

# Active LIVING

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February 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/](http://isabellacounty.org/dept/coa/)

## Please Help!

There's still time to . . .  
***“Have a Heart”***



### **Donations are still needed for Have a Heart.**

As of January 21, we have received \$2581.80 in donations. All of the funds for the “Have a Heart” boxes come from the generosity of individuals in our community. No governmental funds are used for this project.

Once again, the Commission on Aging is asking the community to assist us in this project. We are hoping to deliver **150** boxes this year.

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!**

Please 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.”***

## FREE Affordable Care Act Info Session

Wednesday, February 12 at 6:30 p.m.  
Isabella County Commission on Aging  
2200 S. Lincoln Rd., Mt. Pleasant

*Presentation followed by Q & A session*

Hosted by:

Isabella County Commission on Aging

&

Jennifer Raymond, Certified Healthcare Navigator with Mid  
Michigan Community Action Agency



**Please call 1-877-212-7561 for more healthcare information or call (989) 772-0748 for event directions.**

## “Wheeling Through Mid-Michigan History”

Mt. Pleasant author and Mt Pleasant Area Historical Society President, Jack R. Westbrook, will present a special slide program for Isabella County Commission on Aging patrons in Room A of the COA Mt. Pleasant building Monday, February 24, 2014 at 12:30 p.m. The program is entitled “Wheeling Through Mid-Michigan History” and is based on his latest book “*Mid-Michigan History*”, released in December, 2013. The eight and one-half by eleven inch book, with 138 pages, contains 275 photo images. Westbrook has written nine previous books about the area's history, eight of which were photo history books and, released in September, 2013, a historical novel entitled “KAISA: A Novel of Michigan's Copper Mining and Oil & Gas Industries: Calumet; Holland; Mt. Pleasant; Mackinac Island and Jekyll Island, Georgia.”

## Director's Comments

One of the services we provide at the Commission on Aging (COA) is assistance with the Medicare Part D Enrollment. I know I have related this information to our readers before, but now that the "Enrollment Period" is past I wanted to let everyone know the actual numbers of individuals we assisted and the amount of money our efforts have saved those individuals.

During the last Medicare Part D Open Enrollment period, which was October 15, 2013 to December 7, 2013, the COA assisted nearly 500 Isabella County residents. We were able to do this with six different staff members, one CMU Social Worker Intern and nine volunteers. All of these individuals receive several hours of training prior to the enrollment period and spend much more time providing the actual enrollment assistance.

All of the individuals we assisted called in advance for an appointment. Each of them were asked to bring with them all their actual medication bottles or a complete list of their medications, including dosage and how often it was prescribed. The staff member/volunteer would then access the Medicare website and enter each medication and its' dosage. The website software program would then provide a listing of the 34 plans offered in the State of Michigan. During the appointment, the staff member/volunteer compared the plan in which the individual was currently enrolled to the 2 or 3 most cost effective plans for the coming year. Discussions would involve the cost of the monthly premium, any deductible, the cost of the prescription medications and if the plan involved any time in the "gap" or "donut hole."

Staff members and volunteers had to be aware if the person's income and asset level was such that the person would be eligible for "extra help" to assist in paying for the plan and to understand if the person was participating in the Medicare Advantage Program or was also covered by a retirement insurance plan. Completing the process would often take 45 minutes to an hour.

All this work and all the time our staff and volunteers put into assisting our Medicare Part D enrollees makes a difference in each individuals wellbeing and in their income management for the upcoming year. These efforts will save over \$195,000.00 or an average of \$390.00 per Part D enrollee for 2014 in Isabella County alone. Our work and the job we have done in this one program has made a difference in the lives of many people, and that's important.

I extend a big "Thank You" to all our staff and our volunteers for working to make the Medicare Open Enrollment a success.

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



## Mission Moments



*"In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us." Flora Edmonds*

Gold Key Volunteers truly understand the principle of giving to others in need. A Thank You note from a family recently served by COA reads "To all the volunteers who helped in any way to help our mother enjoy life better and longer: If it wasn't for you, time would have been much tougher on Mom and the family. Just remember—Volunteers are very important people! Keep up the good work—and share your love again, Thank you!"

When I asked "why do you volunteer?" I received many replies including:

- "Because I enjoy helping people"
- "Helping others makes me feel good"
- "I needed to fill in time, now I enjoy every minute of it!"
- "I like the feeling of giving"
- "I try to pay it forward for when we need it"

Again and again, I hear volunteers say by giving of themselves they receive so many good feelings in return. The Gold Key Volunteer circle of service is complete.

*By Ginny Cain, Gold Key Volunteer Program Director*

## To the COA Advisory Board, Volunteers and Friends:

I want to thank all those who were able to attend my retirement celebration. You may have shared words of congratulations, given a gift or card and enjoyed the cake and fellowship that day. When I started here at the Commission on Aging in 1977 I never expected to be here until 2014. These years have been challenging and rewarding. I have met and worked with a great staff and many older adults here at the COA and on trips. You will be missed but never forgotten.

*Thanks again,*

*Sally*

## Ask a COA Specialist

**Question:** I recently signed up for a new drug plan and I am having difficulty using the new plan at my pharmacy, what do I do?

