

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

CALLING all GOLFERS!

Commission on Aging needs your support for our Volunteer Mileage Program

Don't wait, register your team for our 11th Annual Golf Outing TODAY!

Not a golfer...no problem. You can still help! Sponsor a hole (\$100), Sponsor the meal (\$125), Donate a Raffle Prize

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

Skins game, \$15 per team



You won't want to miss the FUN! Includes 18 holes with cart, cash prizes for flights, breakfast, lunch, hors d'oeuvres, raffles & 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 \$10,000 Hole-in-One Contest, sponsored by Friends of Isabella Seniors.

For more information or to register your team contact Marcy Hosking at (989) 772-0748

Funds raised will be used for mileage reimbursement for our volunteer drivers

NEW Fitness Classes



Try it for FREE Aug. 12 & 14

Tuesdays & Thursdays August 19 - September 25 7:00 - 8:00 a.m. CMU Rose Pool \$36.00 for 6-week class

SPACE is LIMITED Registration begins Aug. 4 MUST pre-register at COA

Tai Chi for Arthritis

August 25 - October 2 Mondays & Wednesdays 5:30 p.m. - 6:30 p.m. Tuesdays & Thursdays 9:00 - 10:00 a.m. COA Fitness Room No Charge

SPACE is LIMITED
Registration begins Aug. 4
May register for up to 2 classes
MUST pre-register by calling
Marcy at (989) 772-0748

See page 7 for a complete list of exercise classes

Director's Comments

For my comments this month I want to extend a big thank you to Brenda Young, her Food 4 Paws Program and her work with the Commission on Aging. Her efforts have made the lives of many of our older adults happier, while improving the diets of their pets.

Brenda came to us and asked if the Commission on Aging would be interested in working with her to provide pet food for the dogs and cats of our Home Delivered Meals recipients. She would buy the dry dog and cat food, bring it to our building and we would have our volunteers take it when they delivered the Home Delivered Meals. The cost of the dog and cat food was covered entirely by Brenda. She sold special doggie treats that she and her mother made and distributed throughout the Mt. Pleasant area.

It has been a wonderful project and Brenda deserves all the thanks we can give. The clients that received the pet food were very grateful knowing the pets they loved were also receiving a good home delivered meal. The unfortunate thing is Brenda can no longer manage the Food 4 Paws project and we will no longer have the pet food available to distribute. We are sad about this, but we are grateful for the time and energy Brenda Young put forth in making a lot of our program participants happy.



Many of our elderly program recipients live alone. Their pets are especially important in their lives. In fact, animal companionship can dramatically improve the quality of life and may even have a positive impact on older adult's longevity. Pets have been found to decrease loneliness in the elderly, give a person something to care for, and something to stimulate some degree of exercise. Plus having a special pet will necessitate maintaining some kind of daily routine.

Many studies have been done over the years on the advantages of having a pet. They have found that many elderly people have discovered that pets satisfy their greatest needs, and trigger a reversal of many negative self-images. According to Dr. Leo Bustad, "Pets restore order to the basic lives of older adults, provide a more secure grasp of reality, and link their owners to a community of caring, concern, sacrifice, and intense emotional relationships."

A research study conducted in Melbourne, Australia at the Baker Medical Research Institute took place over a three year period of time and involved 5,741 people. Their results showed that pet owners had lower blood pressure and triglyceride and cholesterol levels than did non-owners – a result that could not be explained by such personal differences as cigarette smoking, diet, weight or socio-economic profile.

When further examining the results, researchers tried to determine if there was some factor other than pet ownership that was influencing the outcome. Not so. A look at lifestyle risk factors also failed to turn up any evidence that could have influenced the findings. The only noted difference was that pet owners reported that they were more physically active

In another recent study, researchers found that older adults who own pets visit doctors less often than those without four-legged friends. Pets have been shown to build self-esteem, increase mental alertness, and lift the spirits of people with Alzheimer's disease. Pet owners seemed more apt to cope by themselves, whereas people without pets went to the doctor 16% more often when faced with stressful situations.

Regardless of age, our pets enrich our lives and in many cases give our lives meaning and purpose. They are nonjudgmental and accepting, and they boost our egos because they simply think we are the greatest!

In closing I wish to once again thank Brenda Young for her kindness and generous spirit in the care of our four legged friends.

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

Save these Dates! Fall Caregiving Trainings October 7, 14 and 21

We will be offering three fall Caregiver Trainings. Matthew Romashko, Attorney at Law will talk about the needs of caregivers to plan ahead and get health, legal and financial documents in order. The second training, "How to Improve Your Communication Skills", the Naomi Feil Validation Method of Communication will be presented. For the final training representatives from local Assisted Living Facilities, Home Care Agencies, Adult Foster Care Homes, Extended Care Facilities and Adult Day care providers will provide information and education on their services. Please mark your calendars!

