

Active LIVING

Volume 114 Issue 6
June 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

The Commission on Aging extends a special “thank you” to the Mt. Pleasant Garden Club for presenting us with five (5) beautiful Flowering Pear Trees. It’s a wonderful gift that will enhance the COA Activity Building well into the future. Thank you!



Exciting NEW Fitness Classes

Commission On Aging is excited to offer some new fitness classes. Please see page 7 for details.

Grandmothers, Mothers & Daughters enjoyed an afternoon of fun at our 1st Annual

Mother's Day Tea

Thank you to the following businesses and individuals for their donations and support!

Maggie Ballaeur
Clark Family Funeral Chapel
Commission On Aging Staff
Creme de la Crème Cupcakes
Leota Curtiss
Marcia David
Daydream Photography
Elliott Greenhouse
Deb Fox
Joe Frankenfield
Gordon Food Service
Becky Granger
Jan Lodes
Maxine McDonald
Jane Mills
Robaire's Bakery
Wanda Sabuda
Sacred Heart Academy Students
Marge Schafer
Pat Siuda



Please join us for warm apple pie & fresh coffee Friday, June 13, 9:00 a.m. to celebrate Father's Day!

11th Annual Golf Outing

You won't want to miss the Isabella County Commission on Aging & Friends of Isabella Seniors 11th Annual Golf Outing! The Community is invited to join in the fun, Friday, August 1 at Pleasant Hills Golf Club. The 3 person scramble is only \$210 per team (\$70 per person) and includes 18 holes of golf with a cart, food, cash prizes and more! Featuring prizes for Longest Drive - men & women, Closest to the Pin - men & women and Shortest Drive - men & women. Also a chance to win the Hole-in-One Contest, sponsored by Friends of Isabella Seniors. For more information, see page 5.

Director’s Comments

Over thirty-five (35) years ago I started working in the field of aging services. As I look back over that period of time I can clearly see a slow but progressive shift in the services we offer, the way we provide those services and the increasingly diverse spectrum of individuals to whom those services are provided. Where we once referred to an individual over the age of 60, as a “senior citizen” we now say “older adult”, “mature adult” or “elder”. I’ve always used the term “older adult” because my grandfather disliked being called a “senior citizen” and asked me not to refer to him in that manner.



Many of our new retirees have greater opportunities to expand their horizons and start new careers. They can spend more time volunteering and serving their community. And they are more independent, more self-reliant and more active. By-enlarge they have greater awareness of a healthy lifestyle and the need to remain physically active.

Because of the increased demand for exercise and fitness programs our agency is rethinking the way we provide those services. We will maintain what we currently offer and increase the variety of programs. One of our most popular fitness programs is our Water Aerobics Program, which is held Monday through Friday from 7:30 to 8:30 a.m. at Rose Pool in the CMU Student Activity Center. Some of the participants of this program have been asking for a fitness class that is a little more intense so we have decided to try an Aqua Zumba class. The class would be held on Tuesday and Thursday from 7:00 to 8:00 a.m. and will have an instructor that is certified in Aqua Zumba.

One of the exercise experiences we have had available for use is our walking/fitness trail that is 1/3 of a mile in length and located on our property surrounding the building. Within the next couple months we will be adding outdoor fitness equipment that is designed for adult use and will further enhance your exercise practice. The other exercise classes we will provide will include a body toning and fitness class, the continuation of our yoga classes and our Tai Chi classes plus the addition of a Zumba Gold fitness class that is designed for older participants. If you are interested in any of these programs you can find additional information in this paper, or you can contact our Activities Program Coordinator, Marcy Hosking (989-772-0748).

We are hoping that by upgrading our existing fitness programs and offering new opportunities we will increase our participant level and improve the overall health of our greater community.

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

Mission Moment

“It’s a privilege to care for my partner and I’m glad I’m healthy enough to be a caregiver but I get so tired.” This is a familiar conversation with caregivers. The Commission on Aging staff also believes it is a privilege to care for a loved one. However, it is also tiring and might involve sleepless nights and lots of “hands-on” care. Often caregivers forget to take care of themselves.

The difference between continuing to provide care and experiencing burn-out might be allowing the Commission on Aging to provide respite care. Respite care gives time away for a caregiver and allows the care recipient to interact with someone new. Commission on Aging Respite Care is provided by staff who have received nurse aide training or direct care worker training. Respite Care is usually given one or two times per week for 4 – 6 hours each time. As with many of the Commission on Aging services, there is no fee for service but donations are helpful.

If you have questions about respite care, contact the Commission on Aging at (989) 772-0748 and speak to one of the social workers.

*Barb Frankenfield, Coordinator
In-Home Services*

**COA Celebrates
Cinco de Mayo**

Participants at COA celebrated
Cinco de Mayo in style!

