

Active LIVING

Volume 115 Issue 11
November 2015

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

Sock hop

Thursday, November 5
6:00 - 8:00 p.m.
COA Room C

SHAKE, RATTLE & ROLL on over to Commission on Aging! Get on your boogie shoes and your coolest threads for a night of live acapella performances from CMU's Fish N Chips and Central Harmony, free food and fun at this 50's themed sock hop!

This is a free event. However, a donation of a new pair or pack of socks, which will be donated to the local homeless shelter, is suggested,

Presented by CMU Recreation and Event Management students. Call (989) 772-0748 to register.

Native American Storyteller Gayle Ross

Monday, November 9
6:00 p.m.
COA Room B

The Commission on Aging is pleased to present Native American Storyteller, Gayle Ross, one of the best-loved and most respected storytellers of her time. Ross is an enrolled member of the Cherokee Nation and a direct descendant of John Ross, principal chief of the Cherokee during the infamous "Trail of Tears." Her grandmother told Cherokee stories and sang songs handed down from one generation to the next, and it is from this rich Native American heritage that Ross' storytelling springs.

Her stories have opened evenings for such distinguished speakers as Maya Angelou, N. Scott Momaday and Alice Walker; and she has appeared with such noted Native American artists as Rita Coolidge, Wes Studi, Kevin Locke and John Trudell. She has appeared at almost every major storytelling and folk festival in the United States and Canada, as well as theaters and performance arts halls throughout the U.S. and Europe. The prestigious National Council of Traditional Arts has included Ross in two of their touring shows, and internationally acclaimed musician and composer Peter Buffett featured Ross and her stories in his epic stage performance "500 Nations," based on the CBS mini-series produced by Kevin Costner.

Sponsored by the Olga J. and G. Roland Denison Visiting Professorship of Native American Studies at Central Michigan University and the Ziiibiwing Center. Call (989) 772-0748 to register.



Holiday
Bazaar & Craft Show

Featuring a unique collection of hand-made items by local artisans.

The perfect place to purchase your holiday gifts!

Also featuring
Bake Sale
and
Quilt Raffle

Saturday, November 14
9:00 a.m. - 2:00 p.m.
Commission on Aging
2200 S. Lincoln Rd.

Director's Comments

Over the last few years, during the month of November we have come to you, our readers and our program donors and asked you to consider making a special donation to the Friends of Isabella Seniors (FIS) for the programs and services of the Isabella County Commission on Aging (COA).



Your special gift through Friends of Isabella Seniors is tax deductible. Since 1980 FIS has operated as a 501(c)(3) nonprofit. Its single purpose is to support the programs and services of Commission on Aging through a variety of fund raising activities. The dollars generated through these fund raising efforts go entirely to the support of the COA programs and services. They do not go toward administrative costs.

Last year your generosity provided FIS with over \$4,500.00 which was used to pay mileage reimbursement to our volunteers who deliver meals and take older individuals to medical appointments. It was also used in the Foster Grandparent and Senior Companion Programs to reimburse those volunteers for mileage. Not one dime of your donations went to administrative costs. All of it went to reimburse our volunteers for their mileage.

The mission of the COA is to promote the health, independence and fulfillment of older adults. The COA accomplishes this mission through the provision of services. Services that are paid for through funding generated from several different sources. The Commission on Aging is fortunate in receiving funding from the Senior Millage and the Saginaw Chippewa Tribal Council. We also have grants from the Federal and State governments and general client donations, but those funding sources do not cover all our service needs. We are fortunate that we have the Friends of Isabella Seniors and the work that they do for our older citizens.

If you decide to make a special donation to FIS, and we hope you do, you may wish to designate your gift to a specific program or for a specific purpose. This can be done by simply writing a note to indicate your choice. You can also designate your gift "In Memory of" or "In Honor of" someone special.

The Board of Directors for the Friends of Isabella Seniors greatly appreciates your support. They are thankful for your generosity and your thoughtfulness.

Since 1980 FIS has been a vital support to the Isabella County Commission on Aging. Through your donations you have helped FIS address the needs of our older Isabella County residents. We thank you for your support in the past and hope you continue to support FIS and the COA well into the future. Thank you

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

**Commission on Aging Activity Center
and Food with Friends Sites**

will be CLOSED

Wednesday, November 11

**Thursday & Friday,
November 26 & 27**

Calling All Bakers



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 them - 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! Proceeds benefit COA Activity Center.

