

Active LIVING

Volume 113 Issue 11
November 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

Daniel Breidenstein Living Memorial Auction



The Bird Bar & Grill
Saturday, November 2
at 4:00 p.m.
223 S. Main Street
Mt. Pleasant

All Auction Proceeds will Benefit the Isabella County Commission on Aging Volunteer Mileage Reimbursement. Last year COA Volunteers drove 190,000 miles to assist older adults.

Let's give our neighbors a helping hand and donate or just come and enjoy the fun!!!

Save the Date! 2013 Hoops for Hunger

**Commission on Aging &
CMU Women's
Basketball Program**



**Wednesday,
December 18, 2013
CMU vs. Prairie
View A&M**

**Open to all
individuals 60+
Brunch At COA
IRide Bus
12:00 Game Time**

Holiday Bazaar Bake Sale Quilt Raffle



COA Activity Center

2200 S. Lincoln Rd., Mt. Pleasant

Saturday, November 9

9:00 a.m. to 2:00 p.m.

This is a great opportunity to shop for your holiday gifts! 50 Vendors are selling homemade items!

Crafter supplies, books available for sale in Craft Room.

2nd Annual Doe Day Thursday, November 14

10:00 a.m. to 11:30 a.m.

Personal Safety for Women

Featured Speaker:

**Michigan State Police Trooper
Michael White**

12:00 Lunch in Room C

12:45 FREE Movie -

A League of Their Own

See Page 10 for more event details.

Call for reservations by Nov. 13, at 772-0748. Please let us know if you plan to stay for the presentation, lunch and the movie. You can sign up for any or all.

Director’s Comments

As a part of the Affordability Care Act (ACA) we now have the Health Insurance Marketplace available. The Marketplace is designed to assist citizens in searching for and enrolling in a health insurance plan. They opened for business on October 1, 2013. Please note that there is a 6 month initial open enrollment period that runs from October 1, 2013, to March 31, 2014.

The question is: what does the Marketplace mean for older adults? The answer to that depends on your individual situation.

If you are 65 years or older and you have Medicare, you are protected from the mandated penalty and you do not have to do anything. The Marketplace is for individuals under the age of 65 and uninsured, underinsured, or looking for more insurance options. It is illegal for someone to sell you a Marketplace plan if you already have Medicare Part A with no premiums and / or Part B.

The National Council on Aging has provided the following five tips to protect you during the Marketplace open enrollment season:

1. If something doesn’t feel right, trust your instincts. When someone calls you on the phone claiming to be a government employee and needs to know your personal information, such as asking for your social security number or requesting credit card information.....stop! Government workers will not call you asking for you for this information. Do not give your personal information to someone you do not know, whether over the phone, by mail, or in person.
2. Keep your Medicare card and your Social Security card in a safe place, and keep them private.
3. Mailings and letters from the government, such as Medicare and Social Security will have official government seals and logos. Save these mailings, and if you question their authenticity save them and have someone you trust look at them. Do not respond unless you can verify they are legitimate.
4. If someone does call you and asks for your personal health or financial information, do not feel obligated to respond. Call them out; tell them you need to verify who they are representing. Ask them their name, number, address and the name of their company. Be a safe consumer and ask.
5. If you feel something is wrong, don’t be shy, speak up and report it. For every reported fraudulent scam there are at least 10 scams that go unreported. You can report it to our local police, the State Consumers Protection Agency and even to the Federal Trade Commission. Protect yourself and help to protect others.

If you are between the ages of 55-64, uninsured or underinsured and do not have access to affordable health care you should review your options in the Marketplace. Depending on your income, you may get subsidies to help pay for your Marketplace plan premium and cost-sharing. You will also get screened for Medicaid eligibility.

The State of Michigan has set up a Marketplace website. It can be accessed through the State’s website. There are a lot of people trying to access the website, so be patient and persistent; the Michigan Marketplace is a good place to start.

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



Ask a COA Specialist

Question: My spouse recently lost his job, and we’re having difficulty paying our mortgage with what we receive from social security. I’m wondering if there is anyone in Isabella County who can assist us in negotiating with our lender.

Answer: A Homeownership Counselor may be able to assist you. The counselor is trained by MSHDA, Michigan State Housing Development Authority to assist both individuals and families facing financial hardship, obtaining local resources or avoiding foreclosure. In Isabella County you can call Listening Ear at 989-773-6904 ext. 228 to speak with a housing counselor.

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

Thanks for a Successful Fundraiser

Many community volunteers have successfully completed the fifth annual fundraiser for the Step Up To End Alzheimer’s WALK. We have raised over \$9,000 to be used for families needing Respite Care Services in Isabella County. We are especially grateful for our sponsors who have supported us each year of the WALK. Thank you, additionally, to the numerous individuals and businesses who donated silent auction items and provided the food and drinks and paper products. Thanks to The Red Hat Stutters and Precision Sound for their entertainment. We want to thank all the families that participated on the day of the WALK and donated or purchased merchandise. Finally, thank you to Deb Recker and her family for all the support in organizing the Walk. Your support is very much appreciated. Thank you!

