

Active LIVING

Volume 115 Issue 1
January 2015

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

Foster Grandparent/ Senior Companion Holiday Party

The Foster Grandparent/Senior Companion Holiday Party was held Friday, December 12.

Participants had fun decorating "trees"!

Thank you to all our hard working volunteers who dedicate so much time helping those that need a little extra help. We appreciate all you do!



Thank You!



The Mt. Pleasant Area Community Foundation Board of Trustees recently approved more than \$60,000 in grants to Isabella County organizations in its third 2014 grant cycle. The Isabella County Commission on Aging received \$2,900 from the Healthy Youth Healthy Seniors Fund for health and fitness programming.

Thank you Mt. Pleasant Area Community Foundation.



Have a Heart



The generosity of the people of Isabella County is well known. For this reason, the Commission on Aging is again asking for assistance with the agency's "Have a Heart Project". For the past 25 years, community members have answered the call to help our friends and neighbors with needs such as utility costs, prescription costs and mileage costs for medical appointments. People in need continue to request assistance from the COA; and thanks to our community partners, we are able to help answer many of the requests.

The "Have a Heart" Project depends solely on the generosity of Isabella County residents. There are no federal, state or local funds used for this program. As in the past, the COA expects to assist 100 older county residents with the high costs of heating their homes, prescription medications and/or mileage for medical transportation.

All donations are sincerely appreciated and the staff at the Commission on Aging promises to be good stewards of all donations. If you are able to help, you may make your check payable to Friends of Isabella Seniors, 2200 S. Lincoln Rd, Mt. Pleasant, MI. 48858, If you have questions or would like more information, please contact the Commission on Aging at (989)772-0748. Thank you in advance for your willingness to help our friends and neighbors.

Director's Comments

The holidays are behind us, and we have a fresh year before us. Everyone here at the Commission on Aging hopes 2014 was good and that your Holidays were joyful and full of family, friends and good food.

As we look back on 2014 we see another eventful year here at the Commission on Aging. We achieved many goals and received many gifts. These accomplishments were managed not just by a the hard work of a wonderful staff, but also by hundreds of dedicated and devoted volunteers who offered their time, their energy and their monetary donations toward the care of our program participants. We all should be thankful that we can say that we live and work in a community that values and supports our older citizens and their families.

The staff and volunteers at the Commission on Aging are privileged to provide services and activities that enhance the physical and emotional well-being of our participants. We are proud of the work we completed in 2014. Not everything was perfect and we always have room to grow and improve, but together we did a great job. We now approach the New Year with new regard and energy.



“Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.”

Ralph Waldo Emerson

We have finished 2014 and we have done what we can. We now move on to 2015; it's a new year. We have new events to organize, more meals to prepare, more miles to travel and more care to give.

We at the Commission on Aging thank all of you for your support and care throughout 2014; and we look forward to the New Year, full of hope and new possibilities.

“When I look at the future, it's so bright, it burns my eyes.”

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



Hello. My name is Michelle Howes, and I am the new Nutrition Coordinator here at the Isabella County Commission on Aging. I have been the Senior Companion Program Supervisor here at the Isabella County Commission on Aging for the last 12 years, so many of you may have seen me around at the different activities or in the hallway.

I am looking forward to the challenge ahead of me with the Nutrition Program. I have a lot of confidence that with the continuing support of all of my co-workers, it will be a pretty smooth transition. I welcome you to stop me in the hallway or give me a call to introduce yourself, and let me know if there are any concerns you may have in regards to the Nutrition Program. I will listen and take your opinions and comments into account.

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

Caregiver Support Meeting

Our Caregivers Support Meeting will be **Tuesday, January 20** 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**.

Legal Services

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

1-866-552-2889

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



Deerfield Nature Park Sledding Hill
2425 W. Remus Rd., Mt. Pleasant
989.317.4083

**Isabella County Commission on Aging
Activity Center and
Food with Friends Meal Sites
will be closed
Monday, January 19, 2015
in observance of Martin Luther King, Jr. Day**

Ask a COA Specialist

Question: I've always had such a good memory but lately it seems that I can't remember anything, especially names. What can I do to improve my memory?

