

Active LIVING

Volume 114 Issue 1
January 2014

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

Have a Heart Needs Support Can You Help?



Since 1995, the Isabella County Commission on Aging has distributed **“Have a Heart”** boxes to older county residents around Valentine’s Day. With the difficult economic conditions many older county individuals are facing, we are expecting to serve approximately 150 people this year.

Once again, the Commission on Aging is asking the community to assist us in this project. All of the funds for the “Have a Heart” boxes come from the generosity of individuals in our community. No federal, state or local dollars are used for the project.

Every box will contain enough food for approximately six meals, making a total of **900** fully nutritionally balanced meals. Each box will also include a \$35 gift card to a local merchant. COA realizes many older adults are contending with the increased costs of utilities, prescriptions and medical bills. Some struggle to choose between paying bills or buying food. The gift card will allow independence of usage and will help make funds available to meet other needs.

The cost of each box will be approximately **\$51.58**. The total cost of this year’s project is approximately **\$7,737.00**. Your generous donation will help to brighten some very cold, dreary days in February for people who may be lonely, homebound and in great need.

Any size donation is deeply appreciated! Make your check payable to **Friends of Isabella Seniors**, 2200 S. Lincoln Road, Mt. Pleasant, MI 48858. If you have questions or would like more information, please contact the Commission on Aging at **989-772-0748**. Thank you and please **“Have a Heart.”**



Have a Safe and Happy New Year!
From
Isabella County Commission on Aging



Sally Wojciechowski and Jasper, her rescue dog.

Happy Retirement

Sally Wojciechowski
36 years of Care & Service

Let's Celebrate!!! Open House

Friday, January 10, 2014

1:00pm to 3:00pm

*COA Activity Building
Room C*

Director’s Comments



In October of 1977, a young Sally Carney (Wojciechowski) came to the Commission on Aging as our very first Senior Center Program Coordinator. Before coming to the COA Sally worked for the Isabella County Parks & Recreation Program. So, all together she has worked for Isabella County for 40 years, the last 36 with us. And now it is with regret that I formally announce that Sally will be retiring from the Commission on Aging and Isabella County. Her last day will be Friday, January 24, 2014.

Over the years Sally has touched the lives of more older adults than I can count. She has organized and managed hundreds of programs and events and traveled thousands of miles taking people to exciting locations all over the US and Canada.

In our old building Sally was able to squeeze more activities into one small area better than anyone I had ever seen. She was also extremely good at moving tables and chairs. Since we have moved into our new building she has taken on even more projects and events and done so with great enthusiasm. When she started putting together our Holiday Bazaar she had maybe eight to ten tables/vendors. This year’s bazaar had over 50 vendors and was attended by hundreds of individuals. The COA Holiday Bazaar has become one of the best in the area.

1977



Sally has been a very important part of the Commission on Aging. She is a part of our character and a part of why we are successful, and because of that she will be missed a great deal.

To help show her what she has meant to our agency and our community we are having a “Retirement Open House” for Sally on Friday, January 10, 2014 from 1:00 p.m. to 3:00 p.m. in Room C of the COA Activity Building. Please plan on attending her Retirement Open House and say thank you and good luck to Sally. Thank you,

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

Mission Moments

The Christmas ornaments are returned to the boxes. Families have returned home and the craziness of “Black Friday” is out of memory. 2014 is a new year that brings with it countless possibilities and opportunities. For many people the New Year is a time for resolutions and new beginnings: time for that exercise program; time to start that new diet; time to learn how to use the new iPad. All commendable ideas, but I might suggest a lesson I’m going to work on this year that I learned from two friends of mine – brothers, ages 4 and 6. I hope you might also consider this as a suggestion for your new year.

On a snowy night just before Christmas, my two young friends and I were walking hand-in-hand to their car. Santa had just visited our gathering and we were discussing how Santa got from the roof of the building into the room where we were gathered. One suggested that this may be a problem as there was no chimney in the room. They decided that it wasn’t a problem because Santa had been doing this for years and certainly he knew how to handle the situation. One questioned me about Santa’s glasses. He wasn’t sure that Santa actually wore glasses. The three of us joined in a deep conversation about glasses and decided that Santa needed them to keep the snow out of his eyes while he was sailing through the night in his sleigh. (I will admit that our discussions were keeping me on my toes!)

The three of us, holding hands, stood in the dark parking lot looking at the night sky and hoping for a glimpse of Santa and the reindeer. It was in that moment that I saw in my young friends’ eyes a sense of wonder and excitement. All of us had smiles on our faces. As I was reveling in the moment, one of the boys said, “I hope Santa is able to bring presents to all the kids in the world. Some moms and dads may not be able to buy things for their kids.” Hoping I wasn’t pushing my luck, I asked, “What do you think Santa would want us to do about that?” The older boy thought for a moment and said, “Try to help as much as we can.” “Anything else we might do?” I asked. He never hesitated and said, “We need to be kind to people. You know – be nicer – even to people we don’t know very well.”

So, when we make our “to-do” lists for the New Year, begin those exercise programs and diets, maybe we could also remember the simple yet important words of a 6 year old – “We need to be kind to people and try to help as much as we can.” Here’s hoping for the best in all of us for 2014.

By Barbara Frankenfield, In Home Services Program Director

2013 COA Holiday Bazaar



On Saturday, Nov. 9, 2013 the Commission on Aging held our annual Holiday Arts and Crafts Bazaar and Baked Goods Sale. This year we had over 50 vendors that sold everything from mittens to bird houses. Lots of folks attended and purchased gifts for friends and family.



Three lucky individuals took home beautiful handmade items from the Holiday Raffle. 1st prize winner, Kathy Leiter, received the Quilt and Pillow Shams created by Linda Craig and Diane Benn. 2nd prize, a Chevron Afghan went to Lou Fiorillo. 3rd prize winner, Karyn Randall, was very pleased to receive the Holiday Gift basket provided by Two Sisters.

Proceeds from the Raffle benefit the Gold Key Needle Crafts program. Last year Gold Key Volunteer Needle Crafters donated **3500** items to Isabella County individuals in need.