This page is sponsored by: the Leonard Plachta Family To Honor Members of America’s “Greatest Generation”

Mission Moments

The month of November holds the day of giving Thanks. We would like to take this moment to give thanks for our Senior Companion Volunteers who give the gift of time, the gift of compassion and the gift of themselves. A quote from Maya Angelo captures the essence of a Senior Companion Volunteer – “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” This quote is the spirit of the Senior Companion Program. The effects of their kindness and helpfulness are many. One client shared that her Senior Companion always encourages her with her goals. “She gives me a ‘good job’ no matter how small the steps towards my goal.” Another client, who while her Senior Companion was visiting, received some upsetting news; and her senior companion stayed with her until she was doing better . “She patiently sat with me even though I knew her scheduled time was up with me; she was a great comfort in a time of need!” Yet another stated, “My Senior Companion eases my loneliness, and because of them I can now get out of the house and go places.”

As John Quincy Adams said, “If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” So our Senior Companion Volunteers are true leaders in enriching the lives of others. We thank you for your dedication and service to humanity.

Governor Snyder has declared November 21, 2013 as Senior Companion Day. Be sure to congratulate our Senior Companion Volunteers in honor of this special day.

Mary Ann Mooradian, Coordinator, Senior Companion Program

Volunteer Drivers are needed at COA to deliver lunchtime meals or transport older adults to medical appointments. Mileage reimbursement is provided. Please Call 772-0748.

AARP Tax-Aides Needed

It may seem too soon to be thinking about doing your taxes, but our volunteers are already planning how they can better help you with your state and federal income tax returns. The Commission on Aging will continue to assist with this free service to our community.

If you’re interested in helping your community and having fun while doing it, consider becoming a TaxAide Volunteer. Prior tax experience is not necessary, but it is helpful. You should be comfortable using a computer because the returns are prepared using a computer tax program. You will receive extensive training starting January 3 and will always have IRS approved materials and experienced volunteers available to work with you as reference sources. The tax preparation program is geared to prepare both state and federal income tax returns for middle and low-income people, with emphasis on those 60 or older. Tax return preparation will be scheduled from February 6 through April 9 at the Commission on Aging and various other sites in Isabella County. Volunteers typically work at the preparation sites 1 or 2 days a week.

If you would like more information about volunteering, call Ginny Cain at the Commission on Aging (772-0748). We hope that more volunteers will be added to the program this year so that we can continue to improve the income tax return service that we offer you!

Friendly Visitors Needed!!

Friendly Visiting is a program where volunteers of all ages are matched with homebound older adults who just need a friend to visit and interact with to help brighten their day. Our Friendly Visiting Program is for you if you have –

- time to give (we ask a minimum of an hour a week or every two weeks)
- have a desire to make a difference in an older adult’s life
- have a desire to give back to your community.

We are looking for persons who have a friendly disposition and are reliable and trustworthy. Don’t hesitate to call Michelle Howes **at (989) 772-0748** to help ease the loneliness in someone’s life. Thank you.

The Shepherd Area Historical Society

The Shepherd Area Historical Society will meet at 7 p.m. on November 11 at the Shepherd Powerhouse Museum building on West Maple Street in Shepherd. Mr. Jack Adams will present his father’s research on the 1944 mysterious death of Elmer Struble, local Banker. Was he murdered during a bank robbery? Did he commit suicide over bank business? Were there witnesses to his death? This mystery has never been solved. The Program is open to the public. Please join us. A business meeting will follow Mr. Adam’s presentation and visitors are welcome to leave or stay for the business meeting.

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.

**Thank You,
Mt. Pleasant Chapter #55 Order of the Eastern Star!**



Pictured above Denise Abbey, Worthy Matron 2012-2013 from the Mt. Pleasant Chapter #55 Order of the Eastern Star, presents COA Executive Director, Brenda J. Upton, MA with a check for \$750.00. Members of Chapter #55 sponsored a Hot Wheels Racing fundraiser on August 24 at the Mt. Pleasant Masonic Center. A great time was had by all participants! Proceeds and racing fees were donated to the Commission on Aging to assist with the purchase and installation of the Fitness Trail around the COA building.

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.

New Face at COA



Mallory Fernandez

My name is Mallory Fernandez and I am the new Gold Key Volunteer Office Clerk. I am here to help assist you with all of your travelling needs as quickly as possible amongst other important duties. If you ever need assistance with medical transportation, please do not hesitate to give me a call.

On a personal level, I am the mother of two beautiful boys that are the pride and joy of my life. My oldest son goes to Beal City Elementary and my youngest son is anxiously waiting for his first tooth and growing quite impatient during the process. I came to the Mount Pleasant area almost three years ago in order to be closer to my family. My father works for CMU and my mother is my dependable babysitter. I am currently going to school for a Bachelor's Degree in Criminal Justice and will soon start my Master's Degree in the same field. I do not get much free time, however when I do, I enjoy travelling, playing with my sons, watching movies and anything to do with music. My favorite season is the fall because of all the colors surrounding us and what better place to enjoy this season than beautiful Michigan!

I am excited to be working here at the Commission on Aging and enjoy meeting new people! So if you are ever in the Activity Center please stop by and say "Hello!"

*This page is sponsored by: **Crestwood Village Assisted Living***

Coming Up In November at the COA Activity Center

Mt. Pleasant Area Historical Society

The November Historical Society Meeting will take place on Tuesday, November 5 in Room A of the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant at 7:00 pm. The public is invited and encouraged to attend. The program is slated before the Society's business meeting.

John Schlatter will tell about his book, *"Postcard Memories from World War II: Finding Lost Keepsakes 70 Years Later."* He finds postcards written by soldiers during World War II, tracks down the children of the soldiers, and returns the cards to them for free. The book tells the stories of the soldiers and his search for their families.

