

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

HOWLING GOOD TIME



**Saturday, October 24
10:00 a.m. - 12:00 p.m.
Commission on Aging**

Ghosts, Goblins, Superheroes
and Princesses - COA is the place to be!

Join us for a Howling Good Time

An afternoon of “pumpkin hunting”,
monster mashing, goodie gobbling and spooky fun!

Dress in your favorite costume and bring a bag for your treats.

Fun for all ages! Grandparents bring your Grandchildren!

RSVP by calling COA at **(989) 772-0748**

Face-Painting • Games • Treats • Prizes • “Pumpkin Hunt”

Calling All Bakers

Your talents are NEEDED!

Commission on Aging is hosting a Holiday
Bazaar & Craft Show Saturday, November 14,
and we are looking for bake sale items.

We will price and sell the items - all you need to
do is bake them, package them and drop them off at COA by noon
Friday, Nov. 13.

Items Needed:

- Cookies (6 per package)
- Brownies(6 per package)
- Rice Krispie Treats (6 per package)
- Bread (1 loaf per package)
- Other items you’d like to bake/make

You are welcome to bring more than 1 package!

Please contact Marcy at **(989) 772-0748** to sign up to bring goodies!
Thank you for supporting COA!



Holiday Bazaar & Craft Show

**Saturday, November 14
9 am - 2 pm
Commission on Aging
2200 S. Lincoln Rd., Mt. Pleasant**

Featuring a unique collection
of hand-made items by local
artists. The perfect place to
purchase your holiday gifts!

Also featuring
Bake Sale and
Quilt Raffle

Director’s Comments

This month I wish to extend a special thank you to the Isabella County Commission on Aging Gold Key Volunteer *Escort Drivers*. This devoted group of volunteers utilizes their own vehicles to transport our clients to medical appointments, therapy treatments and grocery shopping. They will travel to appointments throughout Isabella County, but also to Alma, Midland, Saginaw, Bay City, Lansing, Grand Rapids, Ann Arbor and Detroit.

Last year our *Escort Drivers* drove nearly 95,000 miles, volunteering over 4,500 hours and delivering our clients to over 2,100 appointments. These appointments include visits to their doctors, physical, and occupational therapies, dialysis treatments, trips to the drug store and grocery shopping. All of our transportation clients depend up the Commission on Aging (COA) for this service. And the COA depends on a wonderful group of dependable, generous and kind *Escort Drivers* to deliver our clients safely and on time to their appointments. Part of the mission of the COA is to promote the health and independence of our program participants. Having access to reliable and safe transportation services is a cornerstone in maintaining an individual’s independence. Our *Escort Drivers* are a key component in achieving the goals set out in our mission.

It’s important to note that all our *Escort Drivers* are required to have a valid Michigan driver’s license with a good driving record and the proper vehicle insurance coverage. They also have to have a completed criminal background check that is clear and unblemished. In other words, our volunteer *Escort Drivers* are excellent individuals who can be trusted.

The individuals who need the transportation assistance must live in Isabella County, be at least 60 years of age or older and unable to drive for themselves. We also ask our transportation clients to provide our COA staff with at least 48 hours advance notice of their transportation need. We realize that situations come up when that might be difficult, but we need the time to make the appropriate arrangements.

To help our *Escort Drivers* cover the cost of gas we do offer a reimbursement rate of 50¢ per mile. Please note that not all our *Escort Drivers* request that reimbursement, but a lot of them do, and they should because they are using their own vehicles. Last year the COA spent over \$47,000 reimbursing our *Escort Drivers*. This funding comes from several different sources that include; the Senior Millage, Saginaw Chippewa Tribe and United Way. We also received funding from the COA’s annual golf outing, The Bird Auction and client donations. Each client we transport is asked to donate. The COA staff sends monthly statements to our transportation clients asking for a donation based on the number of miles they were transported during the previous month. Their donation is a very important part of our program revenue.

Our *Escort Drivers* are another wonderful example of our dedicated Gold Key Volunteers. They care about the older adults we serve, and they care about the job they perform for the COA. They make the difference in the lives of hundreds of individuals, this agency and the entire Isabella County community.

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



Medicare Part D Open Enrollment

The Commission on Aging will begin scheduling Medicare Part D appointments October 1. 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. COA will meet with Isabella County beneficiaries by **appointment only** during open enrollment. If you would like to schedule an appointment through COA please call **(989) 772-0748**. 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 by calling **1-800-MEDICARE**.