Answer: Memory issues can be a concern for people of any age but particularly for older adults. It may be helpful to remember that as we age, our memories change in the following ways:

1. It may take longer to recall information.
Remember the longer we live, the more information we store in our memory banks
2. It may take longer to learn new things.
It may take us longer to learn a new game or new computer skill than our younger friends, but we are able to continue to learn over our life span.
3. Names and familiar words are more difficult to remember.
It may be embarrassing to forget the name of a lifelong friend or a familiar word but this may be due to changes in our memories as we age.

There are other reasons that we may have memory changes, which will be discussed in later issues of Active *LIVING*.

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**

Ride Buddies Needed

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

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

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 JAN. 20, 2015

COMMISSION on AGING, MT. PLEASANT

Thursdays, February 5 - April 9

Tuesday, 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. - 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.

Events at McLaren

Women Battling Cancer Can Look Good . . .

Feel Better

Discover hands-on instruction on makeup, skin care, nail care, and suggestions for using wigs, turbans and scarves. This free program is facilitated by trained, licensed cosmetologists.

Contact the American Cancer Society at **1-800-227-2345** to register. Join Headliners Salon Stylists

Monday, January 12

9:30 - 11:30 a.m.

Morey Cancer Center

1221 South Drive, Mt. Pleasant

Personal Awareness

The Michigan State Police and McLaren Central Michigan have partnered to offer a free seminar on Personal Awareness. Join **Trooper Mike White** as he discusses:

- de-escalation techniques
- how you can identify and handle dangerous situations
- characteristics of suspicious, armed individuals
- reading people's danger signs
- importance of mental awareness
- understanding your body language
- ways to pose yourself when dealing with people.

Thursday, January 29

6:00 - 7:30 p.m.

McLaren Central Michigan, FDJ Conference Room

1221 South Drive, Mt. Pleasant

Call **(989) 779-5606** to register

Learn About the Affordable Care Act

Join Jennifer Raymond, Certified Healthcare Navigator from Mid Michigan Community Action Agency, for a free informational seminar on the Affordable Care Act, the Health Insurance Marketplace and the Healthy Michigan Plan. Have your questions answered and, if interested, receive enrollment assistance.

Friday, January 30

2:00 - 3:00 p.m.

McLaren Central Michigan, FDJ Conference Room

1221 South Drive, Mt. Pleasant

Call **(989) 779-5606** to register

Events/Classes



Wednesday, January 7
4:00 - 6:00 p.m.
Room C
\$25 per person
All supplies included

Our December class was a huge success, so we've scheduled another!

Let Award Winning Television Artist Steve Wood help 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!



You will create an 11 x 14 acrylic landscape painting titled "Winter Blues" in class that you can take home with you! Contact Marcy at (989) 772-0748 to register. **Payment due by December 30.**

Don't wait! Register TODAY! The last class was a sell out!

Massage Therapy

Thursday, January 15
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. *Please note massage is performed on a massage table not a massage chair.*

iPad Class

Tuesday, January 20
2:00 p.m.
Room B

Introduction to the iPad: Are you new to the iPad or need a refresher on what your iPad can do for you? Class will cover the basics: battery power and life, navigating Safari, email and more. Bring iPad, Apple ID and password. No reservation required.



Tuesday, January 27
10:30 a.m.
Room C
\$5 to enter your chili
\$1 to taste test

We're having a Chili Cook-off and you're invited to make your award-winning chili or come be a taste tester.

If you would like to submit your chili to be judged, contact Marcy at (989) 772-0748 for rules of participation. **\$5 to enter your chili.** Limited to 15 entries.

If you would like to come be a taste tester, simply stop by COA Tuesday, January 27 at 10:30 a.m. and bring your taste buds! **\$1 to taste test.**

There will be a people's choice award and 1st, 2nd and 3rd place cash awards. Judges include local celebrities!