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

Mission Moment

As you get older and retire or move to a new community, you may not have as many opportunities to socialize as you did when you were younger. If you're not getting out and about each day, you may be missing out on important social interactions that may help you stay sharp and healthy.

There are many health benefits of social interaction:

- Reduces risk for cardiovascular problems, some cancers, osteoporosis and rheumatoid arthritis
- Reduces risk for Alzheimer's disease
- Lowers blood pressure
- Reduces risk for mental health issues such as depression

A few risks of social isolation include:

- Feeling lonely and depressed
- Being less physically active
- Having high blood pressure

Social interaction helps keep your brain from getting rusty and it is most effective when combined with an overall healthy lifestyle, including a nutritious diet and physical activity.

Commission on Aging (COA) offers many ways to become and remain socially and physically active and meet new friends:

- Volunteer at the COA. We offer a variety of volunteer opportunities.
- Come have fun and learn with us! We offer many special events and classes. See pages 3 & 4.
- Travel with us...meet new friends and discover new places. We offer a number of exciting, affordable travel opportunities. See pages 6 & 7.
- Stay physically active by participating in our Yoga, Tai Chi, Water Aerobics, Zumba Gold, Aerobics and Aqua Zumba classes. See page 7 for a complete list of fitness classes.
- Visit COA and participate in activities you enjoy; such as playing cards, dominoes, pinochle or bingo. Join our book club or amateur photography group; come learn to play an instrument with one of our many musical groups For a complete list of activities, see our calendar on pages 8 & 9.
- Join us for lunch. We offer a nutritious, well-balanced meal everyday at noon for a suggested donation of \$2.50 (for those over 60), \$5 for those under 60. Refer to our menu on page 10.

Staying socially active, maintaining relationships and meeting new friends plays an important part in healthy aging. Stay as vibrant, active and social as you've always been.

Marcy Hosking, Activity Program Coordinator

Ask a COA Specialist

Question: My father's health has been declining over the years. I believe he may need more care in the future, possibly even assisted living. I am concerned that his income may not support the additional care. He only receives Social Security and a VA pension.

Answer: There are many potential programs available depending on your father's circumstances. What caught my attention was the mention of your father receiving a VA pension. We would like to start by thanking your father for serving our country. VA is a large establishment with many services available to Veterans. If he is not connected with the VA Health System, we would suggest looking into their programs as a first step. One program in particular is called VA Aid and Attendance. This program pays for care in-home and in assisted livings. To qualify medically, a War-Time Veteran or surviving spouse must need the assistance of another person to perform daily tasks, such as eating, dressing, undressing, etc. There are other criteria such as income and asset limits that determine eligibility. For more information on VA Aid and Attendance or other VA programs, please contact Isabella County Veterans Affairs Director, Ian Welch at 317-4093.

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

Medicare Open Enrollment Volunteers Needed

The Isabella County Commission on Aging is recruiting new volunteers who are interested in a short term commitment. We are asking for support in assisting older adults with reviewing their prescription coverage. The COA will be holding trainings for new and returning volunteers, which will guide those interested through the open enrollment process. Volunteers need to have basic computer skills, type and are able to use the internet.

Trainings will be held in early October and will benefit both new volunteers and returning volunteers.

- ♦ No Experience necessary, although helpful
- ♦ Open Enrollment will run from October 15 December 7
- Great way to learn about prescription drug plans and upcoming changes

To register as a volunteer, please contact Ginny Cain at (989)772-0748.

Events/Classes at COA Activity Center



11th Annual Golf Outing

Friday, August 1
9:00 a.m. Shotgun Start (check in begins at 8:00 a.m.)
Pleasant Hills Golf Club
3 person team \$210

There's still time to get your team together for the 11th Annual Isabella County Commission on Aging & Friends of Isabella Seniors Golf Outing. You won't want to miss the FUN! The 3 person scramble includes 18 holes of golf with a cart, food, cash prizes, raffles 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 or to register your team contact Marcy at (989) 772-0748. Funds raised will be used for mileage reimbursement for our volunteer drivers.



Hawaiian Luau

Monday, August 4 12:00 p.m., COA Room C

Aloha! Wear your Hawaiian shirt and hula skirt. We'll provide the leis. It's gonna get Wackiki, in so many ways! We're having a LUAU! Come enjoy lunch with us. Lunch costs \$5 for those under the age of 60 and a suggested donation of \$2.50 for those over 60. Lunch includes meatballs, redskin potatoes, stewed tomatoes and pears. Call Megan at (989) 772-0748 at least 24 hours in advance to reserve your lunch.

