

Active LIVING

Volume 114 Issue 5
May 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

Isabella County Commission On Aging Body, Mind & Soul Health Expo

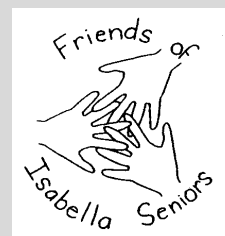
Thursday, May 29
10:00 a.m. – 4:00 p.m.
Commission on Aging
2200 S. Lincoln Rd., Mt. Pleasant



Educational & Informational Booths ♦ Health Screenings
Door Prizes ♦ Entertainment ♦ Refreshments ♦ MORE!

FREE ADMISSION - Fun for All Ages

Sponsors



Director’s Comments

Over the years the Isabella County Commission on Aging has worked on many different projects with lots of different community organizations and agencies. One of the community partners we have worked with on many occasions is Woodland Hospice/Morey Bereavement Center.



When we do work together on special projects, we certainly share the work and we share the applause on a job well done. However when a wonderful and successful event takes place and the Commission on Aging really didn’t have anything to do with it, we don’t want to take the praise when we don’t deserve it.

A point in fact, is the event Woodland Hospice held on April 12. It was a 5k run/walk and pancake breakfast that was attended by nearly 200 individuals. It was held at the COA Activity Building but that was the extent of the Commission on Aging involvement.

The reason why I am bringing this up is because some nice, thoughtful person contacted Sound Off in the *Morning Sun* and thanked the Commission on Aging for putting on a “great event”. It was at our building, and some of our staff took part as runners and even ate some of the great pancakes, but we really didn’t have any part to claim. All the work was done by the staff and volunteers of Woodland Hospice. They, and they alone, put all the effort into the event; and they deserve all the praise. So, thank you, whoever you are, for the kind words in Sound Off; but they belong entirely to Woodland Hospice.

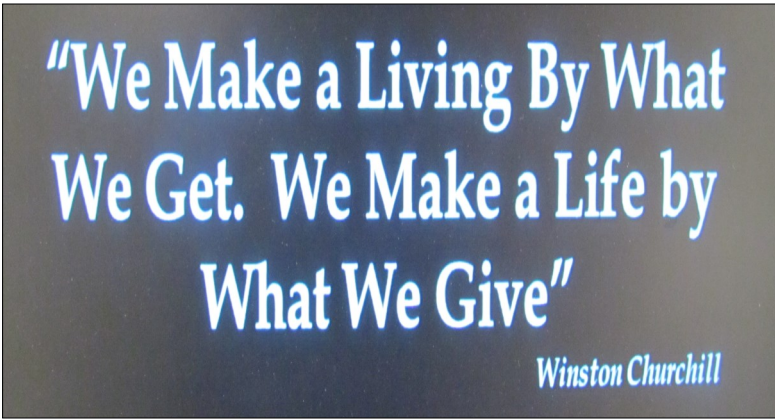
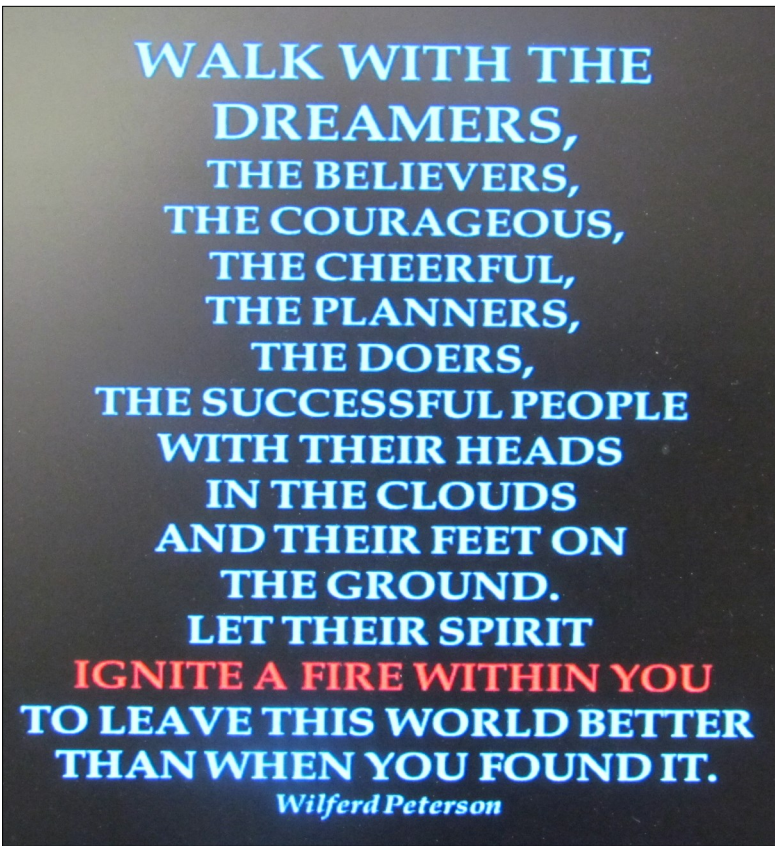
The Isabella County Commission on Aging is proud to have Woodland Hospice/Morey Bereavement Center as a community partner and is happy that we could lend our Activity Center and Fitness Trail for their fund raising event. It is through partnerships of this sort that helps both agencies continue the vital services we both offer to our community.

In closing, the staff and volunteers of the Isabella County Commission on Aging wish to extend to Woodland Hospice our warmest congratulations on their 30 years of service and care to our entire community. Happy Anniversary!

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

Mission Moments

In April, COA honored all of our dedicated volunteers with gifts, certificates, dinner, music and wonderful speakers expressing thanks for everything volunteers do. We at COA deeply appreciate our volunteers and all of their contributions. Our keynote speaker, Margaret McAvoy, Isabella County Administrator, left us with the wise words you see below. I wanted to share these words with our readers:



Wise words, indeed! COA Volunteers understand the joy in giving of themselves to serve the older adults in need within our county. We could not do what we do without our volunteers! Thank you COA Volunteers.

Ginny Cain, Gold Key Volunteer Program Coordinator

Computer Classes

Veterans Memorial Library
(201 S. University Ave., Mt. Pleasant)

iPad Users Group
May 1, 12:30 p.m.