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

January Movie & Popcorn "The Lone Ranger"

Tuesday, January 27
12:45 p.m.
Room B
\$1 per person

From producer Jerry Bruckheimer and director Gore Verbinski, the filmmaking team behind the blockbuster "Pirates of the Caribbean" franchise, comes Disney/Jerry Bruckheimer Films' "The Lone Ranger," a thrilling adventure infused with action and humor, in which the famed masked hero is brought to life through new eyes. Native American spirit warrior Tonto (Johnny Depp) recounts the untold tales that transformed John Reid (Armie Hammer), a man of the law, into a legend of justice—taking the audience on a runaway train of epic surprises and humorous friction as the two unlikely heroes must learn to work together and fight against greed and corruption (*Rated PG-13, 2 hours, 29 minutes*).

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

TRAVEL with COA

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

Benefits of traveling with us:

- allows you the cost savings of a group
- a great way to make new friends
- enjoy the comfort, safety and convenience of being driven!

We're having lunch at



Wednesday, January 21, 2015
\$43 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, handbattered 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



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

Limited number of tickets available

Travel Policy

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

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

Fitness Classes



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

Tuesdays & Thursdays
January 13 - February 19, 2015
7:00 - 8:00 a.m.

CMU Rose Pool

12 classes for \$36

expires when punches are used or
February 24, 2015

MUST purchase punch card at COA

Instructor: Judi Swartz

Low-Impact Exercise

Mondays, Wednesdays, Fridays
10:15 a.m.
COA Fitness Room

Line Dancing

Beginner

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

Intermediate

2nd & 4th Tuesday
2:00 - 4:00 p.m.
COA Room C

Integrative Restoration iRest

iRest is an evidence-based practice that leads to psychological, physical and spiritual healing and well-being. iRest provides you with the tools to help you relax deeply, release stress, increase resiliency, improve your inter-personal relationships and provide you with greater mastery and control in your life.

Tuesdays

February 3 - March 24

10:30 a.m. - 12:00 p.m.

COA Fitness Room

\$80 for all 8 classes

MUST pay prior to start of class

Because class is a sequential learning process where each class builds upon the previous class, consistent attendance is requested.

Beginners welcome;
no prior experience necessary.

Instructor: Ann Fitzgerald

Tai Chi for Arthritis

Mondays & Wednesdays

February 2 - March 11

(does not meet February 16)

5:30 - 6:30 p.m.

Tuesdays & Thursdays

February 3 - March 12

9:00 - 10:00 a.m.

COA Fitness Room

Suggested donation of \$25 - \$50

LIMITED to 15 participants

Because class is a sequential learning process where each class builds upon the previous class, consistent attendance is requested.

Beginners welcome;
no prior experience necessary.

Instructor: Ann Fitzgerald

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
7 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

4:00 - 5:00 p.m.