Glamour Shots

Tuesday August 5 1:00 p.m., COA Room C

MMI of Mount Pleasant presents "Glamour Shots"! The group will take your photo, develop them and return them in just a couple of weeks. No need to register, just show up. Contact Megan at **(989)** 772-0748 for questions or more information.

Avoiding Estate Planning Mistakes

Wednesday, August 6
1:00 p.m. OR 6:30 p.m., COA Room B

The State Bar of Michigan licensed attorneys will present 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. Informational materials will be available to use as reference materials to make informed decisions about 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**.

Amateur Photography Group

Monday, August 11 6:00 p.m., COA Room B

Do you have a love for photography? Join our Amateur Photography Group. No need to register. just show up. Don't forget to bring your camera!

A Day at the Races

Tuesday, August 12 12:00 p.m., COA Room C

Heart Thumping...Hooves Stomping...A Hand Full of Hopes...Don't get left behind. Join us for a Day at the Races. Bet on your favorite horse, with the roll of the dice you might just be the lucky winner! Ladies, don't forget your hat and Gentleman grab your bowtie. Lunch costs \$5 for those under the age of 60 and a suggested donation of \$2.50 for those

over 60. Lunch includes breaded cod, bread, cabbage slaw, mixed vegetables and cantaloupe. Call Megan at (989) 772-0748 at least 24 hours in advance to reserve your lunch.



This page is sponsored by: Crestwood Village Assisted Living

Events/Classes at COA Activity Center

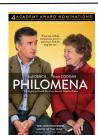
iPad Class

Tuesday, August 19 2:00 p.m., COA Room B No Charge

Ready to surf the web on your iPad? Find out how to navigate the Web using Safari, save bookmarks, find your browsing history and more. Bring your iPad, Apple ID and password. No reservation required.

Caregiver Support

Our Caregivers Support meeting will be **Tuesday, August 19** at the **Commission on Aging**, 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 COA at **(989) 772-0748.**



August Movie "Philomena"

Tuesday, August 26 12:45 p.m., COA Room B \$1.00 per person

Falling pregnant as a teenager in Ireland in 1952, Philomena Lee was sent to the convent of Roscrea to be looked after as a "fallen woman". When her baby was only a toddler, he was whisked away by the nuns to America for adoption. Philomena spent the next fifty years searching for him in vain. Then she met Martin Sixsmith, a world-weary journalist as cynical as Philomena was trusting. Together they set off for America on a journey that would not only reveal the extraordinary story of Philomena's son, but also the powerful bond that grew up between Philomena and Martin – a surprising relationship that was both profoundly moving and very funny. The film is a bitter-sweet comedy, a compelling narrative of human love and loss, and a heart-breaking story that ultimately celebrates life. Starring Judi Dench and Steve Coogan. (*Rated PG-13, 98 minutes*).

Contact Marcy at **(989) 772-0748** for your reservation. Let her know if you'd like lunch before the movie. Lunch includes American goulash, bread, broccoli/cauliflower salad, peas & carrots and pineapple gelatin. Lunch costs \$5 for those under the age of 60 and a suggested donation of \$2.50 for those over 60.

Identity Theft

Monday, August 25 4:00 p.m., Room B No Charge

Michigan's aging population faces increasingly complex decisions related to health care and financial matters. In response, the Attorney General's Consumer Protection Division has developed information resources including guides, fact sheets and how to's in order to assist in making complex decisions. Additionally older adults are often the targets of unscrupulous scam artists. To protect yourself and your loved ones from these scams, you should understand what they are, what they look like, how they work and what you can do to avoid them.

Join us for a presentation on Identity Theft. Valuable information will be provided on how to avoid falling victim to the fastest growing crime in America and what to do if you become a victim.

Please register by calling (989) 772-0748.



Euchre Party

Saturday, September 13
6:00 p.m. (registration begins at 5:00 pm)
COA, Room C
\$10 per person - advanced registration
\$15 per person - at the door

Fee includes snacks and beverages

CA\$H PRIZES! Prizes money based on number of players

NO Refunds. Must be 18 or older. No need to bring a partner, partners will be selected randomly

Stop by Commission on Aging to reserve your seat Payment due at time of reservation

Questions, contact Marcy at (989) 772-0748

Massage Therapy

Thursday, September 18
11 a.m. - 3:00 p.m.
COA Fitness Room
510 for a 15-minute massage

Come enjoy a relaxing massage with a registered massage therapist from Massage Central. To schedule your appointment, call Marcy at (989) 772-0748.

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

TRAVEL with COA



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

Featuring the Grand Luncheon Buffet

We will take the ferry from Mackinaw City to the island. 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 August 4 6 seats left!

Sunset Dinner aboard Appledore Tallships

DUE TO THE POPULARITY OF OUR JULY TRIP...WE HAVE SCHEDULED ANOTHER TRIP

Tuesday, September 9 \$96 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 motor coach transportation, dinner and entertainment.

