

# Active LIVING

Volume 113 Issue 8  
August 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](http://isabellacounty.org/dept/coa/news.html)

## There's Still Time to Help the Annual Golf Outing and Support COA Volunteer Mileage!

**Friday, August 2, 2013**

**Pleasant Hills Golf Club - 9:00 a.m.**

**Shotgun Start Scramble - 3 Person Teams**

**How can YOU help?**

**BE A HOLE SPONSOR for \$100.00, MEAL SPONSOR for \$125.00 or DONATE A RAFFLE/SILENT AUCTION PRIZE**

**OR**

**Form a 3 Person Team for \$210 (\$70 each)**

**Sign up A.S.A.P. !!!**

**All Golfers are eligible for:**

**Silent Auction**

**Prizes**

**50/50 Raffle**

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

*Sponsored by  
Friends of Isabella Seniors*



**Includes: Continental Breakfast, Lunch,  
After the Game Hors d'oeuvres**

Contact: Sally or Ginny at 772-0748 or  
[swojciechowski@isabellacounty.org](mailto:swojciechowski@isabellacounty.org)  
or [gcain@isabellacounty.org](mailto:gcain@isabellacounty.org)

## Save the Dates

### Pink Heals National Tour Coming on August 20

The National Tour of the Pink Heals Fire Trucks is scheduled to be in Mt. Pleasant on **Tuesday, August 20**. 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](http://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.

### Arthritis Relief

**Presenter: Orthopedic Surgeon,  
Dr. Charles Lilly, M.D.**

Arthritis and simply years of use may damage knees and hips. The most common symptoms are pain and swelling that make it difficult to walk, climb stairs or complete everyday activities. If you struggle with hip or knee pain and are looking for solutions, join Dr. Charles Lilly M.D. in Room B at the **Commission on Aging**, 2200 S. Lincoln Rd. Mt. Pleasant, **on Wednesday, September 11 from 11:00 a.m. to noon**. There will be a discussion of treatment options including non-surgical management as well as replacement therapy. Equip yourself with the information necessary to make the best choice for you. If you plan to be there, please call the COA at **989-772-0748** to reserve a spot.



*Director’s Comments*  
**COA’s 40th Anniversary Celebration**



A new quilt, entitled “American Flag” was unveiled at the COA 40th Open House. It was made and donated by Karen Karcher, and designed and quilted by Robyn House-Guettler. It’s a beautiful quilt that will be on permanent display at the Commission on Aging. Those individuals assisting in the quilt’s unveiling are, from left to right; Kari Sederburg, Director of State Office of Services to the Aging, Melissa Horst, aide to Senator Carl Levin, John Dinse, member of the COA Advisory Board, State Senator Judy Emmons, George Green, Chair of the Isabella County Board of Commissioners and State Representative Kevin Cotter.



The cake and cupcakes, furnished by Robaire’s Bakery, were without question a special taste treat.



The beautiful flowers were provided by Norm’s Flower Petal. The colors were amazing and added to the room decor.



The food was prepared by our own cooks in the Isabella County COA kitchen. Just ask LaVonna Rose if she thought it was good!





The entertainment was provided by “The Usual Suspects.” They did a great job keeping everyone happy and moving.

**Happy 40th  
Anniversary  
COA!**

**1973  
to  
2013**



A good time was had by all, and at the end of the day we were all ready for a good nap!

Thank you to everyone who came and for all the well wishes we received on our 40<sup>th</sup> anniversary. It is a pleasure working for the people of Isabella County and a pleasure working with so many wonderful volunteers. The Isabella County Commission on Aging is fortunate to have the support from our County Board of Commissioners and to have such a great staff. Thank you everyone!

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



The hallway was decorated with photos and newspaper clippings depicting special events which have taken place over the 40 year history of the Commission on Aging. The items that were on display include the resolution that created the COA, photographs of the 1986 and 1989 floods and more recent pictures of the groundbreaking ceremony for the new building.

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



## Ask a COA Specialist

**Question:** I was recently approved for disability because I can no longer work. I just received my first disability check. Since I am currently without health insurance, I wanted to know when my Medicare coverage will begin.

**Answer:** If you are under age 65 and receive disability benefits, it may take up to 24 months before you are eligible for Medicare benefits. However some people qualify for Medicare health coverage sooner than 24 months if they have an illness such as Lou Gehrig’s Disease or End Stage Renal Disease. You should contact 1-800-MEDICARE or your local Social Security office to find out when and how to sign up for parts A & B. You may also reach the COA social workers at 772-0748 if you have further questions.