AARP Tax-Aides Needed

It may seem too soon to be thinking about doing your taxes, but our volunteers are already planning how they can help with your tax or refund preparation. Commission on Aging will once again assist with this free service to our community. If you're interested in helping your community consider becoming a TaxAide Volunteer. Prior tax experience is not necessary, but helpful. You should be comfortable using a computer, returns are prepared using a computer tax program. You will receive extensive training starting Jan. 11, 2016, and will have IRS approved materials and experienced volunteers available as references. This service is geared toward middle and low-income people, with emphasis on those 60 or older. Tax return preparation is scheduled from Feb. 4 - April 7 at COA and various sites in Isabella County.

For information about volunteering, contact Anna McDonald at **(989) 772-0748**.

Mission Moment

Our Foster Grandparents have been back in the classroom for a month now providing social, emotional and academic support to children and students in need of their one-on-one attention and assistance. With the changing seasons and the beautiful landscapes that nature provides, I reflect on how our Foster Grandparents are caretakers of a child's potential in the landscape of the classroom. A child's family, along with their teacher, provides them with a foundation of soil, water and fertilizer to help them learn and grow – but it is the Foster Grandparent who is the sunshine in a child's life that allows them to blossom and flourish. An example of this was summarized in a note from a parent to one of our Foster Grandparent Volunteers. The mother shared that her son extremely disliked going to school, to the point that he had nightmares about it. Our volunteer took this child under her wing and made a point to sit by him at lunch each day to talk with him and nourish his interaction with other students. Eventually the nightmares went away and school began to become a positive experience. The mother could not thank the volunteer enough and was so appreciative of all that she did for her son. With the new school year starting this particular student is doing well and looked forward to the start of school.

Our Foster Grandparent Volunteers help their students face the challenges that life brings no matter how small, so they are better equipped to adapt to the changing season of life. We wish you all a beautiful color filled fall with breathtaking landscapes.

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

Ask a COA Specialist

Question: I completed my Advanced Medical Directive, the Durable Power of Attorney for Health Care in 1995. My daughter has asked me to consider having these reviewed since it was 20 years ago that they were completed. Do you think this is needed or necessary?

Answer: Advanced Medical Directives are often difficult subjects to talk about, but it is very important that they are reviewed periodically as your feelings may have changed with age and you may have had changes in your health that your document needs to reflect. In revisiting your Advanced Medical Directive you clarify what is important to you, your thinking about your quality of life, your beliefs and understanding of what you value. You may have health concerns now that you did not have 20 years ago, and you may want to change your AMD. You will want to consider the advocate you appointed and determine if they are still able and willing to act on your behalf. Also, since 1995 the law has changed; there are specific instructions regarding mental health treatment that were not included in the document in 1995. To help you with your planning needs the COA will be offering a presentation by Laura Kubit, Attorney at Law, who works with the Lakeshore Legal Aid. She will be discussing legal and financial planning. The presentation will take place on October 6, from 6:30 - 8:30 p.m. at the Commission on Aging. This is an informational session, and there will be a question and answer period. You may also want to talk with your social worker, doctor or attorney if you have questions. If you would like to attend the training, please call **(989) 772-0748** for advance registration or questions. Registration is not required, but advised.

Ask a COA Specialist, mail questions to:

Ask a COA Specialist
Isabella County Commission on Aging
2200 S. Lincoln Rd.
Mt Pleasant, MI 48858
(989)772-0748 ext. 236
fax (989)773-0514

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

Events/Classes

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. in Rooms A & B from 6:30 p.m. - 8:30 p.m. Reservations are not required, but advised.

Tuesday, 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.

Tuesday, 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.

Tuesday, 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.



October Class

“Fall Stream”

Wednesday, October 7
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! For more information, contact Marcy at **(989) 772-0748**.

November Class - “Paradise Beach” - Wednesday, November 4

iPad Workshop

Tuesday, October 20
2:00 p.m.
COA Room B

Mail: Learn how to send, reply, and forward emails, as well as the three ways to delete mail and how to save photos and documents from email. Please arrive 10 minutes early if you haven’t set up your email in the Mail app. Also have your email address and password handy.

No registration required.

Card Making

Wednesday, October 21
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.

Flu Clinic

Thursday, October 22
10:00 a.m. - 2:00 p.m.
COA Room A, B

It’s that time...protect yourself with a flu shot this season! No appointment necessary.

The vaccine is administered by the Central Michigan District Health Department (CMDHD). CMDHD will bill Medicare, Medicaid and private insurances. For persons paying with cash, check or credit card at the time of services, a sliding fee scale may be applied based on income and family size.

