

# Active LIVING

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September 2014

*Formerly the Isabella Senior News*

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging  
Friends of Isabella Seniors - 2200 South Lincoln Road, Mount Pleasant, MI 48858 - (989) 772-0748 - [isabellacounty.org/dept/coa](http://isabellacounty.org/dept/coa)

## An Afternoon with the



**Sunday, September 14  
4:00 p.m., Rooms A & B**

The Arbor Opera Theater, Ann Arbor's professional opera company, will feature artistic director Shawn McDonald and other guests in an afternoon concert of classical selections as well as songs from the American Songbook of luminaries such as Cole Porter, Richard Rodgers, Gershwin and others. Pianist Jacqueline Csurgai-Schmitt will accompany along with performing solos by Choin, Debussy and Rachmaninoff.

RSVP by calling COA at **(989) 772-0748**. Light refreshments served.

## Second Site Artist Show

**Saturday, September 6  
1:00 - 4:00 p.m., COA Rooms A & B**

The show is a presentation by Second Sight Artists who are students from Jeanne Fisher's drawing and painting classes. Featured in the event will be original works of drawing, oil and watercolor painting, ink and pastel. In addition to the artwork exhibited, there will be other creations such as prints and stationery available for purchase.

This will be the second event by this group of individuals, some of whom are recent learners and others who had not practiced art until the last few months or years. Please plan to attend this delightful exhibit of artwork and enjoy an opportunity to meet the artists.

Light refreshments will be served.

## 2014 Fall Caregiver Trainings

Commission on Aging is pleased to offer three trainings for caregivers. There are many resources in our community and we would like to help you become an informed caregiver and be better prepared to make decisions regarding your loved one's needs.

The first training, **October 7**, Matthew Romashko will talk about the need for caregivers to plan ahead and get health, legal and financial documents in order. He will discuss Durable Power of Attorney for Finance and Health Care, Guardianships and Conservatorships and why it is important to have these documents complete. There will be a question and answer session.

The second training, **October 14**, tips to making communication easier when working with the older and dementia populations will be presented. Three videos will be shown: I Only Hear When I see Your Face; The Naomi Feil Validation Method of Communication and Compassionate Touch, The Benefits and Effects.

The final training, **October 21**, representatives from local Adult Foster Care Homes, Assisted Living Facilities, Extended Care Facilities, Home Care Agencies and Adult Day Providers will provide information and education on their services. Meet the staff, ask questions and plan ahead for your individual situations.

The trainings are from **6:30 - 8:30 p.m.** at **Commission on Aging, 2200 S. Lincoln Rd. in Room B**. Refreshments will be provided. The trainings are free and open to all caregivers, professional staff and CMU students.

Call the Commission on Aging at **(989) 772-0748** to make a reservation. Reservation are not required but recommended.

**Director’s Comments**

On Friday, August 1<sup>st</sup> the Commission on Aging and Friends of Isabella Seniors held their 11<sup>th</sup> annual Golf Outing. The temperature was in the 80’s, the sun was out and for the 11<sup>th</sup> year in-a-row, it did not rain. We have been very fortunate where the weather is concerned

There are lots of steps in making a golf outing a success. To begin with, you have to look at who organizes the outing. Several of the COA staff members and some great volunteers take part in putting everything together, but usually one or two individuals take the lead and become the force that brings it all together. This year that force was Marcy Hosking, our Activities Coordinator. Again, Marcy didn’t do it all-by-herself, but she was the central force that brought it together, and she did it well. Especially when you figure this was the first time she had ever organized an outing. Again several staff members helped both in the organizational work, but there were many who showed up the day of the outing and pitched in with a lot of hard work.

Then of course there are our wonderful volunteers. The day of the event the volunteers help with everything from selling raffle tickets to sitting on the 16<sup>th</sup> hole waiting for someone to win that \$10,000 hole-in-one, which I am disappointed to say has never been won. One special group of volunteers that were new to the event this year were several members of the CMU Women’s Basketball Team. What a great group of young women. They arrived at 7:30am and stayed all day helping with set-up, bag pick-up, raffle ticket sales and clean-up. We thank all of them for their hard work; this includes Coach Sue Guevara and her staff for their support as well. The COA is very fortunate in the support we receive from our hundreds of volunteers. They continue to be the heart and soul of who we are as an agency and community resource. They help to make all our programs and special projects a success.

An additional factor in the success of our golf outing is the number of sponsors that support the event. The list is long can be seen in the acknowledgement ad we have placed in this edition of *Active Living*. There was also a “thank you” ad in the *Morning Sun*. We are so grateful for their support. The majority of them have been with us from the start, for 11 years.