Course on Kindles
May 5, 12:00 p.m.

Basic Excel
May 6, 10:00 a.m.

Basic Photoshop
May 15, 2:00 p.m.

Basic Computing
May 20, 11:00 a.m.

Windows 8
May 28, 6:00 p.m.

Facebook Course
May 29, 2:00 p.m.

Individual help is available between classes. To register, call **(989) 773-3242, ext. 23.**

Shuffleboard

The 2014 Shuffleboard season starts Tuesday, May 6, at 1:00 p.m. (weather permitting) on the courts at Island Park. This activity for all ages is open to everyone - beginners to experienced players.

The cost is \$5 per person per year. For new members, the first time play is free. For guests, the daily fee is \$1. For more information contact Bruce at **(989) 866-2623.**

Project Fresh 2013

Project Fresh is a wonderful program that provides coupons for fresh produce that is purchased from local farmers, such as the Farmer's Market. Project Fresh coupons will be available for distribution again this year. Look for more information in the June Active LIVING issue.

Reminder

The Commission on Aging Activity Center and all Food with Friends Sites will be closed Tuesday, May 13 for Staff Development day and Monday, May 26 in observance of Memorial Day

Spring is here, the snow has melted and that means our **Walking Trail** is OPEN! Join our Fitness Leaders every Monday, Wednesday and Friday from 9:00 - 9:45 a.m. to walk the trail.

Not available during that time? No worries, our trail is ALWAYS OPEN!

Three times around the trail equals one mile.

Food with Friends Reservations & Questions

If you are calling to make a reservation for your meal, have a question regarding your meal or to cancel your meal (congregate or home delivered) you **MUST** call your local meal site manager.

Meal Site contacts and phone numbers:

Mt. Pleasant - Penny Wisney
(989) 772-0748

Rosebush - Katie Showers
(989) 433-0151

Shepherd - Cindy Bromell
(989) 828-5106

Weidman - Marjie Evans
(989) 644-2538

Winn - Denise Peltier-Pohl
(989) 866-2520

Ask a COA Specialist

Question: I'm a caregiver for my partner who has been diagnosed with Alzheimer's Disease. He cannot be left alone. How do I get some time for myself?

Answer: Caregiving is challenging and fulfilling but also time and energy consuming. For those reasons, caregivers must have some time for themselves. The Isabella County Commission On Aging is able to provide some time away for caregivers by providing respite aids in the homes for those needing care. The Commission On Aging also provides a Caregiver Training Program to assist caregivers with ideas and resources to continue to provide care for a partner. Another resource would be the Isabella County Adult Day Program.

Call the Commission On Aging and speak to one of our social workers to learn more about this program and more about Alzheimers Disease and other irreversible illnesses.

You Can Ask a COA Specialist

Please mail your questions to:

Ask a COA Specialist

Isabella County Commission on Aging , 2200 S. Lincoln Rd., Mt Pleasant, MI 48858
or call **(989)772-0748 ext. 236** or fax **(989)773-0514**

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



Detroit Tigers “Opening Day” Party

Thank you to all that came to our Detroit Tigers “Opening Day” Party. There was popcorn, peanuts and lots of FUN! A special thank you to our anonymous donor for the peanuts, PepsiCo for donating beverages and Great Lake Loons for donating the “Best Dressed Fan” award that went to Janice Klein - *Left*.



Left - Judges; Brenda Upton, Ginny Cain & Barb Frankenfield huddled together deliberating our “Best Dressed Fan”!

Right - thank you to Carol Metcalf for popping all that popcorn!



Genealogical Society of Isabella County

“My ancestors must be in the witness protection program!”

The Genealogical Society meets the second Thursday of each month at 7:00 p.m. at Isabella County Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant.

May 8 - Jo Jennings, Some of my favorite things
“Historical Books”

June 12 - Ithaca field trip, 2:00 p.m.

Gratiot County Historical & Genealogical Society tours
(carpooling available)

Each month an informal gathering of individuals interested in genealogy meet for lunch at the Veterans Memorial Library Annex room in Mt. Pleasant on the third Tuesday of the month at 11:30 a.m. Bring your own lunch. Plan to dine & discuss family history or get help with any brick walls.

Open to the public. Hope you can join us. For more information visit our website: <http://isabellagenealogy.org>

Evening Bloomers Club

The Evening Bloomers Club will meet in Room B at Commission On Aging, Tuesday, May 6 at 7:00 p.m. Join Lisa Treiber, Health and Nutrition Extension Educator for a presentation on preserving our food with pressure cooking, drying, canning and freezing the safe and easy way. Handouts and resources will be provided.

Eat Healthy - Be Active

MSU Extension is offering an eight week program designed to promote healthy eating and activity for older adults. The program focuses on eating healthy on a budget, physical activity, maintaining a healthy weight and healthy meals. Recommended for adults age 60+. Classes will be at COA, Rosebush, Weidman and Winn meal sites. To register, call Sabrina McGee at **(989)772-0911, ext. 302**.

COA: May 1, 8, 15, 22 June 5, 12, 19 10:30 a.m. - 12:00 p.m.	Weidman: May, 5, 12, 19 June 2, 9, 16, 23 10:30 a.m. - 12:00 p.m.
Rosebush: May 7, 14, 21, 28 June 4, 11, 18 10:30 a.m. - 12:00 p.m.	Winn: May 2, 9, 16, 23, 30 June 6, 13, 20 10:30 a.m. - 12:00 p.m.

Caregiver Support

Our Caregivers Support meeting will be Tuesday, May 20 at the Isabella County Commission On Aging, 2200 S. Lincoln Rd., Mt. Pleasant 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. You will receive support, learn strategies for coping with challenging situations and get ideas that you can immediately implement. Educational handouts are also available. If you have any questions about this group, feel free to call the COA at **(989) 772-0748**.

Mt. Pleasant Area Historical Society

The Mt. Pleasant Area Historical Society will meet at 7:00 p.m. Tuesday, May 6 at 7:00 p.m. in Room A, Isabella County Commission on Aging Building, 2200 South Lincoln Road, Mt. Pleasant Michigan.

