

Fall Caregiver Trainings

Please join us at the Isabella County Commission on Aging for our 2015 Fall Caregiver Trainings. We will be offering three trainings to support you in your caregiving responsibilities. This year they will be the first three Tuesdays in October. The trainings will be at the Commission on Aging at 2200 S. Lincoln Rd., Mt. Pleasant from 6:30 p.m. - 8:30 p.m. Reservations are not required, but advised.

October 6, Laura Kubit, Attorney at Law, who works with senior populations through the Lakeshore Legal Aid Program, will provide information on why it is important for caregivers to plan ahead and to have their legal, health and financial documents in order. She will address caregiver legal issues, such as power of attorney for health care, conservatorships and guardianships. She will offer a question and answer period. Laura provides free legal help for seniors.

October 13, back by request, as it was very successful during last year's training, representatives from local assisted living facilities, adult foster care homes, extended care facility, home care agencies and adult day care providers will provide information and education on their services. You will be able to meet the staff, ask questions and plan ahead for your individual caregiving situations.

October 20, we will offer a program of Tips for Everyday Wellness. Jaren Pickens Gebhard, Clinical Director at Physiotherapy Associates, and Quinn R. Reid, Licensed Massage Therapist will talk about healthy lifestyle activities and caring for ourselves. They will offer hands on techniques to prevent health problems from happening. They will also offer limited massage.

Please call the Commission on Aging **(989) 772-0748** to register for the trainings and if you have questions.

Hope to see you there!



Foster Grandparents

Volunteers Needed

The Foster Grandparent Volunteer Program taps the skills, talents and experience of Americans who are age 55 and over who are on a limited income to assist children in need. They serve in elementary classrooms, day care centers and Head Start classrooms providing academic social and emotional support to help students reach their full potential.

Requirements:

- Must be 55 years of age or older
- Meet our income eligibility guidelines
- Can commit to 20 hours of volunteer service per week
- Be in good health
- Pass the required Criminal Background checks

Volunteer Benefits:

- Non-taxable stipend of \$2.65 an hour (\$212.00 per month)
- Transportation reimbursement
- A meal during each day of service
- PTO and Holiday pay
- The satisfaction of helping a child in need

We need YOU! For more information please contact Mary Ann Mooradian or Kelly Herrmann at **(989) 772-0748** or toll free at **1-800-878-0726**. We look forward to hearing from you.

Director's Comments

There are 35 of them, and at their scheduled time they show up Monday through Friday at 8:00 a.m. to start their day in the Commission on Aging (COA) kitchen. The “Kitchen Volunteers” are another wonderful example of dedication and support that is vital to the success of the COA.

Over 8,600 hours of services were provided by our Kitchen Volunteers in 2014. Their volunteer hours saved the COA Nutrition Programs over \$128,000.00; an amazing contribution to our agency, our county and especially to our programs’ participants and their families.

A typical day for a Kitchen Volunteer begins when they put on their clean apron, their lovely hair net, or baseball cap (if they’re lucky). They wash their hands and begin their daily activities. For the Home Delivered Meals Program they will place slices of bread in baggies and then portion the cold entrée, which typically will involve scooping fruit into individual cups. The volunteers then place these items, along with a container of milk, into a paper bag and then place the bags in coolers. Once that is complete they move on to packaging the hot Home Delivered Meals. This is a team event. The volunteers move to the serving area and start an assembly line to pack the hot Home Delivered Meals into the individual serving trays. They will pack between 275 and 350 Home Delivered Meals every day.

The volunteers then get a well-deserved coffee break before they proceed to help with any frozen meals that need to be prepared. Next, they will help serve the Congregate Meals to the meal participants at the COA Activity Building, and then they will often help with the clean-up. We have one very faithful volunteer who comes every Monday, Wednesday and Friday and helps to wash the pots and pans. This is not an easy job, but he enjoys helping in the kitchen, and the kitchen staff and other volunteers enjoy working with him.

The kitchen staff agrees that the Kitchen Volunteers are wonderful and a vital part of the COA and the meal program.

“If it wasn’t for the volunteers, it would not be possible to do the job we do for our clients. They make our work easier.”

“We care about our volunteers, and we become attached to them. We love having them here and are thankful we have their help.”

