

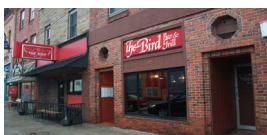
Active LIVING

Volume 114 Issue 11
November 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/

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!

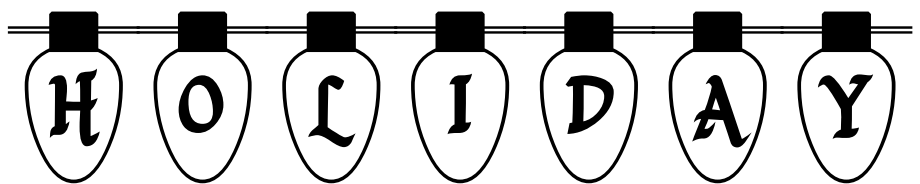
All auction proceeds will benefit Isabella County Commission on Aging Volunteer Mileage Reimbursement. Last year COA Volunteers drove 190,000 miles to assist older adults.



Wednesday, December 3
4:00 - 6:00 p.m.
Room C
\$25 per person

Let Award Winning Television Artist Steve Wood help to develop the "artist" in you. You don't have to be "born with the gift" to be a great painter. Steve has successfully taught over 4,500 students how to paint. Steve's methods are applicable to beginner as well as advanced painters. If you have ever had the desire to paint, Steve is the instructor to show you how!

See page 5 for details.



Bazaar & Craft Show

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

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

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

Also featuring **Door Prizes, Bake Sale** and **Quilt Raffle**

Contact Marcy at (989) 772-0748 for more information



Central Michigan University Women's Basketball Game

Wednesday, December 31
\$5 per person
Gather at COA, 10:00 a.m.
1:00 p.m. tip off

Join us for brunch and "mock"tails before we head to McGuirk Arena to watch the

Lady Chippewas
take on the Dayton Flyers

Includes brunch, "mock"tails, party favors, transportation ticket to game and FUN!

For more information contact Marcy at (989) 772-0748

Reservation & payment due by Dec. 12

Director’s Comments

November is National Caregivers Month

The cornerstone of eldercare in this country is the family, 65% rely exclusively on family and friends to provide assistance. Another 30% will supplement the care of their elders with assistance from a paid provider, which can be a privately paid individual, a home care agency or an organization like the Commission on Aging. This leaves approximately 5% who are institutionalized because their care needs are so great or because they don’t have family and friends to assist them.

The average caregiver is just under 50 years of age, female, married and working outside the home. The fact is that the backbone of this essential family and informal caregiving is done by women, up to 75%. While men also provide assistance, female caregivers will spend as much as 50% more time providing the care than male caregivers.

Caregiving for women and their need to work outside the home is a constant conflict that affects millions. Workforce participation by women continues to increase. In 2010 there were over 10 million working women age 55 and older in this country. This figure is up from approximately 6 million in the year 2000. The financial need to work does not eliminate the demand for caregiving. Women who work outside the home do not abandon their caregiving responsibilities because of the need of employment. They combine the pressure and stress of caregiving and the need to work for the income. The effects of these two pressures can be both financial and physical.

Financially, women will spend an average of 12 years out of the workforce raising children and caring for an older relative or friend. What this does is place a strain on many women’s retirement income. It will mean fewer contributions to pensions, Social Security and other retirement savings. Some women who work full time will voluntarily take part-time work. This will mean lower wages and fewer immediate benefits such as “sick time”.

Physically, the stress of caregiving can create higher levels of anxiety and depression. Research has found that middle-aged and older women who provide care for an ill or disabled spouse were nearly six-times as likely to suffer depressive or anxious symptoms in comparison to those who had no caregiving responsibilities. For women who cared for ill parents this rate of depression and anxiety was twice as much as non-caregivers. The stress of caregiving does not just affect mental health, physical ailments are also common. More than one-third of caregivers suffer from poor health. Their health issues include higher blood pressure, poorer immune function, slower wound healing and even coronary heart disease.

Support services can make a real difference in the lives of caregivers. Research has shown that caregivers who utilize programs and support services are healthier and are able to remain in their caregiver roles longer. There is less stress and greater satisfaction. In fact women are more than twice as likely as men to say they would benefit from talking to someone about their caregiving experience. There are support systems in place to help family caregivers remain healthy, while at the same time improve their caregiving skills and remain in their caregiving role.

The Isabella County Commission on Aging has a Caregiver Training Program. Our program provides information, assistance, individual and family counseling, respite care, minor home modification or assistive devices and support groups. The Isabella County COA Caregiver Support Group meets the 3rd Tuesday of each month at 6:30 p.m. in the COA Activity Building, 2200 S. Lincoln Road, Mt. Pleasant. For additional information please call COA (989) 772-0748 and ask for the Caregiver Training Program.

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

Calling All Bakers

Your talents are NEEDED!

Commission on Aging is hosting a Holiday Bazaar & Craft Show Saturday, November 8 and we are looking for items for our bake sale.

We will price and sell the items - all you need to do is bake them, package them and drop them off at COA by noon Friday, November 7.

Items Needed:

- Cookies (6 per package)
- Brownies (6 per package)
- Rice Krispie Treats (6 per package)
- Bread (1 loaf per package)
- Other items you’d like to bake/make

You are welcome to bring more than 1 package!

Please contact Marcy at (989) 772-0748 for more information or to sign up to bring goodies! Thank you for supporting COA!



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

Ask a COA Specialist

Question: What are the criteria for Home Delivered Meal eligibility? My parents aren't eating well balanced meals and I am concerned for their well-being this winter.