Owing to technical difficulties with the projector at the February 4 MPAHS meeting we have asked Clarke Historical Library Director, Frank Boles to return along with Project Supervisor, Kim Hagerty to make an encore MPAHS appearance for a slide presentation about the Clarke Historical Library local newspaper digitization project. The program will also feature an opportunity for you to try out the program. There will be two laptop computers at the meeting for general use, but you can also bring your own and “solo” on the records that have been digitized so far, as well as “check out” the Library of Congress digitized newspaper website.

Following the speakers, the MPAHS business meeting will take place. The public is invited and encouraged to attend the program and (if desired) the business meeting.

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

Upcoming Events at Commission On Aging Activity Center

Cinco De Mayo Fiesta



Celebrate Cinco De Mayo at the Commission On Aging! Enjoy lunch and music with the Mas Caliente Band Friday, May 2. Entertainment will begin at 11:00 a.m. with lunch following at noon. Lunch will include chili and crackers, corn bread, tossed salad, cinnamon applesauce. We will also be serving punch, chips and salsa and cheese dip. Lunch costs \$5 for those under the age of 60 and a suggested donation of \$2.50 for those over 60. Call Penny at (989) 772-0748 by noon Thursday, May 1 to make your reservation for lunch.

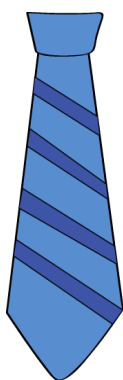
Mother's Day Tea

Isabella County Commission On Aging cordially invites women of all ages to join us for a day of dress up and tea! Mother's Day Tea will be held Saturday, May 10, 11:00 a.m. - 1:00 p.m. \$7 per person. Includes tea, light lunch, entertainment and a keepsake photo. Join us for this special day, a day to show our Grandmothers, Mothers, Daughters, Granddaughters, Aunts, Nieces, Friends just how special they are! Please purchase your tickets by May 1 at the Commission On Aging. For more information contact Marcy at (989) 772-0748.



Mind, Body & Soul Health Expo

On Thursday, May 29, 10:00 a.m. - 4:00 p.m. you will have the opportunity to enjoy a free day of FUN at the Body, Mind & Soul Health Expo. The Expo, held at the Commission on Aging will feature local organizations, businesses and non-profit agencies in Isabella County. Exhibitors will be on hand to provide information on fitness, nutrition, finances, safety, retirement, volunteer opportunities, health, hobbies, leisure activities and more! The day will also include entertainment, giveaways, healthy snacks and door prizes. The Expo is free and open to the public. For more information, contact Marcy at (989) 772-0748.



Father's Day Floats

Isabella County Commission On Aging invites men of all ages to join us for Father's Day Floats, Saturday, June 7, 11:00 am - 1:00 p.m. \$7 per person includes floats, hot dogs, snacks and entertainment. A day to show Grandfathers, Fathers, Sons, Grandsons, Uncles, Nephews, Friends just how special they are. Space is limited. Please purchase your tickets by May 30 at the Commission On Aging. For more information contact Marcy at (989) 772-0748.

AARP Safer Driving

Wednesday, May 7

9:00 a.m. – 5:00 p.m.

\$15 for AARP members/\$20 for non-members

Commission On Aging, Room B

Take the NEW AARP Smart Driver Course to refresh your driving skills, know the new rules of the road and learn research-based driving strategies to help you stay safe behind the wheel. NO tests to pass! Call (989) 772-0748 to register.

iPad Class

Tuesday, May 20, 2:00 p.m., Room B

Address Books – add new contacts, delete and load contacts from email sites such as Yahoo or Gmail

FaceTime – make a call, access a list of recent calls, use FaceTime to send a message, block a caller, set a “do not disturb” time range but allow your favorite people to FT you anytime

Calendar – how to add an event

Reminders – scheduled tasks, make lists.

Bring your iPad, Apple ID and password. No reservation required.

May Movie - “Captain Phillips”

Thursday, May 27, 12:45 p.m., Room B, \$1

The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the US-flagged MV Maersk Alabama. The film focuses on the relationship between the commanding officer, Captain Richard Phillips (Tom Hanks) and the Somali pirate captain, Muse (Barkhad Abdi), who takes him hostage. Phillips and Muse are set on an unstoppable collision course when Muse and his crew target Phillips' unarmed ship; in the ensuing standoff, 145 miles off the Somali coast, both men will find themselves at the mercy of forces beyond their control. (Rated PG-13)

Contact Marcy at (989) 772-0748 or marcyhosking@isabellacounty.org for your reservation. Let her know if you'd like lunch before the movie.

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

You Can Check Your Tax Refund Status Online

FEDERAL: www.irs.gov

On the home page, click on the second picture from the left **“Get Your Refund Status.”** Read and follow steps 1, 2 and 3 then click the link *“Where’s My Refund?”* For security reasons, you will have to enter: Social Security Number, Filing Status (single, married, etc.), Exact Refund Amount. The information should be available 24 hours after an e-file is accepted, and it may take four weeks after the date a paper file is mailed. *“Where’s My Refund”* is updated once every 24 hours.

MICHIGAN: www.michigan.gov/taxes

Click the Tan Box – **\$ where’s My Refund?** For security reasons, you will have to enter: Social Security Number and Last Name to Log In. Then click on Check My Tax & Refund Information. Then enter the Tax Year (2013), AGI, THR Total Household Resources (see below), and Filing Status.

Note: For 2013 Michigan returns, Adjusted Gross Income is found on line 10 of your MI-1040. Total Household Resources is found on line 33 of your MI-1040CR or line 34 of your MI-1040CR7.

The information may not be available for at least 14 days after the e-file is accepted. It may take six weeks after a paper return is mailed.

Volunteer Drivers Needed:

- To deliver lunchtime meals
- To transport older adults to medical appointments
- Mileage reimbursement
- Please call (989) 772-0748

How to “Just Say NO”

Do you receive unsolicited mail and unwanted telemarketing calls? Here is how to “Just Say NO.”

TELEMARKETING CALLS

The Federal Government has created the National Do Not Call Registry for a free and easy way to reduce the telemarketing calls you receive. To register or to get information, visit www.donotcall.gov or call **1-888-382-1222** from the phone you want to register. You will receive fewer calls within three months of registering your number. Your phone number will stay on the registry for five years.