Please reserve your seat by August 11

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



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

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

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

Fitness Class Questions

Contact Marcy at (989) 772-0748

Fitness Classes



Splash your way into shape with an invigorating low-impact aquatic workout. Aqua Zumba gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning, toning and most of all, exhilarating beyond belief.

Try it for FREE Aug. 12 & 14

Tuesdays & Thursdays
August 19 - September 25
7:00 - 8:00 a.m.
CMU Rose Pool
\$36.00 for 6-week class (12 classes)

SPACE is LIMITED Registration begins Aug. 4 MUST pre-register at COA

Instructor: Judi Swartz

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.

Try it for FREE Sept. 9 & 16

Tuesdays
September 23 - October 28
1:30 - 2:30 p.m., COA Fitness Room
6 classes for \$40 OR \$10 drop-in fee/class

Please bring your own mat Please pre-register at COA

Instructor: Katherine Tobin

Aerobics

Mondays, Wednesdays, Fridays 10:15 - 11:00 a.m., COA Fitness Room No Charge

Must have physician clearance & sign an informed consent & release form

Tai Chi for Arthritis (TCA)

An evidence-based tai chi created by Dr. Paul Lam and his team of medical experts. An enjoyable movement art that uses slow, gentle movements to improve balance, flexibility, strength and an overall sense of well being. Loose clothing and supportive shoes recommended.

August 25 - October 2 Mondays & Wednesdays 5:30 p.m. - 6:30 p.m., COA Fitness Room Tuesdays & Thursdays 9:00 - 10:00 a.m., COA Fitness Room No Charge

SPACE is LIMITED, MUST pre-register Registration begins Aug. 4 May register for up to 2 classes Call Marcy at (989) 772-0748 to register

Instructor: Ann Fitzgerald
Made possible by a grant from Area Agency on Aging

Zumba Gold

Designed for beginners and older adults using modified, low impact moves. Enjoy easy-to-follow moves you'll hardly notice you're exercising. An energizing workout that burns calories and tones muscles.

Thursdays 4:00 - 5:00 p.m., COA Fitness Room NEW price starting Aug. 28 12 classes for \$36

MUST purchase a punch card at COA prior to start of class

Instructor: Judi Swartz

Water Aerobics

Mondays, Wednesdays, Fridays 7:30 a.m. - 8:30 a.m., CMU Rose Pool

Must have physician clearance & sign an informed consent & release form

FEE STARTING SEPTEMBER 3
12 classes for \$12

MUST purchase a punch card at COA prior to start of class

This page is sponsored by: Mt. Pleasant Area Historical Society

Monday	Tuesday	Wednesday
Codes for rooms/lo A - Activity Room A B - Activity Room B C - Activity Room C F - Fitness room	v is listed on the calendar for reference. Craft - Arts & Crafts Room Lab - Computer Lab BR1 - Board Room CF - Conference Room Rose - Rose Pool	Food With Friends Monday thru Friday Noon in Activity Room C See our Menu on Page 10 Calendar Key: Telescope = Reservation Required \$ = Fee for Activity
4. 7:30 Water Aerobics (Rose)-CANCELED 10:15 Aerobics (F) 12:00 Hawaiian Luau ◆ (C) 1:00 Dominos & Pinochle (C) 5:30 Square Dancing (C)	5. 10:00 Country Music (C) 12:30 Banjos, Guitars, Mandolins (C) 1:00 Glamour Shots (C) 5:15 COA Advisory Board (BR1)	6. 7:30 Water Aerobics (Rose)-CANCELED 10:15 Aerobics (F) 1:00 Avoiding Estate Planning Mistakes (B) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 6:30 Avoiding Estate Planning Mistakes (B)
7:30 Water Aerobics (Rose) 8:30 FGP Back to School training (A,B) 10:15 Aerobics (F) 1:00 Dominos & Pinochle (C) 1:00 Reader's Theater (Craft) 1:00 Legal Services (CF) 6:00 Amateur Photography Group (B) 5:30 Square Dancing (C)	7:00 Aqua Zumba <i>Try it for Free</i> (Rose) 8:30 FGP Back to School training (A,B) 10:00 Country Music (C) 10:00 Needle Crafters (Craft) 12:00 Day at the Races ◆ (C) 1:00 CMU Bridge (Craft) 2:00 Intermediate Line Dancing (C)	7:30 Water Aerobics (Rose) 8:00 Mackinac Island trip \$♠ 8:30 FGP Back to School training (A,B) 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)
7:30 Water Aerobics (Rose) 10:15 Aerobics (F) 1:00 Dominos & Pinochle (C) 5:30 Square Dancing (C)	7:00 Aqua Zumba \$♠ (Rose) 8:30 Friends of Isabella Seniors (BR1) 2:00 iPad Class (B) 6:30 Caregiver Support Group (Craft)	7:30 Water Aerobics (Rose) 10:15 Aerobics (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)
7:30 Water Aerobics (Rose) 9:00 MAFGSCP Conf Committee (B) 10:15 Aerobics (F) 1:00 Dominos & Pinochle (C) 1:00 Legal Services (CF) 4:00 Identity Theft (B) 5:30 Square Dancing (C) 5:30 Tai Chi for Arthritis (F)	7:00 Aqua Zumba \$♠ (Rose) 9:00 Tai Chi for Arthritis (F) 12:45 Movie, "Philomena" (C) 1:00 CMU Bridge (Craft) 2:00 Intermediate Line Dancing (C)	7:30 Water Aerobics (Rose) 10:15 Aerobics (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 5:30 Tai Chi for Arthritis (F)

