

# Active LIVING

Volume 114 Issue 12  
December 2014

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



**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, transportation, ticket to game and more!  
Contact Marcy at (989) 772-0748 to reserve your space

## Mt. Pleasant Arbor

presented \$750 to the Isabella County Commission on Aging **Food with Friends program!** Our program was the proud recipient of the Gleaner's 2014 Samaritan Beneficiary.



The Gleaner's Samaritan program gives recognition to members' fraternal work performed by Gleaner "arbors". Through its Samaritan program, the Mt. Pleasant Arbor worked individually to complete a variety of activities that met specific needs within their community. Members of

the Mt. Pleasant Arbor performed 4,698 acts and hours of volunteer service in our community to earn the funds.

Funds will be used for our Home Delivered Meal Program.

Thank you Mt. Pleasant Arbor!



from left to right: Lois Breidenstein, Chris Stanton, Brenda Upton

## Thank You!

A special thank you to the **Breidenstein Family**, the **Daniel P. Breidenstein Living Memorial Auction Donors**, **The Bird Bar & Grill Staff** and our **Community** for supporting the Isabella County Commission on Aging!

The Daniel Breidenstein Living Memorial Auction, held at The Bird Bar & Grill in downtown Mt. Pleasant, November 1 generated over \$7,200. The money will be used to reimburse Commission on Aging volunteers for their mileage. Pictured above, Lois Breidenstein presented the check to Brenda Upton, Executive Director of the Isabella County Commission on Aging and Chris Stanton, COA Intern from CMU.

Our volunteers travel thousands of miles each year for our program participants. They are a key factor in making our agency a leader in Older Adult services in Isabella County and in the State of Michigan.

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

Once again, the Commission on Aging was the lucky recipient of the Daniel Breidenstein Living Memorial Auction. Lois Breidenstein, her family and the employees at The Bird Bar & Grill have organized and conducted an annual auction to benefit community service organizations for years. The Commission on Aging was again, for the fourth year in a row awarded the proceeds of the event.

The Breidenstein Family and the employees of The Bird Bar and Grill do all the work. They contact a variety of community businesses and individuals and ask them if they would be willing to donate items that could be auctioned at their fund raiser. This year the auction took place on November 1. It started at 4:00 p.m. and finished at approximately 7:30 p.m. The bar was packed with people. Well over 140 people were in attendance and nearly all of them participated either in the live auction, the silent auction or the raffles. It is easily the best time I have ever had at a fund raiser. And that is due to the fact that Lois, her family and her employees work hard at pulling the auction together and managing it throughout the evening. Everyone is guaranteed a good time.



The Commission on Aging is so very grateful to Lois Breidenstein, her family and her employees. It takes a lot of time and hard work to bring the auction together. We truly appreciate being the recipient of their efforts. This year's auction brought in over \$7,200.00. The funding will stay right here in Isabella County and be used to reimburse our volunteers for the mileage they generate when delivering meals, transporting clients to medical appointments, providing Friendly Visiting and volunteering as a Foster Grandparent or Senior Companion. During our last fiscal year our volunteers drove over 168,000 miles and provided over 56,000 hours of care to our program participants. The proceeds from The Bird Auction are a valuable contribution to the success of our Gold Key Volunteer Program.

We, at the Commission on Aging and our entire community are fortunate that individuals like Lois Breidenstein, her family and her staff live here. Their spirit of giving back to the community and supporting those in need should be commended by all of us.

Thank you so much for your generosity and giving spirit. You make our job and all our services better.

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

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## **Mission Moment**

The holiday and season that involves presents is upon us. What is a present? Is it a pretty package with a bow on it that you can't wait to open? Or is it about opening your heart and sharing your time with others in need – in other words is it about being Present in another person's life? The Senior Companion and Foster Grandparent Volunteers are all about the latter.

With the hustle and bustle of the holiday season and throughout life it is nice to know there are people who are willing to pause, take a moment and be Present and engaged with another person. Whether it is to ease a person's loneliness, to help a student who is struggling with reading, to listen to a child's worries or to accompany an older adult to a medical appointment; our volunteers are there. For 20 hours a week our Foster Grandparents mentor children and our Senior Companions provide compassion and companionship to frail older adults and persons with disabilities.

Our Senior Companions and Foster Grandparents are exceptionally good at living in the Present both wisely and earnestly. They are the best Present our community could ask for.

*Mary Ann Mooradian, Foster Grandparent/Senior Companion Director*

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

## Caregiver Support Meeting

Our Caregivers Support Meeting will be **Tuesday, December 16** from **6:30 - 8:00 p.m.** at the Isabella County Commission on Aging Activity Center. This group is open to all caregivers be it caring for your mother/father, spouse, grandparent or friend. Receive support, learn strategies for coping with challenging situations and get ideas that you can implement. Educational handouts available. If you have questions about this group feel free to call the COA at **(989) 772-0748**.

