

## Have a Heart Donations Needed

Have a Heart needs your help!

Many older adults are facing difficult economic times. They are contending with the increased cost of utility bills, prescription and medical bills and transportation. Some are struggling to choose between paying bills or buying food.

COA continues to receive requests from people in need; and thanks to our community partners, we are able to answer many of those requests. Again this year we will be assisting county residents with our "Have a Heart" project. We are expecting to assist 75 county residents by providing them with a Meijer gift card to be used for food, clothing, fuel or other necessities. By providing them with a gift card, they will be able to free up some of their money to pay their utility bills, prescription and medical bills and transportation costs.

No federal, state or local dollars are used for the project. All of the funds for the "Have a Heart" project come from the generosity of individuals in our community. Your generous donation will help brighten someone's day! Any and all donations are greatly appreciated. If you are able to help, you may make your check payable to Friends of Isabella Seniors and drop off at COA or mail to:

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

If you have any questions or would like more information, please call COA at **(989) 772-0748**.

Thank you for helping our friends and neighbors.

## Save the Date

This year for the Spring Caregiver Training we are hoping to host Eleni Kelako's program,

### Touch the Sky: In Celebration of Everyday Healers

**Wednesday, April 1**

Eleni is an actor, singer, songwriter from Ann Arbor, Michigan. She will provide an energizing, interactive experience weaving together original songs, stories and simple strategies that encourage you to re-connect with your passionate purpose and be re-inspired by your choice of caregiver (or, as Eleni terms it, an "Every Day Healer"). Her program will offer a fresh perspective and the tools needed to bring out the best in yourself and the ones you care for in spite of the obstacles that care giving can bring. You will defiantly not want to miss this opportunity to be enriched, entertained and transformed.

Look for more information in March's edition of *Active LIVING*.

*Director’s Comments*

One of the services we provide at the Isabella County Commission on Aging (COA) is assistance with the Medicare Part D Enrollment. I know I have related this information to our readers before, but now that the “enrollment period” is past I wanted to let everyone know the actual numbers of individuals we assisted and the amount of money our efforts have saved those individuals.

During the last Medicare Part D Open Enrollment period, which was October 15 to December 7, 2014, the COA assisted nearly 500 Isabella County residents. We were able to do this with six different staff members, one CMU Social Worker Intern and eleven volunteers. All of these individuals receive several hours of training prior to the enrollment period and spend much more time providing the actual enrollment assistance.

All of the individuals we assisted called in advance for an appointment. Each of them were asked to bring with them all their actual medication bottles or a complete list of their medications, including dosage and how often it was prescribed. The staff member/volunteer would then access the Medicare website and enter each medication and its dosage. The website software program would then provide a listing of the 30 plans offered in our service area. During the appointment, the staff member/volunteer compared the plan in which the individual was currently enrolled to the 2 or 3 most cost effective plans for the coming year. Discussions would involve the cost of the monthly premium, any deductible, the cost of the prescription medications and if the plan involved any time in the “gap” or “donut hole.”

Staff members and volunteers had to be aware if the person’s income and asset level was such that the person would be eligible for “extra help” to assist in paying for the plan and to understand if the person was participating in the Medicare Advantage Program or was also covered by a retirement insurance plan. Completing the process would often take 45 minutes to an hour.

All this work and all the time our staff and volunteers put into assisting our Medicare Part D enrollees makes a difference in each individuals wellbeing and in their income management for the upcoming year. These efforts will save over \$195,000 or an average of \$390 per Part D enrollee for 2015 in Isabella County alone. Our work and the job we have done in this one program has made a difference in the lives of many people, and that’s important.

I extend a big “Thank You” to all our staff and our volunteers for working to make the Medicare Open Enrollment a success.

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



**Mission Moment**

This past year has been such a joy working at the Isabella County Commission on Aging as the Activity Coordinator! I get to do what I love; planning activities, special events, travel opportunities and more!

We’ve added some wonderful new activities; including Aqua Zumba, Zumba Gold, “Anyone Can Paint” painting classes and massage therapy.

Planning events is one of my favorite things to do and one of our most successful events was our Mother’s Day Tea. We had almost 125 Grandmothers, Mothers, Daughters and Granddaughters attend. They were treated to tea, tea sandwiches, delicious desserts and some fantastic entertainment by Sacred Heart Academy Choir students. I’m already working on this year’s event, which is scheduled for Saturday, May 9.

Our travel program has been very popular as well. We’ve been out to the ballpark and enjoyed peanuts and cracker jack and rooted for the Tigers! We’ve been sailing, laughed at Cornwell’s Turkeyville, tasted wine at the wineries of Old Mission Peninsula, spun the reels at Little River Casino, experienced the bountiful buffet at the Grand Hotel on Mackinac Island, solved a murder mystery aboard the Old Road Dinner Train and visited Meadowbrook Mansion.

I invite you to take advantage of all the fun activities we offer. It’s a great way to meet new friends!

*Marcy Hosking, Activity Coordinator*

## 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.

The following are locations, dates and times for the free tax preparation BY APPOINTMENT ONLY. Call for appointment, **(989) 772-0748**.

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.

### Items NEEDED for your Tax Appointment:

1. Social Security cards are REQUIRED for yourself, spouse and all dependents
2. Picture ID
3. A copy of last year's return
4. Proof of 2014 income, including Social Security, Pension, IRA, Interest income, Dividends, Stock transactions and all other income
5. 2014 Property Tax bills for both summer and winter or rent receipts for the year
6. Total amount of heating costs - November, December, January bills provide this information
7. Amount of medical insurance premiums paid for 2014
8. Affordable Care Act documents and documents of dependents income
9. Blank check for direct deposit of refund.

