



Volume 114 Issue 7  
July 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

# 11<sup>th</sup> 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**

**YES, I will be a Hole Sponsor, \$100**       **YES, I will be a Meal Sponsor, \$125**       **YES, I will provide a monetary donation or prize**

Name: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

**YES, I will form a team, \$210 (\$70 per person)**

Team Captain: \_\_\_\_\_

Team Member #2: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Team Member #3: \_\_\_\_\_

E-mail: \_\_\_\_\_

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

## ***Director's Comments***

Funding, funding, funding . . . is there anything I talk about as much as our funding at the Commission on Aging? Well, to be honest, NO . . . I do talk about our funding situation more than anything else.

It's not my most favorite subject, but it is the most important part of my responsibilities as Director of the agency. If I and our Program Coordinators didn't place "funding" as a priority we wouldn't have any programs to offer.

So it is important that we monitor our funding to make sure our services remain strong.

The chart on the following page illustrates the variety of our funding sources. Everyone one of them is important, and is vital to our operations. The following is a description of each category:

3% Miscellaneous – This money comes from our fund raising activities, like our Annual Golf Outing which is sponsored by Friends of Isabella Seniors.

3% In-Kind- This isn't actually cash, but it is support required by our State and Federal Grants. Examples of an in-kind for our Foster Grandparent Program are the meals some of the schools provide to our Grandparents when they are volunteering at the schools. The schools provide the meals at no cost to the grandparents or our program and we can count it as "a gift in kindness given".

3% Gratiot Millage- We manage the Home Delivered Meals and Congregate Meals Programs in both Isabella and Gratiot Counties. The budgets for these programs and for each of the counties are separate. Only funding for Gratiot County is spent in that county and only funding for Isabella County is spent here. The Gratiot County Millage dollars are therefore given to us to spend on their nutrition program. By having us manage both programs in both counties we cut down on administrative costs which allows us to spend more on direct services in both counties.

13% Client Donations- This funding comes directly from our program participants. One of the requirements for our grant funded programs is that we "ask" for donations from the individuals we serve. If a client is unable to donate we will still serve them and give them as much assistance as we can. We do not charge for our grant funded services and we do not deny a service if a client cannot donate.

2% Waiver- Through the Medicaid Waiver, eligible adults who meet income and asset criteria can receive Medicaid-covered services like those provided by nursing homes, but can stay in their own home or another residential setting. This is a program restricted by certain eligibility guidelines. It is not administered by the Commission on Aging, but the Waiver Agents contract limited services through our agency.

3% NSIP- The Nutrition Services Incentive Program (NSIP) are Federal dollars the COA receives based on the number of meals we serve in both our Home Delivered and Congregate Meals Program. The amount received changes from year to year based on the number of meals we serve. It can range from .40¢ to .55¢ per meal.

11% OSA- Office of Services to the Aging is Michigan's State Unit on Aging. We contract directly with them for the funding we receive to manage our Foster Grandparent and Senior Companion Programs.

13% AAA- Region VII Area Agency on Aging receives funding from OSA and then contacts with the Isabella County Commission on Aging to provide funding for our Nutrition Programs and our In-Home Services Programs.

22% Saginaw Chippewa Tribe- The funding the COA receives from the Tribal Council has been a vital part of our budgets since 1995. Their generous support demonstrates the honor in which they hold the elders of our entire community. The Tribal Councils support is used in every direct service the COA provides.

27% Isabella Millage- In November, 2006 the voters of Isabella County passed, for the first time, a Senior Millage. The funding generated by this millage is being used to provide services to our older citizens throughout Isabella County. Prior to 2006 local support came out of the County's General Fund. When the millage went into affect we no longer received General Fund dollars. Over the years we have seen our State and Federal funding diminish. It has been because of our Senior Millage funding and the funding from the Saginaw Chippewa Tribe that we have been able to sustain our programs and services. We are very grateful for the support of our entire community.



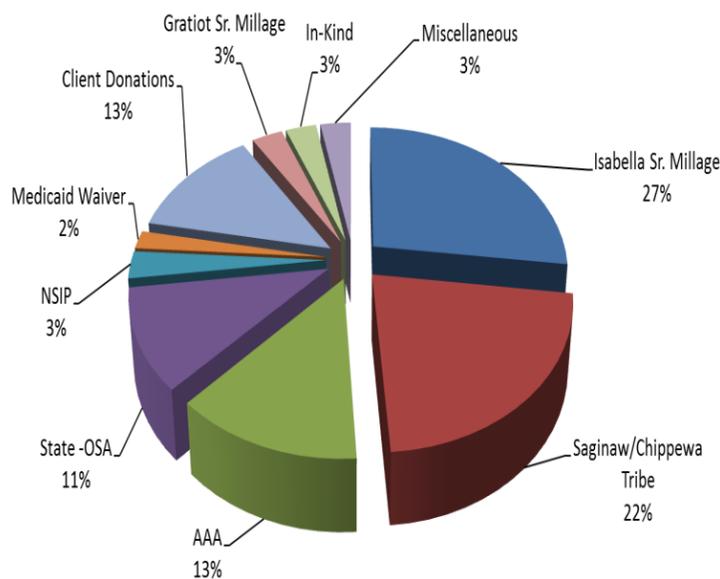
*Brenda J. Upton, M.A., COA Executive Director*