Free Tax Preparation Available

The Isabella County Commission on Aging is working again with the AARP Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing available. This service is provided to low and middle income taxpayers, with special attention to those 60 and older. Appointments for all sites except Winchester Towers, Dover Court, and Riverview must be made by calling the Commission on Aging. Winchester, Dover Court, and Riverview should call their building office.

The volunteers at these tax clinics will be handling Federal and Michigan tax returns that are within the scope of their training, as well as Homestead Property Tax and Home Heating credits. Volunteers are required pass an IRS test before they can prepare returns. People who are self employed, have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

The following are the dates, places and times for the free tax preparation **by appointment only**.

CALL FOR APPOINTMENT 989-772-0748

**PLEASE DO NOT CALL FOR APPOINTMENT UNTIL
JANUARY 13**

**COMMISSION ON AGING -
MT PLEASANT ACTIVITY CENTER
Every Thursday from February 6 through April 9 10:30 to 4:00 &
Tuesday, April 1 & Wednesday, April 9**

**BLANCHARD LIBRARY/ROLLAND TOWNSHIP HALL
Wednesday, February 12 and 26 & March 19, 10:45 to 2:00**

**WEIDMAN SENIOR CENTER
Tuesdays, February 4 and 18 & March 11 and 25, 1:15 to 4:30**

**WINN COMMUNITY BUILDING
Wednesday, March 5, 12:45 to 3:30**

**SHEPHERD FWF MEAL SITE – SHEPHERD UNITED
METHODIST CHURCH
Wednesday, February 19 and March 12, 12:45 to 4:00**

**ROSEBUSH - FAITH MEMORIAL LIBRARY
Tuesday, February 11, 12:45 to 4:00**

**RESIDENTS OF WINCHESTER TOWERS, RIVERVIEW AND
DOVER COURT— (LIMITED TO RESIDENTS)**

**CALL YOUR BUILDING OFFICE FOR DATES, TIMES AND
RESERVATIONS**

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

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.

Isabella County Home Improvement Program

Could your home use some improvements? Isabella County has a program to help! The Isabella County Community Development Department works with qualifying low to moderate income households in Isabella County to provide the resources they need to maintain safe, decent, and attractive homes.

Eligible improvements include, but are not limited to: roofs, furnaces, siding, insulation, window and door replacement, electrical and wiring upgrades. For more information call us at (989) 772-0911, ext. 283.



Computer Training Classes

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

| January Calendar | | Free Classes |
|------------------|------------|--------------------|
| 6 | 11:00 a.m. | Intro to Kindles |
| 8 | 6:00 p.m. | Intro to E-Readers |
| 23 | 8:00 p.m. | Windows 8 |
| 24 | 10:00 a.m. | I-Pad Basics |

Thank You All!

Commission on Aging clients were blessed with holiday donations from several area organizations in December. The Aim High 4-H club made and donated ornaments, cookies and holiday cards to be enjoyed by older adults.

For several years, the staff and clients of the Side Door Salon in Mt. Pleasant have donated Christmas gift bags filled with food, fruit, blankets and gift cards for distribution to Commission on Aging clients. **Pictured above right, are Side Door Salon owner Sue Halfmann and daughter Michelle, with this year’s donations to make the holidays brighter for older adults.**



Approximately 40 participants from the MJ Murphy Beauty College of Mt. Pleasant raised funds, that were matched by owner Brenda Brennan, and collected donations from students and families to provide gift cards, food, blankets, socks, household and personal care items to assist older adults in need. **Pictured below right are Sarah Wilson, Kevin Koroleski, Chalynn Morley and project organizer Gwen Henrie with their donations.**

The Commission on Aging and the clients we serve are deeply grateful to these organizations for their generosity.



A Friend is only a Phone Call away

The Isabella County Commission on Aging offers a FREE Friendly Calling service to Isabella County older adults and their families. The Friendly Calling program is available to any older adult who would like or benefit from a daily telephone call. Calls can be temporary while recuperating from an illness or calls can be arranged on a permanent basis. Older individuals do not need to be homebound. Perhaps they are isolated and would just like someone to say hello to them each day.

A trained Gold Key Volunteer will make regular telephone contact with a program participant, checking the older adult’s safety. If the older adult does not answer his/her telephone, the Volunteer will contact COA staff who will try to reach an established emergency contact. If none of the contacts are available, COA Staff will attempt to contact the participant. Emergency services (9-1-1) may be contacted if necessary. If you know of someone who would benefit from this service, please call 989-772-0748.



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

Food with Friends

December was jammed packed with fun festivities thanks to great volunteers, participants and sponsors. Thank You to Home & Hospice Advantage for the gingerbread house supplies and hot cocoa. Thank You to the Laurels of Mt. Pleasant for Ice Cream. Thank you to the Red Food Pantry for additional gingerbread house supplies.

We bring to the New Year your favorite activities and introduce some new ones. We will be offering a series of classes addressing themes in the book *“Eat Right 4 Your Type”* taught by educators from Herbs Etc. and Green Tree Cooperative Grocery.

In *“Eat Right 4 Your Type,”* noted naturopathic physician Dr. Peter J. D'Adamo introduces a revolutionary way to eat—and to live. He explains his groundbreaking diet plan based upon blood type. Our blood type is a roadmap to our inner chemistry—and each blood type processes food, handles stress, and fights disease differently. You may find it helpful to read the book ahead of time, but it is not required. See below for class topics, dates and times. Please Call Penny at **772-0748** to sign up for the classes and/or make a meal reservation. We look forward to seeing you soon!

Eating for Your Blood Type schedule:

Tues. Jan 14- Introduction to Eating for Your Blood Type: How to Read the Nutrition Label

Thurs. Jan 16- Introduction to Eating Your Blood Type: How to Read the Nutrition Label

Tues. Jan 21- Beneficial Foods for Your Blood Type- General Nutrition: Variety is the Key to Keeping Meals Exciting!

