BE FIT!

ALSO there is an **Aerobic Program** at **Weidman Community Building**

Mondays & Thursdays, 4:30 p.m.
See Page 19 for more Weidman activities.

Activity Center TRAVEL ACTIVITIES

DAY AND EXTENDED TRIPS CALL 772-0748

Day Trips

Tiger Baseball Game

Wednesday, July 31 Cost: \$95.00

Motor coach departs pole B in Meijer Store parking lot at 8:20 a.m. - arrive when the gates open at 11:30 a.m. Game is at 1:08 p.m. We leave the park after the game or by 5:30 p.m. if it goes into extra innings. Fast food stop en route home where we should arrive by 8:30 p.m. Payments are due by 7/1.

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 plus 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! 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 ASAP. Payment due Aug 1.

Little River Casino

Wednesday, October 9 Cost: \$55.00

Come with us for a one day ride to Manistee Michigan. There should be beautiful fall Michigan colors as the trees are changing. The motor coach will depart at 8:00 a.m. from pole B in the Meijer Store parking lot. You will have from 10:15 a.m. to 2:30 p.m. at the Casino. You will receive \$25.00 in gaming credits. **You must bring your driver license and be over 21 to receive this package.** Call 772-0748 by September 27 for a reservation.

Turkeyville

"Nunsensations"

Wednesday, October 16

Cost: \$86.00

Come with us one last time to the Turkeyville Dinner Theatre to see The Little Sisters of Hoboken travel to Las Vegas and stage a fundraiser! Will they remain unscathed by their brush with this city, or will "what happens in Vegas have to stay in Vegas?" Motor coach departs pole B in the Meijer store parking lot at 9:30 a.m. Turkey dinner at noon, shopping with the play starting at 2:00 p.m. Should be back to Mt. Pleasant by 6:15 p.m. **Call 772-0748** to reserve your spot by **September 13.**

EXTENDED TOURS

Stratford

"Blithe Spirit"

"The Three Musketeers"

"Fiddler on the Roof"

Staying at the Arden Park Hotel

August 21-23

Washington D.C.

Mt. Vernon

Gettysburg

September 16-20

2 motor coaches going

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!

Lake Superior

Fall Foliage Tour

Tahquamenon Falls

Pictured Rocks National Lakeshore

Apostle Islands Thunder Bay

September 29-October 4

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

FWF Eat Smart Menu

July 2013

Monday	Tuesday	Wednesday	Thursday	Friday
1 Goulash Bread Mixed Vegetables Tossed Salad Pears	2 Meatloaf Bread Oven Roasted Potatoes Italian Blend Berry Fruit Cup	3 Egg & Cheese Casserole Cinnamon Roll Sausage Links / Redskin Potatoes / Orange Juice Ambrosia Fruit Cup	4 CLOSED Independence Day	5 Chicken Salad Bread Coleslaw Strawberry Shortcake Apple Slices
8 Beef Stew Biscuit Coleslaw Orange	9 Chicken Pattie w/Bun Tomato Slice / Lettuce Potato Salad Grape Banana Fruit Cup Cookie	10 Chili Corn Bread Tossed Salad Watermelon Graham Goldfish	11 Baked Chicken Bread Whipped Potatoes/Gravy Crunchy Vegetable Salad Cherry Fruit Cup	12 Roast Pork Bread Sweet Potatoes Brussels Sprouts Pears
15 Chicken & Rice Casserole Bread California Blend Tossed Salad Citrus Fruit Cup	16 Veal Parmesan Bread Peas Fruited Coleslaw Tropical Fruit	17 Baked Ham Bread Squash Green Beans Fruit Cocktail Gelatin	18 Meatballs Bread Redskin Potatoes Stewed Tomatoes Cantaloupe	19 Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Cinnamon Applesauce
22 Salisbury Steak Bread Whipped Potatoes Brussels Sprouts Pears	23 Chicken Salad Bread Cucumber Salad Apple Slices Strawberries	24 Turkey Loaf Bread Corn Pea Salad Mixed Fruit Cup	25 Lasagna Garlic Toast Tossed Salad Michigan Fruit Cup Graham Goldfish	26 Turkey Stew Biscuit Coleslaw Watermelon
29 Macaroni & Cheese Bread Green Beans Tossed Salad Pineapple	30 Baked Chicken Bread Whipped Potatoes/Gravy Peas & Carrots Cherry Fruit Cup	31 Sloppy Joe Bun Malibu Vegetable Blend Multi Bean Salad Cantaloupe		

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**

We are a movin' and a shakin' in July! Join us for In Motion Mondays. We will have fun physical activities for folks of all ability levels every Monday. On Wednesdays we will rest our bodies, but flex our minds with Euchre. We will have a different kind of activity each Friday. Each morning we start the day at 10:00 a.m. with a game of Concentration. Come see if you can beat Kate the Magnificent as she proves to have the mind of an elephant and never forgets! Come join the fun!