As for the Kitchen Volunteers, when I asked them why they volunteered for the meals program they said the following:

“I’ve been very fortunate in my life and in return I need to give back to others. I love being here, being with the other volunteers and this great kitchen staff. Most of all I love serving the people who receive the meals and knowing I’m helping them.”

“I love the hugs I am able to give and especially receive in turn.”

“The people we serve and the cooks we work with are great. It means a lot being here and being with them.”

“The atmosphere is happy. I like the people; I like the work; and I like the food.”

The Kitchen Volunteers are a great group of individuals who do a wonderful job and really care about the older adults we serve. The COA could not serve as many meals and could not provide the same quality of service without them. They make the difference in who we are and how we operate as an agency.

For all of you who volunteer always remember...volunteering makes the difference in the Commission on Aging and keeps the Commission on Aging strong.

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



Volunteer Opportunity

The Isabella County Commission on Aging is currently recruiting new volunteers who are interested in a short-term commitment. We are asking for support in assisting older adults with reviewing their prescription coverage. The COA will be holding trainings for new and returning volunteers, which will guide those interested through the open enrollment process. We ask that volunteers have basic computer skills, type, and are able to use the internet.

- Trainings will be held October 5 & 6 at COA and will benefit both new volunteers and returning volunteers
- No Experience necessary, although helpful
- Open Enrollment will run from October 15 - December 7
- Great way to learn about prescription drug plans and upcoming changes

Any questions/concerns regarding the Medicare Open Enrollment, can be directed to Jennifer Martin at (989) 772-0748. If you are interested in becoming a volunteer, please contact Anna McDonald 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

Thank You

Thank you to all that donated golf balls for next year's Commission on Aging, Friends of Isabella Senior Annual Golf Outing!

Due to the overwhelming response, we have all the golf balls we need and are not accepting any more.

Thank you again!

SAVE the DATE:

Next year's Annual Golf Outing will be Friday, August 5, 2016 at Pleasant Hills Golf Course



Ask a COA Specialist

Question: I've noticed that my mother appears to have some difficulty taking her medications. She currently uses a medication box and some of her prescriptions from earlier in the week are still in the container. She appears to be forgetting to take her medications. What can I do to assist?

Answer: There are many reasons your mother may not be taking her prescriptions. Problems might occur due to cognitive impairments such as Alzheimer's disease or other types of dementia. She may be having difficulty affording the medications or could be experiencing negative side effects, such as a stomach ailment. There could be a multitude of reasons for why she has not taken the medication as directed. You are encouraged to discuss this concern with your mother and to decide whether she may need to address the issue with her physician, or if she can manage with a little more organization and guidance. There are programs available that could give your mom daily telephone reminders. There are medication management devices which will dispense the proper dose of the prescriptions and give reminders until they are taken. Commission on Aging Social Workers are able to make referrals to get medication management devices at a reduced rate. Contact a COA Social Worker at (989) 772-0748 for a referral or for additional information to address your concerns.

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

Medicare Part D

Open Enrollment is Approaching

The Commission on Aging will begin taking calls to schedule Medicare Part D appointments on October 1. Each year from October 15 - December 7, Medicare beneficiaries have an opportunity to enroll or change their existing prescription drug plans. It is important that people with Medicare take this opportunity to reevaluate their plan due to potential premium increases, plan formulary (drug list) and co-pay changes. The Commission on Aging will be meeting with Isabella County beneficiaries by **appointment only** during open enrollment. If you would like to schedule an appointment through the Commission on Aging please call (989) 772-0748. Please note that you will be forwarded to the Insurance Hotline and your call will be returned within 5 business days. You may also review and enroll in the new 2016 Medicare prescription drug plans by going to www.medicare.gov or calling 1-800-MEDICARE.

Events/Classes



“A Path through the Woods”

Wednesday, September 2
4:00 - 6:00 p.m.
COA 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. Steve has successfully taught over 4,500 students how to paint. Steve’s methods are applicable to the beginner as well as the advanced painter. If you have ever had the desire to paint, Steve is the instructor to show you how! Create an 11 x 14 acrylic landscape painting in class.

Register at Commission on Aging. Payment due upon registration. Don’t wait! Register TODAY! The last class was a sell out!

iPad Class

Tuesday, September 15
2:00 p.m.
COA Room B

Have a new iPad or simply need a refresher? Join us for iPad basics at the Commission on Aging. Common basic functions will be covered. We will discuss initiating a search on Safari, creating and sending email, accessing the tool bar, adjusting settings, and how to save battery power and prolong battery life.