MAIL

The Direct Marketing Association Mail Preference Service helps stop the direct mail marketing from national companies for five years. Your name will be put on a “delete” file and will be made available to direct mail marketers. Send a letter to: Direct Marketing Association

Mail Preference Service
P O Box 643
Carmel, NY 10512

To register online:

www.the-dma.org/consumers/offmailinglist.html

(SERA) State Employee Retirement Assn.

The annual potluck lunch will be held on Tuesday, May 20 at the Commission on Aging Activity Center in Room A. The potluck will start at 12:00 p.m. Table settings will be supplied and there will be 1 regular and 1 diet drink. Water, lemonade and coffee will be available in the kitchen. Please bring a dish to pass. We will have a presentation on art by Dave Ellis. Dave will be moving out of state, and we want to wish him the very best. There will be card bingo and a 50/50 drawing as well as the door prize. We hope all will be able to attend for fellowship and fun. If you have any questions please feel free to contact Jackie Curtis at (989) 772-0597 or jac62irish@yahoo.com.

Spring Has Arrived...Explore the Rebirth of Nature



Picture Taken at Meridian Park By: Cathy Murray

While walking the trails at
Deerfield Nature Park and Meridian Park!!

2425 West Remus
6 miles west of Mount Pleasant



www.isabellacounty.org

Golden Age Cards Available

If you are 85 or older, you are eligible to receive a **Golden Age Card**, compliments of the Isabella County Transportation System. This will enable you to ride the ICTC bus for free. This card is available at the COA Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. You will need to show verification of your age and be a resident of Isabella County to obtain a pass.

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 does not prepares wills, advance directives or power of attorney forms.

Upcoming Community Health Events

Register for the **FREE** classes **listed below** by calling **Health Promotion Services** at **(989) 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.

Protect the Skin You Are In

Skin cancer can be successfully treated before it has a chance to spread. Warning signs suggesting skin cancer include: a change on the skin, a sore that does not heal, change in an existing mole, or the development of a new mole. Even a small change in the skin can be a warning sign, so delaying treatment may be harmful to your health. Free skin cancer screenings will be offered. Call **(989) 779-5606** to schedule your appointment.

Lacey Gardner, PA-C
Thursday, May, 1, 1:00 - 4:00 p.m.
2940 Health Parkway, Mt. Pleasant

Nisha Vashishta, MD
Fridays, May 16 & June 13, 9:00 a.m. - 12:00 p.m.
4639 Pickard, Mt. Pleasant

Hip & Knee 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 Michael Moutsatson, DO to learn about options for relief. Learning about treatment options can ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee and hip replacement surgery will be discussed.

Thursday, May 22, 6:30 - 7:30 p.m.
FDJ Conference Room
1221 South Drive, Mt. Pleasant

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.

Prescription Drug Disposal

Proper disposal of prescription drugs and medications is crucial. Adolescents and the environment are potentially at risk. Law enforcement and pharmacies have disposal programs for unused medications.

Proper disposal of unused or unwanted prescriptions and medicines is a key weapon in the battle against misuse and environmental contamination. According to the Centers for Disease Control and Prevention the number of emergency department visits due to misuse or abuse of prescription drugs has risen 98.4% since 2004. The Office of National Drug Control Policy indicates that more than three in five teens say prescription pain relievers are easy to get from parents' medicine cabinet. According to the website awarerx.org, among 12-13 year olds that abuse drugs, prescription drugs are the most commonly abused.

In consideration to the environment, a study by the United States Geological Survey concluded that 80% of streams that were sampled contained compounds that are found in common medicines because waste water treatment facilities are not equipped to remove or process many compounds found in medications and they end up being discharged into our surface and ground water. Even if you live in a rural area and drink from a well, you may not be immune to the problem. Your drinking water may be affected as it has been determined that many medications including antibiotics, can destroy beneficial bacteria necessary for a septic system to operate properly. The Great Lakes contain over 95% of all surface freshwater in the United States. In Michigan we should be leading the fight to keep our water safe and drug-free.

In central Michigan, we have permanent prescription drug drop locations at participating law enforcement agencies so you can properly dispose of unused, unneeded and expired medicines. To find out more about the efforts to take back medicines or to find your local disposal site please visit www.DrugFreeNorthernMichigan.com.

You may also find a local Yellow Jug Old Drugs program with participating pharmacies. The Yellow Jug Old Drugs program partners with pharmacies in many communities in Michigan to collect unused or unwanted and expired drugs. A list of participating pharmacies can be found at www.greatlakescleanwater.org. The Yellow Jug Old Drugs program can accept many unused/unwanted and expired medicines. If your pharmacy does not yet participate in the Yellow Jug Old Drugs program encourage them to do so. The Yellow Jug Old Drugs Program is now available state-wide in Michigan.

If you have medicine that you need to dispose of and are unable to find a disposal site or Yellow Jug Old Drugs Program please remember that it is not environmentally friendly to flush your medicines, unless the directions say otherwise. Remove any personal, identifiable information from prescription bottles or packages before you throw them away. Mix medicines with something objectionable like used coffee grounds or kitty litter and put them in a waterproof container before putting them in the garbage. If you would like an opportunity to get involved to improve our health and environment, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan area. 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.

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 and LIKE Central Michigan District Health Department on Facebook.

