

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



Mother's Day Tea

Saturday, April 30

11:00 a.m.

Commission on Aging

\$10 per person



You are cordially invited to join us for a day of dress up and tea! Enjoy tea, tea sandwiches, delicious desserts and entertainment. Join us for this special day - a day to show our Grandmothers, Mothers, Daughters, Granddaughters, Aunts, Nieces, Friends just how special they are! Please feel free to wear your fancy hat!

Registration and payment due by April 20. Call Marcy, (989) 772-0748 to register.

Spring Caregiver Event

The Commission on Aging is pleased to offer an exciting and inspirational afternoon at the Spring 2016 Caregiving Event, Wednesday, April 13, from 1:00 - 4:00 p.m.

We are happy to welcome Eileen Malone Beach, PhD, Professor of Human Development and Family Studies at Central Michigan University, who will provide an energizing presentation on ***How to Navigate through the Areas of Dementia Care.*** She will address diagnosis, behaviors, depression, caregiver experiences and family response. This will be helpful for caregivers in managing the day to day activities of caring for a loved one.

Additionally, we are happy to welcome Ann Fitzgerald, CC-SLP and Certified Instructor in Tai Chi for Health Programs, who will provide a 30 minute workshop of rhythmic movements that are easily performed and adaptable to your busy caregiving day. Taking time to rest and recharge can be a powerful and revitalizing step! Ann has been practicing, studying and teaching Tai Chi and QiGong for fifteen years and is motivated to share her knowledge and expertise.

The event will be held at Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant in Rooms A & B

This is a free event and refreshments will be provided. Contact the Commission on Aging at (989) 772-0748 for questions and to make reservations. Reservations are not required, but advised.

Director’s Comments

The Commission on Aging Activity Center building receives tens of thousands of visitors annually. We provide hundreds of programs and activities and have over 75 different community groups that utilize and schedule meetings in our building. We are a very busy place....!

In order to help us better manage our activities in the building and keep track of our visitors we are going to install a new computer software system. This system will eliminate nearly all sign-in sheets, will tabulate statistical reports, track activity utilization patterns, manage room and event scheduling and even manage and organize our travel program. The software system is called *MySeniorCenter* and is currently being used in over 45 centers in Michigan and over 900 nationwide.

The basic system includes a touchscreen computer, a bar code scanner, individualized bar code key tags and the management software.

With that said....How is this going to affect our average visitor?

The touch screen computer will be located in the reception area of the Activity Center building. On your initial visit after *MySeniorCenter* has been installed you will be asked to register with the system. We will have staff and volunteers assisting with this process. We will enter your name, address, phone number(s), email address and emergency contact information. We will take your photo and you will be given a key tag. The key tag will have a bar code on the back side that is unique to you. You can place the key tag on your key ring so it’s easy to locate.

On your next visit to the Activity Center building...

You will approach the touch screen computer and the bar code reader. You will swipe your key tag past the bar code reader and automatically the touch screen computer will welcome you and display all the activities that will be taking place in the building that day. Then all you have to do is touch the listed activities you will be attending. For example, let’s say you are going to play pool and go to the dining room for lunch; you touch the pool room tab and the lunch tab. Then you touch the “finish” tab, that’s it! The same thing happens if you come in for a Tai Chi class, an art class or a special event. You swipe your key tag, you touch the activity tab you are going to attend and then touch “finish”.

If you have come into the building to register for a trip through our Travel Program you will go to the service window just beyond the receptionist desk. The Activity Center building staff will assist you. Most of the organizations that meet in our building make their room reservations over the phone through Marcy Hosking or another staff member, that will remain pretty much the same. However, internally the COA staff will see a big difference.

The *MySeniorCenter* system will help the staff at many levels. First of all, in case of an emergency we will know who is in the building. If someone has an accident we will have their emergency contact information immediately at hand. We will be able to determine which of our activities are more popular and who attends those activities. One of the other nice things this system does is generate mailing lists and call lists. Let’s say one of our exercise classes has to be cancelled, with *MySeniorCenter* software we can have the system generate phone calls to everyone registered in the class telling them it’s been cancelled. The same process would work if we wanted to call participants and remind them of a trip they have registered for or a special event.