Tues. Jan 28- Naturalize Your Kitchen on a Budget:-Don't Get Into a Rut: New Menu Strategies and Seasonings to Perk up Your Food\

Tues. Feb 4- Resources for Home Cooking: Books, Websites, Magazines Keeping it Fresh: Resources for Finding Good Food

Blood Typing kit is \$11.40 if you need to know your blood type. At each of the presentations, hand-outs will be given to participants as take-a-ways regarding that day's presentation.

January at COA Activity Center

Mt. Pleasant Area Historical Society

The Mt. Pleasant Area Historical Society will not meet in January at the Isabella County Commission on Aging Building. Meetings will resume in February.

Genealogical Society of Isabella County

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

The Genealogical Society will not meet in January or February.

More information may be obtained from our website:

<http://isabellagenealogy.org>

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 **January 14**. 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!

Caregiver Support

Our Caregivers Support Meeting will be January 21, 2014, at the Isabella County Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. The meeting is held from 6:30-8:00 p.m. This group is open to all caregivers be it caring for your mother/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**.

Movie and Popcorn \$1.00

The movie this month will be shown on Tuesday, January 28, at 12:45 p.m. in Room B. The cost is \$1 for movie and popcorn. The movie “The Butler” is the story of a White House butler who served eight American presidents over three decades. The film traces the dramatic changes that swept American society during the time from the civil rights movement to Vietnam and beyond. It depicts how those changes affected this man's life and family. Rated PG 13, 2 hours. Directed by Lee Daniels, the film stars Oprah Winfrey, Forest Whitaker, Jane Fonda and John Cusack. Please call **772-0748** 24 hours in advance to reserve your spot for the movie and or lunch. Hope to see you then!

Upcoming Health Events in our Community

Red Cross Blood Drive

January 7---Noon-5:45PM- Isabella County Medical Care Facility

Register for the **FREE** classes **listed below** by calling **Health Promotion Services** at **779-5606** or register online at www.cmch.org The following education programs are held at the **McLaren Central Michigan Hospital, 1221 South Dr., Mt. Pleasant.**

Joint Replacement Program

All-inclusive joint replacement program for individuals planning or considering a total joint replacement. The program features a planned course of treatment that places a strong focus on wellness and education, not sickness. If you would like to learn more about the joint replacement process, contact our Joint Replacement Coordinator, Beth Nesbitt, RN. Call **(989) 779-5651** for dates and times and to register.

Women Battling Cancer Can Look Good January 13-- 9:30-11:30 a.m. A trained beauty professional will lead the small group, usually consisting of four to six women, through practical, hands-on instruction. Women learn about makeup techniques, skincare, nail care, and options related to hair loss such as wigs, turbans, and scarves. Each program participant receives a free kit of cosmetics worth over \$250.00 for use during and after the workshop for free. Contact your American Cancer Society at **1-800-227-2345** to register.

Memory Screening January 23– appointments after 9 a.m. at 322 Wright Ave., Shepherd.

Are you concerned about memory loss in a loved one or yourself? If you notice an interference with daily activities, and avoidance of tasks, hobbies, or social events; and memory loss seems to be getting worse, consider a memory screening. Sally Beeson, FNP-BC will perform memory screenings to determine whether problems are a normal part of aging or due to a condition that should be treated. An initiative of the Alzheimer's Foundation of America. Call **(989) 779-5606** to schedule an appointment.

Are You a Candidate for Bariatric Surgery?

Learn more about bariatric surgery including treatment options, types of procedures, risks and benefits, program expectations and insurance requirements. You'll have the opportunity to ask questions and hear honest answers from bariatric experts James Pilkington, MD, FACS or Jeffrey Bonacci, MD, FACS and Sue Hahn, RN, BSN, McLaren Central Michigan Bariatric Coordinator. If you would like to learn more about the bariatric surgery process, contact our Bariatric Surgery Coordinator at **(989) 772-6739**.


Bariatric Support Group

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

(SERA) State Employee Retirement Assn.

The first meeting of the New Year will be held on January 21, 2014 at 1:30 p.m. at the Commission on Aging, 2200 Lincoln Road, Mt. Pleasant. The presenter will be Mary Pollack, our Legislative representative for SERA. She will be giving us a legislative update. Please try to attend, as there are several issues affecting State Employees as well as seniors. If there are any questions, please feel free to contact me (Jackie Curtis) at **989-772-0597** or jac62irish@yahoo.com.

I have speakers for the February meeting and am working on several for the March and April meetings. If there are any suggestions, please feel free to contact me and let me know what type of programs you would like.



SLEDDING!

Deerfield Nature Park Sledding Hill
989.772.0911 x340

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.

How to Have a Tobacco Free Holiday . . . And Survive *By Scott R. Miller, CMCHC Health Educator*

January is one of the most common months for people to try to give up using tobacco products, including cigarettes, chew, cigars, and pipes. That means that for some of us, getting ready to fight the cravings, withdrawals, and triggers that go with the decision to kick the habit.

The Centers for Disease Control and Prevention tell us that most tobacco users begin smoking or chewing before the age of 19, and that 60% of those now using tobacco actually want to quit. While the idea of making a “holiday from tobacco” seems like a great way to usher in a healthier year, the holidays can be especially tough for those working towards that goal. Extra activities, rushing about, traveling, shopping and finances can easily throw a new quit program off track. To avoid falling back into old habits, experts agree that planning ahead and preparing for the temptations and frustrations to come is the best course of action. To help, here is a list of ten ways you can prepare yourself for a Tobacco-Free Holiday.

1. Be Good To Yourself – Understand that this is a process and it will take time. Your body is used to receiving nicotine and nearly 4,000 other chemicals dozens of times every day. Prepare yourself for feeling jittery, irritable, and most likely, very sleepy. To head these feelings off, take time out of your morning every day to breathe, focus and encourage yourself.

2. Put Yourself First – Sometimes people feel the need to make life easier for everyone but themselves. However it’s important to remember that taking care of yourself does not make you selfish. It makes you better able to help others in the long run. But overextending ourselves at this time of year is always a possibility. Getting stressed out by trying to accomplish too much can lead to cravings.