Then there’s the golf course management and staff, starting with the care of the course and the greens, to the organization of the teams and the tallying of the scores. It has been great working with Pleasant Hills Golf Course, Joe Recker and his staff. They are part of the reason our golf outing is fun.

Oh yes, the golfers, without them there wouldn’t be a golf outing at all. This year we had 31 (3 person) teams. Many of them have played in our outings for all eleven years. They are loyal and they always seem to have fun and enjoy the day. They are a great group of people who support our programs and services.

This year we made approximately \$8,000 on our golf outing. The proceeds will go toward the reimbursement of our volunteers for the mileage they travel while delivering meals, taking a client to a doctor’s appointment or volunteering as a Foster Grandparent or Senior Companion. All of these are vital services that make the difference in the lives thousands individuals. In FY’2013 our volunteers drove over 168,000 miles. Our volunteers are a gift to the entire community.

We thank everyone for their support of this year’s COA golf outing and hope to see you next year on Friday, August 7, 2015 at Pleasant Hills Golf Course. Shotgun starts at 9:00 a.m....mark your calendar!

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



**11<sup>th</sup> Annual Golf Outing**





## Mission Moment

In order to keep our home delivered meals hot, we harness the power of nature. Inside each insulated food carrier taken out on the road by our wonderful volunteers and staff, you will find several hot pieces of granite. These “heat stones” are warmed up in the ovens in our kitchens, and keep the food nice and hot in the carriers as they make the trek to the homes of those in need. Nobody wants a lukewarm meal, so we reached out to the community to help us make sure everyone gets a nice hot meal this winter.

Thanks to Absolute Granite of Mount Pleasant, our home delivered meals will stay hotter than ever!

Absolute Granite has chosen to serve the community in this way, and for that we are thankful. We appreciate this generous, thoughtful and useful gift.

*Daniel Terhune, Nutrition Program Director*



## 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.

## Welcome to COA



Hi, I’m Daniel Terhune, and I am the new Nutrition Coordinator at the Commission on Aging. I have been a part of the team here for just about two months, and every day it gets better. We have some amazing people working and volunteering here at the COA, and I feel blessed to be working alongside them all.

I have lived and grown up all over the lower peninsula of Michigan, and have recently settled in Midland, with my wife Julia. Before I came to the Commission on Aging, I was the Chef & Cuisine Director at New Hope Valley Assisted Living, in Saginaw, MI. I have a long history working with food and long-term care. I have worked as a Certified Nursing Assistant and kitchen aide in several metro-Detroit nursing homes. I attended Schoolcraft College and I hold a bachelor’s degree in Nutrition and Food Science from Madonna University, in Livonia, MI.

I am interested in, and excited about making the meal programs as good as I can. I hope to improve including both the food quality and your experience. Please don’t hesitate to give me a call, write me a note or stop on by to let me know the good and the bad; and share your ideas for how we can improve. I am very excited to serve in Isabella County and I look forward expectantly to what the future holds.

## Caregiver Support

Caregivers Support meeting will be **Tuesday, September 16, 6:30 - 8:00 p.m., COA, Craft Room.** 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.

## Legal Services

Lakeshore Legal Aid provides legal advice to people over the age 60. For an appointment call toll free:

**1-866-552-2889**

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

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

Events/Classes at COA Activity Center

Murder Mystery  
‘Til Death Do Us Part’

Friday, September 12  
6:00 p.m., COA Room C



Join us for an evening of mystery. A night of love, marriage and murder! Will it be the jealous ex-boyfriend? The father of the bride who opposed the marriage from the start? The bridesmaid who longs to be a bride? As the night progresses, secrets will be revealed, motives exposed and your sleuthing skills will be put to the test. What will you say when it’s your turn to do the interrogating? Registration required. To reserve your seat, contact Megan at (989) 772-0748. Snacks provided. If interested in playing a character please contact Megan by September 8.



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. CASH PRIZES! Prize money based on number of players. NO Refunds. Must be 18 or older. No need to bring a partner, partners will be selected randomly. Contact Marcy at (989) 772-0748 to register.