## Food with Friends Gift Certificates

The holiday season is upon us! The Food with Friends program makes gift giving easy with Meal Site Gift Certificates. These gift certificates are a great gift for friends and family 60+ who are regular visitors at our sites or for those that may not have had the opportunity to visit yet. Give your loved ones the gift of food, fun and friendship.

Gift certificates can be used at any of our five meal sites in Isabella County; Mt. Pleasant, Rosebush, Shepherd, Weidman or Winn.

**Available now for giving!**

*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 gift certificates or for more information.

## Thank You!

The Commission on Aging held our annual Holiday Bazaar & Craft Show November 8. This year we had 50+ vendors that sold mittens, bird houses, floral arrangements, hats, ornaments, jewelry and so much more. Many attended and purchased gifts for friends, family and even themselves! The day included a raffle, bake sale, door prizes and lunch (which was quite yummy)!

Thank you to the many vendors, raffle and bake sale donors, volunteers and the many shoppers that made this such a successful event!



## Ask a COA Specialist

**Question:** Are doctors starting to make house calls? I thought house calls were something from the past. I heard some doctors have returned to this practice. This would be great for my 95 year old mother who has difficulty getting out of the home. How do I find out about having a doctor visit my mother in her home?

**Answer:** Yes, there are some doctors providing medical care to older persons who are unable to leave their home. This is a convenient option for many older adults. The older adult even has access to some types of x-rays in the home. For more information, please call the Commission on Aging and ask to speak with a Social Worker. We can connect you to a couple of health care facilities in Mid Michigan offering those services.

**You can ask a COA Specialist, 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**

## Attention:

## Gold Key Needle Crafts Volunteers

The holidays are upon us and it's time for our annual craft distribution. Please bring your completed hats, mittens, lap robes, quilts, afghans, walker or wheelchair bags, gingerbread dolls and clothing protectors to the Commission on Aging by Friday, December 5.

You are invited to attend the December Needle Crafts meeting on **Tuesday, December 9, at 10:00 a.m.** We will have some holiday treats and beverages to say *Thanks* for all you do. We will also sort items for holiday delivery. Please come and meet your fellow volunteers and help us help those in need. If you have any questions, please call Ginny at **(989) 772-0748**. Happy Holidays!

## Need a Holiday Gift?

Give the gift of an

### Active *LIVING*

newsletter subscription for a suggested contribution of \$20 a year!

It's easy; simply complete the form on the back page and drop off to COA or mail to:

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

Please make checks payable to Friends of Isabella Seniors

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

## FREE TAX PREPARATION AVAILABLE

The Isabella County Commission on Aging is once again coordinating with the AARP Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing available. This service is provided to low and middle income taxpayers. Appointments for all sites except Dover Court, Riverview and Winchester Towers must be made by calling the Commission on Aging. Dover Court, Riverview and Winchester Towers should call their building office.

The volunteers at these tax clinics will be handling Federal and Michigan tax returns that are within the scope of their training, as well as Homestead Property Tax and Home Heating credits. Volunteers are required to pass an IRS test before they can prepare returns. People who are self employed, have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

The following are locations, dates and times for the free tax preparation BY APPOINTMENT ONLY.

CALL for APPOINTMENT (989) 772-0748.  
DO NOT CALL for APPOINTMENT UNTIL JANUARY 20, 2015

### COMMISSION on AGING, MT. PLEASANT

Thursdays, February 5 - April 9  
Tuesdays, March 31  
Wednesday, April 8  
10:30 a.m. - 4:00 p.m.

### BLANCHARD LIBRARY/ROLLAND TOWNSHIP HALL

Tuesdays, February 10 & 24  
Tuesday, March 17  
10:45 a.m. - 2:00 p.m.

### WEIDMAN SENIOR CENTER

Tuesdays, February 3 & 17  
Tuesdays, March 10 & 24  
1:15 - 4:30 p.m.

### SHEPHERD, COE TOWNSHIP LIBRARY

Wednesday, February 18  
Wednesday, March 11, 10:30 a.m. to 2:30 p.m.

### ROSEBUSH - FAITH MEMORIAL LIBRARY

Tuesday, March 3  
12:45 - 4:00 p.m.

RESIDENTS of Dover Court, Riverview and Winchester Towers:  
CALL YOUR BUILDING OFFICE for RESERVATIONS,  
DATES and TIMES. LIMITED to RESIDENTS.



Hello my name is Lydia Miller and I am the new social work intern with the Commission on Aging. I am a senior at Central Michigan University majoring in Social Work with minors in Leadership and Sociology. Taking from what I have learned in classes and spending a few months here, I feel confident in saying that the COA is a great

agency that has phenomenal employees and volunteers that care about this community.

I am originally from Farmington Hills, MI and this is where I first become passionate about being an active citizen by becoming involved with the community. The passion I have for serving with others led me to social work and to have the opportunity to be a social worker at the Department of Social Welfare in Cape Coast, Ghana. I spent three months living with a host family experiencing the Ghanaian culture, food, religion, employment and practice. The lessons of patience, dedication and empathy that I learned from working in that agency, while creating a new bylaw for all the day care centers in Metropolitan area, will be taken with me anywhere I go. I plan to attend graduate school after completing this year and maybe even join the Peace Corps.

