

# Active LIVING

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging  
Friends of Isabella Seniors - 2200 South Lincoln Road, Mount Pleasant, MI 48858 - (989) 772-0748 - [isabellacounty.org/dept/coa](http://isabellacounty.org/dept/coa)



**Saturday, June 27**

**\$25 per space**  
(2 parking spaces)

**8:00 a.m. - 2:00 p.m.**

Isabella County Commission on Aging  
**Parking Lot**  
2200 S. Lincoln Rd., Mt. Pleasant

The Isabella County Commission on Aging is sponsoring a Community Yard Sale in conjunction with the Mt. Pleasant Citywide Garage Sale. If you live outside the City of Mt. Pleasant this is your opportunity to bring your “treasures” to the city and sell them!

Clean out your garage, attic, closets, basement and storage shed! For \$25 we will provide you with 2 parking spaces for you to sell those “treasures”. You are welcome to purchase additional spaces.

Bring your own tables, chairs, tents/canopies and “treasures”. We will bring the shoppers! To ensure shoppers, we will advertise on several on-line yard sale and social media sites and place an advertisement in the Morning Sun.

For more information contact Marcy at (989) 772-0748. Reservations due by June 12. An application can be found on-line at [www.isabellacounty.org/dept/coa](http://www.isabellacounty.org/dept/coa)

Please feel free to share this information with family, friends, and neighbors.

## Celebrate National Volunteer Week April 12-18

If you see a Commission on Aging Volunteer, please thank them for their service to area older adults. We couldn't do it without them!

Who are they? They could be a Foster Grandparent, Senior Companion, Friendly Visitor, Grocery Shopper, Escort Driver, Meal Site Assistant, Home Delivered Meal Driver, Reception Ambassador, Friendly Caller, Needle Crafts Worker, Active Living Volunteer, Student Activity Center Entry Monitor, Helping Hands Repair Person, Animal Friend for HATS, AARP Tax Aide Volunteer, Medicare Part D Prescription Assistance Counselor, Ride Guide, Ride Buddy, Yard Cleanup Volunteer or Special Projects Volunteer.

Whoever these volunteers may be, the Commission on Aging is deeply grateful for each and every volunteer. COA Volunteers make a difference every day in the lives of many older adults.

**Thank You COA Volunteers!**



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

In case you haven't heard...April is Volunteer Month, and we always take the opportunity to celebrate the wonderful volunteers that donate their valuable time to the Commission on Aging and our many program participants.

As you may already know, there are many different ways to volunteer at the COA. We have crafters, who knit hats and mittens and make lap robes and quilts; we have kitchen and meal site assistants, who package and serve meals; we have office assistants and receptionists, who keep us organized; we have friendly visitors, who visit home bound older adults; we have handy helpers who provide minor home repair and we have volunteers who help with leaf raking in the fall and spring.

For the next few months I will be highlighting all of the volunteer opportunities we have at the COA. This month I'm going to begin with a special "shout-out" to the volunteers who deliver our home delivered meals, the volunteers who provide escort services and the volunteers who do grocery shopping.

We have 44 Escort Drivers, 82 Home Delivered Meals Drivers and 22 Grocery Shoppers that volunteer for us.

FY' 14 – October 1, 2013 to September 30, 2014

### **Escort Drivers**

- ◆ Volunteered 4,150 hours
- ◆ Drove 94,757 miles
- ◆ Transported 160 clients to 2,173 medical appointments

### **Home Delivered Meal Drivers**

- ◆ Volunteered 5,690 hours
- ◆ Drove 73,549 miles
- ◆ Delivered 30,698 home delivered meals to 285 clients

### **Grocery Shoppers**

- ◆ Volunteered 392 hours
- ◆ Drove 4,587 miles
- ◆ For 35 clients

Some of these volunteers don't ask for mileage reimbursement, but a lot of them do and we give that reimbursement gladly. At a reimbursement rate of \$.50 per mile these volunteers received approximately \$84,349.00 in Fiscal Year '14. This is a lot of money, however it would be a great deal more if we had to have staff members cover the jobs our volunteers do. I cannot express how grateful we are to have such a wonderful group of volunteers, and I mean all our volunteers not just the three groups I listed.

The funding for our mileage reimbursement comes from several different sources; Isabella County Senior Millage, Saginaw Chippewa Tribal Funding, United Way of Isabella County and special fund raising events. Several of the fund raising events are sponsored by the Friends of Isabella Seniors (FOIS). They are a registered 501©(3) and were established in 1979. Their only purpose is to do fund raising for the Commission on Aging. Friends of Isabella Seniors is managed by an independent Board of Directors. One of the Board's responsibilities is setting the rate at which our volunteers are reimbursed for the mileage. As I mentioned before, the volunteers are currently receiving \$.50 per mile. The FOIS Board periodically reviews the reimbursement rate and determines whether or not a change needs to be put into place. The Board members are also volunteers and therefore understands what it means to be a volunteer and how important their job is in helping all the COA Gold Key Volunteers do their work better.

The Commission on Aging is a large and complex organization. Without our volunteers, all 500+ of them, we could never achieve the quality of care that we do. Every last one of our Gold Key Volunteers is an important link back to our entire community. I greatly appreciate all of you and thank you from the bottom of my heart for the work you do.

*"No time is better spent than that spent in the service of our fellow Man."* Bryant McGill

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




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*This page is sponsored by:* **McLaren - Central Michigan Hospital**

## Ask a COA Specialist

**Question:** I heard that Medicare covers preventive services. Does Medicare cover services to help someone quit smoking?