COA Fitness Room

6 classes for \$18

expires when punches are used or
7 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
<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 & 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>
5.	6.	7.
7:30 Water Aerobics \$♦ (Rose) - Cancelled 9:00 Tax Training (B) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:00 Bird Feeder craft (C) 1:00 Dominos & Pinochle (C)	7:00 Aqua Zumba \$♦ (Rose) - Cancelled 10:00 Country Music (C) 12:30 Banjos, Guitars, Mandolins (C) 1:00 Board Games (C) 1:30 Yoga \$♦ (F) 5:30 COA Advisory Board (BR1)	7:30 Water Aerobics \$♦ (Rose) - Cancelled 9:00 Tax Training (B) 10:15 Low-Impact Exercise (F) 11:00 Old Rock Day (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 4:00 Anyone Can Paint \$♦ (C)
12.	13.	14.
7:30 Water Aerobics (Rose) 9:00 Tax Training (B) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:00 Snowflake craft (C) 1:00 Dominos & Pinochle (C) 1:00 Reader’s Theater (Craft) 1:00 Legal Services (CF)	7:00 Aqua Zumba \$♦ (Rose) 10:00 Needle Crafters (Craft) 1:00 CMU Bridge (Craft) 1:00 Board Games (C) 1:30 Yoga \$♦ (F) 2:00 Intermediate Line Dancing (C)	7:30 Water Aerobics \$♦ (Rose) 9:00 Tax Training (B) 9:00 Art Group (Craft) 10:15 Low-Impact Exercise (F) 11:15 Deal or No Deal w/Tendercare (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Book Club (Lib)
19.	20.	21.
<p>Martin Luther King, Jr. Day</p> <p>CENTER CLOSED</p>	7:00 Aqua Zumba \$♦ (Rose) 8:30 Friends of Isabella Seniors (BR1) 11:00 Penguin Awareness Day (C) 1:30 Yoga \$♦ (F) 2:00 iPad Class (B) 6:30 Caregiver Support Group Mtg. (Craft)	7:30 Water Aerobics \$♦ (Rose) 9:00 Tax Training (B) 10:00 Lunch at Gizzard City trip \$♦ 10:15 Low-Impact Exercise (F) 11:00 Bingo, sponsor Crestwood Village (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Second Book Club (Lib)
26.	27.	28.
7:30 Water Aerobics \$♦ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:00 Make & Take Trail Mix (C) 1:00 Dominos & Pinochle (C)	7:00 Aqua Zumba \$♦ (Rose) 10:00 Chili Cook-off \$♦ (C) 12:45 Movie, “The Lone Ranger \$♦ (B) 1:30 Yoga \$♦ (F) 2:00 Intermediate Line Dancing (C)	7:30 Water Aerobics \$♦ (Rose) 9:00 Art Group (Craft) 10:15 Low-Impact Exercise (F) 11:00 Cowboy Photos (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)

Thursday	Friday	Saturday
1. New Year's Day CENTER CLOSED	2. 7:30 Water Aerobics \$◆ (Rose) - Cancelled 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo - Cancelled	3.
8. 7:00 Aqua Zumba \$◆ (Rose) - Cancelled 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 1:30 Watercolor Class \$◆ (Craft) 4:00 Zumba Gold \$◆ (F)	9. 7:30 Water Aerobics \$◆ (Rose) - Cancelled 9:00 Tax Training (B) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Woodland Hospice (C)	10.
15. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Brain Games (C) 11:00 Massage Therapy \$◆ (F) 1:00 Beginner Line Dancing (C) 1:30 Watercolor Class \$◆ (Craft) 4:00 Zumba Gold \$◆ (F)	16. 7:30 Water Aerobics \$◆ (Rose) 9:00 Tax Training (B) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) 11:00 Music of Greg Merwin (C) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Tendercare (C) 6:00 Red Hat Strutters Dance \$ (C)	17.
22. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Memory Aerobics (C) 1:00 Beginner Line Dancing (C) 1:30 Watercolor Class \$◆ (Craft) 4:00 Zumba Gold \$◆ (F)	23. 7:30 Water Aerobics \$◆ (Rose) 9:00 Tax Training (B) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor The Laurels (C)	24.
29. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 1:30 Watercolor Class \$◆ (Craft) 4:00 Zumba Gold \$◆ (F)	30. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) 11:00 River Ramblers (C) 12:30 Ukulele (Craft) 12:45 Bingo (C)	31.