Caregiver Support Group

As our calendar turns to November we would like to take a moment and recognize and thank caregivers during the National Caregivers Month. Our Caregivers Support Meeting will be held Tuesday, November 17 at Commission on Aging in the Craft Room. from 6:30 - 8:00 p.m. This confidential support group is open to all caregivers be it caring for your mother/father, spouse, grandparent or friend. In this group you will receive support, learn strategies for coping with challenging situations and get ideas you can implement. Educational handouts are available. If you have questions about this group feel free to call COA at **(989) 772-0748**. Hope to see you there!

This page is sponsored by: McLaren - Central Michigan Hospital

Ask a COA Specialist

Question: Recently, my mother fractured her hip and is recovering in a local nursing home. We plan for her to return to her home which is not set up for someone with special needs. Where do I start with preparing her home for her return?

Answer: Most medical insurances require facilities providing rehabilitative services to hold care conferences on a regular basis to track the progress of the patient. I would suggest someone from the family attend the meetings as the rehab staff can give you a better picture of her progress and assist you with the transition home. You should request the rehab staff perform an in home evaluation, before her discharge. Your mother will be transported back to her home where a therapist will then evaluate her ability to safely access her home. She will be asked to perform routine activities such as moving about her home, accessing her bathroom and bed to determine if there needs to be modifications to the home and any safety equipment that is necessary.

Most insurances do not cover home modifications such as ramps and bathroom remodels. Periodically, there are community service organizations who are willing to assist with larger projects for low income residents. Insurance normally will pay for medically necessary equipment with a prescription from physician. Walkers, canes, bedside commodes and hospital beds are some of the items that may be covered. Elevated toilet seats, shower chairs, grab bars and hand held showers are normally the responsibility of patient. I would suggest you check with the Commission on Aging regarding the availability of the items not covered by insurance. Due to the generosity of residents donating their used equipment to our agency, we normally have a diversity of medical equipment in stock. Based on availability, we also have 6 and 8 foot portable ramps to assist those with a temporary need.

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

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**.

Mission Moment

Where has the time gone? I am sure you have asked yourself this question many times over your life span. I am asking myself that question as I write this article. It seems like we just started summer vacation, and now we are about to begin the hustle and the bustle of the holiday season. With the holiday season, comes winter.

Winter can be a hectic time within the Nutrition Program at Commission on Aging. We are always watching the school closings, and the rule is, if Mt. Pleasant schools are closed due to weather, then we will not be delivering meals throughout the county, and congregate food sites are closed. We always weigh on the side of caution and safety for our drivers and participants. We don't want to place anyone in harm's way.

Once again this year we have purchased shelf stable meals for our Home Delivered Clients. We have sent the box of emergency meals to those who are eligible. Within the box there is enough food to make 5 separate meals. These meals should be set aside and consumed on the days that we are not able to deliver you a meal.

COA Bulk Drivers and Home Delivered Meal Drivers are wonderful volunteers who make sure that you receive your meals through the rain, snow, sleet, wind, ice and sunshine. Without them we would not be able to serve half the meals we do serve on a daily basis. Please join me in letting them know how thankful we are for each and every one of them. When they deliver the meal to your door step or the congregate site, in which you are attending, please be sure to thank them and let them know how much you appreciate them.

Please be sure to pay attention to the monthly menu because there are some days over the next few months that the Commission on Aging will closed and there will be no meals served. Please don't hesitate to call the main office at **(989) 772-0748** should you have any questions or concerns.

Michelle Howes, *Food with Friends Program Director*

Events/Classes



November Class

“Paradise Beach”

Wednesday, November 4
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’s methods are applicable to the beginner as well as the advanced painter. 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.

December 2 class - “The Christmas Tree Lot”

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 supporter of our community. The auction includes all sorts of wonderful items. Proceeds benefit Isabella County Commission on Aging Volunteer Mileage Reimbursement program. Last year COA Volunteers drove 200,000+ miles to assist older adults. Come join the FUN and bid the night away, all while supporting COA! Hope to see you there!

Eye Health

Tuesday, November 10
12:45 p.m.
COA Room B

Join Dr. Jason Andrus from the Eye Site to learn what affect age has on your eyes and how often you should see an eye care professional? Dr. Jason Andrus will present and answer questions on conditions that effect mature eyes. These conditions include Glaucoma, Cataracts, Diabetes and Macular Degeneration.

Call (989) 772-0748 to register.

We’re Celebrating



Please bring in a picture of you or your spouse in military uniform. Your photo will be scanned and immediately returned to you. Photos will be used in a special display at the COA.

Please call Katie for more information or questions at (989) 772-0748.

