

Active LIVING

Volume 113 Issue 10
October 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

Saturday, October 26

"A Howling Good Time!"

At COA

2200 S. Lincoln Rd., Mt. Pleasant

Time: 10:00 a.m. - Noon

"Fun" Raising Event

Happy Halloween

Costumes Encouraged!

Join the Fun!

**Safe and Appropriate for all ages!
Intergenerational Activities for All!
Grandparents Bring Grandchildren!**

**Fun Walk, Games, Prizes
Face Painting, Refreshments**

**Please call ahead to register:
772-0748**

**Games Provided by
Mt. Pleasant Kiwanis**



2013 Fall Caregiver Trainings

October 17, 2013 - 6:30 to 8:30 p.m.

Dr. Barbara McIntyre Ph.D., ATR-BC, LPC



Art Therapy Training

Barbara has a private practice in Traverse City. She will share historical and research information on the benefits of art therapy for seniors. She will introduce ideas caregivers can use immediately and she will have an experiential project for participants to do. Handouts provided.

October 29, 2013 - 6:30 to 8:30 p.m.

Kristin Batzner, MME-MTBC



Music Therapy Training

Kristin is from Mt. Pleasant. She will be introducing ways to build a relationship with music. She will be using instrument playing, rhythm, singing and lyrics in her training. Handouts provided.

**FREE Event - Open to All Caregivers,
Professional Staff, CMU Students**

**Sessions will be held at the Commission on Aging
Activity Center - Room A
2200 South Lincoln Road, Mt. Pleasant**

Refreshments will be provided

**Call the Commission on Aging at 772-0748 for
questions and to make a reservation. Reservations
are not required, but advised.**

Director's Comments

Medicare Part D – Open Enrollment is Almost Here

In 2003 Congress passed, with bipartisan support, the Medicare Modernization Act. This Public Act put into place the Medicare Part D Prescription Drug Program. According to a recent article published by Forbes (8/9/13), this program has been one of the most cost-effective and successful programs run by the Federal government. It has helped over 6.6 million Older Adults across the country. This includes thousands throughout the mid-Michigan area. The article went on to say that Part D has saved over \$7 billion on prescription drugs, approximately \$1,000 per Medicare recipient. According to government statistics, 94% of Medicare recipients say they are satisfied with their drug coverage. It is apparent that Part D is successful. How many other Federal programs can say that their costs are 45% below the program's 10 year projection? It is a good program and it is a vital component in an individual's health care coverage.

Medicare Part D prescription drug coverage is available for all individuals with Medicare Part A and/or Part B, regardless of age, income or health conditions. It is your responsibility to enroll in Part D unless you already have creditable coverage. (This could mean that you are employed, and your employer provides prescription coverage.) When you become eligible for Medicare at the age of 65, you can enroll. You have a 7 month window of opportunity; the 3 months before you turn 65, the month you turn 65 or the 3 months after the month you turned 65. If you are under the age of 65, have a disability and are eligible for Medicare your window of enrollment is 3 months before your 25th month of disability or 3 months after your 25th month of disability. You would also have an opportunity to enroll when you reach the age of 65. In both cases, whether you are just turning 65 or you are disabled,

this would be considered your "initial enrollment period."

Medicare also has an annual "open enrollment period." In 2013 "open enrollment" will take place between October 15, 2013 and December 7, 2013. Any changes made in your Part D coverage during this time frame will go into effect January 1, 2014. The "open enrollment period" is the only time during the year that all individuals on Medicare can join or change their Part D prescription drug plan. Even if you like your current Part D plan, it is strongly recommended that you review your plan annually for the upcoming year. Your prescriptions may change. Your physician may have changed the type of drug you take or changed the dose. You may have stopped taking a particular drug. These changes could make a difference and your current plan may not be the best one for you anymore. There are currently 28 different prescription drug plans available in the State of Michigan. Many of those plans are offered by different drug companies. By reviewing your Part D plan annually, possibly you could save money by finding a plan that has lower premiums and fewer restrictions.

All this can be very confusing. If you would like help, you have some options available. Both the Isabella County Commission on Aging (989-772-0748) and the Gratiot County Commission on Aging (989-875-5246) have staff and volunteer counselors who will assist with the Part D enrollment process. All the staff and counselors receive extensive training before providing this service.

Again, the "open enrollment" period is from October 15 to December 7. Assistance in Isabella and Gratiot Counties is provided through the Commission on Aging (COA) in each county by appointment only. Beginning October 1 you can call your county COA and make your appointment. When you come for your appointment please remember to bring your Medicare card and all your current prescription bottles. The counselor needs to know not only the name of the drug(s) you



are taking, but the dosage and the frequency of the drugs you take. Enrollment assistance is available for county residents 60 years of age and older. If you are an Isabella County resident call the Isabella COA at **989-772-0748**; Gratiot County residents call the Gratiot COA **989-875-5246**.

If you live in one of the surrounding counties you can contact MMAP by calling **1-800-803-7174** or visit the MMAP web site www.mmapinc.org. They will direct you to a counselor in your area.

Last year the Isabella County COA assisted over 550 individuals with their Part D during the "open enrollment period." If you would like assistance please call. We will start taking appointments October 1 for this year's "open enrollment."

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

Caregiver Support

Our Caregivers Support Meeting will be October 15, 2013, at the Isabella County Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. The meeting is held from 6:30 to 8:00 p.m. This group is open to all caregivers be it caring for your mother/father, 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**, ask for Ann Kowaleski.

This page is sponsored by: the Leonard Plachta Family To Honor Members of America's "Greatest Generation"

Mission Moments

In the play “*The Lion King*” you listen as the father explains to his son how we all start out as children and grow old and leave this earth for others to begin their lives. I have just experienced this discussion with my own father over the last four months as I have spent time with him during his final days. After my mom died, he and my step-mother lived in Colorado for the last 24 years. She passed away in January, so my brother and I brought him here in April. He wanted to come to Michigan to be closer to family. As we looked around to find a place where he could get the care he needed, we found a local nursing facility in Mt. Pleasant. They embraced him, took care of him and made him feel at home. I was able now to spend quality time with him as did my husband, son, brothers and other relatives and friends. I am sure he never imagined living in Mt. Pleasant the place where he had taken me in 1969 to attend Central Michigan University. He had been from the Detroit area, but this was a better fit now to be closer to family.