John Schlatter is originally from Knoxville, Tennessee, where he earned an undergraduate degree in journalism and a master's degree in communications from the University of Tennessee. Early in his career, he was an Army officer and a newspaper reporter. Then he spent more than 30 years in corporate communications with the Bechtel Corporation, an international engineering and construction company. He and his wife, Becky, a native of Flint, retired to Chippewa Lake in Mecosta County in 2012. He and Becky recently published another book, *"Splittin' the Mitten: Get Your Kicks on M-66,"* which describes sights along Michigan state highway M-66.

Dreams of Springtime

The Mt. Pleasant Garden Club will enjoy a slide show adventure to the springtime elegance of Asheville, North Carolina, Savannah, Georgia, and Charleston, South Carolina presented by member Julia Grantsynn on Monday, November 18, at 1:30 in Room A. Guests are welcome to join us in our stroll through the Middleton Gardens, Biltmore Estate and Ft. Sumter.

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 ~

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>

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 November 12. The cost is \$5.00. The menu includes the following:

Breakfast Casserole or Scrambled Eggs
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!

Woodland Hospice to offer Dessert and Learn Series

All of us experience loss in our lives. During the holiday season feelings of loss can be especially prominent. Woodland Hospice will be offering an alternative to traditional grief support groups. Enlisting the help of the classic and hilarious TV sit com, The Golden Girls, you will be invited to explore your feelings in a new and uplifting manner. Please join us after lunch at COA in Room B on November 4 & 18 from 12:45-2p.m. Please call **989-772-0748** 24hours in advance if you would like to reserve a meal. Dessert will be provided.

(SERA) State Employee Retirement Assn.

Jack Westbrook from the Historical Society will present a program at our November 19, 2013 meeting. The meeting will be at 1:30 p.m. in Room A at the Commission on Aging Building. Mr. Westbrook has always presented very interesting programs about the history of this area. Following the presentation we will have a brief business meeting (election of officers), 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**.

Movie and Popcorn \$1.00

The movie this month is "*Great Gatsby*" and will be shown on Tuesday, November 26, at 12:45 p.m. in Room B. The film is an adaptation of F. Scott Fitzgerald's 1925 novel of the same name set in Long Island. 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!



**Central Michigan Area Concert Band presents
a FREE Veteran's Celebration
Sunday, November 10, at 3:00 p.m.
Plachta Auditorium in Warriner Hall, CMU Campus**

United Way Launches 2013 Campaign

United Way of Isabella County envisions a strong community, where everyone achieves their potential through quality education, financial stability and healthy lifestyles. We provide leadership and resources to improve the quality of life in our community by generating revenue, creating awareness and engaging volunteers to support the programs and services of our affiliate agency partners.

By contributing to United Way, you are helping to support the work of 25 local non-profit organizations — including Friends of Isabella Seniors — that provide programs and services that benefit more than 15,000 people right here in Isabella County. The money that is raised here, stay here...helping our families, our friends and our neighbors. We are committed to being a good steward of the community resources that are entrusted to our care. We will be financially efficient with administrative and fund development costs, while expecting the same of our affiliate agency partners.

Last year, more than 2,000 people came together to support our communities through United Way, raising an impressive \$418,261. Despite the success of the 2012 Community Campaign, we were only able to fund half of the grant requests we received from our affiliate agency partners through the Community Investment Fund. The programs and services focus on developing our children, caring for our seniors, assisting those with disabilities and helping families who are struggling to meet their most basic needs. Considering the number of people in need, we simply must do better.

Earlier this year, United Way of Isabella County's volunteer Board of Trustees set a goal to raise \$450,000 during this year's campaign, which concludes on December 31, 2013. Donors have the option of contributing to the Community Investment Fund and/or designating directly to affiliate agencies.** The Community Investment Fund is the most powerful way to invest your contribution, because a group of local volunteers review program grant requests from United Way affiliate agencies to determine how to best distribute Community Investment Funds to ensure that the most pertinent needs are being met. Giving is easy. You may contribute directly to United Way of Isabella County by mailing your check (payable to "United Way of Isabella County") to our office at 524 E. Mosher Street, Suite 400, Mt. Pleasant, MI 48858. We also accept secure credit card payments on our website, www.unitedwayisabella.org. Many local companies provide their employees a unique opportunity to contribute through easy payroll deduction; consult your HR/Payroll department to see if this may be an option for you.

It takes everyone in our community, working together, to create a positive future. We invite you to be part of that change. Together, united, we can inspire hope and create opportunities for a better tomorrow. To learn how you can give, advocate and volunteer, visit us online at www.unitedwayisabella.org. Thank you!

**Designations to Friends of Isabella Seniors help reimburse Commission on Aging volunteers for their mileage. Volunteers transport frail older adults to necessary medical appointments and medical treatments in county and out of county. Last year COA Volunteer drivers delivered more than 36,000 lunchtime meals to homebound older adults in every township of Isabella county while checking on their safety and security. This valuable service helps enable older adults to remain healthy and independent thus reducing the strain on families and taxpayers.



989.772.0911 extension 340

**Give the gift of exploration this holiday season!!
Get your Isabella County Parks
Gift Certificates for Annual
Vehicle Permits and
Camping today!!**

Central Michigan District Health Department Walk-In Flu Clinics for Adults (ages 19 and above)

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.