I am excited to learn a lot from the COA and give my time and energy in every way that I can. Currently I am helping organize the Leaf Raking project, as I am looking to get a lot of organizations involved. Also, I am going on home visits to learn more what the social workers at the COA do. If you see me I would love to get to know you more so say hello.

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## 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 individuals, 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, call Ginny at (989) 772-0748.

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

## Events/Classes



**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 the beginner as well as the advanced painter. 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 upon registration.



### Scarf Tying 101

**Monday, December 8**  
**6:00 p.m.**  
**Room A**

Discover how to wear scarves to suit your personal style and learn how to tie chic knots that make you look effortlessly stylish. A step by step guide with some fun ways to tie and wear this versatile accessory.

Call (989) 772-0748 to register. Attendees will have the chance to win one of the demonstration scarves. Please feel free to bring your own scarf to practice with.

Presented by Trillium Fine Clothing.

### iPad Class

**Tuesday, December 16**  
**2:00 p.m.**  
**Room B**

Martha Stewart Craft Studio. Participants will learn digital crafting that allows them to "scrap" photos and create cards by adding papers, punches glitter and more - without all the messy cleanup! Share your photos electronically with friends and family or learn how to print them via Snapfish or do it yourself. Bring iPad, Apple ID and password. No reservation required.

### Massage Therapy

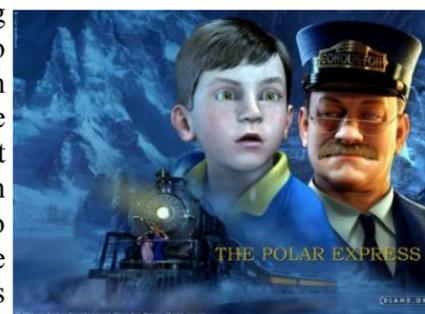
**Thursday, Dec. 18**  
**11:00 a.m. - 3:00 p.m.**  
**Fitness Room**  
**\$10 for a 15-minute massage**

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

### December Movie & Popcorn "The Polar Express"

**Tuesday, December 23**  
**12:45 p.m.**  
**Room B**  
**\$1 per person**

This is the story of a young hero boy on Christmas Eve who boards a powerful magical train that's headed to the North Pole and Santa Claus's home. What unfolds is an adventure which follows a doubting boy, who takes an extraordinary train ride to the North Pole. During this ride, he embarks on a journey of self-discovery which shows him that the wonder of life never fades for those who believe. Starring Tom Hanks. (Rated PG, 100 minutes).



Call Marcy to register, (989) 772-0748.

# TRAVEL with COA

## 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, transportation, ticket to game and FUN!  
 Reservation & payment due by Dec. 12

## We’re having lunch at



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

You may have seen them featured on ***Diners Drive-Ins and Dives***.

Known for their world famous deep fried chicken gizzards, Gizzard City in Pottersville, 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.

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

Reservation & payment due by Feb. 13

## The 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*, is coming to the 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.

Contact Marcy ASAP if interested  
 Includes transportation and show



**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

## FUN with COA



Having FUN at our **Howling Good Time** event in October. The free day for kids of all ages included “pumpkin hunting”, monster mashing, goodie gobbling and spooky fun!

We had a blast on our **Murder Mystery Dinner Train** and the food was to “die” for!



## 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

(does not meet Dec. 16 - Jan. 8)

**7:00 - 8:00 a.m.**

**CMU Rose Pool**

**12 classes for \$36**

expires when punches are used or 13 weeks after issue date

MUST purchase punch card at COA

*Instructor: Judi Swartz*

## Low-Impact Exercise

### Mondays, Wednesdays, Fridays

(check calendar for days class meets in December)

**10:15 a.m.**

**Fitness Room**

## Line Dancing

### Beginner

**Thursdays**

(does not meet Dec. 25 & Jan. 1)

**1:00 - 3:00 p.m.**

**COA Room C**

### Intermediate

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday**

**2:00 - 4:00 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**

expires when punches are used or 8 weeks after issue date

**12 classes for \$55**

expires when punches are used or 14 weeks after issue date

Please bring your own mat

MUST purchase punch card at COA

*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

(does not meet Dec. 25 & Jan. 1)