3. Tell Others – Don’t go through this alone and don’t try to keep it a secret. Sometimes those wanting to quit will not tell their family or friends because they don’t want to become the center of attention or be embarrassed if they fail. You greatly increase your chances of success if you tell those around you what you are trying to do. That way, they can support you, encourage you, and not unknowingly increase your cravings by smoking around you. Most times, they’ll even ask if there is anything they can do to help. If you think that the amount of holiday prep is going to be stressful, cut down on how much you are trying to do all by yourself. Ask those around you to help with errands and baking and other chores so you don’t feel overly taxed.

4. Get Some Sleep – Your body is going through

a lot, and it’s going to be achy and cranky. Allow it time to refresh itself. If you’re not getting enough sleep through this process, everything else will suffer. You’ll be able to manage the hectic nature of the holidays and your quit plan, if you’re getting at least 8 hours each night. (Sneak in as many short “power naps” as you can!)

5. Drink Extra Water – Water is vital to keeping our bodies healthy. Without a fresh supply, we feel sluggish and grumpy, achy and tired. Be aware of your water intake and squeeze more in every day.

6. Vitamins C & E – Two of the most important anti-oxidants are vitamins C and E. Cigarette smoke is a toxic blend of chemicals that causes cellular damage and depletes vitamins and minerals in our system. C and E fight off toxins and boost our immune systems. Taking a multivitamin once every day will help ensure you get enough defensive help, especially when many of our holiday foods are delicious, but not necessarily nutritious.

7. Clean Up – Not just your body--everything. Wash every piece of clothing that you own. If you can, deep clean your carpets. If you can’t, use carpet deodorizer and vacuum thoroughly. Clean out your car, empty the ashtray, and use a high-quality air freshener. Shampoo the upholstery if you can. Inside the house, wash your window curtains and air out the furniture. Anything you need to do to reduce the smell of tobacco in your home needs to be done. Smell is the number one trigger sense in the body, and removing that subtle suggestion from the brain is going to bring tremendous results.

8. Dump the Triggers – While you’re cleaning up, get rid of every ashtray you own. Throw out every lighter, every match and every extra bit of tobacco you find. There is no reason to have these visual triggers in front of you. Don’t hide them; dump them. Hiding them isn’t going to fool you when you are in the grip of a real craving.

9. Remember Why – Remind yourself over and over what your reasons are for wanting to quit. Living longer? Enjoying life? Chasing your grandchildren? Quitting your addiction to nicotine is not a sacrifice, it’s a gift. You’re moving towards a better, healthier life. Remind yourself of how much better off you will be, how much healthier you’ll feel, and how much money you’ll be saving each month. Write these reasons down and post them where you’ll see them to constantly remind yourself of why you’ve decided to make this positive change in your life.

10. Replace the Craving – This is also known as “resetting your default,” or making a new routine.

If you usually smoked at a certain time each day, try replacing that old habit with a new one. Experts recommend chewing on cinnamon or mint-flavored toothpicks. Others suggest replacing a habit that was primarily done out of boredom or repetition with one you actually enjoy. During those times you used to reach for a smoke, take a few minutes to read your favorite magazine instead or reward yourself with your favorite past time or hobby. Replacing the tobacco with a positive, happy activity will help reprogram your daily routine. If you’re used to smoking the minute the alarm goes off in the morning, try brushing your teeth or taking a shower first. Change up your entire morning schedule. Avoiding routine is avoiding habit, and habit is usually what keeps people smoking.

These ten ideas may help some of us get through the next several weeks without reaching for a smoke or a chew, but for others it still may not be enough. Remember, even reducing the number of times you use tobacco each day is an incredibly significant victory. Just cutting down can improve a person’s senses of smell and taste overnight. And studies show that if a tobacco-user can go 24 hours without using, they are more likely to give up tobacco entirely.

Tobacco use is the single largest preventable cause of disease and early death in the United States, but about 43.8 million Americans still smoke cigarettes. That’s nearly 1 out of every 5 adults. The American Cancer Society website, www.cancer.org, offers more information and tools, like the Cigarette Cost Calculator, to help make quitting more personal. For advice, local resources, and one-on-one counseling, try calling the Michigan Quit Now help line at 1-800-QUIT-NOW.

This article was made possible with funding from the Centers for Disease Control and Prevention for CMDHD’s Together We Can Transform Communities Initiative. 100% of the \$1,643,798 Together We Can Transform Communities Initiative fund is financed with Federal funds.

If you would like an opportunity to get involved in local health improvement, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan area.

This article has been brought to you by the Central Michigan District Health Department. For more information, LIKE Together We Can Health Improvement Council on Facebook, visit our website at www.together-we-can.org or email us at TogetherWeCan@cmdhd.org.

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

Activity Center

JANUARY ACTIVITIES

| Monday | Tuesday | Wednesday |
|---|--|---|
| <i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i> A = Activity Room A 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 | | 1 NEW YEAR’S DAY COMMISSION on AGING CLOSED |
| 6 10:00 Tax Training (B) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 11:00 Word Search/Crosswords (C) 10:00 Dulcimers Practice (Craft) 12:00 Community Service Council (A) 1:00 Pinochle & Dominos (C) 1:30 Yoga (F) | 7 10:00 Country Music (B) 12:30 Banjos & Guitars (B) 12:30 Card and Board Games (C) 5:15 COA Advisory Council (BR1) 7:00 Evening Bloomers (Craft) | 8 9:00 Tax Training (B) 9:00 Art Class (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 10:30 Area Ministers (A) 11:15 Deal or No Deal (C) 1:00 Book Club (Lib) Tax Training (A) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge Euchre Pepper (C) |
| 13 9:00 Tax Training (A and B) 10:00 Dulcimers (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 10:00 Dulcimer Practice (Craft) 1:00 Pinochle and Dominos (C) 1:00 Legal Service (CR1)1:30 Yoga (F) 1:00 Readers Theatre (Craft) 6:00 Amateur Photography Group (B) 7:00 Dog Park Mtg. (Craft) | 14 8:00 Breakfast (C) 10:00 Needle Crafters (Craft) 10:00 Country Music 12:30 Banjos-Guitars(B) 12:30 Card/Board Games (A) 1:00 Eat Right For Your Blood Type (A) 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) | 15 9:00 Tax Training (A and B) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge Euchre Pepper (C) |
| 20 Martin Luther King Day COMMISSION on AGING CLOSED | 21 8:30 Friends of Isabella Seniors (BR1) 12:30 Ice Cream Social (C) Cards/Board Games 12:30 Cards and Board Games (C) 1:00 Eat Right For Your Blood Type (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) | 22 9:00 Tax Training (A and B) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Happy Rippers Quilters (Craft) 1:00 Bridge Euchre Pepper (C) |
| 27 10:00 Dulcimers Practice (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 11:30 Nutrition Ed. (C) 1:00 Pinochle and Dominos (C) 1:00 Legal Service (CR1) 1:00 Readers Theatre (Craft) 1:30 Yoga (F) | 28 8:00 Women’s Aid (B) 12:45 Movie “The Butler” (B) 1:00 CMU Bridge (Craft) 1:00 Eat Right For Your Blood Type (A) 2:00 Intermediate Line Dancing (C) 6:00 Quilters (A B C) 7:00 Stamp Collectors (Craft) | 29 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Bridge Euchre Pepper (C) 1:00 Happy Rippers (Craft) |