No registration required.

Card Making

Wednesday, September 16
10:00 a.m.
COA Craft Room
No Charge

Join a group from MMI for card making. Come create a greeting card...or 2! Sample cards, scrapbooking cut outs, pre-printed greetings, embellishments and envelopes available.

Call (989) 772-0748 to register.

September Movie & Popcorn “The Age of Adaline”

Tuesday, September 22
12:45 p.m.
COA Room B
\$1 per person

After miraculously remaining 29 years old for almost eight decades, Adaline Bowman (Blake Lively) has lived a solitary existence, never allowing herself to get close to anyone who might reveal her secret. But a chance encounter with charismatic philanthropist Ellis Jones (Michiel Huisman) reignites her passion for life and romance. When a weekend with his parents (Harrison Ford and Kathy Baker) threatens to uncover the truth, Adaline makes a decision that will change her life forever. (Rated PG-13, 1hour 53 minutes).



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

West Side/Ganiard School Reunion

Alumni, Neighbors, Friends, Retired Staff

Tuesday, September 29
Open House
10:00 a.m. - 2:30 p.m.
COA Rooms A & B
Free Event

Make plans to come and bring a friend! Time to chat and share stories with friends, The Ganiard History Project DVD will be shown at 11:00 a.m. and 1:00 p.m. Lunch & refreshments will be served. The event is supported by area businesses and West Side/Ganiard friends.

Call Val Wolters for more information, (989) 621-5846.

Thank You for Supporting

Isabella County Commission on Aging &
Friends of Isabella Seniors

Annual Golf Outing



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Thank you to all the Golfers, Sponsors, Volunteers and COA Staff that made this event possible! A special thank you to Joe Recker from Pleasant Hills Golf Course!

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TRAVEL with COA

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

Life is a TRIP!

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

Benefits of traveling with us:

- ◆ Allows you the cost savings of a group!
- ◆ It's a great way to make new friends!
- ◆ You'll enjoy the comfort, safety and convenience of being driven!

MACKINAC ISLAND

Thursday, September 17
\$129 per person
Departs COA, 6:00 a.m.
NEW DEPARTURE TIME

Featuring the Grand Luncheon Buffet

We will catch the 10 a.m. ferry to the Island. Once on the Island, a taxi will take us to the Grand Luncheon Buffet at the Grand Hotel. Extending nearly 100 feet, the buffet offers an assortment of seafood, hot entrees, meats sliced to perfection, crisp salads, savory cheeses, fruits, vegetables, breads and more. The dessert table offers 20 different selections, freshly baked each day. After lunch, explore the Island at your leisure. Meet at the dock for 4 p.m. return ferry.

Includes transportation, ferry ticket, taxi, buffet, tips & gratuities.

Please note: after lunch you will be on your own to explore the Island and are responsible for getting back to the ferry by 4 p.m. by either arranging for your own taxi or walking.

Call for availability.

Elk Viewing Gourmet Fireside Dining & Wine Tasting Thunder Bay Resort



Wednesday, October 14
\$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! We'll follow the river's edge to Elk Antler Cabin where we will be greeted by a warm fire and enchanting aromas and indulge in a delicious meal and wine tasting.

After our dining experience, we will begin our Elk Viewing journey by boarding a horse-drawn carriage and letting a mighty team of draft horses whisk us 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!

Includes transportation, elk viewing, 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

Must be 21 years of age.

Reservation & payment due by Sept. 11.

Turtle Creek Casino

Wednesday, October 28
\$42 per person
Departs COA, 8:30 a.m.

Turtle Creek Casino & Hotel is more than the sum of its parts, offering visitors and guests an experience that they will not soon forget. Located only 11 miles outside of Traverse City in Williamsburg, MI, the casino floor is 56,000 square feet and offers weekly and daily promotions.

All passengers receive \$10 in downloadable E-Credits and \$2 off at Casino restaurants.

Includes transportation and driver tip.

MUST be 18 years or older.

Reservation & payment due by Sept 25.

Shopping at Great Lakes Crossing Outlets

Monday, November 30
\$52 per person
Departs COA, 8:00 a.m.