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*This page is sponsored by: **the Family of Dr. Leonard E. Plachta***

**FY' 12-13 Annual Report**

**Isabella County  
Commission on Aging**



**COA FY' 2013 Revenues  
\$2,365,312.00**

	Clients Served	Hours Service
<b>In-Home Services</b>		
Case Coordination & Support	550	3,225
Personal Care	45	1,182
Homemaking	138	2,762
Respite Care	32	2,146
Caregiver Training	42	680
Unmet Needs	60	
Fitness Program	180	
Tai Chi	30	
Medicare Part D	550	
Pharmaceutical Assistance Program	30	
Tobacco Settlement/Respite Care	15	
Supplemental Services	35	
Emergency Respite	2	
Kinship Care	4	
MMAP	220	
Have A Heart Project	150	
Holiday Distributions	20	
Slip/Fall/Safety	35	
Home Repair	2	

**In-Home Services**

The In-Home Services Program covers several major programs and services. The Case Coordination and Support Program is the primary entry point into a majority of the COA services. The Social Workers, who have degrees in Social Work, assess the needs and advocate on the clients behalf to arrange for and monitor services.

The Personal Care, Homemaking and Respite Care Aides also work within the In-Home Services Program and provide vital hands on care and time away for caregivers to older adult residents of the county.

The Medicare Medicaid Assistance Program( MMAP) and the Medicare Part D Program helps hundreds of clients annually through an often confusing maze of insurance issues.

**FY' 12-13 Annual Report**

## Food With Friends Nutrition Program

The Nutrition Program has two components: Home Delivered Meals and Congregate Meals. The COA operates both programs in Isabella and Gratiot Counties.

The program provides nutritionally balanced meals to individuals 60 years and older.

Home Delivered Meal recipients are assessed by a COA Social Worker and are determined to be homebound, physically or mentally unable to adequately prepare their own meals.

The Congregate Meals Program operates 10 meal sites though out the 2 county service area. These sites promote better health through improved nutrition, social and educational activities.

	Clients Served	Meals Served
<b>Nutrition Program</b>		
Congregate Meals - Total	999	32,169
Isabella County	519	18,218
Gratiot County	480	13,951

Home Delivered Meals - Total	646	73,056
Isabella County	315	35,215
Gratiot County	331	37,841

Waiver - Home Delivered - Total	67	10,703
Isabella County	35	4,663
Gratiot County	34	6,040

## Gold Key Volunteer Program

	Active Volunteers	Hours Served	Miles Driven	Trips Provided	Gifts Distributed
<b>Gold Key Volunteer Program</b>					
Transportation	43	4,185	81,660	1,836	
Helping Hands	5	223	683		
Needle Crafts	62	10,685			3,134
Grocery Shopping	14	297	2,224		
Friendly Visitor	15	464	9,125		
Home Delivered Meal Drivers	84	6,483	68,900		
Meal Site Assistants	104	6,849	325		
CMU Student Activity Center	72	4,699			
Reception Ambassadors	27	4,707			
Active Living	6	265			
Tax Volunteers	23	2,823			
Ride Buddies	15	832	3,125		
Flu Clinic Volunteers	25	134			
Medicare Part D	18	391			
Special Projects & Groups	135	13,630	1,296		
Totals	648	56,667	168,472		

The Gold Key Volunteer Program provides the opportunity for individuals to give back to their community through a variety of service opportunities. The volunteers range in age from 18 to 105 years old. Whether they are taking older adults to medical appointments, delivering meals to the homebound, volunteering as a COA Receptionist, or knitting mittens, all are important and are vital to the mission of the COA.

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

## Foster Grandparents & Senior Companion Programs

	Volunteers	Served	Served
<b>FGP/SCP Program</b>			
Foster Grandparent Program	73	49,154	155
Senior Companion Program	27	20,540	102

The Foster Grandparent (FGP) and Senior Companion Programs (SCP) are volunteer programs for individuals over the age of 55 and with an annual income at or below 200% of poverty level.

The Foster Grandparent or the Senior Companion will volunteer 20 hours of service per week and receives an hourly stipend of \$2.65, which is not considered income for any Federally subsidized program.. They also receive reimbursement for their transportation, as well as an annual health exam.