**Answer:** If you are experiencing problems at the pharmacy I would recommend:

1. Contact the new plan to verify that the card you are using is the most current. Each prescription drug card has a number located on the back that can direct you to the plan for more information.
2. If you haven't received your card you will want to contact the plan to order a new card and obtain member identification information that the pharmacist can use to bill the plan directly.
3. If you believe the information regarding copay is incorrect you are encouraged to contact the plan to discuss the discrepancy in pricing. You may also use your formulary list to learn about pricing information for each medication.

If you are not sure how to contact your plan or you need more information in resolving the problem you may contact 1-800-Medicare (1-800-633-42277) or Isabella County Commission on Aging, at (989)772-0748, for further assistance.

If you contact the Commission on Aging you will be directed to the insurance hotline, where a social worker will contact you for further information and assist in resolving the issue. Please note that it may take 3-5 business days for a specialist to return your call.

### 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

## Thank You & Farewell

By the time you read this I will have already started my new adventure at Senior Services in Midland as the Nutrition Systems Coordinator. It has been a great joy to serve the Gratiot and Isabella County communities over the past seven years as Site Manager Supervisor. Thank you for your kindness, wisdom, and stories. I will carry it close to my heart as I begin this new chapter in my life.

*Warmest Regards, Elizabeth Baldwin*

## 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

**COMMISSION ON AGING -  
MT PLEASANT ACTIVITY CENTER**  
Every Thursday from February 6 through April 3, 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 COMMUNITY LIBRARY**  
257 WEST WRIGHT AVENUE  
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**

### 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

February Calendar	Free Classes
4 10:00 a.m.	Basic Excel
11 10:00 a.m.	Intermediate Excel
18 10:00 a.m.	Advanced Excel
20 11:00 a.m.	Basic Internet
25 10:00 a.m.	Advanced Excel/ Pivot Tables

Remember that individual help is also available in between classes. To register for these classes call 773-3242 ext 23.

### 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.



### “Eat Right 4 Your Type”

We are offering another class 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. Blood Typing kit is \$11.40 if you need to know your blood type. Please call Penny at 772-0748 to sign up for the class and/or make a meal reservation.

**Tuesday, February 4- Resources for Home Cooking: Books, Websites, Magazines Keeping it Fresh: Resources for Finding Good Food Handouts will be available.**

### Chippewa Valley Audobon presents “Forgotten Journals of John Audobon”

February 12, at 7:00 p.m. at Veterans Memorial Library  
Daniel Patterson will discuss the discovery of journals that reveal wildlife views of John Audobon. Contact: [www.cvacmi.org](http://www.cvacmi.org) Refreshments served.

### Movie for February 12 - “Just Where I Belong”

Everybody needs somebody to love; so, we are showing a movie, directed by Florence Henderson, which is about a lonely foster child who discovers an injured rabbit on Christmas eve. She forms a friendship with a old farmwoman who vows to nurse the bunny back to health. In the process the child’s heart is healed and she forges a bond with her adoptive family. Movie starts at 12:45p.m. Rated PG Showtime- 100 minutes

### Mt. Pleasant Garden Club

The Mt. Pleasant Garden Club meets Wednesday, February 19, at 1:00 p.m. in Room A at COA. Following a social gathering and refreshments, garden club members will share gardening tips, advice, information about new tools and pictures of their gardens with each other. Guests are encouraged to come to listen, learn and share with us.

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

## New Face at COA



### Marcy Hosking

Hello, my name is Marcy Hosking and I cannot tell you how thrilled I am to have been chosen as the new Activity Program Coordinator at the Commission On Aging! My new adventure began January 13, and already I feel so welcome and love it here!

I was born and raised in Mt. Pleasant, attended Sacred Heart Academy and Central Michigan University. After having been gone for almost 15 years, I am so excited to be back in my hometown. I have two children, a daughter, 8 and a 3 year old son. They both keep me on my toes.

I'm eager to coordinate programs and activities for you and welcome any suggestions you may have. I look forward to meeting a lot of new faces and catching up with some familiar ones as well. If you see the "new girl" around the building, please stop and say hello, or if I look lost, please give me directions!

### Genealogical Society of Isabella County

will not meet in February.

More information may be obtained from  
our website:

<http://isabellagenealogy.org>

## February at COA Activity Center

### Mt. Pleasant Area Historical Society

On Tuesday, February 4, the Mount Pleasant Area Historical Society meeting will feature "Wheeling Through Mid-Michigan History" slide program by Jack R. Westbrook, Mt. Pleasant author and MPAHS President. The group will meet at 7:00 p.m. at COA. The program traces Isabella County history through a series of historical views all containing wheeled vehicles progressively from the 1850s to modern times.

Following the speaker, the business meeting will take place in Room A of the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant to discuss the Society's future, modify number of times the Society will meet in a calendar year, review plans for the February 8 Founders Day celebration and Pancake Breakfast, and review the membership list. The public is invited and encouraged to attend. Note the program is slated before the Society's business meeting.