**Answer:** Medicare has a multitude of covered care under their preventive services. One of the preventative services is tobacco use cessation counseling. In the Medicare & You handbook it states that “Medicare will cover eight visits per year.” This covered service is for people with no sign of tobacco-related disease. Your doctor should be able to help you determine if you have a tobacco-related disease if you are uncertain. Medicare preventative services are a great benefit. The program is intended to keep you healthier by finding any potential problems early. In addition to smoking cessation, Medicare provides a yearly “Wellness” exam. Preventative services will also cover care such as flu shots, pneumococcal shots, diabetes screenings and even obesity screening and counseling. I would suggest looking through your Medicare & You handbook or on-line at [www.Medicare.gov](http://www.Medicare.gov) for the complete list of preventative services. Both sites are great resources.

**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**  
 call (989)772-0748 ext. 236 or fax (989)773-0514

## Caregiver Support Meeting

Our Caregivers Support Meeting will be **Tuesday, April 21** from **6:30 - 8:00 p.m.** at 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. If you have questions call COA at **(989) 772-0748**.

## Legal Services

Lakeshore Legal Aid provides legal advice to people over the age of 60

For an appointment call toll free:  
**1-866-552-2889**

## Mission Moment

“Volunteers are very special people. They give of themselves willingly expecting very little in return. They are most happy helping anyone in need. COA Volunteers are among the most outstanding individuals I’ve ever met.

Here is a sampling of how Gold Key Volunteers make a difference:

One client whose family lives out of state reported that shopping with our grocery shoppers gives him the freedom to purchase items with the confidence that he will get the things he needs like fresh fruits and vegetables and still save money. Another client who uses a walker finds it very difficult to shop alone. She said “The volunteers are a blessing. They lift things for me and help me do things that I used to be able to do for myself, but can’t do anymore.”

Gold Key Volunteers definitely go the extra mile! An older adult is very grateful to our Escort Drivers who transport her to medical appointments and stated “If COA didn’t have volunteer drivers I would not be able to make it to any medical appointments.”

The stories go on and on:

“Volunteers make everything easier, I’m able to get where I need to go.” Another client reported that “Gold Key Drivers are very friendly, courteous and accommodating, they stay with you when needed.” A dialysis client told us “I don’t feel well and it’s hard to wait and ride the bus after dialysis. The drivers always get me home sooner and I’m so grateful.” One thankful recipient knows “As I am to the age that I quit driving, I don’t like asking other people, but when I ask them (COA) I know they (the Volunteers) want to be there and they will take me where I need to go.”

Gold Key Volunteers provide a wide variety of services to clients in every township. You may see them assisting at a food site or delivering a meal to a homebound client, perhaps preparing tax returns, assisting with Medicare Part D or knitting or sewing items for those in need. Did you know Needle Craft volunteers created and donated more than 3500 items last year? One of many Thank You notes read “I just wanted to thank you for your generous and lovely donation of hats, mittens, and blankets. I am glad to have items like this to offer to our families in need.”

Finally, a client summed it up with “I give utmost praise to COA for their services.” Many of those services are possible because of all the COA Volunteers. Thank you COA Volunteers, we appreciate you!

*Ginny Cain, Gold Key Volunteer Program Coordinator*

## Events/Classes



### Spring Caregiver Event

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

Wednesday, April 1  
1:00 - 4:00 p.m.  
Rooms A, B

Eleni Kelakos, actor, singer and songwriter lost her parents to long-term illness. She will provide an energizing, interactive experience weaving together original song, stories and simple strategies that encourage you to reconnect with your passionate purpose and be re-inspired by your choice of being a caregiver. Her program will offer a fresh perspective and the tools needed to bring out the best in you and the ones you care for, in spite of the obstacles that caregiving can bring. FREE Event, refreshments provided. Space is limited, register today by calling COA at (989) 772-0748.

**Take Me Out to the Ball Game . . .  
or at least in front of the BIG  
Screen!**



#### Detroit Tigers OPENING DAY

Monday, April 6  
1:00 p.m.  
Room C

Join us in front of the big screen and root for the Detroit Tigers as they take on the Minnesota Twins. There will be snacks and lots of FUN! Also a prize for the best dressed Tigers fan! No reservations required.

### Massage Therapy

Thursday, April 16  
11:00 a.m. - 3:00 p.m.  
Fitness Room

**\$10 for a 15-minute massage**

Enjoy a massage with a massage therapist. *Massage is performed on a massage table not a massage chair.* Call Marcy, (989) 772-0748 for appointment.

### iPad Class

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

Extensions and Widgets - Add versatility to apps with extensions and widgets. Find out how to install or activate them and make time spent on your iPad more productive. No reservation required.

### April Movie & Popcorn

#### “Unbroken”

Tuesday, April 28  
12:45 p.m.  
Room B  
**\$1 per person**

As a boy, Louis "Louie" Zamperini is always in trouble, but with the help of his older brother, he turns his life around and channels his energy into running, later qualifying for the 1936 Olympics. When World War II breaks out, Louie enlists in the military. After his plane crashes in the Pacific, he survives an incredible 47 days adrift in a raft, until his capture by the Japanese navy. Sent to a POW camp, Louie becomes the favorite target of a particularly cruel prison commander. *(Rated PG-13, 2 hours, 17 minutes).* Call Katie to register, (989) 772-0748.