**4:00 - 5:00 p.m.**

**COA Fitness Room**

**6 classes for \$18**

expires when punches are used or 8 weeks after issue date

**12 classes for \$30**

expires when punches are used or 14 weeks after issue date

MUST purchase a punch card at COA

*Instructor: Judi Swartz*

Monday	Tuesday	Wednesday
1. 7:30 Water Aerobics \$♦ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 5:30 Tai Chi for Arthritis \$♦ (F)	2. 7:00 Aqua Zumba \$♦ (Rose) 9:00 Tai Chi for Arthritis \$♦ (F) 10:00 Country Music (C) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$♦ (F) 5:15 COA Advisory Council Meeting (BR1)	3. 7:30 Water Aerobics \$♦ (Rose) 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 4:00 Anyone Can Paint \$♦ (C) 5:30 Tai Chi for Arthritis \$♦ (F)
8. 7:30 Water Aerobics \$♦ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise - Cancelled 1:00 Dominos & Pinochle (C) 1:00 Reader's Theater (Craft) 1:00 Legal Services (CF) 5:30 Tai Chi for Arthritis \$♦ (F) 6:00 Scarf Tying 101 ♦ (A)	9. 7:00 Aqua Zumba \$♦ (Rose) 9:00 Tai Chi for Arthritis \$♦ (F) 10:00 Country Music (C) 10:00 Needle Crafters (Craft) 12:30 Banjos, Guitars, Mandolins (C) 1:00 CMU Bridge (Craft) 1:30 Yoga \$♦ (F) 2:00 Intermediate Line Dancing (C) 2:30 FGP/SCP Advisory Council (A)	10. 7:30 Water Aerobics \$♦ (Rose) 9:00 Art Group (Craft) 10:15 Low-Impact Exercise - Cancelled 11:15 Deal or No Deal w/Tendercare (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Book Club (Lib) 1:30 Receptionist Training Holiday Tea (B) 5:30 Tai Chi for Arthritis \$♦ (F)
15. 7:30 Water Aerobics - Cancelled 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise - Cancelled 1:00 Dominos & Pinochle (C)	16. 7:00 Aqua Zumba - Cancelled 8:30 SCP Quarterly Training (A) 1:30 Yoga \$♦ (F) 2:00 iPad Class (B) 6:30 Caregiver Support Group Mtg. (Craft)	17. 7:30 Water Aerobics - Cancelled 10:15 Low-Impact Exercise - Cancelled 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Second Book Club (Lib)
22. 7:30 Water Aerobics - Cancelled 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) - Cancelled 1:00 Dominos & Pinochle (C) 1:00 Reader's Theater (Craft) 1:00 Legal Services (CF)	23. 7:00 Aqua Zumba - Cancelled 12:45 Movie, "The Polar Express" \$♦ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$♦ (F) 2:00 Intermediate Line Dancing (C)	24. <b>Christmas Eve</b> <b>CENTER CLOSED</b>
29. 7:30 Water Aerobics - Cancelled 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) - Cancelled 1:00 Dominos & Pinochle (C)	30. 7:00 Aqua Zumba - Cancelled 1:30 Yoga \$♦ (F)	31. <b>New Year's Eve</b> <b>CENTER CLOSED</b>  10:00 CMU Women's Basketball Game trip Center OPEN for trip ONLY MUST have a reservation

Thursday	Friday	Saturday
4. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	5. 7:30 Water Aerobics \$◆ (Rose) 9:30 FGP/SCP In-Service (A,B) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise - Cancelled 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Woodland Hospice (C)	6.
11. 7:00 Aqua Zumba \$◆ (Rose) 8:00 Holiday Walk at Meadowbrook Hall trip \$◆ 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	12. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise - Cancelled 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Tendercare (C)	13.
18. 7:00 Aqua Zumba - Cancelled 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Massage Therapy \$◆ (F) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	19. 7:30 Water Aerobics - Cancelled 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise - Cancelled 12:30 Ukulele (Craft) 12:45 Bingo, sponsor A&D Home Health (C) 6:00 Red Hat Strutters Dance \$ (C)	20.
25. <b>Christmas</b>  <b>CENTER CLOSED</b>	26. 7:30 Water Aerobics - Cancelled 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise - Cancelled 12:30 Ukulele (Craft)	27.
<p><i>The room/location for each activity is listed on the calendar for reference</i>  <i>Codes for rooms/locations are as follows:</i></p> <p>A - Activity Room A      Craft - Arts &amp; Crafts Room      CF - Conference Room  B - Activity Room B      F - Fitness room      BR1 - Board Room  C - Activity Room C      Lab - Computer Lab      Rose - Rose Pool</p>		<p>Food with Friends  Monday thru Friday at  Noon in Activity Room C  See our Menu on Page 10</p> <p><i>Calendar Key:</i>  ◆ = Reservation Required  \$ = Fee for Activity</p>