You MUST have your Affordable Care Act documents and documents of dependents income. You MUST have a Social Security card or a copy of last year's return showing your Social Security number. Taxes cannot be completed without these documents.

## Ask a COA Specialist

**Question:** I didn't realize that my plan's premium was going up this year, is it too late to change plans?

**Answer:** The Open Enrollment period for Medicare Part D plans is October 15 - December 7. This is the one time of year anyone can drop, change or pick up plans. If you are currently in a Part D stand alone drug plan, you will have to wait until the next Open Enrollment Period, *unless* you qualify for a Special Enrollment Period. However, if you are currently enrolled into a Medicare Advantage Plan you have until February 15 to change from an Advantage Plan back to Original Medicare, with a drug plan. Listed below are a few ways in which you may qualify for a Special Enrollment Period:

- Recently moved or are moving to a new service area.
- Recently lost or are losing employer coverage.
- Recently lost "Extra Help" through Social Security
- Currently have "Extra Help" through Social Security
- Currently have Medicaid
- Recently moved in or out of a long term care facility

If you are not sure if you qualify for a Special Enrollment Period, or if you may qualify for "Extra Help" and are an Isabella County resident and 60 or over, please feel free to call the Insurance Hotline at the Isabella County Commission on Aging at **(989)772-0748** for more information.

**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**

## Caregiver Support Meeting

Our Caregivers Support Meeting will be **Tuesday, February 17** from **6:30 - 8:00 p.m.** at the Isabella County Commission on Aging in the Craft Room. 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 you can implement. Educational handouts available. If you have questions call the COA at **(989) 772-0748**.

**Isabella County Commission on Aging**  
**Activity Center and**  
**Food with Friends Meal Sites**  
**will be closed Monday, February 16**  
**in observance of Presidents' Day**



# Safety Tip of the Month

Over the next few months, Trooper Michael White, Community Service Trooper from the Mt. Pleasant State Police post will share the top 10 senior scams and how to avoid them. Trooper White has been serving our community for 25 years. His goal is to share information about scams to keep you from being the next victim.

## Number 1

### The Grandparents Scam

Scammers will place a call to an older adult, and when the victim picks up, they will say something along the lines of: “Hi Grandma, do you know who this is?” When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having any background information. This opens the door for the scammer to operate.

How to Avoid: If you receive a suspicious phone call from someone claiming to be a relative or loved one, say you’ll call back, and check the story with other relatives. Note that these scammers can get information about you and your relatives off of social media sites like Facebook. Most scammers aren’t this sophisticated, but the tactic is not unheard of, so don’t be fooled if a suspicious caller references details from your life or a relatives.

If you are a victim of a scam, please call your local dispatch center and they will send an officer to investigate your complaint.

Isabella County **(989) 773-1000**  
Clare County **(989)539-7166**  
Gratiot County **(989) 875-7505**

## 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.

The opportunity to travel to San Ignacio, Belize with eight other women from Central Michigan University was a life changing two week experience that was educational and unforgettable. The trip was through the Alternative Breaks program of the Mary Ellen Brandell Volunteer Center that partnered with an organization called ProWorld, which organizes international service. Service-learning was taught by ProWorld as we promoted social development, empowered the community and became educated, compassionate, active citizens. Through the Alternative Breaks program we reflected on what it means to be an active citizen and completed strong direct service on the social issue of nature conservation. While learning a lot about the environment, we built a butterfly farm for the community’s enjoyment and the schools hands-on education.

Creating a sustainable structure and entrance path for the butterflies was a great deal of manual labor with power tools, shovels and machetes. Going into social work, I never thought I would be mixing the cement and putting in a ceiling structure that will have to be able to stand. Serving with the Belizean community partners made learning how to do this type of construction fun because we were able to learn about their daily lives. We got to experience how they value relationships more than being punctual while learning some Creole and Spanish along the way. Community interaction while building the farm showed how important the structure is and how grateful individuals are that we were completing the project.

Some of the time was also used to explore the history, culture and the natural environment of Belize. We walked up 200+ steps to the top of the Xunantunich Mayan ruins to experience a breath taking view. Another day we went to Mountain Pine Ridge Rainforest Reserve to see the Rio Frio cave and swim under the Big Rock Falls waterfall. Taking a traditional drumming and dancing lesson was also special because we were able to experience the pride the individuals had in their culture. The service completed and individuals we interacted with will not be forgotten as we will be sure to keep in touch. Taking what I have learned back home with me is crucial as it will help me appreciate differences and communicate with a diverse population of people.

*Lydia Miller is currently interning at Commission on Aging and is pursuing a Bachelor’s Degree in Social Work from Central Michigan University.*

## Guided Autobiography Group

Write stories about yourself! Who knows you better than you? Nobody! GAB! It is just that! YOU get to write and talk about YOUR life! GAB is a 10-week workshop where you will reminisce about targeted areas of YOUR life. Through sensitively designed questions and themes, each week YOU will write about YOUR life and read only what YOU wish to share with other group members.

### Benefits of GAB

Feelings of empowerment and validation, a written family history, a chance to meet new people and make new friends and a time to have fun and laugh!

Workshops are limited to a minimum of 6 and a maximum of 10 persons. Workshops meet 2 hours a week for 10 consecutive weeks. Facilitated by Zip Zimmerman, BSW.