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

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.**

Women Battling Cancer Can Look Good . . . Feel Better

November 11, from 9:30 a.m.-11:30 a.m.– Join Headliners Salon Stylists at the Morey Cancer Center for this fun event where you will discover hands-on instruction on makeup, skin care, nail care, and suggestions for using wigs, turbans and scarves. This free program facilitated by trained, licensed cosmetologists. Call the American Cancer Center Society to register at **1-800-227-2345**.

Explore Treatment Options for Knee & Hip Arthritis

November 14, from 6:30 p.m.-7:30 p.m.– FDJ Conference Room– Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon **Michael Moutsatson, DO** to learn about options for relief. Learning about treatment options can ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee and hip replacement surgery will be discussed. Call **779-5606** to register.

Personal Awareness

November 21/December 4 6:00 p.m.-7:30 p.m.– FDJ Conference Room–The Michigan State Police and McLaren Central Michigan have partnered to offer a free seminar on Personal Awareness. Join Trooper **Mike White** as he discusses:

- importance of mental awareness
- how to identify and handle dangerous situations
- characteristics of suspicious, armed individuals
- de-escalation techniques
- reading an individual's danger signs
- understanding your body language
- how to pose your body when dealing with individuals in various situations

Call **779-5606** to register.

Joint Replacement Program

McLaren Central Michigan offers an all-inclusive joint replacement program for individuals planning or considering a total joint replacement. If you would like to learn more about the joint replacement process, contact our Joint Replacement Coordinator, Beth Nesbitt, RN. Call **(989) 779-5651** for dates and times and to register.

Thank You, Mountain Town Singers!



Pictured above the Mountain Town Singers performed at COA recently to a delighted crowd.

Being Prepared for Emergencies *By CMDHD*

Stay Informed. Make A Plan. Build a Kit. Get Involved. Four simple steps, recommended by the Ready campaign, can help you, your family and your community in the event of an emergency.

Stay Informed: Many websites offer information on a wide variety of topics surrounding emergencies/disasters. Helpful websites include: Ready Campaign (www.ready.gov), The Michigan Department of Community Health preparedness site (www.michigan.gov/prepares), American Red Cross (www.redcross.org) and Central Michigan District Health Department (www.cmdhd.org). Sign up for local emergency alerts through Emergency Management and text PREPARE to 43362 (4FEMA) to receive monthly preparedness tips. (msg/data rates apply).²

Make a Plan: What is your family or business emergency plan? Do you have enough items to last for 3 days without power, if necessary? Plan for your pets and those with special medical needs.

Build a 3 Day Kit: Items may include: a flashlight and extra batteries; a battery powered radio and extra batteries; a first aid kit; a map of the area that indicates roadways and rivers, which may aid in evacuation; a compass; a whistle to signal for help; cash (ATM and banks may not work); a utility knife (no exposed blades); matches in a waterproof container; a change of clothes and a sleeping bag or warm blanket for each person; food (canned food and a can opener, dry food that will not expire); a gallon of water per person per day; pet food; prescription medications; copies of birth certificates, passports, licenses, and wills; and a list of phone numbers of relatives or emergency contacts. Create an emergency supply kit for your house, one that you can easily take with you if you have to evacuate and go to a shelter or a safe location; and one for your place of business.

Get Involved: Being involved is the last step to being prepared. Become involved in local efforts in your community by becoming a member of your local Citizens Corps (www.citizenscorps.gov). In Michigan, you can also become a registered volunteer through the Michigan Volunteer Registry (www.mivolunteerregistry.org).

¹Source: U.S. Department of Homeland Security's Ready Campaign (www.ready.gov) ²Source: FEMA