Thursday	Friday	Saturday
	7:30 Water Aerobics (Rose) 10:15 Aerobics (F) 12:45 Bingo, sponsor Woodland Hospice (C)	1. 2.
	11 th Annual Golf Outing @ Pleasant Hills Golf Club *Still time to register your TEAM*	
7 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$♦ (F)	7:30 Water Aerobics (Rose)-CANCELED 10:15 Aerobics (F) 12:45 Bingo, sponsor Tendercare (C)	8. 9.
7:00 Aqua Zumba <i>Try it for Free</i> (Rose) 8:30 FGP Back to School training (A,B) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$♠ (F)	7:30 Water Aerobics (Rose) 8:30 FGP Back to School training (A,B) 10:15 Aerobics (F) 12:45 Meijer Bingo (C) 6:00 Red Hat Strutters Dance \$ (C)	5. 16.
7:00 Aqua Zumba \$♠ (Rose) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 1:00 Second Hand Book Club (Lib) 4:00 Zumba Gold \$♠ (F)	7:30 Water Aerobics (Rose) 9:30 Water Aerobics Breakfast (A) 10:15 Aerobics (F) 12:45 Bingo, sponsor The Laurels (C)	2. 23.
7:00 Aqua Zumba \$♠ (Rose) 9:00 Tai Chi for Arthritis (F) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$♠ (F)	7:30 Water Aerobics (Rose) 10:15 Aerobics (F) 12:45 Bingo, sponsor The Laurels (C)	9. 30.

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

FWF Eat Smart Menu

August 2014

Monday	Tuesday	Wednesday	Thursday	Friday
				Baked Ham Bread Squash Beet Salad Pineapple
4 Meatballs Bread Redskin Potatoes Stewed Tomatoes Pears	5 Chicken Pattie w/Bun Lettuce and Tomato Cauliflower Watermelon Cookie	6 Roast Pork Dinner Roll Crunchy Vegetable Salad Sweet Potatoes Oatmeal Apple Crisp	7 Chop Suey Bread Brown Rice Broccoli Grape Banana Fruit Cup	8 Chicken/Broccoli/Cheese Bread Baked Potato Carrots Pineapple Gelatin
Pork Chop Bread Broccoli/Cauliflower Salad Company Potatoes Peach Crisp	Breaded Cod Bread Cabbage Slaw Mixed Vegetables Cantaloupe	13 Spaghetti Garlic Toast Tossed Salad Strawberry Shortcake	14 Baked Chicken Dinner Roll Roasted Potato Blend Brussels Sprouts Pumpkin Custard	15 Corn Chowder Breadstick Pea Salad Hard Cooked Egg Applesauce
18 Macaroni & Cheese Bread Beet Salad Green Beans Peaches	19 Chicken a la King Biscuit Kidney/Chickpea Salad Spinach Watermelon	20 Hamburger w/Bun Lettuce and Tomato Oven Roasted Potatoes Applesauce	21 Baked Ham Dinner Roll Sweet Potatoes Winter Blend Berry Fruit Cup	Chicken Salad Bread Multi Bean Salad Carrots Sticks Fresh Orange
25 Turkey Stew Biscuit Cabbage Slaw Corn & Lima Beans Mixed Fruit Cup	26 American Goulash Bread Broccoli/Cauliflower Salad Peas & Carrots Pineapple Gelatin	27 Chicken Pattie w/Bun Lettuce and Tomato California Blend Apricots Cookie	28 Sliced Turkey Dinner Roll Kidney/Chickpea Salad Squash Fruit Cocktail	29 Meatloaf Bread Baked Potato Corn Berry 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 passed in the blink of an eye! But isn't that how it always has been? Beautiful weather like this seems to carry us through the cold Michigan winters. So lets keep filling these days with warm summer fun and friendly faces!