**Mondays, February 23 - April 27**

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

**Commission on Aging, Room B**

Call **(989) 577-0910** for reservations

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

# Events/Classes



## Field of Wildflowers

Wednesday, February 4  
4:00 - 6:00 p.m.  
Room C

\$25 per person (all supplies included)

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. His 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!

Create an 11x14 acrylic painting titled “Field of Wildflowers” in class that you can take home with you! Contact Marcy at (989) 772-0748 to register. Payment due by January 28.

## Spirits of the Forest

Tuesday, February 10  
12:45 p.m.  
Room B

Join us as we travel with artist and musician Taylor Lockwood through many countries, such as Brazil, China, Madagascar, New Zealand, Australia and America, as he finds and photographs exquisite mushrooms which glow in the dark. Listen to the night sounds of the tropical forest and experience the thrill of discovery and also the romantic waterfall, Foz do Iguacu. Share his passionate quest when it becomes spiritual as he faces disappointments and successes. It culminates in some of the most alluring images of mushrooms ever taken. This 56 minute DVD has original music which Taylor composed. A short discussion will follow. Call (989) 772-0748 to register for program.

## Valentine’s Day Celebration

Please join us for food, friends and great music

Friday, February 13  
11:00 a.m.  
Room C

On the Rox A Cappella group will be serenading us with a heartfelt performance. The all-female group is well-known for their talent and enthusiastic passion for performing. Stay for lunch...lunch includes lemon baked chicken, bread, Italian blend, coleslaw, strawberry shortcake. Call Katie at (989) 772-0748 to make your reservation for lunch.

## iPad Class

Tuesday, February 17  
2:00 p.m.  
Room B

iPad Settings - Which settings should be turned off? Which settings should you actually be using? How do you make the type larger for easier reading? These answers to these questions and more will be answered at this session. Bring iPad, Apple ID and password. No reservation required.

## Massage Therapy

Thursday, February 19  
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. \*Massage is performed on a massage table not a massage chair.

## February Movie & Popcorn “The Good Lie”

Tuesday, February 24  
12:45 p.m.  
Room B  
\$1 per person

After their village is destroyed and their parents killed by Northern militia, Sudanese orphan Theo, his siblings and other survivors make a difficult journey to a refugee camp in Kenya. Thirteen years later, the group gets the chance to settle in the U.S. They are met in Kansas by Carrie Davis (Reese Witherspoon), who has been charged with finding them jobs. However, seeing how adrift they are in 20th-century America, Carrie endeavors to help them in rebuilding their shattered lives. Starring Reese Witherspoon. (Rated PG-13, 110 minutes).

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



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

# TRAVEL with COA

**Elk Viewing Sleigh Ride  
Gourmet Lunch  
Wine Tasting  
Thunder Bay Resort**



**Thursday, February 19  
\$139 per person  
Depart COA, 8:30 a.m.**

Escape to Northern Michigan and let Thunder Bay Resort treat you to an adventure like never before! Begin your Elk Viewing journey by boarding a horse-drawn carriage and let a mighty team of draft horses whisk you away. Keep your eyes peeled and cameras ready as you are sure to get an up-close and personal look at majestic Michigan Elk in their natural environment! Following your elk viewing experience, follow the river's edge to Elk Antler Cabin where guests are greeted by a warm fire and enchanting aromas and indulge in a delicious meal and wine tasting.

Includes transportation, elk viewing sleigh ride, gourmet lunch, wine tasting, all tips and gratuities.

Gourmet lunch includes: Pear & Apple Crepe, Shrimp Cocktail, Jan's Homemade Chicken Noodle Soup, Thunder Bay Sweet Napa Salad and Croissant, Crown Roast of Pork with Roasted Red Skin Potatoes and White Chocolate Mousse Filled Pizzelles with Fresh Raspberries

*Please note:  
Dress warmly, boots recommended  
Must be at least 21 years of age*

Reservation & payment due by Jan. 30

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

**Friday, March 20  
\$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, including artists like Elvis, Tom Jones, Alabama, Roy Orbison, Roy Clark, Michael Bolton and Reba McEntire. 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, show, shopping in Frankenmuth, tips & gratuities

Reservation & payment due by Feb. 13



**Saturday, April 11  
\$134 per person  
Departs COA, 4:00 p.m.**

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, show, tips & gratuities

Reservation & payment due by March 6



**Firekeepers Casino**

**Thursday, April 22  
\$49 per person  
Departs COA, 8:30 a.m.**

Players receive \$20 in Free Play and \$5 in points to be used toward food/beverage

Reservation & payment due by April 14

**Tulip Time 2015  
Holland Tulip Festival**

**Wednesday, May 6  
\$72 per person  
Departs COA, 6:30 a.m.**

We will travel to Holland, MI for their annual Tulip Festival. Our day will include Windmill Gardens, Dutch Marketplaats and the "People's Parade." Visit Windmill Gardens, celebrating its 50<sup>th</sup> anniversary on the island, with 36 acres of manicured tulip gardens and stroll through quaint shops. Visit Dutch Marktplaats where you can experience homemade Dutch food, folk dancing, period crafts, costumes and decorations. Stroll at your leisure through displays and demonstrations by a unique blend of craftspeople selling their wares. Our trip would not be complete without the "People's Parade," with reserved grandstand seating.

Includes transportation, Windmill Gardens, Dutch Marktplaats, grandstand seating for parade, tips & gratuities.

Lunch on your own at Dutch Marketplaats.