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

Activity Center

NOVEMBER ACTIVITIES

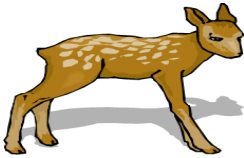
Monday	Tuesday	Wednesday
Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu on Page 12 in this issue!	<i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i> A = Activity Room A F = Fitness Room B = Activity Room B CR1 = Conf Room B139 C = Activity Room C Lab = Computer Lab Craft = Arts & Crafts Room BR = Board Room B126	
10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 10:00 Dulcimers Practice (Craft) 12:00 Community Service Council (A) 12:30 Dessert and Learn (B) 1:00 Pinochle and Dominos (C) 1:30 Yoga (F) 6:00 It Works (A) 6:00 Amateur Photo Club (B) 7:00 Square Dancing (C)	4	5
	8:30 Medicare Part D (Lab) 9:30 Tai Chi Five Elements (F) 10:00 Country Music (B) 11:00 Nutrition Mtg. (A) 12:30 Banjos & Guitars (B) 5:00 COA Advisory Council (BR1) 7:00 Mt. Pleasant Historical Society (A)	6
		10:00 Art Class (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:00 Drug /Bomb Search Dog Program (C) 1:00 Happy Rippers (Craft) 1:00 Bridge Pepper Euchre (C) 5:00 Isabella County Restoration House (A)
Veterans Day Commission On Aging Closed	11	12
	8:00 Breakfast (C) 8:30 Medicare Part D (Lab) 9:30 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 10:00 Country Music 12:30 Banjos-Guitars (B) 11:30 VFW will Honor Vets (C) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 6:00 Quilt Guild (B) 7:00 Mid Michigan Wood Workers (Craft)	13
		10:00 Art Class (Craft) 10:15 Hi/Aerobics (F) 10:30 Area Ministers (A) 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)
8:30 Medicare Part D (Lab) 10:00 Dulcimers Practice (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:30 Dessert and Learn (B) 1 1:00 Pinochle and Dominos (C)1:30 Yoga (F) 1:00 Mt. Pleasant Garden Club (A) 7:00 Square Dancing (C)	18	19
	8:30 Friends of Isabella Seniors Mtg (BR1) 9:30 Tai Chi Five Elements (F) 10:00 Nutrition (Craft) 11:00 Leon and Maxine’s Music (B) 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)	20
		8:30 Medicare Part D (Lab) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:00 Thanksgiving Dinner (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge Euchre Pepper (C) 5:30 It Works (A)
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)	25	26
	8:00 Women’s Aid Staff Mtg (B) 9:30 Tai Chi Five Elements (F) 12:45 Movie “Great Gatsby” (B) 1:00 CMU Bridge (Craft) 4:00 Walk Mtg. (?) 2:00 - 4:00 Intermediate Line Dancing (C) 6:00 Quilters (A B C) 7:00 Stamp Collectors (Craft)	27
		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
	1 9:00 Collaborative Council (B) 10:15 Hi/Aerobics (F) 10:00 Jam Session (Craft) 11:00 Lo/Aerobics (F) 10:00 Poker, Chess or Checkers (C) 1:30 Ukulele (Craft) 12:45 Woodland Hospice Bingo (C)	2 Auction at the Bird For the COA 4:00 p.m.
7 9:30 Tai Chi (F) 10:00 Learn to Knit (Craft) 11:00 Crossword/Word Search (C) 1:00 Beginner Line Dancing (C) 1:30 Art Class (Craft) 6:00 Clowns (Craft)	8 10:00 Poker/Chess/Checkers (C) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:30 Nutrition Ed: Learn to use Coupons (C)	9 9:00 to 2:00 Christmas Craft Bazaar
14 9:30 Tai Chi (F) 10:00 Learn to Knit (Craft) 10:00 Women’s Safety Program (B) 12:45 Movie “A League of Their Own” (B) 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)	15 10:00 Jam Session (Craft) 10:00 Poker, Chess or Checkers (C) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Meijer Bingo (C) 6:00 Community Dance (C) \$5.00 DJ/Singer/Oldies 50 and 60’s	16 8:00 Quilting (B) 10:00 Central Michigan Daylily Society (A) 12:00 Quilting (A)
21 9:30 Tai Chi (F) 10:00 Learn to Knit (Craft) 11:15 Bird Feeders Project (C) 1:00 Beginner Line Dancing (C) 1:00 Second Hand Book Club (Lib)	22 8:30 FGP/SCP in-service (A and B) 8:30 Medicare Part D (Lab) 10:00 Poker, Chess or Checkers (C) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Laurel’s Bingo (C)	23 1:30 Charlene’s Work Group (Craft)
28 Thanksgiving Commission on Aging Closed	29 Building Closed For the Holiday	30 10:00 to Noon Wii Bowling Every Day Room C

**2nd Annual
Doe Day
Just for Women
Safety Program
Thursday, November 14
10:00 a.m. to 11:30 a.m.**



Trooper Michael White from the Michigan State Police will be the featured speaker. He will discuss women staying safe in their every day lives and mental awareness of what is going on around you. He will make you aware of situations that do happen and how to prevent them. Cider and donut holes will be available. Call **772-0748** and let us know if you plan to be there. If you plan to stay for lunch afterwards, please let us know at the time of your reservation.

**Movie after Lunch
“A League of Their Own”**
will be shown at 12:45 p.m. FREE

This 1992 film was inspired by the real life story about two sisters who join the first female professional baseball league and their struggle to succeed amidst their own growing rivalry. Directed by Penny Marshall, starring: Tom Hanks, Geena Davis and Lori Pett. Reserve your spot by Wednesday, November 13.

Caregiver Support

Our Caregivers Support Meeting will be November 19, 2013, at the Isabella County Commission on Aging Activity Center 2200 S. Lincoln Rd. Mt. Pleasant. The meeting is held from 6:30-8:00 p.m. This group is open to all caregivers be it caring for your parent, spouse, grandparent or friend.

In this group you will receive support, learn strategies for coping with challenging situations, and get ideas that you will be able to immediately implement. Educational handouts are always available. If you have questions about this group, feel free to call the COA at **989 772-0748**.

Classes

Computer Help

There will be no computer help until Thursday, November 14. Our instructor is unable to be there. Save your questions until then and she will help you.

Learn to Knit

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

Readers Theatre Group

Second and Fourth Mondays of every month at 1:00 p.m.

Square Dancing

The last night for Square Dancing this year will be on Monday, November 18. They will resume in April of 2014.

Line Dancing

Intermediate

Second and Fourth Tuesdays at 2:00 p.m.
THIS IS A CHANGE!!

Every Thursday

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

Jam Session

Fridays at 10:00 a.m.

**Greeting Card Making
and Scrapbooking**

Wednesday, December 4

10:00 a.m. to noon

Come out to the COA Craft Room and learn how to make a greeting card and how to scrapbook. The cost is \$10.00 with all supplies and tools to use being furnished. Call the COA Activity Center at **989-772-0748** if you are planning to come. A volunteer with many years of experience will show you how.