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 |
|--|---|---|
| 2 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 1:00 Beginner Line Dancing (C) 6:00 Clowns (Craft) | 3 9:00 Collaborative Council (B) 10:00 Tax Training (A) (B) at 1:00 10:15 Hi/Aerobics (F) 10:00 Jam Session (Craft) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Woodland Hospice Bingo (C) | 4 |
| 9 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 1:00 Beginner Line Dancing (C) 1:30 Art Class (Craft) 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (A) | 10 9:00 Tax Training (A) 10:00 Jam Session (Craft) 11:00 One Man Band Jerry Schafer (C) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Retirement Party (B) 12:30 Ukulele (Craft) 6:00 Community Dance (C) \$5.00 DJ/Singer/Oldies 50 and 60's | 11 9:00 Quilt Guild (A) |
| 16 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 1:00 Eating Right For Your Blood Type (B) 1:00 Beginner Line Dancing (C) 1:00 Second Hand Book Club (Lib) 1:30 Art Class (Craft) | 17 9:00 Tax Training (A and B) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 11:00 Wear Your Pajamas to Lunch (C) 12:30 Ukulele (Craft) 12:45 Meijer Bingo (C) | 18 9:00 Quilt Guild (A) |
| 23 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 1:00 Beginner Line Dancing (C) 1:30 Art Class (Craft) | 24 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Laurel's Bingo (C) | 25 1:30 Charlene's Work Group (C) |
| 30 10:00 Computer Class (Lab) 11:00 Making Bird Feeders (C) 1:00 Beginner Line Dancing (C) 1:30 Art Class (Craft) | 31 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) | Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu on Page 12 in this issue! |

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

Music

Community Dance

Sponsored by the “Red Hat Strutters”

Friday, January 10

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, January 7 & 14

Play Your Dulcimer

Mondays at 10:00 a.m.

Ukulele Lessons

Fridays at 12:30 p.m.

Jam Session

Fridays at 10:00 a. m.

Art / Classes

Art Class

Beginning Watercolor
and Beginning Drawing

January 9-February 13

Thursdays

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

Cost: \$40.00

For a class reservation call the COA at 989-772-0748. Payment is made to the instructor the first day of class. You will be told that day what materials you will need to purchase for the class.

Classes

Computer Help

Thursdays at 10:00 a.m.

Learn to Knit

First 4 Thursdays of the month, 10:00 a. m.

Come learn from those who know how.

Readers Theatre Group

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

Square Dancing

Will resume sometime in April 2014.

Line Dancing

Intermediate

Second and Fourth Tuesdays 2 to 4

Beginners

Every Thursday from 1 to 3

Bingo at the COA

Friday, January 3- 12:45 p.m.

Friday, January 17- 12:45 p.m.

Friday, January 24 - 12:45 p.m.

Deal or No Deal

December 11 at 11:15 a.m. prior to lunch

I Pad Classes

Third Tuesday of the month

2:00 p.m. Room B

January 21-How To Use an I Pad

How many of you may have received one for Christmas? This class would be a great way to now learn how to use it. Come and listen to Judy Czarnecki from the Chippewa District Library teach you the skills you need to enjoy your I pad.

Topics for the year 2014 will be planned. Come out and let her know what you would like to learn. You do not have to sign up for these classes just come ahead and bring your I pad.

Exercise Classes

Gentle Yoga Class

January 6-March 10

8 classes for \$60.00

Mondays from 1:30 - 2:30 p.m.

Students can drop in for \$10.00 per class.

(no class 1/20 and 2/17)

Body Wisdom Tai Chi

NO CLASS IN JANUARY

Tuesdays and Thursdays

February 4 thru February 27

\$60.00 for 8 classes or \$10.00 a class

Learn Short Forms-QiGong-5 Element

To register, call Judi 989-773-0786

Certified Tai Chi for Arthritis Instructor

Water Aerobics

Monday thru Friday

7:30 a.m. to 8:30 a.m.

Rose Pool at CMU

Starts again on January 13

Exercise

CLASSES AT THE COA

10:15 Hi/Aerobics

11:00 Lo/Aerobics

M-W-F

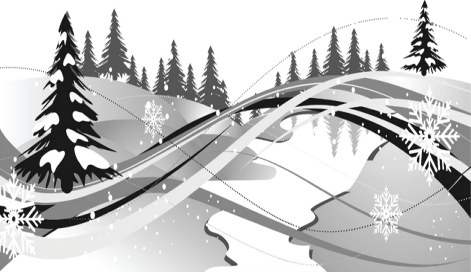
FITNESS ROOM

Weidman Community Building

Aerobic Class


Mondays & Thursdays, 4:30 p.m.