Reservation & payment due by March 28

*Trip includes a lot of walking*

*This page is sponsored by:* **Cranbrook Terrace Senior Community**



# 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**  
**7:00 - 8:00 a.m.**  
**CMU Rose Pool**  
**12 classes for \$36**

**January 13 - February 19**  
expires when punches are used or Feb. 24

**February 24 - April 9**  
(does not meet March 10 or 12)  
expires when punches are used or April 14

MUST purchase punch card at COA  
*Instructor: Judi Swartz*

## Low-Impact Exercise

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

## Line Dancing

<b>Beginner</b>	<b>Intermediate</b>
<b>Thursdays</b>	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday</b>
<b>1:00 - 3:00 p.m.</b>	<b>2:00 - 4:00 p.m.</b>
<b>COA Room C</b>	<b>COA Room C</b>

## 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
<i>The room/location for each activity is listed on the calendar for reference</i> <i>Codes for rooms/locations are as follows:</i>  A - Activity Room A      Craft - Arts & Crafts Room      CF - Conference Room B - Activity Room B      F - Fitness room      BR1 - Board Room C - Activity Room C      Lab - Computer Lab      Rose - Rose Pool		Food with Friends Monday thru Friday at Noon in Activity Room C See our Menu on Page 10  <i>Calendar Key:</i> ◆ = Reservation Required \$ = Fee for Activity
2. 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)	3. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 The Music Makers (C) 10:30 iRest \$◆ (F) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$◆ (F) 5:30 COA Advisory Board (BR1)	4. 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)
9. 7:30 Water Aerobics (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:00 Paper Roses craft (C) 1:00 Dominos & Pinochle (C) 1:00 Reader’s Theater (Craft) 1:00 Legal Services (CF) 5:30 Tai Chi for Arthritis \$◆ (F)	10. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 The Music Makers (C) 10:00 Needle Crafters (Craft) 10:30 iRest \$◆ (F) 12:30 Banjos, Guitars, Mandolins (C) 1:00 CMU Bridge (Craft) 1:00 Board Games (C) 1:30 Yoga \$◆ (F)	11. 7:30 Water Aerobics \$◆ (Rose) 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) 5:30 Tai Chi for Arthritis \$◆ (F)
16.  Presidents’ Day  ACTIVITY CENTER & FOOD with FRIENDS SITES CLOSED	17. 7:00 Aqua Zumba \$◆ (Rose) 8:30 Friends of Isabella Seniors (BR1) 9:00 Tai Chi for Arthritis \$◆ (F) 10:30 iRest \$◆ (F) 1:30 Yoga \$◆ (F) 2:00 iPad Class (B) 6:30 Caregiver Support Group Mtg. (Craft)	18. 7:30 Water Aerobics \$◆ (Rose) 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) 5:30 Tai Chi for Arthritis \$◆ (F)
23. 7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:00 Lei making craft (C) 1:00 Dominos & Pinochle (C) 1:00 Reader’s Theater (Craft) 1:00 Legal Services (CF) 5:30 Tai Chi for Arthritis \$◆ (F)	24. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:30 iRest \$◆ (F) 11:00 Sand Castles (C) 12:45 Movie, “The Good Lie \$◆ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)	25. 7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:15 Low-Impact Exercise (F) 11:00 “Fishing” (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 5:30 Tai Chi for Arthritis \$◆ (F)



Thursday	Friday	Saturday
5. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Tax Assistance ◆ (A,B) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Bubble Blowing Contest (C) 1:00 Beginner Line Dancing (C) 1:30 Watercolor Class \$◆ (Craft) 4:00 Zumba Gold \$◆ (F)	6. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Woodland Hospice (C)	7.
12. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Tax Assistance ◆ (A,B) 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)	13. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) 11:00 Valentine’s Day Party w/entertainment by On the Rox A Cappella (C) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Tendercare (C)	14.
19. 7:00 Aqua Zumba \$◆ (Rose) 8:30 Thunder Bay Resort trip \$◆ 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Tax Assistance ◆ (A,B) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Trivia (C) 11:00 Massage Therapy \$◆ (F) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	20. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo (C) 6:00 Red Hat Strutters Dance \$ (C)	21.
26. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Tax Assistance ◆ (A,B) 10:00 Computer Class (Lib) 10:00 Learn to Knit (Craft) 11:00 Tropical Trivia (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	27. 7:30 Water Aerobics \$◆ (Rose) 9:30 FGP/SCP In-Service (A,B) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) 11:00 “Beach” Volleyball (C) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor The Laurels (C)	28.

**FWF Eat Smart Menu**

**February 2015**

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div></div><div><i>Happy Valentine's Day</i></div></div>				
2 BBQ Chicken Breast Bread Picnic Baked Beans Corn Broccoli Citrus Salad	3 Polish Sausage Sauerkraut / Bread Baby Carrots Cauliflower & Peas Applesauce	4 Spanish Rice Bread Multi Bean Salad Carrots Cherry Fruit Cup	5 Smothered Chicken Breast Bread Oven Roasted Potatoes Mixed Vegetables Fruit Cocktail Gelatin	6 Fish Sandwich (Trout) Bun Broccoli Citrus Fruit Cup
9 Chicken & Rice Bread Brussels Sprouts Mixed Fruit Cup	10 Baked Spaghetti Garlic Toast Broccoli Peaches	11 Pork Chop Bread Mashed Potatoes/Gravy Cauliflower & Peas Tropical Fruit	12 Cabbage Roll Casserole Bread Roasted Cauliflower Pineapple Tidbits	13 Lemon Baked Chicken Bread Italian Blend Coleslaw Strawberry Shortcake <div></div>
16 CLOSED  Presidents' Day	17 Chicken Parmesan Bread Pasta Primavera w/Vegetables Fruit Cocktail	18 Tuna Noodle Casserole Bread Green Beans Tossed Salad Mixed Fruit Cup	19 Meatballs w/Gravy Bread Oven Roasted Potatoes Coleslaw Berry Fruit Cup	20 Corn Chowder Breadstick Tossed Salad Hard Boiled Egg Cinnamon Applesauce
23 Chicken Broccoli Cheese Bread Baked Potato Carrots Fruit Cocktail	24 Baked Ham Bread Roasted Potato Blend Broccoli Tropical Fruit	25 Lasagna Garlic Toast Green Beans Peaches & Pears	26 Baked Chicken Bread Sweet Potatoes Fruited Coleslaw Apricots	27 Potato Crunch Fish Filet Bread Garden Brown Rice Brussels Sprouts Pineapple Tidbits