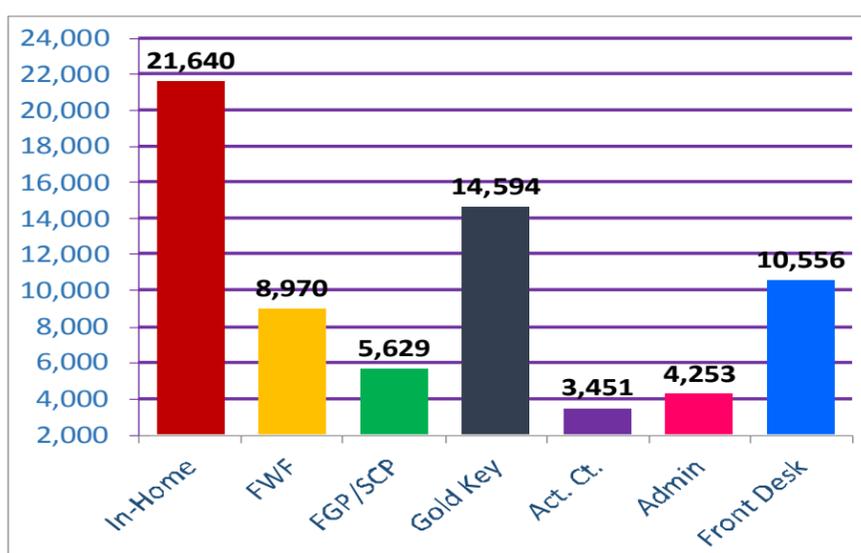
The Foster Grandparent volunteers at day care centers, Head Start Programs, or area schools and are matched with special need children.

## COA Activity Program

	Annual Visitors	Number Participants	Number Trips	Number Groups
<b>COA Activities Building</b>				
Activity Center	37,950			
Travel/Trips		450	20	
Community Groups				58

The COA Activity Building is our “Community Focal Point” for older adult programs and services. The Activity Building provides a friendly social atmosphere in which visitors can take part in and enjoy a wide variety of recreational, social, cultural, nutritional and educational opportunities. Visitors can play pool in The Game Room, take an art class or an exercise class. They could learn computer skills or join a book group. They can also attend health fairs or even watch a movie.

The COA Activity Building is also used by over 58 different community non-profit organizations and agencies. They utilize the community rooms for meetings and presentations that bring in people from all over the county and state. The COA Activity Building is truly a “Community Focal Point” not just for the COA and our Older Adult population, but for the community at large.



## Commission on Aging 69,093 - Program Phone Calls FY '13

In FY' 13th COA phone system processed over 69,000 phone calls. In FY'12 we processed 63,615 calls. It's a important job answering the phone and seeing that the public is served quickly and efficiently. The COA relies on our wonderful Volunteer Receptionists, the Administrative Staff and all the employees who work at the COA.

## Mission Moment

The Foster Grandparent and Senior Companion Volunteers are building a stronger Michigan. Our 60 Foster Grandparents assist over 249 children with academic, social and emotional support in 27 different settings. They are helping to build a strong foundation for generations to come. There are many frail older adults who are feeling isolated in their homes, whether it be their family home or in a nursing home. Our 20 senior companions ease the loneliness of 93 individuals. They are a connection to the community and advocates for their clients.

You will not find a more dedicated group of individuals who are effective and efficient in meeting community needs. This program provides them with an opportunity to stay active, connected, healthy and self-sufficient. The small stipend they receive for their service makes a world of difference in their lives. One volunteer recently commented that, because of the stipend she receives, she was able to purchase fuel oil to heat her home this winter so she did not have to move in with her son and his family. She appreciated the independence the program has given her.

Our volunteers are Rock Stars of their generation! When they enter a room the children flock to receive a hug, or a client’s face lights up. No matter where they go “everyone knows their name!”

*Mary Ann Mooradian, Coordinator  
Foster Grandparent/Senior Companion Program*

## Ask a COA Specialist

**Question:** My elderly mother is struggling to meet her expenses. I’ve heard there is government assistance to reimburse low income Social Security recipients for their Part B Medicare premiums. Could you share the guidelines for the program?

**Answer:** You are referring to the Medicare Savings Program, which provides eligible participants with a total savings this year of \$1,258 for the Medicare Part B premium. The premium is normally deducted from monthly Social Security checks at a rate of \$104.90.

Eligibility for the program is determined by the Department of Human Services. For Isabella County residents DHS can be reached at **(989)772-8400**. If you wish assistance with the application process, you can contact the Commission on Aging at **(989)772-0748**. Below are the financial guidelines for the Medicare Savings Program:

Monthly Income:	\$1,333 or less- single \$1,790 or less- couple
Assets:	\$8,660 or less-single \$13,750 or less- couple

Note: Your homestead and one vehicle are not countable assets

### 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

## COA Fitness Classes

### Aerobics

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

### Walking Trail

Our walking trail is always open  
Three times around equals one mile

### Water Aerobics

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

### Yoga

Warm up with Zen Yoga, which includes tai-chi with yoga breathing and gentle range of motion movements. Includes Yin Yoga; gentle holding positions for hips, lower back and shoulders. Bands used for stretching.

Tuesdays, July 22 - Aug. 26  
1:30 - 2:30 p.m.

6 classes for \$40 OR \$10 drop-in fee/class  
COA Fitness Room

Please bring your own mat

MUST pre-register at COA  
Minimum 6 students

*Certified Instructor: Katherine Tobin*



Based on the original Zumba - Zumba Gold® is less intense, designed for beginners and older adults using modified, low impact moves. Enjoy easy-to-follow moves you’ll hardly notice you’re exercising. It’s an energizing workout that burns calories and tones muscles.

