

# Active LIVING

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*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)

## HOWLING GOOD TIME



**Saturday, October 25  
10:00 a.m.  
Commission on Aging**

Ghosts, Goblins, Superheroes  
and Princesses, COA is the place to be!

Join us for a Howling Good Time

An afternoon of “pumpkin hunting”,  
monster mashing, goodie gobbling and spooky fun!



Dress in your favorite costume and bring a bag for your treats

Fun and safe for all ages!  
Grandparents bring your Grandchildren!

RSVP by calling COA at **(989) 772-0748**

 Face-Painting  Games 

Treats  Prizes

 “Pumpkin Hunt” 

## Holiday Bazaar & Craft Show

**Saturday, November 8  
9:00 a.m. - 2:00 p.m.**

Contact Marcy at **(989) 772-0748** for  
more information or if you are  
interested in being an exhibitor

Featuring a unique collection  
of hand-made products by  
local artisans

The perfect place to purchase  
your Holiday gifts or indulge  
yourself!

Also featuring a **Bake Sale**  
and **Quilt Raffle**

## Daniel Breidenstein Living Memorial Auction



**Saturday, November 1  
4:00 p.m.  
The Bird Bar & Grill  
223 S. Main, Mt. Pleasant**

Give your neighbors a helping hand and donate or just  
come and enjoy the fun!

All auction proceeds will benefit Isabella County Commission  
on Aging Volunteer Mileage Reimbursement. Last year COA  
Volunteers drove 190,000 miles to assist older adults.

## An Afternoon with the



**Sunday, November 2  
4:00 p.m.**

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

### Director’s Comments

Recently there was an article in the Morning Sun about the Commission on Aging closing the Shepherd Food with Friends Congregate Meal Site. Our first Congregate Meal site opened in October of 1973 and it was difficult to even have to think about closing a meal site.

However, when you take State and Federal funding for a grant program, you also have to comply with a lot of rules and regulations. For our Congregate Meals Program one of the rules is the average number of daily participants. It reads as follows:

“Each site must serve meals at least three days per week with a minimum annual average of 25 participants per serving day.”

There is an exception to this rule when the service provider also operates a Home Delivered Meals Program. That rule reads as follows:

“When the service provider also operates a home-delivered meals program, meals sent from that site may be counted towards the 25 meal per day service level.”

With that said, I had made the decision to close the Shepherd Meal Site. It wasn’t easy nor was it popular, but it was ultimately my decision based on meal participant levels. Once that decision had been made known I was asked to meet with some of the Shepherd participants to see if they could change my mind. So I did, and yes I changed my mind, at least for six months.

On Monday, September 15, I sat down with 12 wonderful people who care a great deal about each other and their meal site. We had lunch together and we discussed the situation and what would have to happen to stop the closure of their site.

To start with I told them about their participation levels. From January 2014 to the end of July 2014 the average number of participants on a daily basis was 4.5 individuals. The month of May was their best month where their average went up to 6 people per day. That month they had one day where they had 16 individuals attend, and another day at 14, but those numbers were not sustained. If we were to add in the Home Delivered Meals the average per day went up to 21 participants. We still miss the required 25 per day average.

When a decision is made it’s hard not to consider those your choice will affect. You have to think about the rules and guidelines, and of course the cost of keeping the site open. The cost of staffing a site and the rent we pay to the building’s landlord. But really, the most important part in this total equation are the individuals we serve. And as I said, I did change my mind.

We decided that we would give it another six (6) months. We agreed that everyone would work at encouraging more people to attend the Shepherd meal site. We agreed that we would all do more outreach to the community and work at finding new participants for the meal site.

The Shepherd Meal Site meets Monday, Wednesday and Friday at the Shepherd Methodist Church. Lunch is served at 12 noon, but the doors are open from 10:00 a.m. - 2:00 p.m. Meals are provided to individual 60 years and older and we ask for a donation of \$2.50 per meal. If you can’t afford the donation you will not be turned away.

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



### Mission Moment

Sometimes life throws us a curve ball, something we did not plan on or want. The retirement we carefully planned for is so very different than what we expected. Perhaps we’ve lost a loved one, or we are faced with a major health concern and have to adjust our lifestyle, or we feel lost without our job identity. It’s hard to get up in the morning, get dressed or go anywhere. We may ask ourselves “How am I supposed to feel grateful for this life?”

In speaking with our Gold Key Volunteers I’ve heard many relate the hardships they’ve faced and what they learned from those hardships. Repeatedly, they’ve looked for the good in every situation and found something to be grateful for each time. Author Melody Beattie tells us “*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.*”

What else did the Gold Key Volunteers learn? They learned that by giving of themselves to help others, they helped themselves. Some have told me “*Volunteering has saved my life and given me a reason to keep going!*” One volunteer said “*I don’t know who gets more out of this, me or the clients I serve.*”

Rabbi Harold Kushner explained it well when he said “*When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says, yes, this is how I ought to feel.*” The Commission on Aging Gold Key Volunteer program provides many varied opportunities to carry out acts of kindness. Call **(989) 772-0748** and give volunteering a try!

*Ginny Cain  
Gold Key Volunteer Program Director*

## Ask a COA Specialist

**Question:** I’m currently enrolled in a drug plan that does not have mail order option available and I am unable to drive. Are there any local pharmacies that are willing to deliver?

**Answer:** Currently there are several local pharmacies that can deliver within city limits. Pharmacies may even make an exception if residents are close to city limits. Beneficiaries are encouraged to check with their local pharmacy to check if delivery is an option and any fees that may be associated. Below are pharmacies that may be willing to deliver. Contact the pharmacy for more information.