**FWF Eat Smart Menu**

**December 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Lemon Baked Chicken Bread Baked Sweet Potato Broccoli Pineapple Tidbits	2 Baked Ziti Bread Cauliflower Green Beans Cinnamon Applesauce	3 Roast Pork Bread Company Potatoes Squash Berry Fruit Cup	4 Sliced Turkey Bread Baked Potato Capri Vegetable Blend Tropical Fruit Salad	5 Herb Baked Tilapia Bread Lentils w/Spinach Carrots Leprechaun Fluff
8 Autumn Chicken Bread Mashed Potatoes Succotash Vegetable Blend Cranberry Mousse	9 White Bean Chicken Chili Biscuit Brussels Sprouts Fresh Fruit Cup	10 American Goulash Bread Carrot & Raisin Salad Tossed Salad Tropical Fruit	11 Meatloaf Bread Oven Roasted Potatoes Peas & Carrots Pears	12 Macaroni & Cheese Bread Green Beans Beet Salad Oatmeal Apple Crisp
15 BBQ Chicken Breast Picnic Baked Beans Bread / Corn Broccoli Citrus Salad Orange Sections	16 Roasted Vegetable & Sausage Penne Bread Grape Banana Fruit Cup	17 <b>Holiday Meal</b> Baked Ham / Dinner Roll Steamed Cabbage Sweet Potatoes Pea Salad Gelatin Cake	18 Smothered Chicken Breast Bread Parsley Buttered Potatoes Mixed Vegetables Fruit Cocktail Gelatin	19 Fish Sandwich (Trout) w/ Bun Broccoli/Cauliflower Salad Citrus Fruit Cup
22 Chicken & Rice Bread Carrots Mixed Fruit Cup	23 Baked Spaghetti Garlic Toast Broccoli Peaches	24 <b>CLOSED Christmas Eve</b>	25 <b>CLOSED Christmas</b>	26 Commission on Aging Building Open <b>NO MEALS SERVED</b>
29 Pork Chop Bread Baked Potato Spinach Apricots	30 Chicken Parmesan Pasta Penne Breadstick Tossed Salad Fruit Cocktail	31 <b>CLOSED New Year's Eve</b>		

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

If the holiday bustle has already got you frazzled, wind down and let us make you lunch. Join us every Monday, Wednesday and Friday in Rosebush to dine with friends and relax with music, holiday crafts or even a bingo game or two. We will help you face the new year with a smile and refreshed attitude!

**Rosebush DECEMBER Calendar**

- 1 Sit & Get Fit 11:15 a.m.  
The music of Earl & Elaine Currie
- 3 Sit & Get Fit 11:15 a.m.  
Penny Bingo 1:00 p.m.
- 5 Sit & Get Fit 11:15 a.m.  
Music of Greg Merwin 1:00 p.m.
- 8 Sit & Get Fit 11:15 a.m.  
Bingo w/prizes, courtesy Hospice 1:00 p.m.  
Red Hat Strutters 2:30 p.m.

**Rosebush DECEMBER Calendar**

- 10 Sit & Get Fit 11:15 a.m.  
Penny Bingo 1:00 p.m.
- 12 Sit & Get Fit 11:15 a.m.  
Central Harmony Acappella Caroling 1:00 p.m.  
Root Beer Floats 2:00 p.m.
- 15 Sit & Get Fit 11:15 a.m.  
Wreath Making 1:00 p.m.
- 17 Holiday Meal  
Sit & Get Fit 11:15 a.m.  
Bingo w/prizes, courtesy The Laurels 1:00 p.m.
- 19 Sit & Get Fit 11:15 a.m.  
Paul Wilkenson, One Man Band 1:00 p.m.
- 22 Sit & Get Fit 11:15 a.m.  
Holiday Cookie Decorating 1:00 p.m.
- 24 CLOSED
- 26 CLOSED
- 29 Sit & Get Fit 11:15 a.m.  
Birthday Party/Nutrition Education 12:45 p.m.  
Penny Bingo 1:00 p.m.
- 31 CLOSED

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

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

The holiday season is nearly here! Join in on the fun at the Shepherd FWF site. Get yourself out and about and into the holiday spirit. We are participating in *Eat Healthy, Be Active* classes from MSU Extension. Thank you to everyone that has attended the last couple of months and thank you to all of our crew. You are all amazing and I look forward to what the New Year can bring! Keep up the great work!

### Shepherd DECEMBER Calendar

1 Eat Healthy, Be Active	12:15 p.m.
3 Memory Aerobics	11:00 a.m.
5 Music with Rocky King	11:00 a.m.
Bingo w/prizes	12:30 p.m.
8 Eat Healthy, Be Active	12:15 a.m.
10 Bird Seed Ornaments	10:30 a.m.
12 12 Days of Christmas trivia	11:00 a.m.
15 Birthday Celebration & music	11:00 a.m.
17 Holiday meal	12:00 p.m.
Wear your holiday sweater	
19 "Swap or Drop it" Bingo	11:00 a.m.
22 Cooking baking day	10:30 a.m.
24 CLOSED	
26 CLOSED	
29 Paper Airplane contest	12:30 p.m.

## WEIDMAN SENIOR CENTER

3453 N. School Rd, Weidman  
Meals T, W, Th, 9:30 a.m. - 1:30 p.m.  
(989) 644-2538

If you haven't noticed, we've had quite the "switch-a-roo" happening at the Weidman FWF site! Many thanks to Denise Pohl (Winn Site Manager) and Joe Frey (our newest substitute Site Manager) who have worked together wonderfully to fill the Site Manager position. We have noticed a few new faces lately and hope to continue the excitement! Lots of new things going on and already looking forward to the new year!