Thursdays, July 10 - Aug. 21  
(does not meet July 17)  
4:00 - 5:00 p.m.

6 classes for \$30 OR \$9 drop-in fee/class  
COA Fitness Room

MUST pre-register at COA  
Minimum 6 students

*Certified Instructor: Judi Swartz*

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

## Events/Classes at COA Activity Center



### SWING into SUMMER

Thursday, July 10  
12:00 p.m., Room C  
\$5.00 donation

Swing on over to Commission on Aging Activity Center and celebrate summer with us! Come dressed in your best vintage attire or come as you are. It's going to be fun no matter the dress. Just bring yourself and we'll do the rest!

Come enjoy lunch and music with the True Falsettos! \$5.00 donation includes lunch and entertainment. Call Megan at (989) 772-0748 at least 24 hours in advance to reserve your lunch.

### Amateur Photography Group

Monday, July 14  
6:00 p.m., COA Room B

As a follow up from our field trip to Deerfield Park last month, our Amateur Photography Group will meet this month to share the pictures they took at the park. If you took pictures at Deerfield, please bring them with you to share. Anyone is invited to attend the meeting to view other's photos. No need to register, just show up.

### iPad Class

Tuesday, July 15  
2:00 p.m., COA Room B  
No Charge

Instructor Judy Czarnecki will present information how to access controls while in an app, turn off un-needed items to save battery power, use Siri to dictate emails, notes and messages and other time-saving or battery-saving tips. Bring your iPad, Apple ID and password. No reservation required.

### AARP Safer Driving

Wednesday, July 23  
9:00 a.m. – 5:00 p.m.  
\$15 for AARP members/\$20 for non-members  
Commission On Aging, Room B

Take the 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.

### Blood Drive

Tuesday, July 29  
12:00 - 2:00 p.m.  
COA Rooms A & B

Join the American Red Cross and make a pledge to donate blood and help save lives! The Red Cross is under an urgent need for blood.

### July Movie “Last Vegas”



Tuesday, July 22  
12:45 p.m., COA Room B  
\$1.00 per person

Billy (Michael Douglas), Paddy (Robert De Niro), Archie (Morgan Freeman) and Sam (Kevin Kline) have been best friends since childhood. When Billy, the group's sworn bachelor, finally proposes to his thirty-something girlfriend, the four head to Las Vegas with a plan to stop acting their age and relive their glory days. However, they quickly realize that the decades have transformed Sin City and tested their friendship in ways they never imagined. The Rat Pack may have once played the Sands and Cirque du Soleil may now rule the Strip, but it's these four who are taking over Vegas. (Rated PG-13, 105 minutes)

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

### Avoiding Estate Planning Mistakes

Wednesday, August 6  
1:00 p.m. OR 6:30 p.m., COA Room B  
No Charge

The State Bar of Michigan licensed attorneys will be presenting information about estate planning and probate and warning about the sales approach used by some persons in the business of selling insurance products (i.e., annuities) as the most desirable product to avoid probate. Presenters will be distributing informational materials that older adults and their family members can use as reference materials to make informed decisions about their estate planning needs. There will be no solicitation by presenters.

Please register for this free class (either the 1:00 p.m. or 6:30 p.m. time) by calling (989) 772-0748.

Monday	Tuesday	Wednesday
<p>Food With Friends lunch is served Monday thru Friday at noon in Activity Room C See our Menu on Page 12</p> <p><i>Calendar Key:</i> ◆ = Reservation Required \$ = Fee for Activity</p>	<p>1. 10:00 Country Music (Craft) 11:00 4<sup>th</sup> of July craft project (C) 12:30 Banjos, Guitars &amp; Mandolins (C) 1:30 Yoga \$◆ (F) 5:15 COA Advisory Council (BR1)</p>	<p>2. 10:15 Aerobics (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Mt. Pleasant WOW events presentation (C)</p>
<p>7. 10:15 Aerobics (F) 11:30 Nutrition Education (C) 1:00 Dominos &amp; Pinochle (C) 7:00 Square Dancing \$ (C)</p>	<p>8. 10:00 Needle Crafters (Craft) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)</p>	<p>9. 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)</p>
<p>14. 10:15 Aerobics (F) 11:00 Wii Tennis tournament (C) 1:00 Dominos &amp; Pinochle (C) 1:00 Legal Services (BR1) 6:00 Amateur Photography Group (B) 7:00 Square Dancing \$ (C)</p>	<p>15. 8:30 Friends of Isabella Seniors (BR1) 2:00 iPad Class (B) 6:30 Caregiver Support Group (Craft)</p>	<p>16. 8:00 Ann Arbor Art Fair trip \$◆ 10:15 Aerobics (F) 12:15 Music of Ted Bailey (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>
<p>21. 10:15 Aerobics (F) 1:00 Dominos &amp; Pinochle (C) 7:00 Square Dancing \$ (C)</p>	<p>22. 11:00 Music w/Earl &amp; Elaine Currie (C) 12:45 Movie, "Last Vegas" (B) 1:00 CMU Bridge 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)</p>	<p>23. 9:00 AARP Safer Driving \$◆ (B) 10:15 Aerobics (F) 11:00 Minute to Win It (C) 12:45 Ice Cream Social (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>
<p>28. 10:15 Aerobics (F) 1:00 Dominos &amp; Pinochle (C) 1:00 Legal Services (BR1) 7:00 Square Dancing \$ (C)</p>	<p>29. 12:00 Blood Drive (A,B) 1:30 Yoga \$◆ (F)</p>	<p>30. 10:15 Aerobics (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>