80+ people enjoyed chips & salsa,
margaritas (non-alcoholic, of course) and music of the
Mas Caliente Band!



Events/Classes at COA Activity Center

Amateur Photography Group

**Monday, June 9
6:00 p.m., Deerfield Park**



Our Amateur Photography Group will meet this month at Deerfield Park. We will meet in the first parking lot on the right after you enter the park. No need to register, just show up. Don't forget to bring your camera!

Facebook FUN

Monday, June 9, 6:00 - 8:00 p.m.

OR

**Wednesday, June 11, 2:00 - 4:00 p.m.
No Charge, COA Room B**

There are over 1 billion people on Facebook; are you? Learn to connect and share with friends online, manage privacy and feel confident in the online world. Choose from either class to attend. Call **(989) 772-0748** to register.



Fly Tying - The Basics

**Thursdays, June 12 & 19
6:00 - 8:00 p.m., COA Craft Room
\$12.00 per person for BOTH classes**

There are many reasons to tie a fly. Some like to save money. Some like to "match the hatch". Some just can't find what they're looking for commercially. Whatever the reason, tying a fly yourself will hopefully make you a better fisherman.

The first class, June 12 will cover the basics of fly tying. During the second class, June 19 you will actually have the hands on experience and will tie several flies.

Class size is limited to ten students. All the tools and materials are provided. MUST pre-register by June 9. Call Marcy at **(989) 772-0748** to register. Payment is due before first class.

Instructor: Dave Gares

iPad Class

**Tuesday, June 17
2:00 p.m., COA Room B
No Charge**

Instructor Judy Czarnecki will discuss some of her favorite apps; games, books, weather, TV, music, shopping and kids. Handouts available.

June Movie

"The Monuments Men"

**Tuesday, June 24
12:45 p.m., COA Room B
\$1.00 per person**



Based on the true story of the greatest treasure hunt in history, "The Monuments Men" focuses on an unlikely World War II platoon, tasked by FDR with going into Germany to rescue artistic masterpieces from Nazi thieves and returning them to their rightful owners. It would be an impossible mission: with the art trapped behind enemy lines, and with the German army under orders to destroy everything as the Reich fell, how could these guys - seven museum directors, curators and art historians, all more familiar with Michelangelo than the M-1 - possibly hope to succeed? But as the Monuments Men found themselves in a race against time to avoid the destruction of 1000 years of culture, they would risk their lives to protect and defend mankind's greatest achievements. Stars George Clooney, Matt Damon, Bill Murray, John Goodman. *(Rated PG-13)*

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

Wood Carving 101

**Thursday & Friday, June 26 & 27
2:30 - 4:30 p.m., COA Craft Room
\$12.00 per person for BOTH classes**

Join us for Wood Carving 101 and learn the basics of figure wood carving. Woodcarving helps to increase hand eye coordination, dexterity and creativity. Classes are geared for beginners.

Class size is limited to six students. All the tools and materials are provided.

MUST pre-register by June 18. Call Marcy at **(989) 772-0748 to register.** Payment due before first class. *Instructor: Richard Touchinski*

Project Fresh 2014

Project Fresh is a wonderful program that provides coupons for fresh produce that can be purchased from local farmers at Farmer’s Markets.

Commission on Aging will once again have coupons to distribute. To qualify for Project Fresh coupons, you must be at least 60 years of age and low income. To receive the coupons, you must complete the necessary paperwork and attend a nutrition education program coordinated by MSU Extension.

Classes

Tuesday, June 10, 10:30 a.m., COA Room B

Wednesday, June 18, 10:30 a.m., COA Room B

Due to the limited number of coupons available, you **MUST** call to register for a class. Please call Commission On Aging **(989) 772-0748** to register. Classes and distribution will be held at Isabella County Commission on Aging, 2200 South Lincoln Road, Mt. Pleasant.



Ask a COA Specialist

Question: My granddaughter is asking that I co-sign on a car for her, should I be concerned?

Answer: There are several reasons why co-signing on any loan could be a problem:

- One of the obvious reasons is it could destroy a family relationship or friendship. As a co-signer, you are taking on responsibility that the payments are going to be made and that they will be made on time. This can cause stress on any relationship.
- As a responsible party, you need to make sure that the other party is taking care of payments on time and that you have the money available, should they not make a payment. If a payment is not made, many negative consequences can occur. The lender will generally sue the co-signer before the actual borrower.
- The co-signer is the reason the borrower was approved in the first place, because of good credit. Failure to make payments can also destroy your credit history. Even if a debt collector agrees to settle out of court, you may face penalties on taxes for “debt forgiveness income”.
- By co-signing for others you also limit your own possibilities. A person may have too much credit and when they need a loan for themselves, they could be denied.
- Co-signing also means that you take on that item as an asset of your own. This can cause problems when needing to apply for assistance programs such as Medicaid.