I am so glad we had time these last few months to talk, share stories and laugh and cry together. He knew he was loved and that we would take care of him. It is a strange feeling that we get as our parents leave this earth. Now we are the elders of the family. I hope I can be here as long as possible for my children and grandchildren to spend many years sharing, supporting and loving them.

Sally Wojciechowski Activity/Trip Coordinator

The Most Important Gift You Can Give . . .

is knowing how to start the conversation. One of the most difficult conversations in our lifetimes may be the one that covers how those lifetimes might end. Sometimes beginning the conversation about what our end of life wishes are is the most difficult part. If we can just get past the first few sentences, it can send us on our way toward a very meaningful discussion. Woodland Hospice and the Commission on Aging are partnering to provide your group or organization with the information on how to begin these vital conversations.

Did You Know?

- 60% of people say that making sure their family is not burdened by tough decisions is “extremely important”
- 56% have not communicated their end-of-life wishes
- 82% of people say it’s important to put their wishes in writing
- 23% have actually done so

One Conversation can make all the Difference!

For more Information or to Schedule for your group, please contact:
Karen Langeland at Woodland Hospice – (989) 773-6137 or
Barb Frankenfield at Commission on Aging – (989) 772-0748



Liz Daum

New Face at COA!

Hello! I am a social work intern at the Commission on Aging. I will be shadowing and working with the social workers while concentrating on In-Home Services. I am a senior at Central Michigan University where I am pursuing a Bachelor of Social Work with a Nutrition minor.

I am originally from Stanton, MI, but have been residing in Mount Pleasant for the last 11 years. I am married to Kevin, and we have two daughters, ages 3 and 5. We like to travel, camp, create art, and spend time with family and friends. I am excited to be here to learn and meet many new people. I will be here two days a week for the next year, so I hope to meet many of you. Please say “hello” if you see me around the building. I look forward to it!

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.

Ask a COA Specialist

Question: I have Medicare and am not sure how this will work with the Health Insurance Marketplace, what should I do?

Answer: If you have Medicare, you do not need to do anything. Your coverage will not be affected by the Health Insurance Marketplace. The Marketplace is ONLY for those who do not have any health coverage. Listed below are a few facts regarding the Health Insurance Marketplace. This will begin October 1 and last through March 31.

1. Uninsured people who enroll in a plan offered through the Marketplace may qualify for a tax credit to help pay for their plan.
2. The health plan Marketplace is designed to offer coverage including physician visits, maternity, hospitalization, ER visits and prescriptions.
3. Individuals who have pre-existing conditions cannot be denied coverage.
4. Individuals who are uninsured and do not choose a plan may face a penalty.

To learn more about the Health Insurance Marketplace you may visit HealthCare.gov or call **1-800-318-2596**. If you are a Medicare recipient and want help reviewing your Medicare plan please feel free to call **1-800 Medicare**, or the Commission on Aging at **989-772-0748**. The annual Open Enrollment Period is from October 15 through December 7, and COA will start taking appointments on October 1. If you have other questions pertaining to insurance, please feel free to call anytime. You will be transferred to the Insurance hotline and a specialist will return your call within 5 business days. Sessions are available for Isabella County residents 60 years of age and older and are by Appointment Only. There is no cost for the session, although donations to the agency are welcomed.

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**

Update on Food with Friends - Home Delivered Meals

As of October 1, 2013, Isabella County Commission on Aging Food with Friends program will return to the weekly delivery schedule of Monday through Friday. The waiting list has been eliminated, and if you could benefit from receiving home delivered meals, please contact Commission on Aging at 989-772-0748. Thank you.

Mt. Pleasant Area Crop Walk 2013

The annual Crop Walk for Mt. Pleasant is scheduled for **Sunday, October 6, 2013**. The Commission on Aging has been a recipient of funds raised by the Crop Walk organization for many years. We need your help to raise funds for our community nutrition programs.

Why Walk? 50.2 million Americans live in households where they are uncertain where the next meal will come from. Worldwide, one in seven people will go to bed hungry tonight. Three quarters of the money raised by CROP Walkers will provide food and basic shelter and teach techniques for sustainable food solutions. One quarter of the money raised by CROP walkers relieves hunger through Food with Friends (Commission on Aging), WIC/Project Fresh (Isabella Health Department), Compassion Care Network/Salvation Army—Food Pantry, Red Cross Infant pantry, The Storehouse Food Pantry in Weidman.

*Sources: United Nations and Agriculture Organizatinos; U.S. Department of Agriculture, United Nations Economic and Social Council; World Health Organization Bread for the World 2012 Hunger Report.

Get Involved! Working together, we can build a world where there is enough for all. Registration starts at 1:00 p.m. at Island Park. The Walk starts at 1:30 p.m. with a pizza reception following. The Walk is supported in part by faith communities, businesses, community organizations and CMU students. For more information, contact Crop Walk Coordinator, Margie Williams (margaretm1104@gmail.com) or Carmel Slebodnik, Crop Walk

Isabella County Nutrition Advisory Meeting

Attention all Food with Friends Participants!

We invite you to attend!

Next Meeting Date: Tuesday, November 5

Time: 11:00 a.m.

Location: Isabella COA, 2200 S. Lincoln Rd., Mt. Pleasant

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 planning to begin serving. If you would like to eat with us afterward, please call **989-772-0748** at least 24 hours in advance to make reservations.