### Cinco De Mayo Fiesta

Friday, May 1  
12:00 p.m.  
Room C

Enjoy lunch and music with the Mas Caliente Band! Lunch will be served at noon with entertainment following. Lunch will include Spanish chicken, European vegetable blend, baked potato, bread and applesauce. We will also be serving “margaritas” (non-alcoholic of course), chips, salsa and cheese dip. Lunch costs \$5 for those 59 and younger and a suggested donation of \$2.50 for those over 60. Call Katie at (989) 772-0748 to make your reservation for lunch.

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

# Events/Classes

## Watercolor Techniques

Thursdays, May 7 - 28  
1:30 - 3:30 p.m.  
Craft Room  
\$29 per person

Join instructor Jeanne Fisher for Watercolor Techniques. Participants will learn concentrated practice achieving textures and light effects. All levels welcome. Class fee does not include supplies. Participants will need to purchase their own supplies. Supply list available at front desk. Call (989) 772-0748 to register.

## Mother's Day Tea

Saturday, May 9  
11:00 a.m.  
Rooms A, B  
\$10 per person



You are cordially invited to join us for a day of dress up and tea! Enjoy tea, a light lunch and entertainment. Join us for this special day; a day to show our Grandmothers, Mothers, Daughters, Granddaughters, Aunts, Nieces, Friends just how special they are! Please feel

free to wear your fancy hat! Registration and payment due by May 1. For more information contact Marcy at (989) 772-0748.

## AARP Smart Driver Course

Wednesday, May 13  
9:00 a.m. - 4:30 p.m.  
Room B

\$15 for AARP members/\$20 for non-AARP members

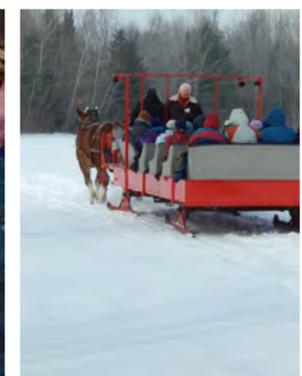
The AARP Smart Driver Course covers the effects of aging on driving, coping strategies, accident prevention, an update on Michigan driving laws and much more. Anyone may attend the course but only those over age 50 who complete the course are eligible for a discount on auto insurance premiums if offered by their insurance company. Registration includes all class materials and the certificate to submit for insurance discounts from participating companies. A 30-minute lunch break is scheduled. Lunch is available on-site thru Commission on Aging or you may bring your own lunch. COA lunch costs \$5 for those 59 and younger and a suggested donation of \$2.50 for those over the age of 60. To register, contact Marcy at (989) 772-0748.



Last month on one of the coldest days (-14 °F) we had, a group from COA traveled to Hillman, MI and visited Thunder Bay Resort. Although it was bitterly cold we had an amazing day!

Upon arrival, we boarded a sleigh drawn by Percheron draft horses that led us to a cabin where we sat fireside and were treated to storytelling, a marvelous 5-course gourmet lunch (prepared in authentic 100-year-old wood cook stoves) and the unique flavors of handcrafted wines from Michigan's Sunrise Side! After lunch we were escorted thru picturesque pines and regal hardwoods to view the magnificent Michigan elk.

For more photos of this trip and others, log onto Facebook and "Like" the Isabella County Commission on Aging.



# TRAVEL with COA

Contact Marcy at (989) 772-0748 for more information or to register for travel



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

Come spin the reels with us!

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

Includes transportation and casino incentives.

Reservation & payment due by April 14.

Take me out to the Ball Game



**Detroit Tigers**  
**vs.**  
**Houston Astros**

**Thursday, May 21**  
**\$98 per person**  
**Departs COA, 8:30 a.m.**

Enjoy one of America's favorite pastimes at Comerica Park! Grab your family, friends, grandchildren and join us as we root, root, root for the Tigers!

Put on your Tigers gear and let's get ready to ROAR!

Enjoy 1<sup>st</sup> baseline Outfield Box seats **IN THE SHADE!**  
 (section 115, rows 40 – 47)

Includes transportation, ticket, hot dog, chips & pop

Reservation & payment due by April 17.



## Cornwell's Turkeyville

**Tuesday, June 2**  
**\$86 per person**  
**Departs COA, 9:00 a.m.**

Mrs. Stancliffe's Rose Cottage Bed & Breakfast has been successful for many years. Her guests (nearly all women) return year after year. Her next door neighbor, the elderly, silver tongued, Bud "Bud the Stud" Davis believes they come to spend time with him in romantic liaisons. The prim and proper Mrs. Stancliff steadfastly denies this but reluctantly accepts the fact that "Bud the Stud" is in fact, good for business.

Her other neighbor and would be suitor Henry Mitchell is a retired chemist who has developed an untested blue pill called "Venusia," to increase the libido of menopausal women. Add to the guest list three older women: Victoria Ambrose, a romantic whose personal life seems to be lacking in romance; Hillary Hudson a friend of Henry's who has agreed to test the Venusia: and Charmaine Beauregard, a Southern Belle who's libido does not need to be increased! Bud gets his hands on some of the Venusia pills and the fun begins as he attempts to entertain all three women! The women mix up Bud's Viagra pills with the Venusia, and we soon discover that it has a strange effect on men: it gives them symptoms of menopause complete with hot flashes, mood swings, weeping and irritability!

Enjoy a traditional style turkey lunch accompanied by contagious entertainment. It's laughter, food and fun!

Includes transportation, lunch, show, tips & gratuities.

Reservation & payment due by May 1.

## Charity Island 1857 Island Lighthouse Dining Adventure Cruise

**Wednesday, July 8**  
**\$144 per person**  
**Departs COA, 7:30 am**

Embark on a journey to the 1880's and experience Great Lakes Maritime History and a unique dining experience at a lighthouse built in 1857.