### You Can Ask a COA Specialist

Please mail your questions to:

**Ask a COA Specialist**

**Isabella County Commission on Aging**

**2200 S. Lincoln Rd., Mount Pleasant, MI 48858**

Or call **(989)772-0748 ext. 236**

Or Fax **(989)773-0514**

## Caregiver Support

Our Caregivers Support Meeting will be August 20, 2013 at the Isabella County Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. The meeting is held from 6:30-8:00p.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.

## 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.**

## Mission Moments

I have a file folder tucked away in a cabinet that is bulging with much appreciated thank you letters from clients who are grateful to our Gold Key volunteers for their service to COA. Here is a small sample:

*“I just wanted to express my thanks for the beautiful quilts that the generous and kind people (volunteers) made for my sister and myself. We will enjoy using them as the weather gets colder. How wonderful it is that there are people who take their time and energies to enrich other peoples’ lives.”*

*“Dear Wonderful friends, thank you so much for all the beautiful and wonderful things you do.”*

*“I can’t say Thank You enough for your help and patience in lining up volunteer drivers, getting me back and forth to all of the doctors, office calls, etc. I do not know what I would do without the help of COA. You have been a life saver to me. I thank every volunteer when they bring me home; and that comes from my heart!”*

*“Thank you for the home delivered meals program and for having the AARP/IRS tax program. I’ve used them and they were very good!”*

*“Thank you very much for the hats, gloves, mittens and blankets for our elementary school children. We look forward to your generous gift every year.”* All I can add is Thank You Gold Key Volunteers for your kindness, caring, commitment, dedication and generosity to COA!

*By Ginny Cain, Gold Key Volunteer Program Coordinator*

## 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 ext. 238** or by sending an email to: [coaintern@isabellacounty.org](mailto:coaintern@isabellacounty.org)

*This page is sponsored by:* **Woodland Hospice & Morey Bereavement Center**  
*Hospice of Central Michigan dba*

# Coming Up In August at the COA Activity Center

**Are you 55 or older?  
and raising grandchildren or another  
relative’s children?**

## Kinship Day is for You!

**Monday, August 26  
11:00 a.m. to 2:00 p.m.**

**At Isabella County  
Commission on Aging  
2200 S. Lincoln Rd., Mt. Pleasant**

**Learn about services that may be available, including**

- **Information from community organizations**
- **Where to find help paying for babysitters or child care**
- **Help with necessities like school clothes and supplies**
- **Medicare/Medicaid insurance programs for older adults and more!**

**Call 1-800-858-1637 to register!**

**The first 50 kids registered receive 2 passes  
to the Soaring Eagle Water Park, FREE  
school supplies and a new backpack!**

**Need a ride? Call 1-800-858-1637**

Hosted by: Region VII Area Agency on Aging, Clare County Senior Services, Gladwin County Council on Aging, Isabella County Commission on Aging and the Gratiot County Commission on Aging. *Funding provided by the National Family Caregiver Act and the Michigan Office of Services to the Aging.*

### Are You a Grandmother Over 65?

I am a student researcher, eager to hear how you & your adolescent and/or adult grandchildren use technology together (cell phones, internet, Skype, and more). My survey takes 30 minutes to complete. Your answers will be confidential & anonymous. You will be thanked with a \$10.00 gift card to Meijer. Please contact: Krysta M. Marek at **810-304-1623** or Eileen E. MaloneBeach Ph.D at **989-774-6434**.

## Genealogical Society of Isabella County

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

The Genealogical Society meets the 2<sup>nd</sup> Thursday of each month (Aug.8) at the Commission on Aging building at 7 p.m.

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

## Monthly Breakfast

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 **August 13**. The cost is \$5.00. The menu includes the following:

Breakfast Casserole (Food with Friends Famous Casserole)  
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!

## Movie and Popcorn \$1.00

The movie this month is “The Quartet” and will be shown on **Tuesday, August 27**, at 12:45 p.m. This British comedy-drama stars Maggie Smith and other talented cast members. Much of the supporting cast are actual musical stars of the past as you will see in photos in the closing credits.

The cost is \$1 for movie and popcorn. Please call **772-0748** to reserve your spot for the movie and or lunch 24 hrs advance. See you soon!

## (SERA) State Employee Retirement Assn.

At the August 20 meeting, there will be a presentation by Trooper Mike White from the Mt. Pleasant State Police Post. The presentation will be on scams-- mainly elder abuse. The presentation begins at 1:30 p.m. and will be approximately one hour long for those who have to make arrangements for transportation. Trooper White has been going around Isabella County doing presentations to protect and advise residents of the issues most pressing in our area. Following the presentation we will have our regular business meeting, 50/50 drawing and the door prize as well. Any questions please feel free to contact Jackie Curtis at **989-772-0597**.