Another nice thing the software will do is compile statistical data on the use of our building and activities. Many times when we apply for grants we are asked for information on how our building and activities are being utilized. This software will allow us to report that aggregate information. It’s important to note that we will under no circumstances be providing any personal information on our participants to outside individuals or organizations.

We are excited about having the *MySeniorCenter* software system installed in the COA Activity Center building. We believe that it will be a wonderful addition to our management process and we believe that all of our participants will enjoy it as well.

It will take two or three months to get everything in place, but we hope to introduce all of our participants to the system by this coming summer.

Watch for updates in Active Living.

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



Mission Moment

Are you looking for a place to enjoy lunch with a nice group of people? If you answered yes to this question I would encourage you to make a phone call to one of our local Food with Friends Congregate Sites. The Site Managers are always eager to welcome new participants at their sites. The Site Managers are always busy making fun and exciting plans for the month. Some of those plans may be local musicians, craft activities, parties, trivia, Bingo and cards.

The Congregate Food Sites, which are located in Mt. Pleasant, Rosebush, Shepherd, Weidman and Winn have served over 6,000 meals already this year. The Mt. Pleasant site is open Monday – Friday, and all of the other locations are open Monday, Wednesday and Friday. Please do not hesitate to stop in to your local food site or give them a call to make your meal reservation. You can also call the main office at **(989) 772-0748** for more information. We will be looking forward to hearing from you, and meeting you at your local food site.

Michelle Howes, Director Food with Friends Program

Ask a COA Specialist

Question: My next door neighbors are both in their 80’s, have multiple health issues and are becoming increasingly confused. Their only child, 56 year old adult son, recently moved in with them to “help out” and seems to be making their problems worse. Their son has no income and appears to be an alcoholic. Yesterday, I heard the son cursing at his father in the back yard. Today, the couple came to me asking for money to pay their phone bill as it is about to be shut off. I’m concerned about the welfare of my neighbors, but don’t want to seem like a nosey neighbor.

Answer: In Michigan there is a hotline to report abuse, neglect and self-neglect of older adults. Often these incidents go unreported. If you suspect your neighbors are being abused, neglected, or financially exploited call: **1-855-444-3911**. You will speak with someone regarding the situation and if necessary an Adult Protective Services worker from the local Department of Health and Human Services will investigate.

If you have any questions, please contact the Commission on Aging and speak to one of our social workers 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**

Caregiver Support Group

Our next Caregivers Support Meeting will be **Tuesday, March 15**, 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 please call COA at **(989) 772-0748**.

Volunteers Needed

Attention Licensed Volunteers!!!! We are in desperate need for Home Delivered Meal Drivers! Whether you are willing to take on a permanent route or just occasionally wanting to substitute, every bit helps. The current routes with the most need are Rosebush, Winn and Weidman. If you are interested in adding this position to your list of volunteer duties, or currently deliver meals for us and are available to learn new routes, WE NEED YOU! If interested, call Mallory at **(989) 772-0748** and she will schedule your training.

Looking for a Meal Site Assistant Volunteer for the ROSEBUSH SITE - Meal site Assistants assist with setting tables and sign-in for meals, help serve meals and clean up afterwards (wiping tables and assist with loading and unloading dishwasher. Looking for Monday, Wednesday and Friday from 10:45am—1:15pm. If you are interested to be a volunteer as a meal site assistant at the Rosebush site, please contact Anna at the COA at **(989) 772-0748**.