## 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

We are going to have so much fun for the ending of 2014! Great music line up - starting with Andy Stanly, Leon Seiter and Dan Miller Band. As the weather gets colder we'll be hoppin' in this hall! Our Holiday dinner will be Dec. 17. Remember to bring a \$5 gift for the gift exchange. It will be fun for all! We will close out the year our New Years Party!

### Winn DECEMBER Calendar

1 Birthday Party w/Andy Stanley	
3 Dan Miller Band	
No Bake Cookie Day	
5 Swap it or Drop it!	
Bingo, sponsor Tendercare	
8 Leon Seiter, Poinsetta Day	
10 Rocky King & Country Band	
12 Cards	
15 Greg Merwin	
Paper Airplane Contest	12:30 p.m.
17 Holiday Party w/Santa, \$5 gift exchange	
19 Cards	
22 Mark Bauman & Mark Ray	
Bacon Day	
24 CLOSED	
26 CLOSED	
29 New Year Party w/Jerry Waldorf	

### Weidman DECEMBER Calendar

2 Music with Greg Merwin	11:00 a.m.
Holiday Craft	12:30 p.m.
3 Music with River Ramblers	
4 Cards	
9 Cards	
10 Music with River Ramblers	
Birthday Party	
11 Music	
Snowman Pops	12:30 p.m.
16 Music by Pam & Terry Andersens	
17 Holiday Party w/River Ramblers	
Holiday Sweater Contest	12:30 p.m.
18 Four our Feathered Friends craft	11:00 a.m.
23 Music by Leon Seiter	
24 CLOSED	
25 CLOSED	
30 New Years Party	
Cards	

## 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

If you haven't been to the COA Activity Center, please stop by. This place is hopping with action all the time! Lunch with friends? We've got that! Crafts to keep your hands from becoming idle? We've got that too! Mind games to keep your wits sharp? Bingo to practice winning? Check and check! Come by and spend time with us. You'll be glad you did!

The FWF Activity Center activities are listed below. Please refer to the Activity Center calendar on pages 8 & 9 for additional activities and events for the month of December.

### **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 DECEMBER Calendar

1 Cinnamon holiday ornaments	11:00 a.m.
4 Large screen word games	11:00 a.m.
5 Bingo w/Woodland Hospice	12:45 p.m.
8 Holiday card making	11:00 a.m.
10 Deal or No Deal	11:15 a.m.
11 Jeopardy	11:00 a.m.
12 Holiday sweater day	
(wear your most festive attire, prizes)	
Bingo w/Tendercare	12:45 p.m.
15 Mountain dulcimers	11:00 a.m.
16 Music of Earl & Elaine Currie	11:00 a.m.
17 Holiday Party	
Cookie decorating	11:00 a.m.
18 Paper Airplane Contest	1:00 p.m.
19 Indoor Scavenger Hunt	11:00 a.m.
Bingo w/A&D Home Health	12:45 p.m.
22 Gingerbread Houses	11:00 a.m.
24 - 26 CLOSED	
29 Trivia	11:00 a.m.
30 Bring favorite photo of season	11:00 a.m.
31 CLOSED	

## Elder Abuse

The No Excuse for Elder Abuse program is an awareness campaign in Michigan that was created to inform the public about the growing problem of elder abuse and financial exploitation. Elder Abuse is more than just a family matter and it is believed that 1 in 10 older adults are suffering from elder abuse. Nearly 6 million cases of elder abuse were reported in 2012. Some examples of elder abuse include:

**Physical Abuse** - physical force that results in bodily injury, pain or impairment.

**Sexual Abuse** - non-consensual sexual contact of any kind.

**Domestic Violence** - violence by an intimate partner that is used to exercise power and control.

**Psychological Abuse** - infliction of mental or emotional anguish by threat, humiliation or verbal and nonverbal conduct.

**Financial Abuse** - the illegal or improper use of an older persons funds, property or resources.

**Neglect** - the failure of a caregiver to fulfill their care giving responsibilities.

**Self-Neglect** - the failure to provide for one's own essential needs.

If you know someone who you think may be suffering from one or more of these forms of elder abuse, help is available. Call Michigan's statewide protective services number at **(855) 444-3911**. Elder Abuse can happen to anyone by anyone, in fact nearly 2/3 or 66% of elder abuse perpetrators are family members. For more information about the elder abuse laws or for more information contact: <http://www.michigan.gov/dhs> or the Isabella County Commission on Aging at **(989) 772-0748**.

## Holiday Tips to Prevent Food Borne Illness

The holidays are fast approaching and excitement is in the air. When making plans for your holiday feast, food safety is probably not on the top of your list. Most guest lists include people who are especially vulnerable to food borne illness – older people, young children, pregnant women and anyone with a compromised immune system. To keep your family gathering from being memorable in the wrong way, it's important to take steps to protect your guests from food borne illness. "To ensure our holiday foods are not only delicious, but safe, the following suggestions of the Food and Drug Administration (FDA) are provided to reduce the risk of the most common foodborne illnesses" stated Michelle Patton, Director of Environmental Health Services for Central Michigan District Health Department.