Coleman Pharmacy: 211 E. Railway St., Coleman, MI 48618  
(989) 465-6661

Downtown Drugs: 121 E. Broadway St., Mt Pleasant, MI 48858  
(989) 773-5544

Kroger: 4080 E. Blue Grass Rd., Mt Pleasant, MI 48858  
(989) 773-3047

Mission: 926 S. Mission St., Mt Pleasant, MI 48858  
(989) 773-8200

Rite Aid: 117 N. Mission St., Mt Pleasant, MI 48858  
(989) 772-7677

### 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

## Ride Buddies Needed

Do you love to work with children? Ride Buddies are Gold Key Volunteers who ride the *I Ride* buses to provide assistance, security and a friendly presence to all young children riding alone. If you enjoy working with young children, this might be the volunteer opportunity for you!

There is NO cost to the volunteer. An *I Ride* bus pass and mileage reimbursement are provided to the volunteer for use when volunteering as a Ride Buddy. Ride Buddies will be available one or more weekdays during peak hours 7:00 - 10:00 a.m. or 2:00 - 5:00 p.m. The program runs September - June, Monday thru Friday. Additional background checks are required. Call (989) 772-0748 for information or to register as a volunteer. Help ICTC and COA make public transportation easier for the young ones to use.

**9-1-1 Reflective Address Signs are available from Commission on Aging, call (989) 772-0748**

## AARP Tax-Aides Needed

It may seem too soon to be thinking about doing your taxes, but our volunteers are already planning how they can help with your tax or refund preparation. Commission on Aging will once again assist with this free service to our community.

If you’re interested in helping your community consider becoming a TaxAide Volunteer. Prior tax experience is not necessary, but helpful. You should be comfortable using a computer, returns are prepared using a computer tax program. You will receive extensive training starting Jan. 5, 2015 and will have IRS approved materials and experienced volunteers available as references. This service is geared toward middle and low-income people, with emphasis on those 60 or older. Tax return preparation will be scheduled from Feb. 5 - April 9 at Commission on Aging and various sites in Isabella County.

For more information about volunteering, call Ginny Cain at (989) 772-0748.

## Gold Key Volunteer Needle Crafters

*Thank You* for all of the beautiful hats, mittens, quilts, afghans, walker bags, gingerbread dolls and clothing protectors you lovingly make for distribution each year. Because of your generosity last year COA was able to donate 3,135 items to 52 local organizations.

The Gold Key Volunteer program is currently in need of knitted or crocheted hats and mittens for distribution this winter season. We have a good supply of donated yarn for your use. If you need yarn, please stop at the Reception Desk and someone will assist you. Completed hats and mittens should be brought to COA **after** the first week in November. If you have any questions, please call Ginny Cain at (989) 772-0748. Thanks again for everything you do!

## Isabella County Flu Clinics

- Oct. 8 Riverview Apartments, 10:30 a.m. - 12:00 p.m.
- Oct. 16 Blanchard (American Legion Hall), 1:30 - 3:00 p.m.
- Oct. 17 Winchester Apartments, 1:30 - 3:00 p.m.
- Oct. 29 Rosebush (Rosebush Manor), 1:30 - 3:00 p.m.
- Oct. 30 Mt. Pleasant (COA), 10:00 a.m. to 2:00 p.m.
- Nov. 5 Beal City (Beal City High School), 3:00 - 6:00 p.m.
- TBA Shepherd

Central Michigan District Health Department will be offering flu shots through the flu season, contact the office at (989) 773-5921 ext. 8405 to check on appointment or walk in availability after 11/5/14.



Events/Classes at COA Activity Center

2014 Fall Caregiver Trainings

Commission on Aging is pleased to offer trainings for caregivers. 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.

Dine and Donate to Commission on Aging

Wednesdays in October, the Isabella County Commission on Aging will be hosting fundraisers at local restaurants in Mt. Pleasant.

The COA, which is represented by five program areas; In Home Services, Food with Friends, Foster Grandparent & Senior Companion, Activity Center and Gold Key Volunteer Programs will all benefit from the outings.

Each restaurant has agreed to donate 20% of your bill to the COA. All you have to do is show up, present your wait staff with a coupon from corresponding restaurant and enjoy a delicious meal! Coupons are available at Commission on Aging or contact Chris Stanton at **(989) 772-0748** or [cstanton@isabellacounty.org](mailto:cstanton@isabellacounty.org).

- October 1 - Bennigans, all day  
2424 S. Mission St., Mt. Pleasant
- October 8 - Italian Oven, all day  
2336 S. Mission St., Mt. Pleasant
- October 15 - La Senorita, all day  
1516 S. Mission St ., Mt. Pleasant
- October 22 - Ruby Tuesday, all day  
1023 E. Pickard Rd., Mt. Pleasant
- October 29 - Bob Evans, all day  
5652 E. Pickard Rd., Mt Pleasant,

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  
Call **(989) 772-0748** to register



Craft Days at COA

Join us for Craft Days  
**Mondays**  
**11:00 a.m.**  
**Room C**

Apple Print <b>October 6</b>	Cheesecloth Ghost <b>October 13</b>
Button Tree <b>October 20</b>	Spider Sucker <b>October 27</b>

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

## Events/Classes at COA Activity Center

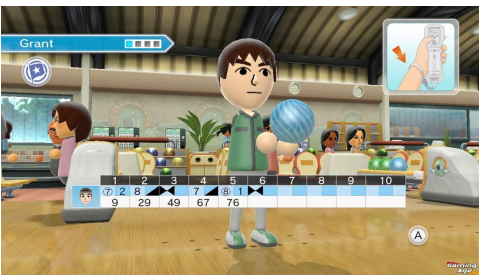
### Wii Bowling Tournament

Wednesday, October 8  
3:00 p.m.  
Room A & B

Wii have a good thing Bowling on!