**Commission on Aging Activity Center will CLOSE
at noon Friday, March 25**

**Food with Friends Sites will be CLOSED all day
Friday, March 25
in observance of Good Friday**

Legal Services

Lakeshore Legal Aid provides legal advice to people over the age of 60. Legal Services offers appointments at Commission on Aging Activity Building the 4th Monday of the month starting at 9:00 a.m. For an appointment call toll free **1-866-552-2889**

This page is sponsored by: **Green Acres Assisted Living, “It’s the Place to Be...”**

Events/Classes



“Bluebonnet Cabin”

Wednesday, March 2
4:00 - 6:00 p.m.
COA Room C
\$25 per person
(all supplies included)

Let Award Winning Television Artist Steve Wood help develop the “artist” in you. You don’t have to be “born with the gift” to be a great painter. Steve’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.

April 6 Class - Rose Bush in a Picket Fence

iPad Workshop

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

Photos II - A continuation of last month's instruction. We will move through more features of this app, such as photo enhancement, adjustments and photo and video extensions.

No registration required.

Explore Treatment Options for Hip & Knee Arthritis

Friday, March 18
11:00 a.m.
Room B

Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon Charles Lilly, MD to learn about options for relief. Learning about treatment options can ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee and hip replacement surgery will be discussed.

Call (989) 772-0748 to register.

Spirits of the Forest

Monday, March 21
12:45 p.m.
COA Room B

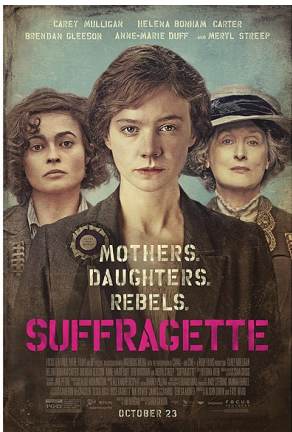
Come to relax and enjoy Lockwood Taylor’s passionate quest as he hunts to find the “Spirits of the Forest”, that is, beautiful glowing bioluminescent mushrooms which grow all over the world. Yes, we have nearly 7 kinds right here in Michigan which do glow in the dark. Experience the night sounds of the tropical forest, the thrill of discovery, and the romantic waterfall, Foz do Iguacu. Come with him to hunt and find them in countries such as Brazil, China, Madagascar, New Zealand, Australia, and America. Discussion will follow this 56 minute presentation. Please bring your mushroom longings and questions. Presented by Sister Marie Kopin, C.P.P.S.

Please register by calling the COA at (989) 772-0748.

March Movie & Popcorn “Suffragette”

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

The Suffragettes were the movement that helped women win the right to vote. Working-class women, who were the foot soldiers of feminism, initially attempted peaceful protests. After achieving nothing with peace as the path to change, they became radicalized and turn to violence instead - risking their jobs, homes, children and even their lives. Methods included chaining oneself to a railing to provoke arrest, parades, public speaking, window-breaking of prestige buildings, vandalism, revolts, disruption of meetings, and nighttime arson of unoccupied buildings. In return for their militancy, an increasingly brutal State forced them underground. *(rated PG-13, 106 minutes)*



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

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

Thank You for Having a Heart!