### 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**.

**Treatment Options for Hand Pain**

**On August 20, from 6:30– 7:30 p.m. in the FDJ Conference Room.** Hand pain can limit the ability to complete simple everyday tasks, such as buttoning a shirt. The pain will worsen over time if not treated. Join Orthopedic Surgeon Ben Debelak, DO for a discussion on these conditions and treatment options, plus a question and answer session.

**Are You a Candidate for Bariatric Surgery?**

Learn about bariatric surgery treatment options, types of procedures, risks and benefits, program expectations, and insurance requirements. 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. Contact our Bariatric Surgery Coordinator at **(989) 772-6739**.

**Bariatric Surgery Support Group**

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** information.

**Joint Replacement Program**

McLaren Central Michigan offers an all-inclusive joint replacement program for individuals considering a total joint replacement. The program features a planned course of treatment that places a strong focus on wellness and education, not sickness. 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**

**August 2, 9, 16, 23, 30, 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**

**August 22, 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.

**Goodbye  
and  
Good  
Luck,  
Rhonda!**

**COA  
wishes  
you all  
the best  
in your  
new life  
out west!**



**“Hello and Goodbye . . . I am moving to Yakima, Washington. It’s been a great 10 years here at the Commission on Aging. I will miss all of you! I will, however, be back to visit and will stop in to say hello!”** *By Rhonda Burke, COA Transportation Clerk*

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### Beware! Scams from Area Code 876

More and more American citizens, specifically older adults, are receiving fraudulent calls from the Jamaica area code of 876. Many people believe that 876 is a toll free number, not realizing the call is from Jamaica. People are typically told they have won lottery money or a car. Most recently an older adult was told she had a package from UPS. This person had recently moved. The caller said they attempted to deliver to her previous address – and gave the previous address. The Internet has just enough information out there that when people receive these fraudulent calls, they sound more believable. She was asked to send money to have them attempt another delivery. You NEVER have to send money to receive your free prize or package. In grade school we all learned the three R’s. Now we need to remember the **3 N’s**:

- Never send money.
- Never give anyone your Medicare or Social Security Numbers.
- Never give anyone your bank account numbers.

No reputable institution, like a bank, will ask you to give personal account information over the telephone. When in doubt, hang up and call the institution back directly. We want to caution people that if it doesn’t make sense, it probably is a scam. Be smart and don’t become a victim.

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*This page is sponsored by:* **Rowley Funeral Home, P.C.** *“Honoring Traditions, Respecting Change”*



## Volunteers Needed

### Ride Buddies Needed

Do you love to work with children? Ride Buddies are Gold Key Volunteers who ride the *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. Additional background checks are required. Just call **772-0748** for more information or to register as a volunteer for this great opportunity. Help ICTC and COA make public transportation easier for the young ones to use.

### Medicare Open Enrollment Volunteers Needed

The Isabella County Commission on Aging is currently recruiting new volunteers who are interested in a short-term commitment. We are asking for support in assisting older adults with reviewing their prescription coverage. The COA will be holding several trainings for new and returning volunteers, which will guide those interested through the open enrollment process. We ask that volunteers have basic computer skills, typing skills, and are able to use the internet. Any questions/concerns regarding the Medicare Open Enrollment, or training, can be directed to Ginny Cain at **(989)772-0748**.

Trainings will be held in September and will benefit both new volunteers and returning volunteers. No experience is necessary, although it is helpful. Open enrollment will run from October 15 through December 7. This is a great way to learn about prescription drug plans and upcoming changes.

### Site Assistants Needed

Are you looking for a way to give back to the community or stay active? Do you enjoy working with food? Would you like a regular schedule or would you like to sub occasionally?

Perhaps you would enjoy volunteering at a Food With Friends Site? A volunteer **Site Assistant** at the COA 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 need a volunteer from approximately 11:00 a.m. to 1:30 p.m.

**We are still in need of Site Assistants in the Rosebush and Mt. Pleasant areas.** For more information on volunteering, please call Ginny Cain at **772-0748**.

## Responsible Pet Ownership and Rabies Awareness

*By Alison Fegan, CMDHD Health Educator*

So you've just brought home a new little puppy, ferret, or kitten, feeling confident your new best friend is quite healthy after its initial round of vet-administered pet vaccines. Just as you wouldn't expect your childhood vaccinations to last forever, neither will your pet's. The key to a healthy, long life for your dog, cat or ferret is responsible pet ownership, awareness and a yearly round of preventative pet vaccines.