Starts again on January 13, 2014



FWF Eat Smart Menu

January 2014

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
|  | | 1 CLOSED New Year's Day | 2 Chili Corn Bread Tossed Salad Crackers Cinnamon Applesauce | 3 Tuna Casserole Bread Broccoli/Cauliflower Salad Corn & Lima Beans Apricots |
| 6 Spaghetti Cheesy Breadstick Tossed Salad Peaches | 7 Fish Pattie Hamburger Bun Cauliflower/Cabbage Salad Peas Mixed Fruit Cup | 8 Lemon Baked Chicken Bread Whipped Potatoes/Gravy Mixed Vegetables Michigan Fruit Cup | 9 Sloppy Joe Hamburger Bun Multi Bean Salad Roasted Potato Blend Grape Banana Fruit | 10 Baked Ham Dinner Roll Oven Roasted Potatoes Winter Blend Pineapple / Cookie |
| 13 American Goulash Bread Carrot and Raisin Salad Broccoli Pears | 14 Pulled Pork Hamburger Bun Kidney/Chickpea Salad Steamed Cabbage Cinnamon Applesauce | 15 Meatloaf Bread Baked Potato Peas & Carrots Grape Banana Fruit | 16 Chicken Pattie Hamburger Bun Lettuce and Tomato Corn Berry Fruit Cup Cookie | 17 Egg & Cheese Casserole Cinnamon Roll Sausage Links Redskin Potatoes Orange Juice Ambrosia Fruit Cup |
| 20 CLOSED Martin Luther King Jr. Day | 21 Veal Parmesan Bread Peas Corn Tropical Fruit | 22 Roast Pork Bread Whole Sweet Potatoes Brussels Sprouts Fruit Cocktail Gelatin | 23 Baked Chicken Bread Whipped Potatoes/Gravy Crunchy Vegetable Salad Citrus Fruit Cup | 24 Chili Corn Bread Broccoli/Cauliflower Salad Graham Goldfish Cookie Fresh Orange |
| 27 Chicken a la King Biscuit Carrots Mixed Fruit Cup | 28 Meatballs Bread Redskin Potatoes Stewed Tomatoes Cherry Fruit Cup | 29 Sliced Turkey Dinner Roll Whipped Potatoes/Gravy Green Beans Mandarin Oranges | 30 Pork Chop Bread Company Potatoes Multi Bean Salad Oatmeal Apple Crisp | 31 Smothered Chicken Breast Bread Italian Blend Pumpkin Custard |

Menus are Subject to Change Without Notice
Reservations are Required 24 Hours in Advance

Milk provided with all meals
Suggested Donation \$2.50

The Food with Friends Staff Thanks You!

With the passion of our staff, our program is good; with the generosity and support of our community, the Food w/ Friends congregate program is great! As 2014 dawns, we want to give a very heartfelt “thank you” to all the individuals and organizations that have given financially or of their time and talents to the Food with Friends program in 2013.

As you read site articles each month, you will notice various entities that have generously committed to sponsoring activities. We are so grateful to them, though we are just as grateful to our participants who lovingly bake cakes or volunteers that help serve meals. You make our sites the welcoming places they are. Warmest regards and a Happy New Year from the Food with Friends Staff.

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

Brrr . . . it’s cold outside! So come on in where it’s warm and friendly. Stay awhile and listen to the great music, cherish the company of great friends and enjoy a great meal. What better way to start the new year? December was so much fun with three Christmas Parties!

More good things are coming our way in 2014! Every Monday and Wednesday we will have music entertainment. Every Friday is reserved for fellowship. This is a great day to bring in hobbies to share and work on or play games.

Music Entertainment Schedule

- 5 Birthday Party w/ Leon Seiter and Maxine Vadar
- 8 Ray Brown
- 13 Dale Pridgeon
- 15 Les Jenkins, Rocky, John, Pat & Friends
- 20 Closed in Celebration of MLK Day
- 22 Lois and Steve Johnson
- 27 Mark Ray and Mark Bauman
- 29 The Boys from Amsden

Music at Winn on Mondays and Wednesdays!



Pictured above Denise Pohl, Winn Site Manager, gives special thanks to some great musicians Les Jenkins, Rocky King, Pat Kane, John Capon, Roger, Vern Fillhart, and Elmer Otto (not pictured).

How to cancel a meal . . . If you need to cancel your meal(s) for any reason, please notify COA at **772-0748**. If possible, the cancellation should be made 24 hours in advance. Our drivers cannot leave the meal if your are not at home. Because of federal and state regulations, we are unable to leave your meal unattended. So, please call the Commission on Aging at **772-0748**, **you can leave a message after hours, too.**

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**

Baby, it’s cold outside! So come on in to the Rosebush Food with Friends site for some warm conversations and a hot meal! We had a wonderful time last month celebrating the holidays with music, crafts and games. A special thank you to Tendercare of Mt. Pleasant for the ice cream and craft supplies and Rosebush Manor Assisted Living for the music.

During January we’ve planned activities to make sure those winter blues stay far away! Music from the Good Times Band, Mark Baumann and Craig Newton to keep our toes moving, presentations to keep out minds moving and weekly bingo games to keep our senses sharp. Come on in and join us and make those “Snow Bird” friends wish they had stayed in the great white North!

January Calendar

| | | |
|----|--|-------|
| 1 | Closed | |
| 3 | The music of Craig Newton | 1:00 |
| 6 | African Mission Trip presentation | 1:00 |
| 8 | Penny Bingo | 1:00 |
| 10 | Good Times Band | 1:00 |
| | Ice Cream Social | 2:00 |
| 13 | Bingo w/ Prizes(Courtesy of Hospice) | 1:00 |
| 15 | Bingo w/ Prizes(Courtesy of The Laurels) | 1:00 |
| 17 | The music of Mark Baumann | 1:00 |
| 20 | Closed in celebration of MLK Day | |
| 22 | Penny Bingo | 1:00 |
| 24 | Compliment Day | |
| 27 | Monthly Birthday Celebration | 12.45 |
| | Nutrition Education | |
| | Word Games | |
| 29 | Penny Bingo | 1:00 |
| 31 | Inspire Your Heart with Art Day | |

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

Weidman Senior Center 3453
N. School Road, Weidman
Meals M-F, 9:30 a.m. - 1:30 p.m.
Marjie Evans, Site Manager **644-2538**

Start the year out right! Come into the site! We’re like family out here, but there is always room for one more member! Do you like to play Cribbage, Euchre, Pepper or other games? Other folks are looking for you to make a full table. Call the site so we can pair you up. Every Monday is reserved for a card party! Every Wednesday from 10 a.m.-noon, we are entertained by the River Ramblers County/ Bluegrass Band. Look below for more festivities!