Answer: To be eligible for Home Delivered Meals the recipient must be at least 60 years of age or the spouse of someone who is 60 or older and eligible for meal delivery. The individual must be homebound, unable to leave the home without assistance. Eligible participants must be unable to prepare well balanced meals and have no regular, ongoing meal preparation assistance.

If your parents are determined to be eligible for the meal delivery, the service will be initiated and a case worker will schedule an appointment in the client's home to obtain basic information on the recipient and to determine ongoing eligibility for the program.

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

Medicare Part D Open Enrollment

The Commission on Aging is taking calls to schedule Medicare Part D appointments. Each year from October 15 - December 7, Medicare beneficiaries have an opportunity to enroll or change their existing prescription drug plans. It is important that people with Medicare take this opportunity to re-evaluate their plan due to potential premium increases, plan formulary (drug list) changes and copay increases. Commission on Aging will be meeting with Isabella County beneficiaries by **appointment only** during open enrollment. If you would like to schedule an appointment through COA please call **(989)772-0748**. Please note that you will be forwarded to the Insurance Hotline and your call will be returned within 5 business days. You may also review and enroll in the new 2015 Medicare prescription drug plans by going to www.medicare.gov or calling 1-800-MEDICARE.

Going away for the winter?

Want to fill your seat at the Food with Friends site you regularly attend?

Need a Holiday gift for a friend or family member in the area?

If you have answered yes to one or more of these questions, we've got just the thing!

Food with Friends Meal Certificates

Available for giving now!

Suggested donation of \$2.50 for adults 60 or over per meal

Cost of \$5.00 for those under 60 per meal

Contact Megan at **(989) 772-0748** to purchase your certificates or for more information.



Mission Moment

For most of us, there comes a time when advice from an elder may hit a little close to home. In the years I've been working with older adults, I've had my share of "advice". Most recently it came from an older woman with whom I was having a conversation. We were discussing the fact that Thanksgiving was around the corner and she asked me some things for which I was thankful. As I was thinking about my response, she told me some of the things for which she thought I should be thankful:

- Every day you are able to go to a job you love with co-workers who support you and who you like – many people don't have a job they love and some have no job at all.
- You not only have a job but you also have health insurance – many people have lost their health insurance.
- You have friends – many people have had to move from their homes and leave friends behind.
- You have friends and co-workers with whom you can laugh and share important moments – many people feel they have no one with whom to share special times.
- AND you have people like me who help you remember all the things for which you can be thankful.

"One more thing," she added, "We need to be more courteous with each other. It seems a simple thing but so many of us seem to forget to practice this. After all, with this being an election year we will all need to practice being civil with each other and maybe the politicians will learn from us!"

We wished each other a Happy Thanksgiving and a peace filled holiday season. I promised I would remember and think about what she told me.

My resolution for Thanksgiving, the holidays and the new year: Remember the many things for which I'm thankful and remember to be kinder and more courteous.

Barb Frankenfield
In-Home Services Director

Events/Classes at COA Activity Center

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 Chopin, Debussy and Rachmaninoff.

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

3rd Annual Doe Day
Gourmet Gone Wild

Thursday, November 13
11:00 a.m. - 3:00 p.m.
Room A

Today is your day LADIES...a day just for you! Join us for our 3rd Annual Doe Day at Commission on Aging.

Join Kelly Carter from Department of Natural Resources for Gourmet Gone Wild. After our program, we’ll enjoy lunch (\$2.50 suggested donation for those over 60, \$5 cost for those under 60). Lunch includes Swedish meatballs, roasted potatoes, cabbage and berry fruit cup.

We’ll end our day with laughter and the movie “No Reservations” (PG, 104 minutes). Starring Catherine Zeta-Jones, Aaron Eckhart, Abigail Breslin. A master chef, Kate, lives her life like she runs the kitchen at upscale 22 Bleecker Restaurant in Manhattan - with a no-nonsense intensity that both captivates and intimidates everyone around her. With breathtaking precision, she powers through each hectic shift, coordinating hundreds of meals, preparing delicate sauces, seasoning and simmering each dish to absolute perfection.

Call Marcy at (989) 772-0748 to register. For LADIES ONLY!

Crafts with Mushrooms

Monday, November 17
12:30 - 4:30 p.m.
Craft Room
\$10 donation

Join us for some crafts using Wild Mushrooms with Katherine Delaforterie, a member of the Michigan Mushroom Hunters Club, and an experienced artist from South East Michigan. We will make deckled edged paper using wild foraged mushrooms, cotton rag pulp, recycled paper, herbs and botanicals. We will hand craft items including stationary cards with a special medallion, fall harvest holiday gift tags and/or place cards for your Thanksgiving dinner. Create some very unique, pieces of colorful artwork using old world craft style paper making techniques.

Bring: rubber gloves, an apron/smock, five new or used business size mailing envelopes, a hot glue gun and glue for paper and a cookie sheet or a piece of cardboard covered with aluminum foil in case your artwork is not dry at the end of class.

Call (989) 772-0748 to register.

How to Stay Safe and Independent

Tuesday, November 18
11:00 a.m.
Room B

We never expect to fall, however every 2.3 seconds one 65 year or older adult falls. Many experience injuries that threaten their independence and quality of life. Join McLaren Central Michigan Home Care Group for a discussion on ways to reduce your risk of falling and the correct way to get up should you fall. Receive a free balance assessment. Call (989) 772-0748 to register.

iPad Class

Tuesday, November 18
2:00 p.m.
Room B

Photos, Part 2: Now that you know how to use your camera and organize and share photos, learn to edit a photo using Photos, add special effects and learn what that Photo Stream is all about. Bring iPad, Apple ID and password. No reservation required.