Thank you for your generous donations for our “Have a Heart” Project

Tom & Sandy Aitken

Anonymous

Royal & Eleanor Baker

Joann Bellingar

Wilma Blackman

Al & Gail Bowerman

John & Sue Bradac

Marian Carpenter

Christa Clare

CMU Department of Rec, Parks & Leisure

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Priscilla Garver

John Dinse & Laura Gonzales

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Craig & Catherine House

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Barbara Ingram

Bob & Dawn Johnson

Martha Jose

Virginia Kjolhede

Stan & Ann Klumpp

Ulana Klymyshyn

Dolores Lawrence

Jane Leahy

Betty Lulinski

Ron & Carolyn Lutz

Joann Maxim

Jenny McClure

Barbara McDonald

Bob & Marianne McJames

Henry Meabrod

Betty Miller

Richard & Diana Moreau

Dixie Neier

Arnold Newman

Rose O’Brien

Marilyn Palmer

Louise Plachta

Joyce Pridgeon

Sara Lucile Prout

Fran Rouman

Donald & Suzanne Schafer

Joyce Schafer & The Mt. Pleasant Gleanors

Jerry & Dorothy Sheahan

Pat & Marty Siuda

Donna Smalley

Alice Spayd

Dave & Margie Swayze

Alice Tatro

Gordon & Suzi Tengen

Joan Trinklein

Dale & Mary Ann Wawersik

Jeanette Wedding

Susan Welsh

Joan Whitmore

Jim Wilson

Richard & Sharlene Wilson

James Wilson

James & Carol Wojcik

Sally Zimmer

In Memory of

Jon “Jack” Adams

Janet Adams

James Bauer

Nancy Bauer

Sue Hovey

Irene Chapman

Donna Collins

Carole Metcalf

John Spence

Jim Wilson

Fred & Peg Stribley

Anonymous

Alice Harris

Isabella County Register of Deeds

Nancy Shackelford

Isabella County Register of Deeds

Betty Wright

Isabella County Register of Deeds

Valentine’s made by:

Aim High 4H

CMU Physical Therapy

Ithaca North - Mrs. Donley 5th Grade

Ithaca North - Ms. Foglesong 6th Grade

Ithaca North - Mrs. Wilson 6th Grade

Ithaca South - Mrs. Smith Kindergarten

Ithaca South - Mrs. Curtis 1st Grade

Ithaca South - Mrs. Edgar 2nd Grade

Ithaca South - Mrs. McClaren 2nd Grade

Ithaca South - Mrs. Napieralski 2nd Grade

Special Thanks to:

Kelly Clark

CMU Women’s Softball Team

Cassie Kovach & family

TRAVEL with COA

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



Blain’s Jumpin’ Jubilee

Call to see if there are still openings

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.
Includes transportation, lunch, show, tips & gratuities.



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 3rd 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.



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.



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

Fitness Classes

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

Tai Chi for Arthritis

Tai Chi for Arthritis is an evidence-based tai chi form created by Dr. Paul Lam and his team of health care professionals. It is a gentle, slow-moving exercise designed to improve balance, flexibility, muscle strength, and a sense of well-being. Regular practice may also reduce the incidence and fear of falling in the elderly.

Tuesdays & Thursdays
April 5 - May 12
9:00 - 10:00 a.m.
COA Fitness Room
12 sessions
(\$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, slow-moving exercise designed to improve general health and well-being. Materials will be provided to support the student in doing these simple movements at home.

Tuesdays & Thursdays
April 5 - May 12
10:30 - 11:30 a.m.
COA Fitness Room
12 sessions
\$100

No experience necessary
Loose clothing and supportive shoes recommended
Maximum 15 participants, minimum 6

Instructor: Ann FitzGerald

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	Intermediate
3rd Tuesday	2nd & 4th Tuesday
1:00 - 3:00 p.m.	2:00 - 4:00 p.m.
No Charge	No Charge
Beginner	
Thursdays	
1:00 - 3:00 p.m.	
COA Room C	COA Room C
No Charge	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: **Clark family Funeral Chapel and Cremation Service**

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>	1. <p>7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 The Music Makers (C) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$◆ (F)</p>	2. <p>7:30 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance (Lab) 10:00 Guided Autobiography (Craft) 10:15 Low-Impact Exercise (F) 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>
7. <p>7:30 Water Aerobics CANCELLED 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)</p>	8. <p>7:00 Aqua Zumba CANCELLED 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 The Music Makers (C) 10:00 Needle Crafters (Craft) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 12:30 Banjos, Guitars, Mandolins (C) 1:00 CMU Bridge (Craft) 1:30 Yoga CANCELLED 2:00 Intermediate Line Dancing (C) 2:00 FGP/SCP Advisory Council (A)</p>	9. <p>7:30 Water Aerobics CANCELLED 9:00 Art Group (Craft) 10:00 Computer Assistance (Lab) 10:00 Guided Autobiography (B) 10:15 Low-Impact Exercise (F) 11:00 Deal or No Deal w/Medilodge (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Between the Covers Book Club (Lib)</p>
14. <p>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)</p>	15. <p>7:00 Aqua Zumba \$◆ (Rose) 8:30 Friends of Isabella Seniors (BR1) 11:00 National Potato Chip Day (C) 1:30 Yoga \$◆ (F) 2:00 iPad Workshop (B) 6:30 Caregiver Support Group (Craft)</p>	16. <p>7:30 Water Aerobics \$◆ (Rose) 9:00 Turkeyville trip \$◆ 10:00 Computer Assistance (Lab) 10:00 Guided Autobiography (Craft) 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>
21. <p>7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 12:45 Spirits of the Forest ◆ (B) 1:00 Dominos & Pinochle (C)</p>	22. <p>7:00 Aqua Zumba \$◆ (Rose) 11:00 Mary Kay Pampering (C) 12:45 Movie, “Suffragette” \$◆ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)</p>	23. <p>7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance (Lab) 10:00 Guided Autobiography (B) 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>
28. <p>7:30 Water Aerobics \$◆ (Rose) 9:00 Legal Services (CF) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 1:00 Readers’ Theater (Craft)</p>	29. <p>7:00 Aqua Zumba \$◆ (Rose) 1:30 Yoga \$◆ (F) 10:30 Tax Assistance (A,B)</p>	30. <p>7:30 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance (Lab) 10:00 Guided Autobiography (B) 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>