January Calendar

- 2 New Year’s Resolutions
- 3 Pamper Day – Observing the importance of taking care of ourselves.
- 7 Nutrition Education – Color your plate
- 8 Birthday Party for Earl Currie w/ the River Ramblers

- 9 Wendy from Clare Tendercare presenting on Coconut Oil Bean Day Celebration! (Bean Day is actually on Jan 6, but we are celebrating today with Multi Bean Salad.)
- 10 Household Plant Swap!
- 14 What’s on your Bucket List? What have you crossed off? What would you still like to do?
- 16 Happy Hobby Day! – Bring in your hobby projects, finished or unfinished, to show and share with us.
- 17 Remembering Shari Lewis & Lamb Chop – Are you a puppeteer? Do you have puppets? Join us for “never ending” fun!
- 20 Closed in Celebration of MLK Day
- 21 Share your favorite poems
- 23 National Pie Day! Come make a pie with us!
- 24 Warm Fuzzy Day! Melt off the chill of winter with the warmth of admiration.
- 28 Stay Sharp Word Searches
- 30 Card Games

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**

Thanks to Right at Home for sponsoring a yummy ice cream party to celebrate the first day of winter. They also donated supplies for our bird seed ornaments. I also want to thank Trooper Michael White for his presentation on safety and winter driving tips.

Why not start your new year out with something new?! Join the fun, meet new friends, and enjoy a meal with us! In addition to special days and events, we have a large library of games to choose from including: Cribbage, Chinese checkers, Tri-ominos and Euchre. Every second and fourth Friday of the month we play Bingo.

We are always looking for new faces to join us. Give it a try! We have a

lot of laughs. January is national tea month. We will be celebrating with a tea party on Jan. 17. Bring your favorite tea or try some of ours. On the Jan. 22 we will be celebrating polka dot day and how polka dots got started. Don your polka dots!

January Calendar

- 3 Funny phrases from the past. Think of some to share.
- 6 Game Day
- 8 Word Games
- 10 Bingo
- 13 Games & making tea party invitations
- 15 Euchre and board games
- 17 Tea Party
- 20 Closed in Celebration of MLK Day
- 22 Polka Dot Day
- 24 Bingo
- 27 Game Day
- 29 Euchre and board games
- 31 Compliment Day

COA Activity Center

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

- 1 Closed
- 2 1:00 Beginner Line Dancing
- 3 Bingo Woodland Hospice
- 6 1:00 Dominoes/Pinochle
- 7 10:00 Country Music
12:30 Learn Again Banjo & Guitar
12:45 Board Games/Cards
- 8 11:15 Deal or No Deal
1:00 Bridge/Euchre/Pepper
- 9 1:00 Beginner Line Dancing
- 10 11-12:00 One Man Band Jerry Schafer
- 13 11:30 Nutrition Ed.-“Color your Plate”
1:00 Dominoes/Pinochle
- 14 8:00 Breakfast
10:00 Country Music
12:30 Learn Again Banjo & Guitar
1-2:00 Introduction: Eating for Your Blood Type-How to Read the Nutrition Label
- 15 1:00 Bridge/Euchre/Pepper
- 16 1:00 to 2:00 Introduction to Eating Your Blood Type-How to Read Your Nutrition Label
- 17 Pajamas Day-Wear your pajamas and enjoy breakfast for lunch
12:45 Bingo-Meijer
- 20 Closed
- 21 12:30 Ice Cream Social
12:45 Board Games/Cards
1:00 - 2:00 Beneficial Foods for Your Blood Type-General Nutrition
Variety is Key Keep Meals Exciting
- 22 1:00 Bridge/Euchre/Pepper
- 23 11:30 Word Search/Crossword
1:00 Beginning Line Dancing
- 24 12:45 Bingo-Laurels
- 27 1:00 Dominoes/Pinochle
- 28 12:45 Board Games/Cards
12:45 Movie- “The Butler”
1:00 to 2:00 Naturalize Your Kitchen on a Budget- Don’t Get into a Rut: New Menu Strategies and Seasonings to Perk up Your Food
- 29 1:00 Bridge/Euchre/Pepper
- 30 1:00 Beginning Line Dancing
- 31 11:00 to 1:00 Bird Feeders

IN MEMORY OF

| | |
|---|--|
| Dick Koester Loretta Koester | June B. Gross Dale & Jeanette Gatehouse |
| Madonna J. Smith P.J. Smith | Mark W. Schumacher Dale & Jeanette Gatehouse |
| Ruth Ann Forshee Joel & Patricia Rockafellow Robert & Pamela Evans Floyd & Shirley Reed Gregory & Carol Thrush | <u>Food with Friends</u> <u>In Memory of</u> |
| Joe Lawrence Dolores Lawrence | Donald Pohl E. Eileen Rau |
| Betty Jo Martin John & Esther Haupt | Joe Epple Jeanne Epple |
| John Wilberding Carrie Wieferich E. Eileen Rau | Gala Casner Anonymous |
| Wellington Funnell Carrie Wieferich | Wellington Funnell Louise Lobsinger |
| Ocie Martin Carrie Wieferich | <u>Active Living</u> <u>In Memory of</u> |
| Mark “Yogi” Wilson Paul & Diane Zuker | Dean Muterspaugh Charles & Ellen Peterson |
| Helen Egbert Edythe Sloyer | Harold Mullins Freda Mullins |
| Dolores Pallen Linda Schudiske | Dona Stacy Doris Woodbury |
| Arthur Guthrie Ruth Guthrie | Mark Jon Wilson Floyd & Bonnie Love |
| Virgil Roethlisberger Dorothy Steele | Bruce & Alice Eggers Floyd & Bonnie Love |
| Fred Roethlisberger Dorothy Steele | Dean Muterspaugh Floyd & Bonnie Love |
| Mary Elliott Dorothy Steele | <u>Volunteer Transportation</u> <u>In Memory of</u> |
| Robert Elliott Dorothy Steele | Ginger Claybaugh Anonymous |
| Bud Steele Dorothy Steele | |
| Barbara Barber Dorothy Steele | |

Start the New Year with Active Living!