Massage Therapy

Sept. 18, Oct. 16, Nov. 20, Dec. 18  
11 a.m. - 3:00 p.m.  
COA Fitness Room  
\$10 for a 15-minute massage

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

September Movie “Heaven is for Real”

Tuesday, September 23  
12:45 p.m., COA Room B  
\$1.00 per person

Todd Burpo is a small-town businessman, volunteer firefighter and pastor struggling to make ends meet in a tough year for his family. After his bright young son Colton is rushed to the hospital for emergency surgery, Todd and his wife Sonja are overjoyed by his miraculous survival. But they are wholly unprepared for what happens next. Colton recounts the details of his amazing journey with childlike innocence and speaks matter-of-factly about things that happened before his birth...things he couldn't possibly know. Todd and his family are then challenged to examine the meaning from this remarkable event. Based on a true story. Starring Greg Kinnear, Kelly Reilly, Thomas Haden Church. (Rated PG). Contact Marcy at (989) 772-0748 for your reservation. Let her know if you’d like lunch before the show. See lunch menu on page 10.

Fall Fashion Show

Tuesday, September 30  
11:00 a.m., Room C

Find out what’s in style this fall! Join us for a Fall Fashion Show sponsored by JCPenney and watch our models strut their stuff down the runway. No reservation required for show. If you would like to join us for lunch after the show, please contact Megan at (989) 772-0748. See page 10 for lunch menu.

An Evening with the  
Mountain Town  
Singers

Wednesday, September 24  
7:00 p.m., Room C

Come hear the delightful music and harmonizing sounds with the talented Mountain Town Singers! Reservations required. Call Commission on Aging at (989) 772-0748 to make your reservation. Light refreshments served.



Drawing  
for  
all Levels

Thursdays  
October 2 - November 20  
1:30 p.m., Craft Room  
\$50 (payable to instructor)

Bring photos or objects to draw  
Supplies needed:  
No. 2 pencil, eraser, drawing paper  
Instructor: Jeanne Fisher

Isabella County Commission on Aging & Friends of Isabella Seniors

11<sup>th</sup> Annual Golf Outing

Thank you sponsors, donors, golfers, volunteers and Pleasant Hills Golf Club staff for making our 11<sup>th</sup> annual Golf Outing such a great success!

Funds raised will benefit volunteer mileage reimbursement

Hole - in - One Sponsor

Friends of Isabella Seniors

Advertising Sponsor

Morning Star Publishing



Hole Sponsors

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Tim Hortons  
Brenda Upton & Barb  
Frankenfield  
*In Memory of  
Katie Slack, Lorraine Stout  
Mary Beth Upton*

Meal Sponsors

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Clark *family* Funeral Chapel & Cremation Service  
Crestwood Village Assisted Living  
Max & Emily’s Bakery Café  
Mt. Pleasant Farmers’ Market  
Starbucks

Monetary & Raffle Donors

Ace of Diamonds	Louise Plachta
Allied Hearing	<i>In Memory of Leonard E. Plachta</i>
Benjamin Moore & Co.	Pleasant Hills
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Doozies Ice Cream Place	Pizza King
Claudia M. Douglass, Ph.D.	Sacred Heart Parish
CMU University Events	Snow Snake Ski & Golf
Fabiano Brothers, Inc.	Sure Shot BBQ
Great Lakes Loons	Taco Boy
Isabella Bank	The CMU Bookstore
Cindy Kaliszewski, CPA, PLLC	The Diner
Krapohl Ford & Lincoln	The Golf Center
LaBelle Management	The Pines at Lake Isabella
Percha Paint & Wallpaper	Two Sisters
	University Recreation at CMU
	Valet Auto Care, Inc.

Congratulations to our Winners!

Championship Flite

1<sup>st</sup> Greg Fogle, Billy Hawkins,  
Ruben Moore  
2<sup>nd</sup> Wendy Folter, Anne McLellan,  
Dianna Pearsall  
3<sup>rd</sup> Lance Dexter, Barbara Jennings,  
Phil Jennings

First Flite

1<sup>st</sup> Terri Fussman, Kris Higgins,  
Vicki Naumes  
2<sup>nd</sup> Eric Fox, John McDonald,  
Mitchell Myler  
3<sup>rd</sup> Rachel Cole, Heather Parkhurst,



# TRAVEL with COA

## 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 motor coach transportation, tours, lunch and more!

Please reserve your seat by September 5

## 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 September 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 motor coach 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.**



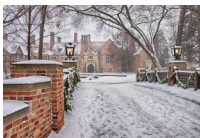
Enjoy fine dining with a hilarious table-side murder mystery. Be prepared to be part of the show in this intimate setting and WATCH OUT! You might even be the unfortunate soul who gets to be the VICTIM of their devious plot! (rated PG-13 of course). We'll be greeted at the platform by our conductor who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

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

CONTACT MARCY IF INTERESTED,  
SEATING IS LIMITED

## 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 in Rochester, MI. 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 in Auburn, MI.