Thursday	Friday	Saturday									
3. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 10:30 Tax Assistance (A,B) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 11:00 Word Games (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	4. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Dress in Blue Day (C) 12:30 Ukulele (Craft) 1:00 Bingo w/Woodland Hospice (C)	5. 10:00 Partners in Painting ◆ (C)									
10. 7:00 Aqua Zumba CANCELLED 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 10:30 Tax Assistance (A,B) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 11:00 Name Trivia (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	11. 7:30 Water Aerobics CANCELLED 9:30 FGP/SCP In-Service (A,B) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Penny Bingo (C)	12.									
17. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 10:30 Tax Assistance (A,B) 11:00 St. Patrick’s Day Party (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	18. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Explore Treatment Options for Hip & Knee Arthritis ◆ (B) 12:30 Ukulele (Craft) 1:00 Bingo w/Prestige Centre (C)	19.									
24. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 10:30 Tax Assistance (A,B) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	25. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) ACTIVITY CENTER CLOSED at NOON FWF SITES CLOSED ALL DAY	26.									
31. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 10:30 Tax Assistance (A,B) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	<i>The room/location for each activity is listed on the calendar for reference.</i> <i>Codes for rooms/locations are as follows:</i> <table><tr><td>A - Activity Room A</td><td>Craft - Arts & Crafts Room</td><td>CF - Conference Room</td></tr><tr><td>B - Activity Room B</td><td>F - Fitness room</td><td>BR1 - Board Room</td></tr><tr><td>C - Activity Room C</td><td>Lab - Computer Lab</td><td>Rose - Rose Pool</td></tr></table>		A - Activity Room A	Craft - Arts & Crafts Room	CF - Conference Room	B - Activity Room B	F - Fitness room	BR1 - Board Room	C - Activity Room C	Lab - Computer Lab	Rose - Rose Pool
A - Activity Room A	Craft - Arts & Crafts Room	CF - Conference Room									
B - Activity Room B	F - Fitness room	BR1 - Board Room									
C - Activity Room C	Lab - Computer Lab	Rose - Rose Pool									