Come join the Students from Central Michigan University for a Wii Bowling Tournament. All levels of skill are welcome!

Please call (989) 772-0748 to register.



### Mushroom Identification The *Good*, the Bad and the **DEADLY**

Join Sister Marie Kopin, C.P.P.S., **Wednesday, October 15, 1:00 p.m. - 3:00 p.m.** in **Room B** for more study of the amazing fall mushrooms of Isabella County.

This is the season of the most kinds of mushrooms known to be edible by many. How do you tell a good mushroom from a bad one or which ones are known to be DEADLY? Come and learn more about identification. Lockwood Taylor’s DVD, *The Good, the Bad and the Deadly* will be discussed. He is well known for his expert photography and presentations. Mushroom hunters, cooks, parents/grandparents, pet owners and medical professionals can all learn more about the basics of identification of toxic mushrooms and their edible look-alikes.

Bring in some specimens you have been wondering about and we will try to identify them. Call (989) 772-0748 to register.

### Massage Therapy

Oct. 16, Nov. 20, Dec. 18  
11 a.m. - 3:00 p.m.  
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.

### iPad Class

Tuesday, October 21  
2:00 p.m.  
Room B

Learn about Photos, Part 1. Learn how to use the iPad camera or save a photo from e-mail. Also learn how to access your photos in Photos, how to keep them organized and how to share them through e-mail. Bring iPad, Apple ID and password. No reservation required.

### October Movie & Popcorn “Million Dollar Arm”

Tuesday, October 28  
12:45 p.m.  
Room B  
\$1.00 per person

J. B. Bernstein is a sports agent who finds his business being seriously outplayed by his deep-pocketed competitors. Inspired by reality shows and Indian cricket games on TV, Bernstein gets the idea of finding cricket players in India and training them to become pro baseball players in America. He finds two talented, but non-cricket playing youths, Rinku Singh and Dinesh Patel. Berthstein takes his prospects to Los Angeles where they find mastering a new sport in a foreign land a daunting challenge. As these boys struggle amid an alien culture, Bernstein must find a way to make their dream come true. In doing, Bernstein finds a deeper humanity to his work with growing friendships he never expected to have. (Rated PG, 124 minutes). Call (989) 772-0748 to make your reservation.

### HALLOWEEN HOWL

Friday, October 31  
12:00 p.m.  
Room C

Join us if you dare for our Howl-o-ween Party! Costume contest, games and donuts! Can’t turn that down! Who can wear the most orange? Who can wear the most black? Best homemade costume, Cutest costume, Best duo and most Colorful costume!

Join us for lunch...egg & cheese casserole, cinnamon roll, sausage link, potatoes, orange juice and ambrosia fruit cup. Call Megan at (989) 772-0748 to reserve your lunch.

TRAVEL with COA



**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 3

**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. Enjoy a delicious, 3-course plated lunch and explore the home at your leisure, viewing the ever changing Holiday décor throughout the 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



**Central Michigan University Women's Basketball**  
**vs.**  
**University of Dayton**  
**Wednesday, December 31**

Look for more details in November's edition of Active *LIVING*

**Are you Ready for some FOOTBALL!**



We're traveling to Ford Field to watch the Detroit Lions take on the Minnesota Vikings

**Sunday, December 14**  
**\$170 per person**  
**Departs COA, 8:30 a.m.**

Includes round trip transportation and ticket (section 113 in the end zone rows 40 & 41)

Contact Marcy ASAP if interested  
Payment DUE at time of RESERVATION

Unfortunately due to the purchasing of tickets, NO refunds can be issued

Would make a great Christmas present for that sports lover!

**Reservations/Payments**

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

**Questions**

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

# Life is a TRIP!

Join us for some FUN adventures!  
Why not let us do the driving?  
With these prices, you can't afford to travel any other way!

Benefits of traveling with us:

- Allows you the cost savings of a group
- It's a great way to make new friends
- You'll enjoy the comfort, safety and convenience of being driven!

## Travel Policy

It is the policy of ICCOA to operate our travel program under the following policy:

- Cancellations made within 30 to 15 days are refundable, however a \$10 administrative fee will be charged. If cancellation is less than 14 days, payment is non-refundable.
- You will be notified at least one week prior to departure if trip is cancelled because of low numbers. A full refund will be honored should this occur.
- In the event of bad weather or other unforeseen circumstances, we reserve the right to cancel for safety reasons. We will do our best to reschedule should this occur.
- Minors under the age of 18 are welcome on certain trips but must be accompanied by an adult.
- Persons who need assistance are welcome, however they must be accompanied by an adult who can assist them. Both parties must purchase a seat for trip.