July Calendar

- | | | | |
|----|---|----|---|
| 1 | Make star pins or hat pins to show your American Spirit | 19 | Grocery Bingo – Help ease your grocery bill with prizes for the pantry and paper supplies. |
| 3 | Fourth of July Celebration & Euchre | 22 | Magnetic Lawn Darts and Cards of Choice |
| 5 | Start our Scrapbook – Pictures of days to remember at Food with Friends. | 26 | Remember Gene Rayburn & Match Game? Play our version of Match Game and “finish the phrase”! |
| 8 | Croquet and Cards of Choice | 29 | It’s a Polka Party! Kick up your heels to “The Ol’ Beer Barrel Polka” and listen to some of the best old polka tunes. |
| 12 | Melons & Berries – How many can you name?
Pepper | | |
| 15 | Washers and Cards of Choice | | |
| 17 | National Blueberry Month – Bring a recipe of your favorite blueberry treat! Bring a sample if you please! | | |

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**

July is time for celebration! We will celebrate the birth of our Great Nation, the 40th Anniversary of COA, and everyone celebrating a birthday! Come celebrate with us!

We gather each day for delicious food and various activities, in the company of great friends. For activity dates not listed on the calendar we will play games of your choice including: golf (card game), trash, and euchre. Country bluegrass band the River Ramblers will perform every Wednesday at 10:00 a.m. We always have a puzzle going and we are conveniently connected to the library for your reading pleasure. We hope to see you soon!

July Calendar

- 2 July 4 Celebration with Banana Splits from Right at Home, In Home Care and Assistance
- 3 River Ramblers
- 4 **Closed/Happy July 4th!**
- 5 Fourth of July Stories- Come share your stories!
- 8 Liberty Bell Celebration- Bring in your bells to ring.
- 9 Nutrition Education-Antioxidants and Brain Food
- 10 Birthday Party for Larry Boursaw & Bob McLawson
River Ramblers
- 11 Wendy from Clare Tendercare presenting important health information.
- 12 40th Anniversary for Isabella County COA! Open house from 2-5 p.m. at the main office. Join us in Weidman before hand for a delicious lunch and share what the Commission on Aging means to you.
- 15 Play in the Garden- Bring your grub clothes if you would like to participate. We also need supervisors to sit in the shade and bark orders if that is more your style.
- 17 River Ramblers
- 22 Surprise!
- 24 River Ramblers
- 25 Letter Bingo
- 30 Walk in the Woods Weather permitting
- 31 River Ramblers

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**

Wow! Celebrate our 40th anniversary with us on July 12, from 2:00-5:00 p.m. But first, come celebrate the fourth of July by wearing red, white, and blue on July 3. Join us for an ice cream social sponsored by Home and Hospice Advantage on July 16, after lunch. Cool off those hot summer days.

On July 30, we will discuss Antioxidants and Brain Food at 11:00 a.m. To go along with the brain topic, we will also have crosswords and word searches for you to enjoy.

Wii Bowling is back! Join us every morning at 10:00 a.m. until lunch. Never played? No problem! We would be happy to teach you. This is a great way for people of all ability levels to get in a little exercise and have fun in the process. Come and challenge me to a game!

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**

July starts out with a Big Bang! Rocky King and Friends will be here on the 8th to help us celebrate our July Birthdays! It's always a great time and a big crowd so get your reservations in early! We have many "little" parties all through the month.

Some folks want to get card games going on Fridays. If you are interested, let me know. I'm always ready for cards! Remember, it might be hot outside, but we are cool cats in here!

July Calendar

- 1 The Louisells
- 3 Leon Seiter
- 8 Rocky King & Friends
Birthday Party!
- 10 Les Jenkins, Pat Kane & Friends
NOTE: For today, we will not be at the site, but at **Central Michigan Free Methodist Church** - corner of Mission and Millbrook Rd.
- 15 Benny & Nancy Lopez
- 17 Ralph & Cathy Shoner & Aunt Mary
- 22 Dale Pridgeon
- 24 Lois & Steve Johnson
- 29 Mark Ray & Mark Bauman
- 31 Ray Brown

Rosebush 433-0151

Village of Rosebush Manor
4210 E. Rosebush Road, Rosebush
Meals M-W-F 10:00 a.m.- 2:00 p.m.
Katie Showers, Site Manager

The Rosebush community has had a big Fourth of July celebration for decades. Let's start off the celebration and wear red, white, and blue on July 3rd. A brochure for the celebration weekend can be picked up at the Rosebush Site.