Monday	Tuesday	Wednesday
<i>The room location for each activity is listed on the calendar for easy reference. Codes for rooms are as follows:</i> A - Activity Room A B - Activity Room B C - Activity Room C F - Fitness room		Food With Friends Monday thru Friday Noon in Activity Room C See our Menu on Page 12 <i>Calendar Key:</i> ◆ = Reservation Required \$ = Fee for Activity
5. 10:00 Dulcimers (Craft) 10:00 General Federation of Women’s Club meeting (Lib) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:30 “Move to the Music” Nutrition Ed. (C) 12:00 Community Service Council (A) 1:00 Dominos & Pinochle (C) 1:30 Gentle Yoga ◆ (F) 7:00 Square Dancing \$ (C) 7:00 Dog Park meeting (Craft)	6. 9:30 Body Wisdom Tai Chi ◆ (F) 10:00 Country Music (C) 11:00 Retired School Employees (A) 12:30 Banjos, Guitars, Mandolins (B) 5:15 COA Advisory Council (BR1) 7:00 Mt. Pleasant Area Historical Society (A) 7:00 Evening Bloomers Garden Club (B)	7. 9:00 AARP Smart Driving Course ◆ (B) 9:00 MAFGSCP webpage committee (BR1) 10:15 Hi/Aerobics (F) 11:00 “Colors that Fly” w/ Chippewa Nature Center program (C) 11:00 Lo/Aerobics (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)
12. 10:00 Dulcimers (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:30 Crossword/Word Search (C) 1:00 Dominos & Pinochle (C) 1:00 Readers Theatre (Craft) 1:00 Legal Service (BR1) 1:30 Gentle Yoga ◆ (F) 6:00 Amateur Photography Group (B) 6:00 Parkinson’s Support Group (Craft) 7:00 Square Dancing \$ (C)	13. Staff Development Day No Meals Today 9:30 Body Wisdom Tai Chi ◆ (F) 10:00 Needle Crafters (Craft) 1:00 CMU Bridge (Craft) 7:00 Mid Michigan Wood Workers (Craft)	14. 9:00 Art Group (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:15 Deal or No Deal w/Tendercare (C) 1:00 Mid Michigan Quilt Guild (A,B) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Book Club (Lib)
19. 10:00 Dulcimers (C) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Dominos & Pinochle (C) 7:00 Square Dancing \$ (C)	20. 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 (Craft)	21. 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) Picnic Day
26. Commission On Aging CLOSED Memorial Day	27. 8:00 Women’s Aid (B) 9:30 Body Wisdom Tai Chi ◆ (F) 12:45 Movie, “Captain Phillips” ◆ (B) 1:00 CMU Bridge (Craft) 2:00 Intermediate Line Dancing (C) 4:00 Alzheimers Walk Meeting (A) 6:00 Mid Michigan Quilters (A,B,C) 7:00 Stamp Collectors (Craft)	28. 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:15 Square Dancing (C) 1:00 Happy Ripper Quilters (Craft)

This page is sponsored by: **McLaren - Central Michigan Hospital**

Thursday	Friday	Saturday
1. 9:30 Body Wisdom Tai Chi \$◆ (F) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 10:30 Eat Healthy-Be Active ◆ (C) 1:00 Beginner Line Dancing (C) 1:30 Drawing for All Levels \$◆ (Craft) 6:00 Clowns (Craft)	2. 9:00 Isabella Co. Collaborative Council (B) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 10:30 Health Improvement Planning (B) 11:00 Cinco de Mayo Celebration - Music of Mas Caliente Band (C) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft)	3.
8. 9:30 Body Wisdom Tai Chi \$◆ (F) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 10:30 Eat Healthy-Be Active ◆ (C) 1:00 Beginner Line Dancing (C) 1:30 Drawing for All Levels \$◆ (Craft) 2:30 FGP/SCP Eat Healthy-Be Active (B) 6:30 Friends of Broadway Theatre (C) 6:30 Community Cancer Services (Craft) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy (B)	9. 8:30 FGP/SCP In-Service (A,B) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Mother’s Day tea & cookies (C) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Tendercare (C) 6:00 Red Hat Strutters Community Dance, \$ (B,C)	10. 11:00 Mother’s Day Tea \$◆ (A,B)
15. 9:30 Body Wisdom Tai Chi \$◆ (F) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 10:30 Eat Healthy-Be Active ◆ (C) 1:00 Beginner Line Dancing (C) 1:00 Second Hand Book Club (Lib) 1:30 Drawing for All Levels \$◆ (Craft) 2:30 FGP/SCP Eat Healthy-Be Active (B)	16. 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Meijer Bingo (C) Armed Forces Day	17. 8:30 Tai Chi Workshop (C) 10:00 Central Michigan Daylily Society (A) <hr/> 18. 8:30 Tai Chi Workshop (C)
22. 8:30 Detroit Tigers trip - WAITING LIST \$◆ 9:30 Body Wisdom Tai Chi \$◆ (F) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 10:30 Eat Healthy-Be Active ◆(C) 1:00 Beginner Line Dancing (C) 2:30 FGP/SCP Eat Healthy-Be Active (B)	23. 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor The Laurels (C)	24. 1:30 Charlene’s Quilt Group (C)
29. 9:30 Body Wisdom Tai Chi \$◆ (F) 10:00 - 4:00 Body, Mind & Soul Health Expo (A,B,C)	30. 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Woodland Hospice (C)	31.

TRAVEL with COA



Wineries of Old Mission Peninsula

Thursday, June 19
\$84 per person
Departs COA, 9:00 a.m.

Includes visits to Black Star Farms, Brys Estate Vineyard & Winery and Chateau Chantel wineries, roundtrip deluxe motor coach transportation, wine tasting with food pairings, tour and dinner stop on way home (dinner not included in price). MUST be 21 years or older.

Please reserve your seat by June 5.

The Ann Arbor Art Fair

Wednesday, July 16
\$59 per person
Departs COA, 8:00 a.m.

The Original of the now four award-winning Ann Arbor Art Fairs. The Fair was named the Number One Art Fair in the country by AmericanStyle magazine readers and has made the Top Ten Fairs and Festivals list every year since.

THINGS TO DO AND SEE:

Learn about art from the nation’s best artists
3 entertainment stages
Interactive Art Activity Zone
Over 150 restaurants & 3 outdoor food courts
Distinctive shops and galleries
Special sidewalk sales

Includes round trip deluxe motor coach transportation, drop-off and pick up at convenient location and trolley ticket.

Please reserve your seat by July 2.

Sunset Dinner aboard Appledore Tallships

Wednesday, July 23
\$97 per person
Departs COA, 5:30 p.m.

Join us for an evening of sailing on the Saginaw Bay. Enjoy a private chartered sail, the sunset, a fully catered dinner and maritime music.



Includes roundtrip deluxe motor coach transportation, dinner and entertainment.

Please reserve your seat by July 3

PLEASE CONTACT MARCY ASAP IF INTERESTED IN TRIP. MUST HAVE 43 PASSENGERS.

MACKINAC ISLAND

Wednesday, August 13
\$134 per person
Departs COA, 8:00 a.m.