The types of vaccines that dogs, cats and ferrets receive are for a variety of different diseases; of course, some viruses are shared between the species, such as rabies. Preventing these diseases with annual pet vaccines and an ounce of responsible pet ownership is much cheaper than any treatment would cost to make your pet healthy again. Normally, the initial rabies vaccination occurs when the pet is four months or older, and the others follow when the dog or cat is at least 6 months old.

State law requires that dogs and ferrets be vaccinated against rabies by a licensed veterinarian. It is also important to make sure cats, even those kept strictly indoors, are vaccinated against rabies.

Rabies is a preventable viral disease of mammals most often transmitted through the bite of a rabid animal. The vast majority of rabies cases reported to the Centers for Disease Control and Prevention (CDC) each year occur in wild animals like raccoons, skunks, bats, and foxes. While bats throughout Michigan have the potential to carry rabies and spread it to pets and other animals, skunks have historically only been found to be a source of rabies in the "thumb" area of Michigan extending down to southeast Michigan. This appears to be changing as cases of rabies associated with rabid skunks have been identified in mid-Michigan.

Rabies virus is present in the saliva and brain tissue of an infected animal. People can be exposed to rabies when they are bitten by a rabid animal. Other possible routes for exposure include getting infectious material in the eyes, nose, or mouth, or on fresh cuts in the skin. Making sure pets are vaccinated and avoiding contact with stray or wild animals can reduce your risk to this potentially fatal disease.

According to the 2012 Rabies Positive Michigan produced by the DNR, during 2012, a total of 61 animals tested positive for rabies in Michigan. Cases include 52 bats, 8 skunks and 1 fox. It's important to remind people that rabies is out there, and they need to vaccinate their animals – including horses and other livestock, and avoid contact with wild animals.

Remember that above all, your pets are relying on you to keep them healthy. Practicing responsible pet ownership is ultimately up to you! For more information on rabies, please visit [www.michigan.gov/rabies](http://www.michigan.gov/rabies)

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

Activity Center

AUGUST ACTIVITIES

Monday	Tuesday	Wednesday
5 10:15 Hi/Aerobics (F) 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)	6 9:30 Tai Chi Five Elements (F) 10:00 Country Music 12:30 Banjos & Guitars (B) 10:00 Mid Mich. Floral Arrangers Guild (Craft) 2:00 Line Dancing (C) 5:00 COA Advisory Council (BR1) 7:00 Mt. Pleasant Historical Society (A)	7 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) 1:00 Euchre (C)
12 9:00 FGP Back to School ( A and B ) 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 Parkinson’s Support Group (Craft) 7:00 Square Dancing (C)	13 8:00 Breakfast (C) 8:00 FGP Back to School (A and B) 9:30 Tai Chi Five Elements (F) 10:00 Needle Crafters (C) 10:00 Country Music 12:30 Banjos-Guitars (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 7:00 Mid Michigan Wood Workers (Craft)	14 8:00 FGP Back to School Training (A and B) 8:30 FGP/SCP Daycare Training (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 11:15 Deal or No Deal (C) 1:00 Book Club (Lib) 1:00 Euchre (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
19 8:00 FGP Back to School (A and B) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Pinochle, Dominos (C) 1:30 Yoga (F) 7:00 Square Dancing (C)	20 8:00 FGP Back to School (A and B) 8:30 Friends of Isabella Seniors Mtg (BR1) 9:30 Tai Chi Five Elements (F) 12:30 Root Beer Floats or Ice Cream (C) 1:00 State Retirees Meeting (A) 2:00 - 4:00 Intermediate Line Dancing (C) 2:00 iPad Class (B) 6:30 Caregiver Support (Craft)	21 8:00 Back to School (A and B) Physicals (CR1) 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 Euchre (C) 1:00 Pepper (C) 5:30 It Works (A)
26 8:00 Kinship Care (A and B) 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)	27 8:00 FGP/SCP Physicals (CR 1) 8:00 Women’s Aid Staff Mtg (B) 9:30 Tai Chi Five Elements (F) 12:45 Movie “The Quartet” (B) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 4:00 September Walk Mtg. (A) 6:00 Quilters (A)	28 8:00 Emergency Mgmt./Central Dispatch (A B) 8:00 FGP Physicals (CR 1) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Euchre (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 9:30 Tai Chi (F) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 10:00 Ladder Ball (C) 10:30 Singers (Craft) 1:00 Beginner Line Dancing (C) 6:00 Clowns (C)	2 8:00 Happy Ripper Quilters (A) 9:00 Collaborative Council (B) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:15 Watermelon Seed Spitting Contest (C) 1:00 Happy Ripper Quilters (B)	3 8:00 Happy Ripper Quilters (A and B)
8 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 10:00 Ladder Ball (C) 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (Cancelled) 7:00 Genealogy Mtg. (B)	9 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:15 Crosswords/Word Search (C)	10
15 8:00 FGP Back to School Training (A and B) 10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab) 10:00 Ladder Ball (C) 10:30 Singers (Craft) 1:00 Beginner Line Dancing (C) 1:00 Second Hand Book Club (Lib)	16 8:30 FGP/SCP In-service (A and B) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:45 Meijer Bingo (C)  <b>6:00 Community Dance (C) \$5.00</b> <b>DJ/Singer/Oldies 50 and 60's</b>	17
22 8:00 CMU Math Department (A and B) 9:30 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab) 10:00 Ladder Ball (C) 1:00 Beginner Line Dancing (C)	23 8:00 FGP Training (A and B) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 11:00 Project Fresh (Craft) 12:45 Laurel's Bingo (C)	24 11:00 Ostomy Group (Craft)
29 9:30 Tai Chi Five Elements (F) 10:00 Computer Help (Lab) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C)	30 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F)	<b>Wii Bowling</b> <b>Everyday</b> <b>Room C Before</b> <b>Lunch</b>