We will be going on a guided tour of Gloria Bixler's gardens on July 15th. Gloria is a Master Gardener and it shows. It is sure to be a treat for the senses! The bus leaves at 12:30 p.m. from Rosebush Manor. We will enjoy lunch early on that day at 11:30 a.m. Please reserve by July 5, by contacting Katie Showers at **433-0151** or at COA **(989)772-0748** and ask for the Food With Friends meal ext. 228.

July Calendar

- 1 1:00- Penny Bingo
- 3 Celebrate Fourth of July - wear red, white, and blue
1:00- Penny Bingo
- 4 **Closed**
- 5 12:45- Chippewa Nature Center- "Down by the Old Mill Stream Picnic"
- 8 1:00- Bingo w/prizes- Woodland Hospice
- 10 1:00- Penny Bingo
- 12 1:00- Good Times Band
2:00- Ice Cream Social-Rosebush Manor
- 15 11:30- lunch
12:30- Tour of the Garden
- 17 1:00- Bingo w/prizes-Laurels
2:00- Storytelling- Faith Johnson Library
- 19 1:00- In-House Hearing Instrument Specialist-Questions and Answers
- 22 1:00- Music-Jonathan Harper
- 24 1:00- Penny Bingo
- 26 12:30- Nutrition Education-"Antioxidants and Brain food"
12:45- Crossword/Word search
- 29 12:30- Birthday Day Party
- 31 1:00- Penny Bingo
Sit and Get Fit every M-W-F
Movie and Popcorn every Fri at 6:15 p.m.

KINSHIP CARE SUPPORT

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, July 10 and July 24. The duration of the meeting is 6:30PM-8:00PM.

Where: Isabella County Commission on Aging in the Craft 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

Ride Buddies Needed

Ride Buddies are Gold Key Volunteers who ride *I Ride* buses to provide assistance, security and a friendly presence to all young children riding alone. If you enjoy working with young children, this might be just the volunteer opportunity for you! There is NO cost to the volunteer. An *I Ride* Bus Pass and mileage reimbursement are provided to the volunteer for use when volunteering as a Ride Buddy. Ride Buddies will be available one or more weekdays during peak hours 7:00 to 10:00 a.m. or 2:00 to 5:00 p.m. The program runs September through June on Monday thru Friday. Just call **772-0748** for more information or to register as a volunteer for this great opportunity.

6th Annual Bike Parade and Water Games!



Saturday, July 6, 2013

Coldwater Lake Family Park
Meet at the Lake View Pavilion at 1:00 p.m. to decorate bikes. Parade to start at 1:30 p.m. with Water Games immediately following!!!!

Contact the Parks Main Office at 989.772.0911 extension 340 for more information!!
www.isabellacounty.org/parks



Project Fresh 2013

Project Fresh is a wonderful program that provides recipients with \$20.00 worth of coupons to be reimbursed for fresh produce from participating vendors throughout Michigan. Our hope is to have all of the Project Fresh coupons distributed by the end of June. However, we may have a few left over in July. If you did not receive coupons in June and are still interested in receiving them, please call **772-0748** and ask the receptionist if there are still distribution dates and spots available. Due to limited number of coupons, only one booklet per household will be allotted. Below are the eligibility requirements.

Requirements:

- * Age 60 and older
- * Residents of Isabella County. If you live in a different county, you need to contact your county of residence for information on distribution.
- * At or below 185% of poverty level

Caregiver Support

Our Caregiver Support Meeting will be Tuesday, July 16, at the Isabella County Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. The meeting is held from 6:30-8:00 p.m. This group is open to all caregivers be it caring for your mother, spouse, grandparent or friend. In this group you will receive support, learn strategies for coping with challenging situations, and get ideas that you can immediately implement.

Educational handouts are always available. If you have questions about this group, feel free to call the COA at **989 772-0748**, Ann Kowaleski.

Save The Date!