### Monthly Breakfast

The monthly breakfast is served at 8:00 a.m. at Commission on Aging and is scheduled for the second Tuesday of the month on **February 11**. The cost is \$5.00. The menu includes the following:

French Toast and Scrambled Eggs

Bacon/Sausage Warm Apple Cinnamon Slices 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 February 18, 2014 at the Isabella County Commission on Aging Activity Center 2200 S. Lincoln Rd. Mt. Pleasant. The meeting is held from 6:30-8:00p.m. This group is open to all caregivers be it caring for your mother/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 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 "*The Long, Long, Trailer*" will be shown on Tuesday, February 25. It's a comedy/romance film produced in 1953 and directed by Vincente Minelli. The film stars Lucille Ball and Desie Arnaz with a showtime of 103 minutes. The comedy is about a couple that are to be married and want to save money by buying their own home on wheels-a trailer. Humor comes from several disastrous adventures the couple has while traveling on their honeymoon, cooking dinner in a moving vehicle and cliffhanging rides through the mountains that nearly destroy their marriage. Cost for Movie/Popcorn is \$1.00. Please reserve your spot call **(989)772-0748** ask for Penny.

## Upcoming Health Events in our Community

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

### Memory Screening

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. The free memory screening determines whether problems are a normal part of aging or due to a condition that should be treated. The screening consists of questions and tasks that take about 20 minutes to complete, and is an initiative of the Alzheimer's Foundation of America. Henry Szelag, DO will be performing free memory screenings at his office 3520 Woodruff in Weidman, on Thurs., Feb 13. Appointments begin at 1 p.m. Schedule your appointment by calling **(989) 779-5606**. Sally Beeson, FNP-BC will be performing free memory screenings at her office, 322 Wright Avenue in Shepherd on Thurs., Feb 27. Appointments begin at 9 a.m. Schedule your appointment by calling **(989) 779-5606**.

### Explore Treatment Options for Knee and Hip Arthritis

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 Charles Lilly, MD 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. Thurs., Feb. 13 from 6:30 - 7:30 p.m., McLaren Central Michigan, FDJ Conference Room, 1221 South Drive, Mt. Pleasant. Call **(989) 779-5606** to register.

### Arrhythmias—Harmless or Life-Threatening?

Heart arrhythmias occur when the electrical impulses in your heart don't work properly, causing your heart to beat too fast, too slow, or irregularly. You may have a fluttery feeling when your heart beats or feel out of breath. Heart arrhythmias may be harmless, just bothersome or sometimes life-threatening. Join Cardiologist Ellen Kehoe, DO for a discussion on the causes, symptoms and the various treatment options available for those experiencing heart arrhythmias. Tues., Feb 18 from 6 - 7 p.m., McLaren Central Michigan, FDJ Conference Room, 1221 South Drive, Mt. Pleasant. Call **(989) 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. 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.

## Consumers Energy “Green Dot” Imposter Phone Scam

Consumers Energy is again alerting the public that a scam demanding people quickly pay bills over the telephone using a Green Dot prepaid credit card continues in Michigan.

Reports of this scam have come from Consumers Energy customers across the state, but are most common in Kent, Genesee and Ingham counties. Since Nov. 22, people have reported 118 incidents in which callers have falsely claimed to represent Consumers Energy. In Kent County, 37 reports of impersonations have been recorded; 12 in Genesee County, and 10 in Ingham County.

A typical scenario involves the caller, who can speak English and Spanish, demanding payment for a Consumers Energy bill within an hour, and telling the customer to purchase a Green Dot prepaid credit card available at drug and food stores. People are then directed to call an 866 toll-free phone number to pay their bill with these cards. Residential or business customers who believe they may have been victims of this scam or who have related concerns should call Consumers Energy at **800-477-5050**.

“We are cautioning the public to be on guard and alert about this scam. Our customers should know that Consumers Energy never demands payment over the phone using only a Green Dot card. Customers should never give money or personal information over the phone to anyone they don't know. We encourage customers to share information about this scam with friends, family and neighbors so we can prevent additional victims,” said Michael Williams, Consumers Energy's director of corporate security.

Consumers Energy has a variety of payment options available for customers, including the ability to pay over a secure Internet site, via U.S. mail, in person at an authorized pay agent location, and by Visa, MasterCard or an eCheck using an authorized Consumers Energy EasyPay agent. Learn more at [www.ConsumersEnergy.com/waystopay](http://www.ConsumersEnergy.com/waystopay)

Tips on avoiding utility fraud are available on the Michigan Public Service Commission's website: [http://www.michigan.gov/documents/mpsc/mpsc-ca\\_utilityservicefraud\\_211946\\_7.pdf](http://www.michigan.gov/documents/mpsc/mpsc-ca_utilityservicefraud_211946_7.pdf)

For more information regarding Consumers Energy, visit us at: [www.ConsumersEnergy.com](http://www.ConsumersEnergy.com) or join us on Facebook at [www.facebook.com/consumersenergymichigan](http://www.facebook.com/consumersenergymichigan) Media Contacts: Roger Morgenstern (616) 530-4364; or Debra Dodd (586) 918-0597.

## Keeping Your Heart Healthy

By Melissa DeRoche, CMCHC Public Information Officer



### Raise Awareness about Heart Disease in Women...Wear Red on February 7.

You've probably heard it before... heart disease is the #1 killer of women. Approximately one woman dies of heart disease every minute and yet only 1 out of every 5 women believes heart disease is their biggest threat. Since 2004, the American Heart Association has been promoting their Go Red™ for women project; designed to give power to women to take charge of their own heart health, making women aware of the things they can do to stay healthy and take action. National Wear Red Day® takes place on Friday, February 7, 2014 – wear something red this day, in honor of all women.