*This page could be sponsored by: **Your Organization - call 772-0748***

Coming Up In October at the COA Activity Center

Mt. Pleasant Area Historical Society

Coleman author/columnist Rick Sigsby will present a program on the history of Auto Racing in Michigan based on his latest book “*Living on the Edge*.” He will speak to the Mt. Pleasant Area Historical Society on October 1 at the 7:00 p.m. meeting. Sigsby, a columnist for several weekly papers with his “*Rick Off The Record*,” is also author of “*Discovering Hidden Treasure*” interviewing several Gladwin area residents, an Arcadia Publishing photo history “*Gladwin County*,” the (Saginaw Valley Conference) “*Valley of Athletes*,” and “*Hidden Treasures II*.” Sigsby will sell and sign his books following his program.

The meeting will take place in Room A of the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant. The public is invited and encouraged to attend. The 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 the month on October 8. 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

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

“If man cares not for his roots, then how can he care for his branches?”

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

~ Upcoming Programs ~

October: Val Wolters will present her Research Process Of Gathering Information For “The History of Ganiard Elementary” And Their Coryell Island Cottage

November: Program TBA

December: Celebrate the Holidays – Bring a dish or snack to share. Members will share their discoveries and discuss programs for next year.

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

(SERA) State Employee Retirement Assn.

Sue Ann Kopmeyer, Director of Isabella County Parks and Recreation, will be the speaker on October 15, 2013. She will present a program on the local parks and events for Isabella County. Since voters approved the mileage for Parks, there have been several changes and improvements. Following the presentation we will have the 50/50 drawing as well as a door prize. Come and enjoy the information provided and the fellowship. If there are any questions, please feel free to contact me, Jackie Curtis, at jac62irish@yahoo.com or **989-772-0597**.

Driver Safety Class - Sponsored by AARP

Friday, October 18 from 9:00 a.m. to 5:00 p.m.

Cost: AARP Members \$12.00 - Non-Members \$14.00

Pay the day of class

Call for a reservation **989-772-0748**

Ask about lunch here.

If you cannot make this class there will be one in Gratiot County on Thursday November 14.

Movie and Popcorn \$1.00

The movie this month is “Phantom of the Opera” and will be shown on Tuesday, October 29 ,at 12:45 p.m. This month the movie is “*Phantom of the Opera*.” The cost is \$1 for movie and popcorn. Please call **772-0748** 24 hours in advance to reserve your spot for the movie and or lunch. See you then!

Shepherd Event in October

Shepherd Area Historical Society

Mrs. Candace Henderson will present “My Grandfather's Diaries 1938-40 - Remarks on the death of Isaiah Leebove and Mammoth Producing and Refining Corporation” on October 14, 2013, at the Shepherd Area Historical Society’s Powerhouse Museum at 7 p.m. in Shepherd. The Mammoth Producing and Refining Corporation was rumored to have a connection to the Purple Gang who frequented the Doherty Hotel in Clare, Michigan. Attorney Isaiah Leebove was shot dead at the hotel on May 14, 1938, and Carl (Jack) Livingston was accused of his murder. Mr. Leebove, a successful New York City attorney, was at one time known as the mystery man of Michigan politics.

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

FRIENDS OF VETERANS MEMORIAL BOOK SALE

Collection Dates:

We will be collecting books at the Library Annex beginning on Sept. 23 at 10:00 a.m. We are not accepting encyclopedias. Books will be accepted until Tuesday, October 1.

Book Sale:

The sale begins on Wednesday, October 2 at 12:00 noon for Friends Members only. The sale is open to the public on Thursday, Oct. 3 at 10:00 a.m. The last day of the sale is Saturday, Oct. 5, which is \$2.00 a bag day. All proceeds from the sale go to support programs at Veterans Memorial Library.

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.

Overactive Bladder

More than 100,000 people worldwide have received InterStim Therapy. It's a proven treatment option for people who have not had success with other overactive bladder treatment options, such as medications and behavioral therapy. Join Urologist Kent Kirby, MD in the FDJ conference room at McLaren Central Michigan, 1121 South Drive in Mt. Pleasant on Tues., Oct. 29 to find out if InterStim Therapy is a fit for you. Register for this free program by calling (989) 779-5606.

Are You a Candidate for Weight Loss Surgery?

Learn more about weight loss, or 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. Call (989) 772-6739 to schedule a free consultation with Sue Hahn, RN, BSN, McLaren Central Michigan Bariatric Coordinator.

Is Joint Replacement Right for You?

MCM offers an all-inclusive joint replacement program for individuals planning or considering a total joint replacement. Join Joint Replacement Coordinator, Beth Nesbitt, RN, to learn more about the joint replacement process at McLaren Central Michigan, FDJ Conference Room, 1221 South Drive, Mt. Pleasant. Registration is required. Call (989) 779-5651. Thurs., Oct. 10 or Thurs., Oct. 24 1:30 - 4:30 p.m.

Concerned about memory loss?

Are you concerned about memory loss in a loved one, or yourself? If you notice an interference with daily activities; avoidance of tasks, hobbies, or social events; or a memory that seems to be getting worse - consider a memory screening. Jonathan Daniels, PA-C is performing free memory screenings at his office, 322 Wright Ave. in Shepherd, to determine whether problems are part of normal aging or due to a condition that should be treated. Call (989) 779-5606 to schedule your free appointment. Thurs., Oct. 17 Appointments available from 9 am - Noon.

Central Michigan District Health Department

Walk-In Seasonal Flu Clinics for Adults (ages 19 and above)

Friday, October 11th

Winchester Towers

1:30 p.m. to 3:00 p.m.

Wednesday, October 16

Blanchard

American Legion Hall
8803 West County Line Road in
Blanchard - (south of Tri County Electric,
left side) from 1:30 to 3:00 p.m.

Thursday, October 24

Isabella County Commission on Aging
2200 S. Lincoln Road in Mt. Pleasant
10:00 a.m. to 2:00 p.m.

Friday, October 25th

Shepherd United Methodist Church
1:30 p.m. to 3:00 p.m.

Tuesday, October 29th

Beal City Public Schools

(Adults and children 6months of age
and older)

2:00 p.m. to 6:00 p.m.