FWF Eat Smart Menu

March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	¹ Chicken& Rice Casserole Bread Winter Blend Coleslaw Tapioca Pudding	² Baked Chicken Bread Whipped Potato/Gravy California Blend Mandarin Oranges	³ Meatloaf Bread Squash Pea Salad Peaches	⁴ Macaroni & Cheese Bread Tossed Salad Broccoli Leprechaun Fluff
⁷ Trout Melt Bun Carrots 24 hour Slaw Cinnamon Applesauce	⁸ Corn Chowder Bread Stick Cottage Cheese Mandarin Oranges	⁹ Roasted Pork Bread Whipped Sweet Potato European Blend Peaches	¹⁰ Spanish Chicken Bread Baked Potato Kidney Bean/Chickpea Salad Apricots	¹¹ Egg & Cheese Casserole Sausage Links Cinnamon Roll Redskin Potatoes Orange Juice Ambrosia Salad
¹⁴ Chop Suey Bread Rice Tosses Salad Tropical Fruit	¹⁵ Baked Ham Dinner Roll Steamed Cabbage Corn & Lima beans Berry Fruit Cup	¹⁶ Tuna Casserole Bread Tossed Salad Beets Applesauce	¹⁷ Smothered Chicken Bread Red Skin Potatoes Multi-Bean Salad Mixed Fruit Cup	¹⁸ Vegetable Lasagna Garlic Toast Green Beans Pears
²¹ Goulash Bread Mixed Vegetables 24 hour Slaw Pineapple Tidbits	²² Chicken Pattie Bun Roasted Potato Blend Cauliflower Fruit Cocktail	²³ Pork Chop Bread Whipped Potato /Gravy Apple Crisp Broccoli /Cauliflower Salad	²⁴ Turkey Loaf Bread Scalloped Potatoes Peas & Carrots Rice Pudding	²⁵ CLOSED Good Friday
²⁸ Meatballs Bread Company Potatoes Brussel Sprouts Peaches/Pears	 Sliced Turkey Bread Whipped Potato/Gravy Italian Blend Mixed Fruit	³⁰ Chicken Stew Biscuit Mixed Vegetables Fruited Gelatin	³¹ Lasagna Bread Stick Corn Tossed Salad Pineapple /Oranges	

Menus are Subject to Change Without Notice

Milk provided with all meals

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

We have a busy month planned at the Rosebush Food with Friends site. Come in and meet some great new people. While you are here, stay for a delicious meal and one of the activities we have planned.

Rosebush MARCH Calendar

- 2 Penny Bingo
- 4 Western Day with Vicky Dexter
- 7 St. Patrick’s Day craft
- 9 Penny Bingo
- 11 Good Time Music, Ice Cream Social
- 14 Bingo w/prizes
- 16 Bingo w/prizes
- 18 Dulcimer music by Kathy Dean
- 21 Easter craft
- 23 Penny Bingo
- 25 CLOSED - Good Friday
- 28 Bingo swap
- 30 Penny Bingo

**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

Hello March...Spring is on its way. The Pickers will be playing music for our Birthday Party March 16. Wear “ur” green on March 18 for our St. Patrick’s Day celebration. Bingo will be March 11 and we will welcome Spring March 21.

Shepherd MARCH Calendar

- 2 Games
- 4 Caffeine Awareness Month
- 7 Facial exercise
- 9 Middle Name Pride Day
- 11 Bingo
- 14 Geology Day
- 16 Birthday Party & music
- 18 St. Patrick’s Day Celebration
“Wear Green”
- 21 First day of Spring
- 23 Nutrition Education
- 18 Games, Cards, Cribbage
- 30 National Noodle Month
Name that Noodle

WINN COMMUNITY BUILDING

2583 W. Blanchard Road, Winn
Meals M, W, F, 10:00 a.m. - 2:00 p.m.
(989) 866-2520

We would like to thank all of you for being so patient with the recent transitions. Your patience has made the transitions smoother. We are hoping we will have a new Site Manager starting no later than the first part of March. We were very happy to have some of the musicians join us in February, and hopefully more will return in the near future. Please keep encouraging your friends to join us for the following activities during the month of March.

Winn MARCH Calendar

- 2 Midnight Express
- 23 Leon Seiter & Lyle Thrush
- 25 CLOSED - Good Friday
- 28 Mark Bauman & Mark Ray

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 March.