The Fungus Among Us A view of the Kingdom of Fungi

Monday, November 16
12:45 p.m.
COA Room B

Take an on-screen tour of the Kingdom of Fungi. Learn about the impact of fungi and mushrooms. Come listen to an overview about the basics of how mushrooms/fungi grow, the history of fungi, how fungi can help solve a number of dilemmas in today’s world and more. Feel free to bring in specimens you would like identified. Bring a spore print if possible. Sister Marie Kopin, C.P.P.S. will lead this program and will be assisted by Barbara Semans, members of the Michigan Mushroom Hunters Club.

Call (989) 772-0748 to register.

iPad Workshop

Tuesday, November 17
2:00 p.m.
COA Room B

Safari: Learn how to search, open new tabs, close tabs, bookmark websites, clear history, set your favorites and more.

No registration required.

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

Events/Classes

TREAT *YO*' SELF

Tuesday, November 17

5:00 - 8:00 p.m.

MJ Murphy's Beauty Salon
201 West Broadway St. Mt. Pleasant
\$5 in advance/\$8 at the door

Join stylists at MJ Murphy's Beauty Salon for a night where people of all ages can "Treat Yo Self" with three out of five services: hair styling, braiding, eyebrow waxing, manicures, deep tissue scalp massage and BYOM (Bring Your Own Makeup to have it professionally applied)! Want more services? Just pay \$2 more at each station. Also bring your change for auction prizes being offered throughout the night. Must be present to win! Proceeds benefit Commission on Aging.

Call (989) 824-1354 or email deato1sl@cmich.edu for reservations.

National Eat a Cranberry Day

Monday, November 23

11:00 a.m.

COA Room C

Please bring in your favorite cranberry dish to share in celebration of National Eat a Cranberry Day!

If you would like to have lunch, contact Katie (989) 772-0748 by noon Friday, November 20 to reserve your lunch. See menu on page 10.

November Movie & Popcorn

"The Hundred Foot Journey"

Tuesday, November 24

12:45 p.m.

COA Room B

\$1 per person

Hassan Kadam (Manish Dayal) is an extraordinarily talented and largely self-taught culinary novice. When he and his family are displaced from their native India and settle in a quaint French village, they decide to open an Indian eatery. However, Madame Mallory (Helen Mirren), the proprietress of an acclaimed restaurant just 100 feet away, strongly objects. War erupts between the two establishments, until Mallory recognizes Kadam's impressive epicurean gifts and takes him under her wing. (Rated PG, 122 minutes).

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



Holiday Tea and Desserts

Saturday, December 5

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

COA Rooms A,B

\$10 per person

You are cordially invited to Holiday Tea at Commission on Aging. Enjoy tea, delicious desserts and entertainment. Join us to celebrate the Holiday season.

Please reserve your space by calling Marcy at (989) 772-0748. Payment due by November 25.

Volunteer Opportunities

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.

TRAVEL with COA

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

Shopping at Great Lakes Crossing Outlets

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

Great Lakes Crossing Outlets in Auburn Hills is the market's dominant retail outlet and entertainment destination. With 185 manufacturers' outlets and traditional retail stores, it is MI's only enclosed value-regional mall.

Great Lakes Crossing Outlets has over 50 stores and restaurants that can't be found anywhere else in Michigan, including Bass Pro Shops Outdoor World, Disney Store Outlet, Rainforest Café, Saks Fifth Avenue Off 5th, Neiman Marcus Last Call Clearance Center, Victoria's Secret Outlet and Toby Keith's I Love This Bar & Grill—just to name a few!

Receive a Passport to Shopping, which offers great discounts on name-brand merchandise, fabulous food and entertainment at more than 100 stores.

When you're done shopping, visit SEA LIFE Michigan Aquarium or AMC Theaters. SEA LIFE Aquarium will transport you into the amazing underwater world. Come nose to nose with sharks and prepare for astonishingly close views of everything from humble sea stars and seahorses to graceful rays. AMC Theatres is a highly-themed 25 auditorium movie theatre, ranging in size from 100 to 600 seats, and includes an IMAX Theatre.

Includes transportation, passport to shopping and driver tip. Price DOES NOT include aquarium and theater.

Reservation & payment due by Nov. 13

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.



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.

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

**Experience the FUN!
come travel with us**

Join us for some FUN adventures!
Why not let us do the driving?
With our 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!

Need a
Holiday Gift?

Give your loved one the gift of
TRAVEL

Purchase a gift certificate for travel with
Commission on Aging.

You can purchase a gift certificate
for a specific trip or give them a generic
one for a specific amount and let them
choose where they'd like to go.

Commission on Aging trips
are open to all ages, safe, affordable,
escorted and most of all FUN!

Stop by Commission on Aging
to purchase a gift certificate.

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



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.