# 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.

**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

## Line Dancing

Beginner

**Thursdays**  
**1:00 - 3:00 p.m.**  
**COA Room C**

## 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.

**Tuesdays**  
**1:30 - 2:30 p.m.**  
**COA Fitness Room**  
**6 classes for \$30**

Please bring your own mat

MUST pre-register at COA for classes  
Minimum of 5 people, maximum of 12

*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 14 weeks after issue date**

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

*Instructor: Judi Swartz*

## Line Dancing

Intermediate

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday**  
**2:00 - 4:00 p.m.**  
**COA Room C**



Monday	Tuesday	Wednesday
<div>The room/location for each activity is listed on the calendar for reference</div> <div>Codes for rooms/locations are as follows:</div> <div>A - Activity Room A      Craft - Arts &amp; Crafts Room      CF - Conference Room</div> <div>B - Activity Room B      F - Fitness room      BR1 - Board Room</div> <div>C - Activity Room C      Lab - Computer Lab      Rose - Rose Pool</div>		
		1. <div>7:30 Water Aerobics \$♦ (Rose)</div> <div>11:00 Nutrition Education (C)</div> <div>1:00 Bridge, Euchre, Pepper (C)</div> <div>1:00 Happy Ripper Quilters (Craft)</div> <div>5:30 Tai Chi for Arthritis ♦ (F)</div>
6. <div>7:30 Water Aerobics \$♦ (Rose)</div> <div>10:00 Dulcimers (Craft)</div> <div>11:00 Apple Print craft (C)</div> <div>1:00 Dominos &amp; Pinochle (C)</div> <div>5:30 Square Dancing (C)</div>	7. <div>7:00 Aqua Zumba \$♦ (Rose)</div> <div>10:00 Country Music (C)</div> <div>12:30 Banjos, Guitars, Mandolins (B)</div> <div>1:00 Board Games/Cards (C)</div> <div>1:30 Yoga \$♦ (F)</div> <div>5:15 COA Advisory Council Meeting (BR1)</div> <div>6:00 Caregiver Training (B)</div>	8. <div>7:30 Water Aerobics \$♦ (Rose)</div> <div>9:00 Art Group (Craft)</div> <div>11:00 Deal or No Deal w/Tendercare (C)</div> <div>1:00 Bridge, Euchre, Pepper (C)</div> <div>1:00 Happy Ripper Quilters (Craft)</div> <div>1:00 Book Club (Lib)</div> <div>3:00 Wii Bowling Tournament ♦ (A,B)</div>
13. <div>7:30 Water Aerobics \$♦ (Rose)</div> <div>10:00 Dulcimers (Craft)</div> <div>11:00 Cheesecloth Ghost craft (C)</div> <div>1:00 Dominos &amp; Pinochle (C)</div> <div>1:00 Reader’s Theater (Craft)</div> <div>1:00 Legal Services (CF)</div> <div>5:30 Square Dancing (C)</div> <div>6:00 Amateur Photography Group (B)</div>	14. <div>7:00 Aqua Zumba \$♦ (Rose)</div> <div>8:30 Little River Casino trip \$♦</div> <div>10:00 Needle Crafters (Craft)</div> <div>10:00 Country Music (C)</div> <div>12:30 Banjos, Guitars, Mandolins (B)</div> <div>1:00 CMU Bridge (Craft)</div> <div>1:30 Yoga \$♦ (F)</div> <div>2:00 Intermediate Line Dancing (C)</div> <div>6:00 Caregiver Training (B)</div>	15. <div>7:30 Water Aerobics \$♦ (Rose)</div> <div>1:00 Bridge, Euchre, Pepper (C)</div> <div>1:00 Happy Ripper Quilters (Craft)</div> <div>1:00 Second Hand Book Club (Lib)</div> <div>1:00 Mushroom Identification: the Good, the Bad &amp; the Ugly ♦ (B)</div>
20. <div>7:30 Water Aerobics \$♦ (Rose)</div> <div>10:00 Dulcimers (Craft)</div> <div>11:00 Button Tree craft (C)</div> <div>1:00 Dominos &amp; Pinochle (C)</div> <div>5:30 Square Dancing (C)</div>	21. <div>7:00 Aqua Zumba \$♦ (Rose)</div> <div>8:30 Friends of Isabella Seniors (BR1)</div> <div>1:30 Yoga \$♦ (F)</div> <div>2:00 iPad Class (B)</div> <div>6:30 Caregiver Training (B)</div>	22. <div>7:30 Water Aerobics \$♦ (Rose)</div> <div>9:00 Art Group (Craft)</div> <div>11:00 Word search/Crossword (C)</div> <div>1:00 Bridge, Euchre, Pepper (C)</div> <div>1:00 Happy Ripper Quilters (Craft)</div>
27. <div>7:30 Water Aerobics \$♦ (Rose)</div> <div>10:00 Dulcimers (Craft)</div> <div>11:00 Spider Sucker craft (C)</div> <div>1:00 Reader’s Theater (Craft)</div> <div>1:00 Legal Services (CF)</div> <div>1:00 Dominos &amp; Pinochle (C)</div> <div>5:30 Square Dancing (C)</div>	28. <div>7:00 Aqua Zumba \$♦ (Rose)</div> <div>12:45 Movie, “Million Dollar Arm” (B)</div> <div>1:00 CMU Bridge (Craft)</div> <div>1:30 Yoga \$♦ (F)</div> <div>2:00 Intermediate Line Dancing (C)</div>	29. <div>7:30 Water Aerobics \$♦ (Rose)</div> <div>1:00 Bridge, Euchre, Pepper (C)</div> <div>1:00 Happy Ripper Quilters (Craft)</div>