We will arrive in Caseville, MI, and embark on a 1.5 hour cruise to Charity Island. Once we arrive at Charity Island Marina we will have a short walk (approx. 1/4 mile) through a beautiful forest and reach the Island Lighthouse. We'll learn about the history of Charity Island, enjoy island stories and an Island lunch.

Lunch will be served at the Light Keepers house with your choice of delicious Great Lakes Perch or sautéed Beef Tenderloin tips. Both served with baby red potatoes and vegetables.

Diners may opt to purchase a glass of Michigan wine that has been crafted and bottled in Au Gres, MI, for Charity Island excursions using grapes, raspberries, blueberries, cherries and pears all locally grown.

After lunch and tours of the home, visit the gift shop or relax in a rocking chair on the porch of the Light Keepers home and enjoy the quiet Island ambience.

We didn't forget about dessert! On our cruise back to the mainland, enjoy local baked fruit dessert and coffee.

Includes transportation, boat cruise, lunch, tips & gratuities.

Reservation & payment due by June 5.



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**

**April 14 - May 21**  
 expires when punches are used or May 26

**May 26 - July 2**  
 expires when punches are used or July 7  
 MUST purchase punch card at COA

*Instructor: Judi Swartz*

## Line Dancing

### Beginner

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

### Intermediate

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

## Low-Impact Exercise

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

## Integrative Restoration iRest

iRest is an evidence-based practice that leads to psychological, physical and spiritual healing and well-being. It 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**  
**April 14 - June 2**  
**10:30 a.m. - 12:00 p.m.**  
**COA Fitness Room**  
**\$80 for all 8 classes**

Payment required prior to start of class.

Because each class builds upon the previous one in a sequential manner, consistent attendance is recommended. Beginners welcome; no prior experience necessary.

*Instructor: Ann FitzGerald*

## Tai Chi

Tai Chi originated in ancient China and is practiced throughout the world as a highly effective exercise for health and fitness. It involves slow, gentle movements that are integrated with one's breath, weight shifts, intention and postural alignment. Ann FitzGerald, certified instructor in Tai Chi for Health programs created by Dr. Paul Lam, retired family physician from Sydney, AU, will be teaching the class.

**Mondays & Wednesdays**  
**April 20 - June 3** (does not meet May 6, 11, 25)  
**5:30 - 6:30 a.m.**

**Tuesdays & Thursdays**  
**April 21 - June 2** (does not meet May 7)  
**9:00 - 10:00 a.m.**

**COA Fitness Room**  
**12 classes for \$100**

Payment required prior to start of class.

## 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*

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

Monday	Tuesday	Wednesday
<p><i>Calendar Key:</i>                      ◆ = Reservation Required                      \$ = Fee for Activity</p>	<p>Food with Friends lunch                      is served                      Monday thru Friday at                      12:00 p.m. in Activity Room C</p>	<p>1.                      7:30 Water Aerobics \$◆ (Rose)                      10:00 Computer Assistance (Lab)                      10:15 Low-Impact Exercise (F)                      1:00 Spring Caregiver Event (A,B)                      1:00 Bridge, Euchre, Pepper (C)                      1:00 Happy Ripper Quilters (Craft)                      4:00 Anyone Can Paint \$◆ (C)</p>
<p>6.                      7:30 Water Aerobics (Rose)                      10:00 Dulcimers (Craft)                      10:15 Low-Impact Exercise (F)                      1:00 Detroit Tigers Opening Day Party (C)                      1:00 Dominos &amp; Pinochle (C)</p>	<p>7.                      7:00 Aqua Zumba \$◆ (Rose)                      10:00 The Music Makers (C)                      12:30 Banjos, Guitars, Mandolins (C)                      1:00 Board Games (C)                      1:30 Yoga \$◆ (F)</p>	<p>8.                      7:30 Water Aerobics \$◆ (Rose)                      9:00 Art Group (Craft)                      10:00 Computer Assistance (Lab)                      10:15 Low-Impact Exercise (F)                      10:30 Tax Assistanct (A,B)                      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)</p>
<p>13.                      7:30 Water Aerobics \$◆ (Rose)                      10:00 Dulcimers (Craft)                      10:15 Low-Impact Exercise (F)                      11:00 Scrabble (C)                      1:00 Dominos &amp; Pinochle (C)                      1:00 Reader’s Theater (Craft)                      1:00 Legal Services (CF)</p>	<p>14.                      7:00 Aqua Zumba \$◆ (Rose)                      10:00 The Music Makers (C) CANCELLED                      10:00 Needle Crafters (Craft)                      10:30 iRest \$◆ (F)                      12:30 Banjos, Guitars, Mandolins (C)                      CANCELLED                      1:00 CMU Bridge (Craft)                      1:30 Yoga \$◆ (F)                      2:00 Intermediate Line Dancing (C)                      CANCELLED                      4:00 Volunteer Banquet (A,B,C)</p>	<p>15.                      7:30 Water Aerobics \$◆ (Rose)                      10:00 Computer Assistance (Lab)                      10:15 Low-Impact Exercise (F)                      1:00 Bridge, Euchre, Pepper (C)                      1:00 Happy Ripper Quilters (Craft)                      1:00 Second Hand Book Club (Lib)</p>
<p>20.                      7:30 Water Aerobics \$◆ (Rose)                      10:00 Dulcimers (Craft)                      10:15 Low-Impact Exercise (F)                      11:00 Chinese Writing Craft (C)                      1:00 Dominos &amp; Pinochle (C)                      5:30 Tai Chi \$◆ (F)</p>	<p>21.                      7:00 Aqua Zumba \$◆ (Rose)                      8:30 Friends of Isabella Seniors (BR1)                      9:00 Tai Chi \$◆ (F)                      10:30 iRest \$◆ (F)                      11:00 The Music Makers (C)                      1:30 Yoga \$◆ (F)                      2:00 iPad Class (B)                      6:30 Caregiver Support Group (Craft)</p>	<p>22.                      7:30 Water Aerobics \$◆ (Rose)                      8:30 Firekeepers trip \$◆                      9:00 Art Group (Craft)                      10:00 Computer Assistance (Lab)                      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)                      5:30 Tai Chi \$◆ (F)</p>
<p>27.                      7:30 Water Aerobics \$◆ (Rose)                      10:00 Dulcimers (Craft)                      10:15 Low-Impact Exercise (F)                      1:00 Dominos &amp; Pinochle (C)                      1:00 Reader’s Theater (Craft)                      1:00 Legal Services (CF)                      5:30 Tai Chi \$◆ (F)</p>	<p>28.                      7:00 Aqua Zumba \$◆ (Rose)                      9:00 Tai Chi \$◆ (F)                      10:30 iRest \$◆ (F)                      12:45 Movie, “Unbroken” \$◆ (B)                      1:00 Board Games (C)                      1:00 CMU Bridge (Craft)                      1:30 Yoga \$◆ (F)                      2:00 Intermediate Line Dancing (C)</p>	<p>29.                      7:30 Water Aerobics \$◆ (Rose)                      10:00 Computer Assistance (Lab)                      10:15 Low-Impact Exercise (F)                      1:00 Bridge, Euchre, Pepper (C)                      1:00 Happy Ripper Quilters (Craft)                      5:30 Tai Chi \$◆ (F)</p>