Great Lakes Crossing Outlets is the market's dominant retail outlet and entertainment destination, attracting customers throughout the Midwest and Canada. With 185 manufacturers' outlets and traditional retail stores, Great Lakes

Crossing Outlets is Michigan's only enclosed value-regional mall. All passengers will receive a Passport to Shopping, which offers great discounts on name-brand merchandise, fabulous food and entertainment at more than 100 Great Lakes Crossing Outlets stores.

Includes transportation and driver tip.

Reservation & payment due by Oct. 23.

Fitness Classes

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

Aqua Zumba

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 exhilarating!

Tuesdays & Thursdays
7:00 - 8:00 a.m.

CMU Rose Pool

12 classes for \$36 (punch card)
expires when punches are used or
7 weeks after issued

Punch card available for purchase at COA

Tai Chi for Arthritis

Tuesdays & Thursdays
September 1 - October 8
9:00 - 10:00 a.m.

COA Fitness Room
\$100 for 12 classes

Payment required prior to start of class.
6 participants minimum, 15 maximum.
Beginners welcome,
no experience necessary.

Hula Class

Come learn the hula as well as other Polynesian dances. The music and movements are fun to do. All ages and levels of ability are welcome. Wear comfortable clothing, barefoot optional.

Thursdays
5:30 - 7:00 p.m.
COA Fitness Room
No Charge

iRest

iRest, an evidence-based meditation practice that can lead to psychological, physical and spiritual well-being. It provides tools to relax deeply, release stress, increase resiliency, improve interpersonal relationships and provide greater mastery in one's life.

Wednesdays
September 2 - October 21
5:00 - 6:30 p.m.

COA Fitness Room
\$80 for 8 classes

Payment required prior to start of class.
6 participants minimum, 15 maximum.
Beginners welcome, no experience necessary.

Yoga

Zen Yoga, 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 (punch card)
expires when punches are used or 7 wks after issued

12 classes for \$55 (punch card)
expires when punches are used or 14 wks after issued

Please bring your own mat.
Punch card available for purchase at COA.

Line Dancing

Pre-Beginner
3rd Tuesday
1:00 - 3:00 p.m.
No Charge

Beginner
Thursdays
1:00 - 3:00 p.m.
COA Room C
No Charge

Intermediate
2nd & 4th Tuesday
2:00 - 4:00 p.m.
COA Room C
No Charge

Zumba Gold

Designed for beginners and older adults using modified, low impact moves. Easy-to-follow moves. An energizing workout that burns calories and tones muscles.

Thursdays
4:00 - 5:00 p.m.
COA Fitness Room

6 classes for \$18 (punch card)
expires when punches are used or
7 weeks after issue date

12 classes for \$30 (punch card)
expires when punches are used or
14 weeks after issue date

Punch card available for purchase at COA.

Tai Chi Qigong Shibashi

Tai Chi Qigong Shibashi, a simple, body mind practice in which slow, rhythmic motions combine with breathing and meditative techniques to enhance fitness and a sense of well-being.

Tuesdays
September 1 - October 20
10:30 - 11:30 a.m.
COA Fitness Room
\$70 for 8 classes

Payment required prior to start of class.
6 participants minimum, 15 maximum
Beginners welcome,
no experience necessary.