Exercise Classes

Gentle Yoga Class

Mondays from 1:30 - 2:30 p.m.
Students can drop in for \$10.00 per class.
November 18 thru December 16
Special: 5 classes for \$37.50

Tai Chi Five Elements Class

Tuesdays and Thursdays, 9:30 to 10:30
October 29– November 21
\$60.00 for 8 weeks 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

FITNESS ROOM

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

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

Games

Bingo at the COA

Friday, November 1- 12:45 p.m.

Friday, November 15 - 12:45 p.m.

Friday, November 22 - 12:45 p.m.

Deal or No Deal

November 13 at 11:15a.m. prior to lunch.

Activity Center

I Pad Classes

Third Tuesday
of the month

2:00 p.m. Room B

November 19

Internet Searching with “Safari”
Some tips and tricks, book marking
websites, emailing pages and printing.

December 17

“Photos”-how to save from an email, or
capture what is on your screen, how to send
photos through email, post to facebook or
twitter, how to print and organize photos
with albums.

Let’s keep these classes going. Come and
listen to Judy Czarnecki from the Chippewa
District Library teach you the skills you
need to enjoy your i pad.

In January there will be another
Introduction Class for those first time users.
Topics for the year 2014 will be planned.

You do not have to sign up for these classes
just come ahead and bring your I pad.

November Movie

“The Great Gatsby”

Tuesday, November 26

12:45 p.m.

Cost: \$1.00 w/popcorn

A young Midwesterner now living on Long
Island, finds himself fascinated by the
mysterious past and lavish lifestyle of his
neighbor, Jay Gatsby. He is drawn into
Gatsby’s circle, becoming a witness to
obsession and tragedy. Rated PG-13.
Starring Leonardo DiCaprio. 143 minutes.
Call 772-0748 for a reservation. Movie
starts at 12:45 p.m. sharp. Please be on
time.

Music

Community Dance

Sponsored by the “Red Hat Strutters

Friday, November 15

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, November 5 and 12

Play Your Dulcimer

Every Monday at 10:00 a.m.

Ukulele Lessons

12:30 p.m. Fridays

Growing and Using

Kitchen Herbs in Winter

Saturday, November 16

2:00 p.m. to 4:00 p.m.

There will be a workshop on the topic of
growing and using herbs such as basil,
chervil, parsley, chives and thyme. It is an
open forum where the discussion will center
around soils, seeding, and special
equipment such as grow lights and green
houses.

Please feel free to share your knowledge
and input. Recipes can also be shared. Also,
bring your own refreshments and a snack to
shared. If you have any questions and to
sign up, call Cathy at 989-772-5451.

TRIPS

Branson

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 24 - April 7

2 dates for

Quad Cities

Mississippi Cruise

Isle of Capri Casino Hotel

Oldies Music on the 4 hour cruise

“Always a Bridesmaid” play

at the Circa Dinner Theatre

April 23-25

and/or

Legends Review Music on 4 hour cruise

“Love, Lies and the Lottery” play

at the Circa Dinner Theatre

August 13 - 15

RESERVATIONS & PAYMENTS

Send payments to: COA Activity Center

Attn: Sally


2200 South Lincoln Road

Mt. Pleasant, MI 48858

www.isabellacounty.org/dept/coa

Click on COA Trips or

Call 772-0748 for information!

FWF Eat Smart Menu				November 2013
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Turkey Stew Biscuit Coleslaw Apricots
4 Macaroni & Cheese Bread Green Beans Tossed Salad Pineapple	5 Baked Chicken Bread Whipped Potatoes/Gravy Peas & Carrots Cherry Fruit Cup	6 Sloppy Joe Hamburger Bun Malibu Vegetable Blend Multi Bean Salad Citrus Fruit Cup	7 Pork Chop Bread Sweet Potatoes Stewed Tomatoes Pears	8 Smothered Chicken Breast Bread Oven Roasted Potatoes Cauliflower/Cabbage Salad Fruit Cocktail
11 CLOSED Veterans Day	12 Beef Stroganoff Bread Carrots Spinach Peaches	13 Spanish Chicken Bread Baked Potato European Blend Pineapple Gelatin	14 Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Oatmeal Apple Crisp	15 Meatloaf Bread Squash Coleslaw Peaches
18 Chop Suey Bread Brown Rice Green Beans Tropical Fruit	19 Trout Melt Hamburger Bun Peas Kidney/Chickpea Salad Mixed Fruit Cup	20 Sliced Turkey Whipped Potatoes/Gravy Stuffing Green Bean Casserole Cranberry Sauce Pumpkin Custard	21 Baked Spaghetti Garlic Toast Tossed Salad Peaches	22 Baked Ham Bread Steamed Cabbage Corn & Lima Beans Pears
25 American Goulash Bread Mixed Vegetables Tossed Salad Pears	26 Meatloaf Bread Oven Roasted Potatoes Italian Blend Berry Fruit Cup	27 Chicken Salad Bread Cucumber Salad Strawberry Shortcake Apple Slices	28 CLOSED Thanksgiving	29 CLOSED Thanksgiving
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

A huge “Thank You” to Masonic Pathways for donations to the Ice Cream Social, C&O Sportswear for donations to the CMU Pep Rally! Thank you CMU Women’s Basketball, Cheerleaders, and Women’s Softball teams for helping us celebrate our CMU Pep Rally Day. Thank You Woodland Hospice for providing Bingo for us every month.