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

Thursday	Friday	Saturday									
2. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 10:30 Tax Assistance ◆ (A,B) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	3. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F)  Good Friday ACTIVITY CENTER CLOSED at NOON FWF SITES CLOSED ALL DAY	4.									
9. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 10:30 Tax Assistance ◆ (A,B) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	10. 7:30 Water Aerobics \$◆ (Rose) 10:00 Jam Session (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo (C) CANCELLED 2:30 FGP/SCP Recognition Banquet (A,B)	11. 3:00 Lily Tomlin trip \$◆									
16. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Guessing Games (C) 11:00 Massage Therapy \$◆ (F) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	17. 7:30 Water Aerobics \$◆ (Rose) 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 Impact Medical Supply (C) 6:00 Red Hat Strutters Dance \$ (C)	18.									
23. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi \$◆ (F) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) CANCELLED 4:00 Zumba Gold \$◆ (F)	24. 7:30 Water Aerobics \$◆ (Rose) 10:15 Low-Impact Exercise (F) 11:00 Jam Session (C) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor The Laurels (C)	25.									
30. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi \$◆ (F) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F)	<p><i>The room/location for each activity is listed on the calendar for reference.</i></p> <p><i>Codes for rooms/locations are as follows:</i></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">A - Activity Room A</td> <td style="width: 33%;">Craft - Arts &amp; Crafts Room</td> <td style="width: 33%;">CF - Conference Room</td> </tr> <tr> <td>B - Activity Room B</td> <td>F - Fitness room</td> <td>BR1 - Board Room</td> </tr> <tr> <td>C - Activity Room C</td> <td>Lab - Computer Lab</td> <td>Rose - Rose Pool</td> </tr> </table>		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
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									

**FWF Eat Smart Menu**

**April 2015**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chili Corn Bread Baked Potato Apricots Goldfish Graham	2 Baked Chicken Bread Whipped Potatoes/Gravy Crunchy Vegetable Salad Cinnamon Applesauce	3 Good Friday <b>NO MEALS SERVED</b> Administration Office Closes at 12:00pm
6 Chicken Rice Casserole Bread / California Blend Tossed Salad Mixed Fruit Cup Chocolate Chip Cookie	7 Veal Parmesan Cheese Stuffed Breadstick Peas Fruited Coleslaw Tropical Fruit	8 Baked Ham Biscuit Squash Green Beans Strawberries	9 Turkey Loaf Breadstick Corn Stewed Tomatoes Pears	10 Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli Peaches
13 Salisbury Steak Bread Mashed Potatoes Peas & Carrots Citrus Fruit Cup	14 Chicken/Broccoli/Cheese Bread Baked Potato Italian Blend Pineapple Gelatin	15 Meatballs Bread Redskin Potatoes Brussels Sprouts Mixed Fruit Cup	16 Baked Spaghetti Garlic Toast Tossed Salad Peaches	17 Turkey Stew Biscuit Coleslaw Cinnamon Applesauce
20 Macaroni & Cheese Bread Winter Blend Carrots Pineapple Tidbits	21 Baked Chicken Bread Whipped Potatoes/Gravy Coleslaw Pears	22 Meatloaf Bread Squash Pea Salad Peaches	23 Sloppy Joe Bun Carrots Multi Bean Salad Tropical Fruit	24 Smothered Chicken Breast Bread Oven Roasted Potatoes Tossed Salad Pumpkin Custard
27 American Goulash Bread Spinach Coleslaw Cinnamon Applesauce	28 Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Peaches	29 Roast Pork Bread Sweet Potatoes Stewed Tomatoes Pears	30 Potato Crunch Fish Filet Bread Redskin Potatoes Kidney/Chickpea Salad Apricots	

**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

April showers bring May Flowers. Warmer days are on their way...get out and try something new! The Rosebush FWF site is a great way to meet new friends, enjoy great music, grab a game of bingo or do a fun craft. Don't forget a warm, delicious, wholesome meal. Sit and Get Fit is every Monday, Wednesday and Friday at 11:15 a.m.