Thursday	Friday	Saturday
2. 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) 1:30 Drawing for all Levels \$◆ (Craft) 4:00 Zumba Gold \$◆ (F)	3. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Woodland Hospice (C)	4.
9. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Computer Class (Lib) - CANCELLED 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 1:30 Drawing for all Levels \$◆ (Craft) 4:00 Zumba Gold \$◆ (F)	10. 7:30 Water Aerobics \$◆ (Rose) 8:00 Happy Ripper Quilters (A,B) 10:00 Jam Session (Craft) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Tendercare (C)	11. 8:00 Happy Ripper Quilters (A,B)
16. 7:00 Aqua Zumba \$◆ (Rose) 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) 1:30 Drawing for all Levels \$◆ (Craft) 4:00 Zumba Gold \$◆ (F)	17. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 11:00 Music of Paul Wilkenson (C) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor A&D Home Health (C) 6:00 Red Hat Strutters Dance \$ (C)	18.
23. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 1:30 Drawing for all Levels \$◆ (Craft) 4:00 Zumba Gold \$◆ (F)	24. 7:30 Water Aerobics \$◆ (Rose) 8:30 FGP/SCP In-Service Meeting (A,B) 10:00 Jam Session (Craft) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor The Laurels (C)	25. 10:00 <b>HOWLING GOOD TIME ◆</b> (A,B,C)
30. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Computer Class (Lib) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 1:30 Drawing for all Levels \$◆ (Craft) 4:00 Zumba Gold \$◆ (F)	31. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 12:00 <b>HALLOWEEN PARTY ◆</b> (C) 12:30 Ukulele (Craft)	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				October 2014
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti Garlic Toast Tossed Salad Strawberry Shortcake	2 Baked Chicken Dinner Roll Roasted Potato Blend Brussels Sprouts Pumpkin Custard	3 Corn Chowder Breadstick Pea Salad Hard Cooked Egg Applesauce
6 Macaroni & Cheese Bread Beet Salad Green Beans Peaches	7 Chicken a la King Biscuit Kidney/Chickpea Salad Spinach Watermelon	8 Hamburger w/Bun Lettuce and Tomato Oven Roasted Potatoes Applesauce	9 Baked Ham Dinner Roll Sweet Potatoes Winter Blend Berry Fruit Cup	10 Chicken Salad Bread Multi Bean Salad Carrot Sticks Fresh Orange
13 Turkey Stew Biscuit Cabbage Slaw Corn & Lima Beans Mixed Fruit Cup	14 American Goulash Bread Broccoli/Cauliflower Salad Peas & Carrots Pineapple Gelatin	15 Chicken Pattie w/Bun Lettuce and Tomato Apricots Cookie	16 Sliced Turkey Dinner Roll Kidney/Chickpea Salad Squash Fruit Cocktail	17 Meatloaf Bread Baked Potato Corn Berry Fruit Cup
20 Salisbury Steak Dinner Roll Redskin Potatoes Kyoto Vegetable Pears	21 Spanish Rice Bread Fiesta Bean Salad Carrots Cherry Fruit Cup	22 Pulled Pork w/Bun Potato Salad Green Beans Peaches	23 Smothered Chicken Breast Bread Carrot and Raisin Salad Italian Blend Watermelon	24 Lasagna Dinner Roll Fruited Coleslaw Peas & Carrots Citrus Fruit Cup / Cookie
27 Cabbage Roll Casserole Dinner Roll Leprechaun Fluff Carrots Graham Goldfish	28 Veal Parmesan Bread Tossed Salad Peas Peach Crisp	29 Baked Chicken Bread Broccoli Citrus Salad Baked Potato Tropical Fruit	30 Sloppy Joe w/Bun Multi Bean Salad Oven Roasted Potatoes Cantaloupe Cookie	31 Egg & Cheese Casserole Cinnamon Roll Sausage Links /Potatoes Orange Juice Ambrosia 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

The month of October is here at last! And here in Rosebush at the Food with Friends meal site, there is nothing at all to fear! Music on several Fridays and Penny Bingo on most Wednesdays are standard fun. And don’t forget to get your flu shot! We will be having a clinic to help out those who haven’t gotten theirs yet. It’s supposed to be another bad winter for the dreaded virus so make sure yours is up-to-date!

**Rosebush OCTOBER Calendar**

- 1 Penny Bingo
- 3 National “Virus Appreciation Day”
- 1:00 p.m.

**Rosebush OCTOBER Calendar cont’d.**

- 8 Penny Bingo
- 10 Good Times band
- Ice Cream Social
- 13 Bingo w/prizes, courtesy of Hospice
- Red Hat Strutters
- 15 Bingo w/prizes, courtesy of The Laurels
- 17 The music of Paul Wilkenson
- 20 Music w/Greg Merwin
- 22 Penny Bingo
- 24 Harold Hellman’s Karaoke
- 27 Penny Bingo
- 29 Flu Clinic
- 31 Halloween Party
- Halloween Bingo
- 1:00 p.m.
- 1:00 p.m.
- 2:00 p.m.
- 1:00 p.m.
- 2:30 p.m.
- 1:00 p.m.
- 1:00 p.m.
- 1:00 p.m.
- 1:00 p.m.
- 1:00 p.m.
- 1:30 p.m.
- 1:00 p.m.

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

# Weidman Senior Center

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

October should be a gorgeous fall month - enjoy the colors and have a warm meal. Those celebrating a birthday this month are Bonnie Gray, Betty Hauck and Bette Kinsman. Help us celebrate with them October 22.

## Weidman OCTOBER Calendar

1	River Ramblers	10:00 a.m.
2	Did you give your car a name, what was it?	
7	Try different cheese samples	
8	River Ramblers	10:00 a.m.
14	Pears & Pineapple month have some fresh fruit	
15	River Ramblers	10:00 a.m.
16	Nutrition Education	
21	Music of Greg Merwin	
22	River Ramblers	10:00 a.m.
23	Reminisce	
28	National Chocolate Day	
29	River Ramblers	10:00 a.m.
30	Halloween Party	

## 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**

Join us at the Shepherd United Methodist Church every Monday, Wednesday and Friday for a hot meal and great company! We need your help to keep the Shepherd site open. Every other Friday is Bingo sponsored by a local business. Here is your chance to get out of the house for a bite to eat and free entertainment. We have a lot of laughs and would love to have you join us!