According to the website [www.goredforwomen.org](http://www.goredforwomen.org), women can be heart healthy at any age from their 20's, 30's and beyond. Many risk factors that can lead to heart disease can be controlled, such as: high cholesterol, high blood pressure, smoking, physical inactivity, obesity, diabetes, stress, use of certain birth control pills, and use of alcohol and other drugs. Age, gender, heredity, and race are not controllable risk factors.

Some simple steps you can take to help reduce your risk are:

- Know your family's history of heart disease (heart attack, stroke, high blood pressure, high cholesterol, etc.)
- Visit your doctor for your yearly physical
- Stay active --- if you don't have enough time, try exercising in 10-minute time frames, three times a day
- Eat healthy – [www.choosemyplate.gov](http://www.choosemyplate.gov) has a lot of great information on eating healthy
- Keep your stress level down --- perhaps try a Yoga class or just taking 20 minutes of quiet time
- Get plenty of sleep – adults need 7 – 8

hours of sleep per night

- Drink water in place of sugary and caffeinated drinks
- Don't smoke and if you do smoke, call 1-800-QUIT-NOW for information on how to quit

Once you've learned what you can do to reduce your risk of heart disease, try to implement one or two of these simple steps listed above. It's never too late to make a change. Healthy lifestyle changes you make today will benefit you tomorrow and beyond!

For more information on living heart healthy, visit [www.goredforwomen.org](http://www.goredforwomen.org) or [www.cmdhd.org](http://www.cmdhd.org). Remember...wear red on Friday, February 7, 2014.

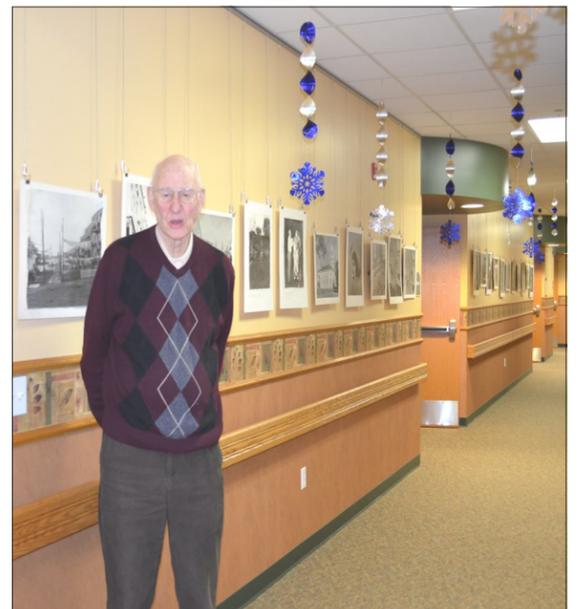
This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org) and LIKE Central Michigan District Health Department on Facebook.

Sources: <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch.html>

### (SERA) State Employee Retirement Assn.

The meeting for Tuesday, February 18, 2014 will be presented by Barbara Frankenfield (Commission on Aging) and Karen Langeland (Woodland Hospice) on Last Conversation. This is a very informative and important topic, as most of us do not tell family members our final wishes. If there are any questions please feel free to contact me (Jackie Curtis) at **989-772-0597** or [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com). I really need suggestions for future programming.

## Roy Gunderson Amateur Photography



Roy Gunderson

Even though Roy Gunderson, who will soon be 90 years old, describes himself as an amateur photographer, his work demonstrates skills beyond that of an amateur. He developed his love of photography during World War II when he was serving in the U.S. Navy in Quantico, Virginia. Over the years Mr. Gunderson has taken and developed thousands of pictures from all over the world. Some of the photographs that he took in the late 1950's and early 1960's are on display at the COA Activity Building in Mt. Pleasant.

Taking a photo is more than just setting your f-stop and clicking the shutter. It's the special ability to see the art of the moment in the ordinary things and bring them to life from a different perspective. Mr. Gunderson has done this with his work. It is well worth your time to stop and see his photos. The COA is fortunate to be able to share his art. They will be on display at the COA Activity Building through the end of February.