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

Thursday	Friday	Saturday								
3. 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C)	4.  Independence Day  CENTER CLOSED	5.								
10. 10:00 Learn to Knit (Craft) 12:00 SWING into SUMMER Party \$◆ (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	11. 10:15 Aerobics (F) 12:45 Bingo, sponsor Tendercare (C)	12.								
17. 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 1:00 Second Hand Book Club (Lib)	18. 9:00 FGP/SCP Annual Picnic (A,B) 10:15 Aerobics (F) 12:45 Meijer Bingo (C) 6:00 Red Hat Strutters Dance \$ (C)	19.								
24. 10:00 Antique Road Show (C) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Sunset Dinner Aboard the Appledore Tallships trip \$◆	25. 10:15 Aerobics (F) 12:45 Bingo, sponsor The Laurels (C)	26.								
31. 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	<p><i>The room location for each activity is listed on the calendar for easy reference. Codes for rooms are as follows:</i></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">A - Activity Room A</td> <td style="width: 50%;">Craft - Arts &amp; Crafts Room</td> </tr> <tr> <td>B - Activity Room B</td> <td>Lab - Computer Lab</td> </tr> <tr> <td>C - Activity Room C</td> <td>BR1 - Board Room B126</td> </tr> <tr> <td>F - Fitness room</td> <td>BR2 - Board Room B129</td> </tr> </table>		A - Activity Room A	Craft - Arts & Crafts Room	B - Activity Room B	Lab - Computer Lab	C - Activity Room C	BR1 - Board Room B126	F - Fitness room	BR2 - Board Room B129
A - Activity Room A	Craft - Arts & Crafts Room									
B - Activity Room B	Lab - Computer Lab									
C - Activity Room C	BR1 - Board Room B126									
F - Fitness room	BR2 - Board Room B129									

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

# TRAVEL with COA

## 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 transportation, drop-off and pick up at convenient location and trolley ticket.

Please reserve your seat by July 2

## MACKINAC ISLAND

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

*Featuring the Grand Luncheon Buffet*

The ferry will take us to the island by way of Mackinac Bridge. 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 round trip 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.**

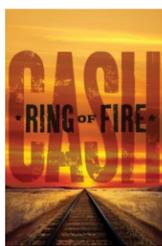
Enjoy a tour of Eastern Market and a visit to Bert’s Jazz Club. Explore downtown Detroit and the Guardian Building, walk along the International Riverwalk and enjoy dinner at the famous American Coney Island (price of dinner not included). Coolers available to keep your purchases cold.

Includes round trip 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 an American legend!

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

Includes round trip transportation, lunch and show.

Please reserve your seat by Sept. 17



**Tuesday, October 14**  
**\$56 per person**  
**Departs COA, 8:30 a.m.**

Join us for a day of fun at Little River Casino in Manistee!

All players receive \$25 in River Credits and \$5 Food Coupon

Includes round trip transportation and gaming package

Please reserve your seat by October 1

## 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 and watch out, you might be the unfortunate soul who gets to be the victim of their devious plot! (rated PG-13).

Includes round trip transportation, 5-course dinner and show.

CONTACT MARCY IF INTERESTED, SEATING IS LIMITED

**Trip Questions**  
 Contact Marcy at (989) 772-0748 or [marcyhosking@isabellacounty.org](mailto:marcyhosking@isabellacounty.org)

**More  
TRAVEL**

**Holiday Walk  
at Meadow Brook Hall**  
**Thursday, December 11**  
**\$84 per person**  
**Departs COA, 8:00 a.m.**



You'll love taking part in this wonderful holiday tradition at one of Michigan's newest National Historic Landmarks.

The home was built by one of the automotive aristocracy's most remarkable women. Enjoy a delicious, 3-course plated lunch and explore the home at our leisure, viewing the ever changing Holiday décor throughout this magnificent 110-room home. Receive a commemorative Christmas ornament.

Includes round trip transportation, lunch and tour. On the way home, enjoy a stop at Great Lakes Crossings mall.

Please reserve your seat by November 20

**Are you Ready for some  
FOOTBALL!**



Interested in traveling with COA to watch a Detroit Lions football game please contact Marcy at **(989) 772-0748** or [marcyhosking@isabellacounty.org](mailto:marcyhosking@isabellacounty.org)

**Thank You**

Thank you to the following business, organizations and non-profit agencies for participating in our Body, Mind & Soul Health Expo!