More Events/Classes

Massage Therapy

Thursdays, Nov. 20 & Dec. 18
11:00 a.m. - 3:00 p.m.
Fitness Room
\$10 for a 15-minute massage

Enjoy a massage with a registered massage therapist from Massage Central. Call Marcy, (989) 772-0748 for an appointment.

November Movie & Popcorn

“Mandela: Long Walk to Freedom”

Tuesday, November 25
12:45 p.m.
Room B
\$1 per person

Based on South African President Nelson Mandela’s autobiography, it chronicles his early life, coming of age, education and 27 years in prison before becoming President and working to rebuild the country’s once segregated society. (Rated PG-13, 141 minutes). Call (989) 772-0748 to register.



Wednesday, December 3
4:00 - 6:00 p.m.
Room C
\$25 per person
All supplies included

Let Award Winning Television Artist Steve Wood help to develop the "artist" in you. You don’t have to be “born with the gift” to be a great painter. Steve has successfully taught over 4,500 students how to paint. Steve’s methods are applicable to beginner as well as advanced painters. If you have ever had the desire to paint, Steve is the instructor to show you how!

In the fall of 2006, Steve launched the very popular television show "Anyone Can Paint", which is seen throughout Michigan. His television show and classes have and continue to inspire countless numbers of people to paint, whether a beginner or someone rediscovering art.

You will create an 11 x 14 acrylic landscape painting titled “Crashing Wave” in class that you can take home with you! Contact Marcy at (989) 772-0748 to register. Payment due before class date.

Volunteer Drivers Needed at COA

The Isabella County Commission on Aging is seeking volunteers with a good driving record who enjoy working with older adults. Gold Key Volunteer Drivers are needed to transport adults aged 60 years and older to medical appointments and grocery shopping.

Volunteer Drivers are also needed to deliver lunchtime meals to homebound adults one day per week (Monday thru Friday) in various areas within Isabella County, including Shepherd, Winn, Rosebush, Weidman and Mt. Pleasant. Individuals can be available as little as three hours per week.

Gold Key Volunteer Drivers use their own vehicles, donate their time and are reimbursed for their mileage at \$.50 per mile. Please call the Gold Key Volunteer program at (989) 772-0748 for more information.

Ride Buddies Needed

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

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

AARP Tax-Aides Needed

Volunteers are already planning how they can help with your tax or refund preparation. Commission on Aging will 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 COA and various sites in Isabella County.

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

TRAVEL with COA

The Old Road Dinner Train Charlotte

Saturday, November 15
\$129 per person
Departs COA, 4:00 p.m.

Enjoy fine dining with a hilarious table-side murder mystery. Be prepared to be part of the show 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 (choice of prime rib, chicken or fish) and show.

Reservation and payment due by Oct. 31

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 Holiday ornament.

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

Reservation & payment due by Nov.20

Central Michigan University Women's Basketball Game

Wednesday, December 31
\$5 per person
Gather at COA, 10:00 a.m.
1:00 p.m. tip off

See front cover for details

We're having lunch at



Wednesday, January 21, 2015
\$54 per person
Departs COA, 10:00 a.m.

Welcome to Gizzard City!

You may have seen them featured on *Diner's Drive In's and Dives* but many have grown up dining at this town icon in the city of Potterville.

Gizzard City is known for their world famous deep fried chicken gizzards which are made with their famous batter mix. Gizzard City guarantees these to be the best gizzards you've ever tasted. They also have excellent chicken dinners, hot sandwiches, hand battered onion rings and one of the best burgers around. Gizzard City is also proud to brew their own Cock-A-Doodle-Brew.

Includes transportation and a few surprises (price of lunch on your own 18% gratuity added)

Reservation & payment due by Jan. 7

Zehnder's Branson Show Doug Gabriel presents #1 Hits Tribute Show

Friday, March 20, 2015
\$86 per person
Departs COA, 9:30 a.m.



One of Branson's most enduring entertainers, Doug Gabriel along with his wife and 3 children honor some of music's biggest names by performing their greatest hits, including artists like Elvis, Tom Jones, Alabama, Roy Orbison, Roy Clark, Michael Bolton, Reba McEntire and more. A favorite among his Branson entertainment peers, Doug not only has an amazing voice but is a highly talented guitar and piano player. His son, known as the Flying J, is one of Branson's top five comedians and will keep you laughing throughout the show.

Enjoy a delicious chicken lunch and watch one of Branson's longest running shows right at Zehnder's.

Includes transportation, lunch (2 piece chicken meal w/beverage & dessert) show and shopping in Frankenmuth.

Reservation & payment due by Feb. 13

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

More TRAVEL!

Phantom of the Opera

Tuesday, April 7, 2015

\$119 per person

Departs COA, 5:30 p.m.

Cameron Mackintosh’s spectacular new production of Andrew Lloyd Webber’s phenomenal musical success, *The Phantom of the Opera*, will come to Wharton Center. The beloved story and thrilling score – with songs like *Music of the Night*, *All I Ask Of You* and *Masquerade* – will be performed by a cast and orchestra of 52, making this *Phantom* one of the largest productions now on tour.

Please contact Marcy ASAP if interested

Includes transportation and show
Dinner before show (*on your own*)

Lily Tomlin



Saturday, April 11, 2015

\$134 per person

Departs COA, 4:00 p.m.

We will travel to Brighton where we will laugh the night away!