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**

### Trip Questions

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

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

# TRAVEL Photos

Sunset dinner aboard the Appledore Tallships



Mackinac Island  
featuring buffet lunch at the Grand Hotel



# Fitness Classes

## Aerobics

Starting September 3  
Monday, Wednesday, Friday 10:15 a.m.  
classes CANCELLED until further notice  
Sorry for any inconvenience



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.

Tuesdays & Thursdays  
September 30 - November 6  
7:00 - 8:00 a.m.  
CMU Rose Pool  
\$36 for 6-week class (12 classes)

MUST pre-register at COA  
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  
12 classes for \$12  
MUST purchase a punch card at COA prior to start of class

## 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  
No need to register for FREE classes  
Must pre-register at COA for classes starting September 23

Instructor: Catherine Tobin



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  
12 classes for \$36

Expires 16 weeks after issue date  
MUST purchase a punch card at COA prior to start of class

Instructor: Judi Swartz

Monday	Tuesday	Wednesday
1.  Labor Day  CENTER CLOSED	2.  7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis ◆ (F) 10:00 Country Music (C) 12:30 Banjos, Guitars, Mandolins (B) 5:15 COA Advisory Board (BR1)	3.  7:30 Water Aerobics \$◆ (Rose) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 5:30 Tai Chi for Arthritis ◆ (F)
8.  7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 11:30 Nutrition Ed., “Fun Fiber Facts” (C) 1:00 Dominos & Pinochle (C) 1:00 Wheel of Fortune (C) 1:00 Reader’s Theater (Craft) 1:00 Legal Services (CF) 5:30 Tai Chi for Arthritis ◆ (F) 5:30 Square Dancing (C) 6:00 Amateur Photography Group (B)	9.  7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis ◆ (F) 10:00 Country Music (C) 10:00 Needle Crafters (Craft) 12:30 Banjos, Guitars, Mandolins (B) 1:00 Backyard Birding (C) 1:00 CMU Bridge (Craft) 1:30 Yoga “try it for free” (F) 2:00 Intermediate Line Dancing (C) 2:30 FGP/SCP Advisory Council (A)	10.  7:30 Water Aerobics \$◆ (Rose) 8:00 SCP Quarterly Training (A) 9:00 Art Group (Craft) 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) 5:30 Tai Chi for Arthritis ◆ (F)
15.  7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 11:00 Minute to Win It (C) 1:00 Dominos & Pinochle (C) 5:30 Tai Chi for Arthritis ◆ (F) 5:30 Square Dancing (C)	16.  7:00 Aqua Zumba \$◆ (Rose) 8:30 Friends of Isabella Seniors (BR1) 9:00 Tai Chi for Arthritis ◆ (F) 11:30 You be the Judge (C) 1:30 Yoga “try it for free” (F) 2:00 iPad Class (B) 6:30 Caregiver Support Group (Craft)	17.  7:30 Water Aerobics \$◆ (Rose) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 5:30 Tai Chi for Arthritis ◆ (F)
22.  7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 11:00 Memory Activities (C) 12:15 On the Rox: CMU Acapella (C) 1:00 Dominos & Pinochle (C) 1:00 Legal Services (CF) 5:30 Tai Chi for Arthritis ◆ (F) 5:30 Square Dancing (C)	23.  7:00 Aqua Zumba \$◆ (Rose) 8:00 Feet on the Street trip \$◆ 9:00 Tai Chi for Arthritis ◆ (F) 11:00 Splatter Paint craft (C) 12:45 Movie, “Heaven is for Real” (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)	24.  7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 1:00 Bridge, Euchre, Pepper (C) 1:00 Detroit Tigers game on big screen (C) 1:00 Happy Ripper Quilters (Craft) 2:00 Receptionist Training (B) 5:30 Tai Chi for Arthritis ◆ (F) 7:00 Mountain Town Singers (C)
29.  7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 12:00 Movie, “Chaplin” (C) 1:00 Dominos & Pinochle (C) 5:30 Tai Chi for Arthritis ◆ (F) 5:30 Square Dancing (C)	30.  7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis ◆ (F) 11:00 Fall Fashion Show (C) 1:30 Yoga \$◆ (F)	