**Sit & Get Fit**  
M-W-F 11:15 a.m.



**Rosebush APRIL Calendar**

- 2 Craft
  - 4 Penny bingo
  - 6 National Oreo Day
  - 9 Bingo with prizes, sponsor Woodland Hospice
  - 11 Penny Bingo  
Art Reach Healing Arts
  - 13 Good Times Music  
Ice Cream Social
  - 16 Penny bingo
  - 18 Bingo with prizes, sponsor The Laurels
  - 20 Auto Harp performance
  - 23 Egg Drop contest
  - 25 Penny bingo  
Nutrition Education
  - 27 Sock Bunny craft
  - 30 Birthday Celebration  
Karaoke with Harold Hellman
- \*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

Spring is here and the buckets are hanging from the Maple trees ready to collect syrup. Join us for our birthday celebration April 15. Greg Merwin will be playing guitar at 11 a.m. Cake and ice cream will be served after lunch. Maybe our gossip reporter (Bessie) will show up again with her silly jokes and fun surprises for the friends with April birthdays. We are also having a jelly bean tasting April 22. Bingo, Euchre, Jeopardy and trivia games are a few of the activities we have.

**Shepherd APRIL Calendar**

- 1 Boggle, Euchre
- 3 CLOSED—Good Friday
- 6 Chinese Checkers
- 8 Three Word Connection, Euchre
- 10 Bingo
- 13 Jeopardy
- 15 Birthday Celebration  
Music w/Greg Merwin 11:00 a.m.
- 17 Exercise to 60's Tunes  
Music w/Liz & Friends
- 20 Brain Breaks, Karaoke w/Gene Adams
- 22 Jelly Bean Taste Tester
- 24 Bingo
- 27 Trivia Marathon, Euchre
- 29 \*relocated to West Lawn Church of Christ for the day

**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

There's no fooling around, Spring is here. We have some fun activities this month like a jelly bean tasting, garden party and plenty of games. Greg Merwin will be here April 28 and as always we will be joined by The Music Makers on Wednesdays. Our birthday party will be April 8. Come have a piece of cake and celebrate with us. Emery Moore, Robert Smith and Tim Turnball turn another year more experienced!

**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

April is bringing May's flowers, or so we've been told. It also brings home the snow birds! There have been a few questions regarding the FWF program: *Do you have to live in Isabella County to attend the Winn FWF Site?* No, we have people from Edmore, Vestaburg, Six Lakes and Shepherd. *How old do you have to be and what is the cost?* Anyone is welcome. Lunch costs \$5 for those 59 and younger and a suggested donation of \$2.50 for those over the age of 60. *Do you just have to eat and go home?* No, we have great bands and singers every week! Some people get up and dance and some sing along.

**Winn APRIL Calendar**

- 1 Dan Miller Band, Pie Day
- 3 CLOSED—Good Friday
- 6 Pam & Jerry Anderson
- 8 The Strictly Country Band w/Rocky King
- 10 Life size Scrabble & Cards
- 13 Bob & Jean Johnson
- 15 Al Guthrie & the Midnight Express Band
- 17 "Cover that Number", Cards
- 20 Leon Seiter
- 22 Greg Merwin
- 24 Cards
- 27 Mark Ray & Mark Bauman
- 29 Vicky Dexter, Jelly Bean Tasting Day

**Weidman APRIL Calendar**

- 1 The Music Makers
- 2 Cards, Trivia
- 7 Jelly Bean Tasting
- 8 Birthday Celebration, The Music Makers
- 9 Cards
- 14 Brain Breaks
- 15 The Music Makers
- 16 Cards, Smash the Buzzer
- 21 Garden Party
- 22 The Music Makers
- 23 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 April.

**COA APRIL Calendar**

- 1 Bridge, Euchre, Pepper 1:00 p.m.
- 2 Beginner Line Dancing 1:00 p.m.
- 3 CLOSED - Good Friday
- 6 Detroit Tigers Opening Day 1:00 p.m.
- 7 The Music Makers 10:00 a.m.
- Board Games 1:00 p.m.
- 8 Deal or No Deal w/Tendercare 11:15 a.m.
- Bridge, Euchre, Pepper 1:00 p.m.
- 9 Beginner Line Dancing 1:00 p.m.
- 10 Bingo Cancelled
- 13 Scrabble 11:00 a.m.
- Dominos & Pinochle 1:00 p.m.
- 15 Bridge, Euchre, Pepper 1:00 p.m.
- 16 Guessing Games 11:00 a.m.
- Beginner Line Dancing 1:00 p.m.
- 17 The Music of Greg Merwin 11:00 a.m.
- Bingo w/Impact Medical Supply 12:45 p.m.
- 20 Chinese Language Day 11:00 a.m.
- (Chinese writing craft)
- Dominos & Pinochle 1:00 p.m.
- 21 The Music Makers 11:00 a.m.
- 22 Bingo w/Crestwood Village 11:00 a.m.
- Bridge, Euchre, Pepper 1:00 p.m.
- 23 Jeopardy 11:00 a.m.
- Beginner Line Dancing 1:00 p.m.
- 24 Friday Jam Session 11:00 a.m.
- Bingo w/The Laurels 12:45 p.m.
- 27 Dominos & Pinochle 1:00 p.m.
- 28 Board Games 1:00 p.m.
- 29 Bridge, Euchre, Pepper 1:00 p.m.
- 30 Beginner Line Dancing 1:00 p.m.