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

February is a short month, but the Rosebush FWF site is packed with activities. Join us for a warm meal to chase away the winter chill. While you are here, stick around for a game of bingo, a craft or one or our fantastic musicians. Every Friday we have a musical performance. A special thanks to Dave Leonard, Good Times Music, Mark Baumann and Greg Merwin. We will also have an ice cream social and Valentine’s Day party.

Monday - Friday at 11:15 a.m., Sit & Get Fit.  
Pull up a chair - it’s a get fit gadget in disguise. Sit & Get Fit offers a series of stretching, strengthening and relaxing movements that release mental and physical tension, increase circulation and gives you a blast of concentrated energy that boosts your mood.

Rosebush FEBRUARY Calendar

- 2 Tin Can Snowman craft

4 Penny bingo

6 Old time folk music w/Dave Leonard12:30 p.m.

9 Bingo w/prizes, courtesy Woodland Hospice12:30 p.m.

Red Hat Strutters2:30 p.m.

11 Art Reach Healing Arts program1:30 p.m.

13 Valentine’s Day party

16 CLOSED - President’s Day

18 Bingo w/prizes, courtesy The Laurels

20 Music with Mark Baumann

23 Celebrate February Birthdays

Ice Cream Social

Winter Word Scramble

25 Penny Bingo

Nutritional Education

27 Music w/Greg Merwin

\*All activities are provided in conjunction with Rosebush Manor

**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**

There are lots of fun things to celebrate in February, not just Valentine’s Day, hearts and love. We will have bingo with prizes, President trivia and a special appearance from Dixie the Clown Feb. 18 at our Birthday celebration. Dixie studied and worked with Red Skeleton! Do you know who Elmer Doolin was? Come and find out Feb. 24!

CONTEST: February is National Potato Lovers Month! Write the word POTATO on a piece of paper and see how many words you can make out of the word. Answers MUST be submitted to Cindy by February 23. Winner will be announced following lunch and must be present to win. Prize awarded to participant with the most correct words.

**Shepherd FEBRUARY Calendar**

- 1 Ground Hog Day, Nutrition Education
- 4 Chinese checkers tournament
- 6 James Dean day, wear RED, Heart Month
- 11 Jeopardy on the wall
- 13 Bingo
- 16 CLOSED - President’s Day
- 18 Birthday celebration w/Dixie the Clown
- 20 Music w/Greg Merwin
- 23 POTATO Day
- 25 Memory Aerobics, Tortilla Chip Day
- 27 Bingo

**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**

Hello! My name is Whitney Smith, the new FWF Site Manager for Weidman. I’m very excited for this opportunity to work with COA to serve the community I grew up in! I grew up and still live in Beal City (Go Aggies!). I am currently attending Mid Michigan Community College and will be transferring to Central Michigan University in the fall to finish my Bachelor’s Degree in Recreational

**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**

February is filled with toe tapping fun and great tunes to brighten your days! Prepare yourself for a L-O-V-E-L-Y Valentine’s Day party Feb. 18 with the Al Guthrie Band. Get your reservations in early to join all the fun!

CONTEST: February is National Potato Lovers Month! Write the word POTATO on a piece of paper and see how many words you can make out of the word. Answers MUST be submitted to Denise by February 27. Winner will be announced following lunch and must be present to win. Prize awarded to participant with the most correct words.

**Winn FEBRUARY Calendar**

- 2 Birthday party w/Rocky & Friends
- 4 Dan Miller Band
- 6 Wear Red in honor of National Heart Month Cards
- 9 Leon Seiter
- 11 Stickly Country Band/Rocky King
- 13 Cards
- 16 CLOSED - President’s Day
- 18 Valentine’s Day party w/Al Guthrie Band
- 20 Cards
- 23 Mark Ray & Mark Baumann
- 25 The Louisells
- 27 Most Famous Faces 20 questions/Cards

I look forward to meeting you all! I hope you will join in some of the activities planned for February.

**Weidman FEBRUARY Calendar**

- 3 Music w/ Greg Merwin
- 4 Weidman Jammers
- 5 Cards
- 10 Potato games Valentine’s Day cards
- 11 Weidman Jammers
- 12 Cards
- 17 What’s My Line
- 18 Weidman Jammers
- 19 Cards
- 24 Bowling
- 25 Weidman Jammers
- 26 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 February.