FWF Eat Smart Menu				January 2015	
Monday	Tuesday	Wednesday	Thursday	Friday	
			1 CLOSED New Years Day	2 Commission on Aging Building Open NO MEALS SERVED	
5	6	7	8	9	
Potato Crunch Fish Fillet Rice Pilaf Brussels Sprouts Pineapple Chunks	Chicken/Broccoli/Cheese Egg Noodles Squash Fruit Cocktail	Baked Ham Roasted Potato Blend Broccoli/Cauliflower Salad Tropical Fruit Cup	Oven Fried Chicken Mashed Potatoes/Gravy Green Beans Fruited Coleslaw Ambrosia Fruit Cup	Lasagna Garlic Toast Green Beans Peaches & Pears	
12	13	14	15	16	
Polish Sausage Sauerkraut Carrots Cauliflower & Peas Applesauce	Grilled Chicken Breast Vegetable Primavera Citrus Fruit Cup	Chili Corn Bread Tossed Salad Tropical Fruit	Turkey Stew Biscuit Coleslaw Pineapple	Breakfast Casserole Sausage Links Cinnamon roll Applesauce Orange Juice	
19	20	21	22	23	
CLOSED Martin Luther King Jr Day	Baked Spaghetti Garlic Toast Cauliflower Green Beans Tropical Fruit Salad	Roast Pork Company Potatoes Squash Berry Fruit Cup	Sliced Turkey Baked Potato Capri Vegetable Blend Applesauce	Baked Fish Lentils w/Spinach Carrots Leprechaun Fluff	
26	27	28	29	30	
Autumn Chicken Mashed Potatoes/Gravy Succotash Vegetable Blend Pears	White Bean Chicken Chili Biscuit Brussels Sprouts Fresh Fruit Cup	American Goulash Carrots Coleslaw Tropical Fruit	Meatloaf Whipped Potatoes Peas & Carrots Cranberry Mousse	Macaroni & Cheese Green Beans Beet Salad Oatmeal Apple Crisp	

**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

Brrr...it's cold outside! Come on in to the Rosebush FWF site for some friendly company and a hot delicious meal. What better way to spend an afternoon than with lunch and fellowship? We had a wonderful time last month celebrating the holidays with music and crafts. A special thank you to Compassionate Care for the donation of craft supplies and goodies and Rosebush Manor for the music. We are looking forward to hearing from Willow Robinson, a new musician in Rosebush. Willow is from Hersey, MI, and performs American Traditional Music, including Bluegrass, Old Time Folk and Great Lakes based songs as well as her own original music. January welcomes in a new year and with that we hope to see some faces. Please come join us for some great music, fun crafts, games and friendship.

Rosebush JANUARY Calendar

- 2 CLOSED
- 5 Snowman craft
- 7 Penny bingo
- 9 Good Times music
Ice Cream Social - banana splits
- 12 Bingo with prizes, courtesy of Woodland Hospice
- 14 Penny bingo
National Hat Day, wear your favorite hat
- 16 Music of Willow Robinson
- 21 Bingo with prizes, courtesy of The Laurels
- 23 Music of Ted Bailey
Nutrition Education
- 26 Birthday celebration
Decoupage craft
- 28 Penny bingo
- 30 Music of Greg Merwin

**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

It's a new year...come join the fun and laughs at Shepherd FWF site. Bingo on Jan. 9 & 23 is sponsored by Tendercare. We will be doing Live Strong sit or stand exercises Mondays to help keep us strong and keep our mood up during these cold days. Our Birthday celebration will be Jan. 14. Join us for cake and ice cream. Jan. 21, "3 Outlaws and a Good Guy" will be entertaining us! National Hat day is Jan. 15, and "Belly Laugh Day" is Jan. 26.

Shepherd JANUARY Calendar

- 2 CLOSED
- 5 Chocolate Covered Cherry Day
- 7 Trivia Game
- 9 Bingo with prizes
- 12 Word Fun
- 14 Birthday Celebration
- 16 National Hat Day-what hat will you wear?
- 19 CLOSED
- 21 "3 Outlaws and a Good Guy" 11:00 a.m.
- 23 Bingo with prizes
- 26 Belly Laugh Day-bring your favorite joke to share "Gong Show" style
- 28 National Hug Day

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

It's January, and hopefully we are halfway through winter! Come in, and we'll chase away the winter. We've got great music this month. We're going to try to shake things up a bit around here on Fridays! On Jan. 9, bring your favorite dish to make and the recipe - this should be good and fun! We've got great cooks! Fridays will be full of old winter classics. Together we'll get through this long month of January!

