

# Active LIVING

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



Students from Central Michigan University Recreation and Event Management program hosted a “Treat Yo’ Self” night at MJ Murphy Beauty College November 17.

For a nominal fee the community took advantage of services offered by MJ Murphy Beauty College stylists. Services included: hair styling, braiding, eyebrow waxing, manicures, deep tissue scalp massage and BYOM (Bring Your Own Makeup to have it professionally applied)! Auction prizes were also raffled throughout the night.

All proceeds (\$384.45) from the event were donated to Isabella County Commission on Aging. Thank you CMU students!

*Pictured above is Brenda Upton, COA Director with the CMU Recreation and Event Management students.*

## Have a Heart



The generosity of the people of Isabella County is well known. For this reason, the Commission on Aging is again asking for assistance with the agency’s “Have a Heart” project. For the past 26 years, community members have answered the call to help our friends and neighbors with needs such as utility costs, prescription costs and mileage costs for medical appointments. People in need continue to request assistance from the Commission on Aging; and thanks to our community partners, we are able to help answer many of the requests.

The “Have a Heart” project depends solely on the generosity of Isabella County residents. There are no federal, state or local funds used for this program. As in the past, the COA expects to assist 100 older county residents with the high costs of heating their homes, prescription medications and/or mileage for medical transportation.

All donations are sincerely appreciated and the staff at the Commission on Aging promises to be good stewards of all donations. If you are able to help, you may make your check payable to Friends of Isabella Seniors “Have a Heart”, 2200 S. Lincoln Rd, Mt. Pleasant, MI 48858, If you have questions or would like more information, please contact the Commission on Aging at **(989) 772-0748**. Thank you in advance for your willingness to help our friends and neighbors.

## Director's Comments

The Commission on Aging has been working with the Medicare Part D Enrollment Program since May, 2006. The Medicare Part D Open Enrollment period has become a big annual event that involves several staff members and at least 8 to 12 volunteers. It begins October 15 and ends December 7. During this time people with Medicare can join, dis-enroll or switch Part D programs. This isn't to say the COA staff doesn't deal with Part D other times of the year. There is also special enrollment periods, such as when a senior (65 years of age) retires and loses drug coverage or when a person moves out of one Part D's service area into another (i.e., Michigan to Florida, etc...). We pretty much deal with Part D issues all year. However October to December is packed with Part D appointments.



This year during open enrollment we helped 518 Older Adults and saved each of them an average of \$493.00 annually for a total of \$255,696.00.

If you are about to turn 65 years old and in the process of applying for Medicare, it might be to your advantage to make an appointment to speak to one of our Social Workers. They will help you consider the 4 "C's": Cost, Coverage, Convenience and Customer Service.

### Cost

What are the total projected annual costs with the plans being considered? How much are the monthly premiums charged?

### Coverage

Do the plans being considered cover all the drugs you believe you will need in 2016?

### Convenience

Can you get your medications at a preferred price at the pharmacy of your choice? If you travel, will you be able to get your prescriptions easily with your plan while you are away from home?

### Customer Service

How responsive are the plans under consideration? How do they handle problems and questions? How do the plans help members manage their medication need? Do they send refill reminders?

Our Social Workers can help with these questions. You have to make the final choice on which plan you prefer, but our Social Workers can help you through the process.

If you have any questions, please call the Commission on Aging at (989) 772-0748 and ask to make an appointment with one of our Social Workers.

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

## Mission Moment

Each year our Gold Key Volunteer Needle Crafters help to keep the hearts and hands of children, veterans, older adults and other public service members warm. This holiday season, our Gold Key Volunteer Needle Crafters distributed over 4,161 items to over 19 schools, head start/preschools, senior apartment and senior assisting living complexes, police & fire departments, the soup kitchen, the animal shelter, doctors' offices and McLaren Central Michigan hospital.

Susan Renaud, Mt. Pleasant Public Schools Mary McGuire principal said, "Thank you so much for your time, effort and creativity to produce so many quality hats, quilts, mitten and scarves. The selection you sent us was so great. I know our students in need will love choosing from the many patterns and colors. We look forward to your donation each year and many of our students stay warm outside."

Thank you Gold Key Volunteer Needle Crafters for all your hard work and dedication.

*Anna McDonald*

*Gold Key Volunteer Program Coordinator*

## Caregiver Support Group

Our next Caregivers Support Meeting will be Tuesday, January 19, at the Isabella County Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. The meeting is held 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 that you can immediately implement. Educational handouts are always available. If you have questions about this group feel free to call the COA at (989) 772-0748.

## Free Tax Preparation Available

The Isabella County Commission on Aging is once again coordinating with the AARP Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing available. This service is provided to low and middle income taxpayers. Appointments for all sites except Dover Court, Riverview and Winchester Towers must be made by calling the Commission on Aging. Dover Court, Riverview and Winchester Towers should call their building office.

The volunteers at these tax clinics will be handling Federal and Michigan tax returns that are within the scope of their training, as well as Homestead Property Tax and Home Heating credits. Volunteers are required to pass an IRS test before they can prepare returns. People who are self employed, have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

The following are locations, dates and times for the free tax preparation **BY APPOINTMENT ONLY**.