Wednesday, October 30th

Riverview Apartments

10:30 a.m. to 12:00 p.m.

Wednesday, November 6

Rosebush Manor

4210 E. Rosebush Road in Rosebush
1:30 p.m. to 3:00 p.m.

Walk In Flu Shots for Children and Adults at Beginning 11/1/13

Central MI District Health Dept., 2012 E. Preston Avenue in Mt. Pleasant

Appointments for infants and children (ages 6 months – 18 years) can be made by calling the health department at (989) 773-5921 ext. 8405. Cost is \$30.00. We accept Medicare Part B and Medicaid. Most private insurances can be billed. We accept cash and checks made payable to CMDHD.



The **Weidman Country Quilters** (pictured above wearing some of the 154 clothing protectors they donated to COA last year) work on projects to donate to the Isabella County Commission on Aging on the first Wednesday of every month throughout the year. Last year, the group also made and donated to COA 16 Red Cross Quilts, 49 Lap Quilts, 119 Walker Bags, 62 Baby Quilts, 61 Dialysis Quilts and 30 Infant Hats. These beautiful and useful items were distributed to many of the 55 agencies in Isabella County the Commission on Aging Gold Key Volunteers assist on a yearly basis. **Thank You, Weidman Country Quilters!**

“KAISA”

Mt. Pleasant author Jack R. Westbrook has slated a book signing of his new historical novel for October 5 at the Zonta Applefest at Papa’s Pumpkin Patch, 3099 South Summerton Road in Mt. Pleasant. Westbrook will be personalizing autographs of customer choice at the event for the new book as well as his previous eight titles. He will also autograph the novel with a major chain bookstore signing at the Midland Mall Barnes & Noble, Saturday, October 19, from 1:00 p.m. until 4:00 p.m.

“*KAISA: A Novel of Michigan’s Copper Mining & Oil and Gas Industries; Calumet, Mt. Pleasant, Holland, Mackinac Island and Jekyll Island, Georgia*” is a 312 page historical romance/adventure novel. Named for a small Finnish girl who died in the Italian Hall tragedy during the copper miner’s strike in Michigan’s Upper Peninsula, “KAISA” follows two women of successive generations through Michigan events from 1913 to 1935. The 1928 discovery of the Mt. Pleasant oilfield, 1931 Struble well fire, 1934 start of the Michigan Oil and Gas Association and 1935 Michigan Oil and Gas Exposition at Mt. Pleasant are all detailed as key elements of the book. Other scenarios include Michigan’s 1913 copper miner strike and the Italian Hall Tragedy at Calumet, the 1929 founding of Holland’s Tulip Festival, life in a 1930s Mt. Pleasant and in a Mackinac Island East Bluff Cottage. Westbrook’s first fiction book concludes with a 1942 Nazi U-Boat landing craft attempting to kidnap Governors of the U. S. Federal Reserve from a Jekyll Island, Georgia meeting, where the “Fed” was conceived thirty-two years before. Here Kaisa finds intrigue and love.

Active Living Needs Support

Donations are needed to meet our goal of \$24,000. We have received \$11,484 so far this year. With 3 months left, we need support! Please consider a donation to Active Living. See form on Page 16.

Fall in Love with Your Isabella County Parks!!!



Walk the Trails at Deerfield Nature Park and Meridian County Park!


www.isabellacounty.org/park
 989.772.0911 extension 340

Ride Buddies Needed

Ride Buddies are needed to 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!

Ride Buddies need to be available **once per week** 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.