Low-Impact Exercise

Mondays, Wednesdays & Fridays
10:15 a.m.
COA Fitness Room
No charge

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

Monday	Tuesday	Wednesday
	1. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 The Music Makers (C) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$◆ (F) 5:15 COA Advisory Board (BR1)	2. 8:00 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance (Lab) 10:00 GAB 1 (B) 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:30 GAB 2 (B) 4:00 Anyone Can Paint \$◆ (C) 5:00 iRest \$◆ (F)
7. Labor Day ACTIVITY CENTER and all FWF SITES CLOSED	8. 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 Tai Chi Qigong Shibashi \$◆ (F) 12:30 Banjos, Guitars, Mandolins (C) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C) 2:30 FGP/SCP Advisory Council (B)	9. 7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance (Lab) 10:00 GAB 1 (B) 10:15 Low-Impact Exercise (F) 11:15 Deal or No Deal w/Medilodge (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Book Club (Lib) 1:30 GAB 2 (B) 5:00 iRest \$◆ (F)
14. 7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:00 Sailor Knots (C) 1:00 Dominos & Pinochle (C) 1:00 Readers' Theater (Craft) 1:00 Legal Services (CF) 7:00 Square Dancing \$ (C)	15. 7:00 Aqua Zumba \$◆ (Rose) 8:30 Friends of Isabella Seniors (BR1) 9:00 Tai Chi for Arthritis \$◆ (F) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 1:00 Pre-Beginner Line Dancing (C) 1:30 Yoga \$◆ (F) 2:00 iPad Class (B) 6:30 Caregiver Support Group (Craft)	16. 7:30 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance (Lab) 10:00 GAB 1 (B) 10:00 MSFG/SCP Meeting (BR1) 10:00 Card Making (Craft) 10:15 Low-Impact Exercise (F) 11:00 Checkers (C) 12:00 Reception Ambassador Training (B) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Second Hand Book Club (Lib) 1:30 GAB 2 (B) 5:00 iRest \$◆ (F)
21. 7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:00 Golf Activity (C) 1:00 Dominos & Pinochle (C) 7:00 Square Dancing \$ (C)	22. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 11:00 Mary Kay Pampering (C) 12:45 Movie, "The Age of Adaline" \$◆ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)	23. 7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance (Lab) 10:00 GAB 1 (B) 10:15 Low-Impact Exercise (F) 11:00 Bingo w/Crestwood Village (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:30 GAB 2 (B) 5:00 iRest \$◆ (F)
28. 7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 1:00 Legal Services (CF) 7:00 Square Dancing \$ (C)	29. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 West Side/Ganiard School Reunion (A,B) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 11:00 International Coffee Day (C) 1:30 Yoga \$◆ (F)	30. 7:30 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance (Lab) 10:00 GAB 1 (B) 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:30 GAB 2 (B) 5:00 iRest \$◆ (F)

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

Thursday	Friday	Saturday
3. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 11:00 Newspaper Bag Craft (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	4. 8:00 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Music w/Greg Merwin (C) 12:30 Ukulele (Craft) 12:45 Bingo w/Woodland Hospice (C)	5.
10. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 11:00 Crosswords & Word Games (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	11. 7:30 Water Aerobics \$◆ (Rose) 10:15 Low-Impact Exercise (F) 11:00 Friday Jam (C) 12:30 Ukulele (Craft) 12:45 Bingo w/Medilodge (C)	12.
17. 6:00 Mackinac Island trip \$◆ 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 11:00 Brain Games (C) 12:00 Volunteer Driver Training (B) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	18. 7:30 Water Aerobics \$◆ (Rose) 10:15 Low-Impact Exercise (F) 11:00 Friday Jam (Craft) 12:30 Ukulele (Craft) 12:45 Bingo w/Prestige Centre (C) 6:30 Red Hat Strutters Dance \$ (C)	19.
24. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	25. 7:30 Water Aerobics \$◆ (Rose) 8:30 FGP/SCP In-Service (A,B) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele Jam (Craft) 12:45 Bingo, w/The Laurels (C)	26.
<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> <p>A - Activity Room A Craft - Arts & Crafts Room CF - Conference Room B - Activity Room B F - Fitness room BR1 - Board Room C - Activity Room C Lab - Computer Lab Rose - Rose Pool</p>		<p>Food with Friends lunch is served Monday thru Friday at 12:00 p.m. in Activity Room C. See our Menu on Page 10</p> <p><i>Calendar Key:</i> ◆ = Reservation Required</p>

FWF Eat Smart Menu

September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatloaf Bread Oven Roasted Potatoes Green Beans Fruited Gelatin	2 Sliced Turkey Bread Sweet Potatoes Stewed Tomatoes Tropical Fruit	3 Salisbury Steak Bread Mashed Potatoes Brussels Sprouts Pears	4 Trout Melt w/Bun Broccoli/Cauliflower Salad Strawberries
7 CLOSED Labor Day	8 Spanish Chicken Bread Redskin Potatoes European Blend Pineapple & Oranges	9 Veal Parmesan Bread Peas Tossed Salad Cinnamon Applesauce	10 Lemon Pepper Chicken Bread Baked Potato Coleslaw Watermelon	11 Lasagna Garlic Toast Broccoli Peaches
14 Macaroni & Cheese Bread Green Beans Tossed Salad Cinnamon Applesauce	15 Sloppy Joe w/Bun Multi Bean Salad Mixed Vegetables Strawberries	16 Meatballs Bread Roasted Potato Blend Cabbage Slaw Peach Crisp	17 Smothered Chicken Bread Broccoli/Citrus Salad Baked Potato Pineapple	18 Egg & Cheese Casserole Sausage Cinnamon Roll Redskin Potatoes Ambrosia Salad
21 Chop Suey Bread Rice Green Beans Citrus Cup	22 Turkey Loaf Bread Squash Coleslaw Mixed Fruit	23 Baked Ham Bread Steamed Cabbage Winter Blend Apricots	24 Corn Chowder Bread Stick Hard Cooked Egg Tossed Salad Fruit Cocktail	25 Baked Chicken Bread Mashed Potatoes/Gravy Carrots Pears
28 Fish Filet Sandwich w/Bun Tossed Salad Cauliflower Pineapple	29 Chili Corn Bread Coleslaw Pears	30 Pork Chop Bread Mashed Potatoes/Gravy Mixed Vegetables Fruited Gelatin		