Thursday	Friday	Saturday
4. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis ◆ (F) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C)	5. 7:30 Water Aerobics \$◆ (Rose) 10:30 YouTube Chair Exercise (C) 12:45 Bingo, sponsor Woodland Hospice (C)	6. 1:00 Second Site Artist Show (A,B)
11. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis ◆ (F) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 LRC game (A) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	12. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Tendercare (C) 6:00 Murder Mystery, ‘Til Death do us Part’ ◆ (C)	13. 6:00 Euchre Party \$◆ (C)    14. 4:00 An Afternoon with the Arbor Opera Theater ◆ (A,B)
18. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis ◆ (F) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 11:00 Massage Therapy \$◆ (F) 1:00 Beginner Line Dancing (C) 1:00 Second Hand Book Club (Lib) 4:00 Zumba Gold \$◆ (F)	19. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor A&D Home Health (C) 6:00 Red Hat Strutters Dance \$ (C)	20.
25. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis ◆ (F) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Photo of the Month group (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	26. 7:30 Water Aerobics \$◆ (Rose) 8:30 FGP/SCP In-Service (A,B) 10:00 Jam Session (Craft) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor The Laurels (C)	27.
<i>The room/location for each activity is listed on the calendar for reference.</i> <i>Codes for rooms/locations are as follows:</i>  A - Activity Room A      Craft - Arts & Crafts Room      CF - Conference Room B - Activity Room B      F - Fitness room      BR1 - Board Room C - Activity Room C      Lab - Computer Lab      Rose - Rose Pool		Food With Friends Monday thru Friday Noon in Activity Room C See our Menu on Page 10  <i>Calendar Key:</i> ◆ = Reservation Required \$ = Fee for Activity

FWF Eat Smart Menu

September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>CLOSED Labor Day</div> <div>No Meal Delivery</div>	<div>2</div> <div>Salisbury Steak Dinner Roll Redskin Potatoes Kyoto Vegetable Pears</div>	<div>3</div> <div>Spanish Rice Bread Fiesta Bean Salad Carrots Cherry Fruit Cup</div>	<div>4</div> <div>Pulled Pork w/Bun Potato Salad Green Beans Peaches</div>	<div>5</div> <div>Lasagna Dinner Roll Fruited Coleslaw Peas &amp; Carrots Citrus Cup / Cookie</div>
<div>8</div> <div>Cabbage Roll Casserole Dinner Roll Leprechaun Fluff Carrots Graham Goldfish Cookie</div>	<div>9</div> <div>Veal Parmesan Bread Tossed Salad Peas Peach Crisp</div>	<div>10</div> <div>Baked Chicken Bread Broccoli Citrus Salad Baked Potato Tropical Fruit</div>	<div>11</div> <div>Sloppy Joe w/Bun Multi-Bean Salad Oven Roasted Potatoes Cantaloupe Cookie</div>	<div>12</div> <div>Egg &amp; Cheese Casserole Cinnamon Roll Sausage Links / Potatoes Orange Juice Ambrosia Fruit Cup</div>
<div>15</div> <div>Chili Corn Bread Tossed Salad Crackers Cinnamon Applesauce</div>	<div>16</div> <div>Chicken Salad Bread Cucumber Salad Apple Slices Strawberry Shortcake</div>	<div>17</div> <div>Turkey Loaf Dinner Roll Pea Salad Roasted Potato Blend Mixed Fruit Cup</div>	<div>18</div> <div>Fish Sandwich (Trout) w/Bun Cauliflower/Cabbage Salad Corn Michigan Fruit Cup</div>	<div>19</div> <div>Baked Ham Bread Squash Beet Salad Pineapple</div>
<div>22</div> <div>Meatballs Bread Redskin Potatoes Stewed Tomatoes Pears</div>	<div>23</div> <div>Chicken Pattie w/Bun Lettuce and Tomato Cauliflower Watermelon Cookie</div>	<div>24</div> <div>Roast Pork Dinner Roll Crunchy Vegetable Salad Sweet Potatoes Oatmeal Apple Crisp</div>	<div>25</div> <div>Chop Suey Bread Brown Rice Broccoli Grape Banana Fruit Cup</div>	<div>26</div> <div>Chicken/Broccoli/Cheese Bread Baked Potato Carrots Pineapple Gelatin</div>
<div>29</div> <div>Pork Chop Bread Broccoli/Cauliflower Salad Company Potatoes Peach Crisp</div>	<div>30</div> <div>Breaded Cod Bread Cabbage Slaw Mixed Vegetables Cantaloupe</div>			

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

Milk provided with all meals  
Suggested Donation \$2.50

Rosebush Village of Rosebush Manor

4210 E. Rosebush Rd., Rosebush  
Meals M, W, F, 10:00 a.m. - 2:00 p.m.  
Katie Showers, Site Mgr., (989) 433-0151

Ah, the crisp chill of fall will soon be in the air! Whether you look forward to or dread the upcoming white stuff, we hope you come on out to Rosebush to spend some of these last few nice days of the season with good food and friends. Never been to lunch at the Rosebush Food with Friends meal site? Come on out on Monday, September 15 for a preview of what we do here (make sure to reserve your place at least 24 hours in advance). We'd love to see old friends and new faces! Can't make it on the 15<sup>th</sup>? Then why don't you drop in and say "Ahoy Monday, September 22 for our annual Pirate Party? It promises to be a great adventure on the high seas of Rosebush!