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

Monday	Tuesday	Wednesday
<p><i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i></p> <p>A = Activity Room A                      F = Fitness Room                      B = Activity Room B                      CR1 = Conference Room B139                      C = Activity Room C                      Lab = Computer Lab                      Craft = Arts &amp; Crafts Room              BR = Board Room B126</p>		
3	4	5
10:00 Dulcimers (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:00 Community Service Council (A) 1:00 Pinochle and Dominos (C) 1:30 Gentle Yoga (F)	9:30 Body Wisdom Tai Chi (F) 10:00 Country Music (B) 12:30 Banjos & Guitars (B) 1:00 Eat Right for Your Blood Type (A) 5:15 COA Advisory Council (BR1) 7:00 Evening Bloomers Garden Club (B) 7:00 Mt. Pleasant Area Historical Society (A)	10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:00 “What’s in Grandma’s Kitchen”, Antique presentation (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge, Euchre, Pepper (C)
10	11	12
10:00 Dulcimers (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:00 Craft Project, Valentine Houses (C) 1:00 Pinochle and Dominos (C) 1:00 Legal Service (CR1) 1:00 Readers Theatre (Craft) 1:30 Gentle Yoga (F) 6:00 Amateur Photography Group (B)	8:00 Breakfast (C) 9:30 Body Wisdom Tai Chi (F) 10:00 Needle Crafters (Craft) 10:00 Country Music (B) 12:30 Banjos & Guitars (B) 1:00 CMU Bridge (Craft) 2:00 Intermediate Line Dancing (C) 7:00 Mid Michigan Wood Workers (Craft)	9:00 Art Class (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 10:30 Area Ministers (A) 11:15 Deal or No Deal with Tendercare (C) 12:45 Movie “Just Where I Belong” (B) 1:00 Book Club (Lib) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge, Euchre, Pepper (C) 6:30 Health Care Exchange (B)
17	18	19
<p><b>Presidents’ Day</b></p> <p><b>COMMISSION on AGING</b></p> <p><b>CLOSED</b></p>	8:30 Friends of Isabella Seniors Mtg (BR1) 9:30 Body Wisdom Tai Chi (F) 12:30 Ice Cream Social (C) 1:30 State Retirees Meeting (A) 2:00 iPad Class (B) 6:30 Caregiver Support Group Meeting (Craft)	10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge, Euchre, Pepper (C) 1:00 Mt. Pleasant Garden Club (A)
24	25	26
8:30 FGP/SCP File Update Appts. (A) 10:00 Dulcimers (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Wheeling thru Mid MI History (B) 1:00 Pinochle and Dominos (C) 1:00 Legal Service (CR1) 1:00 Readers Theatre (Craft) 1:30 Gentle Yoga (F)	8:00 Women’s Aid (B) 9:30 Body Wisdom Tai Chi (F) 12:45 Movie “The Long, Long Trailer” (B) 1:00 CMU Bridge (Craft) 2:00 Intermediate Line Dancing (C) 6:00 Mid Michigan Quilters (A, B, C) 7:00 Stamp Collectors (Craft)	10:15 Hi/Aerobics (F) 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**

Thursday	Friday	Saturday
		8:00 Quilting Bee (A & B) 1
6 9:00 Tax Assistance (A & B) 9:30 Body Wisdom Tai Chi (F) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 11:00 Craft Project, Valentine's Cards (C) 1:00 Beginner Line Dancing (C) 1:30 Beginning Watercolor & Drawing (Craft) 6:00 Clowns (Craft)	7 8:00 Quilters (A) 9:00 Collaborative Council (B) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Bingo by Woodland Hospice (C) 1:00 Quilters (B)	8 8:00 Quilters (A & B)
13 9:00 Tax Assistance (A & B) 9:30 Body Wisdom Tai Chi (F) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 1:00 Beginner Line Dancing (C) 1:30 Beginning Watercolor & Drawing (Craft) 6:30 Friends of the Broadway Theatre (C) 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (A)	14 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 6:00 Community Dance, \$5 D.J. "Oldies" "50 and 60's" (C)  Valentine/Chocolate Lover's Party (C)	15 10:00 Central MI Daylily Society (A)
20 9:00 Tax Assistance (A & B) 9:30 Body Wisdom Tai Chi (F) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 1:00 Beginner Line Dancing (C) 1:00 Second Hand Book Club (Lib)  Wild Sock Day - Wear your Wild Socks	21 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Meijer Bingo (C)	22 1:30 Charlene's Work Group (C) 1:30 Ostomy Support Group (Craft)
27 9:00 Tax Assistance (A & B) 9:30 Body Wisdom Tai Chi (F) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 1:00 Beginner Line Dancing (C)	28 9:30 FGP/SCP In-Service Meeting (A & B) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Bingo by The Laurels (C)	<b>Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu on Page 12 in this issue!</b>

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

**Music**

**Community Dance**

Sponsored by the "Red Hat Strutters"  
Friday, February 14  
6:00 - 9:00 p.m.  
COA Activity Center  
Oldies 50's/60's & Country/New  
Donation: \$5.00

**Banjos and Guitars**

12:30 p.m.  
Tuesdays, February 4 and 11

**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.

**Bingo at the COA**

Friday, February 7- 12:45 p.m.  
Friday, February 21- 12:45 p.m.  
Friday, February 28 - 12:45 p.m.

\*\*\*\*\*

**Attention**

**Retired State Police Officers**

Come and meet for coffee at the  
Commission on Aging Activity Center  
Room C on Mondays and Fridays at  
8:30 a.m. for a couple hours.



**Classes**

**Computer Assistance**

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 p.m.

**Square Dancing**

Will resume sometime in April 2014

**Line Dancing**

Intermediate

Second and Fourth Tuesdays, 2 to 4 p.m.

Beginners

Every Thursday, 1 to 3 p.m.

\*\*\*\*\*

**iPad Classes**

Third Tuesday of the month  
2 p.m., Room B

Schedule for February thru April

**February 18 - Factory loaded Apps I**

Settings-learn how to configure your iPad to  
your preferences. The most important/most  
used ones first. Then you will go back  
through and do as many as we can or what  
people ask for in the time left.

**March 18 - Factory Loaded Apps II**

How to ad and remove them.  
Create a new note, delete a note, e-mail or  
print a note.

Go over two cameras, take a photo, start  
and stop a video, find them in photos after  
you take them.