CALL for APPOINTMENT **(989) 772-0748**.

**DO NOT CALL for APPOINTMENT UNTIL JAN. 19, 2016**

COMMISSION on AGING, MT. PLEASANT

Thursdays, February 4 - April 7

Tuesday, March 29

Wednesday, April 6

10:00 a.m. - 3:30 p.m.

BLANCHARD LIBRARY/ROLLAND TOWNSHIP HALL

Tuesdays, February 9 & 23 and March 15

10:45 a.m. - 2:00 p.m.

WEIDMAN SENIOR CENTER

Tuesdays, February 2 & 16 and March 8 & 22

1:15 - 4:30 p.m.

SHEPHERD, COE TOWNSHIP LIBRARY

Wednesdays, February 17 & March 9, 11:30 a.m. to 4:00 p.m.

ROSEBUSH - FAITH MEMORIAL LIBRARY

Tuesday, March 1

12:45 - 4:00 p.m.

RESIDENTS of Dover Court, Riverview and Winchester Towers: CALL YOUR BUILDING OFFICE for RESERVATIONS, DATES and TIMES. LIMITED to RESIDENTS.

**TAX PAYERS MUST BRING SOCIAL SECURITY CARDS - NOT MEDICARE CARDS - AND BLANK CHECKS IF DIRECT DEPOSIT IS DESIRED**

## Ask a COA Specialist

**Question:** The task of care giving can seem insurmountable at times. What are some ways for the caregivers to find relief and stay balanced and strong?

**Answer:** This is not a simple question to answer but the most important thing is to take care of yourself and not to neglect your own needs. Make sure you are refueling yourself with your most important activities so you have the energy and enthusiasm to provide care for someone else. Stay in regular contact with friends and family. Many people find exercise helpful and will join a physical exercise group or do individual daily stretches and workouts. Consider joining the COA caregiver support group that addresses issues that you are dealing with; or if support groups are not your style, consider seeking a counselor to preserve your own mental and emotional well-being. If you work outside the home, determine if your employer provides support and counseling services. Keep your limitations in mind. You can help your loved one; you can improve their quality of life; but you may not be able to extend their life. Know what your role is and what you cannot do. If you like to control things or go it alone, this is a good time to work on changing your ways. Take advantage of all the offers of help. This is good for you but also for the additional caregivers, who become empowered and will be involved for the long run. Also, please understand that it is normal to sometimes have feelings of resentment or anger, or even unkind thoughts, towards your loved one; try not to feel guilty about this. You have done nothing wrong; this can be a natural response. If you would like to speak with the Commission on Aging about any caregiving issues please feel free to call us at **(989) 772-0748**.

**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**

**Commission on Aging Activity Center  
and Food with Friends Sites  
will be CLOSED  
Monday, January 18  
in observance of Martin Luther King Jr. Day**

## Events/Classes



### “Covered Bridge”

Wednesday, January 6  
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. For more information, contact Marcy at (989) 772-0748.

### The King’s (Elvis) Birthday

Friday, January 8  
11:00 a.m.  
COA Room C

Please join us for lunch and some good old rock n’ roll to celebrate The King’s 81<sup>st</sup> birthday! Menu includes an Elvis-approved meal of roast pork, dinner roll, mashed potatoes with gravy, corn & lima beans and cinnamon applesauce. Be sure to wear your blue suede shoes!

Call Katie at least 24 hours in advance to register for lunch, (989) 772-0748.

### Intergenerational Creative Art Partners in Painting

Saturdays, January 16 - March 5  
10:00 a.m. - 12:00 p.m.  
COA Craft Room

Join us for 8 mornings of creative beautiful art with the help of our painting expert in a step-by-step tutorial. Even the least experienced painter will create something masterful. We invite you to bring your grandchild or grand friend to be partners in painting! Each pair will be provided with supplies to create their own masterpiece. Dress comfortably in clothes suitable for creativity!

This free event is hosted by CEHS Institute of Intergenerational Relationships. For information or to register contact Katherine Hughes at (517) 902-6262 or e-mail CEHSIIGR@cmich.edu

### iPad Workshop

Tuesday, January 19  
2:00 p.m.  
COA Room B

Tips and Tricks: Learn to customize your Home screen, get more from built-in apps like Mail and Safari and more. We will show you how.

No registration required.

### January Movie & Popcorn

#### “The Intern”

Tuesday, January 26  
12:45 p.m.  
COA Room B  
\$1 per person

Jules Ostin is a young woman running a thriving online fashion website. Convinced by her employees to enact a senior outreach program, she hires 70-year-old retiree Ben Whittaker as an intern. Ben initially has much to learn, and finds that the modern business world isn't anything like he remembers. However, as Ben acclimates himself it becomes clear that he has plenty to teach the young people around him. In the end, it may be Ostin that learns the most valuable lessons of all. Starring Robert De Niro and Anne Hathaway (rated PG-13, 121 minutes)

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

### Guided Autobiography

Ten Meetings to Write your Story

Wednesdays, February 17 - April 27  
10:00 a.m. - 12:00 p.m.  
COA Craft Room

Through sensitively designed questions and themes, YOU write about YOUR life and read only what YOU wish to share. Give and receive validation and support, growth & laughter. Enrich the rest of your life and the lives of those around you. Sponsored by CEHS Institute for Intergenerational Relations, facilitated by Denise Richards, MSW

For information or to register contact Denise at (989)560-0176.