**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 FEBRUARY Calendar**

- 2 Groundhog Day
- 3 The Music Makers 10:00 a.m.
- 5 Bubble blowing contest 11:00 a.m.
- 6 Send a Card Day
- Bingo w/Woodland Hospice 12:45 p.m.
- 9 Paper Roses craft 11:00 a.m.
- 10 The Music Makers 10:00 a.m.
- 11 Deal or No Deal w/Tendercare 11:15 a.m.
- 12 Jeopardy 11:00 a.m.
- 13 On the Rox 11:00 a.m.
- Bingo w/Tendercare 12:45 p.m.
- 16 CLOSED - President’s Day
- 17 Random Acts of Kindness Day
- 18 Bingo w/Crestwood Village 11:00 a.m.
- 19 Trivia 11:00 a.m.
- 20 Bingo 12:45 p.m.
- 23 Lei making craft 11:00 a.m.
- 24 Sand castles 11:00 a.m.
- 25 “Fishing” 11:00 a.m.
- 26 Tropical trivia 11:00 a.m.
- 27 “Beach” volleyball 11:00 a.m.
- Bingo w/The Laurels 12:45 p.m.

A special Thank You to our sponsors:

- Crestwood Village
- Tendercare
- The Laurels
- Woodland Hospice



Mt. Pleasant Garden Club

The Mt. Pleasant Garden Club will meet on Wednesday, February 18 at 1:00 p.m. at Isabella County Commission on Aging in Room A. Following a short business meeting, members will have a "show and tell" time, where we take time to share gardening tips, ask questions, and discuss topics of mutual interest. Guests are welcome to attend.

Evening Bloomers Garden Club

The Evening Bloomers Garden Club will meet Tuesday, February 3 at 7:00 p.m. in Room B of Commission on Aging. Angie Physick from Four Seasons Floral and Greenhouse will be our speaker. Angie lived, worked and received schooling in the UK. The public is invited.

State Employee Retirement Association

Tuesday, February 17 at 1:30 p.m., our presenter will be Trooper White from the Michigan State Police. He will be presenting a program on scams, what to be aware of and updates on current scams in our area. Following the presentation, we will meet the new board members. There will be a 50/50 drawing and door prize. Please contact Jackie Curtis at (989) 772-0597 or [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com) with any questions.

Westbrook to release “Mid-Michigan History 2” Book at Founders Day Event

Local author Jack R. Westbrook has announced the February 7 release of his latest photo history book, “Mid-Michigan History 2,” based on his weekly photo history featured in the Mt. Pleasant Morning Sun newspaper and including a number of articles written especially for this book.

The 139 page eight-and-a-half by eleven inch volume features an extensive history of the Mt. Pleasant Sugar Beet Processing Plant with pictures of the interior, equipment and personnel from the 1920’s and 40’s. Previously unpublished photo vignettes include: a photo of area pioneer Isaac A. Fancher on his 100<sup>th</sup> birthday in 1934; early pictures of the John Doughty home shortly after completion of the “most beautiful house in town” he promised he would build for his prospective wife as an inducement to move here from the high society life she enjoyed in her native Kentucky; and a two page spread of the devastation wrought on the town by the February 22, 1922, sleet storm. A 1938 newspaper account, with pictures of the first Labor Day weekend Powwow held by Indians from seven states on the grounds of the Mt. Pleasant Indian Industrial School to celebrate their experience at the School five years after it closed.

The official release and premiere sales and signing of the new book will take place from 8:00 a.m. - 12:30 p.m. at the Mt. Pleasant Area Historical Society’s Isabella County Founders Day celebration Saturday, February 7 at the First Methodist Church, 400 South Main Street, Mt. Pleasant. The event observes Isabella County’s 156<sup>th</sup> birthday with a quilt show and pancake breakfast.

Isabella County 156<sup>th</sup> Founders Day Celebration

The Mt. Pleasant Area Historical Society (MPAHS) and the First Methodist Church, joined by The Genealogical Society of Isabella County will celebrate Isabella County Founders Day Saturday, February 7 at the First Methodist Church, 400 South Main Street in Mt. Pleasant. The event observes Isabella County’s 156<sup>th</sup> birthday.

MPAHS will hold a fundraising pancake breakfast at church from 8:00 - 11 a.m. The First Methodist Church’s Annual Quilt Show will take place from 9:00 a.m. - 12:30 p.m. with registration from 7:30 - 9:00 a.m. and quilt pickup and checkout from 12:30 to 1:00 p.m. For more quilt show information call Val Wolters at (989) 773-9571 or Betty Assman at (989) 772-1437.

From 9:00 a.m. - 12:30 p.m., the MPAHS, and the Genealogical Society, will hold an open house with local historical exhibits. Throughout the day, the society will present a continuous showing of “Isabella County – 150 Years in the Making,” a one-hour video filmed for the 2009 county sesquicentennial. Local Author Jack R. Westbrook will be premiering his new book “Mid-Michigan History 2” with custom autographing to buyer’s specifications.

At 11:30 a.m., Frank Boles, Director of the Clarke Historical Library at Central Michigan University, will present the MPAHS 2015 John Cummings Isabella County Historical Preservation Award at the church, followed by the Genealogical Society of Isabella County presentation of Isabella County First Family Awards.

At 12:15 p.m. the Quilt Display Committee will make a special award to 100 year-old quilter Winnie Sponseller. The Quilt Show, historical exhibits and award presentation are free. Advance Pancake Breakfast tickets are available from any MPAHS member at \$6 each (children 4 and under are free) or by calling (989) 423-7311. Tickets will be available at the door.

The Founders Day observance began with the 2009 observance of the Sesquicentennial (150<sup>th</sup> year) celebration of the formal founding of Isabella County February 11, 1859. Three years later, in 2012, the Mt. Pleasant Area Historical Society revived the celebration of Founders Day, holding the event on the Saturday closest to the February 11, which is Isabella County’s birthday.