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

Activity Center

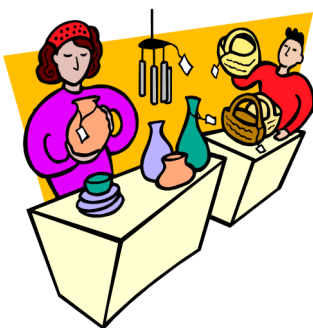
OCTOBER ACTIVITIES

| Monday | Tuesday | Wednesday |
|--|---|---|
| Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu on Page 12 in this issue! | 1 9:30 Tai Chi Five Elements (F) 10:00 Country Music 12:30 Banjos & Guitars (B) 12:00 Retired School Employees (A) 5:00 COA Advisory Council (BR1) 7:00 Mt. Pleasant Historical Society (A) 7:00 Evening Bloomers (B) | 2 10:00 Art Class (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Happy Rippers (Craft) 1:00 Bridge Pepper Euchre (C) |
| 7 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 10:00 Dulcimers Practice (Craft) 12:00 Community Service Council (A) 1:00 Pinochle and Dominos (C) 1:30 Yoga (F) 6:00 It Works (A) 6:00 Parkinson’s Support Group (B) 7:00 Square Dancing (C) | 8 8:00 Breakfast (C) 9:30 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 10:00 Country Music 12:30 Banjos-Guitars (B) 10:30 Landlord Luncheon (A) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 7:00 Mid Michigan Wood Workers (Craft) | 9 10:00 Art Class (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 Euchre Pepper (C) 6:00 West Union Condo Mtg. (B) |
| 14 10:00 Dulcimers Practice (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Pinochle, Dominos (C) 1:00 Legal Service (CR1) 1:00 Readers Theatre (Craft)1:30 Yoga (F) 4:00 Amateur Photo Club (B) 6:00 Parkinson’s Support Group (Craft) 7:00 Square Dancing (C) | 15 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 I Pad Class (B) 6:30 Caregiver Support Mtg.(Craft) 6:30 Friends of the Broadway Theatre (A) | 16 10:00 Art Class (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge Euchre Pepper (C) 5:30 It Works (A) |
| 21 8:30 Medicare Part D (Lab) 10:00 Dulcimers Practice (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Pinochle and Dominos (C) 1:00 Mt. Pleasant Garden Club (Craft) 1:30 Yoga (F) 7:00 Square Dancing (C) | 22 8:00 CPR Training Staff (A) 8:00 Women’s Aid Staff Mtg (B) 9:30 Tai Chi Five Elements (F) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 6:00 Quilters (A B C) 7:00 Stamp Collectors (Craft) | 23 8:30 Medicare Part D (Lab) 10:00 Art Class (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge Euchre Pepper (C) 2:00 Receptionist Training (B) |
| 28 10:00 Dulcimers Practice (Craft) 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) | 29 8:30 Medicare Part D (Lab) 9:30 Tai Chi Five Elements (F) 12:45 Movie “Phantom of the Opera” (B) 4:00 Alzheimer’s Walk Mtg. (BR1) 6:30 Fall Caregiver Training (A) | 30 8:30 Medicare Part D (Lab) 10:00 Art Class (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge Euchre 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 |
|---|---|--|
| 3 9:30 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:30 Singers (Craft) 1:00 Beginner Line Dancing (C) 1:30 Art Class (Craft) 6:00 Clowns (Craft) | 4 9:00 Collaborative Council (B) 10:15 Hi/Aerobics (F) 10:00 Jam Session (Craft) 11:00 Lo/Aerobics (F) 11:30 Crossword and Word Search (C) 12:30 Ukulele (Craft) 1:00 Poker, Chess or Checkers (C) | 5 Wii Bowling Every Day Room C |
| 10 9:30 Tai Chi (F) 1:00 Poisonous Mushrooms (B) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 1:30 Art Class (Craft) 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy Mtg. (B) | 11 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:30 Nutrition Ed: Learn to use Coupons (C) 12:30 Ukulele (Craft) 1:00 Poker, Chess or Checkers (C) | 12 8:00 to 5:00 Quilting Bee (A and B) |
| 17 8:30 Health Dept. Mtg. (B) 9:30 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:30 Singers (Craft) Wear Pink Breast Cancer Awareness 1:00 Beginner Line Dancing (C) 1:00 Second Hand Book Club (Lib) 1:30 Art Class (Craft) 6:30 Fall Caregiver Training (A) | 18 8:30 Medicare Part D (Lab) 9:00 AARP Driver Safety Course (A) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) CMU Pep Rally (C) 12:30 Ukulele (Craft) 12:45 Meijer Bingo (C) 1:00 Poker, Chess or Checkers (C) 6:00 Community Dance (C) \$5.00 | 19 8:00 to 4:00 Woodland Hospice Kids Kids Camp (C) 10:00 Central Michigan Daylily Society (A) |
| 24 9:30 Tai Chi Five Elements (F) 10:00 to 2:00 Flu Shots (A and B) 10:00 Learn to Knit (Craft) 11:15 Craft Project-Pumpkins (C) 1:00 Beginner Line Dancing (C) 1:30 Art Class (Craft) 5:00 Caregiver Music Therapy (A) | 25 8:30 Medicare Part D (Lab) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 The Laurels Bingo (C) 1:00 Poker, Chess or Checkers (C) | 26 10:00 –12:00 Howling Good Time (B and C) 1:00 Ostomy Group (Craft) |
| 31 10:00 to 12:30 Lobo Pumpkin Shoot 12:30 Awards for best costume (C) 10:00 Halloween Part (B and C) Wear costume or orange shirt! 1:00 Let’s Make a Deal Bingo (B) 1:00 Line Dancing (C) 1:30 Art Class (Craft) | <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 | |



Holiday Craft Sale

Bake Sale and Raffle
Saturday, November 9
9:00 a.m. to 2:00 p.m.
Many unique items to choose from

Music



Community Dance

Friday, October 18
6:00 - 9:00 p.m.
COA Activity Center
Oldies 50's/60's&Country Old/New
Donation: \$5.00

Banjos and Guitars

12:30 p.m.
Tuesdays, October 1 and 8

Play Your Dulcimer

Every Monday at 10:00 a.m.

Senior Singers

Thursdays, October 3 and 17 at 10:30 a.m.

Ukulele Lessons

12:30 p.m. Fridays

Classes

Driver Safety Class

Sponsored by AARP

Friday, October 18

9:00 a.m. to 5:00 p.m.

Cost: AARP Members \$12.00

Non-Members \$14.00

Pay the day of class

Call for a reservation 989-772-0748

Ask about lunch here.

If you cannot make this class there will
be one in Gratiot County on Thursday
November 14.

Computer Help

There will be no computer help until
Thursday, November 14. Our instructor is
unable to be there. So save your questions
until then.

Learn to Knit

First 4 Thursdays of the month, 10:00 a. m.
Come and be taught by those who know.

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

Intermediate

Second and Fourth Tuesdays at 2:00 p.m.

THIS IS A CHANGE!!

Beginner

1:00 p.m.- 3:00 p. m. Thursdays

Jam Session

Fridays at 10:00 a.m.

Exercise Classes

Yoga Class

Mondays from 1:30 - 2:30 p.m.
Students can drop in for \$10.00 per class.
Thru November 4

Tai Chi Five Elements Class

Tuesdays and Thursdays, 9:30 to 10:30

October 1 thru 24

\$60.00 for all or \$10.00 a class

Certified Tai Chi for Arthritis Instructor
Intermediate practice 10:30 a.m. \$5.00
To register, call Judi 989-773-0786



Water Aerobics

Monday thru Friday
7:30 a.m. to 8:30 a.m.
Rose Pool at CMU

CLASSES AT THE COA

10:15 Hi/Aerobics

11:00 Lo/Aerobics

M-W-F in the FITNESS ROOM

Walk the fitness trail M-W-F 9:00 a.m.
around the COA building'

ALSO Aerobic Program at
Weidman Community Building
Mondays & Thursdays, 4:30 p.m.

Games

Bingo at the COA

Friday, October 18- 12:45 p.m.

Friday, October 25 - 12:45 p.m.

Deal or No Deal

October 9 at 11:15 a.m. prior to lunch.