This unique comic artist takes her audience on what the Washington Post calls a “wise and howlingly funny” trip with more than a dozen of her timeless characters - from Ernestine to Mrs. Beasley to Edith Ann. Don’t miss this warm and uniquely affecting experience filled with comical insights and wildly, witty observations about the human condition.

Includes transportation, dinner and show
Reservation & payment due by March 6

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

November 13 - December 11

(does not meet November 27)

7:00 - 8:00 a.m.

CMU Rose Pool

\$24 for 8 classes

MUST pre-register at COA

Instructor: Judi Swartz

Low-Impact Exercise

Mondays, Wednesdays, Fridays

(does not meet November 14 - 28)

10:15 a.m.

Fitness Room

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

2nd & 4th 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 & 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>		
<div>3.</div> <div>7:30 Water Aerobics \$◆ (Rose)</div> <div>10:00 Dulcimers (Craft)</div> <div>10:15 Low-Impact Exercise (F)</div> <div>11:00 Splatter Paint Craft (C)</div> <div>1:00 Dominos & Pinochle (C)</div> <div>5:30 Square Dancing (C)</div> <div>5:30 Tai Chi for Arthritis \$◆ (F)</div>	<div>4.</div> <div>7:00 Aqua Zumba \$◆ (Rose)</div> <div>9:00 Tai Chi for Arthritis \$◆ (F)</div> <div>10:00 Country Music (C)</div> <div>12:30 Banjos, Guitars, Mandolins (C)</div> <div>1:30 Yoga \$◆ (F)</div> <div>5:15 COA Advisory Council Meeting (BR1)</div>	<div>5.</div> <div>7:30 Water Aerobics \$◆ (Rose)</div> <div>10:15 Low-Impact Exercise (F)</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>
<div>10.</div> <div>7:30 Water Aerobics \$◆ (Rose)</div> <div>10:00 Dulcimers (Craft)</div> <div>10:15 Low-Impact Exercise (F)</div> <div>11:00 Veteran’s Day Celebration (C)</div> <div>12:30 Crafts with Mushrooms \$◆ (Craft)</div> <div>1:00 Dominos & 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>5:30 Tai Chi for Arthritis \$◆ (F)</div> <div>6:00 Amateur Photography Group (B)</div>	<div>11.</div> <div>Veteran’s Day</div> <div>CENTER CLOSED</div>	<div>12.</div> <div>7:30 Water Aerobics \$◆ (Rose)</div> <div>9:00 Art Group (Craft)</div> <div>10:15 Low-Impact Exercise (F)</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>5:30 Tai Chi for Arthritis \$◆ (F)</div>
<div>17.</div> <div>7:30 Water Aerobics \$◆ (Rose)</div> <div>10:00 Dulcimers (Craft)</div> <div>10:15 Low-Impact Exercise (F) - Cancelled</div> <div>12:30 Crafts with Mushrooms ◆ (Craft)</div> <div>1:00 Dominos & Pinochle (C)</div> <div>5:30 Square Dancing (C)</div>	<div>18.</div> <div>7:00 Aqua Zumba \$◆ (Rose)</div> <div>8:30 Friends of Isabella Seniors (BR1)</div> <div>11:00 How to Stay Safe and Independent Program w/McLaren (B)</div> <div>1:30 Yoga \$◆ (F)</div> <div>2:00 iPad Class (B)</div> <div>6:30 Caregiver Support Group Mtg. (Craft)</div>	<div>19.</div> <div>7:30 Water Aerobics \$◆ (Rose)</div> <div>10:15 Low-Impact Exercise (F) - Cancelled</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>24.</div> <div>7:30 Water Aerobics \$◆ (Rose)</div> <div>10:00 Dulcimers (Craft)</div> <div>10:15 Low-Impact Exercise (F) - Cancelled</div> <div>1:00 Reader’s Theater (Craft)</div> <div>1:00 Legal Services (CF)</div> <div>1:00 Dominos & Pinochle (C)</div> <div>5:30 Square Dancing (C)</div>	<div>25.</div> <div>7:00 Aqua Zumba \$◆ (Rose)</div> <div>11:00 Photo of the Month Club (C)</div> <div>12:45 Movie, “Mandela: Long Walk to Freedom” \$◆ (B)</div> <div>1:00 CMU Bridge (Craft)</div> <div>1:30 Yoga \$◆ (F)</div> <div>2:00 Intermediate Line Dancing (C)</div>	<div>26.</div> <div>7:30 Water Aerobics \$◆ (Rose)</div> <div>9:00 Art Group (Craft)</div> <div>10:15 Low-Impact Exercise (F) - Cancelled</div> <div>1:00 Bridge, Euchre, Pepper (C)</div> <div>1:00 Happy Ripper Quilters (Craft)</div>

Thursday	Friday	Saturday
		1. 4:00 Daniel Breidenstein Living Memorial Auction @ The Bird Bar & Grill
		2. 4:00 Arbor Opera Theater (A,B)
6. 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)	7. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Woodland Hospice (C)	8. 9:00 Holiday Bazaar & Craft Show (A,B, C)
13. 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 3 rd Annual Doe Day \$◆ (A) 1:00 Beginner Line Dancing (C) 1:30 Drawing for all Levels \$◆ (Craft) 4:00 Zumba Gold \$◆ (F)	14. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) - Cancelled 11:00 Doe Day (A,B) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Tendercare (C)	15. 4:00 Old Road Murder Mystery Dinner Train trip \$◆
20. 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)	21. 7:30 Water Aerobics \$◆ (Rose) 8:30 FGP/SCP In-Service Meeting (A,B) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) - Cancelled 12:30 Ukulele (Craft) 12:45 Bingo, sponsor A&D Home Health (C) 6:00 Red Hat Strutters Dance \$ (C)	22.
27. Thanksgiving CENTER CLOSED	28. Thanksgiving CENTER CLOSED	29.