<b>Weidman Activities</b> <b>Weidman Community Center</b>	<b>Mondays &amp; Tuesdays</b> 9:00 - 11:00 a.m. Beginner Line Dancing, \$2 10:00 a.m., Walking 11:15 a.m., Resistance band	<b>Tuesdays</b> 1:30 p.m., Euchre \$2 donation for prizes 50/50 raffle	<b>Wednesdays</b> 6:00 p.m., Bingo  Call Marilyn for info <b>(989) 644-5915</b>
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This page is sponsored by: Chalgian & Tripp Law Offices PLLC

# Turning 65?

## 7 Common Questions (and Answers!) about Medicare

Over 10,000 people will enroll in Medicare every day over the next 10 years. Are you one of them? Or do you know someone who is nearing this rite of passage? It's not as complicated as it may seem. Explore 7 common questions (and answers) about how to get started with Medicare.

### How do I enroll in Medicare? Is it automatic when I turn 65?

To enroll in Medicare, most people need to contact Social Security directly. Do this before your 65th birthday to avoid a lapse in health coverage. Some people—including early retirees receiving Social Security and those with Social Security disability or Railroad Retirement benefits—are automatically enrolled in Medicare when they become eligible. You can enroll online, at your local Social Security office, or by calling **1-800-772-1213 (TTY 1-800-325-0778)**.

### When do I have to enroll?

You have a 7-month window around your 65<sup>th</sup> birthday to enroll. This is called the Initial Enrollment Period. After that, you can still enroll in Medicare, but you may have to wait for a designated special/general enrollment period to do so. Learn more about when to join.

### What if I’m still working and have insurance? Do I need to enroll at age 65?

If you are working past age 65 and have insurance from your job (or your spouse is working and you get health coverage that way), you should contact your plan and review how your coverage will change before deciding whether you need to enroll in Medicare now. NCOA's free website My Medicare Matters offers some helpful tips for what to consider if you have other health insurance besides Medicare.

### Does Medicare cover \_\_\_\_\_?

Medicare covers a wide range of medically necessary screenings, supplies, and procedures. Some are free, including many preventive services. The Medicare & You handbook, which Medicare sends out every year to beneficiaries, provides a summary of many covered services. For more specific coverage details, Medicare.gov contains a helpful online search tool where you can find whether a test, item, or service is covered. You also may speak with your doctor, or you can contact Medicare directly at **1-800-MEDICARE (1-800-633-4227)** to verify coverage based on your personal situation.

### I’m going on a cruise/overseas trip. Will Medicare cover me if I need emergency care when I’m away?

Medicare covers health care for people when they are physically located within the 50 U.S. states, District of Columbia, and U.S. territories. In rare cases, Medicare Part A may cover medically necessary services in a foreign country when a foreign hospital is closer than a U.S. facility. Learn more about these exceptions. In some cases, Medicare Part B may cover medically necessary health care while on board a cruise ship within the territorial waters adjoining the U.S. Generally, Medicare won't pay for services you get when a ship is more than six hours away from a U.S. port. If you have a supplemental insurance policy, you should check to see if it covers medical care abroad. Otherwise, it is recommended to purchase travel insurance before your trip, which can help to offset the costs of overseas emergency care if it’s needed.

### How do I pay for my Medicare?

If you are receiving Social Security benefits at the time you enroll in Medicare, your Part B premium will be deducted automatically from your monthly check. If you have not begun to receive Social Security yet, you will receive a quarterly bill for your premium, which you can pay several different ways. If you enroll in a Medicare Advantage or Part D prescription drug plan, typically you will pay the plan directly for your premium.

### How can I find out how much I’ve paid for Medicare services this year?

Medicare offers a free, confidential online service for people to access information about their benefits and services, including how much they’ve paid for services. See how to create an account. You also can contact Medicare directly at **1-800-MEDICARE (1-800-633-4227)** with any questions about enrollment, payments, claims, coverage issues, and more.

### Have more questions about Medicare?

Check our free website, My Medicare Matters, to find more information on Medicare enrollment, preventive services, and costs. Or contact your State Health Insurance Assistance Program (SHIP), which is federally funded to offer free, objective assistance about Medicare.

## Events at McLaren

### Treatment Options for Knee and Hip Arthritis

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

Thursday February 5  
12:00 - 1:30 p.m.  
McLaren Central Michigan  
FDJ Conference Room  
1221 South Drive  
Call **(989) 779-5606** to register

### 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, February 5  
1:30 - 4:30 p.m.  
Thursday, February 19  
1:30 – 4:30 p.m.  
McLaren Wellness Central  
2600 Three Leaves Dr.  
Call **(989) 779-5651** to register