This page is sponsored by: **Woodland Hospice & Morey Bereavement Center**  
Hospice of Central Michigan dba

# 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.

*Instructor: Judi Swartz*

## 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**

*Instructor: Sue Courington*

## Line Dancing

**Beginner**

**Thursdays**

**1:00 - 3:00 p.m.**

**COA Room C**

**No Charge**

**Intermediate**

**2<sup>nd</sup> & 4<sup>th</sup> 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**

## Tai Chi for Arthritis (TCA)

TCA is an evidence-based tai chi form created by Dr. Paul Lam, and his team of medical experts. It is a gentle, slow-moving exercise designed to improve balance, flexibility, muscle strength, and a sense of well-being. Regular practice can also reduce the incidence and fear of falling in the elderly.

**Tuesdays & Thursdays**

**February 2 - March 10, 2016**

**9:00 - 10:00 a.m.**

**COA Fitness Room**

**No Charge**

*(\$25 - \$50 donation suggested)*

No experience necessary

Limit of 15 participants

Loose clothing and supportive shoes  
recommended

*Instructor: Ann FitzGerald*

## Tai Chi Qigong Shibashi

Tai Chi Qigong Shibashi is a gentle, flowing, slow-motion exercise designed to improve general health and well-being. It is also very effective in reducing mental stress and physical tension, and is easy to learn. Materials provided to support additional home-based practice.

**Tuesdays & Thursdays**

**February 2 - March 10, 2016**

**10:30 - 11:30 a.m.**

**COA Fitness Room**

**\$100**

No experience necessary

Loose clothing and supportive shoes  
recommended

Maximum 15 participants, minimum 6

*Instructor: Ann FitzGerald*

## Yoga

Zen Yoga is 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

*Instructor: Catherine Tobin*

## 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

*Instructor: Judi Swartz*

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

# TRAVEL with COA

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



## Detroit Red Wings

Sunday February 14

\$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 226a, rows 13 - 14

Includes transportation, ticket and driver tip.

Reservation & payment due by Jan. 8.



## Blain's Jumpin' Jubilee

Wednesday, March 16

\$86 per person

Departs COA, 9:00 a.m.

Saturday nights will never be the same! Enjoy this entertaining variety show of southern hospitality and a lighter look into Southern culture. Simple folks doing what they do best, entertaining each other and the audience, too. This musical comedy is a real crowd pleaser, with great songs like Blue Moon of Kentucky, Ruby Are You Mad At Me?, Love Letters and I'm Going Back To Old Kentucky.

When you arrive at the doors to our Dinner Theatre, our wait staff will seat you at your reserved table. A house salad and soup will be served to you. Then our wait staff will dismiss you to the buffet. Buffet includes carved roasted turkey, mashed potatoes, sage dressing, gravy and 2 vegetables. Homemade dinner rolls and Grandma's cranberry relish will be brought to your table, followed by your 3 choices for dessert. You will have some time to walk around and visit our bakery, ice cream parlor and gift shop. At this point our wait staff will clear your table and hand out programs for the show to start at 2:00 p.m.

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

Includes transportation, lunch, show, tips & gratuities.

Reservation & payment due by Feb. 12.



Saturday, April 2

\$129 per person

Departs COA, 12:00 p.m.

Join us as we travel to the Wharton Center for the International Irish dance phenomenon

## Riverdance -

### The 20<sup>th</sup> Anniversary World Tour

Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend

of dance, music and song. Of all the performances to emerge from Ireland - in rock, music, theatre and film - nothing has carried the energy, the sensuality and the spectacle of Riverdance. Composed by Bill Whelan, produced by Moya Doherty and directed by John McCoolgan.

Includes transportation, show, dinner at Clara's Lansing Station, tips and gratuities.

Dinner choices include:

#### CLUB CAR CHICKEN HAWAIIAN

six-ounce portion of our delightfully marinated and char-broiled chicken breast

#### CLUB CAR PORK CHOP

eight-ounce center cut pork chop, char-broiled

#### CLUB CAR TOP SIRLOIN

six-ounce top sirloin, char-broiled to your request

#### CLUB CAR TILAPIA

single filet of a mild, cold water white fish seasoned with Old Bay spice.

#### MEAT LASAGNA

tender noodles layered with ricotta, provolone and cottage cheeses, mushrooms, onions, sausage and a spicy sauce

#### BAKED MANICOTTI

baked egg pasta stuffed with a delicately seasoned ricotta and Parmesan cheese filling, covered with marinara sauce and fresh grated Parmesan cheese

All items served with salad, roll and non-alcoholic beverage. Each meal (excluding Lasagna and Baked Manicotti) will include choice of a baked potato or garden rice.