Rosebush SEPTEMBER Calendar

1	CLOSED - Labor Day	
3	Penny Bingo	1:00 p.m.
5	National "Be Late for Something" day	
8	Bingo w/prizes, courtesy of Hospice	1:00 p.m.
10	Penny Bingo	1:00 p.m.
12	Good Times band	1:00 p.m.
	Chocolate milkshakes	2:00 p.m.
15	Bring a Friend BBQ	1:00 p.m.
17	Bingo w/prizes, courtesy of The Laurels	1:00 p.m.
19	The music of Ted Bailey	1:00 p.m.
22	Pirate Party	1:00 p.m.
24	Penny Bingo	1:00 p.m.
26	Apple print crafts	1:00 p.m.
29	Monthly Birthday Celebration	12:45 p.m.
	Crossword & Word Searches	1:00 p.m.

\*All activities are provided in conjunction with Rosebush Manor

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

Weidman Senior Center

3453 N. School Road, Weidman  
Meals M - F, 9:30 a.m. - 1:30 p.m.  
Marjie Evans, Site Mgr., (989) 644-2538

September - the first fall color is yellow. Watch for school busses and help keep our kids safe.

September is self-improvement month, so keep as active as health allows.

Our birthday part for Duane McIntyre and Marie Smith will be Wednesday, September 24

Weidman SEPTEMBER Calendar

- 1 CLOSED - Labor Day
- 3 River Ramblers 10:00 a.m.
- 4 Find a good book in library to read
- 9 Fun Fiber Facts
- 10 River Ramblers 10:00 a.m.
- 11 Clare Tendercare - krill oil Patriot Day
- 16 Invite family members for lunch Walk around the building
- 17 River Ramblers 10:00 a.m.
- 18 Eat an apple
- 22 1<sup>st</sup> Day of Autumn
- 23 Cards
- 24 River Ramblers 10:00 a.m. Birthday party
- 25 Did you send or receive love notes
- 30 Wear a hat day

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

September 17, Carol Miller, Master Gardener from Isabella County who has traveled all around the world will present “Gardens of France”. Please join us, it will be spectacular!

Shepherd SEPTEMBER Calendar

- 1 CLOSED - Labor Day
- 3 Chinese checkers, Cribbage, cards 10:00 a.m.
- 5 Puzzles, Trivia, Euchre, Cribbage 10:00 a.m.
- 8 Scrapbooking, other projects 10:00 a.m.
- 10 Crossword puzzles, board games, 10:00 a.m.
- 12 Bingo 12:30 p.m.
- 15 Chinese checkers, board games, 10:00 a.m. cards
- 17 Carol Miller, “Gardens of France” 12:30 p.m.
- 19 Cards 10:00 a.m.
- 22 Scrapbooking, crafts 12:30 p.m.
- 24 Chinese checkers, board games, 10:00 a.m. cards
- 26 Bingo 12:30 p.m.
- 29 Scrapbooking, crafts 10:00 a.m.

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

Fall is coming but we aren’t really ready! There are still festive times to be had. This month we will have breast cancer awareness day to remember our loved ones. National Honey Bee Day is this month. This is my 3<sup>rd</sup> year Anniversary, so it’s possible there will be some kind of surprise in store! Stop in for a great meal & great bands! Special thanks to Sue Courington, Becky Prominski & Stephanie Morrow for making our Luau special again this year!

Winn SEPTEMBER Calendar

- 1 CLOSED - Labor Day
- 3 Dan Miller Band
- 5 Cards
- 8 Birthday Party w/Ray Brown & Erick Schlegale
- 10 Rocky King & The Band
- 12 Cards
- 15 Benny & Nancy Lopez Breast Cancer Awareness Day
- 17 Bob & Jean Johnson
- 19 Cards
- 22 Randy & Julie Davis, Honey Day
- 24 Leon Seiter
- 26 Cards
- 29 Mark Bauman & Mark Day

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 for additional activities and events for the month of September.