Winn JANUARY Calendar

- 5 Birthday party with Green Country Band
- 7 Dan Miller Band, Chasing the Winter Away Day
- 9 Cards
Make your favorite dish and bring the recipe
- 12 Rocky & Friends
- 14 Strictly Country Band w/Rocky King
- 16 Cards, "Who Am I" game
- 19 CLOSED
- 21 Al Guthrie
- 23 Cards, Winter Pictionary
- 28 Leon Seiter
- 30 Cards, Memory Aerobics

Weidman JANUARY Calendar

- 6 Memory Aerobics
- 7 Music with River Ramblers
- 8 Resolution Ceremony celebration
- 13 Winter Jeopardy
- 14 Music with River Ramblers
- 15 Cards
- 20 Winter Pictionary
- 21 Music with River Ramblers
- 22 Cards
- 27 "Who Am I" game
- 28 Music with River Ramblers
- 29 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

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

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 JANUARY Calendar

- 5 Bird feeder craft 11:00 a.m.
- 6 Country Music 10:00 a.m.
- 7 Old Rock Day 11:00 a.m.
a celebration of the geologist-at-heart
- 8 Jeopardy 11:00 a.m.
- 9 Bingo 12:45 p.m.
sponsor Woodland Hospice
- 12 Snowflake craft 11:00 a.m.
- 13 Country Music 10:00 a.m.
- 14 Deal or No Deal 11:14 a.m.
sponsor The Laurels
- 15 Crazy Hat Day
Brain games 11:00 a.m.
- 16 Greg Merwin on guitar 11:00 a.m.
Bingo, sponsor Tendercare 12:45 p.m.
- 19 CLOSED
- 20 Penguin Awareness Day 11:00 a.m.
- 21 Bingo 11:00 a.m.
sponsor Crestwood Village
- 22 Memory Aerobics 11:00 a.m.
- 23 Bingo, sponsor The Laurels 12:45 p.m.
- 26 Make and Take Trail Mix 11:00 a.m.
- 27 Chili Cook-off 10:30 a.m.
- 28 Cowboy Photos 11:00 a.m.
- 29 Jeopardy 11:00 a.m.
- 30 River Ramblers 11:00 a.m.
Bingo 12:45 p.m.

WEIDMAN SENIOR CENTER

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

We are excited to welcome to Weidman FWF site our new Site Manager, Whitney! We have noticed a few new faces around lately and hope to continue the excitement. Lots of new things are going on, and we are excited to start the new year! Although change is inevitable, some things never change...we still have cards! Thank you to our dedicated Wednesday musicians, the River Ramblers. You add a little pep in our step, a little flutter in our heart and a little joy in our day!

Influenza (Flu) Vaccination

EVERYONE, ages 6 months and above, should get a flu shot this year. This is the recommendation from the Centers for Disease Control and Central Michigan District Health Department is encouraging local residents to follow this guideline.

Local residents in Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties can get a flu shot by making an appointment at one of our local health department branch offices or by visiting their own doctor.

Getting a flu shot is the best way to prevent the flu. It is not too late to get vaccinated, and your local health department encourages all local residents to do so. Other tips to stay healthy this winter include:

- If you are sick, stay home to avoid getting others sick.
- Avoid close contact with people who are coughing or appear ill.
- Do not touch your eyes, nose and mouth.
- Wash hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are good to use when soap and water aren't available.
- Cover your nose and mouth with a tissue when you sneeze or cough and throw the tissue in the trash. If no tissue is available, sneeze or cough into your shirt sleeve.
- Eat healthy, drink plenty of water and get as much rest as possible.
- People who have symptoms such as a cough, fever, fatigue, sore throat, chills, headaches and/or body aches (possibly along with diarrhea and vomiting), should call their doctor.

We encourage local residents to access our website at www.cmdhd.org or Facebook Page (Central Michigan District Health Department) for flu information or call your local branch office at the numbers listed below for additional information or to make an appointment.

Arenac County: (989) 846-6541 ext. 15	Isabella County: (989) 773-5921 ext. 15
Clare County: (989) 539-6731 ext.15	Osceola County: (231) 832-5532 ext. 15
Gladwin County: (989) 426-9431 ext. 15	Roscommon County: (989) 366-9166 ext. 15

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.