Reservation & payment due by February 1.

This page is sponsored by: **Lawrence E. and Sally A. Foote**

## more TRAVEL



**Monday, May 23**  
**\$104 per person**  
**Departs COA, 4:00 p.m.**

We will be traveling to the Dow Event Center for Disney's BEAUTY AND THE BEAST, the smash hit Broadway musical. Disney's Beauty and the Beast has been touring worldwide since October 2014 and is continuing its success on a global scale. Based on the Academy Award-winning animated feature film, this original spectacle has won the hearts of over 35 million people worldwide. This classic musical love story is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers including "Be Our Guest" and the beloved title song. Experience the romance and enchantment of Disney's BEAUTY AND THE BEAST.

Includes transportation, ticket to musical (main floor seating) and driver's tip.

We will be enjoying dinner at Uno's Pizzeria & Grill in Saginaw before the musical. Dinner is not included in the price of the trip and therefore on your own (18% gratuity added).

Reservation & payment due by April 8.



**Wednesday, May 11**  
**\$91 per person**  
**Departs COA, 7:30 a.m.**



An experience like none other!

Are you ready for adventure? Invite a friend, leave your "routine" behind and get ready for a day full of unexpected fun! It's the unexpected that makes this tour so much fun. Not only unexpected destinations but experiences too!

It will be entertaining, engaging & exciting!

**CLUES:**

- ◆ Moderate walking, few stairs to climb
- ◆ Handicapped accessible
- ◆ Dress casually with comfortable shoes
- ◆ Bring your camera
- ◆ From start to finish (not including driving time), trip will last 4.5 hours
- ◆ Enjoy lunch and popcorn (the 3<sup>rd</sup> best tasting popcorn in the world!)
- ◆ Time to browse the gift shop
- ◆ Story telling, history lesson, guided tour

Includes lunch, guided tours, humor, storytelling, a history lesson, transportation, tips and gratuities.

Lunch options:

**Soup**

Chicken noodle or Vegetable beef soup

**Sandwich**

Sandwiches come with home-made chips  
 Lettuce, tomato and condiments are served on the side

Roast beef & cheese on a Kaiser bun  
 Roasted turkey breast on a Kaiser bun  
 Stacked ham & Swiss cheese on a Kaiser bun

(vegetarian and gluten free options available)

**Dessert**

Home-baked brownie

All meals come with cold drinks, hot coffee or tea

Reservation & payment due by April 8.

## Life is a TRIP!

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

Benefits of traveling with us:

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

## Travel Policy

- Cancellations made within 30 days may be refundable, however a \$10 administrative fee will be charged.
- For cancellations 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 one week prior to departure if trip is cancelled because of low numbers. A full refund will be honored should this occur.
- In the event of unforeseen circumstances, we reserve the right to cancel. 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.

Monday	Tuesday	Wednesday
<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>		
<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 &amp; 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>4. 7:30 Water Aerobics \$◆ (Rose) <i>CANCELLED</i>                      10:00 Dulcimers (Craft)                      10:15 Low-Impact Exercise (F)                      11:00 Trivia Game (C)                      1:00 Dominos &amp; Pinochle (C)</p>	<p>5. 7:00 Aqua Zumba \$◆ (Rose) <i>CANCELLED</i>                      10:00 The Music Makers (C)                      12:30 Banjos, Guitars, Mandolins (C)                      1:30 Yoga \$◆ (F)</p>	<p>6. 7:30 Water Aerobics \$◆ (Rose) <i>CANCELLED</i>                      10:00 Computer Assistance                      10:15 Low-Impact Exercise (F)                      11:00 Deal or No Deal w/Medilodge (C)                      12:00 COA Advisory Board (BR1)                      1:00 Bridge, Euchre, Pepper (C)                      1:00 Happy Ripper Quilters (Craft)                      4:00 Anyone Can Paint \$◆ (C)</p>
<p>11. 7:30 Water Aerobics \$◆ (Rose)                      10:00 Dulcimers (Craft)                      10:15 Low-Impact Exercise (F)                      11:00 Morse Code Activity (C)                      1:00 Dominos &amp; Pinochle (C)                      1:00 Readers' Theater (Craft)                      1:00 Legal Services (CF)</p>	<p>12. 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 (Craft)                      1:30 Yoga \$◆ (F)                      2:00 Intermediate Line Dancing (C)</p>	<p>13. 7:30 Water Aerobics \$◆ (Rose)                      9:00 Art Group (Craft)                      10:00 Computer Assistance                      10:15 Low-Impact Exercise (F)                      1:00 Bridge, Euchre, Pepper (C)                      1:00 Happy Ripper Quilters (Craft)                      1:00 Book Club (Lib)</p>
<p>18. <b>Martin Luther King Jr. Day</b>                       ACTIVITY CENTER                      and all                      FWF SITES CLOSED</p>	<p>19. 7:00 Aqua Zumba \$◆ (Rose)                      8:30 Friends of Isabella Seniors (BR1)                      11:00 Popcorn Day (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>20. 7:30 Water Aerobics \$◆ (Rose)                      10:00 Computer Assistance                      10:15 Low-Impact Exercise (F)                      11:00 Bingo w/Crestwood Village (C)                      1:00 Bridge, Euchre, Pepper (C)                      1:00 Happy Ripper Quilters (Craft)                      1:00 Second Hand Book Club (Lib)</p>
<p>25. 7:30 Water Aerobics \$◆ (Rose)                      10:00 Dulcimers (Craft)                      10:15 Low-Impact Exercise (F)                      1:00 Dominos &amp; Pinochle (C)                      1:00 Readers' Theater (Craft)                      1:00 Legal Services (CF)</p>	<p>26. 7:00 Aqua Zumba \$◆ (Rose)                      11:00 Mary Kay Pampering (C)                      12:45 Movie, "The Intern" \$◆ (B)                      1:00 CMU Bridge (Craft)                      1:30 Yoga \$◆ (F)                      2:00 Intermediate Line Dancing (C)</p>	<p>27. 7:30 Water Aerobics \$◆ (Rose)                      9:00 Art Group (Craft)                      10:00 Computer Assistance                      10:15 Low-Impact Exercise (F)                      1:00 Bridge, Euchre, Pepper (C)                      1:00 Happy Ripper Quilters (Craft)</p>