IN MEMORY OF

<b>Ken Brown</b> Zenona Kyser	<b>Theda LaLone</b> Mary J. Hafer
<b>Wayne Cole</b> Jean Cole	<b>Jean Lee</b> The Friends of Emmy Rehm at CMHCM
<b>Ronald Doerr</b> Lois Doerr Barbara McDonald	<b>Rich Mankowski</b> Bill & Jayne Fish
<b>Joseph Epple</b> Jeanne Epple	<b>Ed McEvoy</b> Mary Jo McEvoy
<b>Sandra Lamb Fellows</b> Lois Doerr	<b>Tom Murphy</b> Donna Murphy Mary Jo McEvoy
<b>Robert Fish</b> Bill & Jayne Fish	<b>Mary Smith</b> Bill & Jayne Fish
<b>Dorothy Hedgcock</b> Sharon Hedgcock	<b>Pauline Marguerite Williams Wickware</b> Stan & Ginny Hirschi Bob & Linda Lukens Tom & Catherine Nemeth Jim & Laura Pohlman
<b>Dale House</b> Nina House	<b>Wilbur Wiltse</b> Bob & Marianne McJames
<b>Harry Klein, II</b> Bill & Jayne Fish	<b><i>Active LIVING in Memory of</i></b>
<b>Harry Klein, III</b> Bill & Jayne Fish	<b>Jack Krontz</b> Patricia Krontz
<b>Jeff Klein</b> Bill & Jayne Fish	<b>Maria Miele</b> Anthony Miele
<b>Tom Klein</b> Bill & Jayne Fish	<b><i>Food with Friends in Memory of</i></b>
<b>Alfred Klumpp</b> Michael & Maxine Kent	<b>Mort &amp; Mildred Balcom</b> Roy & Lavonne Balcom
<b>Morval LaLone</b> Earl & Marie English Brenda Johnston	<b>Wilbur Wiltse</b> Mt. Pleasant Community of Christ
<b>Morval &amp; Theda LaLone</b> Cornell & Molly LaLone	

Donations to  
COMMISSION ON AGING

Robert & Tammy David Ronald Marmarelli Melvin Onuskanich JoAnn Swenson Alice Wilson Robert & Sandy Wilson	<b><i>In-Home Services</i></b> Glenna Beard William & Carolyn Swart
<b><i>Activity Center</i></b> Nelda Gilmore	<b><i>Needlecrafts</i></b> McLaren Central Michigan
<b><i>Food with Friends</i></b> Rosebush Presbyterian Church George & Frances Rouman	<b><i>Transportation</i></b> Priscilla Garver Nelda Gilmore Pat & Marty Siuda Joseph Timmons

Donations to  
ACTIVE LIVING

Richard & Donna Allen Larry & Donna Anderson Wilma Blackman John & Susan Bradac David & Paula Butler Erma Cameron Donald & Barbara Carey Jonas & Jeanne Cook Judith Davis Sharon Dodge Kim Douglas-Waugh Jeanne Epple Francis & Darlene Fedewa Rose M. Fisher Patti Fowler Nelda Gilmore Connie Greenwald Joyce Griffiths Velma Harkins Ross J. Hart Dianne Holt Alice Howey Don & Paula Johnson Mary Ann Judge Christa Kamenetsky Jack & Trudy Karr Mary L. Kennedy	Zenona Kyser Virginia Kjolhede Ken Kopke Harry & Margaret Kuhn Diane Kunst Mary Leatherman Karen Lee Delton & Ruth Maxon Mary Jo McEvoy Bruce LaPointe & Beth Miller Tom & Gisela Moffit Herta Murrell Dawn J. Orlando Lavern Owen Charles W. & Ellen A. Peterson Dean & Nancy Phelps Carolyn Putzig Robert & Barbara Roethlisberger George & Frances Rouman Rosie Saunders Donna Smalley Alice R. Spayd Verna Walkington Maureen Wardrop Marilyn Western Joyce Williams Vera Wiltse
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This page is sponsored by: **The Laurels and Maplewood of 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  
February 21, 10:00 a.m., Room A

Clowns  
February 5, 6:00 p.m., Craft Room

Community Cancer Services  
February 12, 6:30 p.m., Craft Room

Community Service Council  
February 2, 12:00 p.m., Room A

Evening Bloomers Garden Club  
February 3, 7:00 p.m., Room B

Friends of the Broadway  
February 12, 6:30 p.m., Room C

Health Improvement Planning  
February 6, 10:30 a.m., Room B

Isabella County Collaborative  
February 6, 9:00 a.m., Room B

Mid-Michigan Patriots  
February 12, 7:00 p.m., Room A

Mid-Michigan Quilt Guild  
February 24, 6:00 p.m., Rooms A,B,C

Mid-Michigan Wood Workers  
February 10, 7:00 p.m., Craft Room

Mt. Pleasant Garden Club  
February 18, 1:00 p.m., Room A

Mt. Pleasant Historical Society  
February 3, 7:00 p.m., Room A

State Employee Retirement Association  
February 17, 1:30 p.m., Room A

Stamp Collectors  
February 24, 7:00 p.m., Craft Room

Women’s Aid  
February 24, 8:00 a.m., Room B

### COMMISSION ON AGING ADVISORY BOARD

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

### Friends of Isabella Seniors Board of Directors

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

### Temporarily Away

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

### Active LIVING Deadline

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

### Isabella County Commission on Aging

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

### Mission Statement

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

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

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

#### In Home Services Program

- Case Management
- Caregiver Training
- Counseling / Information
- Homemaking
- Medicare / Medicaid Assistance
- Personal Care
- Respite Care

#### Food with Friends Program

- Congregate Meals
- Home Delivered Meals

#### Foster Grandparent Program Senior Companion Program

#### Activity Center Program

- Activities
- Travel Opportunities
- Fitness

#### Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

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

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

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Send to: Friends of Isabella Seniors (COA)

2200 S. Lincoln Rd.

Mt. Pleasant, MI 48858

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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 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.*



## Valentine’s Day Celebration

Please join us for food, friends and great music!

**Friday, February 13**  
**11:00 a.m.**  
**Room C**

On the Rox A Cappella group will be serenading us with a heartfelt performance. Stay for lunch...lunch includes lemon baked chicken, bread, Italian blend, coleslaw, strawberry shortcake.

Call Katie at **(989) 772-0748** to make your reservation for lunch.

## FEBRUARY 2015 ACTIVE LIVING

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