**Cooking:** Cook to proper temperatures. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful microbes that cause foodborne illness. Follow temperature guidelines provided with the food packaging and if in doubt visit [www.cmdhd.org](http://www.cmdhd.org) for a handy temperature chart you can use for reference.

**Chilling:** Refrigerate promptly. Public health officials warn people to refrigerate foods quickly because cold temps keep most harmful microbes from growing. Refrigerators should be set at 40 degrees F and the freezer at 0 degrees F. Whatever you do, don't rely on the natural outdoor temperature on the porch to keep foods at proper temperature.

**Baked goods:** The FDA warns people not to eat uncooked cookie dough, homemade or premixed or batters made with raw eggs, because raw eggs may contain microbes that can cause illness. Proper cooking kills the microbes that cause illness.

**Eggnog:** Eggnog made with raw eggs also presents disease risk to consumers. While cooking can destroy the disease-causing microbes, people can still get sick when the eggnog is left at room temperature for several hours before drinking. Other options are pasteurized eggnog brands sold in grocery dairy cases; these should also be kept refrigerated.

**Turkey:** Thawing the turkey fully before cooking is important to reduce the risk of foodborne illness. If a turkey is not fully thawed, the outside of the turkey will be done before the inside, and the inside will not be hot enough to destroy disease-causing microbes. Allow the correct amount of time to fully thaw and cook a whole turkey. Allocate 24 hours per 5 pounds to defrost in the refrigerator, and whatever you do, don't defrost the turkey on the kitchen counter. Refer to temperature guidelines for stuffed turkeys which need to be cooked longer. To check a turkey for doneness, insert a food thermometer into the inner thigh area near the breast of the turkey, being careful not to touch the bone. The turkey is done when the temp reaches 180 degrees F. If the turkey is stuffed, the temp of the stuffing should be 165 degrees F to assure that it is completely cooked and safe to eat.

"Following these simple guidelines will ensure you have a happy and safe holiday season!" says Director Patton. "Remember the golden rule: Keep hot food hot and cold food cold."

More information is available by visiting our website at [www.cmdhd.org](http://www.cmdhd.org) or by contacting your local health department.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon.

*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, December 2 at 7:00 p.m.** in Room B at Isabella County Commission on Aging. We will be doing a table decoration. Greens and oasis will be furnished. Bring your own dish for your arrangement and some type of snack to share.

## State Employee Retirement Association

The State Employee Retirees Association, Chapter 20 will meet **Tuesday, December 16 at 12:00 p.m.** We will meet at the Mt. Pleasant VFW Hall, 4841 E. Pickard Street, Mt. Pleasant for our Annual Christmas Party. The cost will be \$9 for non-members and \$4 for members, as the chapter will pay \$5 towards the dinner. Please bring a non-perishable food item(s) for donations to our local food pantry. Also remember the dues for the upcoming year will be \$11 due at the time of the dinner. If you pay by check the total amount will be \$15. Following the dinner we will have card bingo. Contact Jackie Curtis at **(989) 772-0597** or [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com) for more information.

## Community Events

### Joint Replacement Program

MCM offers an all-inclusive joint replacement program for individuals planning or considering a total joint replacement. If you would like to learn more about the joint replacement process, join us at one of our free educational seminars on:

**Thursday, December 4  
1:30 - 4:30 p.m.**

or

**Thursday, December 18  
1:30 - 4:30 p.m.**

McLaren Wellness Central  
2600 Three Leaves Dr., Mt. Pleasant  
Call **(989) 779-5651** to register