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 SEPTEMBER Calendar

- 1 CLOSED - Labor Day
- 2 Country Music 11:15 a.m.
- 4 Jeopardy 11:00 a.m.
- 5 YouTube Chair Exercis 10:30 a.m.
- Bingo w/Woodland Hospice 12:45 p.m.
- 8 Fun Fiber Facts 11:30 a.m.
- Wheel of Fortune 1:00 p.m.
- 9 Country Music 11:15 a.m.
- Backyard Birding 1:00 p.m.
- 10 Deal or No Deal 11:15 a.m.
- 11 Jeopardy 11:00 a.m.
- LRC game 1:00 p.m.
- 12 Bingo w/Tendercare 12:45 p.m.
- 15 Minute to Win It 11:00 a.m.
- 16 You Be the Judge 11:30 a.m.
- 18 Jeopardy 11:00 a.m.
- 19 Bingo w/A&D Home Health 12:45 p.m.
- 22 Memory Aerobics 11:00 p.m.
- On the Rox, CMU Acapella 12:15 a.m.
- 23 Slpatter Paint Craft 11:00 a.m.
- 24 Detroit Tigers Day 1:00 p.m.
- 25 Photo of the Month Mtg. 11:00 a.m.
- 26 Bingo w/The Laurels 12:45 p.m.
- 29 Movie, “Chaplin” 12:00 p.m.
- 30 Fall Fashion Show 11:00 a.m.



## Why Review your Medicare Part D Prescription Plan?

This is the only time each year that *all* people with Medicare can join or change their Medicare prescription drug plan. **Even if you like your current Medicare drug plan, it is strongly recommended that you review your plan for the upcoming year.** You may be able to save time, money and frustration by choosing a plan with possibly lower premiums and fewer restrictions.

Here are a few frequently asked questions that may be able to answer your specific concerns.

### How may my plan have changed?

Your current plan may have changed:

- The monthly premium
- The annual deductible
- The co-payments to your pharmacy
- The formulary (list of covered medications)

### What do I have to do if I decide I want to stay in my current plan for 2015?

You are not required to do anything. You will stay enrolled in your current Part D plan unless you sign up for a new plan, or your plan is no longer renewing its Medicare contract (you will receive a letter from your plan if it is no longer being renewed).

### What if I change plans and decide I do not like my new plan?

Changes can only be made during Open Enrollment October 15 – December 7 for most people. You will not be able to cancel the plan until the next Open Enrollment. Low income beneficiaries meeting certain criteria may change their plan throughout the year.

### What if I did not join a Part D plan when I was first eligible, but would like to join now?

You can enroll in a plan during the Annual Open Enrollment. You may have to pay a penalty for enrolling late.

### How do I receive help to compare plans for 2015?

You can call the Commission on Aging at **(989) 772-0748, beginning October 1** to schedule an appointment with one of our trained volunteer counselors. Sessions are available for Isabella County residents 60 years of age and older and are by **APPOINTMENT ONLY**. There is no cost for the sessions, although donations to the agency are welcomed. You can also call **1-800-MEDICARE** or go to [www.Medicare.gov](http://www.Medicare.gov) during the Open Enrollment Period.

## Weidman Activities

Weidman Community Center, Bridge St.

### Mondays & Tuesdays

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

Low Impact Exercise  
11:30 a.m.

Bring your own resistance  
band

Beginner Line Dancing  
9:00 - 11:00 a.m.  
Call Marilyn for info  
**(989) 644-5915**

Donation, proceeds go to  
WCC

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



### 7<sup>th</sup> Annual Art From Our Parks

Saturday, September 27

Noon – 4 pm



Contact the Parks Main Office  
for more information!!

989.317.4083

Email: [parks@isabellacounty.org](mailto:parks@isabellacounty.org)

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

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

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

## Community Health Events

### Women Battling Cancer Can Look Good . . . Feel Better

Discover hands-on instruction on makeup, skin care, nail care, and suggestions for using wigs, turbans and scarves. This free program is facilitated by trained, licensed cosmetologists. Join Headliners Salon Stylists. Contact the American Cancer Society at **1-800-227-2345** to register.