Thursday	Friday	Saturday
	1. <b>New Year's Eve</b>  ACTIVITY CENTER and all FWF SITES CLOSED	2.
7.	8.	9.
7:00 Aqua Zumba \$◆ (Rose) <i>CANCELLED</i> 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	7:30 Water Aerobics \$◆ (Rose) <i>CANCELLED</i> 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Elvis' Birthday Party (C) 12:30 Ukulele (Craft) 1:00 Bingo w/Medilodge (C)	
14.	15.	16.
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)	7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Crazy Hat Day (C) 12:30 Ukulele (Craft) 1:00 Bingo (C)	10:00 Partners in Painting ◆ (C)
21.	22.	23.
7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Window Decorations (C) 12:30 Ukulele (Craft) 1:00 Bingo w/The Laurels(C)	10:00 Partners in Painting ◆ (C)
28.	29.	30.
7:00 Aqua Zumba \$◆ (Rose) 9:00 Zehnder's Snowfest \$◆ 10:00 Learn to Knit (Craft) 11:00 Jeopardy 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Picture Frame Craft (C) 12:30 Ukulele (Craft) 1:00 Bingo (C)	10:00 Partners in Painting ◆ (C)

*This page is sponsored by:* **In Memory of Dr. Leonard E. Plachta**

**FWF Eat Smart Menu**

**January 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED New Year's Day
4 Spanish Chicken Brown Rice Bread Kyoto Vegetables Pears	5 Sliced Turkey Bread Whipped Sweet Potato Corn Apricots	6 Sloppy Joe w/ Bun Scalloped Potatoes Broccoli Peaches	7 White Bean Chicken Chili Biscuit Broccoli/Cauliflower Salad Pineapple /Oranges	8 Roasted Pork Dinner Roll Mashed Potatoes/ Gravy Corn & Lima Beans Cinnamon Applesauce
11 Salisbury Steak Bread Whipped potato/ Gravy Mixed Vegetables Strawberries	12 Lasagna Garlic Toast Cauliflower Mixed Fruit	13 Pork Chop/Gravy Bread Company Potatoes Stewed Tomatoes Applesauce	14 Goulash Bread Peas & Carrots Fruited Gelatin	15 Turkey Stew Biscuit Carrots Apricots
18 CLOSED Martin Luther King Day	19 Baked Spaghetti Bread Sticks Green Beans Peaches/Pears	20 Macaroni & Cheese Bread Broccoli Carrots Pineapple Tidbits	21 Spanish Rice Bread Mixed Vegetables Fruit Cocktail	22 Chicken Salad Croissant Cucumber Salad Apple Slices
25 Chili Corn Bread Tossed Salad Mixed Fruit	26 Turkey Loaf Bread Whipped Potatoes/Gravy Italian Blend Citrus Fruit Cup	27 Potato Crunch Fish Bread Oven Roasted Potato Green Beans Cinnamon Applesauce	28 Chicken Broccoli & Cheese Bread Winter Blend Peaches	29 Meatballs Bread Redskin Potatoes 24 Hr Slaw Apricots

Menus are Subject to Change Without Notice  
Reservations are Required 24 Hours in Advance

Milk provided with all meals  
Suggested Donation \$2.50

**ROSEBUSH VILLAGE OF ROSEBUSH MANOR**

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

Happy New Year! A great way to welcome 2016 is to try something new. We would love to see you at the Rosebush Food with Friends site. Come in and enjoy a meal, stay for an activity and spend a day with great people.