**April 15 - Factory Loaded Apps III**

Contacts, address book, face time, calendar

**May 20** - Games, books, weather and  
music

**Exercise Classes**

**Gentle Yoga Class**

January 13 - March 17

8 classes for \$60.00

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

Students can drop in for \$10 per class  
(no class 2/17)

**Body Wisdom Tai Chi**

Tuesdays and Thursdays

February 4 - 27, 9:30 a.m.

\$60 for 8 classes or \$10 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 to 8:30 a.m.

Rose Pool at CMU

**Exercise**

**CLASSES AT THE COA**

10:15 Hi/Aerobics

11:00 Lo/Aerobics

M-W-F

FITNESS ROOM

\*\*\*\*\*

**Movies**

February 12 "Just Where I Belong"  
February 25 "The Long, Long Trailer"  
12:45 p.m. in Room B

**Isabella County  
155 years old**

**Founders Day  
Celebration on  
February 8**

For the third consecutive year, the Mt. Pleasant Area Historical Society and the First Methodist Church, joined this year by The Genealogical Society of Isabella County will celebrate Isabella County Founders Day Saturday, February 8th, at the First Methodist Church, 400 South Main Street in Mt. Pleasant. The event observes Isabella County's 155th birthday.

The Founders Day observance began with the 2009 observance of the Sesquicentennial or the 150th year celebration of the formal founding of Isabella County February 11, 1859. Three years later, in 2012, the Mt. Pleasant Area Historical Society revived the celebration of the Founders Day, holding the event on the Saturday closest to the February 11th Isabella County birthday.

**Isabella County 155th Founders Day**

**Saturday, February 8, 2014**

located at: First United Methodist Church  
400 S. Main St., Mt. Pleasant

*Quilt & Historical Display*

*9:00 a.m. to 12:30 p.m.*



Isabella County  
1859-2014  
155 Years

**7:30 a.m. to 9:00 a.m. Quilt Delivery & Registration**  
**12:30 p.m. to 1:00 p.m. Quilt Pickup & Check-Out**

**The Mount Pleasant Area Historical Society Welcomes You!**  
The Quilt Show is Free Please spread the Word Show Your Quilts!

Fellowship Hall **8:00 to 11:00 Pancake Breakfast**

**Pancake Tickets \$6** (Pancakes free for ages 4 and under) by "Chris Cakes"

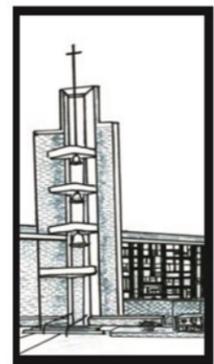
Tickets at the door, or questions? Call (989) 773-5728 or (989) 773-5741

Parlor & Chapel

**8:00 to 12:30 Historical Displays**

*Plus Continuous Viewing of the Video*

*"Wheeling Through Mid-Michigan History"*



Sanctuary

**9:00 to 12:30 Quilt Show**

lovingly overseen by Quilt Display Committee members wearing white gloves!

**11:30 Central Michigan University's Clarke Historical Library  
John Cumming Historical Preservation Award**

**11:45 Genealogical Society Isabella County First Family Award**



Quilt Show Questions?

Can you HELP?

*Would you like to Display your Quilt?*

Please Contact

Valerie Wolters	989-773-9571	<a href="mailto:ganiardhistory08@gmail.com">ganiardhistory08@gmail.com</a>
or		
Betty Assmann	989-772-1437	<a href="mailto:bmassmann2002@yahoo.com">bmassmann2002@yahoo.com</a>

**FWF Eat Smart Menu**

**February 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Salisbury Steak / Gravy Bread Company Potatoes Kyoto Vegetable Blend Pears	4 Chicken Pattie w/Bun Lettuce & Tomato Cauliflower Berry Fruit Cup Graham Goldfish	5 Turkey Loaf Bread Squash Pea Salad Mixed Fruit Cup	6 Egg & Cheese Casserole Cinnamon Roll / Sausage Links / Redskin Potatoes Orange Juice Ambrosia Fruit Cup	7 Spanish Rice Dinner Roll Kidney/Chickpea Salad Corn Strawberry Shortcake
10 Macaroni & Cheese Bread Broccoli Citrus Salad Green Beans Pineapple	11 Spanish Chicken Corn Bread Fiesta Bean Salad Peach Crisp	12 Baked Cod Bread Mixed Vegetables Stewed Tomatoes Fruit Cocktail	13 Turkey Stew Biscuit Coleslaw Cherry Fruit Cup	14 Sloppy Joe w/Bun Multi Bean Salad Roasted Potato Blend Grape Banana Fruit Cup Cookie
17 CLOSED Presidents' Day	18 Chop Suey Bread Brown Rice Spinach Tropical Fruit	19 Chicken & Broccoli Cheese Bread Baked Potato Carrots Pineapple Gelatin	20 Chili Corn Bread Tossed Salad Crackers Cinnamon Applesauce	21 Tuna Casserole Bread Broccoli/Cauliflower Salad Corn & Lima Beans Apricots
24 Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Cinnamon Applesauce	25 Fish Sandwich (Trout) Cauliflower/Cabbage Salad Peas Mixed Fruit Cup	26 Lemon Baked Chicken Bread Whipped Potatoes/Gravy Mixed Vegetables Michigan Fruit Cup	27 Spaghetti Garlic Toast Tossed Salad Fresh Orange	28 Baked Ham Dinner Roll Oven Roasted Potatoes Winter Blend Pineapple Cookie

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

Milk provided with all meals  
Suggested Donation \$2.50

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

Come on out to Rosebush Manor for Food with Friends this month to beat some of those winter blues! We have a month full of games and music and sweet treats to cure anybody's cabin fever! Bingo is the name of the game on Wednesdays this month. So come on in and try your luck! Fridays are a day for music and song with the help of Craig Newton, Good Times Band, Harold Hellman and Ted Bailey.