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**

Caregiver Support

Our Caregivers Support meeting will be Tuesday, June 17 at the 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, please call the COA at **(989) 772-0748**.

Volunteer Drivers Needed

- To deliver lunchtime meals
- To transport older adults to medical appointments

Mileage reimbursement

Please call **(989) 772-0748**

Tea Party Supplies Wanted

Commission on Aging is looking for antique tea cups, saucers, tea pots, creamers & sugars.

If you are cleaning out your home and have any of the above items, we would love to take them off your hands!

If you’re out at garage sales and spot some, please bring them to us!

Questions, contact Marcy at **(989) 772-0748**

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

11th Annual Golf Outing

Friday, August 1

Pleasant Hills Golf Club

4452 E. Millbrook Rd.

9 am Shotgun Start – Scramble

Check in begins at 8 am

3 person team, \$210 (\$70 per person)

Skins game, \$15 per team

Includes:

18 holes of golf with Cart ♦ Cash prizes for Flights
Continental breakfast ♦ Lunch ♦ Hors d’oeuvres

\$10,000
HOLE-IN-ONE

Sponsored by
Friends of Isabella Seniors



50/50 Raffle

Prizes

FUN!

Space is limited, reserve your space by July 25

For more information, contact Marcy at (989) 772-0748 or marcyhosking@isabellacounty.org

____ YES, I would like to sponsor a hole, \$100

____ YES, I would like to sponsor the meal, \$125

____ YES, I would like to provide a monetary donation or prize (*circle one or both*)

Name: _____ Organization: _____ Phone: _____

Address: _____ City/State/Zip: _____

E-mail: _____

____ YES, I would like to form a team, \$210 (\$70 per person)

Team Captain: _____ E-mail: _____

Address: _____ Phone: _____

Team Member #2: _____ E-mail: _____

Team Member #3: _____ E-mail: _____

Mail bottom portion of form with check (made payable to Friends of Isabella Seniors) to:
Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant, MI 48858

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

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

Thursday, July 24
\$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

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.

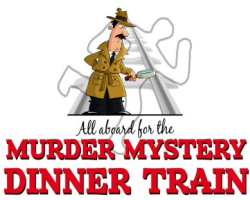
This page is sponsored by: **CMU CARLS CENTER: Speech and Hearing Clinics**

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

Fitness Classes

Aerobics

Lo & Hi Aerobics classes are NOW combined. Fitness Instructors will lead you in a low to moderate aerobics class and teach modifications of exercises.

Mondays, Wednesdays, Fridays
10:15 a.m.
COA Fitness Room

Water Aerobics

Monday - Friday
7:30 a.m.
CMU Rose Pool

Walking Trail

The Walking Trail is NOW open!
Three times around equals one mile

Yoga

Tuesdays
June 3 - July 8
1:30 - 2:30 p.m.
\$40.00, 6 week class
(payment due before first class)
COA Fitness Room

Please bring your own mat
MUST pre-register at COA
Minimum 6 students

Certified Instructor: Katherine Tobin
Call Marcy for more information
(989) 772-0748



Let's get the PARTY STARTED!

Based on the same dance moves used in the original Zumba class - Zumba Gold® is less intense, with dance routines designed for beginners and older adults using modified, low impact moves. Enjoy easy-to-follow moves and exciting Latin rhythms, you'll hardly notice you're exercising. It's an energizing workout that burns calories and tones muscles. The intention of the class is to move and have a lot of fun - even if you don't perform each move correctly!

Thursdays
June 12, 19 and/or 26
4:00 - 5:00 p.m.
\$3.00 per class, drop-in fee
COA Fitness Room

Thursdays
July 10 - August 21
(does not meet July 17)
4:00 - 5:00 p.m.
\$30.00, 6 week class
(payment due before first class)

COA Fitness Room

Certified Instructor: Judi Schwartz
Call Marcy for more information
(989) 772-0748