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

Fall is on its way...before we know it snow will be here. It's a great time to stop in for a delicious meal, meet new people and enjoy one of our activities. Every Monday, Wednesday and Friday is Sit and Get Fit at 11:15 a.m.

Rosebush SEPTEMBER Calendar

- 2 Penny Bingo
- 4 Music w/Vicky Dexter
- 7 CLOSED - Labor Day
- 9 Penny Bingo
- 11 Good Times Music
Ice Cream Social
- 14 Bingo w/Woodland Hospice
- 16 Bingo w/The Laurels
- 18 Music by the Whitfords
- 21 Craft
Birthday Celebration
- 23 Penny Bingo
- 25 Dulcimer Music w/Kathy Hagen
- 28 Trade Show
- 30 Penny Bingo

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

*This page is sponsored by: **Mt. Pleasant Area Historical Society***

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

Join us for Euchre, Skip-Bo, cribbage, dominoes and other games. Check out our special activity days in September.

Shepherd SEPTEMBER Calendar

- 4 Wear Red, White & Blue
- 7 CLOSED - Labor Day
- 9 Music w/Greg Merwin
- 11 Bingo
- 16 Birthday Celebration
Music w/The Pickers
- 18 Apple Day
Play the Apple game to win a coupon for a free lunch at Shepherd FWF Site
- 23 "Scattered Leaves" Game

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

Well, harvest time is here - that means canning! Love the sharing and caring that goes on with the vegetables. I hope we have the mild, sunny days up to December. We are open Mondays, Wednesdays and Fridays. Come in and take a break. We start with the Dan Miller band September 2. Don't forget we're off for Labor Day September 7. Vicky Dexter, The Midnight Express & Leon Seiter and Lyle Thrush will be stopping in too! Come on in. We're glad to have you. See you soon!

Winn SEPTEMBER Calendar

- 2 Dan Miller Band
- 7 CLOSED - Labor Day

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 September.

COA SEPTEMBER Calendar

- 1 The Music Makers 10:00 a.m.
- 2 Bridge, Euchre, Pepper 1:00 p.m.
- 3 Newspaper Bag Craft 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 4 Music w/Greg Merwin 11:00 a.m.
Bingo w/Woodland Hospice 12:45 p.m.
- 7 CLOSED - Labor Day
- 8 The Music Makers 10:00 a.m.
- 9 Deal or No Deal 11:15 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 10 Crossword & Word Games 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 11 Jam Session 11:00 a.m.
Bingo w/Medilodge 12:45 p.m.
- 14 Sailors Knots 11:00 a.m.
Dominoes & Pinochle 1:00 p.m.
- 15 Pre-Beginner Line Dancing 1:00 p.m.
- 16 Checkers 11:00 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 17 Brain Games 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 18 Jam Session 11:00 a.m.
Bingo w/Prestige Centre 12:45 p.m.
- 21 Golf Activity 11:00 a.m.
Dominoes & Pinochle 1:00 p.m.
- 22 Mary Kay Pampering 11:00 a.m.
- 23 Bingo w/Crestwood Village 11:00 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 24 Jeopardy 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 28 Dominoes & Pinochle 1:00 p.m.
- 29 International Coffee Day 11:00 a.m.
- 30 Bridge, Euchre, Pepper 1:00 p.m.