This page is sponsored by: **Medilodge of Mt. Pleasant**

Events/Classes

Fall Mushrooms of Mid-Michigan: Edibility, Identification and Location

Monday, October 26
12:45 p.m.
COA Room B

Come learn about abundant Fall Mushrooms in our area and clues to identify them. We will work through this process using a “key” to identify a lesser known species. Sister Marie Kopin, C.P.P.S. will lead this session and present samples, photos and ideas about some of our most popular fall wild species. Feel free to bring specimens to be identified. Bring a spore print if possible. Sister Marie Kopin C.P.P.S. is a life member of the North American Mycological Association & on the Education and Toxology Committees and Secretary of the Michigan Mushroom Hunters Club. She has hunted mushrooms since she was a child.

Call (989) 772-0748 to register

October Movie & Popcorn “From the Madding Crowd”

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

Based on the literary classic by Thomas Hardy, FAR FROM THE MADDING CROWD is the story of independent, beautiful and headstrong Bathsheba Everdene (Carey Mulligan), who attracts three very different suitors: Gabriel Oak (Matthias Schoenaerts), a sheep farmer, captivated by her fetching willfulness; Frank Troy (Tom Sturridge), a handsome and reckless Sergeant and William Boldwood (Michael Sheen), a prosperous and mature bachelor. This timeless story of Bathsheba's choices and passions explores the nature of relationships and love - as well as the human ability to overcome hardships through resilience and perseverance. (Rated PG-13, 1 hour 59 minutes).

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



Friday, October 30
11:00 a.m.
Room C

Join us if you dare for our Halloween Party! Costume contest, games and treats! Who can wear the most orange? Who can wear the most black? Best Homemade, Cutest, Best Duo and most Colorful costumes! Join us for lunch...chicken stew, biscuit, coleslaw and apple crisp.

Please call Katie at least 24 hours in advance to make your lunch reservation, (989) 772-0748.

Daniel Breidenstein Living Memorial Auction

Saturday, November 7
4:00 p.m.
The Bird Bar & Grill
223 S. Main, Mt. Pleasant

Each year The Bird Bar & Grill hosts the Daniel Breidenstein Living Memorial Auction. Mr. Breidenstein was a great community partner and supporter of the Commission on Aging. The auction includes all sorts of wonderful items. Auction proceeds benefit Isabella County Commission on Aging Volunteer Mileage Reimbursement program. Last year COA Volunteers drove 190,000 miles to assist older adults. Come join the FUN and bid the night away, all while supporting COA!

Auction items needed. Items needed include:

- Tickets to CMU Events
- Jewelry
- Gift Baskets
- Restaurant Gift Certificates
- Baked Goods
- Artwork
- Hotels/Resort Packages
- Certificates to Local Businesses
- Televisions
- Car Washes, Oil Changes
- Games
- Household Items

For more information about how to donate items, contact Anna McDonald at (989) 772-0748. Please drop of donated items to COA by Friday, October 30. Hope to see you there!

TRAVEL with COA

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

COA Travel Policy

- Cancellations made within 30 days may be refundable, however a \$10 administrative fee will be charged. If cancellation is less than 30 days, payment is non-refundable, unless there is a waiting list. If a ticket has been purchased from a vendor, payment is not refundable.
- You will be notified at least two weeks prior to departure if trip is cancelled because of low participation. A full refund will be honored should this occur.
- In the event of bad weather or other unforeseen circumstances, we reserve the right to cancel for safety reasons. We will do our best to reschedule should this occur.
- Minors under the age of 18 are welcome on certain trips but must be accompanied by an adult.
- Persons who need assistance are welcome, however they must be accompanied by an adult who can assist them. Both parties must purchase a seat for trip.

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!

Includes transportation, elk viewing, gourmet lunch, wine tasting, all tips, including driver and gratuities.

Must be 21 years of age.
Seats still available. Call today!

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.

Receive \$10 in downloadable E•Credits and \$2 off at Casino restaurants. Includes transportation and driver tip.

MUST be 18 years or older.
Seats still available. Call today!

Shopping at Great Lakes Crossing

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, it is Michigan's only enclosed value-regional mall. Receive a Passport to Shopping, which offers great discounts on name-brand merchandise, fabulous food and entertainment at more than 100 stores.

Includes transportation and driver tip.
Reservation & payment due by October 23.

Christmas and Holiday Traditions Around the World Frederik Meijer Gardens

Wednesday, December 9
\$51 per person
Departs COA, 9:30 a.m.

Excitement surrounds the holiday season as the annual Christmas and Holiday Traditions Around the World exhibition brings the glow of 300,000 lights, strolling carolers, horse-drawn carriage rides and more than 40 international trees and displays. Honoring holiday cultures around the world, Meijer Gardens focuses on the authenticity of holiday traditions: Germany tree, adorned with handmade glass ornaments and homemade springerle cookies, the England tree with antique Christmas cards and mistletoe, and the beautiful Eid ul-Fitr display, which celebrates the end of Ramadan. The companion Railway Garden exhibition is a unique horticultural display that incorporates garden design, miniature buildings made from natural materials, and model trolleys and trains. This year we welcome buildings from our five Sister Cities across the world: Bielsko-Biala, Poland; Ga District, Ghana; Omihachiman, Japan; Perugia, Italy; and Zapopan, Mexico.