FWF Eat Smart Menu

November 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> <div>Chicken/Rice Casserole Brussels Sprouts Wheat Bread Mixed Fruit Cup</div>	<div>4</div> <div>Baked Spaghetti Broccoli Garlic Toast Diced Peaches</div>	<div>5</div> <div>Pork chop w/ gravy Roasted sweet potatoes Cauliflower & Peas Wheat Bread Ambrosia Fruit Cup</div>	<div>6</div> <div>Cabbage Roll Casserole Dinner Roll Italian Mixed Vegetables pears</div>	<div>7</div> <div>Breaded Cod Baked Potato Roasted Cauliflower Cabbage Slaw Mandarin Oranges</div>
<div>10</div> <div>Chicken Parmesan Penne pasta Breadstick Tossed salad Fruit cocktail</div>	<div>11</div> <div>Closed Happy Veteran’s Day!</div>	<div>12</div> <div>Chop Suey Brown Rice Green Beans Wheat Bread Mixed Fruit Cup</div>	<div>13</div> <div>Swedish Meatballs Oven-Roasted Potatoes Braised Cabbage Wheat Bread Berry Fruit Cup</div>	<div>14</div> <div>Corn Chowder Harvard Beets Tossed Salad Breadstick Cinnamon Applesauce</div>
<div>17</div> <div>Chicken W/ Broc & Chz Egg Noodles Winter Squash Wheat Bread Fruit Cocktail</div>	<div>18</div> <div>Lasagna Garlic Toast Green Beans Peaches & Pears</div>	<div>Thanksgiving Meal 19</div> <div>Sliced Turkey Whipped Potatoes W Gravy Stuffing Green Bean Casserole Cranberry Sauce Pumpkin Custard</div>	<div>20</div> <div>Oven Fried Chicken Mashed Potatoes Fruited Cole Slaw Wheat Bread Ambrosia Fruit Cup</div>	<div>21</div> <div>Potato Crunch Fish Rice Pilaf Brussels Sprouts Wheat Bread Pineapple Chunks</div>
<div>24</div> <div>Polish Sausage Sauerkraut Baby Carrots Cauliflower & Peas Wheat Bread Applesauce</div>	<div>25</div> <div>Grilled Chicken Vegetable Primavera Wheat Bread Citrus Fruit Cup</div>	<div>26</div> <div>Chili Corn Bread Tossed Salad Tropical Fruit</div>	<div>27</div> <div>Closed Happy Thanksgiving!</div>	<div>28</div> <div>Closed Happy Day After Thanksgiving!</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.
Michelle Orwig, Site Mgr., (989) 433-0151

It’s bittersweet that I tell you I will be leaving the Rosebush Food with Friends meal sit. But I am excited to be joining the Mt. Pleasant Activity Center as the Site Manager! I will miss the fun times and laughter that we have shared but have full confidence that the new Site Manager, Michelle Orwig, will keep the good times rolling!

Music and bingo are always favorites around here and this month we plan to keep everyone happy with a little bit of each! We are closed Nov. 28 for Thanksgiving holiday.

Rosebush NOVEMBER Calendar

3	Readers Theater	1:00 p.m.
5	Penny Bingo	1:00 p.m.
7	Mark Baumann	1:00 p.m.
10	Bingo w/prizes, courtesy Hospice	1:00 p.m.
12	Penny Bingo	1:00 p.m.
14	Good Times Music	1:00 p.m.
	Ice Cream Sandwiches	2:00 p.m.
17	Penny Bingo	1:00 p.m.
19	Bingo w/prizes, courtesy of The Laurels	1:00 p.m.
21	Penny Bingo	1:00 p.m.
24	David Marasus, piano	1:00 p.m.
26	Birthday Party	12:45 p.m.
	Nutrition Education	
	Penny Bingo	1:00 p.m.
28	CLOSED - Happy Thanksgiving	

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

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**

Check out the Shepherd FWF meal site and see what you’ve been missing! Enjoy a hot meal, meet new friends and join the fun! Every Monday be active, healthy and happy with the Eat Healthy, Be Active program from MSU Extension. Free class & cookbook and taste testing! Paul Wilkinson will entertain us with music, from Elvis to Sinatra. Come join us and see what you’ve been missing!

Shepherd NOVEMBER Calendar

3 Eat Healthy, Be Active	12:15 p.m.
5 Euchre/Board Games	
7 Bingo w/prizes, sponsor	12:30 p.m.
Hometown Home Health & Hospice	
10 Memory Aerobics	11:00 a.m.
Eat Healthy, Be Active	12:15 a.m.
12 Birthday Celebration	11:00 a.m.
Music of Greg Merwin	
14 Jeopardy, Chinese Checkers, Dominoes	
17 Eat Healthy, Be Active	12:15 p.m.
19 Music w/Paul Wilkinson	11:00 a.m.
Senior Scams w/Officer White	12:00 p.m.
21 Music	
24 Music w/Bob Hill	
Eat Healthy, Be Active	12:15 p.m.
26 Range of Motion/Sit & Get Fit	
28 CLOSED - Happy Thanksgiving	

WEIDMAN SENIOR CENTER
3453 N. School Rd, Weidman
Meals T, W, Th, 9:30 a.m. - 1:30 p.m.
(989) 828-5106

It’s that time of year again! The crunching of the leaves under your feet, the brisk air in the early morning and the scent of pumpkin spice!