Music

Banjos and Guitars

12:30 p.m.  
Learn the Basics  
Tuesdays, August 6 and 13

Play Your Dulcimer

Cancelled for August Starts Sept.9

Senior Singers

Thursdays, August 1 and 15 at 10:30 a.m.

Ukulele Lessons

Cancelled for the summer Starts Sept. 13

Jam Session

Fridays  
Cancelled for August

Games

Bingo at the COA

Friday, August 16 - 12:45 p.m.  
Friday, August 23 - 12:45 p.m.

Deal or No Deal

August 14 - 11:15 before lunch.

Movie

“The Quartet”

Tuesday, August 27  
12:45 p.m. \$1.00

Starring Maggie Smith, this takes place at a home for retired musicians. The annual concert to celebrate Verdi’s birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents. Rated PG-13 and 98 minutes. Call to reserve your spot by Monday, August 26. We need to know ahead of time how many to set for and how much popcorn to make. **Movie starts promptly at 12:45 p.m. please be on time!**

Community Dance

Friday, August 16  
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.  
\*\*\*\*\*

Retired State Police  
Officers

Meet Every Monday for Coffee  
9:00 a.m. –11:00 a.m.  
Room C at the COA

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.

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  
\*\*\*\*\*

Euchre Every Wednesday  
at 1:00 p.m. Room C

Exercise Classes

Yoga Class

Mondays from 1:30 - 2:30 p.m.  
Students can drop in for \$10.00 per class.  
Thru September 9  
New 8 week class starts 9/16 to 11/4  
Cost is \$60.00

Tai Chi Five Elements Class

Tuesdays and Thursdays, 9:30 to 10:30  
August 6 thru 29  
\$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

No class August 2 thru 9  
Starts again on August 12.  
\*\*\*\*\*

Aerobic Classes

10:15 Hi/Aerobics  
and

11:00 Lo/Aerobics  
MWF 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. There will be a fitness instructor there to 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.



# Activity Center TRAVEL ACTIVITIES

## Day Trips

\*\*\*\*\*

### Tiger Baseball Game

**Wednesday, July 31 Cost: \$95.00**

Motor coach departs pole B in Meier Store parking lot at 8:30 a.m. There will be juice and donut holes for you on the way down. 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 on route home where we should arrive by 8:30 p.m.

\*\*\*\*\*

### 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 **NOW**.

\*\*\*\*\*

### Little River Casino

**Wednesday, October 9 Cost: \$55.00**

Come with us for a one day ride to Manistee, Michigan. There should be some beautiful fall Michigan color to see 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 drivers license and be over 21 to receive this package.** **Call 772-0748** by September 27 for a reservation.