Featuring the Grand Luncheon Buffet

The Arnold Mackinac Island Ferry will take us to the island by way of the Mackinac Bridge, so bring your camera. Once we arrive a taxi will take us to the Grand Luncheon Buffet. After lunch, you are welcome to explore the Grand Hotel and grounds on your own, explore the Island, shop, take tours, etc. We will meet back at the ferry at 5 p.m. to depart for home.

Includes deluxe round trip motor coach transportation, ferry ticket, taxi to the hotel, buffet and admission to the Grand Hotel.

Please reserve your seat by July 31.

Feet on the Streets Tour

Experience, Explore and Enjoy Detroit’s Eastern Market, Riverwalk & Downtown

Tuesday, September 23
\$109 per person
Departs COA, 8:00 a.m.



Enjoy a tour of Eastern Market and a visit to Bert’s Jazz Club. Explore downtown Detroit and the Guardian Building, walk along the International Riverwalk and enjoy dinner at the famous American Coney Island (price of dinner not included). Coolers available to keep your purchases cold.

Includes round trip deluxe motor coach transportation, tours with lunch and more!

Please reserve your seat by August 15.

Ring of Fire - the Johnny Cash Story Turkeyville

Wednesday, October 8
\$86 per person
Departs COA, 9:00 a.m.

Hits – including “I Walk The Line”, “A Boy Named Sue”, “Folsom Prison Blues” and “Ring of Fire”. It promises to be a foot-stompin’, crowd-pleasin’ salute to a uniquely American legend!

Enjoy a traditional style turkey lunch accompanied by contagious entertainment. It's laughter, food and fun!

Includes round trip deluxe motor coach transportation, lunch and show.

Please reserve your seat by Sept. 17.

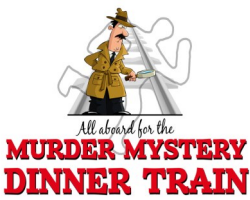
This page is sponsored by: **CMU CARLS CENTER: Speech and Hearing Clinics**

Travel with COA

The Old Road Dinner Train
Charlotte

Saturday, November 15
\$129 per person
Departs COA,
4:00 p.m.

Enjoy fine dining with a hilarious table-side murder mystery. Be prepared to be part of the show in this intimate setting and WATCH OUT! You might even be the unfortunate soul who gets to be the VICTIM of their devious plot! (rated PG-13 of course). We'll be greeted at the platform by our conductor who will see to our needs as we enter the dining car.



Includes round trip deluxe motor coach transportation, 5-course dinner and the murder mystery.

PLEASE CONTACT MARCY ASAP IF INTERESTED, SEATING IS LIMITED.

Reservations/Payments
Mail payments to:
COA Activity Center
Attn: Marcy Hosking
2200 South Lincoln Road
Mt. Pleasant, MI 48858

Questions
Contact Marcy at (989) 772-0748 or
marcyhosking@isabellacounty.org

For a detailed flyer:
stop by Commission On Aging or visit
our website at
www.isabellacounty.org/dept/coa
click on trips

Music

Banjos, Guitars, Mandolins
First & Second Tuesday, 12:30 p.m.

Community Dance
Sponsored by the "Red Hat Strutters"
Friday, May 9, 6:00 - 9:00 p.m.
\$5 donation

Country Music
First & Second Tuesday, 10:00 a.m.

Dulcimers
Mondays, 10:00 a.m.

Jam Session
Fridays, 10:00 a.m.
Does not meet July & August

Ukulele
Fridays, 12:30 p.m.

Activities to Join

Amateur Photography
Second Monday, 6:00 p.m.

Readers Theatre Group
Second & Fourth Monday, 1:00 p.m.

To Assist You

Computer Assistance
Thursdays, 10:00 a.m.

Learn to Knit
First four Thursdays of the month,
10:00 a.m.

Fitness

Beginner Line Dancing
Thursdays, 1:00 p.m.

Body Wisdom Tai Chi
Tuesdays & Thursdays, 9:30 a.m.
May 6 - 29
8 classes for \$60 or
\$10 drop in fee per class
Call Judi Allen to register, (989) 773-0786

Intermediate Line Dancing
Second & Fourth Tuesday, 2:00 p.m.

Hi Aerobics
Monday, Wednesday, Friday, 10:15 a.m.

Lo Aerobics
Monday, Wednesday, Friday, 11:00 a.m.

Square Dancing
Mondays, 7:00 p.m., \$5
For more information, contact
Marvin Chandej, (989) 773-1581



Water Aerobics
Monday - Friday, 7:30 a.m.
Rose Pool at CMU



Walking Trail
Join our Fitness Leaders every
Monday, Wednesday, Friday
9:00 - 9:45 a.m.
Not available during that time, no worries,
our trail is ALWAYS OPEN!
Three times around the trail equals
one mile

FWF Eat Smart Menu

May 2014

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Chicken Bread Whipped Potatoes/Gravy Crunchy Vegetable Salad Citrus Fruit Cup	2 Chili Corn Bread Crackers Tossed Salad Cinnamon Applesauce
5 Chicken a la King Biscuit Carrots Mixed Fruit Cup	6 Meatballs Bread Redskin Potatoes Stewed Tomatoes Cherry Fruit Cup	7 Sliced Turkey Dinner Roll Sweet Potatoes Green Beans Mandarin Oranges	8 Pork Chop Bread Company Potatoes Multi Bean Salad Oatmeal Apple Crisp	9 Smothered Chicken Breast Bread Italian Blend Corn Pumpkin Custard
12 Salisbury Steak w/Gravy Bread Company Potatoes Kyoto Vegetable Pears	13 Staff Development Day CLOSED No Meals	14 Chicken Pattie w/Bun Lettuce and Tomato Cauliflower Berry Fruit Cup Graham Goldfish Cookie	15 Turkey Loaf Bread Squash Pea Salad Mixed Fruit Cup	16 Spanish Rice Dinner Roll Kidney/Chickpea Salad Corn Strawberry Shortcake
19 Macaroni & Cheese Bread Broccoli Citrus Salad Green Beans Pineapple	20 Baked Cod Bread Mixed Vegetables Stewed Tomatoes Fruit Cocktail	21 Hot Dog w/Bun Potato Salad Pea Salad Strawberry Shortcake	22 Turkey Stew Biscuit Coleslaw Cherry Fruit Cup	23 Sloppy Joe w/Bun Multi Bean Salad Roasted Potato Blend Grape Banana Fruit Cup
26  CLOSED Memorial Day	27 Tuna Casserole Bread Broccoli/Cauliflower Salad Corn & Lima Bean Salad Apricots	28 Chicken/Broccoli/Cheese Bread Baked Potato Carrots Pineapple Gelatin	29 Chop Suey Bread Brown Rice Spinach Tropical Fruit	30 Lasagna Dinner Roll Tossed Salad Peas Fresh Orange