We say goodbye and good luck to Marjie. She has been our leader for 13 years. We are sad to see her go but excited for her to enjoy the days of retirement. Thank you for all your time and company Marjie!

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

As the seasons change, relax in knowing our meal site won’t be! We’re still having fun - singing, listening and dancing! Nov. 3 is our birthday party with Jerry Waldorf. Nov. 5 is the Dan Miller band. Rocky & the group are here Nov. 12. The Johnson’s are coming for National Peanut Butter day, Nov. 17! Our Thanksgiving meal is Nov. 19...yummy! Ray Brown and Eric Schagel will finish off with “Dressing for Hunting” Nov. 24. Hope to see you soon!

Winn NOVEMBER Calendar

3 Birthday Party	
5 Dan Miller Band	
7 Cards	
10 Pam & Terry Anderson - Veteran’s Day	
12 Rocky King & the Country Band	
Diabetes Awareness Day	
14 Cards	
17 Bob & Jean Johnson	
National Peanut Butter Day	
19 Thanksgiving w/Ray Brown & Eric Schagle	
21 Cards	
24 Mark Bauman & Mark Ray	
“Dressing for Hunting Day”	
26 Harold Helman	
28 CLOSED - Happy Thanksgiving	

Weidman NOVEMBER Calendar

4 Bingo	12:30 p.m.
5 River Ramblers	10:00 a.m.
6 Sit & Get Fit	10:00 a.m.
Music by Harold Hellman	11:00 a.m.
Memory Aerobics	12:30 p.m.
11 CLOSED - Veteran’s Day	
12 River Ramblers	10:00 a.m.
13 Jeopardy	12:30 p.m.
18 Bingo	12:30 p.m.
19 Crazy Hat Day	
River Ramblers	10:00 a.m.
Birthday Celebration	12:00 p.m.
20 Sit & Get Fit	10:00 a.m.
Memory Aerobics	12:30 p.m.
25 String Art	12:30 p.m.
26 River Ramblers	10:00 a.m.
Sharpie Baking	12:30 p.m.
27 CLOSED - Happy Thanksgiving	

COA ACTIVITY CENTER
2200 S. Lincoln Rd, Mt. Pleasant
Meals: M - F, 8:00 a.m. - 4:30 p.m.
Katie Showers, 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 November.

Mondays

Pinochle/Dominoes, 1:00 p.m.



1st & 3rd Tuesdays

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



Wednesdays

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

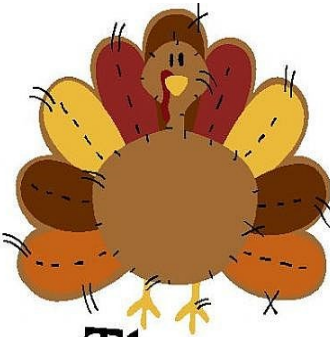
Fridays

Bingo, 12:45 p.m.



COA NOVEMBER Calendar

3 Splatter Paint craft	11:00 a.m.
4 Country Music	10:00 a.m.
6 Jeopardy	11:00 a.m.
7 Bingo w/Woodland Hospice	12:45 p.m.
10 Veteran’s Day Celebration	11:00 a.m.
Music w/Greg Merwin	
11 CLOSED - Veteran’s Day	
13 Doe Day, see page 4 for details	11:00 a.m.
14 Bingo w/Tendercare	12:45 p.m.
19 Thanksgiving Meal	12:00 p.m.
20 Jeopardy	11:00 a.m.
21 Bingo w/A&D Home Health	12:45 p.m.
25 Photo of the Month	11:00 a.m.
Favorite Family Photo	
27 CLOSED - Happy Thanksgiving	
28 CLOSED - Happy Thanksgiving	



Happy Thanksgiving

Community Health Events

Lung Cancer Screening

In recognition of Lung Cancer Awareness Month, McLaren Central Michigan is offering free low-dose radiation chest CT scans on **Wednesday, November 5**. Free appointments available 4:00 - 7:00 p.m. The National Cancer Institute recommends this type of screening for individuals at high-risk for lung cancer.

To be eligible for the free screening, individuals must:

- *be between the ages of 50 and 75*
- *be a current or former smoker with a 30-pack/year history**
- *have not had a CT scan of the lung in the past 12 months*

Call **(989) 779-5606** to schedule an appointment

**Pack-years are calculated by multiplying the number of packs of cigarettes smoked per day by the number of years the person has smoked.*

Memory Screenings

Are you concerned about memory loss in a loved one or yourself? If you notice an interference with daily activities, and avoidance of tasks, hobbies or social events and memory loss seems to be getting worse, consider a memory screening. The free memory screening determines whether problems are a normal part of aging or due to a condition that should be treated. The screening consists of questions and tasks that take about 20 minutes to complete, and is an initiative of the Alzheimer’s Foundation of America. Call **(989) 779-5606** to schedule your free appointment.

Sally Beeson, FNP-BC

Wednesday, November 5 appointments begin at 9:00 a.m.
322 Wright Avenue, Shepherd

Henry Szelag, DO

Thursday, November 6 appointments begin at 1:00 p.m.
3520 Woodruff, Weidman

Diane Grove, PA-C

Tuesday, November 11 appointments begin at 1:00 p.m.
1509 N McEwan, Clare

Learn How to Exercise with Arthritis

Is the pain caused by arthritis causing you to shy away from activities you enjoy? Exercise is a prescription you can fill to help manage the symptoms of arthritis, joint pain and stiffness. If you are ready to fill your prescription, join MCM’s Physical Therapist Beth Riley for a discussion on exercise for the treatment of arthritis and learn how to perform simple exercises. Find out what exercise options are available for you to include in your daily routine so you can be more active with less pain.