## Shepherd OCTOBER Calendar

1 Board games, scrapbooking, craft day  
3 Jeopardy  
6 Scrapbooking, craft day, board games  
8 Card games, Chinese checkers, board  
games

# 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**

Trick or Treat! We start with Dan Miller Band, followed by our birthday party October 6. Joyce Lenard will be here with some good yodeling. Rock & Band will be coming and that's always fun! October 15 is "Don't Worry be Happy Day" with Vicky Dexter singing a few surprises that day. You're not going to want to miss our home guy - Al Guthrie Band! Our Halloween Party will be October 29 with Rocky King & Lois Johnson. It might be cold outside but it's really warm in here! Please call for reservations for all these fun days.

## Winn OCTOBER Calendar

- 1 Dan Miller Band
- 3 Cards
- 6 Birthday Party - Joyce Lenard
- 8 Rock & the Country Band
- 10 Cards
- 13 Columbus Day - Andy Stanley
- 15 "Don't Worry be Happy Day"  
Vicky Dexter
- 17 Cards
- 20 Green Country Band w/Roger Wilcox
- 22 Al Guthrie Band
- 24 Cards
- 27 Mark Ray & Mark
- 29 Halloween Party w/Rocky King and

**Shepherd OCTOBER Calendar cont'd.**

10 Bingo  
13 Nutrition Education, scrapbooking  
15 Range of Motion Sit & Fit  
Crazy Hat Day  
17 Fun Friday, Euchre, Chinese checkers  
20 Bird seed ornaments  
22 Memory aerobics  
24 Penny Bingo  
27 Scrapbooking, craft day, board games  
29 Remember our travels,  
Range of Motion Sit & Fit  
31 Fun Friday, Euchre, Chinese checkers,  
Dominoes

## 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 October.

## Mondays

Pinochle/Dominoes, 1:00 p.m.



**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays**

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



## Wednesdays

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

## Fridays

Bingo, 12:45 p.m.



## COA OCTOBER Calendar

1	Nutrition Education	11:00 a.m.
2	Pick-up Jeopardy	11:00 a.m.
3	Bingo w/Woodland Hospice	12:45 p.m.
6	Apple Print craft	11:00 a.m.
7	Board Games	1:00 p.m.
8	Deal or No Deal	11:00 a.m.
9	Pick-up Jeopardy	11:00 a.m.
10	Bingo w/Tendercare	12:45 p.m.
13	Cheesecloth Ghost craft	11:00 a.m.
14	Board Games	1:00 p.m.
16	Pick-up Jeopardy	11:00 a.m.
17	Music of Paul Wilkenson	11:00 a.m.
	Bingo w/A&D Home Health	12:45 p.m.
20	Button Tree craft	11:00 a.m.
21	Board Games	1:00 p.m.
22	Photo of the Month	11:00 a.m.
	Favorite Fall Memory	
23	Pick-up Jeopardy	11:00 a.m.
24	Bingo w/The Laurels	12:45 p.m.
27	Spider Sucker craft	11:00 a.m.
29	Crosswords/Word Searches	11:00 a.m.
30	Pick-up Jeopardy	11:00 a.m.
31	Halloween Party	12:00 p.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.

## CMU College of Medicine Standardized Patient Program

Central Michigan University College of Medicine is currently looking for Standardized Patients (SP) for their Standardized Patient Program (SPP). Standardized patient simulation involves the use of individuals trained to portray the roles of patients, family members or others to allow students the opportunity to develop, practice and enhance their medical interviewing skills, communication skills, physical exam, and history taking techniques. Using a creative and innovative approach, a SP is a person carefully recruited and vigorously trained on assigned cases to take on the characteristics of a real patient thereby affording the student an opportunity to learn and to be evaluated on clinical skills in a simulated clinical environment.

The SPP has an ongoing process of hiring and training a diverse and comprehensive group of SPs, encompassing all ages, races, ethnic groups, religions, genders, etc. They will be classified as a temporary employee and will not receive any additional benefits associated with the University. No acting or medical experience is required but a desire to be a participant in health care education, the ability to learn to consistently simulate patient cases, learn how to give valuable feedback and personal dependability are essential. Working as a Standardized Patient (SP) provides a unique opportunity to be involved in shaping the medical education of tomorrow's physicians and health professionals.

### Required Documents:

- Cover Letter including a description of your personality
- Resume
- Standardized Patient Program Application, [https://www.cmich.edu/colleges/cmed/about\\_cmed/Pages/Community%20Engagement.aspx](https://www.cmich.edu/colleges/cmed/about_cmed/Pages/Community%20Engagement.aspx)

### Send to:

**CMU College of Medicine**  
**CMED 2404**  
**Mt. Pleasant, Michigan 48859**

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

## Community Health Events

### Free Breast Exam

In recognition of Breast Cancer Awareness Month, Sandra L. Howell, MD, FACS breast care specialist and Board Certified General Surgeon and Robin O’Dell, DO Board Certified Obstetrician and Gynecologist will be offering free, private clinical breast exams. While you’re there, enjoy refreshments and learn about breast care.

Wednesday, October 1 & Monday, October 13, 4:00 - 6:00 p.m.  
McLaren Central Michigan  
Norval K. Morey Cancer Center, 1221 South Dr., Mt. Pleasant  
Call **(989) 779-5606** to schedule your free appointment.