### Mt. Pleasant Garden Club

The Mt. Pleasant Garden Club will meet on Monday, April 20 in Room A at the Commission on Aging at 1:00 p.m. Following a business meeting, we will enjoy a program presented by Shirley Sprague, owner of the Perennial Patch in Barryton. She will talk about perennials and ways to use them in your garden. Guests are welcome.

### Genealogical Society of Isabella County

*“Only a genealogist regards a step backwards as progress”*

The Genealogical Society meets the second Thursday of each month at the Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant at 7:00 p.m.

April: Mary & Phil Strouse – “Introduction to the Family History Center with Tips and Help in using Family Search”

The April meeting will be held at the Mt. Pleasant Family History Center located at 1404 S. Crawford Rd. Patrons may use their smart phones or tablets to take pictures of documents on microfilm or fiche.

Each month an informal gathering of individuals interested in genealogy meet for lunch at the Veteran’s Memorial Library Annex room in Mt Pleasant on the third Tuesday of the month at 11:30a.m. Bring your own lunch. Plan to dine & discuss family history or get help with any brick walls.

More information may be obtained from our website: <http://isabellagenealogy.org>

### State Employee Retirement Association

The State Employee Retirement Association will meet Tuesday, April 21 at 1:00 p.m. in Room A at Commission on Aging, 2200 S. Lincoln Rd. Our program will be presented by Judy Layfield from Master Gardeners. Since planning time is just around the corner (we hope), I am sure you will want to hear this presentation. After the presentation we will have our business meeting, 50/50 drawing and door prize. If there are any questions please feel free to contact Jackie Curtis at (989) 772-0597 or jac62irish@yahoo.com.

### 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.

Last month he talked about sweepstakes and lottery scams.

#### Number 3

#### Investment Schemes

Whether it’s your friendly neighbor selling cheap plots of land as a “sure-fire” investment opportunity, or a gentleman at your church who gets a little too persuasive when he tries to get folks to take advantage of their “once-in-a-lifetime opportunity” to spend their savings on penny-stock in a company that has supposedly just discovered the “largest untapped atrium deposit east of the Black Sea” – beware!

Seniors are ripe targets for scams like these. For instance, many of the victims of this scam were seniors. The National Council on Aging notes: “Because many seniors find themselves planning for retirement and managing their savings once they finish working, a number of investment schemes have been targeted at seniors looking to safeguard their cash for their later years.”

**How to Avoid:** Remember that if it sounds too good to true it probably is. Be suspicious of anyone who promises massive returns on an investment and be sure to only deal with reputable and credible institutions. Protect your life’s saving by not falling for the get rich quick schemes. If you’re not rich by now you probably won’t be. Just enjoy the rest of your life. Stay tuned next month for the computer repair scam.

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

### Weidman Activities Weidman Community Center

**Mondays & Tuesdays**  
 9:00 - 11:00 a.m.  
 Beginner Line Dancing, \$2  
 10:00 a.m., Walking  
 11:15 a.m., Resistance band

**Wednesdays**  
 6:00 p.m., Bingo  
 Call Marilyn for info  
 (989) 644-5915

**Tuesdays**  
 1:30 p.m., Euchre  
 \$2 donation for prizes  
 50/50 raffle

This page is sponsored by: **Chalgian & Tripp Law Offices PLLC**

## McLaren Educational Programs

### Celiac Disease – Learn About Symptoms and Ways to Control It

If stomach pain, diarrhea, bloating, low appetite or weight loss are making life difficult you may suffer from celiac disease. Celiac disease is a digestive condition triggered by consumption of the protein gluten, which is found in bread, cereal, pasta, cookies, pizza crust and many other foods containing wheat, barley or rye. It is a lifelong medical condition; however it can be managed. Gastroenterologist Vandana Vedula, MD will discuss detection of celiac disease, health consequences and treatment including the gluten free diet. A MCM Registered Dietician will be available to answer questions about the gluten free diet. Learning all you can about celiac disease is a crucial part of the treatment plan. Several gluten free foods will be available for you to sample.

Thursday, April 9  
6:00 - 7:30 p.m.  
McLaren Central Michigan, FDJ Conference Room  
1221 South Drive, Mt. Pleasant  
Call **(989) 779-5606** to register for this free program

## Improving the Lives of Low-Income Seniors

More seniors than ever are finding it necessary to delay retirement or go back to work just to afford basic necessities in today's economy. "Your retirement savings may have been depleted, or you may have been hit with costly medical bills. Experience Works Senior Community Service Employment Program may be able to help. The program began in 1965 as Green Thumb and has grown to become a leader in helping older adults develop skills to secure employment and break out of poverty.

In spite of the sluggish economy and generally weak job market in many of Michigan's towns, Experience Works, Inc. has training opportunities for low-income seniors who are interested in entering or re-entering the workforce.

If you are 55 or older, low income, unemployed and need to work, Experience Works provides paid training. Once qualified, individuals are temporarily assigned to work part-time at a non-profit or government agency within their community to gain work experience and skills. During the training assignment Experience Works pays \$8.15 per hour to the individual at no cost to the nonprofit or governmental agency.

To see if you qualify, call **1-888-278-9109**.

## Breast, Cervical and Colon Cancer Screening Programs

Central Michigan District Health Department offers three screening programs for adults who live in Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties. The life-saving benefits of cancer screenings are clear. Early detection is one of the key factors for increased success rate of treatment if cancer is diagnosed early.