Tuesday, November 11 from 10:30 - 11:30 a.m.

McLaren Central Michigan, FDJ Conference Room
1221 South Drive, Mt. Pleasant
Call **(989) 779-5606** to register

2014 Fall Fashion Show

On September 30, models from Isabella County Commission on Aging strutted down the runway in the latest fall fashions, sponsored by JCPenney of Mt. Pleasant! Thank you to JCPenney and to our models!



Thank you for Dining and Donating

Each Wednesday in October, the Isabella County Commission on Aging/Friends of Isabella Seniors hosted fundraisers at local restaurants in Mt. Pleasant...Bennigan’s, Italian Oven, La Senorita, Ruby Tuesday and Bob Evans and donated 20% of sales to COA/FOIS! A BIG thank you goes out to our local restaurants and to all of you that enjoyed a meal out! Thank you for your continued support of COA/FOIS!

Thank you Mountain Town Singers

We had the pleasure of being entertained by the Mountain Town Singers last month. Thank you for sharing your talents with us! You are invited to join them for their concert, Acapellapalooza III, Saturday, November 1, 6:30 p.m. at Plachta Auditorium. Call **(231) 734-2576** for tickets or more information.

Flu Clinics

Central Michigan District Health Department will be offering walk-in seasonal flu clinics

Wednesday, November 5, 3:00 – 6 p.m.

Beal City High School, 3117 Elias Road in Beal City, (all ages, 6 months and above)

Wednesday, November 12, 3:00 – 6:00 p.m.

Shepherd High School, 100 Hall Street in Shepherd, (all ages, 6 months and above)

CMDHD bills private insurances, Medicare and Medicaid for the full cost of the vaccine. For persons paying with cash, check or credit cards at the time of service, a sliding fee scale may apply that is dependent upon income and family size.

For more information, please call **(989) 773-5921 ext. 15**

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

Evening Bloomers
Garden Club

The Evening Bloomers Garden Club will meet **Tuesday, November 4 at 7:00 p.m.** in Room B at Isabella County Commission on Aging. Our speaker will be Jeanne Henderson from Mid-Mitten Chapter of Wild Ones and Chippewa Nature Center. She will discuss native plants in our home landscapes. Business meeting will follow. Public is invited to attend.

Mt. Pleasant
Garden Club

The Mt. Pleasant Garden club invites you to join them on **Monday, November 17 at 1:00 p.m.** in Room A at the Isabella County Commission on Aging when we will hear about the World Gardening Project from Kit Gunn, who visited Belize last year to see the National 4-H Youth Development Center there.

Community Groups

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

Brain Cancer Support Group
November 6, 3:30 p.m., Room A

Central Michigan Daylily Society
November 15, 10:00 a.m., Room A

Clowns
November 6, 6:00 p.m., Craft Room

Community Cancer Services
November 13, 6:30 p.m., Craft Room

Community Service Council
November 13, 12:00 p.m., Room A

Evening Bloomers Garden Club
November 4, 7:00 p.m., Room B

Friends of Broadway Theater
November 13, 6:30 p.m., Room C

Genealogy
November 13, 7:00 p.m., Room B

Mid-Michigan Patriots
November 13, 7:00 p.m., Room A

Mid-Michigan Quilters
November 25, 6:00 p.m., Rooms A,B,C

Mt. Pleasant Garden Club
November 17, 1:00 p.m., Craft Room

Mt. Pleasant Historical Society
November 4, 7:00 p.m., Room A

Stamp Collectors
November 25, 7:00 p.m., Craft Room

State Employee Retirement Association
(SERA)
November 18, 1:30 p.m., Room B

Women’s Aid
November 25, 8:00 a.m., Room B

State Employee Retirement Association

Michael Fisher from the Planning Department of the Saginaw Chippewa Indian Tribe. Will present information on cleaning up contaminated properties, preventing hazardous waste and chemical spills and limiting the impacts of improper solid waste disposal. Michael will also share information on emergency management, the Tribe's wild rice restoration efforts and new developments with the E. Coli tracking efforts on the Chippewa River. The meeting is **Tuesday, November 18 at 1:30 p.m.** in Room A at Commission on Aging. Following the presentation there will be a short business meeting, 50/50 drawing and the door prize. Contact Jackie Curtis at **(989) 772-0597** or jac62irish@yahoo.com for more information.

Kinship Care

There is a growing population of older adults who are the primary caregivers for children who are 18 years old or younger. The Commission on Aging has access to funds to assist these families in meeting the many needs of the children. The Program guidelines are:

- The primary caregiver must be age 55 or older.
- The primary caregiver cannot be the biological parent, nor living with the kinship family.
- Allocation of funds is limited to \$200.
- Funds have been used for, but not limited to: utility bills, clothing and school supplies, registration for school activities.
- There are no income or assets limits for the program, but we try to assist families of greater need first.

If you are a kinship family or know of one who could benefit from the grant money, please call the Commission on Aging at **(989) 772-0748** and ask to speak with a social worker.

Weidman Activities
Weidman Community Center

Mondays & Tuesdays
11:00 a.m. - Walking
11:30 a.m. - Resistance band/chair exercise

9:00 - 11:00 a.m. - Beginner Line Dancing
Donation, proceeds go to WCC

Call Marilyn for info **(989) 644-5915**

Fall in Love with Your
Isabella County Parks!!!