**Rosebush JANUARY Calendar**

- 1 CLOSED - New Year's Day
- 4 TBA
- 6 Penny Bingo
- 8 Good Times Music, Ice Cream Social
- 11 Bingo with prizes w/Woodland Hospice
- 13 Penny Bingo
- 15 TBA
- 18 CLOSED - Martin Luther King Jr. Day
- 20 Bingo with prizes w/The Laurels
- 22 TBA
- 25 Birthday celebration, Craft
- 27 Penny Bingo
- 29 TBA

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

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

## 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

Happy New Year! Take in our pie bake off contest January 27. Just bring your favorite pie to enter. On January 13, Milly and Billy will be here with their clowning act for our birthday party along with the music of Greg Merwin. Bingo will be January 8 and 22. Wear something backwards for opposite day January 25.

### Shepherd JANUARY Calendar

1 CLOSED - New Year's Day  
4 National Bird Day  
6 Belly Laugh Day  
8 Bingo  
13 Birthday party and music  
18 CLOSED - Martin Luther King Jr. Day  
22 Bingo  
25 Opposite Day, wear something backwards  
27 Pie contest  
29 National Puzzle Day

## 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

### Winn JANUARY Calendar

4 Pam & Terry Anderson  
6 Dan Miller, The Country Legend  
8 Visiting, cards  
11 Vicky Dexter  
13 The Strictly Country Band  
15 Visiting, cards  
18 CLOSED - Martin Luther King Jr. Day  
20 Al Guthrie Mid Night Express  
22 Visiting, cards  
25 Mark Baumann & Mark Ray  
27 Greg Merwin  
29 Visiting, cards

### Weidman JANUARY Calendar

1 CLOSED - New Year's Day  
4 Jeopardy  
6 The Music Makers  
8 Cards, games  
11 Bingo  
13 Birthday party  
15 Cards, games  
18 CLOSED - Martin Luther King Jr. Day  
20 The Music Makers  
22 Cards, games  
25 Arts & crafts  
27 The Music Makers  
29 Cards, games

## 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 January.

### Activity Center JANUARY Calendar

1 CLOSED - New Year's Day  
4 Trivia game 11:00 a.m.  
Dominoes & Pinochle 1:00 p.m.  
5 The Music Makers 10:00 a.m.  
6 Deal or No Deal 11:00 a.m.  
Bridge, Euchre, Pepper 1:00 p.m.  
7 Beginner Line Dancing 1:00 p.m.  
8 Elvis' Birthday 11:00 a.m.  
Bingo w/Medilodge 1:00 p.m.  
11 Morse Code Activity 11:00 a.m.  
Dominoes & Pinochle 1:00 p.m.  
12 The Music Makers 10:00 a.m.  
13 Rubber Ducky Day 11:00 a.m.  
Bridge, Euchre, Pepper 1:00 p.m.  
14 Word games 11:00 a.m.  
Beginner Line Dancing 1:00 p.m.  
15 Crazy Hat Contest 11:00 a.m.  
Bingo 1:00 p.m.  
18 CLOSED - Martin Luther King Jr. Day  
19 Popcorn Day 11:00 a.m.  
20 Bingo w/Crestwood Village 11:00 a.m.  
21 Beginner Line Dancing 1:00 p.m.  
22 Window decorations 11:00 a.m.  
Bingo w/The Laurels 1:00 p.m.  
25 Dominoes & Pinochle 1:00 p.m.  
26 Mary Kay Pampering 11:00 a.m.  
27 Bridge, Euchre, Pepper 1:00 p.m.  
28 Jeopardy 11:00 a.m.  
Beginner Line Dancing 1:00 p.m.  
29 Picture Frame craft 11:00 a.m.  
Bingo 1:00 p.m.

## WEIDMAN SENIOR CENTER

3453 N. School Rd, Weidman  
Meals M, W, F, 10:00 a.m. - 2:00 p.m.  
Whitney Smith, Site Mgr., (989) 644-2538

It's a new year! As we come into 2016, so does change. One of those changes is to our schedule. We will be open Mondays, Wednesdays and Fridays from 10:00 a.m. - 2:00 p.m. No worries though the same friendly faces will still be here and we're bursting with fun. Our birthday party is January 13. Greg Merwin will be here January 18 to play music, and The Music Makers will be here on Wednesdays. Hope to see you!

### Did You Know?...

The FREE Loan Library at Commission on Aging has a special section of books about Michigan, and written by Michigan authors. Some are from the central Michigan area.

Authors you might recognize include:

- Richard Baldwin
- Bruce Catton
- R.L. Dodge
- Joyce Hendricks
- Henry Hobart
- Andrea K. Hofmeister
- Ann & Hudson Keenan
- Dr. Sherene McHenry
- Eugenia Hogan Sandy
- Gloria Sears
- Jack Westbrook
- Jack Westbrook & Sherry Sponseller
- Chris Zimmerman

We will gladly accept other Michigan authors who would like to share their book. Our library also provides free loan of books, as well as audio books, that the Veteran’s Memorial Library supplies and replenishes on a monthly basis. Come in and browse some of the free resource literature, take out books or sit a while and enjoy a good read in the comfort of a warm and quiet atmosphere.