### Treatment Options for Knee and Hip Arthritis

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

Wednesday, October 15, 6:30-7:30 pm  
Days Inn, 10318 Clare Avenue, Clare  
Call **(989) 779-5606** to register

### Heart & Vascular Disease Screening

This screening is designed to identify your risk factors and recommend a course of action to help improve your heart and vascular health. It includes: Blood Pressure Measurement, Peripheral Artery Disease Screening, Carotid Artery Ultrasound, Body Mass Index Measurement, 12-Lead Electrocardiogram (ECG), Abdominal Aortic Ultrasound and Blood Cholesterol (Total Cholesterol - HDL, LDL, Glucose and Triglycerides). *All seven tests are offered at a special cost of \$70\** Rami Safadi, MD, MBA Board Certified in Diagnostic Radiology and Vascular/Interventional Radiology and Ellen L. Kehoe, DO Board Certified in Cardiology & Internal Medicine will be reviewing diagnostic screening results. A 12-hour fast is required prior to having the screening completed.

Wednesday, October 15  
Appointments available 9:00 a.m. - 4:00 p.m.  
McLaren Central Michigan  
Heart & Vascular Center, 1221 South Drive, Mt. Pleasant  
Call **(989) 953-5147** to schedule an appointment

The Blood Cholesterol portion of the screening is optional. If you choose not to complete the blood work, the cost of the remaining screenings is \$50\*.  
\*Includes 50% discount through the Prompt Pay Program. The actual cost for all tests is \$140; \$100 without blood screening. Payment is due in full at the time of service. Limited number of appointments are available.

## State Employee Retirement Association

The monthly meeting for October will be presented by Margaret McAvoy, Isabella County Administrator. The program will be in regards to "CODE RED" and how important it is to our community. The meeting is Tuesday, October 21 at 1:30 p.m. at the Commission on Aging oom A, 2200 S. Lincoln Rd. Following the presentation we will have our regular business meeting, 50/50 drawing and the door prize. I hope everyone will be able to attend this very informative meeting. If there are any questions, please contact Jackie Curtis at **(989) 772-0597** or [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com)

## Mt. Pleasant Garden Club

The Mt. Pleasant Garden Club will be meeting on Monday, October 20 at 1:00 p.m. in the Craft Room at the Commission on Aging to wire pine cones for their holiday wreath sale. Members would welcome visitors to stop by to lend a hand, or to place an order for a wreath. Proceeds from this sale provide funding to help us beautify the Mt. Pleasant area, including the plantings around the COA sign.

## Winchester Tower’s Bazaar

Residents of Winchester Tower’s cordially invites the public to its first Bazaar, October 10 & 11 from 9:00 a.m. - 6:00 p.m. both days. Residents will be selling handmade crafts and baked goods. There will also be a food court run by the resident council. Come out and see what our seniors have been doing.

## Mt. Pleasant Crop Walk 2014

The annual Crop Walk is **Sunday, October 5**. The Commission on Aging has been a recipient of funds raised by Crop Walk for many years, and we need your help to raise funds for our community nutrition programs!

### Why Walk?

- 50.2** million Americans live in households where they are uncertain where their next meal will come from.
- 1 in 7** people worldwide will go to bed hungry tonight.
- 3/4** of the money raised will provide food and basic shelter and teach techniques for sustainable food solutions.
- 1/4** of the money raised by CROP walkers relieves hunger through Food with Friends (COA), WIC/Project Fresh Compassion Care Network/Salvation Army - Food Pantry, Red Cross Infant pantry, The Storehouse Food Pantry in Weidman.

### Get Involved!

Registration starts at **1:00 p.m. at Island Park. The walk starts at 1:30 p.m.** with a pizza reception following.

For more information, contact Crop Walk Coordinator, Heidi Zwylghuizen at **(989) 779-2025** or [zwyghuizen@cmhcm.org](mailto:zwyghuizen@cmhcm.org)

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

IN MEMORY OF

<b>Robert Bucholtz</b> Shirley Smale	<b>Vivian Vanas</b> Joe Vanas - “Love You Viv”
<b>Dick Dowell</b> Shirley French	<u><b>Active LIVING in Memory of</b></u> <b>Kenneth Martin</b> Stanley Thren
<b>Joyce Mason</b> Larry Mason	<u><b>Food with Friends in Memory of</b></u> <b>Robert Bucholtz</b> Ronald Ervin Rose Ann Fonton Brenda Rau Dorothy Steele & Kim Elliott Lorraine Tubbs Connie Wentworth Marilyn Zerbe
<b>Moesa “Butch” Potter</b> Larry Mason & Ellen Potter	
<b>Mona Lou Randolph-Walter</b> Frances Murray	
<b>Glen Jr. Springer</b> Yvonne Springer	
<b>Eva Stanley</b> Shirley French	<b>Wayne Curtis</b> Donna Curtis
<b>Larry Thomas</b> Lynne Thomas	<b>Dean Muterspaugh</b> Evalyn Muterspaugh

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Juanita Blystone	William & Delores Miller
Hilda Calkins	Bernyce Moran
Jennie Cooper	Helen Pappas
Dorothy Cunningham	Thomas Pappas
Kim Douglas-Waugh	Joanne Roy
DarLayne Flynn	Loretta Judge Ruby
Rose Ann Forton	Nancy Scovill
John Gage	Elizabeth Stephenson
Ethel Gallagher	Gordon & Suzi Tengen
L.M. Hobson	Allan Tucker
Kathy House	Muran Van Horn
Edward & Donna Lick, Jr.	Mary Ann Wakeman
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Robert & Karen Loomis	Evelyn Woolever
Mary MacDonald	

Active Living Needs Donations!

**THANK YOU** to our readers who donate to Active *LIVING*! As of September 2015, we have received **\$9,407**. We truly appreciate your support!