Includes transportation, admission and driver tip. Time for lunch at Taste of Gardens Café (not included in price).

Reservation & payment due by Nov. 6.



This page is sponsored by: your organization, contact COA at (989) 772-0748 for sponsorship opportunities

more TRAVEL



Snowfest Lunch

Thursday, January 28, 2016
\$86 per person
Departs COA, 9:00 a.m.

Enjoy the famous Zehnder’s 2-Piece Chicken Luncheon. Then be entertained by top notch musicians and comedians. You are invited to see the newest rage in interactive entertainment...“Dueling Pianos” – a modern day vaudeville act! These two pianists are your ringmasters for the day and will play the rockin’ oldies hits of yesterday and today. They run the show and will get you clapping, laughing and singing. They are comedians as well as top-notch musicians with an unbelievable repertoire of music.

Includes transportation, lunch, show and driver tip.

Reservation & payment due by Dec. 23.



Detroit Red Wings

Sunday February 14, 2016
\$124 per person
Departs COA, 10:30 a.m.

Spend Valentine’s Day at the Joe watching the Detroit Red Wings take on the Boston Bruins!

Section 225b and 226a, rows 8 - 14

Includes transportation, ticket and driver tip.

Reservation & payment due by Jan. 8.

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 issue date

Punch card available for purchase at COA

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

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

Low-Impact Exercise

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

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 weeks
after issue date

12 classes for \$55 (punch card)
expires when punches are used or 14 weeks
after issue date

Please bring your own mat.

Punch card available for purchase at COA.

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.

Monday	Tuesday	Wednesday
<p><i>The room/location for each activity is listed on the calendar for reference.</i> <i>Codes for rooms/locations are as follows:</i></p> <p>A - Activity Room A Craft - Arts & Crafts Room CF - Conference Room B - Activity Room B F - Fitness room BR1 - Board Room C - Activity Room C Lab - Computer Lab Rose - Rose Pool</p>		<p>Food with Friends 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 \$ = Fee for Activity</p>
5. 7:30 Water Aerobics \$◆ (Rose) 8:30 Medicare Part D Volunteer training (B) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:00 Spy Game (C) 1:00 Dominos & Pinochle (C) 7:00 Square Dancing \$ (C)	6. 7:00 Aqua Zumba \$◆ (Rose) 8:30 Medicare Part D Volunteer training (B) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 The Music Makers (C) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$◆ (F) 5:15 COA Advisory Council (BR) 6:30 Fall Caregiver Training (A,B)	7. 7:30 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance (Lab) 10:00 GAB I (A) 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) 1:30 GAB II (A) 4:00 Anyone Can Paint \$◆ (C)
12. 7:30 Water Aerobics \$◆ (Rose) 9:30 Water Aerobics Breakfast (A) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 1:00 Readers’ Theater (Craft) 1:00 Legal Services (CF) 7:00 Square Dancing \$ (C)	13. 7:00 Aqua Zumba \$◆ (Rose) 10:00 The Music Makers (C) 10:00 Needle Crafters (Craft) 12:30 Banjos, Guitars, Mandolins (C) 1:00 CMU Bridge (A) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C) 6:30 Fall Caregiver Training (A,B)	14. 7:30 Water Aerobics \$◆ (Rose) 8:30 Elk Viewing trip \$◆ 9:00 Art Group (Craft) 10:00 Computer Assistance (Lab) 10:00 GAB I (B) 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Book Club (Lib) 1:30 GAB II (B)
19. All day Medicare Part D appts. ◆ (Lab,CF) 7:30 Water Aerobics \$◆ (Rose) 8:00 SCP Quarterly training (B) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 7:00 Square Dancing \$ (C)	20. All day Medicare Part D appts. ◆ (Lab,CF) 7:00 Aqua Zumba \$◆ (Rose) 8:30 Friends of Isabella Seniors (BR1) 11:00 Origami Pumpkins (C) 1:00 Pre-Beginner Line Dancing (C) 1:30 Yoga \$◆ (F) 2:00 iPad Class (B) 6:30 Fall Caregiver Training (A,B)	21. 7:30 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance (Lab) 10:00 Card Making (Craft) 10:00 GAB I (B) 10:15 Low-Impact Exercise (F) 11:00 Bingo w/Crestwood Village (C) 1:00 Second Hand Book Club (Lib) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:30 GAB II (B)
26. 7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:00 Shootout Game (C) 12:45 Fall Mushrooms of Mid MI (B) 1:00 Dominos & Pinochle (C) 1:00 Readers’ Theater (Craft) 1:00 Legal Services (CF)	27. 7:00 Aqua Zumba \$◆ (Rose) 11:00 Mary Kay Pampering (C) 12:45 Movie, “Wild” \$◆ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)	28. 7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance (Lab) 10:00 GAB I (B) 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:30 GAB II (B)