### 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

### 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

### 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**

### State Employee Retirement Association (SERA)

Once again we have survived another year. I hope everyone had a Happy New Year. Our January meeting will be January 19, 2016, at 1:00 p.m. Our meetings will begin at 1:00 p.m. from now on, except for the special meetings that begin at noon. The presenter for January will be Mary Pollack, our legislative representative for SERA. The presentation will begin at 1:30 p.m. following our business meeting. Our officers for the 2016 year will remain the same. As usual there will be a 50/50 drawing and door prize. If there are any questions, please feel free to contact Jackie Curtis at (989) 772-0597 or [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com)



**SLEDDING!**

Deerfield Nature Park Sledding Hill  
2425 W. Remus Rd., Mt. Pleasant  
989.317.4083

On December 18, we celebrated Vincent “Doc” Brown’s 100<sup>th</sup> birthday His actual birthday was December 19.

Doc is a busy man who enjoys fishing and hunting but always makes time to meet his friends for lunch at the Commission on Aging Activity Center five days a week.

If you see this centenarian out and about be sure to wish him a very Happy Birthday!



### Emergency Housing/Shelter Needs

For emergency housing/shelter needs in Gratiot, Ionia, Isabella or Montcalm Counties, please contact EightCAP, Inc. Housing Hotline at **1-844-557-0733, ext. 306.** Monday - Friday, 8:00 a.m. - 4:40 p.m.

## Are You Low-Income and Need Assistance Paying Your Rent?

The Michigan State Housing Development Authority's (MSHDA) Housing Choice Voucher Program (formerly termed Section 8) will be opening the Isabella County waiting list on December 15, 2015, at 8:00 a.m. EST until February 16, 2016, at 5:00 p.m. EST. Applications are available on-line only; no paper applications will be available or accepted.

Submit your application online at:

<https://webapp.mshda.cgi-bps.com/>

OR

[www.michigan.gov/mshda](http://www.michigan.gov/mshda) and click on



Eligible applicants received through the website will be entered on the waiting list in the order received (date and time). Preference will be given to Isabella County residents (those living or working in Isabella County).

If you or a household member is disabled or requires a reasonable accommodation to apply for the MSHDA Housing Choice Voucher Waiting List, please call **(517) 241-8986** for assistance with your application.

## Isabella County Adult Day Program

The Isabella County Adult Day Program offers aging adults the opportunity to socialize and enjoy peer support in a home-like setting. Specially designed activities promote a sense of accomplishment and maintain current levels of cognitive and physical functioning.

**RELAX – WE ARE HERE TO HELP!!** The Adult Day Program helps reduce the risk of caregiver burnout, physical, emotional, and mental exhaustion. It provides family members and daily caregivers the opportunity for respite care to attend appointments, work and enjoy much needed leisure time. We provide the highest quality of care in a home-like environment using programs that promote dignity, respect and a sense of accomplishment.

Openings now available. Scholarship funding and transportation available to qualifying Isabella County residents. The program is located at 1222 North Drive, Mt. Pleasant. For more information or to ask about a free half-day trial, please contact Deb Nartker at **(989) 779-5558** or [dnartker@isabellacounty.org](mailto:dnartker@isabellacounty.org).

## McLaren Events

### 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

3<sup>rd</sup> Wednesday of each month

7:00 – 10:00 a.m.

McLaren Central Michigan Lab, 1221 South Drive, Mt. Pleasant

The screening includes information about:

- 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.

### Joint Replacement Program

MCM offers an all-inclusive joint replacement program for individuals planning or considering a total joint replacement. If you would like to learn more about the joint replacement process, join us at one of our free educational seminars on:

Thursday, January 7

1:30 – 4:30 p.m.

Wednesday, January 21

1:30 – 4:30 p.m.

McLaren Wellness Central, 2600 Three Leaves Dr., Mt. Pleasant

Call **(989) 779-5651** to register

### Women Battling Cancer Can Look Good . . . Feel Better

Discover hands-on instruction on makeup, skin care, nail care, and suggestions for using wigs, turbans and scarves. This free program is facilitated by trained, licensed cosmetologists from Headliners Salon.

Contact the American Cancer Society at **1-800-227-2345** to register.

Monday, January 11

9:30 - 11:30 a.m.