**DAY AND EXTENDED TRIPS CALL 772-0748**

### 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 TRIPS



### 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](http://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				August 2013
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sliced Turkey Bread Sweet Potatoes Stewed Tomatoes Pears	2 Smothered Chicken Bread Oven Roasted Potatoes Cauliflower/Cabbage Salad Pumpkin Custard
5 Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Cinnamon Applesauce	6 Beef Stroganoff Bread Spinach Carrot Salad Watermelon	7 Spanish Chicken Bread Baked Potato European Blend Pineapple Gelatin	8 Pork Chop Bread Potato Salad Carrots Oatmeal Apple Crisp	9 Meatloaf Bread Squash Coleslaw Peaches
12 Chop Suey Bread Brown Rice Green Beans Tropical Fruit	13 Trout Melt Hamburger Bun Peas Kidney/Chickpea Salad Mixed Fruit Cup	14 Lemon Baked Chicken Bread Whipped Potatoes/Gravy Carrots Pears	15 Baked Spaghetti Garlic Toast Tossed Salad Peaches	16 Baked Ham Bread Steamed Cabbage Corn & Lima Beans Watermelon
19 American Goulash Bread Mixed Vegetables Tossed Salad Pears	20 Meatloaf Bread Oven Roasted Potatoes Italian Blend Berry Fruit Cup	21 Chicken Salad Bread Cucumber Salad Strawberry Shortcake Apple Slices	22 Beef and Noodles Bread Coleslaw Beets Cantaloupe	23 Egg & Cheese Casserole Cinnamon Roll Sausage Links / Redskin Potatoes / Orange Juice Ambrosia Fruit Cup
26 Chili Corn Bread Tossed Salad Graham Goldfish Fresh Orange	27 Beef Stew Biscuit Coleslaw Watermelon	28 Chicken Pattie w/Bun Lettuce and Tomato Potato Salad Grape Banana Fruit Cup Cookie	29 Roast Pork Bread Sweet Potatoes Brussels Sprouts Pears	30 Baked Chicken Bread Whipped Potatoes/Gravy Crunchy Vegetable Salad Cherry Fruit Cup
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**

Beat the heat in August by joining us in our wonderful air conditioned site in Shepherd at the United Methodist Church Fellowship Hall. We will especially need the AC on the second and fourth Friday of the month, because our Bingo cards will be HOT! Tendercare will be generously supplying us with great prizes for the winners.

Have you ever wondered if the recommended daily intake from the 5 major food groups changes as we age? On Monday, August 12, we will have an in-depth discussion on this topic.

As the conclusion of my second full month as Site Manager in Shepherd draws near, I have come to realize the true meaning of Food with “Friends!” The meals made at our Isabella COA kitchen are not only nutritious but truly delicious! Above all, our regular participants greet long time friends and new friends with the same enthusiasm, welcoming everyone with open arms and hearts. Call me at **828-5106** to reserve your meal and get in on the fun!

August Calendar	
2	Jeopardy
5	Homemade Ice Cream
7	Euchre, Chinese Checkers
9	Bingo
12	Cards, War, & Five Food Groups Discussion
14	Euchre, & Rummy
16	Skip-Bo
19	Uno
21	Euchre & Chinese Checkers
23	Bingo
26	Craft Day
28	Euchre & Paper Charades
30	Jeopardy

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



**Rosebush** Village of Rosebush Manor 4210 E. Rosebush Road, Rosebush  
Meals M-W-F 10:00a.m.-2:00p.m. Katie Showers, Site Manager **433-0151**

Come join us at the lovely Rosebush Manor for fun activities and great fellowship! Do you have a birthday in August? Please let us know so we can celebrate you on August 26! If you don't have a birthday, come celebrate those folks that do.  
"Sit and Get Fit" every M-W-F at 11:15 a.m.  
Activities provided in cooperation with Rosebush Manor.

**August Calendar**

- 2 12:45 p.m. -"Harvest Time" Chippewa Nature Center
- 5 1:00 p.m. - White Elephant Bingo
- 7 1:00 p.m. - Penny Bingo
- 9 1:00 p.m. - Good Times Band  
2:00 p.m. - Ice Cream Social
- 12 1:00 p.m. - Bingo w/ Prizes -Woodland  
2:30 p.m. - Red Hat Strutters
- 14 1:00 p.m. - Penny Bingo
- 16 1:00 p.m. - Cards & Dominoes
- 19 1:00 p.m. - Penny Bingo
- 21 1:00 p.m. - Bingo w/ Prizes-The Laurels  
2:00 p.m. - Storytelling
- 23 12:45 p.m. - Healthy Desserts
- 26 12:30 p.m. - FWF Birthday Party
- 28 1:00 p.m. - Penny Bingo