COMING in AUGUST



Look for more information in July's edition of Active LIVING

Monday	Tuesday	Wednesday
2. 10:00 Dulcimers (Craft) 10:15 Aerobics (F) 1:00 Dominos & Pinochle (C)	3. 10:00 Country Music (C) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$◆ (F) 5:15 COA Advisory Council (BR1)	4. 10:15 Aerobics (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)
9. 10:00 Dulcimers (Craft) 10:15 Aerobics (F) 1:00 Dominos & Pinochle (C) 1:00 Readers Theatre (Craft) 1:00 Legal Service (BR1) 6:00 Amateur Photography Group - meeting at Deerfield Park 6:00 Facebook FUN ◆ (B)	10. 10:00 Country Music (C) 10:00 Needle Crafters (Craft) 10:30 Project Fresh program ◆ (B) 12:30 Banjos, Guitars, Mandolins (C) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:30 FGP/SCP Advisory Council (A) 2:00 Intermediate Line Dancing (C)	11. 9:00 Art Group (Craft) 10:15 Aerobics (F) 11:15 Deal or No Deal w/Tendercare (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Book Club (Lib) 2:00 Facebook FUN ◆ (B)
16. 10:00 Dulcimers (C) 10:15 Aerobics (F) 1:00 Dominos & Pinochle (C)	17. 8:30 Friends of Isabella Seniors (BR1) 1:30 Yoga \$◆ (F) 2:00 iPad Class (B) 6:30 Caregiver Support Group (Craft)	18. 10:15 Aerobics (F) 10:30 Project Fresh program ◆ (B) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)
23. 10:00 Dulcimers (C) 10:15 Aerobics (F) 1:00 Dominos & Pinochle (C) 1:30 Legal Services (BR1)	24. 12:45 Movie, “The Monuments Men” (C) 1:00 CMU Bridge 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)	25. 8:30 SCP Quarterly Training (A) 10:15 Aerobics (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 2:00 Receptionist Training (B)
30. 10:00 Dulcimers (C) 10:15 Aerobics (F) 1:00 Dominos & Pinochle (C)		

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

Thursday	Friday	Saturday
5. 10:00 Learn to Knit (Craft) 10:30 Eat Healthy-Be Active ♦ (C) 1:00 Beginner Line Dancing (C) 2:30 FGP/SCP Eat Healthy-Be Active (B)	6. 10:00 Jam Session (Craft) 10:15 Aerobics (F) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Woodland Hospice (C)	7.
12. 10:00 Learn to Knit (Craft) 10:30 Eat Healthy-Be Active ♦ (C) 1:00 Beginner Line Dancing (C) 2:30 FGP/SCP Eat Healthy-Be Active (B) 4:00 Zumba Gold \$♦ (F) 6:00 Fly Tying - The Basics \$♦ (Craft)	13. 9:00 Father’s Day pie & coffee 10:00 Jam Session (Craft) 10:15 Aerobics (F) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Tendercare (C)	14.
19. 9:00 Wineries of Old Mission Peninsula trip \$♦ 10:00 Learn to Knit (Craft) 10:30 Eat Healthy-Be Active ♦ (C) 1:00 Beginner Line Dancing (C) 1:00 Second Hand Book Club (Lib) 2:30 FGP/SCP Eat Healthy-Be Active (Craft) 4:00 Zumba Gold \$♦ (F) 6:00 Fly Tying - The Basics \$♦ (Craft)	20. 8:30 FGP/SCP In-Service (A,B) 10:00 Jam Session (Craft) 10:15 Aerobics (F) 12:45 Meijer Bingo (C) 1:30 FGP/SCP Project Fresh program (A) 6:00 Red Hat Strutters Dance \$ (C)	21.
26 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 2:30 Woodcarving 101 \$♦ (Craft) 4:00 Zumba Gold \$♦ (F)	27. 10:00 Jam Session (Craft) 10:15 Aerobics (F) 12:45 Bingo, sponsor The Laurels (C) 2:30 Woodcarving 101 \$♦ (Craft)	28.
<p><i>The room location for each activity is listed on the calendar for easy reference. Codes for rooms are as follows:</i></p> <div><div>A - Activity Room A B - Activity Room B C - Activity Room C F - Fitness room</div><div>Craft - Arts & Crafts Room Lab - Computer Lab BR1 - Board Room B126 BR2 - Board Room B129</div></div>		<p>Food With Friends Monday thru Friday Noon in Activity Room C See our Menu on Page 12</p> <p><i>Calendar Key:</i> ♦ = Reservation Required \$ = Fee for Activity</p>