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

Monday	Tuesday	Wednesday
<p>2.</p> <p>7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 7:00 Square Dancing \$ (C)</p>	<p>3.</p> <p>All day Medicare Part D appts. ◆ (Lab,CF) 7:00 Aqua Zumba \$◆ (Rose) 10:00 The Music Makers (C) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$◆ (F)</p>	<p>4.</p> <p>All day Medicare Part D appts. ◆ (Lab,CF) 7:30 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance - CANCELLED 10:15 Low-Impact Exercise (F) 11:00 King Tut Day (C) 12:00 COA Advisory Council (BR) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 4:00 Anyone Can Paint \$◆ (C)</p>
<p>9.</p> <p>All day Medicare Part D appts. ◆ (Lab,CF) 7:30 Water Aerobics \$◆ (Rose) 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) 6:00 Native American Storyteller Gayle Ross ◆ (B) 7:00 Square Dancing \$ (C)</p>	<p>10.</p> <p>All day Medicare Part D appts. ◆ (Lab,CF) 7:00 Aqua Zumba \$◆ (Rose) 10:00 The Music Makers (C) 10:00 Needle Crafters (Craft) 12:30 Banjos, Guitars, Mandolins (C) 12:45 Eye Health Presentation ◆ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)</p>	<p>11.</p> <p style="text-align: center;">Veteran’s Day</p> <p style="text-align: center;">ACTIVITY CENTER and all FWF SITES CLOSED</p>
<p>16.</p> <p>All day Medicare Part D appts. ◆ (Lab,CF) 7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:00 Button Craft (C) 12:45 The Fungus Among Us ◆ (B) 1:00 Dominos & Pinochle (C) 7:00 Square Dancing \$ (C)</p>	<p>17.</p> <p>All day Medicare Part D appts. ◆ (Lab,CF) 7:00 Aqua Zumba \$◆ (Rose) 8:30 Friends of Isabella Seniors (BR1) 11:00 Friendship Bread (C) 1:00 Pre-Beginner Line Dancing (C) 1:30 Yoga \$◆ (F) 2:00 iPad Workshop (B) 6:30 Caregiver Support Group (Craft)</p>	<p>18.</p> <p>All day Medicare Part D appts. ◆ (Lab,CF) 7:30 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance - CANCELLED 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)</p>
<p>23.</p> <p>7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:00 Eat a Cranberry Day (C) 1:00 Dominos & Pinochle (C) 1:00 Readers’ Theater (Craft) 1:00 Legal Services (CF) 7:00 Square Dancing \$ (C)</p>	<p>24.</p> <p>7:00 Aqua Zumba \$◆ (Rose) 11:00 Mary Kay Pampering (C) 12:45 Movie, “The Hundred Foot Journey” \$◆ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)</p>	<p>25.</p> <p>7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance - CANCELLED 10:15 Low-Impact Exercise (F) 11:00 Geography Trivia (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>
<p>30.</p> <p>All day Medicare Part D appts. ◆ (Lab,CF) 7:30 Water Aerobics \$◆ (Rose) 8:30 Shopping at Great Lakes Crossing Outlet Mall \$◆ 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 7:00 Square Dancing \$ (C)</p>		

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

Thursday	Friday	Saturday
<p>5.</p> <p>All day Medicare Part D appts. ♦ (Lab,CF) 7:00 Aqua Zumba \$♦ (Rose) 10:00 Learn to Knit (Craft) 11:00 Lasso Activity (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$♦ (F) 5:30 Hula Class (F) 6:00 SOCK HOP ♦ (C)</p>	<p>6.</p> <p>All day Medicare Part D appts. ♦ (Lab,CF) 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)</p>	<p>7.</p> <p>4:00 Daniel Breidenstein Living Memorial Auction at The Bird Bar & Grill 223 S. Main</p>
<p>12.</p> <p>All day Medicare Part D appts. ♦ (Lab,CF) 7:00 Aqua Zumba \$♦ (Rose) 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)</p>	<p>13.</p> <p>All day Medicare Part D appts. ♦ (Lab,CF) 7:30 Water Aerobics \$♦ (Rose) 10:00 Friday Jam (Craft) CANCELLED 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) CANCELLED 12:45 Bingo w/Medilodge (C)</p>	<p>14.</p> <p>9:00 Holiday Bazaar & Craft Show (A,B,C,Craft)</p>
<p>19.</p> <p>All day Medicare Part D appts. ♦ (Lab,CF) 7:00 Aqua Zumba \$♦ (Rose) 10:00 Learn to Knit (Craft) 11:00 Word Games (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$♦ (F) 5:30 Hula Class (F)</p>	<p>20.</p> <p>7:30 Water Aerobics \$♦ (Rose) 8:30 FGP/SCP In-Service (A,B) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Music of Greg Merwin (C) 12:30 Ukulele (Craft) 12:45 Bingo w/Prestige Centre (C) 6:30 Red Hat Strutters Dance \$ (C)</p>	<p>21.</p>
<p>26.</p> <p>Thanksgiving</p> <p>ACTIVITY CENTER and all FWF SITES CLOSED</p>	<p>27.</p> <p>Thanksgiving</p> <p>ACTIVITY CENTER and all FWF SITES CLOSED</p>	<p>28.</p>
<p><i>The room/location for each activity is listed on the calendar for reference. 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>