Activity Center MARCH Calendar

- 1 The Music Makers 10:00 a.m.
- 2 Bridge, Euchre, Pepper 1:00 p.m.
- 3 Word Games 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 4 Dress in Blue Day 11:00 a.m.
Bingo w/Woodland Hospice 1:00 p.m.
- 7 Dominoes & Pinochle 1:00 p.m.
- 8 The Music Makers 10:00 a.m.
- 9 Deal or No Deal 11:00 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 10 Name Trivia 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 11 Penny Bingo 1:00 p.m.
- 14 Penny Bingo 1:00 p.m.
- 15 National Potato Chip Day 11:00 a.m.
- 16 Bingo w/Crestwood Village 11:00 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 17 St. Patrick’s Day Party 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 18 Bingo w/Prestige Centre 1:00 p.m.
- 21 Dominoes & Pinochle 1:00 p.m.
- 22 Mary Kay Pampering 11:00 a.m.
- 23 Bridge, Euchre, Pepper 1:00 p.m.
- 24 Beginner Line Dancing 1:00 p.m.
- 25 NO LUNCH - Good Friday
- 28 Dominoes & Pinochle 1:00 p.m.
- 30 Bridge, Euchre, Pepper 1:00 p.m.
- 31 Jeopardy 11:00 a.m.
Beginner Line Dancing 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

Time sure flies fast when you’re having fun! With winter winding down, we are going to shoo away the cold with a tea party March 4. Bring your favorite tea or join us for tea, cookies and goodies. The Music Makers will be here every Wednesday to croon some tunes. Our monthly Birthday party is March 9. We will also have plenty of brain games, cards and arts & crafts. We hope to see you there!

Weidman MARCH Calendar

- 2 The Music Makers
- 4 Tea Party
- 7 Cards & Games
- 8 Tax assistance
- 9 Birthday Party, music
- 11 Brain games, nutritional education
- 14 Cards & Games
- 16 The Music Makers
- 18 Arts & Crafts
- 21 Cards & Games
- 22 Tax assistance
- 23 The Music Makers
- 25 CLOSED - Good Friday
- 28 Cards & Games
- 30 The Music Makers

Mt. Pleasant Garden Club

The Mt. Pleasant Garden Club invites anyone interested in gardening to attend their meeting on Monday, March 21 at 1:00 p.m. in Room A at the Commission on Aging. Many members are away for the winter so our group is small enough to enjoy visiting and sharing gardening tips and ideas with each other. Please come and listen or share with us.

Weidman Eagles Activities	Weidman Euchre Club
Walking Monday - Thursday, 11:00 a.m. No fee	Thursdays, 6:00 p.m. \$2 donation \$2 50/50 (optional) The Community Center 5918 W. Bridge St., Weidman
Low-impact Exercise Monday - Thursday, 11:15 a.m. No fee	For more information: Karen Mercer (989) 644-2266 Jeanette Catlin (989) 644-6925
Beginner Line Dancing Mondays & Fridays, 11:00 a.m. Wednesday, 5:30 p.m. \$2.00	

Emergency Housing/Shelter Needs

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

Mt. Pleasant Area Historical Society

At the Mt. Pleasant Area Historical Society meeting March 1, Trooper Michael White will present on “Human Trafficking”. This program will explore the hidden presence of the practice in surprisingly unexpected areas and danger signs. The meeting will take place at 7:00 p.m. at Commission on Aging, 2200 S. Lincoln Road. The public is invited. Following the speaker, the MPAHS business meeting will begin.

State Employee Retirement Association (SERA)

The State Employee Retirement Association will meet Tuesday, March 15 at 1:00 p.m. at Commission on Aging in Room A. The presenter will be Linda Travis from Mecosta County. She will be presenting a program in regards to injecting and fracking of oil wells, with time for questions and answers. The presentation will begin at 1:30 p.m. following our business meeting. After the presentation there will be a 50/50 drawing and door prize. If you have any questions, please feel free to contact Jackie Curtis at (989) 772-0597 or jac62irish@yahoo.com

Evening Bloomers Garden Club

Members will meet at 7:00 p.m., Tuesday, March 1 in Room B at Commission on Aging. Jody from Three Sisters Floral will demonstrate how to put floral arrangements together.

Genealogical Society of Isabella County

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

~Upcoming Programs~

March 10 - Dave Brant will be presenting a program on "The Sons of the Union Grand Army Republic" He will discuss the Sons of Union Veterans Descendants of the Civil War Organization and Michigan Sharp Shooters. We will be meeting at the COA Center.