FWF Eat Smart Menu

June 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>Cabbage Roll Casserole Dinner Roll Leprechaun Fluff Carrots Graham Goldfish Cookie</div>	<div>3</div> <div>Veal Parmesan Bread Tossed Salad Peas Peach Crisp</div>	<div>4</div> <div>Baked Chicken Bread Broccoli Citrus Salad Baked Potato Tropical Fruit</div>	<div>5</div> <div>Sloppy Joe w/Bun Multi Bean Salad Oven Roasted Potatoes Cantaloupe Cookie</div>	<div>6</div> <div>Egg & Cheese Casserole Cinnamon Roll Sausage Link Redskin Potatoes Orange Juice Ambrosia Fruit Cup</div>
<div>9</div> <div>Chicken Salad Bread Cucumber Salad Apple Slices Strawberry Shortcake</div>	<div>10</div> <div>Chili Corn Bread Tossed Salad Whole Wheat Crackers Cinnamon Applesauce</div>	<div>11</div> <div>Turkey Loaf Dinner Roll Pea Salad Roasted Potato Blend Mixed Fruit Cup</div>	<div>12</div> <div>Fish Sandwich (Trout) Bun Cauliflower/Cabbage Salad Corn Michigan Fruit Cup</div>	<div>13</div> <div>Baked Ham Squash Bread Beet Salad Pineapple</div>
<div>16</div> <div>Meatballs Bread Redskin Potatoes Stewed Tomatoes Pears</div>	<div>17</div> <div>Chicken Pattie w/Bun Lettuce and Tomato Cauliflower Watermelon Cookie</div>	<div>18</div> <div>Roast Pork Honey Wheat Roll Crunchy Vegetable Salad Sweet Potatoes Apple Crisp</div>	<div>19</div> <div>Chop Suey Bread Brown Rice Broccoli Grape Banana Fruit Cup</div>	<div>20</div> <div>Chicken/Broccoli/Cheese Bread Baked Potato Carrots Pineapple Gelatin</div>
<div>23</div> <div>Pork Chop Bread Broccoli/Cauliflower Salad Company Potatoes Peach Crisp</div>	<div>24</div> <div>Breaded Cod Bread Vinaigrette Slaw Mixed Vegetables Cantaloupe</div>	<div>25</div> <div>Spaghetti Garlic Toast Tossed Salad Strawberry Shortcake</div>	<div>26</div> <div>Baked Chicken Dinner Roll Roasted Potato Blend Brussels Sprouts Pumpkin Custard</div>	<div>27</div> <div>Corn Chowder Breadstick Pea Salad Hard Cooked Egg Applesauce</div>
<div>30</div> <div>Macaroni & Cheese Bread Beet Salad Green Beans Peaches</div>				

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 Rd., Rosebush
Meals M, W, F, 10:00 a.m. - 2:00 p.m.
Katie Showers, Site Mgr., (989) 433-0151

The sun is shining and everything’s coming up roses at the Rosebush FWF meal site! Last month we met many new friends and renewed some old on Bring a Friend Day. We had the Fabulous Heftones, Mark Baumann and Good Times music to grace our ears with their tunes.

This month we are going to have a great time with the Red Hat Strutters. They will show us their fancy moves and the Reader’s Theatre always draws a crowd.

Join us every Monday, Wednesday and Friday in Rosebush to see what all the fun is about!

Rosebush JUNE Calendar

2	National Repeat Day	
4	Penny Bingo	1:30 p.m.
6	National Yoyo Day	
9	Bingo w/prizes, courtesy of Hospice	1:00 p.m.
11	Penny bingo	1:00 p.m.
13	Good Times Band	1:00 p.m.
	Root beer Floats	2:00 p.m.
16	Penny bingo	1:00 p.m.
18	Bingo w/prizes, courtesy of The Laurels	1:00 p.m.
20	Annual Rummage sale	1:00 p.m.
	Ice cream sundae bar	
23	The Red Hat Strutters	1:00 p.m.
	Music with Mark Baumann	1:00 p.m.
25	Penny bingo	1:00 p.m.
27	Chippewa Flute Circle	1:00 p.m.
	Penny Bingo	1:00 p.m.
30	Monthly Birthday celebration	12:45 p.m.

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**

June is National Dairy, Fruit/Vegetables & Rose Month. Do you play an instrument, sing, play cards or want to learn/teach new ones - you're welcome to join us. Thanks to Tom Maier for the birthday cakes. Celebrating a birthday this month are Duane Chapman, Elaine Currie and George Jennings. Birthday party will be June 25.

Weidman JUNE Calendar

- 2 Eat Healthy - Be Active 10:30 a.m.
Craft day - bring in your current craft project
- 4 River Ramblers 10:00 a.m.
- 5 Be sure to wear sun protection when outside
- 6 Remember Yoyo's
- 9 Eat Healthy - Be Active 10:30 a.m.
Talk about your best friend
- 11 River Ramblers 10:00 a.m.
- 12 Wendy w/Clare Tendercare nutrition
- 13 Friday the 13th
- 14 Fly your Flag
- 16 Eat Healthy - Be Active 10:30 a.m.
Eat fresh vegetables
- 17 Please practice cell phone etiquette
- 18 River Ramblers 10:00 a.m.
- 19 Where did you go on your honeymoon?
- 21 1st day of Summer
- 23 Eat Healthy - Be Active 10:30 a.m.
- 24 Meals in Minutes - nutrition topic
- 25 River Ramblers 10:00 a.m.
- 26 Share a hug

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**

Help us welcome summer June 11. We will be having a Beach Party/Ocean Celebration, wear your beach attire and join the fun. We will be celebrating Flag Day June 13, wear your red, white and blue. June is National Smile Month, join us for our smiley day fun June 25. Thank you to A & D Homecare and Bessie Kalis for providing bingo prizes. Thank you to Ivy Degraw for the beautiful cake for George & Irene's 70th Anniversary. Bessie and her family made the party special

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

As a reminder, if you would like to join us for lunch, you need to make a reservation at least 24 hours in advance. Unfortunately if your name is not on the reservation list, I may not have a meal for you.