Monday, September 8, 9:30 - 11:30 a.m.  
Morey Cancer Center  
1221 South Drive, Mt. Pleasant

### The Plant Based Diet: Making Healthier Choices

Eating meatless meals even one or two days a week can improve your overall health. The plant-based diet is linked to a reduced risk of developing heart disease and diabetes. It is associated with lower blood pressure, cholesterol and prevalence of obesity. People who adapt their diet to follow this eating plan usually decrease fat calories, consume less overall calories and more fiber which can help with weight loss. Enticed? Get the knowledge you need from our Registered Dieticians on ways to include plant-based menu options in your healthy meal plan. Find out what constitutes a plant-based diet, products available to create your meals and how to make tasty dishes. You will have the opportunity to sample several menu options. Call **(989) 779-5606** to register

Thursday, September 11, 6:00 - 7:00 p.m., \$5  
McLaren Central Michigan, FDJ Conference Room  
1221 South Drive, Mt. Pleasant

### Learn About Swallowing/ Dysphagia Therapy

Dysphagia is difficulty swallowing and may occur at any age, from birth through the adult years. People with dysphagia may experience coughing or choking when eating or drinking, difficulty managing a normal diet or health concerns related to their swallowing problems. A certified Speech-Language Pathologist can develop individualized evaluation and treatment plans for patients with dysphagia to help improve ability to eat and quality of life. Join MCM's Speech-Language Pathologist for a discussion on treatment options including Vital-Stim Therapy. Call **(989) 779-5606** to register

Tuesday, September 16, 10:30 a.m. - 12 p.m.  
McLaren Central Michigan, FDJ Conference Room  
1221 South Drive, Mt. Pleasant

### Joint Replacement Program

McLaren Central Michigan offers an all-inclusive joint replacement program for individuals planning or considering a total joint replacement. The program features a planned course of treatment that places a strong focus on wellness and education, not sickness. If you would like to learn more about the joint replacement process, contact our Joint Replacement Coordinator, Beth Nesbitt, RN. Call **(989) 779-5651** for dates and times and to register.

## State Employee Retirement Association (SERA)

The meeting Tuesday, September 16 will be the annual Pizza Party. **PLEASE REMEMBER THE PARTY WILL BEGIN AT NOON.** All food will be provided and there will be liquid refreshments or you may bring your own. There will be card bingo, 50/50 drawing and the usual door prize. We hope all will be able to attend. The party will be at the Commission on Aging, Room A, 2200 S. Lincoln Road. If there are any questions, you may contact Janet Fussman or call Jackie Curtis at **(989) 772-0597** or [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com).

## Mt. Pleasant Garden Club

The Mt. Pleasant Garden Club invites you to join us as we enjoy a program about Monarch butterflies on Monday, September 15 at 1:00 p.m. in Room A at the COA. The program will be presented by Jeanne Henderson who is an Interpretive Naturalist for the Chippewa Nature Center in Midland.

## Mt. Pleasant Area Historical Society

The Mt. Pleasant Area Historical Society, will hear a presentation on the history and operation of the Community Cancer Services of Isabella County from CCS President Harold Cook at the Society's Tuesday, September 9 meeting.

The Community Cancer Services of Isabella County began in 1982 and offers services to local cancer victims in need of limited financial aid for transportation, etc.

The general public is invited and encouraged to attend the program and, if desired, the Historical Society's brief business meeting following the speaker. The meeting will begin at 8:00 p.m. in Room A at the Isabella County Commission on Aging Building at 2200 South Lincoln Road, Mt. Pleasant.

Note the change in meeting date.

## Chippewa Valley Audubon

Chippewa Valley Audubon presents Native Plants with Jeanne Henderson, Mid-Mitten Chapter of Wild Ones, Wednesday, September 10, 7:00 p.m. at Veterans Memorial Library. Jeanne will discuss the importance of using native plants in home landscapes. Refreshments provided.

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

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State Employees Retiree  
Association (SERA)

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**Leona “Lea” Fussman**  
The children of  
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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

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District 5	Open Position
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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 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.

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Send to: Friends of Isabella Seniors (COA) 2200 S. Lincoln Rd. Mt. Pleasant, MI 48858		Please make checks payable to: <i>Friends of Isabella Seniors</i>	

## An Afternoon with the Arbor Opera Theater

Join us **Sunday, September 14, 4:00 p.m.** at Commission on Aging Activity Center and enjoy the sounds of the Arbor Opera Theater. Ann Arbor’s professional opera company, will feature artistic director Shawn McDonald and other guests in an afternoon concert of classical selections as well as songs from the American Songbook of luminaries such as Cole Porter, Richard Rodgers, Gershwin and others. Pianist Jacqueline Csurgai-Schmitt will accompany along with performing solos by Choin, Debussy and Rachmaninoff.

RSVP by calling COA at **(989) 772-0748**. Light refreshments served.

## SEPTEMBER 2014 ACTIVE LIVING

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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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