WEIDMAN SENIOR CENTER

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

Where did the time go? Summer is coming to a close but there is still plenty of fun to be had in Weidman! The Music Makers are still jammin' away every Wednesday. Greg Merwin will be here playing his guitar September 22. September 29, a Mary Kay representative will be here to do hand pampering. Our monthly Birthday Party will be September 9. We hope to see you there!

Weidman SEPTEMBER Calendar

- 1 Baker's Club Easy as Pie!
- 2 The Music Makers
- 3 Cards & Games
- 8 Trivia
- 9 The Music Makers
Birthday Party
- 10 Cards & Games
- 15 Bingo
- 16 The Music Makers
- 17 Cards & Games
- 22 Greg Merwin
- 23 The Music Makers
- 24 Cards & Games
- 29 Mary Kay Hand Pampering
- 30 The Music Makers

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 Activity Center, 2200 S. Lincoln Rd. in Room B at 7:00 p.m.

~Upcoming Programs~

September 10, 2015: Larry Noyes will be presenting at our meeting at COA. The topic will be: "How to Prepare for a Trip to a Library to do Genealogical Research."

Each month an informal gathering of individuals interested in genealogy meets 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 and 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

It is time for our annual pizza party. The meeting on September 15, will start at noon. **PLEASE REMEMBER THE PARTY WILL BEGIN AT NOON.** Liquid refreshments will be furnished, or you may bring you own. All tableware will be supplied. Just come and enjoy all the fun and fellowship. Following the luncheon, there will be card bingo, 50/50 drawing, and the usual door prize. The party will be at the Commission on Aging, Room A, 2200 S. Lincoln Rd. If there are any questions, please feel free to contact Jackie Curtis (989) 772-0597 or jac62irish@yahoo.com

Mt. Pleasant Garden Club

Did you know that one out of every three bites of food we eat must be pollinated by bees? Alarmingly honey bees are dying off for unknown reasons. What can you do about it? Learn about attracting and raising mason bees, which can do the pollinating work of one hundred honey bees. They are not aggressive, seldom sting, are less impacted by pesticides and disease and can be raised in your backyard. There is a growing movement to raise bees in home gardens to increase their numbers. One gardener might have four hundred cocoons which could pollinate a full acre of plants. MSU Extension Educator Ben Phillips will speak to the Mt. Pleasant Garden Club about attracting these bees to our gardens and encouraging them to nest. The program is Monday, September 21 at 1:00 p.m. in Room A at the Commission on Aging. He will bring some simple and efficient nests which can be purchased for \$5. Please join us.

Safety Tip of the Month

Counterfeit Prescription Medicines

The high cost of prescription medication has many seniors turning to online pharmacies. Many of these online pharmacies are outside of the United States. With that being said, a large portion of the medication that comes from pharmacies outside the United States is counterfeit. When you purchase prescription medication from an unreliable source you are playing with fire. These drugs do not receive the safety validations of drugs dispensed at certified mainstream pharmacies in the United States. These drugs can be non effective or even poisonous. The next time you go to your local pharmacy ask them about the safeguards that they have in place to identify counterfeit medications.

How to Avoid:

The FDA is dramatically increasing regulation on foreign pharmacies which supply drugs to the United States. Remember if at all possible stick to purchasing your medication from a reliable source. I know medication is expensive, but cheap counterfeit medication is not worth dying for.

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
Griatiot County (989) 875-7505

Trooper Michael White, Community Service Trooper, Mt. Pleasant State Police

Weidman Activities at the Eagles

Walking Beginner Line
Monday - Thursday Dancing
11:00 a.m. Mondays & Fridays
No fee 11:00 a.m.
Low-impact Exercise Wednesday
Monday - Thursday 5:30 p.m.
11:15 a.m. \$2.00
No fee Proceeds go to
Weidman Eagles

For information, contact Ann (989) 644-5927

Weidman Euchre Club

Thursdays
6:00 p.m.
\$2 donation, \$2 50/50 (optional)
The Community Center
5918 W. Bridge St., Weidman

For more information:
Karen Mercer (989) 644-2266
Jeanette Catlin (989) 644-6925



Needs Your Support

Thank you to our readers and sponsors who donate to Active *LIVING*.

Between printing and postage, it costs a lot of money to produce our monthly Active *LIVING* newsletter. We mail our newsletter to 4,000+ households and distribute 800+ newsletters to 50 different organizations in Isabella County. Our hope is to raise \$24,000 annually to cover our expenses, and we are a long way from reaching our goal.