Evening Bloomers Garden Club

The Evening Bloomers Garden Club will meet Tuesday, January 6, 2015, at 7:00 p.m. in Room B of Commission on Aging. Bob Rau will talk about "Tree Care". He will cover such topics as finding a tree, selecting a healthy tree, tree planting, the importance of mulch, tree watering, when to prune and how to identify pest and disease problems. The public is invited.

Happy Rippers

Happy Rippers is a group of women who meet at the Commission on Aging on Wednesday afternoons from 1:00 - 6:00 p.m. to sew quilts to comfort those in need. If anyone would like to join us, please feel free to sew, knit, embroider and socialize. It's a good time to work on your own projects as well.

For 2014, Happy Rippers made: 27 twin size quilts and 11 lap size quilts for Christmas Outreach, 1 twin size quilt for Morey Cancer Center, 2 twin size quilts for Joshua House in Clare, 1 twin size quilt for COA's bazaar raffle and 10 twin size quilts for Veterans at Tendercare.

The fabrics for the quilts are donated by many different sources in the community. We sponsor a table at COA's holiday bazaar. The proceeds enable us to purchase batting for the quilts. Please fee invited to join us!

State Employee Retirement Association

Happy New Year! The presenter for our meeting on Tuesday, January 20 at 1:30 p.m. will be Mary Pollack, our legislative representative for SERA. She will be giving us a legislative update. There will be several issues that will affect the seniors with the new legislators. We have to get involved to save our benefits and entitlements. Following the presentation we will have our business meeting, 50/50 drawing and door prizes. For those who were not at the November meeting the individuals listed below are the officers for 2015. President: James Schafer, Vice President: Jennie Cooper, Treasurer: Freida Augustine, Recording Secretary: Sue Hovey, Membership, Secretary: Jean Jacks. A new member to the members-at-large is Irene Chapman. The other members, Joyce Brown, Barb Wells and Jackie Curtis are serving the remainder of their 2-year terms. If there are any questions, please feel free to contact Jackie Curtis at (989) 772-0597 or jac62irish@yahoo.com. Hope to see you all there.

Weatherization Works!

EightCAP, Inc Weatherization

Weatherization is a program that will help lower your fuel costs and make your home more energy efficient.

Weatherization is absolutely FREE. Some of the things that can be done through the weatherization program are: wall, ceiling and floor insulation/ventilation, caulking, sweeps and weather stripping.

After you have been approved for the program, a certified inspector will contact you to arrange a visit to your home. The inspector will review your house to see what needs to be done, and a contractor will start your job as soon as he can schedule the work.

Income Guidelines

Family Size	Income
1	\$22,980
2	\$31,020
3	\$39,060
4	\$47,100
5	\$55,140

Toll Free: **866-754-9325, ext. 3420**

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

1:30 p.m.

Euchre

\$2 donation for prizes

50/50 raffle, proceeds go to WCC

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

Donations to ACTIVE LIVING

Deborah Barker	Edward & Marcia Johengen
Michael & Janet Bartholomew	Paul & Maria Juhasz
Thomas & Constance Behm	Cindy Kaliszewski
Bernadette Bland	Robert Karcher
Viki Bollman	Alexander & Deb Kennedy
Howard & Mary Ann Breuer	Carole Kennett
Duane Chapman	Sue Khoury
Roger & Sally Cole	Janice Lather
Diane Current	Marla Lyon
Bruno & Mary Delorenzo	Blake & Lynn Marr
Thomas & Sarah Delia	Harriet McDonald
Judy Delong	Helen Miller
Joyce Demlow	Marcie Mink
Alma Dickerson	David & Chris Myers
Jerry & Joan Doan	Carol Pilon
Kim Douglas-Waugh	Bob & Janet Roberts
James & Barbara Draper	Kenneth & Bonnie Schaeffer
Tom Endres	Rick & Linda Schudiske
Laura England	PJ Smith
Richard & Audrey Featheringham	Ruth Ann Sowle
Carol Flack	Dave & Margie Swayze
Judy Flint	Helen Thrush
Frank Frick	Joan Trinklein
Joan Gornicki	Peggy Jo Trgina
John & Barbara Grajek	Agnes Waggoner
Calvin & Ladonna Havekost	J.B. & Shirley Walden
David & Marilyn Hole	Rose Wayoff
Neil & Linda Hopp	Charles Weston
Carole Howard	Robert & Nancy Wheeler
Dan Howard	Sharlene Wilson