We are now playing cards on Fridays. We have a great line up of music for you, all your favorites and more! I will have a "Honey of a Day" with giveaways! Just BEEcause! Remember to call or sign up for the Birthday party June 2.

As always, I'm waiting for you to stop in!

Winn JUNE Calendar

- 2 Boys from Ansdén
- 4 Terry & Pam Andersen
- 9 Billy Squires
- 11 Rocky, Pay, John - The Country Band
- 16 Steve & Lois Johnson and Rocky King
- 18 Leon Seiter
- 23 Eric Schagel & Ray Brown
- 25 Vicky Dexter
- 30 Mark Bauman & Mark Roy

with their hillbilly wedding skit. Join us for a nice meal and a lot of fun and laughter.

Shepherd JUNE Calendar

- 2 Board games
- 4 Euchre & games
- 6 Euchre/Cribbage 12:30 p.m.
- 9 Sit and fit fun exercise
- 11 Beach, Ocean Celebration
- 13 Red, White & Blue bingo 12:30 p.m.
- 16 Conversation & games
- 18 Euchre & games
- 20 Games & card games
- 23 Conversation & games
- 25 Smile Day fun
- 27 Birthday Bingo 12:30 p.m.
- 30 Sit and fit fun exercise

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**

The Food with Friends Activity Building Nutrition Site activities are listed below. Please refer to the Activity Center calendar on pages 8 & 9 of the Active LIVING newsletter for additional activities and events for the month of June.

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.

Fridays

Bingo, 12:45 p.m.



COA JUNE Calendar

- 2 Meals in Minutes Nutrition Ed. 11:30 a.m.
- 3 Country Music 10:00 a.m.
- Banjoes, Guitars, Mandolins 12:30 p.m.
- 4 Beach Day craft project 11:00 a.m.
- 5 Eat Healthy - Be Active 10:30 a.m.
- 6 Bingo w/ Woodland Hospice 12:45 p.m.
- 9 Beach Day Celebration
- Movie, "Blue Hawaii" 10:15 a.m.
- Buried Treasure game 12:30 p.m.
- 10 Country Music 10:00 a.m.
- Banjoes, Guitars, Mandolins 12:30 p.m.
- 11 Deal or No Deal 11:15 a.m.
- 12 Eat Healthy - Be Active 10:30 a.m.
- 13 Bingo w/ Tendercare 12:45 p.m.
- 16 Dulcimers 10:00 a.m.
- 17 Music w/ Earl & Elaine Currie 11:00 a.m.
- Banana Splits 12:30 p.m.
- Bingo, w/ Masonic Pathways 12:45 p.m.
- 19 Eat Healthy - Be Active 10:30 a.m.
- 20 Bingo, Meijer 12:45 p.m.
- 23 Piano w/ Dave Marasus 12:15 p.m.
- 26 National Smile Day
- 27 Bingo w/ The Laurels 12:45 p.m.
- 30 Word Search/Crossword Puzzle 11:30 a.m.

Genealogical Society of Isabella County

Have you ever considered the importance of leaving your family stories or ancestry to your loved ones? Need help? – consider visiting or joining - The Genealogical Society meets the 2nd Thursday of each month at the Commission on Aging at 7:00 p.m.

~ Upcoming Programs ~

June: Ithaca Field Trip 2:00 p.m. – Gratiot County Historical & Genealogical Society tours

July: Tom Holbein – Researching at the Salt Lake City library

Each month an informal gathering of individuals interested in genealogy meet for lunch at the Veteran’s 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. More information may be obtained from our website <http://isabellagenealogy.org>

State Employee Retirement Association (SERA)

Our June presenter will be from the Ziibiwing Center. We will meet June 17 at 1:30 p.m. in Room A of the Isabella Commission on Aging, 2200 S. Lincoln Road, Mt. Pleasant. The Ziibiwing Center is a Native American Museum, which proudly displays information of the history and rich culture of the Saginaw Chippewa Indian Tribe of Michigan. Following the presentation we will have our usual business meeting, 50/50 drawing and door prize. Please contact Jackie Curtis at (989) 772-0597 or jac62irish@yahoo.com for more information.

Evening Bloomers Garden Club

The Evening Bloomers Garden Club will meet Tuesday, June 3 at the patch on the M20 exit at 6:00 p.m. for weeding and maintaining the area. At 7:00 p.m., we will go to Home Depot for our business meeting. Tickets and posters for the Garden Walk July 13 will be available at that time.

For a list of Community Groups that hold meetings at Isabella County Commission on Aging Activity Center, please refer to page 15.