November Calendar

1

Poker/Chess/Checkers-10:00 to 12:00
Bingo Woodland Hospice-12:45

6

K9 Dogs Presentation Drug/Bomb/Search 11:15am

7

Crossword /Word search-11:30

8

Poker/Chess/Checkers-10:00 to 12:00

12

Honor the Vets
VFW group will be here to honor the vets and free flags-11:30

14

Doe Day

15

Poker/Chess/Checkers-10:30

19

Leon Seiter and Maxine-Country music-11:00

20

Thanksgiving Celebration-10:00 to 1:00

21

Bird feeder craft project-11:15 to 12:00

22


Poker/Chess/Checkers-10:00 to 12:00

26

Movie- The Great Gatsby-12:45

See Pages 8 & 9 for more activities at COA

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



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**

Welcome the Holiday Season in Weidman! Join us for food, fun, and fellowship Monday through Friday. We offer various games every day including Wii Bowling. Every Wednesday we enjoy music by the River Ramblers from 10 a.m.-noon. Please see calendar for other happenings.

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

I want to thank everyone for the warm welcome! On November 6, the Sweet Adeline Quartet will entertain us with delightful show tunes. We'll continue having great fun with various board games and our famous morning matches of concentration. We also have a group that enjoys Euchre on Wednesdays and Fridays after lunch around 12:30 p.m. Bingo is scheduled twice a month. Come dine with us and join in on the fun! We hope to see you soon! - Cindy

November Calendar

- 1 Chinese Checkers
- 4 Dominos/ Concentration
- 6 The Sweet Adeline Quartet
- 8 Bingo
- 11 Closed for Veterans Day
- 13 Euchre and Board Games of Choice
- 15 Birthday Party for Max and Kate Triominos and Dominos
- 18 Nutrition Topic – Energy Drinks
- 20 Thanksgiving Dinner
Euchre
- 22 Bingo
- 25 Chinese Checkers
Rummy
- 27 Euchre
- 29 Closed for Thanksgiving Holiday



November Calendar

- 4 Time for harvesting – Share your harvesting memories
- 5 Enjoy banana pudding w/ us for Banana Lovers Month.
- 11 Closed – Veterans Day
- 12 How do you pay it forward?
- 14 Wendy – Clare Tendercare – Wellness Presentation
- 15 Recycle Day
- 18 Mickey Mouse Debut
- 19 Nutrition Topic – Energy Drinks
- 21 Bingo
- 28 Closed for Thanksgiving
- 29 Closed for Thanksgiving

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**

November is here; and after the end of this month, there will be no more music on Fridays. We will still have music on Mondays and Wednesdays as usual, but Fridays will be a more relaxing day to play games and visit with your friends or me. Don't miss our Thanksgiving Celebration on November 20 with Rocky King performing. Come join us! - Denise Pohl

November Calendar

- 1 Leon Seiter
- 4 Dale Pridgeon – Birthday Party
- 6 Jerry Waldorf
- 8 Boys from Amsden
- 11 Closed for Veterans Day
- 13 Les, Rocky, John, Pat
- 15 Pam Ewalt & Jim Champaign
- 18 Leon Seiter & Maxine Vadar
- 20 Rocky King – Thanksgiving Meal
- 22 Lois & Steve Johnson
- 25 Mark Bauman & Mark Ray



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 was certainly a sweet one at Rosebush Food with Friends! From banana splits to birthday cake to Halloween treats. But a sugar rush wasn't all we had planned last month! The Red Hat Strutters came in on the 14th to show off their fancy footwork and the Goodtimes Band, Craig Newton and the Chippewa Valley Flute Circle was sweet music to our ears!

Music and bingo are always favorites around here and this month we plan to keep everybody happy with a little bit of each! We'll have plenty of bingo, from using pennies, to using buttons in honor of National Button Day. And don't forget to stop in on November 6 for a flu shot to help fight off the flu season before it starts!

All activities are provided in cooperation with Rosebush Manor.

November Calendar

- 1 Chippewa Nature Center 12:45
"To Grandmother's House"
- 4 Penny Bingo 1:00
- 6 Flu Clinic – Get your shot 1:00
- 8 Good Times Band 1:00
Ice Cream Social 2:00
- 11 Closed for Veterans Day
- 13 Penny Bingo 1:00
- 15 Nutrition Education 12:30
Bingo with Buttons 1:00
- 18 Craig Newton's Singers 1:15
- 20 Bingo with Prizes 1:00
Courtesy of :
The Laurels of Mt. Pleasant
- 22 Dulcimer Music 1:00
- 25 The Music of Dale Pridgeon 1:00
- 27 Monthly Birthday Party 12:45
Penny Bingo 1:00
- 29 Closed for Thanksgiving