In August we will keep busy making homemade ice cream. And of course, we will have frequent games of penny bingo as well as music to dance to. Maybe the Red Hat Strutters can show us some new moves! So come out and join us on Mondays, Wednesdays and Fridays to enjoy these dog days of summer while they last!

Rosebush AUGUST Calendar

- 1 Homemade Ice Cream
- 4 The Red Hat Strutters
- 6 Penny bingo
- 8 Good Times Band/Purple Cows
- 11 Picnic at Coldwater Lake
- 13 Penny bingo
- 15 Food with Friends picnic
- 18 Bingo w/prizes, courtesy of Hospice
- 20 Bingo w/prized, courtesy of The Laurels
- 22 Music with Greg Merwin
- 25 Birthday celebration Crosswords & word searches Penny bingo
- 27 Penny bingo
- 29 Dulcimer Music

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

^{*}All activities are provided in conjunction with Rosebush Manor

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

Greeting from "us folks" in the northwest corner of the county.

Summer isn't over; so bring yourself, bring a friend, meet new friends, enjoy a meal, throw in a game of some sort.

Help us celebrate birthdays July 13 for Mina Garrett and Tom Nulty.

Weidman AUGUST Calendar

- 5 Invite a friend for lunch/enjoy the AC
- 6 River Ramblers

10:00 a.m.

- 7 Try a new game
- 11 Wordsearch
- 12 Yard Sales what are your best finds?
- 13 River Ramblers 10:00 a.m. Birthday Party
- 14 Wendy, Clare Tendercare -Nutrition topic
- 19 Black cow root beer float day
- 10:00 a.m. 20 River Ramblers
- 21 Senior Citizen Day
- 25 2nd Hand Wardrobe Day
- 26 Nutrition topic food dating
- 27 River Ramblers 10:00 a.m.
- 28 Game of choice

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

Is it really August? This is a good month to come in! Our Birthday party starts with Leon Seiter & Maxine Vadar. Then with the Dan Miller Band! On this day grab a duck to see what luck you'll have. I want to say hello to Marcy Kenny. Hawaiian Luau is Aug. 8 with the Hawaiian ladies. For Mad Hatter day - I've collected some of the funniest hats for you to have your pictures taken in. Rocky King & friends are on the list too!

Winn AUGUST Calendar

- 1 Cards 10:30 a.m.
- 4 Birthday party
- 6 Dan Miller Band/Grab a Duck Day
- 8 Hawaiian Luau
- 11 Eric Schlegol & Ray Brown Mad Hatter day
- 13 Rocky King & friends
- 15 Cards 10:30 a.m.
- 18 Vicky Dexter
- 20 Pam & Terry Anderson
- 22 Cards 10:30 a.m.
- 25 Mark Ray & Mark Bauman
- 27 Harold Helman
- 29 Cards 10:30 a.m.

COA Activity Center

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

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 AUGUST Calendar

1 National Watermelon Day

1 Tradional Watermeron Bay			
Bingo	12:45 p.m.		
4 Nutrition Ed., "Food Dating"	11:30 a.m.		
5 Glamour Shots	1:00 p.m.		
6 Crossword Puzzles	11:00 a.m.		
7 Jeopardy	1:00 p.m.		
8 Book Lovers Day	11:00 a.m.		
Bingo	12:45 p.m.		
11 Nate Myers & Gene Harris	1:00 p.m.		
12 A Day at the Races	1:00 p.m.		
13 International Left Handers Da	y		
Deal or No Deal	11:15 a.m.		
14 Geography Bee	1:00 p.m.		
15 Meijer Bingo	12:45 p.m.		
18 Elvis movie	11:00 a.m.		
Elvis Social	1:00 p.m.		
19 Taboo (board game)	1:00 p.m.		
20 Memory Aerobics	11:00 a.m		
21 Shuffle Board	1:00 p.m.		
22 Bingo	12:45 p.m.		
25 Jeopardy	11:00 a.m.		
26 LRC Dice Game	1:00 p.m.		
27 Crossword Puzzles	11:00 a.m.		
28 *Photo of the Month Club	11:00 a.m.		
Ping Pong Tournament	1:00 p.m.		
*Join us for COA Photo of the Month	h Club! Each		
month we will have a different theme to inspire your			
photography. Amateurs and experts welcome!			

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

We are starting something new in Shepherd. Monday's in August we will be scrapbooking and working on any projects/ crafts you'd like. Bring your crocheting, knitting or photos to organize and share laughs and fun. Every other Friday we play bingo. Aug. 8, Masonic Pathways for bingo and prizes. Get out of the heat of the dog days of summer and come have some fun with us and your friends in Shepherd. Aug. 27 is National Dog Day. Do you have a favorite dog? Bring in photos to share.