Donations to COMMISSION ON AGING

Joan Klopocic	<u>Foster Grandparent/ Senior Companion</u>	<u>In-Home Services</u>
William & Delores Myler	Joanne Grabinski	Joanne Grabinski
Donna Parr		Janet Kuhn
Frank & Betty Varga		Dorothy Steel
Weidman Lions Club	<u>Helping Hands</u>	Joyce Willis
	Mary Bowers	Linda Wohlscheid
<u>Activity Center</u>	Colleen Campbell	
Irene Chapman	Joan Woods	<u>Needlecraft</u>
Melvin Onuskanich		Dorothy Steel
Barbara Sheperdigian		

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

IN MEMORY OF

Robert Alexander
Larry & Jan Galgoci

Dorothy Barber
Dorothy Steele

Ronald Demlow
Joyce Demlow

Ronald Doerr
Lois Doerr
Anonymous
Phyllis Ahlers
Larry & Donna Anderson
Richard & Ruth Ann Beltinck
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Kenneth Farmer
Marjorie Farmer

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Dale & Jeanette Gatehouse

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Deborah Gilmore**
Phyllis Gilmore

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Betty Hauck & Family

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Dolores Lawrence

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Sue Carey
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Sharon Wieferich

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Active LIVING in Memory of

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Esther Bryant

**Floyd Love, Alice Denslow &
Edith Bushey**
Bonnie Love

Arlene Quick
Alan Quick

Activity Center in Memory of

Ronald Doerr
Don & Maxine McDonald
Stan & Kay Veit

The Fussman Family
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Ken & Bonnie Schaeffer
Dick & Sandy Wood

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Phil & Mary Mead
Kirk Sponseller & Nancy Priestap

Mike Murray
Phil & Mary Mead

In-Home Services in Memory of

Francis N. Murray
Lida Bush

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

Community Groups

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

Central Michigan Daylily Society
January 17, 10:00 a.m., Room A

Community Cancer Services
January 8, 6:30 p.m., Craft Room

Community Service Council
January 5, 12:00 p.m., Room A

Evening Bloomers Garden Club
January 6, 7:00 p.m., Room B

Friends of Broadway Theater
January 8, 6:30 p.m., Room C

Mid-Michigan Patriots
January 8, 7:00 p.m., Room A

Mid-Michigan Quilt Guild
January 27, 6:00 p.m., Rooms A,B,C

Mid-Michigan Wood Workers
January 13, 7:00 p.m., Room C

Mt. Pleasant Historical Society
January 6, 7:00 p.m., Room A

State Employee Retirement Association
January 20, 1:30 p.m., Room A

Stamp Collectors
January 27, 7:00 p.m., Craft Room

Women's Aid
January 27, 8:00 a.m., Room B

COMMISSION ON AGING ADVISORY BOARD

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

Friends of Isabella Seniors Board of Directors

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

Temporarily Away

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

Active LIVING Deadline

Each issue of Active LIVING is printed and mailed to our readers before the 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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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.*

2015 resolutions

CAPTURE the LITTLE MOMENTS *realize your unlimited potential*

WORRY LESS Be Thankful *work smarter* SEE the GOOD

EAT to NOURISH *be inspired & inspire* STAY POSITIVE

Remember slow progress is still progress

BREATHE *create* **EXERCISE = LIFESTYLE**

JANUARY 2015 ACTIVE LIVING

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