**SPONSORS**



- Central Michigan District Health Department
  - Experimental Aircraft Association, Chapter 907
  - Friends of The Broadway
  - Isabella County Parks & Recreation
  - Michigan State Police
  - Michigan State University Extension
  - MidMichigan Health
  - Mid Michigan Wood Workers
  - Morey Courts Recreation Center
  - Mt. Pleasant Parks & Recreation
  - Red Hatters Strutters
  - Senator Judy Emmons
  - Therapy Dogs International
- Thank you to Greg Merwin for entertaining us!



COA Travelers enjoyed our wine tasting trip to the Old Mission Peninsula in Traverse City.

Thank you to Mike Faulkner,  
Green Spot Pub  
for donating delicious  
apple pies for Father's Day!



Left: Roy & Marty Gunderson enjoying apple pie and celebrating Roy's 90<sup>th</sup> Birthday!

Right: Warm apple pie and vanilla ice cream, thank you to our kitchen for baking them!

This page is sponsored by: **Cranbrook Terrace Senior Community**

**FWF Eat Smart Menu**

**July 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Salad Bread Multi-Bean Salad Carrot Sticks Fresh Orange	2 Hamburger w/Bun Lettuce & Tomato Oven Roasted Potatoes Watermelon	3 Baked Ham Dinner Roll Sweet Potatoes Winter Blend Berry Fruit Cup	4 <b>CLOSED</b> <b>Independence Day</b>
7 Turkey Stew Biscuit Cabbage Slaw Corn & Lima Beans Mixed Fruit Cup	8 American Goulash Bread Broccoli/Cauliflower Salad Peas & Carrots Pineapple Gelatin	9 Chicken Pattie w/Bun Lettuce & Tomato Apricots Cookie	10 Sliced Turkey Dinner Roll Kidney/Chickpea Salad Squash Fruit Cocktail	11 Meatloaf Bread Baked Potato Corn Berry Fruit Cup
14 Salisbury Steak Brown Gravy /Dinner Roll Redskin Potatoes Kyoto Vegetable Pears	15 Spanish Rice Bread Fiesta Bean Salad Carrots Cherry Fruit Cup	16 Chicken Salad Bread Cucumber Salad Apple Slices Strawberry Shortcake	17 Smothered Chicken Breast Bread Carrot & Raisin Salad Italian Blend Watermelon	18 Lasagna / Dinner Roll Fruited Coleslaw Peas & Carrots Citrus Fruit Cup Graham Goldfish Cookie
21 Cabbage Roll Casserole Dinner Roll Leprechaun Fluff Carrots Graham Goldfish Cookie	22 Veal Parmesan Bread Tossed Salad Peas Peach Crisp	23 Baked Chicken Bread Broccoli Citrus Salad Baked Potato Tropical Fruit	24 Sloppy Joe w/Bun Multi-Bean Salad Oven Roasted Potatoes Cantaloupe Cookie	25 Egg & Cheese Casserole Cinnamon Roll Sausage Links / Potatoes Orange Juice Ambrosia Fruit Cup
28 Pulled Pork w/Bun Potato Salad Steamed Cabbage Tropical Fruit	29 Chili Breadstick Tossed Salad Crackers Fruit Cocktail Gelatin	30 Turkey Loaf Dinner Roll Pea Salad Roasted Potato Blend Mixed Fruit Cup	31 Fish Sandwich (Trout) w/Bun Cauliflower/Cabbage Salad Corn Michigan Fruit Cup	

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

July in Central Michigan is all about the parties and get-togethers. From family reunions to Sunday barbecues it's a time for sunshine and celebration! Here at the Rosebush Food with Friends site we're no different! We'll be celebrating Independence Day on the 2<sup>nd</sup>, Christmas in July on the 28<sup>th</sup> and we'll be eating cake to celebrate all our friends who are ringing in another year this month. So come on down to the Rosebush Manor to continue the smiles and laughter that July always brings!

**Rosebush JULY Calendar**

- 2 4<sup>th</sup> of July celebration  
Penny bingo

**Rosebush JULY Calendar cont.**

- 4 CLOSED Independence Day
- 7 Homemade Ice Cream
- 9 Penny bingo 1:00 p.m.
- 11 Good Times Band 1:00 p.m.
- Popsicles 2:00 p.m.
- 14 Bingo with prizes (courtesy of Hospice) 1:00 p.m.
- 16 Bingo with prizes (courtesy of The Laurels) 1:00 p.m.
- 18 The Whitfords 1:00 p.m.
- 21 Marble races 1:00 p.m.
- 23 Penny Bingo 1:00 p.m.
- 25 Music with Mark Baumann 1:00 p.m.
- 28 Christmas in July party 12:00 p.m.
- Peppermint milkshakes 1:00 p.m.
- 30 Monthly Birthday celebration 12:45 p.m.
- Crosswords & Word Searches 1:00 p.m.
- Penny bingo 1:00 p.m.