Mid Michigan Woodcrafters Club

The Mid Michigan Woodcrafters Club meets the second Tuesday of the month at 7:00 p.m. at Commission on Aging. The meetings discuss various facets of woodworking, such as use of tools, design techniques, construction ideas and finishing tips. Membership is \$15.00 per year. The money is used to purchase supplies to make toys for various Christmas Outreach programs. The club also participates in other community projects including making bookcases and shelves for libraries and schools. The club is seeking members, male and female, who would like to advance their skills, share ideas or simply enjoy the pleasure of the company of those who have similar interests. For more information, contact Tom Delia, (989) 772-1902 or Don Hire, (989) 773-2587.

Explore the Rebirth of Nature



Picture Taken at Meridian Park By: Cathy Murray

Deerfield Nature Park and Meridian Park!!
2425 West Remus
6 miles west of Mount Pleasant



www.isabellacounty.org

Weidman Activities

Weidman Community Center, Bridge St.

Mondays & Tuesdays

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,
Donation, proceeds go to WCC

Wednesday

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

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

Listening Ear Services

Are you feeling helpless, or hopeless? Do you need someone to talk to, or want to know where to find assistance? Listening Ear Crisis Center is where help begins! Their professional staff can listen, connect and support you with a variety of community resources. But most importantly, they value you, the caller, and the strengths you bring. Listening Ear is “Always There”. Their services are free and available 24 hours a day, every day. Call **(989) 772-2918**.

Are you Low-Income and Need Assistance Paying your Rent?

The Michigan State Housing Development Authority’s Housing Choice Voucher Program (formerly Section 8) waiting list will be open until July 31, 2014 at 5:00 p.m. EST. Applications are available on-line only; no paper applications will be available or accepted.

Submit your application online at:
<https://webapp.mshda.cfi-bps.com/>
OR

www.michigan.gov/mshda, click on:



Eligible applicants received through the website will be entered on the waiting list in the order received. Preference will be given to Isabella County residents (those living or working in Isabella County).

****If you or a household member is disabled and requires a reasonable accommodation to apply for the MSHDA Housing Choice Voucher Waiting List, please call **(517) 241-8986** for assistance with your application.****

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 prepare wills, advance directives or power of attorney forms.

CarFit

Wednesday, June 18
10:00 a.m. - 3:00 p.m. (by appointment)
West Midland Family Center, 4011W. Isabella Rd.

Due to changes in vision, strength, medications and mobility many seniors can benefit from a personalized assessment to ensure that their car is individually adjusted or adapted to meet their needs. CarFit is a program sponsored by AARP with support from the Occupational Therapy Association and AAA. Senior Services is hosting this CarFit event offered by AARP Michigan. CarFit is a comprehensive 12 point check of how well you and your car ‘fit’ each other in areas including: sight over steering wheel, distance from air bags/gas & brake pedals, seat/seat belt/head rest adjustment, proper mirror adjustments and much more. The assessment takes 20 minutes and is done by SVSU occupational therapy students under the direct supervision of an on-site Occupational Therapist. There is no charge for the assessment and the results are confidential and shared only with you. The occupational therapist will review your individual results with you and make recommendations. Participation is open to any licensed driver age 60 and older who has a registered vehicle and valid drivers license. Registration is needed and the allotted slots will fill up quickly so you are urged to reserve your spot now by calling **(989) 832-8683**.

Community Health Events

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. Family Practitioner Nisha Vashishta, MD will be performing free skin cancer screenings in her office, 4639 Pickard, Mt. Pleasant.

Friday, June 13
9:00 a.m. – 12:00 p.m.
Call **(989) 779-5606** to schedule your appointment

Is Home Care a Good Fit for You or a Loved One

You may want to consider home care if you are unable to stay home without assistance because you have difficulty completing simple tasks, require help with medications, need help learning how to use a walker or cane, have a chronic medical condition requiring ongoing care, are scheduled for surgery or you are recovering from an illness or injury. Join McLaren Home Care Group for a free discussion to learn about resources available to help keep you in your home and help you make the best choice possible to maintain your quality of life. A free blood pressure screening will be offered.

Tuesday, June 10
6:00 - 7:00 p.m.
McLaren Central Michigan, FDJ Conference Room, 1221 South Drive
Call **(989) 779-5606** to register