Morey Cancer Center

1221 South Drive, Mt. Pleasant

## IN MEMORY

<p><b>Barbara Barber</b> Dorothy Steele</p> <p><b>Adria Marivene Brown</b> Laura McGuire’s office mates</p> <p><b>Pete Cotton</b> Anonymous</p> <p><b>Mary Elliott</b> Dorothy Steele</p> <p><b>Robert Elliott</b> Dorothy Steele</p> <p><b>Marilyn K. Fisher</b> Neva Cole</p> <p><b>Donald W. Hauck</b> The Hauck Family</p> <p><b>Floyd Jackson</b> Velma Allen Anonymous Anonymous Dan &amp; Lynette Bailey Vickie Curtiss Peggie Edmonds Jane Eldred Terry &amp; Rose Inosencio Lee &amp; Carole Kennett Claribell Lee Ruth Ann Sowle Dorothy Steele Doug &amp; Millie Stork</p> <p><b>Bill Myler</b> Mrs. Donald Hauck</p> <p><b>Vern Philo</b> Robert &amp; Janet Roberts</p> <p><b>Albert Roethlisberger</b> Dorothy Steele</p>	<p><b>Virgil Roethlisberger</b> Dorothy Steele</p> <p><b>Edward Schafer</b> Harry &amp; Trudy Smith</p> <p><b>Arthur Steele</b> Dorothy Steele</p> <p><i>Active LIVING In Memory</i></p> <p><b>Joy Doremire</b> Phil Chipman</p> <p><b>Gerard Blanch Pung</b> The Children of Gerard Blanch Pung</p> <p><b>Thomas Hoffman</b> The Children of Mary Joy Hoffman</p> <p><b>Edward McEvoy</b> Mary Jo McEvoy</p> <p><i>Activity Center In Memory</i></p> <p><b>James Wilson</b> Tammy &amp; Jeff Kenny</p> <p><i>Food with Friends In Memory</i></p> <p><b>Joe Epple</b> Jeanne Epple</p> <p><b>Pearl Cross</b> Linda Hopp</p> <p><b>Floyd Jackson</b> Steve &amp; Marlene Martin</p> <p><i>In-Home Services In Memory</i></p> <p><b>Floyd Jackson</b> Delores Jackson</p> <p><i>Transportation In Memory</i></p> <p><b>Peter Cotton</b> George &amp; Sherry Sponseller</p>
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## ACTIVE LIVING DONATIONS

<p>Michael &amp; Janet Bartholomew Viki Bollman Esther Bryant Eunice Burgess Hilda Calkins James Carrick Joanne Correll Doris Dale Mary Jo Davis Elvis &amp; Connie Denton Jerry &amp; Joan Doan Claudia Douglass James Dutcher Laura England Jeanne Epple Terry &amp; Margaret Erb Marjie Evans Frank Frick Joan Gornicki Ruth Guthrie Claude Hagen William Hill</p>	<p>Mary Irvin Paul Juhasz Robert &amp; Karen Karcher Joan Klopocic Charles &amp; Lucie Kinzel Theresa Maeder Blake &amp; Lynn Marr Gary &amp; Julianne McBride Jenny McClure Greg &amp; Carole Merwin Marcia Mink Marilyn Kay Parker Donna Pinson Robert &amp; Janet Roberts Ken &amp; Bonnie Schaeffer Ruth Ann Sowle Dorothy Steele Florence Steffke Helen Thrush Peggy Jo Trgina Charles Weston</p>
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## DONATIONS TO COA

<p>Grant &amp; Velma Allen Philip Kintzele Virginia Kjolhede Alice Garon LaBonte Melvin Onuskanich Jerry &amp; Dot Sheahan Agnes Waggoner</p> <p><i>Activity Center</i></p> <p>Irene Chapman</p> <p><i>Gold Key</i></p> <p>James &amp; Charlene Blizzard Karen Block Phil Chipman Joe &amp; Barb Frankenfield Rose Marie Funnell John &amp; Paulette Green</p>	<p><i>Gold Key</i></p> <p>Alice LaBonte Anita McGuire Rosalia Rau Edna Shackelford</p> <p><i>Transportation</i></p> <p>ICTC - Casual for a Cause David &amp; Susan Karmon Marge McCullough Weidman Lions Club</p>
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*This page is sponsored by: **Margaret’s Meadows***

## Community Groups

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

Community Service Council  
January 4, 12:00 p.m., Room A

Evening Bloomers Garden Club  
January 5, 7:00 p.m., Room B

Mt. Pleasant Historical Society  
January 5, 7:00 p.m., Room A

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

Isabella County Community Collaborative  
January 8, 9:00 a.m., Room B

Health Improvement Planning  
January 8, 10:30 a.m., Room B

Mid-Michigan Woodcrafters  
January 12, 7:00 p.m., Craft Room

Community Cancer Services  
January 14, 6:30 p.m., Craft Room

Genealogy Society  
January 14, 7:00 p.m., Room B

Mid Michigan Patriots  
January 14, 7:00 p.m., Room A

Central Michigan Daylily Society  
January 16, 10:00 a.m., Room A

State Employee Retirement Association  
January 19, 1:00 p.m., Room A

Women's Aid  
January 26, 8:00 a.m., Room B

Mid Michigan Quilt Guild  
January 26, 6:00 p.m., Rooms A,B,C

Stamp Collectors  
January 26, 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 are moving, call (989) 772-0748 or use the form on page 16.

## Active LIVING Deadline

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

## Isabella County Commission on Aging

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

### Mission Statement

The mission of the Isabella County Commission on Aging (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.

# JANUARY 2016 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?

Please consider donating to Active *LIVING*.

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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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 COA office using the delivery form at left each time you request a change to assure we record changes correctly.*