Activity Center TRAVEL ACTIVITIES



DAY AND EXTENDED TRIPS CALL 772-0748

EXTENDED TRIPS

“A Howling Good Time”
At the COA
2200 S. Lincoln Rd.,
Mt. Pleasant
Time: 10:00 a.m. to Noon
“Fun Raising Event”
Costumes Encouraged
Grandparents
Bring you Grandchildren
Games, Refreshments, Prizes,
Face Painting
Please call ahead to register:
772-0748

October Movie
“Phantom of the Opera”
Tuesday, October 29
12:45 p.m. Cost: \$1.00
Call to reserve your spot by Monday,
September 23. We need to know ahead of
time how many chairs to set up and how
much popcorn to make. **Movie starts**
promptly at 12:45 p.m. Lasts 2 1/2 hours.

Poisonous Mushrooms
of Isabella County
Thursday, October 10 at 1:00 p.m.
Come enjoy a talk about fall mushrooms.
Sister Marie Kopin of the Michigan
Mushroom Club will be the presenter. Come
learn how to identify troublesome fungi.
Bring in a full specimen to ID. Let us know if
you plan to be there by calling the
Commission on Aging at 772-0748.

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 driver license and
be over 21 to receive this package. Call
772-0748 to reserve a spot. Trip is going.

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 and 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 NOW. **We have enough**
for the trip to go but still have room for
you!

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!

Mystery Tour #40
November 5 - 6
There will now be 2 buses going!

Fall Foliage Tour
Colonial Williamsburg
Greenbrier Resort and
Monticello
October 19-23

Branson
Clay Cooper, Dixie Stampede
Tribute to Neil Diamond,
Daniel O’Donnell
Presley Family
Branson Belle Showboat
Miracle of Christmas
Staying at the Lodge of the Ozarks
November 17-22

Chicago
Theatre and Shopping
Show “Million Dollar Quartet”
Palmer House Hotel
December 11-13

2014
Florida Keys & Fort Myers Beach
January 30 - February 13

Texas
March

| FWF Eat Smart Menu | | | | October 2013 |
|---|--|---|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | 1 Trout Melt Hamburger Bun Peas Kidney/Chickpea Salad Mixed Fruit Cup | 2 Baked Spaghetti Garlic Toast Tossed Salad Peaches | 3 Lemon Baked Chicken Bread Whipped Potatoes/Gravy Carrots Pears | 4 Baked Ham Bread Steamed Cabbage Corn & Lima Beans Pineapple |
| 7 American Goulash Bread Mixed Vegetables Tossed Salad Pears | 8 Meatloaf Bread Oven Roasted Potatoes Italian Blend Berry Fruit Cup | 9 Chicken Salad Bread Cucumber Salad Strawberry Shortcake Apple Slices | 10 Beef and Noodles Bread Coleslaw Beets Mixed Fruit Cup | 11 Egg & Cheese Casserole Cinnamon Roll Sausage Links Redskin Potatoes Orange Juice Ambrosia Fruit Cup |
| 14 Roast Pork Bread Sweet Potatoes Brussels Sprouts Pears | 15 Chicken Pattie/Bun Lettuce and Tomato Potato Salad Grape Banana Fruit Cup Cookie | 16 Beef Stew Biscuit Coleslaw Apricots | 17 Baked Chicken Bread Whipped Potatoes/Gravy Crunchy Vegetable Salad Cherry Fruit Cup | 18 Chili Corn Bread Baked Potato Graham Goldfish Fresh Orange |
| 21 Chicken Rice Casserole Bread Broccoli Cauliflower Citrus Fruit Cup | 22 Veal Parmesan Bread Peas Fruited Coleslaw Tropical Fruit | 23 Baked Ham Bread Squash Green Beans Fruit Cocktail Gelatin | 24 Meatballs Bread Redskin Potatoes Stewed Tomatoes Peaches | 25 Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Cinnamon Applesauce |
| 28 Salisbury Steak Bread Whipped Potatoes Brussels Sprouts Pears | 29 Chicken Salad Bread Cucumber Salad Apple Slices Strawberries | 30 Turkey Loaf Bread Corn Pea Salad Mixed Fruit Cup | 31 Lasagna / Garlic Toast Tossed Salad Broccoli Michigan Fruit Cup Cookie | |
| Menus are Subject to Change Without Notice Reservations are Required 24 Hours in Advance | | | | Milk provided with all meals Suggested Donation \$2.50 |

COA Activity Center 2200 S. Lincoln Rd, Mt. Pleasant
Penny Wisney, Site Mgr. 772-0748

Meals: Monday thru Friday Open 8a.m. - 4:30p.m.

A huge Thank You to Compassionate Care Home Health Services, Inc. for donating the items for the ice cream social! Come on down every day from 9:30 to 1:30 to Room C for Food, Friends, and Fun! Every Day from 9:30 to Noon, we have Wii bowling, Jigsaw Puzzles, Games, Coffee and Conversation. On Mondays at 1:00, we play Pinochle and Dominoes. On Wednesdays at 1:00, you can join Bridge, Pepper, Euchre. On Fridays from 9:30 to 12:00, we welcome players to Poker, Chess and Checkers.

October Calendar

4

Crossword and Word search

11

Nutrition Education-*Stretching Your Dollars By Couponing*

15

Ice Cream Social-Halloween toppings after lunch

17

Wear Pink for Breast Cancer Awareness

18


CMU Homecoming Pep Rally! Let’s Cheer for CMU and win Prizes! Wear your Maroon and Gold

24

Pumpkin Craft Project. Very easy; no sewing involved. Be sure to reserve a spot with Penny to ensure availability of materials.

31

Halloween Party! Be sure to dress up!
Cider/Donuts in the morning
Lobo Pumpkin Shoot to see how far you can shoot your candy pumpkin
Awards given for best costume and pumpkin shoot
Let’s Make a Deal Bingo after Lunch



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**

Happy Halloween Month! Calling all Euchre Players! We need you! If you are interested in playing, call Marjie so she can coordinate days for you to play together. As long as weather allows, we will continue to offer yard games every day. Look below for other festivities. Come ghoulish or sweet, either way we think you’re neat! We hope to see you soon!