Walk the Trails at
Deerfield Nature Park and
Meridian County Park!

[www.isabellacounty.org/
dept/parks](http://www.isabellacounty.org/dept/parks)
989.317.4083



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

IN MEMORY OF

Alma Armbrustmacher
Robert Armbrustmacher

Dean Bissell
Wilma Sanders

Jean Bland
Alfred Bland

Bob Bucholtz
Joann Maxim

Louie G. Doughty
Donna Doughty

Jack Fitzpatrick
June Fitzpatrick

Karen Hansen
State Employees Retiree Association

Ida Grace Holp
Bill Riley & Cherylle Harvey-Riley

Dennis “Denny” Mumford
Bob & Jo Bedrick
Ray Benaske
Jim & Barb Bissett
Linda Bradley
Roberta DuHamel Clark
Elaine Cook
Connie & Stan Dinius
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Sharon Horgan
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Pauline Schafer
Jim & Marilyn Sweeney
Nadine Voisin
Glenn Williams

Ruth Nagy
Edwin & Doris Roth
Kathy Stuart

Patricia “Pat” Shook
Gaylord & Marilyn Courter

Gert Smith
Clayton & Carol Garrett

Andy Tschoppot
Clayton & Carol Garrett
James & Sandy Pulaski
State Employees Retiree Association
Bernadette Sunderman
Roger & Edith Watson

Sam Wunderbaum
Phil & Mary Mead

Active LIVING in Memory of

Mary Clark
Richard & Carol Embrey

Donald Duffy
Mary Lou Duffy

Daisy Embrey
Richard & Carol Embrey

Robert Murry Wedding
(Birthdate Nov. 28, 1938)
Carl Baxter
Jeanette Wedding

Activity Center in Memory of

Theda LaLone
Morval LaLone

Food with Friends in Memory of

Choice Faling-Foster
Louis & Justine Fiorillo

Gold Key in Memory of

Dennis “Denny” Mumford
Charles & Betty Campbell

Needlecrafts in Memory of

Ruth Thrush
Cliff & Joyce Stacy

Donations to
COMMISSION ON AGING

Rita G. Johnson
Melvin Onuskanich
Jerry & Joanne Paul
Leonard & Carol Swan

Activity Center
Melvin Onuskanich
Jean Thomas

Food with Friends
Daniel Balogh
Stan & Ann Klumpp
Linda Robinson

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CMU Women
Kendall & Lois Klumpp
Shirley Rondy

In-Home Services
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Sharon Dodge
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Elizabeth Endres
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James & Carol Flack
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Dixie Neier
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Wilma Sanders
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Gail Shack
C & T Smalley
Leonard & Carol Swan
Pansy Thaller
Kim Douglas-Waugh
Jeanette Wedding
Judith Welsh
Joyce Williams
James Wilson
Jim & Sally Wojciechowski
Harold & Sharon Zastrow
Sally Zimmer
Mary Zorn

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

Remember a Loved One

The holidays often bring fond memories of times past. We remember loved ones who have gone before us, and honor those who share our lives today. Active *LIVING* offers a way to honor those special people in your life with a Memorial Listing. If you would like a memorial or honorarium included in the December issue, we need to receive the information by November 14. Please fee free to use the form below:

Enclosed is my donation for \$

Please make check payable to:
Friends of Isabella Seniors

mail to:
2200 S. Lincoln Rd.
Mt. Pleasant, MI 48858

Please designate my gift to:

☐ Where most needed

☐ Activity Center

☐ Food with Friends Services

☐ Foster Grandparent/Senior Companion Services

☐ Gold Key Volunteer Services

☐ In Home Services

Name:

Please send acknowledgment to:
Name
Address

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Temporarily Away

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

Active *LIVING* Deadline

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

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

Mission Statement

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

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

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

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

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

**Foster Grandparent Program
Senior Companion Program**


- Activity Center Program**
- Activities
 - Travel Opportunities
 - Fitness

- Gold Key Volunteer Program**
- Volunteer Opportunities
 - Transportation

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

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

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City _____ Zip _____

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

New Subscriber or Change of Address

Full Name _____

Number & Street _____ Apt. No. _____

City _____ Zip _____

Phone _____

Please make checks payable to:
Friends of Isabella Seniors

Thursday, November 13 is your day LADIES...a day just for you! Join us for our **3rd Annual Doe Day** at Commission on Aging starting at 11:00 a.m.

Join Kelly Carter from Department of Natural Resources for **Gourmet Gone Wild**. After our program, we'll enjoy lunch (Swedish meatballs, roasted potatoes, cabbage and berry fruit cup).

We'll end our day with laughter and the movie **“No Reservations”**

Call Marcy at **(989) 772-0748** to register. Register for the whole day, the program only, lunch only or movie only. For LADIES ONLY! See page 4 for more details.

NOVEMBER 2014 ACTIVE LIVING

Non-Profit Org.
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48858

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



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

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

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

INSIDE November 2014 Issue	
Daniel Breidenstein Living Memorial Auction	1
Holiday Bazaar & Craft Show Anyone Can Paint	1
Director’s Comments	2
Calling all Bakers!	2
Mission Moment	3
Medicare Part D Open Enrollment	3
Events/Classes at COA	4, 5
Volunteers Needed	5
Travel with COA	6
Fitness Classes	7
November Activity Calendar	8, 9
FWF Menu & Site Activities	10, 11
Thank You, Flu Clinics	12
Kinship Care, Community Groups	13
Memorials and Donations	14
Remember a Loved One	15