**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**  
It has been wonderful meeting everyone! Thank you for the warm welcome! We had a wonderful turnout for the 40<sup>th</sup> Anniversary. It was so nice to see so much community support for COA!  
How far can you spit a watermelon seed? On August 2, challenge us in a watermelon seed spitting contest and enjoy a nice fruit tray as we discuss our Nutrition Topic of the Month: "Healthy Desserts." This month we will do root beer floats and ice cream with toppings. A huge thank you to Right At Home, In Home Care and Assistance for sponsoring this! We have brought back Wii every day! I have challenged several players; sadly, I need to brush up on my bowling skills! I am bringing in a ladder ball game. This game has brought back many happy memories for me. Come make some new memories with us today! It's a lot of fun! Try it out every Thursday in August from 10:00 a.m. to 1:00 p.m. Euchre is back! Come on down every Wednesday at 1:00 p.m. and bring your partners!  
The movie this month is "The Quartet" on Tuesday, August 27, at 12:45 p.m. The cost is \$1 for movie and popcorn. Please call **772-0748** to reserve your spot for the movie and or lunch 24 hrs advance. See you soon!

**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**  
Aloha! From the Winn meal and activity site! It's that time of year where we invite everyone to come in for our Luau! We had so much fun last year, we're doing it again on August 23! Make sure you get your reservations in early. It's a great show and lunch! The Hawaiian Dancers start at 10:30 a.m.  
That's not all! We will start the month out with our Birthday Party on August 5, with Randy and Julie Davis. It just gets better & better! If you haven't stopped by Winn to join us yet...maybe you should. See you there!  
**August Calendar**  
5 Julie & Randy Davis with Birthday party  
7 Leon Seiter and Maxine Vadar  
12 Buzz Stone  
14 Les Jenkins, Pat Kane and Friends  
19 Vicki Dexter and her Mom!  
21 Harold Helman  
23 Luau – Dancing starts at 10:30  
26 Mark Ray and Mark Bauman  
28 Andy Stanley

**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**

August is Happiness Happens Month. Come make happiness happen with us in Weidman! See below for a variety of happiness-inducing activities, such as Elvis Week. Calling all Elvis impersonators and fanatics--this is your week to shine! We welcome you to dress, talk, and sing like Elvis. Bring in your music and memorabilia and imagine you're walking down the streets of Graceland.  
Help us celebrate the birthdays of Mina Garrett and Marilyn Chaffee on the August 7. Do you have a Birthday in August? Let us celebrate you, too! See you soon!

**August Calendar**

- 1 Be Happy Day – We welcome you to bring in items that help you express what makes you happy: pictures, poetry, a baseball...
- 2 COA Golf Outing Day – If you don't want to play real golf, come play card golf with us instead!
- 5 Triominoes – we would be happy to teach you how to play!
- 7 Birthday Party w/ the River Ramblers at 10:00 a.m.
- 8 Wendy from Clare Tendercare will be sharing important health info with us.
- 12 Elvis Trivia
- 13 "You Ain't Nothing but a Hound Dog" Day – We welcome you to bring in your favorite kids to share the day with you.
- 14 Elvis Impersonation Contest w/ the River Ramblers at 10:00 a.m.
- 15 Elvis Bingo
- 16 Share Elvis's favorite Sandwich with us: Banana and Peanut Butter  
Nutrition Topic – Healthy Desserts
- 19 National Aviation Day – Paper Airplane Contest
- 20 National Radio Day – Share your Radio Memories
- 21 River Ramblers 10:00 a.m.
- 22 Yard Games
- 23 Be Puzzled Day – Enjoy a variety of puzzles that may make you scratch your head and cross your eyes.
- 26 Famous Detectives Game – How well do you know your TV and movie gumshoes?
- 28 10:00 Hawaiian Party w/ The River Ramblers– Wear your Hawaiian garb!
- 29 Labor Day Bingo! – Come see how laborious bingo can be!

IN MEMORY OF

<b>Dale House</b> Nina House	<u>Active Living</u> <u>In Memory of</u>
<b>Marge Baker</b> Juanita Blystone	<b>Ersal &amp; Lavern Main</b> Carol Maxfield
<b>James Delong</b> Juanita Blystone	<b>Arthur Ellis</b> Ron & Sig Farrell
<b>Carl Frick</b> Ruth Cook	<b>Catherine Barberi</b> Ron & Sig Farrell
<b>Hildegard Mengot</b> Apollonia Newman	<u>Activity Center</u> <u>In Memory of</u>
<b>Jeff Weber</b> Alvin & Joanne Roy	<b>Howard Homister</b> Senior Center Pepper Players
<b>Margaret Ford</b> Anonymous	<b>James DeLong</b> Senior Center Pepper Players
<u>Gold KeyVolunteers</u> <u>In Memory of</u>	
<b>Hildegard Mengot</b> Anonymous	