FWF Eat Smart Menu

November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak Bread Mashed Potato/Gravy Stewed Tomatoes Cinnamon Applesauce	3 Goulash Bread Green Beans Coleslaw Tropical Fruit	4 Smothered Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Mixed Fruit	5 Lasagna Garlic Toast Italian Blend Tossed Salad Pineapple/Oranges	6 Chili Corn Bread Baked Potato Peaches
9 Potato Crunch Fish Filet Bread Redskin Potatoes Carrots Citrus Fruit Cup	10 Sloppy Joe Bun Corn Cabbage/Cauliflower Salad Applesauce	11 CLOSED Veterans Day	12 Lemon Baked Chicken Bread Scalloped Potatoes Spinach Peaches	13 Spanish Rice Bread Green Beans Coleslaw Tropical Fruit
16 Macaroni & Cheese Bread Capri Blend Tossed Salad Pears	17 Pork Chop w/Gravy Bread Oven Roasted Potatoes Beets Mixed Fruit	18 Sliced Turkey/Dressing Dinner Roll Mashed Potatoes/Gravy Broccoli Pumpkin Custard	19 Corn Chowder Bread Stick Hard Cooked Egg 24hr Cabbage Slaw Grape Fruit Cup	20 Chicken ala King Biscuit Carrots Fruited Gelatin
23 Baked Ham Bread Whipped Sweet Potatoes Winter Blend Pineapple Tidbits	24 Baked Chicken Bread Mashed Potatoes European Blend Cinnamon Applesauce	25 Spaghetti Garlic Toast Tossed Salad Corn Apricots	26 CLOSED Thanksgiving	27 CLOSED Thanksgiving
30 Tuna Casserole Bread Kyoto Vegetables Tossed Salad Peaches				

**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

November is such a wonderful time of year! There are so many things to be thankful for - our beautiful weather, good health and family and friends are just a few. Come to the Rosebush Food with Friends site and share this time of year with us. We'd love to see you. Enjoy a warm meal, meet some new people and stick around for one of our activities. We have Sit and Get Fit every Monday, Wednesday and Friday at 11:15 a.m.

Rosebush NOVEMBER Calendar

- 2 Humorous Readings by MaryDeana Duckworth
- 4 Penny Bingo
- 6 Music by Vicky Dexter
- 9 Bingo & prizes w/ Woodland Hospice
- 11 CLOSED - Veteran's Day
- 13 Good Times Music
Ice Cream Social
- 16 Rosebush Manor Appreciation Auction
- 18 Bingo & prizes w/The Laurels
- 20 Music TBA
- 23 Craft
- 25 Penny Bingo
- 27 CLOSED - Thanksgiving
- 30 Music TBA

**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

A big thank you to Bill Kalmar for making wooden pumpkins for everyone last month. Such creativity and fun Bill brings to our group. A special thanks to all that bring in homemade cakes, cookies, bread and the recipes to share with us. We have some very wonderful folks who help make everyone feel welcome. Do you like to play cribbage or cards? We play everyday. Come laugh and join in the fun! Our birthday celebration is November 18 with the music of Greg Merwin.

Shepherd NOVEMBER Calendar

- 2 "The 1st Snowfall" contest
- 4 Music w/Liz Lirnes & The Pickers
- 6 Trivia
- 9 National Pickle Day
- 11 CLOSED - Veteran's Day
- 13 Bingo
- 16 Homemade Bread Day
Bring sample or recipe of bread
- 18 Birthday Celebration,
Music w/Greg Merwin, Holiday meal
- 20 Peanut Butter Fudge Day
- 23 Cribbage, Skip Bo, card games
- 25 Nutrition Education
- 27 CLOSED - Thanksgiving
- 30 Paper Snowflake Day

WEIDMAN SENIOR CENTER

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

As we come into November, we have plenty to be thankful for when we gather together with good friends to eat good food. This month we will have plenty of fun playing games and singing along with The Music Makers. We will also start our holiday crafting to keep us cozy while the gales blow outside. Our monthly Birthday party will be Wednesday, November 18. We hope to see you there!