April 14Carol Norman, Dianna Green, Deonna Green, and Marsha Sanders will present the program, "The Old Settlers, A Nation Within Mecosta, Isabella and Montcalm Counties (MI). They will bring blankets, quilts, and present as a slide show at the COA Center.

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

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

Reserve a Pavilion Today!



~Baby Shower ~ Wedding Reception~
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**Coldwater Lake Family Park
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989.317.4083
www.isabellacounty.org/dept/parks

Internet as Lifeline for Nursing Home Residents - Anthony J. DeLellis, Ed.D.

The quality of life in nursing homes can be enhanced by providing residents with Internet access that will allow them to communicate with family, surf for recreation, engage in online learning, and communicate with one another. Computers and iPads are not merely nice-to-have, but are essential.

It is estimated that 35% of US residents in long-term care are clinically depressed (Meyers: November, 2013). Yet, use of the Internet can have a positive influence, as illustrated below:

- In a survey of people over the age of 55 who used the Internet, more than 70% indicated that it allowed them to “reduce feelings of isolation” and “feel part of modern society (Ayres: 2103, paragraph 5).”
- Administrators of nursing homes reported benefits of computer use by residents as enabling communication between residents and their families; mental exercise; online learning and; enjoyment. Some administrators reported that computers had a positive influence on self-worth and that it increased the independence of some residents (Tak, et al.: 2007).
- The Mayo Clinic reported on the influence of exercise and the use of computers on individuals between the ages of 70 and 83. Those who both exercised and used computers scored better on scales of normal cognition and mild cognitive impairment (Mayo Clinic: May, 2012).

An eight-year study of 6,442 adults from age 50 to age 89 showed that Internet and e-mail use were related to reduced cognitive decline (Xavier, et al.: 2014).

Many older people use the Internet. Meyers (November, 2013) noted that older individuals use digital music players, tablets, and video games. Duggan, et al. (2015) reported that of all adults online in 2014, 56% of those 65 years of age and older were on Facebook, and that women are more likely than men to use Facebook. Therefore, it is likely that the majority of nursing home residents in the US, women 65 years of age and older, would employ Facebook if they had regular Internet access.

Nevertheless, some nursing home administrators are concerned that residents might be intimidated by computers, get into difficulty online (e.g., making purchases they cannot pay for), could be scammed, or download viruses (Tak, et al.: 2007). Such concerns, however, are not sufficient to preclude Internet use by nursing home residents. Each resident, as part of an individual care plan, should employ computers and the Internet to her/his fullest ability.

Not all new nursing home residents arrive with a history of Internet practice. They constitute an opportunity for energetic nursing home administrators to serve by introducing them to the immense capacities of the Internet. For some residents the nursing home, rather than being characterized by maintenance, loss and decline, can be a place of new learning, of illuminated horizons, of social expansion and intellectual exploration.

Computers, tablets, iPads, and the Internet are practical, non-experimental, and readily available. It is up to family members, nursing home boards of directors, activities directors, and administrators to ensure the availability of regular and pervasive access to these essential resources for each individual nursing home resident to enjoy to the extent of her/his ability.

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About the Author

Dr. DeLellis was former Director of the Program in Long-Term and Health Care Management at Virginia Commonwealth University (VCU), a Program that won the Education Award given by the American College of Health Care Administrators. He was Founding Co-Chair of the Forum on Long-Term Care Administration of the Association of University Programs in Health Administration, and is Professor Emeritus retired from the School of Nursing of VCU.

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Active LIVING Deadline

Each issue of Active LIVING is printed and mailed to our readers before the 1st of each month. In order to complete the entire process we need to receive information for submission by the 10th 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 and Federal, State and Isabella County appropriations.

MARCH 2016
ACTIVE LIVING

Spring Caregiver
Event

Wednesday, April 13
1:00 - 4:00 p.m.
COA Rooms A & B

Free event,
refreshments provided

See front page for more
details

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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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