The National Tour of the Pink Heals Fire Trucks is scheduled to be in Mt. Pleasant on **Tuesday, August 20**. Please mark your calendars, get your pink on, and plan to join the Saginaw Chippewa Indian Tribe in celebrating this exciting event. Tentative plans include a parade, a pink glove flash mob dance, and cancer survivor recognitions.

A full schedule will be available closer to the event. For more information on the Pink Fire Trucks, their website is: www.pinkfiretrucks.org. Further information should appear in the Morning Sun and on our local radio stations closer to the event date. You can find the Pink Heals Tour on Facebook, too.

Coming Up In July at the COA Activity Center

Movie & Popcorn for \$1.00

Its summer and a time to laugh! Join us on Tuesday, **July 23**, at 12:45 p.m. for the comedy, *"The Guilt Trip."* Andy Brewster (Seth Rogen) gets guilting into taking his overbearing mother, Joyce (Barbra Streisand) on a long and important trip with him. Aggravation at his mother's antics gives way to a deeper understanding and appreciation of her. Her advice may serve him well after all.

Please call **772-0748** by July 22, to let us know if you will be coming and if you also be joining us for lunch. Come laugh with us!

Isabella County Nutrition Advisory Council Meeting

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

The Meeting will be on Thursday, **July 18**, at 11 a.m. at the COA Activity Center. Please join us for lunch afterward. To make reservations for lunch please call **989-772-0748** and indicate you will be attending the Nutrition Advisory meeting. The meal planned is Meatballs, Bread, Redskin Potatoes, Stewed Tomatoes and Cantaloupe. If you have questions, please call Elizabeth at **772-0748**. We hope to see you here!

Mt. Pleasant Area Historical Society

By popular demand, a repeat public showing of the video produced for Isabella County's Sesquicentennial in 2009 will be shown at the Mt. Pleasant Area Historical Society meeting at 7:00 p.m. on Tuesday, **July 2**. *"Isabella County: 150 years in the Making"* is a 54 minute video featuring interviews with local citizens with expertise in aspects of area history, as well as an animated review of how each township came into being with a photo visit to Mt. Pleasant communities past and present. The Society will sell copies of the recently re-mastered video following the program.

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

Monthly Breakfast

The monthly breakfast is served at 8:00 a.m. at Commission on Aging and is scheduled for the second Tuesday of each month, (**July 9**). The cost is \$5.00. The menu will include the following:

Scrambled Eggs
Bacon/Sausage Fruit Toast or Muffins
Juice/Coffee Chef's Special featured each month

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 (**July 11**) of each month at the Commission on Aging building at 7 p.m.

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

Mt. Pleasant Garden Club

The Mt. Pleasant Garden Club will meet on Monday, **July 15**, at 1 p.m. at the COA Room A. Following refreshments and a business meeting, the group will enjoy a program presented by David Jensen about deer resistant landscaping. Guests are welcome as always.

(SERA) State Employee Retirement Association

Our annual potluck will be held **July 16** at the Commission on Aging Activity Center in Room A. The picnic will start at Noon. Table settings will be furnished by the chairman, Janet Fussman. Please bring your own drinks, as well as a dish to pass. We will have card bingo, 50/50 drawing as well as the door prize. We hope all will be able to attend for fun and fellowship. If you have any questions, please call Jackie at **989-772-0597**.

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

IN MEMORY OF

Maynard "Mac" Conger

Karen Rhode
Catherine Garrett
Clayton & Carol Garrett
Bob & Ardith Gloden
Larry & Jeanette Rescoe

Donna Maddock-Skomski

Tom & Jan Trionfi
Ross Rapaport
Carol Meixner
Roger & Helen Chase
Bernice Vincent
Anthony & Kimberly Voisin