### 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**



## Surprise Friends & Family with a Year of Fun this Holiday Season!



Gift Certificates  
Annual Permits  
Camping Fees  
Pavilion Fees



**989.317.4083**  
**200 N. Main St., Mt. Pleasant**



## Community Groups

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

Central Michigan Daylily Society  
December 20, 10:00 a.m., Room A

Clowns  
December 4, 6:00 p.m., Craft Room

Community Cancer Services  
December 11, 6:30 p.m., Craft Room

Community Service Council  
December 1, 12:00 p.m., Room A

Evening Bloomers Garden Club  
December 2, 7:00 p.m., Room B

Friends of Broadway Theater  
December 11, 6:30 p.m., Room C

Friends of the Dog Park  
December 1, 7:00 p.m., Craft Room

Genealogy  
December 11, 7:00 p.m., Room B

Mid-Michigan Wood Workers  
December 2, 7:00 p.m., Room C

Mt. Pleasant Garden Club  
December 15, 1:00 p.m., Craft Room

Mt. Pleasant Historical Society  
December 2, 7:00 p.m., Room A

Stamp Collectors  
December 23, 7:00 p.m., Craft Room

Women's Aid  
December 23 8:00 a.m., Room B

## IN MEMORY OF

**Gene Bridget**  
Al Bland

**Leroy Boge**  
Anonymous

**Pearl Cross**  
Dave & Sue Lapham

**William & Mary Dennis**  
The Dennis Children

**Jack Fitzpatrick**  
June Fitzpatrick

**Clark French**  
Shirley French

**David French**  
Shirley French

**Sadie Gibson**  
Shirley French

**Dick Gibson**  
Shirley French

**Thomas Hoffman**  
Mary Jo Hoffman & family

**Norma Karcher**  
Shirley French

**Theda LaLone**  
Milan Shepard

**Bob Lichtman**  
Sharon Horgan  
The Ogger Family

**Floyd Love**  
Thomas & Margaret Peters

**Rich Mankowski**  
Shirley Klein

**George W. McClain, Jr.**  
Joyce McClain, Melanie Allan,  
Beth Ann Nesbitt, Kerry McClain

**Dennis Mumford**  
Linda Adcock  
Shirley Klein

**Bernard & Blanche Pung**  
The Blanche Family

**Delores Shepard**  
Milan Shepard

**Mary Smith**  
Anonymous

**Vivian Vanas**  
Joe Vanas, Darla & Ron Ripple,  
Phil & Tracy Vanas, Dorothy James

**Morris Vincent**  
Al Bland

**Rita VanOcker**  
Shirley French

*Active LIVING in Memory of*

**Arthur Guthrie**  
Ruth Guthrie

**Dick McDonald**  
Barbara McDonald

**Andrew Tschappat**  
John Pung

*Food with Friends in Memory of*

**Pearl Cross & Luther Cross**  
Neil & Linda Hopp

**Edward Kalis**  
Bessie Kalis

**Tom Murphy**  
Phil & Mary Mead

**Dean Muterspaugh**  
Evalyn Muterspaugh

*Gold Key in Memory of*

**Mary Frances Moreau**  
Richard & Diana Moreau

## Donations to COMMISSION ON AGING

Bill & Sue Bisard  
In honor of their birthdays  
Faith Weavers of St. Mary  
In honor of Joe Frankenfield for  
Meals on Wheels Drivers  
Isabella Gratiot District Asso.  
Order of the Eastern Stars  
Loretta Koester  
Sheldon & Georgean Perry  
John Riley  
Doug & Diane Sharrar  
Melvin & Jean Thomas

*Activity Center*  
Ron & Lois Doerr  
Richard & Jean Thomas

*Helping Hands*  
CMU Computer Science Dept.  
In honor of Neelima Shrikhande  
Neelima & Mohan Shrikhande  
Neelima Shrikhande

*In-Home Services*  
James Chuldo  
Christina Cook  
Stan & Sandy Parks  
Kristy Petelle  
Kathy Stanke  
Marilyn Witbeck

*Transportation*  
Ted Gilmore  
ICTC Casual for a Cause  
Delores Myler  
Barb Weber

## Donations to ACTIVE LIVING

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Paul Dean  
Mary Ruth Dearing  
Frank Deni  
Joan Faulkner  
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Mary Jo Hoffman  
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Rod & Shirley Jenkins  
Martha Jose  
Betty Kirby  
Shirley Klein  
Ken Kopke  
Charles & Janet Larrance  
John & Carol Lauffer

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Roger Lower  
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Ruth Martin  
John & Marian McDonald  
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Rose Marie O'Brien  
Michael & Dawn Pudlik  
Bonnie Ranck  
Jeanne Reese  
Lois Root  
Judy Roslund  
Bob & Betty Rulong  
Maureen Schmalbach  
Don & Shirley Shamp  
Lynn & Linda Smith  
Dorothy Steele  
Tom Timmons  
Kim Douglas-Waugh  
Robert & Betty Welsh  
Joyce Williams  
Richard & Sandy Wood

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## 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. 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 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### 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
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Member	Paula Johnson
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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.

## 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.

## Active *LIVING* Needs Your Support

Do you subscribe to Active *LIVING*? Have you donated to Active *LIVING* recently? Please consider donating to Active *LIVING*. What about a gift subscription to Active *LIVING* for a loved one? You can use the form on the back page.

Thank You to our Readers and Sponsors who donate to Active *LIVING*. We appreciate and need your support!

This page is sponsored by: **Margaret's Meadows**

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City \_\_\_\_\_ Zip \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Phone \_\_\_\_\_

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

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

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

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

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

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**Wednesday, December 31** join Commission on Aging as we travel to McQuirk Arena to watch the CMU Lady Chippewas basketball team take on the Dayton Flyers. We will gather at COA at 10:00 a.m. and enjoy brunch and "mocktails" before the game. Only \$5 per person includes brunch, "mocktails", party favors, transportation, ticket to game and lots of FUN!

Contact Marcy at (989) 772-0748 to reserve your space.

**DECEMBER 2014 ACTIVE LIVING**

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48858

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