Do you subscribe to Active Living? Have you donated to Active Living recently? ***Please*** consider donating to Active LIVING. It’s a great way to start out 2014. Do you need a gift for someone? How about a gift subscription to Active Living? You can use the form on the back page.

Thank You to our Readers and Sponsors who donate to Active LIVING. We appreciate and need your support! We are a long way from our annual goal of **\$24,000.00**.

Donations to COA

| | |
|---|--|
| <u>Activity Center</u> Marcia Mink | <u>Food with Friends</u> <u>Home Delivered Meals</u> Eileen Jennings |
| <u>Foster Grandparent/Senior Companion</u> Ann Moomey | <u>Transportation</u> Colleen Long Violet Dunevant |
| <u>In Home Services</u> Colleen Long Morval & Theda Lalone | <u>Needle Crafts</u> Anonymous |

Donations to ACTIVE LIVING

| | | |
|-------------------------|--------------------------|-------------------------|
| Wilma Sanders | Joan & Leroy Klopceic | J.B. Walden |
| Beth Brown | James & Barbara Draper | Noel Rudy |
| Ethel Gallagher | Ruth Cook | Paul & Maria Juhasz |
| Jeanne Epple | Larry & Kathy Fussman | Carol Heil |
| Laura England | Charles & Virginia Fox | Gail Shack |
| Peggy Jo Trgina | Doris Himebaugh | Beverly Delong |
| Larry & Sally Johnson | Nancy Rivard | Gary & Julianne McBride |
| Ronald & Joyce Demlow | JoAnn Swenson | George & Fran Rouman |
| Milan Shepard | Mary Blubaugh | Roque Schafer |
| Shirley French | Ilene Chapman | Delmas & Pamela Jenkins |
| Esther Harnick | Carol & Garry Swetz | Alice Paisley |
| Joyce Williams | Jean & Egbert Glass | Loretta Ruby |
| Vera Wiltse | Paul Dean | David & Carol Neyer |
| Lyle & Verna Walkington | Nanci Osborn | Donna Salisbury |
| Frank Deni | Lorraine Tubbs | Ruth Guthrie |
| John & Esther Haupt | David & Margie Swayze | Belva York |
| Nancy Marshall | Pastor Shirley Ellsworth | Dick & Jean Allen |
| Gloria Downhour | Sue Khoury | |
| John & Viki Bollman | Joan Hornak | |
| Warren & Nancy Spragg | Jonas & Jeanne Cook | |

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

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
All proceeds go to the community center.
Call Marilyn for Info **644-5915**

Wednesday--WCC
Sponsored by Weidman Bus Association
Bingo 6:30 p.m.--Doors Open 5:30 p.m.
Call Karen For Info **644-2266**

Country Quilters --9:30 a.m. to 2:00 p.m.
Call Sally for info **644-2661**

Thursday--WCC
Euchre--Play Promptly Begins 6:00 p.m.
Call Karen for info **644-2266**

WOOD CARVING - ALL LEVELS
1st Friday of month - 9:00 a.m.
3rd Saturday of month - 9:00 a.m.
Masonic Hall - 3250 Woodruff Rd.
Call Richard **644-3306** or Ted **644-2565**

Events at Weidman Eagles--VFW Drive Behind Fire station
Wednesdays & Thursdays Public invited
Beginner Line Dancing-- 5:30 - 7:30 p.m.
Donation-- Call Marilyn **644-5915** for Info

Thursdays--Eagles 4:00-8:00 p.m.--Make Your Own At The Full Taco Bar.

January 4 - February 28 - Saturdays -
Beginning Line Dance 12:30 – 2:00 p.m.
FREE 8 week program – for parents, grandparents and young people ages 13 and up. Open to public. Great exercise, Lunch available. Call Marilyn **644-5915**

Jan 10 - Friday (2nd Fridays) All you Care to Eat Chicken & Fish Dinner, 4:00 - 8:00 p.m. includes Dessert and Beverage \$10 Donation - Public Invited.

January 24 – Friday - Roast pork & stuffing Dinner 4:30 – 7:00 p.m. includes mashed potatoes with gravy, vegetable, dessert and beverage. Hosted by Eagles Women’s Auxiliary. Donation requested.

January 25, - Saturday, Eagles - 6:00 p.m. Jamboree, music entertainment, food & refreshments available.

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 Reese |
| Secretary Ex Officio | Brenda Upton |
| Treasurer Ex Officio | 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 |
| Member | Guy Meiss |

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

**Commission on Aging Office
Activity Center and Food Sites
Closed
on
Wednesday, January 1
New Year’s Day

Monday, January 20
Martin Luther King, Jr. Day**

- Drivers Needed:**
- **To deliver lunchtime meals**
 - **To transport older adults to medical appointments**
 - **Mileage reimbursement**
 - **Please Call 989-772-0748**

JANUARY 2014 ACTIVE LIVING

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



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.*

INSIDE **January 2014**

| | |
|----------------------------------|--------|
| Have a Heart Needs Your Support | 1 |
| Happy Retirement, Sally | 1 |
| Director’s Comments | 2 |
| Mission Moments | 2 |
| FREE Tax Preparation | 3 |
| 2013 Holiday Bazaar | 3 |
| Friendly Visitors Needed | 4 |
| Thank You All | 4 |
| Isabella County Home Improvement | 4 |
| A Friend is a Phone Call Away | 4 |
| Eat Right for Your Blood Type | 5 |
| Have a Tobacco Free Holiday | 7 |
| Activity Calendar | 8, 9 |
| Activity Center Activities | 10 |
| Travel Activities | 11 |
| FWF Menu & Activities | 12, 13 |
| Memorials and Donations | 14 |
| Weidman Activities | 15 |