Breast and Cervical Cancer Control Program	Well Woman Program	Colorectal Cancer Screening Program
Women, ages 40 – 64	Women, ages 21 – 64	Men and Women, ages 50 - 64
Uninsured or underinsured (with high deductibles)	Most insurances accepted (including Medicaid and Healthy Michigan)	Uninsured
Income requirements, please contact us	No income requirements	Income requirements, please contact us
Cost: Free	Cost: Preventive services covered by your insurance	Cost: Free
Includes: a clinical breast exam, pelvic exam, pap test (if needed), and referral for a mammogram	Includes: a clinical breast exam, pelvic exam, pap test (if needed), and referral for a mammogram	Includes: screening kit

Please call one of our local health department branch offices to make your appointment today. We will assist you in determining which program is right for you.

Arenac County **(989) 846-6541, ext. 13**  
Clare County **(989) 539-6731, ext. 13**  
Gladwin County **(989) 426-9431, ext. 13**  
Isabella County **(989) 773-5921, ext. 13**  
Osceola County **(231) 832-5532, ext. 13**  
Roscommon County **(989) 366-9166, ext. 13**

### Explore Deerfield with Family and Friends...



Let nature be your guide!

Deerfield Nature Park  
2425 West Remus  
6 miles west of Mount Pleasant



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

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

## IN MEMORY OF

**Jack Jon Adams**  
Janet Adams

**Raymond Brown**  
Michelle Carson & family

**Leona Bufford**  
Sally Merrifield

**Barbara Foster**  
Bill & Sandi Allen  
Brian, Kim & Katie Crane  
John & Paulette Green  
Norma (Simon) Hendon  
Theron & Rose Moore  
Lois Sandbrook  
Janet Simon

**Evart Himebaugh**  
Doris Himebaugh

**Colleen Jenkins**  
Cecil & Jan Hartman & family  
George & Nita Marshall & family

**Morval LaLone**  
Dale & Marilee Schumacher

**Neil & Audrey Langlois**  
Sally Merrifield

**Theresa Langlois**  
Sally Merrifield

**Marty Osborn**  
Nanci Osborn

**George & Thelma Sandbrook**  
Lois Sandbrook

**Richard Sandbrook**  
Lois Sandbrook

**Vivian “Viv” Vanas**  
Joe Vanas

**Catherine Westman**  
Jack, Diane & Sylvia Chineduh  
Phyllis Gilmore  
Edmund & Rebecca McQuillan

**Activity Center In Memory of**

**Don Bissell**  
Don & Maxine McDonald

**Active LIVING In Memory of**

**Al Gross**  
Janice Gross

**Arlene Quick**  
Alan Quick

**Food with Friends In Memory of**

**Wallace Blodgett**  
Nancy Beckwith

**Edward “Dick” Clare**  
Mike Clark  
George & Dawn Flaughter  
Vicky Robbins  
Cathy Snyder

**Ivan Hines**  
Donna Hines

**Tom Timmons**  
Darlene A. Gidley

**Food with Friends Winn Site In Memory of**

**Colleen Jenkins**  
Anonymous  
Larry Dickinson  
Les & Darlene Jenkins & The Strickland Country Band

**In-Home Services In Memory of**

**Collen Jenkins**  
Anonymous

## Donations to COMMISSION ON AGING

Berry Funeral Home  
PJ Smith & Margaret Hillman

**Activity Center**  
Irene Chapman  
Melvin Onuskanich  
Richard & Jean Thomas

**Food with Friends**  
Lois Sandbrook

**In-Home Services**  
Charlotte Birgy

**Transportation**  
Doris Himebaugh  
Isabella County Transportation Commission  
Lois Rydahl

## Donations to ACTIVE LIVING

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Belva York  
Mayilyn Zerbe

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  
April 18, 10:00 a.m., Room A

Clowns  
April 12, 6:00 p.m., Craft Room

Community Cancer Services  
April 9, 6:30 p.m., Craft Room

Community Service Council  
April 6, 12:00 p.m., Room A

Friends of the Broadway  
April 9, 6:30 p.m., Room C

Genealogy Society  
April 9, 7:00 p.m., Room B

Health Improvement Planning  
April 3, 10:30 a.m., Room B

Isabella County Collaborative  
April 3, 9:00 a.m., Room B

Mid-Michigan Patriots  
April 9, 7:00 p.m., Room A

Mid-Michigan Quilt Guild  
April 28, 6:00 p.m., Rooms A,B,C

Mid-Michigan Wood Workers  
April 14, 7:00 p.m., Craft Room

Mt. Pleasant Garden Club  
April 20, 1:00 p.m., Room A

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

State Employee Retirement Association  
April 21, 1:30 p.m., Room A

Stamp Collectors  
April 28, 7:00 p.m., Craft Room

Women's Aid  
April 21, 8:00 a.m., Room B

## COMMISSION ON AGING ADVISORY BOARD

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

## Friends of Isabella Seniors Board of Directors

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

## Temporarily Away

Active *LIVING* is not "forwarded." If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning a winter vacation or will be away or 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.

APRIL 2015  
ACTIVE LIVING



**Spring Caregiver Event**

**Wednesday, April 1**  
**1:00 - 4:00 p.m.**  
**Commission on Aging**  
**2200 S. Lincoln Rd., Mt. Pleasant**

Commission on Aging is happy to present Eleni Kelakos' program

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

See page 4 for details

**INSIDE April 2015 Issue**

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

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Phone \_\_\_\_\_

Phone \_\_\_\_\_

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

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

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

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

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