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. - 2:00 p.m.
Katie Showers, Site Mgr., (989) 433-0151

The snow has finally melted at the Rosebush FWF meal site! We had the River Ramblers come help us shake off this long winter with some upbeat tunes and the egg drop contest was a success...well, if you count a few broken eggs a success! On May 23, we are inviting you to bring a friend to lunch! Friendship is such an important part of life and we would like to celebrate that. We will be having lunch and a special performance by Mark Baumann on guitar. Please call the Rosebush FWF site to reserve your lunch and your friend’s lunch.

May Calendar

5	The fabulous Heftones	1:00 p.m.
7	Eat Healthy - Be Active	10:30 a.m.
	Cinco de Mayo Party	
	Harold Hellman’s Karaoke	12:00 p.m.

Rosebush Calendar cont.

9	Good Times Band	1:00 p.m.
	Ice Cream Social	
12	Bingo with Prizes (Courtesy of Hospice)	1:00 p.m.
13	CLOSED, Staff Development day	
14	Eat Healthy - Be Active	10:30 a.m.
	Penny Bingo	1:00 p.m.
16	Birthday Celebration	12:45 p.m.
	Nutrition Education	
	Crossword and Puzzles	
19	Penny Bingo	1:00 p.m.
21	Eat Healthy - Be Active	10:30 a.m.
	Bingo with Prizes (Courtesy of The Laurels)	1:00 p.m.
23	Bring a Friend Day	12:00 p.m.
	Music with Mark Baumann	1:00 p.m.
26	CLOSED - Memorial Day	
28	Eat Healthy - Be Active	10:30 a.m.
	Penny Bingo	1:00 p.m.
30	Flower Planting Craft	

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 Mgr., **(989) 644-2538**

Welcome to May from our little corner in the northwest county woods. May is national BBQ, bike, hamburger and Older Americans month. We like cards at Weidman. Come and learn new games or teach us. Celebrating a birthday in May are Dorothy Anderson, Monica Davis, Don Drager and Harvey Westerby. Come celebrate with us May 7. A big thank you to Tom & Kathy Maier and Judy Schumacher for our birthday cake this month.

May Calendar

- 1 Remember Mother Goose
- 2 Our Brothers & Sisters, they are a blessing
- 5 Eat Healthy - Be Active 10:30 a.m.
Come dressed in your brightest colors
- 6 Drink lots of water today
- 7 River Ramblers 10:00 a.m.
- 8 Wendy from Tendercare, Lycopene
- 11 Happy Mother’s Day
- 12 Eat Healthy - Be Active 10:30 a.m.
Cards
- 13 CLOSED - Staff Development day
- 14 River Ramblers 10:00 a.m.
- 16 Wear Purple day
- 19 Eat Healthy - Be Active 10:30 a.m.
- 20 Cards
- 21 River Ramblers 10:00 a.m.
- 22 What is your favorite musical instrument?
- 23 Lucky Penny day
- 26 CLOSED - Memorial Day
- 27 Move to the Music
- 28 River Ramblers 10:00 a.m.
- 29 Learn about Composting

Shepherd United Methodist Church
107 W. Wright, Shepherd
Meals M, W, F, 10:00 a.m. - 2:00 p.m.
Cindy Bromell, Site Mgr., **(989) 828-5106**

This month we have a couple of big celebrations! May 9 we will be celebrating George & Irene’s 70th Wedding Anniversary and May 27 is Bessie’s 90th Birthday. The nutrition education topic this month is “Movin’ and Groovin’” and

Winn Community Building
2583 West Blanchard Road, Winn
Meals M, W, F, 10:00 a.m. - 2:00 p.m.
Denise Peltier-Pohl, Site Mgr.
(989) 866-2520

Welcome back home my snowbirds! Good to see your faces! May is quite a full month. We are trying to round up some card players for Fridays. It will be great! Eat at 11:30 a.m. and play cards after. The more the merrier. Birthday Party is May 5 with Benny & Nancy Lopez and band. Rocky, Les, Pat, John & Crew will visit us May 14. Get your reservations in early. It’s always a sell out!

We will be closed for Memorial Day may 26 but on May 28 a new band (for me at least), Al Guthrie will be giving us our tunes! Hope to see you there.

May Calendar

- 2 Eat Healthy - Be Active 10:30 a.m.
Cards
- 5 Birthday Party w/Nancy & Benny Lopez
- 7 Andy Stanley & band
- 9 Eat Healthy - Be Active 10:30 a.m.
Cards
- 12 Nancy & Benny
- 14 Les Jenkins, Rocky King
- 16 Eat Healthy - Be Active 10:30 a.m.
Cards
- 19 Mark Bauman & Mark Rau
- 21 Harold Hellman karaoke
- 23 Eat Healthy - Be Active 10:30 a.m.
Cards
- 26 CLOSED - Memorial Day
- 28 Al Guthrie band
- 30 Eat Healthy - Be Active 10:30 a.m.

how it helps our mood, not just our heart and muscles.

Shepherd Calendar

- 2 Euchre/Board games
- 5 Range of Motion, sit & fit exercise
Games/Crossword Puzzle/Word Search
- 7 Nutrition topic
- 9 George & Irene’s Anniversary party
Bingo 12:30 p.m.

COA Activity Center
2200 S. Lincoln Rd, Mt. Pleasant
Meals: M - F, 8:00 a.m. - 4:30p.m.
Penny Wisney, Site Mgr., **(989) 772-0748**

A big thank you to all the organizations that help with our special projects!

Mondays

Pinochle/Dominoes, 1:00 p.m.

Tuesdays

Board Games/Cards, 1:00 p.m.

Wednesdays

Bridge/Euchre/Pepper, 1:00 p.m.