Thursday	Friday	Saturday
1. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 11:00 Lace Bowl Craft (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	2. 8:00 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo w/Woodland Hospice (C)	3.
8. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	9. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo w/Medilodge (C)	10.
15. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) CANCELLED 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F) Staff Development Day NO Food with Friends lunch	16. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo w/Prestige Centre (C) 6:30 Red Hat Strutters Dance \$ (C)	17.
22. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 10:00 Flu Clinic (A,B) 11:00 Trivia (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	23. All day Medicare Part D appts. ◆ (Lab,CF) 7:30 Water Aerobics \$◆ (Rose) 8:00 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)	24. 10:00 Howling Good Time ◆ (A,B,C)
29. All day Medicare Part D appts. ◆ (Lab,CF) 7:00 Aqua Zumba \$◆ (Rose) 8:30 Turtle Creek Casino trip \$◆ 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)	30. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Halloween Party (C) 12:30 Ukulele Jam (Craft)	31.

FWF Eat Smart Menu				October 2015
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Trout Melt Bun Corn Broccoli/Cauliflower Salad Strawberries	2 Lasagna Garlic Toast Tossed Salad Carrots Pineapple Tidbits
5 Goulash Bread Tossed Salad Spinach Cinnamon Applesauce	6 Meatloaf Bread Au Gratin Potatoes Cauliflower Pears	7 Cold Sliced Turkey Bun Lettuce/Tomato Cucumber Salad Fruited Gelatin	8 Macaroni & Cheese Bread Broccoli Carrots Mixed Fruit	9 Smothered Chicken Bread Redskin Potatoes Kyoto Vegetables Peaches
12 Tuna Noodle Casserole Bread Capri Blend Cabbage Slaw Apricots	13 Baked Chicken Bread Scalloped Potatoes Carrots Tropical Fruit	14 Pork Chop Bread Mashed Potatoes/ Gravy Winter Blend Cinnamon Applesauce	15 CLOSED NO MEALS SERVED Staff Development Day	16 Chop Suey Bread Rice Tossed Salad Peaches/ Pears
19 Chicken ala King Biscuit Green Beans Citrus Cup	20 Corn Chowder Bread Stick Hard Cooked Egg Mixed Fruit	21 Veal Parmesan Bread Tossed Salad Peas Tropical Fruit	22 Potato Crunch Fish Bread Oven Roasted Potatoes Cauliflower Peaches	23 Baked Ham Bread Whipped Sweet Potatoes Corn Pumpkin Custard
26 Meatballs Bread Company Potatoes Spinach Peaches/Pears	27 Egg Casserole Sausage Links Cinnamon Roll Redskin Potatoes Apple Slices	28 BBQ Chicken Bread Squash Green Beans Apricots	29 Turkey Loaf Bread Scalloped Potatoes Mixed Vegetables Pineapple Tidbits	30 Chicken Stew Biscuit Coleslaw Apple Crisp
Menus are Subject to Change Without Notice Reservations are Required 24 Hours in Advance				Milk provided with all meals Suggested Donation \$2.50

ROSEBUSH VILLAGE OF ROSEBUSH MANOR
4210 E. Rosebush Rd., Rosebush
Meals M, W, F, 10:00 a.m. - 2:00 p.m.
Michelle Orwig, Site Mgr., (989) 433-0151

Crisp mornings, football games and the smell of cider and doughnuts - it's official, fall has arrived. This is my favorite time of year and this is a great time to try something new. Stop in to the Rosebush Food with Friends site and enjoy a warm meal, meet new people and stick around for one of our activities. Every Monday, Wednesday and Friday, we have Sit and Get Fit at 11:15.

- Rosebush OCTOBER Calendar**
- 2 Oktoberfest, Music TBA
 - 5 Humorous readings by Marydeana Duckworth
 - 7 Penny Bingo
 - 9 Good Times Music
Ice Cream Social
 - 12 Bingo w/Woodland Hospice
 - 14 Penny Bingo
 - 16 Music TBA
 - 19 Penny Bingo
 - 21 Bingo w/The Laurels
 - 23 Music w/Greg Merwin
 - 26 Birthday Celebration
Craft
 - 28 Penny Bingo
 - 30 Halloween Party
Hangman for Prizes
- *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

Fall is here - time for all of the fall goodies and fun. We will be celebrating birthdays October 14 with music of Greg Merwin. October 26 we will be celebrating memories of our school days. Bring a photo of when you were a school kid and share your memories. October 28 we will be baking cookies for Halloween. Join us October 30 for our Halloween party. Remember to wear your costume.