Shepherd AUGUST Calendar

1	Nancy's birthday celebration	12:30 p.m.
4	Scrapbooking/projects	10:00 a.m.
6	National Friendship Day	
	Puzzles/trivia games	
	Euchre/Cribbage	10:00 a.m.
8	Bingo W/ Masonic Pathways	12:30 p.m.
11	Scrapbooking/projects	10:00 a.m.
13	Storyteller Carolyn Kampf	12:00 p.m.
15	Chinese checkers/card games	10:00 a.m.
	Scrapbooking/projects	10:00 a.m.
20	Root beer floats/Black Cow	12:30 p.m.
22	Bingo	12:30 p.m.
25	Scrapbooking/craft day	10:00 a.m.
27	National Dog Day, bring phot	o10:00 a.m.

29 Chinese checkers/card games 10:00 a.m.

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.

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

There is no Excuse for Elder Abuse and now Michigan has a hotline to report it. Abuse, neglect and self-neglect or older adults and those who are vulnerable due to a disability often go un-reported. If you suspect someone is being abused, neglected or financially exploited, call 1-855-444-3911.

State Employee Retirement Association (SERA)

Presenters for Tuesday, August 19 meeting will be from the Michigan Consumers for Healthcare. The meeting starts at 1:30 p.m. at Commission on Aging Activity Center in Mt. Pleasant. This is an informational meeting regarding the Affordable Care Act and other insurance issues. Following the presentation we will have our business meeting, 50/50 drawing and door prize. Hopefully you will be able to attend regarding these important issues. If you have any questions, please call Jackie Curtis at (989) 772-0597.

Mt. Pleasant Garden Club

The Mt. Pleasant Garden Club invites you to join them at COA in the Craft Room Monday, August 18 at 1:00 p.m. as member Carol Lauffer teaches us to make our own miniature garden, giving us something green to enjoy throughout the winter. Please bring a shallow container of a size that will fit nicely in your home.

Mt. Pleasant Historical Society

Join Mt. Pleasant Historical Society for a field trip to Marshall, MI and enjoy the Historic Home Tour and dinner at Turkeyville, Saturday, September 6. Each year the tour features six to eight historic homes, showcasing a diverse mix of architectural styles with construction dates ranging from the early 1800s to the 1900s. In addition, they open each of the following Marshall museums: the Honolulu House Museum, the G.A.R. Hall Museum, the Capitol Hill School Museum, the American Museum of Magic and Magic Library, the Governor's Mansion, the United States Postal Museum, and the Gasoline Museum at the interurban depot. Also included on a rotating basis are some the area's businesses located in historic buildings and historic churches. The Calhoun County Fairgrounds have also been included in the Home Tour, and while there are not historic "homes" located in this area, the Fairgrounds include the site and buildings of one of the oldest country fairs in Michigan. Located on "Capitol Hill," the fairgrounds has a craft show.

Includes motor coach transportation, full day pass to home tour, free all day on-and-off shuttle transportation to included attractions and dinner at Turkeyville. \$85 per person (MPAHS Members \$75). Must have reservation and full payment by Tuesday, Aug. 8. For more information call **(989) 854-4409**.

Those Volunteers at COA

Canes are first in line
That food comes with a smile
Items are placed in order
Not just in an awkward pile.

Coffee is replaced if needed
By the smiling volunteers
They recheck most all those seated
Be they far away or near.

So let's thank these volunteers
Each day they treat us fine
And remember that they serve us
On their gift of borrowed time.

Thanks from a grateful receiver

Written by Glenn DeFoe

Attention: Gold Key Needle Crafter Volunteers

The Commission on Aging has received an abundance of donated fabric and yarn for your use. Any size/type of quilt is okay. However, quilts need to be at least 36" by 45" and will be used as lap robes for older adults or quilts for children and infants.

Mittens are greatly needed this year! Please consider making mittens. We have a great selection of donated yarn for you to use. We always need afghans, walker bags, clothing protectors and hats, too.

If you are interested in volunteering and enriching the lives of those in need, please call Ginny Cain 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

Commission on Aging Gets Older Adults Up and Active

A body in motion tends to stay in motion. At least that's what Sir Isaac Newton tells us; and so does Michigan's Commission on Aging. Now, Central Michigan seniors are getting a chance to prove this theory while increasing their levels of physical activity thanks to several local Commissions on Aging. Through a grant from the Centers for Disease Control and Prevention and Central Michigan District Health Department (CMDHD), Commission on Aging (COA) facilities in Gladwin, Isabella, and Osceola counties are now able to offer a broader access to the 30 minutes of daily exercise suggested for our residents 65 and older by the Centers for Disease Control and Prevention.

"Staying active, walking or even just getting up and stretching, is an important part of remaining focused and healthy as we get older," says Heather Cole, Health Educator for the CMDHD. "We're happy to say that our partnerships with the Commissions on Aging are helping create policies where our older residents can do just that."