Every day we have various card games and a jig saw puzzle. On Wednesdays the River Ramblers Band performs from 10 a.m.-noon. On Thursdays we have Craft & Project Days – bring in what you’re working on or have done.

| October Calendar | |
|------------------|---|
| 3 | Guilt Free Salty indulgence making Sea Salt Scrubs |
| 7 | Book Talk – Share your favorite books |
| 10 | Wendy of Clare Tendercare nutrition info |
| 11 | Brag Day! – Grandkids, Grandpuppies, young people important to you – we want to hear how they’re doing! |
| 15 | Nutrition Education – <i>Stretching your Dollars by Couponing</i> |
| 17 | Making sweet treats for Sweetest Day |
| 21 | Word Fun |
| 24 | Pumpkin Painting |
| 28 | Spooky Mad Libs |
| 29 | Creepy Poetry – Bring your own collections to share. |
| 30 | Halloween Party w/ the River Ramblers – Dress to impress! |
| 31 | Halloween Bingo |

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

We’ve added more new games this month here in Shepherd. Tri-Ominos, Parcheesi, Rumi-Cube and Pokeno join the numerous card games that fill our game cabinet. Play Bingo on the 2nd and 4th Friday of the month with great prizes donated by our monthly sponsors. We also play Euchre every Wednesday. We have lots of room and encourage groups of players to join us for a great lunch and an afternoon of fun!

| October Calendar | |
|------------------|---|
| 2 | Storytelling with Carol Kampf Euchre/ Chinese Checkers |
| 4 | Tri-Ominos |
| 7 | Breast Cancer Awareness Month – Wear Pink! |
| 9 | Euchre/ Pokeno |
| 11 | Bingo |
| 14 | Dominos <i>Stretching your Dollars By Couponing</i> |
| 16 | Euchre / Cards of Choice |
| 18 | Yahtzee |
| 21 | Board Game of Choice |
| 23 | Euchre/Uno |
| 25 | Bingo |
| 28 | Rummy |
| 30 | Costume Party!! Blood pressure check., health tips. |

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**

First I would like to thank Becky Good from Compassionate Care Home Health Services Inc. for the wonderful fruit and veggie tray along with a meat and cheese tray. Thanks a bunch, Becky! In October, Jim Gall from Right at Home In Home Care & Assistance will be visiting with treats, but no tricks. We have a full line-up of great music for October! Note: we now have music on Fridays, too! Make sure to get your reservations in early. I’ll see you goblins then! - Denise

| October Calendar | |
|------------------|---|
| 2 | Julie and Randy Davis |
| 4 | Ralph Shoner & Friends |
| 7 | Birthday Party w/ Ray Brown |
| 9 | Les Jenkins, Pat Kane, John Capen, Rocky King |
| 11 | Vicki Dexter & Mom |
| 14 | TBA – Call Denise |
| 16 | Officer Mike White on Safety |
| 18 | Rocky King & Friends |
| 21 | Leon Seiter and Maxine Vadar |
| 23 | Bud and Juanita Carter |
| 25 | Kevin Bendele |
| 28 | Mark Ray & Mark Bauman |
| 30 | Halloween Party w/ Leon Seiter & Maxine Vadar |

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



Last month turned out to be even more fun than planned! Harold Helman stopped by to get us singing along with his karaoke. On Native American Day, tribal members came in to show us a craft. We also celebrated birthdays for the month with a beautiful (and delicious!) cake donated by Kathy at the Sweet Tooth Bakery in Rosebush.

This month we will be having several great musical acts entertain us, along with crafts and, everyone’s favorite, Penny Bingo! Also, make sure not to miss our Halloween Party on Oct 30! It promises to be a scary good time! All activities are provided in cooperation with Rosebush Manor.

| October Calendar | |
|------------------|--|
| 2 | Penny Bingo-1:00 |
| 4 | Chippewa Nature Center “Magic is an Apple”-12:45 |
| 7 | Penny Bingo-1:00 |
| 9 | Penny Bingo-1:00 |
| 11 | Good Times Band-1:00 Banana Splits-2:00 |
| 14 | Bingo with Prizes-12:00 Red Hat Strutters-1:00 |
| 16 | Bingo with Prizes-1:00 |
| 18 | The Music of Craig Newton-1:00 |
| 21 | Chippewa Valley Flute Circle-1:00 |
| 23 | Penny Bingo-1:00 |
| 25 | Fall Crafts-1:00 Nutrition Education – <i>Stretching your Dollars by Couponing</i> |
| 28 | Monthly Birthday Party-12:45 Penny Bingo-1:00 |
| 30 | Halloween Party-12:00 Halloween Bingo-1:00 |

IN MEMORY OF

Katherine McClain
Dave & Denise Livermore
Marian Beutler
Harry & Virginia Herman
Charlene Kennedy
Total Investment Planners
Dawn Tanner

Ginger Claybaugh
Donald & Jo Ann Riley

Ruby McConkie
Joe & Kathy Wolfe
Dale & Jeanette Gatehouse
Pete Ellis
Pat & Terri Conroy
Dolores McConkie
John & Jane Hollenback
Geoff & Sue Ringer

Gala Sanders
Donna Doecker
Anonymous
Bob & Barb Roethlisberger
Beverly Detwiller
Nita Bennett

Auburna Bonnell
Ruth Carson

Tony Miller
Thornton Miller

Kenneth Martin
Stanley Thren

Lois Huntoon
June & James Fitzpatrick

Leona Haney
Richard & Arlene Scramlin

Paul Fortino, Jr.
Adeline Fortino



In Memory of Deceased Veterans
Stanley Thren

In Loving Memory of Art Meyer Who Passed Away 7/13/2012
Ruthann Meyer

In Memory of Dean Muterspaugh Who Passed Away 10/3/2010
Evalyn Muterspaugh

Food with Friends
In Memory of

Gala Sanders
Bob & Vel Divelbliss

Barry Fike
Dolores Lockwood

Gala Sanders
Monica Moeggenborg

Active Living
In Honor of

Betty Hammond
Lynn & Linda Smith

Needle Crafts
In Memory of

Gala Sanders
Cliff & Joyce Stacy

Eva Cole
Philip & Donna O’Hare

Irene Johnson
Ken & Diane Sebenick
Gary & Mary Ann Mogg
Mark & Betty Schulte
Jan Sebenick
Ken & Margaret Nichols