Shepherd OCTOBER Calendar

- 2 World Smile Day
- 5 3 of the same game
- 7 Board Games, Cards, Cribbage
- 9 Bingo
- 12 Cribbage, Skip Bo, Uno
- 14 Birthday Party, music of Greg Merwin
- 16 Brain Power Day
- 19 Amazing Women, Word Puzzle
- 21 Cards, Triominos
- 23 Bingo
- 26 School Memories Day
- 28 National Bake and Decorate Day
Come bake cookies with us
- 30 Halloween Party

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

What a great fall so far! We have had the greatest groups of people come in for lunch and music. We will be having witches and ghosts for our Halloween party October 28. Bring your goodies to pass out and your bags to fill. We also have some wonderful music groups this month. Come on in, I would love to see you!

Winn OCTOBER Calendar

- 5 Deacon & the boys from Andsen
- 7 Dan Miller band
- 9 Visiting or Cards
- 12 Vicky Dexter
- 14 The Strickly Country Band
- 16 Visiting or Cards
- 19 Leon Seiter, Lyle Thrush & Bruce Frost
- 21 The Midnight Express
- 23 Visiting or Cards
- 26 Mark Ray & Mark Bauman
- 28 Halloween Party
Music w/Greg Merwin
- 30 Visiting or 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 October.

Activity Center OCTOBER Calendar

- | | |
|-------------------------------|------------|
| 1 Lace Bowl Craft | 11:00 a.m. |
| Beginner Line Dancing | 1:00 p.m. |
| 2 Bingo w/Woodland Hospice | 12:45 p.m. |
| 5 Spy Game | 11:00 a.m. |
| Dominoes & Pinochle | 1:00 p.m. |
| 6 The Music Makers | 10:00 a.m. |
| 7 Deal or No Deal w/Medilodge | 11:15 a.m. |
| Bridge, Euchre, Pepper | 1:00 p.m. |
| 8 Beginner Line Dancing | 1:00 p.m. |
| 9 Bingo w/Medilodge | 12:45 p.m. |
| 12 Dominoes & Pinochle | 1:00 p.m. |
| 13 The Music Makers | 10:00 a.m. |
| 14 Bridge, Euchre, Pepper | 1:00 p.m. |
| 15 CLOSED - Staff Development | |
| 16 Bingo w/Prestige Centre | 12:45 a.m. |
| 19 Dominoes & Pinochle | 1:00 p.m. |
| 21 Origami Pumpkins | 11:00 a.m. |
| Bridge, Euchre, Pepper | 1:00 p.m. |
| 22 Trivia | 11:00 a.m. |
| Beginner Line Dancing | 1:00 p.m. |
| 23 Bingo w/The Laurels | 12:45 p.m. |
| 26 Shootout Game | 11:00 a.m. |
| Dominoes & Pinochle | 1:00 p.m. |
| 27 Mary Kay Pampering | 11:00 a.m. |
| 28 Bridge, Euchre, Pepper | 1:00 p.m. |
| 29 Jeopardy | 11:00 a.m. |
| Beginner Line Dancing | 1:00 p.m. |
| 30 Halloween Party | 11:00 a.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

The leaves are falling and so are the temps. We are keeping warm with music from The Music Makers on Wednesdays and lots of cards and games to play. Don't forget to come out and celebrate birthdays October 14. Hope to see you there!

Weidman OCTOBER Calendar

- 1 Cards & Games
- 6 Trivia
- 7 The Music Makers
- 8 Cards & Games
- 13 Bingo
- 14 Birthday Party
The Music Makers
- 15 CLOSED - Staff Development
- 20 Mad Libs
- 21 The Music Makers
- 22 Cards & Games
- 27 Cards & Games
- 28 The Music Makers
- 29 Halloween Party

Evening Bloomers
Garden Club

Join us to hear Michelle Fournier with Chippewa Nature Center talk about the good and the bad snakes in our gardens, Tuesday, October 6 at 7:00 p.m. in Room B at Commission on Aging.

Mt. Pleasant Area
Historical Society

The Mt. Pleasant Area Historical Society will hear an update on Isabella County Jail procedures and advances in law enforcement from Jail Administrator Tom Recker at the society’s 7:00 p.m. Tuesday, October 6 meeting. The meeting is at the Commission on Aging in Room B. The public is invited, and if desired, attend the Historical Society’s brief business meeting following the speaker. The business meeting, will see the election of the 2016 MPAHS officers and installation of same.