IN MEMORY OF

Jack Fitzpatrick June Fitzpatrick	Gala Casner Larry & Donna Andersen Travis & Courtney Bussler Lu Ann Oakley Dick & Linda Cameron Anonymous Irma, Melvin, Barb Cameron
Vivian Strom Clayton & Carol Garrett	<u>Food with Friends</u> <u>In Memory Of</u>
Martha Gruss Ron & Joan Schumacher	Ginger Claybaugh Greg & Carolyn Putzig Roberta Williams
Ginger Claybaugh Clayton & Carol Garrett Wilma Morey Catherine & Craig House	
Dick McDonald Barbara McDonald	
Ann Varga Barbara McDonald	Dewayne Foglesong Ruth Foglesong
Bud & Debby Gilmore Phyllis Gilmore	Gala Casner Winnie Sponseller Bob & Betty Welsh Richard & Teresa Rieck John & Susan Coon Stanford & Kay Curtiss Bill & Bev Pung Kirk Sponseller & Nancy Priestap Bart & Linda Swindlehurst Anonymous
Raymond Carney Wilma Morey Catherine & Craig House Sheryl Miller	
Larry J. Thomas Lynne Thomas	
Lillian Falsetta Louise Lobsinger Jack & Mary Lou Westbrook	
Joyce Mason Larry Mason	<u>Active Living</u> <u>In Memory of</u>
Choice Faling-Foster Justine (Foster) & Louis Fiorillo	Stan Sheredy Sherry Bick
Stanley O. Robinson Margery Robinson	Grethel Dangler Gayla Merchand
Sue Blodgett Nancy & Richard Beckwith	Elmo & Enola Mogg Mark & Janice Mogg
Auburna Bonnell Edgar and Lois Mayer	<u>Gold Key Volunteers</u> <u>In Memory of</u>
<u>In-Home Services</u> <u>In Memory of</u>	Tony Waggoner Lee Wirth
Marion & Lena Ludwig Frank & Marilyn Ballard	<u>Active Living</u> <u>In Honor of</u>
Gala Casner Dorothy Conners Eleanor Lopez	Gold Key Volunteers Linda Boak

DONATIONS TO COA

<u>Activity Center</u>	<u>Food with Friends/Home Delivered Meals</u>
Jean & Richard Thomas	Jeffery Ward
Melvin Onuskanich	Ron & Carolyn Lutz
Anonymous	Louis & Justine Fiorillo

The holidays often bring fond memories of times past. We remember loved ones who have gone before us, and honor those who share our lives today. Active Living offers a way to honor those special people in your life with a Memorial Listing. If you would like a memorial or honorarium included in the December issue, we need to receive the information by November 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

Michael & Jeanne Hottinger	John Pung	Connie & Elvis Denton
Leroy & Martha Gunderson	Thurman & Virginia McQuaid	Joseph & Catherine Bohn
Allan Tucker	Ted & Janet Eisenberger	Bill & Katherine Martin
George & Diana Clapp	Eugene McBride	Jennie DeLong
Kay Olson	Kim Douglas-Waugh	Carolyn Mead
Sue Tengen	Robert Emery	Connie Sedell
Clare & Bonnie Wilson	Elizabeth Hovey	Ilene Chapman
Paul & Sharon Deni	Gerald & Geraldine Bierschbach	Glen & Carol Matthews
Bob & Betty Welsh	Louis & Justine Fiorillo	James & Carol Wojcik
Don & Wendy Kirby	Mary Lou Duffy	Robert & Nancy Wheeler
Frank & Georgean Perry	Natalie Cheatham	Jack & Mary Lou Westbrook
Barbara & John Grajek	Dorothy Steele	Harold & Jeanette Wilson
Douglas & Arlene Elias	Karen Strong	Michael & Judith Florian
Larry & Sally Johnson	Mary Bowers	
Tom & Betty Olson	Donald & Arlene Cotter	
Cindy Smith	Bernadette Sunderman	

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

Free Thanksgiving Dinner

Immanuel Lutheran Church is hosting its annual Thanksgiving Dinner on Thanksgiving Day, November 28, at Immanuel Lutheran Church, 320 S. Bradley St., Mt. Pleasant, beginning at noon. The dinner is especially designed for anyone in the community who does not have family in town or will be alone on Thanksgiving Day. The sit-down family style dinner features home roasted turkey with all the trimmings, wonderful salads and desserts. There is no charge, and the dress is casual. Donations are accepted.

Nov. Weidman Activities

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

Mondays & 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--Wednesdays & Thursdays--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.

November 12 - Friday All you Care to Eat
Chicken & Fish Dinner, 4:00 - 8:00 p.m. with
Dessert and Beverage \$10 Donation

November 30 - Saturday - Jamboree Music
Entertainment 6 to 9 p.m. Refreshments & Food

Weidman Craft Shows on November 2
At Weidman Eagles
At Weidman Community Center
At Weidman Methodist Church

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	Jeanne Pfeiffer
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	Bethany Ervin
Member	Stephanie Hope

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.*

Dates to Remember!

Nov. 2 - Breidenstein Auction
Nov. 3 - Daylight Savings Ends -
Set your clocks back 1 Hour.

Holiday Closings
Nov. 11 - Veterans Day
Nov. 28 & 29 Thanksgiving

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

NOVEMBER 2013 ACTIVE LIVING

INSIDE November 2013

Daniel Breidenstein Auction	1
Doe Day	1
Director’s Comments	2
Ask a COA Specialist	2
Mission Moments	3
Legal Services	3
Volunteers Needed	3
Nutrition Advisory Meeting	4
November Events at COA	5
Upcoming Health Events	6
Being Prepared for Emergencies	7
Active Living Needs Support	7
Activity Calendar	8, 9
Activity Center Activities	10
Travel Activities	11
FWF Menu & Activities	12, 13
Memorials and Donations	14
Free Thanksgiving Dinner	15

Non-Profit Org.
U.S. Postage
PAID
Permit No. 52
Mt. Pleasant, MI
48858

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