\*All activities are provided in conjunction with Rosebush Manor\*

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

**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

We are starting the 2<sup>nd</sup> half of the year. Take some time to appreciate our many freedoms. It was good to see George Jennings a few days ago. Thank you to Flora and my people for "running the show" while I was visiting my family. Celebrating a birthday this month are Carol Abbott, Larry Bourwas, Sue Beaudin and me. Come help us celebrate on June 9.

**Weidman JULY Calendar**

- |   |            |
|---|------------|
| 1 Postage Stamp - what is the cheapest you remember the price of a stamp? |            |
| 2 River Ramblers  | 10:00 a.m. |
| 3 Independence Day memories   |            |
| 4 CLOSED Independence Day   |            |
| 7 Chocolate day   |            |
| 8 Wear red (ruby is the gem for July)                                     |            |
| 9 River Ramblers/Birthday party   | 10:00 a.m. |
| 10 Wendy - nutrition topic  |            |
| 15 A.C. appreciation  |            |
| 16 River Ramblers   | 10:00 a.m. |
| 17 Nutrition - kitchen cleaning & safety                                  |            |
| Bingo   |            |
| 21 National junk food day   |            |
| 22 Old time remedies  |            |
| 23 River Ramblers   | 10:00 a.m. |
| 24 Card games   |            |
| 28 Milk chocolate day   |            |
| 30 River Ramblers   | 10:00 a.m. |

**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 on July 9 we will welcome back story teller, Caroline Kampf. July is blueberry month. Join us July 30 for our Blueberry Fest. Bring your blueberry recipes and memories and share some of your favorite blueberry treats. Are you a stamp collector or have a few favorite old stamps you have saved? Share some of your favorites with us July 18. A special thank you to Compassionate Care, last months sponsor of our bingo prizes and the

**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

The excitement here! The Dan Miller Band will start our month out with a BANG! Al Guthrie's band will be coming back too. Such a great line up of talent I can't hardly wait! Some haven't been here for a while - some just last month - so check your schedules. Who has more fun than us? Tell your neighbors, tell your friends! Proven fact - people are laughing, giggling and just smiling more when they leave. The Lenord's, Johnson's and Davis's will be coming in July. Please call 24 hours in advance to make your reservation. Until then stay healthy! I would personally like to say goodbye to Arlene Scramlin who passed away June 8.

**Winn JULY Calendar**

- |  |  |
|--|--|
| 2 Dan Miller band                              |  |
| 4 CLOSED Independence Day                      |  |
| 7 Birthday party w/ Benny & Nancy Lopez & band |  |
| 9 Rocky, Pat, John, Les, Vern, Roger band      |  |
| 14 The Johnsons, Bob & Jean                    |  |
| 16 Randy & Julie Davis                         |  |
| 21 Leon Seiter & Maxine Vadar                  |  |
| 23 Band - Al Guthrie                           |  |
| 28 Mark Roy & Mark Bauman                      |  |
| 30 Joyce & Phil Lenord                         |  |

great decorations they provided us with for our Ocean/Bean Celebration.

**Shepherd JULY Calendar**

- |  |  |
|--|--|
| 2 Board games/Crossword puzzles        |  |
| 4 CLOSED Independence Day              |  |
| 7 UV safety month topic                |  |
| 9 Carolyn Kampf the Story Teller       |  |
| 11 Bingo                               |  |
| 14 Range of motion, sit & fit exercise |  |
| 16 Euchre /Board games                 |  |
| 18 Stamp collectors day                |  |
| 21 Cards/Games                         |  |
| 23 Euchre /Board games                 |  |
| 25 Bingo                               |  |
| 28 Sit and fit exercise                |  |
| 30 Blueberry Fest                      |  |

**COA Activity Center**

2200 S. Lincoln Rd, Mt. Pleasant  
Meals: M - F, 8:00 a.m. - 4:30p.m.  
Megan Wedge, 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 July.

**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 JULY Calendar**

- |   |            |
|---|------------|
| 1 4 <sup>th</sup> of July craft project | 11:00 a.m. |
| 2 Mt. Pleasant WOW presentation         | 1:00 p.m.  |
| 3 Wear Red, White & Blue                |            |
| 4 CLOSED Independence Day               |            |
| 7 Nutrition Education                   | 11:30 a.m. |
| 9 Deal or No Deal w/Tendercare          | 11:15 a.m. |
| 11 Bingo w/Tendercare                   | 12:45 p.m. |
| 14 Wii Tennis Tournament                | 11:00 a.m. |
| 16 Music of Ted Bailey                  | 12:15 p.m. |
| 17 Jeopardy                             | 11:00 a.m. |
| 18 Crazy Hat day                        |            |
| Meijer Bingo                            | 12:45 p.m. |
| 22 Music w/Earl & Elaine Currie         | 11:00 a.m. |
| 23 Ice Cream invented on this day       |            |
| Minute to Win It                        | 11:00 a.m. |
| Ice Cream social                        | 12:45 p.m. |
| 24 *Antique Road Show                   | 10:00 a.m. |
| w/Lynette & Paul                        |            |
| 25 Bingo w/The Laurels                  | 12:45 p.m. |