Fall in Love with Your
Isabella County Parks!!!



Walk the Trails at
Deerfield Nature Park and



www.isabellacounty.org/dept/parks

Mt. Pleasant Garden Club

The Mt. Pleasant Garden Club will meet in the Craft Room at the Commission on Aging October 19 at 1:00 p.m. to wire pine cones for Christmas wreath sale. If you would like to lend your hands to this project, we'd welcome your help. You are also invited to stop by that day to place an order for a wreath (\$28) which will be delivered after November 18. Wreath sales help the club fund their many beautification projects in the community, including planting and maintaining the garden around the COA sign.

State Employee Retirement
Association

The State Employee Retirement Association will meet Tuesday, October 20 in Room A at Commission on Aging at 1:30 p.m. Following that, our presentation will be by Mountain Town Rehabilitation. The topic will pertain to physical therapy considerations following knee and hip joint replacements. The program will run from 1:45 p.m. until approximately 2:30 p.m. with 10 minutes for questions and answers. Following the presentation, we will have the Sunshine report by Jennie Cooper, 50/50 drawing and the door prize. If you have any questions please feel free to contact Jackie Curtis (989)772-0597 or jac62irish@yahoo.com.

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

Weidman Eagles Activities

Walking
Monday - Thursday, 11:00 a.m., No fee

Low-impact Exercise
Monday - Thursday, 11:15 a.m., No fee

Beginner Line Dancing
Mondays & Fridays, 11:00 a.m.
Wednesday, 5:30 p.m.
\$2.00, proceeds go to Weidman Eagles

For information, contact Ann (989) 644-5927

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


Isabella County Flu Clinics

- Oct. 15 Rosebush Manor, 1:30 - 3:30 p.m. (adults ONLY)
- Oct. 22 Commission on Aging Mt. Pleasant, 10:00 a.m. to 2:00 p.m. (adults ONLY)
- Oct. 23 Winchester Apartments, 10:30 a.m. - 12:00 p.m. (residents ONLY)
- Oct. 27 Beal City High School, 3:00 - 6:00 p.m. (family clinic, ALL ages)
- Oct. 28 Riverview Apartments, 9:30 - 11:00 a.m. (residents ONLY)
- Oct. 29 Blanchard (American Legion Hall), 2:00 - 4:00 p.m. (ALL ages)
- Nov. 12 Shepherd High School, 3:00 - 6:00 p.m. (family clinic, ALL ages)

The vaccine is administered by Central Michigan District Health Department. CMDHD will bill Medicare, Medicaid and private insurances. For persons paying with cash, check or credit card at the time of services, a sliding fee scale may be applied based on income and family size.

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

**Commission on Aging
Activity Center and Food with Friends Sites
(Rosebush, Shepherd, Weidman, Winn)
will be CLOSED
Thursday, October 15 for Staff Development
NO Meals will be served**



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.

Don't Wait. Communicate. Make Your Emergency Plan Today.

Stay Informed. Make A Plan. Build a Kit. Get Involved.

Four simple steps, recommended by the *Ready* campaign, can help you, your family and your community in the event of an emergency. America's PrepareAthon™, held on September 30 each year, builds upon this campaign, encouraging Americans to prepare for specific hazards through group discussions, drills and exercises.

Stay Informed: Many websites offer information on local hazards here in Michigan and across the United States. Helpful websites include: *Ready* Campaign (www.ready.gov), The Michigan Department of Health and Human Services preparedness site (www.michigan.gov/michiganprepares), American Red Cross (www.redcross.org), FEMA (www.community.fema.gov), and Central Michigan District Health Department (www.cmdhd.org). Sign up for emergency alerts through your local Emergency Management office.

Make a Plan: What is your family emergency plan? Do you have enough items to last for 3 days without power, if necessary? Remember to plan for both your pets and those with special medical needs. Businesses should also have a plan. Have you practiced any drills in the last year both at home and at work? The "Do 1 Thing" campaign (www.do1thing.com) is a wonderful resource for individuals and businesses. Following just a few simple steps each month will help create a plan by the end of one year.

Build a Kit: When creating an emergency supply kit, begin by stocking enough items in your kit to last for 3 days. Items to place in your emergency supply kit may include: a flashlight and extra batteries, a battery powered radio and extra batteries, a first aid kit, a map of the area that indicates roadways and rivers, which may aid in evacuation, a compass, a whistle to signal for help, cash (ATM and banks may not work), a utility knife (no exposed blades), matches in a waterproof container, a change of clothes for each person, a sleeping bag or warm blanket for each person, food (canned food and a can opener, dry food that will not expire), a gallon of water per person per day, pet food, prescription medications, copies of birth certificates, passports, licenses, and wills, and a list of phone numbers of relatives or emergency contacts. It is suggested that you create an emergency supply kit for your house, one that you can easily take with you if you have to evacuate and go to a shelter or a safe location; and one for your place of business.