Activity Center
In Memory of

Raymond Carney
(Sally Wojciechowski’s Dad)
Dolores Lawrence
Max & Joanne Lovejoy
Workers of UAW Local 22
Mike & Brenda Wisneski
Geraldine Travis
Pat & Marty Siuda
Ted & Pat Campbell
Denyse Jill Carney
Frank & Chris Klimecki
Tom & Paula Marquardt
Jim & Beth Curtis
Rita Ann Deni
Anonymous
Hilda Machuta

In-Home Services
In Memory of

Ginger Claybaugh
Jane Leahy

Ruby McConkie
Anonymous

Volunteer Transportation
In Memory of

Ginger Claybaugh
Judy L. DeWitt CPA

DONATIONS TO COA

Activity Center

Melvin Onuskanich
Mt Pleasant Arbor of Gleaners
Jean & Richard Thomas

In Home Services

Robert & Doris Bucholtz
William Hill
Doug Carey

Food with Friends
Home Delivered Meals

Robert & Doris Bucholtz

November is traditionally a month of remembrance. We remember veterans, loved ones who have gone before us, and those we are thankful for. Active Living offers a way to honor those special people in your life with a Memorial Listing. If you would like memorials included in the November issue, we need to receive the information by October 15. Thank You. You may use the form below:

Enclosed is my donation for \$ _____

Make your check payable to: *Friends of Isabella Seniors*

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

Please designate my gift to:

☐

Where most Needed

☐

In Home Services

☐

Foster Grandparent Senior Companion

☐

Food With Friends

☐

Activity Center

☐

Gold Key Volunteers

☐

Specific Purpose

This gift is ☐ In Memory of ☐ In Honor of

Name: _____

Please send acknowledgment to:

Name _____

Address _____

Donations to ACTIVE LIVING

| | | |
|-------------------------|------------------------|---------------------------|
| Jennie Cooper | Janet Joslin | L. M. Hobson |
| Velma Allen | Stanley Thren | Delton & Ruth Maxon |
| Hilda Calkins | Donald & Barbara Carey | Betty Lulinski |
| Jeff & Arlene Cleveland | Kim Douglas-Waugh | Anonymous |
| Evelyn Woolever | Carol & Alain Shannon | Karen Loomis |
| Don Shamp | Carol Bleise | Patricia Reihl |
| Monica Tilmann | Cindy Kaliszewski, CPA | Leonard & Carol Swan |
| Marlene Coney | Eileen Jennings | Mary & David Neuhaus |
| Robert & Janet Roberts | Ruth Chapman | Jerry & Bethel Schafer |
| Mary Dearing | Janet McCreight | David & Christine Gourlay |
| Dorothy Leonard | Helen Pappas | |
| Dolores Lockwood | Pansy Thaller | |

In Recognition of 12 Million Rides
ICTC / IRide is celebrating
Customer Appreciation Day!

Wednesday, October 9, 2013
10 a.m. to 2 p.m.

2100 Transportation Drive
FREE RIDES ALL DAY!

Hot dogs, popcorn, beverages and CAKE!
IRide Employee Chili Cook-off where
YOU are the judge!, ICTC Facility
tours, Wheelchair Rodeo, and Mobility
device inspection by Airway Oxygen

Joining us for this event...

- Airway Oxygen
- Mid Michigan Industries
- Commission on Aging
- Child Safety Seat Check
- Leader Dog of Michigan
&Therapy Dog International

Let us say THANK YOU!
Ride Line 989-772-9441

Oct. 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

Country Quilters --9:30 a.m. until 2:00 p.m.
Call Sally 644-2661

Thursdays--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-- 5:30 to 7:30 P.M.
Donation-- Call Marilyn 644-5915 For Info

Thursdays--Eagles 4:00-8:00 P.M.--Taco Bar
Make Your Own At The Full Taco Bar.
Oct. 11 -Friday--AYCE Chicken & Fish Dinner
Oct. 25 -Friday--Turkey Dinner with Trimmings
Oct. 26 -Saturday--T’S Muzik Junkies Halloween
at Eagles -Costumes Prizes for Best - 6:00p.m.
Food, Refreshments Public Welcome

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.”
If newspapers are returned, we remove the
individual from our mailing list. To get
back on the mailing list, you must
contact our office with your current
address. If you are planning a winter
vacation or will be away or are moving,
call 772-0748 or use the form on page 16.

Active LIVING Deadline

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

Isabella County
Commission on Aging

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

Mission Statement

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

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

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

In Home Services Program

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

Food With Friends Program

- Congregate Meals
- Home Delivered Meals

Foster Grandparent Program

- Senior Companion Program

Activity Center Program

- Activities /Trips


Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

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

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

For Delivery of



Please check: ☐ New Subscriber ☐ Renewal Contribution: \$ _____

☐ Change of Address (Please attach a label with old address)

☐ Temporarily Away Stop Date _____ Restart Date _____

Temporarily Away - Address

Full Name _____

Number & Street _____ Apt. No. _____

City _____ Zip _____

Phone _____

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

New Subscriber or Change of Address

Full Name _____

Number & Street _____ Apt. No. _____

City _____ Zip _____

Phone _____

Please make checks payable to:
Friends of Isabella Seniors

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

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

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

Upcoming Events - Save the Dates!

Driver Safety Class

Sponsored by AARP
Friday, October 18
9:00 a.m. to 5:00 p.m.
Cost: AARP Members \$12.00
Non-Members \$14.00
See Page 10

Holiday Craft Sale

Bake Sale and Raffle
Saturday, November 9
9:00 a.m. to 2:00 p.m.
Many unique items available!

OCTOBER 2013 ACTIVE LIVING

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