We need your help. Do you subscribe to Active *LIVING* and have you donated to Active *LIVING* recently? Please consider donating to Active *LIVING*.

Do you need a gift for someone? How about a gift subscription to Active *LIVING*? You can use the form on the back page.

Thank you for your support!

Golden Age Cards now available at age 80!

The Isabella County Transportation Commission is pleased to announce the age requirement for Golden Age Cards is officially lowered to 80. If you are age 80 or older, you are eligible to receive a free Golden Age Card, compliments of the Isabella County Transportation Commission. This will enable you to ride the *IRide* bus for **FREE**.

This card is issued by the Commission on Aging (COA), 2200 S. Lincoln Rd., Mt. Pleasant. COA is open Monday thru Friday between 8:00 a.m. and 4:30 p.m. You will need to show verification of your age and be a resident of Isabella County to obtain a Golden Age Card.

Caregiver Support Meeting

Our Caregivers Support Meeting will be **Tuesday, September 15** 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. Call COA at **(989) 772-0748** with questions.

Donations to COMMISSION ON AGING

Nelda Gilmore
Carole Howard
Richard & Jean Thomas

Activity Center
Irene Chapman
Melvin Onuskanich

Transportation
Pat & Marty Siuda

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Donald Bell Turner
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Larry & Dawn Meyers
Dellamae Mitchell
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Ada Marie Morey
Happy Birthday
Arnold Newman
Richard Nisbet
Thomas Pappas
Glenda Pohl
Martha Rarick
Juan & Sally Reyes
Frank Rice
Al Roy
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Don & Gerry Schumacher
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Ruth Tolonen
Allan Tucker
Francis Verbeke
Frances Weaver

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

IN MEMORY OF

Charles Halfman

William & Nancy Arends
Earl & Doris Fox
Barb Ley
Shelley Maney
Roger & Mary Ann Morris
Roque Schafer
Roxann Schafer
Don & Gerry Schumacher
Ken & Diane Sebenick
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Lanny Haring

Pat Haring

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The Ciesluks
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Teresa Recker

Jonn & Bernadette Bland

Teresa Recker

Rose Marie Funnell
Rose Marie O'Brien
Earl & Violet Sawade

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Don & Dolores Kruejer

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The Donald Peltier Family

James Wilson

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Active LIVING In Memory Of

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Anonymous
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Sandra & Larry Montney

Donald Peltier

The Donald Peltier Family

James Wilson

Peggie Edmonds
Phil & Mary Mead

In-Home Services In Memory Of

Mary Ellen Hetzman

Michael Hilley

IN HONOR OF

Betty Hammond

Lynn & Linda Smith

ON BEHALF OF

The Bob Bates Family

Community Groups

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

Retired School Employees
September 1, 12:00 p.m., Room A

Mt. Pleasant Historical Society
September 1, 7:00 p.m., Room A

Evening Bloomers Garden Club
September 1, 7:00 p.m., Room B

Friends of the Broadway
September 2, 6:30 p.m., Room A

Clowns
September 2, 6:00 p.m., Craft Room

Isabella County Collaborative
September 4, 9:00 a.m., Room B

Health Improvement Planning
September 4, 10:30 a.m., Room B

Mid-Michigan Wood Workers
September 8, 7:00 p.m., Craft Room

Community Cancer Services
September 10, 6:30 p.m., Craft Room

Mid Michigan Patriots
September 10, 7:00 p.m., Room A

Genealogy Society
September 10, 7:00 p.m., Room B

State Employee Retirement Association
September 15, 12:00 p.m., Room A

Mt. Pleasant Garden Club
September 21, 1:00 p.m., Room A

Women's Aid
September 22, 8:00 a.m., Room B

Mid-Michigan Quilt Guild
September 22, 6:00 p.m., Rooms A,B,C

Stamp Collectors
September 22, 7:00 p.m., Craft Room

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
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Temporarily Away

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

ACTIVE LIVING Deadline

Each issue of Active *LIVING* is printed and mailed to our readers before the 1st of each month. In order to complete the entire process we need to receive information for submission by the tenth of the prior month. Please understand we cannot guarantee articles will be published and if published they 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 (COA) is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities.

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 and Gratiot County appropriations.

SEPTEMBER 2015
ACTIVE LIVING



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



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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.*