Each of the six counties covered by the CMDHD has its own Commission on Aging including Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Their main mission is to promote the health, independence and fulfillment of older adults and their families through coordinating and providing various services and opportunities.

To help our older neighbors, the programs provided through the partnership with CMDHD include a variety of physical activity opportunities. The Isabella County COA, for example, will be using their grant funds to enhance local walking paths with additional outdoor exercise equipment and space. In addition, collaboration with the Isabella Transit Authority will provide seniors with free rides to and from the senior center. Seniors from all over Isabella County will have access to this free service.

The Gladwin County COA plans to use its grant funding to purchase age-appropriate exercise DVDs, which will then be placed at each and every meal site within the county to allow seniors access to them. Along with this, they plan to train 4 staff members to lead group physical activity sessions at these meal sites. Osceola County's COA, too, is planning on training their staff members on the importance of physical activity in our older populations, and to create maps of other facilities throughout the county that offer opportunities for seniors, such as walking paths and work-out areas.

Studies show that more physical activity as we grow older can have a direct impact on our moods and mental agility, as well, keeping us sharper and more focused as we maintain a healthy lifestyle. "We all get older," concludes Cole, "and programs like this help us get there, and get there stronger."

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

If you would like an opportunity to get involved to increase wellness in your community, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan area. For more information visit our website at www.together-we-can.org or email us at Together-we-can.org or email us at <a href="mailto:Together-we-ca

This article has been brought to you by CMDHD.

Community Health Events

Ways To Relieve Foot Pain From Bunions and Hammertoes

Bunions and hammertoes deform toe joints causing inflammation and pain. The pain can make it difficult to walk limiting the ability to complete everyday tasks. Mobility continues to decline as the condition progresses and eventually affects ones quality of life. If you are looking for ways to alleviate the pain, join Podiatrist Mark Young, DPM for a discussion on treatment options. Learning about treatment options can help you choose the foot care that is best for you.

Tuesday, August 12, 6:00 -7:00 p.m. McLaren Central Michigan, FDJ Conference Room 1221 South Drive, Mt. Pleasant Call **(989)** 779-5606 to register

Treatment Options for Hip and Knee Arthritis

Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon Charles Lilly, MD to learn about options for relief. Learning about treatment options can ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee and hip replacement surgery will be discussed.

Thursday, August 14, 6:30 - 7:30 p.m. McLaren Central Michigan, FDJ Conference Room 1221 South Drive, Mt. Pleasant Call **(989) 779-5606** to register

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

Beginner Line Dancing 9:00 - 11:00 a.m. Call Marilyn for info (989) 644-5915 Donation, proceeds go to Wednesdays

Bingo 6:30 p.m. Sponsored by Weidman Business Association Call Karen for info (989) 644-2266

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

Thursdays
Euchre: 6:0

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

IN MEMORY OF

Alma Armbrustmacher

Robert Armbrustmacher

Dean Bissell

Janet Feltman

Doreen Christensen

Anonymous

Anna Ellis

Peter Ellis

Helen Heintz

Mary Jo Doyle

Virgie Jones

Geraldine K. Travis

Theda LaLone

Morval LaLone

Pete Lynch

Jim & Leorna Lynch

Kathleen McNeel

Gloria & Douglas Downhour

Carol Pifer

Donald & JoAnn Riley

Dr. George Stengien

Louise Plachta

Leo Wirth

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Faye Kathleen Whitehead

Anonymous Anonymous Michael & Jan Ball Michael & Helen Bragg Maurice Enders Rick & Paula Erskin Cleta Goodwin Mike & Karen Goodwin Terry & Linda Graf Rod & Diann Holt Gene & Sue Kushion Roger & Jean Lintemuth Janice Sebenick Bill & Judy Wall

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Shirley Klein

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Peggie Edmonds

Leona "Lea" Fussman

The children of Joe & Ida Fussman

Transportation in Memory of

Sally Holiday

Francis Silvers

Rose Silvers

Francis Silvers

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In Honor of Juanita Blystone Richard & Jean Thomas

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Margaret Crapo

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Community Groups

The following community groups meet at Isabella County Commission on Aging Activity Center (2200 S. Lincoln Rd., Mt. Pleasant):

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

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, 5:30 p.m., Room C

State Employee Retirement Association (SERA) 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

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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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11th Annual Golf Outing

There's still time to get your team together for the 11th Annual Isabella County Commission on Aging & Friends of Isabella Seniors Golf Outing. You won't want to miss the FUN, Friday, August 1 at Pleasant Hills Golf Club. The 3 person scramble is only \$210 per team and includes 18 holes of golf with a cart, food, cash prizes, raffles 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 or to register contact Marcy at (989) 772-0748.



AUGUST 2014 ACTIVE LIVING

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48858

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



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

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

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

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