Get Involved: Being involved is the last step to being prepared. Become involved in local efforts in your community by becoming a member of your local Citizens Corps (www.citizencorps.gov). In Michigan, you can also become a registered volunteer through the Michigan Volunteer Registry (www.mivolunteerregistry.org). Organizations such as these provide opportunities to participate in drills, trainings and exercises.

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

IN MEMORY

Jon Adams
Janet Adams

Ivo & Veronica Carey
Don & Alice Paisley

Pam Dosenberry
Frank and Ruth Ann Green

Peter Ellis
Linda Doerr
Lois Doerr
Mike & Kim Elliott
Dan & Roni Howard
Amy McConkie
Scott & Phyllis McConkie
John Spence
Bob & Bonnie Wolfe

Charles Hoffman
Helen Johnson

Glenn Hoyle
Mary Jo Agbabian
Emily Powers

Deceased Members of the Klein Family
Shirley Klein

Peter Lynch
Jim & Leorna Lynch

Wilfred ‘Bill’ Maloney
Richard & Nancy Johnson

Teresa Recker
Gary & Ann Cole
Mary Jo Hoffman
Myron & Linda Kampf
Joe & Ione Loomis
Phil & Mary Mead
Mark & Deb Minelli
MMCC
Ruth Anne Sowle
William Sowle

Activity Center In Memory

James Wilson
Isaac & Shirley Keim

Active LIVING In Memory

Donald W. Hauck
Thomas & Marykay
Shoemaker

Cyril & Stella Mantei
Robert & Marie Lippert

Art Meyer
Ruthann Meyer

Thomas J. Murphy
Donna Murp

Edward & Ann Percha
Betty Hauck

Jim Watson
Elayne Watson

Food with Friends In Memory

Marjorie Farmer
Bill & Dana Hauck
Dolores Lawrence

Glenn Hoyle
Jerry & Bev Baumann
Ron & Vera Bolman
Tina Christy
Carol Clare & Family
John & Susan Coon
Joe & Renae Crawford
Shirley Decker
Bob & Barb Elmore
Terry & Jo Etta
Bert & Kay Etienne
Janet Freeze
Ralph & Becky Granger
Chuck & Janice Hubscher
Helen Johnson
Al & Linda Kaufmann
William Kelly
John & Joanna Kernstock
Janice Klein
Marvel Kniffen
Jim & Bonnie Ludwick
Ron & Gloria Martin
Joyce McClain

John & Marian McDonald & Family
Mr. & Mrs. Richard Nethers
Amanda Schafer
Dorothy Steele
June Zingery

Wilfred A. Maloney
Mary Ellen Walsh

Needle Crafters In Memory

Marjorie Farmer
Richard & Ruth Ann Beltinck
John & Bernadette Bland
Happy Ripper Friends
Happy Ripper Quilters
Matthew & Bonnie Keiser
Robert & Sandra Kullman
Local UAW 6888
Kathy Long
Mr. & Mrs. Dennis Merrill
Paula Neier
Gene & Holly Whitehead
Marilyn Whitehead
Pamela Williams

IN HONOR

Raymond Reihl
Patricia Reihl

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Richard & Jean Thomas

Activity Center
Irene Chapman

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This page is sponsored by: **The Laurels and Maplewood of Mt. Pleasant**

Community Groups

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

Clowns
October 1, 6:00 p.m., Craft Room

Isabella County Collaborative
October 2, 9:00 a.m., Room B

Health Improvement Planning
October 2, 10:30 a.m., Room B

Community Service Countil
October 5, 12:00 p.m., Room A

Retired School Employees
October 6, 12:00 p.m., Room A

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

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

Friends of the Broadway
October 7, 6:30 p.m., Room A

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

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

Genealogy Society
October 8, 7:00 p.m., Room B

Mid-Michigan Wood Workers
October 13, 7:00 p.m., Craft Room

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

Mt. Pleasant Garden Club
October 19, 1:00 p.m., Craft Room

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

Women’s Aid
October 27, 8:00 a.m., Room B

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

Stamp Collectors
October 27, 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
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 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.

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

OCTOBER 2015
ACTIVE LIVING

Active LIVING

Needs Your Support

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Thank you for your support!

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Active LIVING

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

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

Please make checks payable to:
Friends of Isabella Seniors

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

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

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