\*Join us July 24 for a COA Antique Road Show! Bring some of your antique valuables between the hours of 10:00 a.m. and 12:00 p.m. Appraisers to tell you what it's really worth! Is it real or fake? *No cash exchange, appraisals only available. No art or coins will be appraised. Bring your glassware, jewelry, photos and books.*

## IN MEMORY OF

**Alma Armbrustmacher**  
Robert Armbrustmacher

**Ginger Claybaugh**  
Bonnie VanHorn

**Ida Downing**  
Bonnie VanHorn

**Carl Frick**  
Ruth Frick

**Nell Gillison**  
Cliff & Joyce Stacy

**Joe Lawrence**  
Dolores Lawrence

**Helen Lehnert**  
Clayton & Carol Garrett  
State Employees Retiree ASSN

**Ursal & Lavern Main**  
Carol Maxfield

**Margaret Arnold Nash**  
Virginia Kjolhede  
Theresa Turner

**Martin “Marty” Osborn**  
Darci & Jimmy Draper  
Nanci Osborn

**Frances Turnwald**  
Sharon A. Horgan

**Walter “Buck” VanHorn**  
Bonnie VanHorn

**Faye Kathleen Whitehead**  
Larry & Monica Davis  
Kieran J. Keenan  
Robert & Mary Owen

**Mary Lou Wilmot**  
Jack & Mary Lou Westbrook

**Joyce Zelesket**  
Anonymous

*Active LIVING in Memory of*

**Robert Brewer**  
Louise Lobsinger

### Caregivers Support Group

Our Caregivers Support Meeting will be Tuesday, July 15 in the Craft Room at COA, 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. Receive support, learn strategies for coping with challenging situations and get ideas that you can immediately implement. Handouts available. If you have questions please call COA at **(989) 772-0748**.

#### Legal Services

Lakeshore Legal Aid provides legal advice to people over age 60.

For an appointment call toll free:

**1-866-552-2889**

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

### 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!

### Donations to COMMISSION ON AGING

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*Transportation*

Richard & Jean Thomas

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Lorenza Worden



Campgrounds are open!

Let your 2014 Summer Memories begin with Isabella County Parks!



Contact the Parks Main Office to reserve your sites today, 989.317.4083

Email: [parks@isabellacounty.org](mailto:parks@isabellacounty.org)   
[www.isabellacounty.org/dept/parks](http://www.isabellacounty.org/dept/parks)

### Mt. Pleasant Historical Society

Mt. Pleasant Area Historical Society invites you to join them Tuesday, July 8 at 7:00 p.m. at the CMU Park Library Auditorium for a slide presentation and discussion of "Mt. Pleasant Oil Capital of Michigan: The First Oil Boom: 1928-1939" by Jack R. Westbrook, author of nine photo history books and one historical novel. Westbrook will draw upon his many books about and photos of Mt. Pleasant history and his rich knowledge of Michigan's oil and gas industry to explore the tone of the times during Mt. Pleasant's first oil boom. The presentation is part of the Clarke Historical Library's Summer Speakers and a reception will follow the presentation, where books will be available for sale and autographing.

### State Employee Retirement Association (SERA)

Presenters this month are from the Saginaw Chippewa Indian Tribe Water Quality Program from the Planning Department. They will be discussing several issues with the local rivers, as well as the discovery of the Chippewa River. The meeting will be at 1:30 p.m. on Tuesday, July 15 at the Commission on Aging, 2200 S. Lincoln Road. Following the presentation we will have our business meeting, 50/50 drawing and door prize. We hope all will be able to attend this informational meeting. If you have any questions, please call Jackie at (989) 772-0597 or [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com).

### COMMISSION ON AGING ADVISORY BOARD

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District 5	Open Position
District 6	Ken Kopke
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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 1<sup>st</sup> of each month. In order to complete the entire process we need to receive information for submission by the 10<sup>th</sup> 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.

*This page is sponsored by: your organization, contact COA at (989) 772-0748 for sponsorship opportunities*

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

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



**SWING into SUMMER**

Thursday, July 10  
 12:00 p.m., Room C  
 \$5.00 donation

Swing on over to Commission on Aging Activity Center and celebrate summer with us! Come dressed in your best vintage attire or come as you are. It's going to be fun no matter the dress. Just bring yourself and we'll do the rest!

Come enjoy lunch and music with the True Falsettos! \$5.00 donation includes lunch and entertainment. Call Megan at (989) 772-0748 at least 24 hours in advance to reserve your lunch.

**JULY 2014 ACTIVE LIVING**

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

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

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

**INSIDE July 2014 issue**

11 <sup>th</sup> Annual Golf Outing	1
Director's Comments	2
FY' 12-13 Annual Report	3
FY' 12-13 Annual Report	4, 5
Mission Moment	6
Ask a COA Specialist	6
COA Fitness Classes	6
SWING into SUMMER	7
Events/Classes at Activity Center	7
July Activity Calendar	8, 9
Travel Opportunities	10
More Travel	11
COA Thank You	11
FWF Menu & Activities	12, 13
Memorials and Donations	14
Advisory Board/Board of Directors	15

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