Thursdays

Board Games/Cards, 1:00 p.m.

May Calendar

- 1 Eat Healthy - Be Active 10:30 a.m.
Beginner Line Dancing 1:00 p.m.
- 2 Cinco de Mayo celebration 11:00 a.m.
- 5 Move to the Music (Nutrition Ed.) 11:30 a.m.
- 6 Country Music 10:00 a.m.
- 7 Colors that Fly (Nature Center) 11:00 a.m.
- 8 Eat Healthy - Be Active 10:30 a.m.
Beginner Line Dancing 1:00 p.m.
- 9 Mother’s Day Tea with cookies 11:00 a.m.
Bingo sponsored by Tendercare 12:45 p.m.
- 12 Word Search/Crossword 11:30 a.m.
- 13 CLOSED - Staff Development day
- 14 Deal or No Deal w/Tendercare 11:15 a.m.
- 15 Eat Healthy - Be Active 10:30 a.m.
- 16 Armed Forces Day
Meijer Bingo 12:45 p.m.
- 19 Dulcimers 10:00 a.m.
- 20 Ice Cream Social 12:30 p.m.
- 21 Picnic Day
- 22 Eat Healthy - Be Active 10:30 a.m.
Beginner Line Dancing 1:00 p.m.
- 23 Bingo sponsored by The Laurels 12:45 p.m.
- 26 CLOSED - Memorial Day
- 28 Square Dancing 11:15 a.m.
- 30 Bingo, Woodland Hospice 12:45 p.m.

Shepherd Calendar cont.

- 14 Chinese Checkers/Cribbage
- 16 Euchre/Board games
- 19 Range of Motion, sit & fit exercise
- 21 Sit & Fit, Board game
- 23 Bingo 12:30 p.m.
- 26 CLOSED - Memorial Day
- 28 Bessie’s Birthday party
Cake and ice cream served
- 30 Euchre/Board Games

IN MEMORY OF

Carl Beutler
Mary Beutler

Phyllis Arlene Darling
Beverly DeLong

Dora Darnell
Nancy Bauer
Dick & Linda Cameron
Mel & Barb Cameron
Chad & Mary Darnell
Bruce & Barb Leonard
William & Karen Swetz
Mr. & Mrs. Dennis White

Karen Gumbert
Barbara McDonald

Kenneth Farmer
Marjorie A. Farmer

William Judd
Ron & Karen Warner

Cheryl Kalmar
Harold & Jeanette Wilson

Dianne Kay Merrill
Anonymous

Margaret Nash
Betty Hammond

Dorothy Ott
John & Sue Bradac
Richard & Sandra Wood

Gail Pasch
Catherine Garrett

George Ross
JoAnn Maxim

Richard Sandbrook
Lois Sandbrook

Judy Thomas
Sharon Bourland
Dave & Arlene Brady
Sherry Cole
Bruce & Martha Goncer
Marcella Kocar/Mary Ann Brockwair
Mt. Pleasant MI Kennel Club
The Schafer Family
Larry Thomas
Richard & Sandra Wood

Vivian Vanas
Joe Vanas

Activity Center In Memory of

Glenn Dafoe
Michigan State Police Retirees

Kenneth Schafer
Melissa Schafer

Active Living Needs Support

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Thank You to our Readers and Sponsors who donate to Active LIVING. We appreciate and need your support!

Donations to COA

<u>Activity Center</u>	<u>Gold Key Volunteer Program</u>
Lois Rydahl	Barbara Bissett
Richard & Jean Thomas	<u>In-Home Services</u>
<u>Food with Friends</u>	Veha Chamichian
Nelda Gilmore	<u>Transportation</u>
	Lois Rydahl

Active LIVING In Memory of

Mary Hecksel Richard Hecksel	Ed Wentworth Jack & Mary Lou Westbrook
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Linda Doerr	Marjorie Lynch-Park	Joyce Williams
Kim Douglas-Waugh	Susan McDonald	Alice Wilson
Joan Durham	Kathleen McNerney	Marilyn Witbeck
Nancy Durham	Gayla Merchand	

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

Weidman Activities

Weidman Community Center (WCC)
Bridge St.

Mondays & Tuesdays - WCC

Free Walking Program
11:00 a.m. - 1:00 p.m.

Low Impact Exercise
11:30 a.m.
Bring your own resistance band

Beginner Line Dancing
9:00 - 11:00 a.m.
Call Marilyn for info (989) 644-5915,
donations go to Weidman Community
Center

Wednesday - WCC

Bingo
6:30 p.m., doors open 5:30 p.m.
Sponsored by Weidman Business Assoc.
Call Karen for info (989) 644-2266

Country Quilters
9:30 a.m. - 2:00 p.m.
Call Sally for info (989) 644-2661

Thursday - WCC

Euchre : 6:00 p.m.
Call Karen for info (989) 644-2266

Spring Foray at
Deerfield Park

Wednesday, May 7
1:00 - 3:00 p.m.
Tom Fussman Pavilion, Deerfield Park

Join Sister Marie Kopin for a guided
Spring mushroom hunt. She will begin
with a short presentation, followed by a
guided hunt.

Wear good hiking shoes and long sleeves,
bring a whistle, bug spray, jackknife and
paper grocery bag with handles or picking
basket. Rain or shine.

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

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Board of Directors

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Active LIVING is not “forwarded.” If
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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 (989) 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, 8:00 a.m. - 4:30 p.m.

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

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

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Number & Street _____ Apt. No. _____

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Phone _____

Please make checks payable to:
Friends of Isabella Seniors

Mind, Body & Soul Health Expo

On Thursday, May 29 from 10:00 a.m. – 4:00 p.m. you will have the opportunity to enjoy a free day of FUN at the Body, Mind & Soul Health Expo. The Expo, held at the Commission on Aging will feature local organizations, businesses and non-profit agencies in Isabella County. Exhibitors will be on hand to provide information on fitness, nutrition, finances, safety, retirement, volunteer opportunities, health, hobbies, leisure activities and more! The day will also include entertainment, giveaways, healthy snacks and door prizes. The Expo is free and open to the public. For more information, contact Marcy at **(989) 772-0748**.

MAY 2014 ACTIVE LIVING

Non-Profit Org.
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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.*

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