So grab a friend and come on in and join us for a hot meal and warm conversations every Monday, Wednesday and Friday in Rosebush!

**February Calendar**

3	Harold Hellman, Karaoke	1:00
5	Penny Bingo	1:00
7	The Music of Craig Newton	1:00
10	Bingo w/ Prizes (Courtesy of Hospice)	1:00
12	Penny Bingo	1:00
14	Valentine's Day Party Good Times Band	12:30 1:00
17	Closed	
19	Bingo w/ Prizes (Courtesy of The Laurels)	1:00
21	Love your Pet Day Presentation	1:00
24	Penny Bingo	1:00
26	Monthly Birthday Celebration Nutrition Education Word Games	12.45
28	The Music of Ted Bailey	1:00

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**

- 2 Big Game Celebration! – Wear your team colors
- 3 Norman Rockwell’s Birth Anniversary  
What is your favorite piece by him?
- 5 River Ramblers 10:00
- 6 Bring in your crafts & hobbies
- 10 CHOCOLATE Day! – Dark chocolate is good for us.
- 11 Do some kindness secretly
- 12 River Ramblers 10:00
- 13 Wendy here from Clare Tendercare presenting on *Potassium*.  
Make Cards & Treats for Home  
Delivered Meal folks.
- 14 Valentine’s Day
- 17 Closed – President’s Day
- 18 Start your day w/ a hot bowl of oatmeal
- 19 River Ramblers 10:00  
Birthday Party for Donna Hines and Tim Richmond
- 20 Word Searches
- 26 River Ramblers 10:00
- 27 Winter fun from yesteryear

**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**

#### Happy Valentines Month

This month we have to start off by thanking the people/businesses who gave gift cards and dinner gift certificates for the Christmas Party! KFC, CITGO, Olive Garden, Red Lobster, Bennigans, Sidney’s Judges Bench, Shepherd Bar & Restaurant, 5 Alarm Smokehouse, Jenny’s Diner, & Blodgetts- Thanks so much!

February 3 we’ll have our birthday party with Leon Seiter and Maxine Vandar followed on Wednesday with Rocky King & Crew. February 12 is our Valentine’s Day with Rocky Kind! We have lots of fun times to get through this cold winter! Also on March 3, the tax helpers will be out here in Winn to help starting at 11:00 am. Come on in and be my Valentine!  
-Denise

## 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**

Thank you to Prestige Centre for the ice cream and supplies for bird feeders.

#### February Calendar

- 3 1:00 Dominoes/Pinochle
- 4 10:00 Country Music  
12:30 Board Games/Cards  
1:00 to 2:00 Eat Right /Your Blood Type
- 5 11:00 to 12:00 “What’s in Grandma’s Kitchen?”( kitchen utensil antiques) – Chippewa Nature Center, Sally Haun  
1:00 Bridge/Euchre/Pepper
- 6 11:00 to 1:30 Craft Project-Valentine Cards  
1:00 Beginner Line Dancing
- 7 12:45 Bingo Woodland Hospice
- 10 11:00 to 2:00 Craft Project- Valentine Houses  
1:00 Dominoes/Pinochle
- 11 8:00 Breakfast – French Toast  
10:00 Country Music  
12:30 Board Games/Card Games  
2:00 Intermediate Line Dancing
- 12 11:15 Deal or No Deal –Tendercare  
12:45 Free movie “Just Where I Belong”  
1:00 Pepper/Euchre/Bridge
- 13 11:15 - 12 :00 “Hidden Bacteria in Kitchen”  
1:00 Beginners Line Dancing
- 14 10 to 2 -Valentine Party  
12:30 Chocolate Lovers
- 17 Closed - Presidents’ Day
- 18 12:30 Ice Cream Social- Cupid’s Float  
12:30 Board Games/Cards
- 19 1:00 Bridge/Pepper/Euchre
- 20 10:00 to 2:00 Wear Wild Socks Day  
1:00Beginner Line Dancing
- 21 12:45 Bingo-Meijer
- 24 12:30 to 2:00 “*Wheeling through Mid Michigan History*”-Jack Westbrook on Mid Michigan History from 1855 to modern day with pictures of Mid Michigan area. Reserve your spot-(989)772-0748  
1:00 Dominoes/Pinochle
- 25 12:30 Board Games/Cards  
12:45 Movie- “The Long, Long, Trailer”  
Comedy/Romance film in 1953  
2:00 Intermediate Line Dancing
- 26 1:00 Pepper/Euchre/Bridge
- 27 11:30 Crossword/ Word Search  
1:00 Beginner Line Dancing
- 28 12:45 Bingo-The Laurels

**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.**

**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**



#### February Calendar

- 3 Share your favorite outdoor winter memories/ board games
- 5 Chocolate Extravaganza/ Everything related to chocolate from our snacks to our games.
- 7 Bingo at 12:30
- 10 National Bird Feeder Month. Make a seed ornaments for the birds
- 14 Valentine’s Day! – Wear Red! – Various Games
- 19 A good day to plant forced bulbs inside.
- 21 Bingo at 12:30