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

Gobble, gobble, gobble! Come celebrate Thanksgiving with us Wednesday, November 18 and enjoy a turkey lunch. The Midnight Express will be here celebrating Thanksgiving with us. We have a lot of good musicians, including Dan Miller, Vicky Dexter, Leon Seiter, Lyle Thrush, Bruce Frost and Rocky. Bob and Jean Johnson will be here to help celebrate November birthdays with us. Our birthday party is Monday, November 2. Call ahead and make your reservation early.

Winn NOVEMBER Calendar

- 2 Birthday Party, Bob and Jean Johnson
- 4 Dan Miller band
- 6 Visiting, Cards, Games
- 9 Vicky Dexter
- 11 CLOSED - Veteran's Day
- 13 Visiting, Cards, Games
- 16 Leon Seiter, Lyle Thrush & Bruce Frost
- 18 Thanksgiving Meal, Midnight Express
- 20 Visiting, Cards, Games
- 23 Mark Ray & Mark Bauman
- 25 Steve & Lois Johnson and Rocky
- 27 CLOSED - Thanksgiving
- 30 Jack Salisbury

Weidman NOVEMBER Calendar

- 3 Bingo
- 4 The Music Makers
- 5 Cards & Games
- 10 Music of Greg Merwin
Jeopardy
- 11 CLOSED - Veteran's Day
- 12 Cards & Games
- 17 Arts & Crafts
- 18 Birthday Party
The Music Makers
- 19 Cards & Games
- 24 Turkey Trivia
- 25 The Music Makers
- 26 CLOSED - Thanksgiving

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 November.

Activity Center NOVEMBER Calendar

- 2 Dominoes & Pinochle 1:00 p.m.
- 3 The Music Makers 10:00 a.m.
- 4 "King Tut Day" 11:00 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 5 Lasso activity 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 6 Bingo w/Woodland Hospice 12:45 p.m.
- 9 Dominoes & Pinochle 1:00 p.m.
- 10 The Music Makers 11:00 a.m.
- 11 CLOSED - Veteran's Day
- 12 Jeopardy 11:00 a.m.
Beginning Line Dancing 1:00 p.m.
- 13 Bingo w/Medilodge 12:45 p.m.
- 16 Button Crafts 11:00 a.m.
Dominoes & Pinochle 1:00 p.m.
- 17 Friendship Bread 11:00 a.m.
Pre-Beginner Line Dancing 1:00 p.m.
- 18 Bingo w/Crestwood Village 11:00 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 19 Word Games 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 20 Music of Greg Merwin 11:00 a.m.
Bingo w/Prestige Centre 12:45 p.m.
- 23 "Eat a Cranberry Day" 11:00 a.m.
Bring your favorite cranberry dish to share
Dominoes & Pinochle 1:00 p.m.
- 24 Mary Kay Pampering 11:00 a.m.
- 25 Geography Trivia 11:00 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 26 CLOSED - Thanksgiving
- 27 CLOSED - Thanksgiving
- 30 Dominoes & Pinochle 1:00 p.m.

Mid-Michigan Woodcrafters Club

If you are interested in woodworking or would like to know more about the basics of making things, then perhaps the Mid-Michigan Woodcrafters club may be what you are looking for. The skill level of club members range from the novice to the advanced. It is easy to learn some new facet about woodworking at just about every meeting. The club meets the second Tuesday of the month from September through June. The meetings are held at the Commission on Aging at 7:00 p.m. One meeting a year is set aside to tour a wood-related business to see firsthand how some of the construction is accomplished.

The meetings often feature a speaker that discusses topics like finishing, use of tools, maintenance of tools, safety, designing projects and a variety of related topics. The club is always looking for new speakers. If you know of someone that would like to share their woodworking skills, please have them contact the club.

The Mid-Michigan Woodcrafters club also participates in many community projects. One of the largest projects is making toys for the Christmas Outreach Program. Several hundred toys are donated annually. Recent projects include construction of the display case for the Garden Club that is housed in the Veteran's Memorial Library. Items have been donated for the Walk for Cancer and Women's Aid Shelter auction.

Membership dues are \$15 a year and most of the money goes toward making toys. We have been blessed by a few businesses that have donated material to use for many of the projects.

If you are interested in joining or learning more about the club please stop by one of our meetings. If you have any questions or need more information, contact Tom Delia, (989) 772-1902 or Don Hire, (989) 773-2587.

Mt. Pleasant Garden Club

Come learn about World Gardening. The Mt. Pleasant Garden Club will present a power point program about the Michigan Garden Club's World Gardening project in Belize at their meeting on Monday, November, 16 at 1 p.m. at Commission on Aging in Room A. Guests are welcome.