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

IN MEMORY OF

Faith Blizzard Norma, Reynold & Rockie Mogg	<u>Activity Center in Memory of</u>
Ethel & Jim Connors Dorothy Connors	Glenn Dafoe Michigan State Police Retirees Clarke & Janet Cummings
Vic Fetzner Breckenridge Food with Friends	Bob LaLone Morval LaLone
Barry Fike Dolores Cluley-Lockwood	Theda LaLone Morval LaLone
Edward Garrett Clayton & Carol Garrett	Margaret Arnold Nash Eileen Rau
Ernest Garrett Clayton & Carol Garrett	Irman Yager Morval LaLone
Patrick Garrett Clayton & Carol Garrett	<u>Active LIVING in Memory of</u>
Emley Livermore George & Carol Green Dave & Denise Livermore	Mary Hecksel Richard Hecksel
Ken Martin Clayton & Carol Garrett	Mary Lou Wilmot Jack & Mary Lou Westbrook
Patrick Pappas Helen Pappas & Family	<u>Caregiver Training in Memory of</u>
Sally Pick Mick & Carol Abbott	Rudy Carter James & Debra Badour Willis & Betty Bouchey Dennis & Kathleen Grandy Michael & Maxine Kent Jay & Karen Kleinhardt Betty Koenig Deborah Kroswek Glen & Carol Matthews Jeff & Toni Moody Stanley & Shirley Phelps Rosewood VII Association Tony & Sandy Schafer Marion Strouse Norman & Betty Volant
Jenny Spalding Anonymous	<u>Food with Friends in Memory of</u>
Judy Thomas Mary Ann Brockway Bruce & Martha Goncer Marcella Kocar	Margaret Nash Juanita Blystone
Kenneth Travis Louise Travis	In Honor of Diane Zipper Felice Morgenstern
Norbert Travis Louise Travis	
Howard Zuker Helen Pappas & Family Paul & Diane Zuker	

Active Living Needs Your Support

Do you subscribe to Active LIVING? Have you donated to Active LIVING recently? ***Please*** consider donating to Active LIVING. What about a gift subscription to Active Living for a loved one? 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!

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Melvin Onuskanich	Marguerite Foglesong

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Community Groups

The following community groups meet at COA:

- Central Michigan Daylily Society
Third Saturday (Sept.-April), 10:00 a.m., Room A
- Clowns
First Thursday, 6:00 p.m., Craft Room
- Community Cancer Services
Second Thursday, 6:30 p.m., Craft Room
- Community Service Council
First Monday, 12:00 p.m., Room A
- Evening Bloomers Garden Club
First Tuesday, 7:00 p.m., Room B
- Friends of Broadway Theater
Second Thursday, 6:30 p.m., Room C
- Genealogy
Second Thursday, 7:00 p.m., Room B
- Health Improvement Planning
First Friday, 10:30 a.m., Room B
- Isabella Co. Community Collaborative Council
First Friday, 9:00 a.m., Room B
- Mid Michigan Patriots
Second Thursday, 7:00 p.m., Room A
- Mid Michigan Quilters
Fourth Tuesday, 6:00 p.m., Rooms A,B,C
- Mid Michigan Woodworkers
Second Tuesday, 7:00 p.m., Craft Room
- Mt. Pleasant Garden Club
Third Monday, 1:00 p.m., Room A
- Mt. Pleasant Historical Society
First Tuesday, 7:00 p.m., Room A
- Ostomy Support Group
Fourth Saturday, 1:30 p.m., Craft Room
- Parkinson’s Support Group
Second Monday, 6:00 p.m., Craft Room
- Red Hat Strutters
Second Friday, 6:00 p.m., Room C
- Retired School Employees
First Tuesday (May & Sept), 11:00 a.m., Room A
- Stamp Collectors
Fourth Tuesday, 7:00 p.m., Craft Room
- Square Dancing
First Monday, 7:00 p.m., Room C
- State Retirees
Third Tuesday, 1:30 p.m., Room B
- Women’s Aid
Tuesday after third Wed., 8:00 a.m., Room B

COMMISSION ON AGING ADVISORY BOARD	
District 1	Roxanna Dunevant
District 2	Ruth Anne Maniteau
District 3	Shirley Decker
District 4	John Dinse
District 5	Open Position
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
Finance Ex Officio	Ginny Cain
Member	Lawrence Foote
Member	Paula Johnson
Member	Louise Plachta
Member	Ralph Pitts
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Member	Guy Meiss
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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 **(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

Food With Friends Program

- Congregate Meals
- Home Delivered Meals

Foster Grandparent Program

Senior Companion Program

Activity Center Program

- Activities
- Travel opportunities
- Fitness

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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Mt. Pleasant, MI 48858

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Number & Street Apt. No.

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Please make checks payable to:

Friends of Isabella Seniors

11th Annual Golf Outing

You won't want to miss the Isabella County Commission on Aging & Friends of Isabella Seniors 11th Annual Golf Outing! The Community is invited to join in the fun, Friday, August 1 at Pleasant Hills Golf Club. The 3 person scramble is only \$210 per team (\$70 per person) and includes 18 holes of golf with a cart, food, cash prizes and more! Featuring prizes for Longest Drive - men & women, Closest to the Pin - men & women and Shortest Drive - men & women. Also a chance to win the Hole-in-One Contest, sponsored by Friends of Isabella Seniors. For more information, see page 5.

JUNE 2014 ACTIVE LIVING

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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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