We are still a long way from our goal of **\$24,000**. To keep Active *LIVING* a part of our community, we need your support.

Please consider donating to Active *LIVING*. Checks should be made payable to Friends of Isabella Seniors and mailed to 2200 S. Lincoln Rd., Mt. Pleasant, MI 48858.

Donations to  
COMMISSION ON AGING

Eileen Jennings	<u><b>Needlecrafts</b></u> Ginny Cain
<u><b>Activity Center</b></u> General Federation of Women’s Club Richard & Jean Thomas	<u><b>Transportation</b></u> Ken & Lois Klumpp Pat & Marty Siuda
<u><b>Food with Friends</b></u> Steven & Brenda Hoyle	<u><b>American Flag Donation</b></u> Lynne Thomas

IN HONOR OF

*In Honor of Betty Hammond’s 90<sup>th</sup> Birthday*  
Lynn & Linda Smith

*In Honor of Diane Current*  
Martha Smith

*This page is sponsored by:* **Clark *family* Funeral Chapel and Cremation Service**



Community Groups

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

- Brain Cancer Support Group  
October 2, 3:30 p.m., Room A
- Central Michigan Daylily Society  
October 18, 10:00 a.m., Room A
- Clowns  
October 2, 6:00 p.m., Craft Room
- Community Cancer Services  
October 9, 6:30 p.m., Craft Room
- Community Service Council  
October 6, 12:00 p.m., Room A
- Evening Bloomers Garden Club  
October 7, 7:00 p.m., Room B
- Friends of Broadway Theater  
October 9, 6:30 p.m., Room C
- Genealogy  
October 9, 7:00 p.m., Room B
- Health Improvement Planning  
October 3, 10:30 a.m., Room B
- Isabella Co. Community Collaborative Council  
October 3, 9:00 a.m., Room B
- Mid Michigan Patriots  
October 9, 7:00 p.m., Room A
- Mid Michigan Quilters  
October 28, 6:00 p.m., Rooms A,B,C
- Mid Michigan Woodworkers  
October 14, 7:00 p.m., Craft Room
- Mt. Pleasant Garden Club  
October 20, 1:00 p.m., Craft Room
- Mt. Pleasant Historical Society  
October 7, 7:00 p.m., Room A
- Retired School Employees  
October 7, 11:00 a.m., Room A
- Stamp Collectors  
October 28, 7:00 p.m., Craft Room
- State Employee Retirement Association (SERA)  
October 21, 1:30 p.m., Room B
- Women’s Aid  
October 21, 8:00 a.m., Room B

COMMISSION ON AGING ADVISORY BOARD	
District 1	Roxanna Dunevant
District 2	Ruth Anne Maniteau
District 3	Shirley Decker
District 4	John Dinse
District 5	Open Position
District 6	Ken Kopke
District 7	Sarvjit Chowdhary
At-Large	Therese Mosier
At-Large	Claudia Douglass

Friends of Isabella Seniors Board of Directors	
President	Ray Johnson
Vice President	Jeanne Reese
Secretary Ex Officio	Brenda Upton
Finance Ex Officio	Ginny Cain
Member	Lawrence Foote
Member	Paula Johnson
Member	Louise Plachta
Member	Ralph Pitts
Member	Bethany Ervin
Member	Stephanie Hope
Member	Guy Meiss
Member	Joanne Lovejoy

Temporarily Away

Active *LIVING* is not “forwarded.” If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning a winter vacation or will be away or are moving, call **(989) 772-0748** or use the form on page 16.

Active *LIVING* Deadline

Each issue of Active *LIVING* is printed and mailed to our readers before the 1<sup>st</sup> of each month. In order to complete the entire process we need to receive information for submission by the 10<sup>th</sup> of the prior month. Please understand all articles submitted are subject to editing for content and space restrictions. Thank you.

Isabella County  
Commission on Aging  
Brenda J. Upton, M.A., Executive Director

Mission Statement

The Mission of the Isabella County Commission on Aging is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities.

The Isabella County Commission on Aging (COA) is a leading multi-service agency that provides a community focal point for the needs of our Older Adult population.

The following programs focus on assisting individuals who are sixty (60) years of age and older and live within our geographical service areas:

- In Home Services Program
- Case Management
  - Caregiver Training
  - Counseling / Information
  - Homemaking
  - Medicare / Medicaid Assistance
  - Personal Care
  - Respite Care

- Food with Friends Program
- Congregate Meals
  - Home Delivered Meals

Foster Grandparent Program  
Senior Companion Program


- Activity Center Program
- Activities
  - Travel Opportunities
  - Fitness

- Gold Key Volunteer Program
- Volunteer Opportunities
  - Transportation

Donations or fees for all programs and services are requested. If we can assist you or someone you know, please call COA at **(989) 772-0748** Monday thru Friday, 8:00 a.m. - 4:30 p.m.

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

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

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Full Name

Number & Street

Apt. No.

City

Zip

Phone

Please make checks payable to:  
Friends of Isabella Seniors

# HOWLING GOOD TIME

Ghosts, Goblins, Superheroes and Princesses join us **Saturday, October 25, 10:00 a.m.** at Commission on Aging for an afternoon of “pumpkin hunting”, monster mashing, goodie gobbling and spooky fun! Dress in your favorite costume and bring a bag for your treats. Fun and safe for all ages! Grandparents bring your Grandchildren! RSVP by calling COA at **(989) 772-0748**

 Face-Painting

 Games



Treats



Prizes



“Pumpkin Hunt”

# OCTOBER 2014 ACTIVE LIVING

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Mt. Pleasant, MI  
48858

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



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

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

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