State Employee Retirement Association (SERA)

SERA will meet Tuesday, November 17 at the Zibiwing Center. The Michigan Indian Industrial Boarding School committee has invited SERA for lunch starting at noon. This will be followed by a brief business meeting of SERA for election of officers for 2016. We will have a tour of the Zibiwing Center and after the tour, there will be a round table discussion regarding the MIIBS and other topics. The committee would like input from former employees of the Mt Pleasant Center as well as the general public. The Zibiwing Center is located at 6650 E. Broadway. If there are any questions please feel free to contact Jackie Curtis (989) 772-059 or jac62irish@yahoo.com/

Chippewa Watershed Conservancy

Chippewa Watershed Conservancy (CWC) executive director Stan Lilley announced that the group has just signed an agreement to purchase 100 acres encompassing Bundy Hill in western Isabella County, south of Lake Isabella. At 1,270 feet, Bundy Hill is the highest point in the county Lilley said, "Bundy Hill has been owned by the Wakelin and Kathleen McNeel family since the mid-1950's and open to the public with permission, but most people weren't aware of this. Our aim is to buy the land and create a preserve that will be permanently available for recreation and nature education."

CWC protects land that is natural habitat for birds, animals and plants. Our preserves are generally used by the public for environmental studies and outdoor recreation, and Bundy Hill is a natural area; but it is also a historic spot in Isabella County. CWC has started to study the way the public used Bundy Hill, and they are many and varied. We learned that there was a sled hill there; the property was used as a Quaker Meeting place; it was used for field trips by the CMU Lab School and used by families for picnics where the children ran free and climbed the hill and the huge rock that is located on the property. There was even a band, the Bundy Mountain Jamboree with Bill Lyon, named after Bundy Hill. I am sure that there were many other uses.

We need your help. What did you do at Bundy Hill? What are your memories of going there, or hearing about events from your parents?

Send your memories in an email to cwc@chippewawatershedconservancy.org or write to us at P.O. Box 896, Mt. Pleasant, MI. 48804-0896. You can also share with us on our Facebook page. The essays can be of any length or on any topic relating to an activity at Bundy Hill. Thank you so much for joining us in this project.

The property is still privately owned and not routinely available to the public until the CWC owns the land. We plan to host some walks there during the fundraising, but it is currently leased.

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 Commission on Aging at 7:00 p.m. in Room B. Join us November 12, 2015. Lorene Wilson will be presenting at our meeting at COA on "The Orphan Train with emphasis on the stops in Michigan."

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

For more information visit <http://isabellagenealogy.org>

Evening Bloomers Garden Club

Did you ever wonder about Loda Lake Nature Preserve? Come to Evening Bloomers Garden Club meeting Tuesday, November, 3 at 7:00 p.m. in Room C at the Commission on Aging to hear Karen Motwa tell us what is new at Loda Lake. The public is welcome to our programs..

Mt. Pleasant Area Historical Society

By popular demand, a repeat public showing of the video produced for Isabella County's Sesquicentennial in 2009 will be shown at the Mt. Pleasant Area Historical Society meeting at 7:00 p.m. Tuesday, November 3 at Commission on Aging in Room A. "Isabella County: 150 years in the making" is a 54 minute video featuring interviews with local citizens with expertise in aspects of area history, as well as an animated review of how each township came into being with a photo visit to Isabella County communities past and present. The Society will sell copies of the remastered video following the program. The public is invited and encouraged to attend. The program is slated before the Society's business meeting.

Aphasia Research Project at Central Michigan University

This research involves a 10 week treatment program that may improve communication skills. This is for participants that are between the ages of 18 & 85 that have mild to moderate-severe aphasia. The research is held at the Carls Center for Clinical Care and Education at CMU's Health Professions building. For more information or for interested participants, contact Dr. Natalie Douglas at (989) 774-2543 or natalie.douglas@cmich.edu.

Immanuel Village Apartments

Immanuel Village Apartments for Seniors -- The best kept secret in Mt. Pleasant! Immanuel Village Apartments are subsidized housing for low-income persons 62+ and features 26 one-bedroom apartments -- two of them barrier free. We are a healthy, non-smoking campus. Rent is about 30% of one's income per HUD guidelines. Please call (989) 773-7274 for more information.

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

Community Health Classes

Diabetic Foot Screening

Learn and Receive a Free Foot Screening

Regular foot exams to identify high risk foot conditions at an early stage when treatment will be most effective are vital if you have diabetes. Following regular self-care techniques and knowing risk-factors that put you at a higher risk of developing foot disease is also essential. Join Wound Care Surgeon Anne Missavage, MD for a talk on self-care techniques you can use to preserve your foot health and risk-factors that can lead to complications. Free foot exams will follow. Get all the information you can about diabetic foot health so you can identify changes in your feet early to avoid serious complications.