“Kindness, like a boomerang,  
always returns.”  
Author Unknown

Donations to  
COMMISSION ON AGING

<u>In Home Services</u>	<u>Have a Heart</u>
Edith Clare	Francis & Mary Lois Molson
<u>Gold Key Transportation</u>	
Richard & Jean Thomas Anonymous	All Donations listed in this issue of Active Living were received by July 15, 2013.
<u>Activity Center</u>	
Melvin Onuskanich	<i>Thank You for your generosity.</i>

Donations to ACTIVE LIVING

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	Lois Lippold	
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Things to Do in August

There are so many exciting things happening through these summer months! Let’s remember the T.V. will always be there, but the refreshing smell of fresh cut grass...that won’t last much longer folks. Winter is just around the corner!

Come Out and See the Planes!

Local EAA Chapter 907 is sponsoring a Fly-In or Drive-In Breakfast on **Saturday, August 10, from 8 a.m. to Noon** at the Woodruff Lake Airport, 6438 W. Millbrook Rd., just east of

Coldwater Rd. You are invited to bring the grandkids and come out to view the airplanes and antique automobiles. If you like, stay for a wonderful breakfast of pancakes, ham, eggs and cheesy potatoes.

Movie by the Moonlight

is on the east side of Mount Pleasant City Hall at 320 W. Broadway St. Movies begin at dusk (8:30-10:30). Don’t forget your blanket or lawn chair and some popcorn!

Saturday, August 3--Raiders of the Lost Ark  
Saturday, August 10--Happy Feet  
Saturday, August 17--Breakfast at Tiffany’s

**Hot Wheels Racing - “Racing for a Cause” on Saturday, August 24 at Mt. Pleasant Masonic Center, 2174 S. Lincoln Rd. next door to COA.** This event is open to all ages. Prizes! Trophies! Silent auction for baskets, bake sale and snack concessions will be held from noon to 3:00 p.m. The fun-filled event is sponsored by Mt. Pleasant Chapter #55 Order of the Eastern Star.

All racing fees and event proceeds will be donated to the Commission on Aging to help with the purchase and installation of the COA Fitness trail. Come out and enjoy the fun!

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





### Connecting with the “Wild Life”

Saturday, August 24, 2013



Don't let today's technologies keep you inside....Create your own adventure!!  
Unplug and Reconnect with Nature!

Deerfield Nature Park  
Beach Area  
11a.m. – 3p.m.

Petting Zoo ~ Nature Stories  
Nature Hikes  
Nature Activities & Crafts  
Geocaching ...and more!!

Bring a Picnic Lunch to enjoy at the park during this Family Event!!!

Contact the Parks Main Office at  
989.772.0911 extension 340  
www.isabellacounty.org/parks



**Aug. Weidman Activities**  
Weidman Community Center (WCC) Bridge St.  
Mondays and Thursdays--WCC  
Low Impact And Resistance Band Exercise--  
4:30-5:15 P.M.

**Tuesdays--WCC**  
Beginner Line Dancing --9:00-11:00 A.M.  
Donation, Come Early For Instruction  
Call Marilyn 644-5915

**Wednesday--WCC**  
Bingo 6:30 P.M.--Doors Open At 5:30 P.M.  
Call Karen For Info 644-2266

**Thursday--WCC**  
Euchre--Play Promptly Begins At 6:00 P.M.--Call  
Karen for Info 644-2266

**Events at Weidman Eagles--VFW Drive Behind Fire station**  
**Wednesday--Eagles**  
Beginner Line Dancing-- 6:00-8:00 P.M.  
Donation-- Call Marilyn 644-5915 For Info

**Thursdays--Eagles 4:00-8:00 P.M.--Make Your Own At The Full Taco Bar.**  
**August 9--Friday--Fish Dinner**  
**August 23-Friday--Swiss Steak Dinner At The Eagles**

COMMISSION ON AGING ADVISORY BOARD	
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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

MissionStatement

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

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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**  
**Mackinac Island Trip**  
**Cost: \$90.00**  
**“Do It Your Way!”**  
**See Page 13 for Details**

**Breakfast at COA**  
**Join us for the COA**  
**monthly Breakfast on the second**  
**Tuesday of each month (August**  
**13) from 8 to 9 a.m. featuring a**  
**Chef’s Special! See Page 5.**

## AUGUST 2013 ACTIVE LIVING

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