## IN MEMORY OF

**Herman Kreamsreiter**  
Jack & Mary Lou Westbrook

**Food with Friends**  
**In Memory of**

**Dick Koester**  
Jack & Luann Koester

**Gala Casner**  
George & Sherry Sponseller

**Alfred Klumpp**  
Maxine Kent

**Active Living**  
**In Memory of**

**Ruth Ann Forshee**  
Louise Uphold  
Mr. & Mrs. Gary Brown  
Doris Lucas  
Mr. & Mrs. Tony Falsetta  
Lee Forshee  
Beverly Whitmer

**Marguerite Rice**  
Jack & Mary Lou Westbrook

**The Larrance Boys- Ora, Ben, Dan, Joe, John & Al**  
Sally & Lawrence Foote

**Gerald Turnwald**  
Michael & Darlene Dearing

**Kenneth Schafer**  
Everett & Betty Schafer

**Mary Wendrow**  
Harvey & Doris Hammond

**Barbara Verwey**  
Jack & Mary Lou Westbrook

**Dora Darnell**  
Lisa & Lee White  
Sandra Larson

**Margaret (Peggy) Sowle**  
Ruth Ann Sowle

**Wayne Cole**  
Catherine Garrett  
Neva Cole

**Robert Murry Wedding**  
Jeanette Wedding  
Carl Baxter

**Norman Johnson**  
Helen Johnson

**Ray Zimmerman**  
Maureen Moeggenborg

**Ray Zimmerman**  
Mr. & Mrs. Gene Steere  
Joe & Ione Loomis  
Edward & Teresa Recker  
Mona Lou & Carl Walter

**Albert Hyder**  
Gloria & Devere Bixler

**Volunteer Transportation**  
**In Memory of**

**Elton Moyes**  
Charlotte Funnell  
Pauline Schafer

**Marguerite Rice**  
Mary Jo McEvoy

**Ginger Claybaugh**  
Mary Jo McEvoy

**Helen Roberts**  
Gary & Bonnie Brown

**Barbara Pitts**  
Gold Key Volunteers

**Marguerite Rice**  
Pauline Schafer

**Gold Key Needle Crafts**  
**In Memory Of**

**Gary Riggle**  
Pauline Schafer

**Dorothy Hedgcock**  
Sharon Hedgcock

## Active Living makes a great Valentine!

Do you subscribe to Active Living? Have you donated to Active Living recently? *Please* consider donating to Active LIVING. Do you need a Valentine's 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

### Activity Center

Carol Bissell  
Diane Current  
Charles Weston  
Ronald & Deborah Marmarelli  
Rosetta Jensen

### Food with Friends Home Delivered Meals

Linda Colburn  
Rosebush Presbyterian Church  
Martha Anderson

### Transportation

Margo Jonker  
Pat Siuda  
Melvin Onuskanich

## Donations to ACTIVE LIVING

Helen Miller	Norbert & Susan Miller	Connie & Mark Greenwald
Herbert & Marilyn Deromedi	Lois Kromer	Edna Rau
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Ken & Bonnie Schaeffer	Beverly Gross	Blake & Lynn Marr
John & Sue Bradac	Robert & Mary Kane	Nannette Callender
Martha Jose	Larry & Donna Anderson	David & Christine Myers
Joan Hogan	Mary Jo Mcevoy	Dorothy Connors
Craig & Pam Buys	Judith Welsh	Sharon Dodge
Dean & Nancy Phelps	Kenneth & Judith Devergilio	Dianne Holt
John Gage	Dellamae Mitchell	Richard & Diana Moreau
Judith Neely	George Ann Wolf	Richard Beltnick
D.E. Buckley	Kenneth & Margaret Nichols	Ross Hart
Evelyn Van Orden	Charles & Betty Campbell	Rosie Saunders
Kim Douglas-Waugh	Judy Bohlmann	Kim Douglas-Waugh
Andrew & Elizabeth Tschappat	Stan & Ann Klumpp	Larry & Sally Johnson
Betty Stephenson		
Mary Ann Judge		

## Weidman Activities (WCC)

Weidman Community Center Bridge St.

### 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

Wednesdays—House Pool League—Public invited 6:00 p.m., Shoot pool with the Guys!

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

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

Feb 14 - 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. **Valentine's Dance**

February 21 – 3<sup>rd</sup> Fridays – **Potluck**. Bring a dish to pass, for those who choose not to bring a dish a \$5.00 donation is appreciated. 6:00 – 7:30 p.m. Open to public

February 28 – Friday Turkey dinner with all the trimmings, 4:30 – 7:00 pm. Dessert and beverage. Hosted by Eagles Women's Auxiliary. Donation. Open to the public

February 22 - Saturday, Eagles-6:00p.m. Jamboree, music entertainment, food & refreshments available. Open to the public.

## 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.

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Full Name \_\_\_\_\_  
 Number & Street \_\_\_\_\_ Apt. No. \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_

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

**Please make checks payable to:**  
**Friends of Isabella Seniors**

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

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

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

**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.**

**Drivers Needed:**

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

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**FEBRUARY 2014 ACTIVE LIVING**

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 48858

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