Charles Moskowitz

Jack & Mary Lou Westbrook

Frank Gruss

Dolores Lockwood
Anita McGuire

Wayne Owings

Cliff & Joyce Stacy

Marge Baker

Dolores Lawrence
Pat Campbell

Russell Martin

Carrie & Jerry Wieferich

John Wirth

Gloria Downhour
Ron & Linda Ruble

Duane Peacock

Carol Peacock & Family
Richard & Carol Wood

Lois Voss

Delbert & Joyce Heistand

Enid Nestle

Helen Johnson

Walter "Buck" VanHorn

Bonnie VanHorn

Ida Downing

Bonnie VanHorn

Food with Friends

In Memory of

Donna Maddock-Skomski

Dolores Lockwood

Joe Lawrence

Dolores Lawrence

Winn Food Site

In Memory of

Frank Gruss

The Family of Frank Gruss

In Home Services

In Memory of

Peg Sowle

Virginia Kjolhede

Curt Nash

Virginia Kjolhede

Arlene Quick

Virginia Kjolhede

Active Living

In Memory of

Leone Nielsen

Ronald & Sharron Farrell

Dale Klumpp

Nina House

Enid Nestle

Nina House

In Honor of

Bill & Judy Walser- 50th

Wedding Anniversary

Carol Walker

As of June 17, 2013

Donations to COMMISSION ON AGING

Gold Key Transportation

Melvin Quackenbush
Pat & Marty Siuda

Have a Heart

Francis & Mary Lois Mulson

In Home Services

Jack & Mary Lou Westbrook
Lorraine Mathers

Activity Center

Dolores Lawrence for CMU Bridge Room
CMU Women's Bridge
Richard & Jean Thomas
Morval LaLone-Thankful for Pool Hall & Pool Players
Melvin Onuskanich

Food with Friends

Randall & LaVonna Roose

Donations to ACTIVE LIVING

Francis & Mary Mulson	Neva Cole Edward & Donna Lick	Marilyn Palmer Kendall & Lois Klumpp
Norm & Ada Jean Eifler	Sharon Horgan	Helen Thomas
Ada Morey	Virgilene McQueen	Roger Lower
Mary Louise Smith	Donald Manly	Geraldine Travis
Patricia Davison	Barbara Jason	Sharron Dodge
Pat Wilmot	Timothy & Carol Hynes	Newell & Shirley Dennis
Anonymous	Timothy & Miriam Connors	Shirley Sheppard
Harvey & Eileen Pollard	Ruth Felter	Ed & Kay Bissett
Wayne Walker	Albert & Lori Ohanesian	Cal & Ladonna Havekost
Nancy Adams	Dorothy Tilmann	Kim Douglas-Waugh
Ed & Ruth Helwig	Linda Yuncker	Pat Luetkemeier
Dawn Hackman	Eileen Burnham	Earl Decker
Anita McGuire	Will & Donna Kawaski	Helen Prechesky
Hal & Bev Crawley	Joyce Williams	Daniel & Sharon Balogh
Don Drager & Holly Manes	Jack & Sandra Wolfe	
Sally Buckley		
Evelyn Jones		

As of June 17, 2013

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

WEIDMAN ACTIVITIES OF INTEREST TO OLDER ADULTS

--at the Weidman Community Center,
5918 Bridge Street, Weidman

Monday and Thursday

Low Impact and Resistance Bands
Exercise from 4:30 to 5:15 p.m. Hall is
open at 4:00 walkers.

Monday

Beginner Line Dancing - Free Instruction
9:30-11:00 a.m. \$2.00 donation for hall
rental. Hall is open at 9:00 a.m. if you
need extra learning help. For additional
information, call Marilyn at 644-5915.

Wednesday

Bingo—Doors open at 5:30; game starts at
6:30 p.m. Sponsored by the Weidman
Business Association For more
information, call Karen Mercer at 644-
2266.

Thursday

Euchre—Play begins promptly at 6:00
p.m. For additional information, call
Karen Mercer at 644-2266

--at the Weidman Eagles Building, on
VFW Drive behind the fire station

Wednesday

Beginning Line Dancing from 6:30 to 8:00
p.m. \$2.00 Donation goes to Eagles. For
Info call Marilyn 644-5915.

Weidman Daze—July 12, 13, 14

Line Dancing, Street Dancing, 5-K Run,
Parade, Craft Show, Fishing contest, Truck
Pull, Bike Decorating, Horseshoe
Tournament, Car Show. For schedule:
WeidmanDays5KRun.com and on
Facebook: Weidman MI Business
Association.

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. Quilt on
display at Abbott's Furniture in Weidman.

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

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

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

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

In Home Services Program

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

Food With Friends Program

- Congregate Meals
- Home Delivered Meals

Foster Grandparent Program

- Senior Companion Program

Activity Center Program

- Activities /Trips

Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

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

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

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Full Name _____
 Number & Street _____ Apt. No. _____
 City _____ Zip _____
 Phone _____

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

Please make checks payable to:
Friends of Isabella Seniors

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

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

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

Upcoming Events - Save the Dates!

Thursday - August 15
Mackinaw Island Trip

Cost: \$90.00

“Do It Your Way!”

See Page 13 for Details

Friday - August 2
10th Annual
COA & FOIS
Golf Outing
Teams Needed!
Registration Form on Page 9

JULY 2013 ACTIVE LIVING

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