Tuesday, November 17, 2:00 p.m.

MCM Wound and Hyperbaric Center

4639 E. Pickard, Suite A, Mt. Pleasant

Call (989) 779-5606 to register.

Community Cholesterol Screening

Cholesterol plays a key role in determining a person's heart health. This is why it is important to know your cholesterol numbers. Everyone age 20 or older should have their cholesterol measured at least every five years.

MCM offers walk-in Cholesterol Screenings

3rd Wednesday of each month

McLaren Central Michigan Lab

1221 South Drive, Mt. Pleasant

The screening includes information about your:

- Total cholesterol
- LDL (bad) cholesterol – the main source of cholesterol buildup and blockage in arteries
- HDL (good) cholesterol – helps keep cholesterol from building up in the arteries
- Triglycerides – another form of fat in your blood
- Glucose
- Blood Pressure

Cost \$25. No appointment required. Fasting for 10-12 hours is necessary for accurate results. Screening results will be mailed to your home.

Free Memory Screening

Concerned about memory loss in a loved one or yourself? If you notice an interference with daily activities, and avoidance of tasks, hobbies, or social events, and memory loss seems to be getting worse, consider a memory screening. The memory screening helps determine whether problems are a normal part of aging or due to a condition that should be treated. The screening consists of questions and tasks that take about 20 minutes to complete and is an initiative of the Alzheimer's Foundation of America.

Henry Szlag, DO will be performing free memory screenings at the Weidman Area Health Clinic 3520 N. Woodruff, Weidman on Thursday, November 5 from 2:00 – 4:00 p.m. Call (989) 779-5606 to schedule an appointment.

Diane Grove, PA-C will be performing free memory screenings at her office 1509 N. McEwan, Clare on Tuesday, November 10 from 1:00 – 4:30 p.m. Call (989) 779-5606 to schedule an appointment.

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

IN MEMORY

Mary Blubaugh
Betty Kirby & Betty Lulinski

Donna Breuer
Anonymous
Anonymous
Marian Carpenter
Alison Coutruier
John & Esther Haupt
Donna Murphy
Rose O'Brien
Bernadette Sunderman
Monica Tilman
Agnes Waggoner
David & Betty Washburn

Bonnie Carroll
Thomas & Janice Trionfi

Russell Fisher
Gordon Netzley
Dorothy Steele

Jack Fitzpatrick
James & June Fitzpatrick

June Garrett
Stanley Thren

Glenna K. Lawens
Robert & Mark Lawens

Wilfred A. Maloney
Stephen & Jean Hoeger

David Murphy
The Pat Murphy Family

Joan Ruddell
William & Rosanna Albee
Anonymous
Anonymous
Anonymous
Anonymous
Steven & Kerri Bendele
Karyl Bertuleit
Ed & Kay Bissett
Eric & Mary Sue Bock
David & Glenda Bowerman
The Bowmans
Dan & Elida Brooks
Pam Brown
Jeff Butler
Joyce Butler
Bill & Sandy Caul

Larry Cavanagh
James & Jeanette Chapman
Ray & Jane Clark
Tim & Teresa Coscarelly
Jim & Diane Damito
Rod & Pat Degraw
Patty Dole
Luann Dunsford
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Marie K. Green
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Dan Heinz
A. Hetherington
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Gerald & Dorothy Huber
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Jan Kempker-Good
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Pete Lorenz
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Dianne Schumacher

Jack Taylor
Brenda Johnston

Active LIVING In Memory

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Bernie & Barb Schafer

Bonnie Carroll
John & Debbie Robinson

Choice Faling-Foster
Louis & Justine Fiorillo

Harry Martin
Eileen Rau
Mary K. Rau

Donald Peltier
Philip & Mary Mead

Frances Lindsay
Steve & Robin Stressman

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Gary & Julie McBride

Joan Ruddell
Chris & Misty Purrett
Fred & Vicky Schafer

Volunteer Driver Mileage In Memory

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Anonymous
Anonymous
Anonymous
Anonymous
Rich & Julie Faber
Rich & Mary Hall
Mary Kushion
Donna Murphy
June Powell
Mr. & Mrs. Fred Steffke
Maureen Yesmunt

Needle Crafters In Memory

Marjorie Farmer
Michael Zander

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

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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.

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

NOVEMBER 2015 ACTIVE LIVING



Needs Your Support

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

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?

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Thank you for your support!

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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:
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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.

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