

# 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 - isabellacounty.org/dept/coa

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

## 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.



## Video Autobiographies

Video Autobiographies is a project brought to Commission on Aging by the CMU Medical School. The project is designed and carried out by them with our approval and co-operation. The students produce video autobiographies of older adult volunteers. They will complete the interviewing, videotaping and editing of the individual older adults and then present the completed video to them as a gift. Videotaping is done at Commission on Aging Activity Center, unless arrangements are made with the Medical Students.

We believe it will be a great opportunity to create a wonderful gift of remembrance for the older adults' loved ones. What a wonderful gift this would be for your family.

If you are interested in participating in this video project please contact Marcy at the Commission on Aging **(989) 772-0748** for further details.

## ***Director's Comments***

April is Volunteer Recognition Month. This is always an important time for the Commission on Aging.

Volunteering is generally thought to be an altruistic activity - - something that is intended to improve society and the lives of others. However, while volunteering strengthens a community and its citizens the personal benefits to the individual volunteer is without question:

Volunteering connects you with others  
It connects to your community and makes it a better place

Volunteering is good for your mind and body  
It helps increase your self-confidence  
It helps combat depression  
It helps you stay physically healthy

Volunteering brings fun and fulfillment to your life  
It can provide a way to explore new interests and passions  
It can be a relaxing escape that energizes you  
It can renew your creativity  
It can motivate you and provide you with a new vision

Volunteering can advance your career (for our many student volunteers)  
It can provide you with career experience  
It can teach you valuable job skills

Our volunteers are the soul of our agency. They give us tens-of-thousands of hours of services and drive hundreds-of-thousands of miles providing care to the elders in our community. The heart of the Commission on Aging beats stronger because of the gift of time and love that is given by all our volunteers.

Who are they? They could be a Foster Grandparent, Senior Companion or Gold Key Volunteer such as Friendly Visitor, Grocery Shopper, Medical Escort Driver, Meal Site Assistant, Home Delivered Meal Driver, Receptionist Ambassador, Friendly Caller, Needle Crafts Worker, Active Living Volunteer, CMU Student Activity Center Senior Partner, Helping Hands Home Repair Person, Animal Friend for HATS Volunteer, AARP Tax Aide Volunteer, Medicare Part D Prescription Assistance Counselor, Ride Guide, Ride Buddy, Yard Cleanup Volunteer or Special Projects Volunteer. If you see a Commission on Aging Volunteer, please thank them for their service to area older adults.

Whoever these inspiring individuals may be, you will find them countywide, assisting area older adults within every township of Isabella County. We couldn't do it without them! Everyone at the Commission on Aging is deeply grateful for each and every volunteer. Commission on Aging Volunteers make a difference every day in the lives of area older adults.

Thank you for being such a special part of the Commission on Aging, and thank you for making our entire community stronger.

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

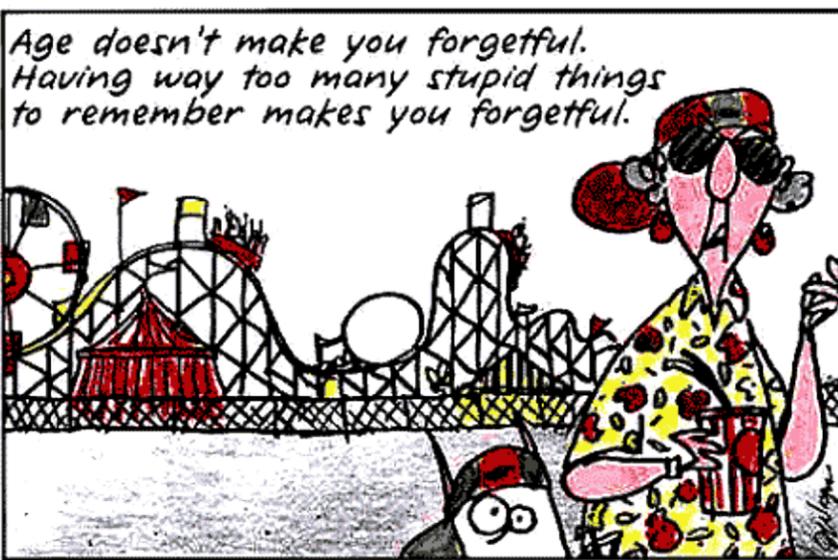
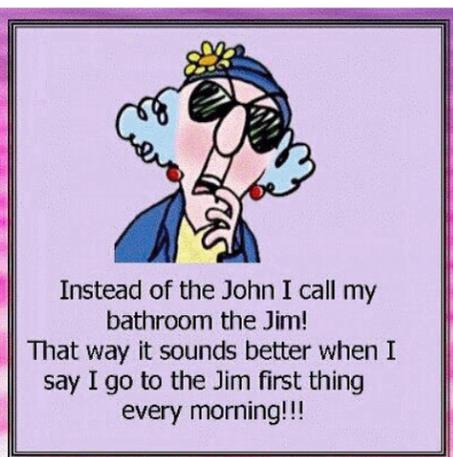


## Mission Moment

In case April Fool's Day didn't give it away, April is National Humor Month. Many studies have shown that laughter can actually improve our health. And laughter is fun! After all, you can't feel sad or angry when you're laughing, right?

They say that laughter is the best remedy when it comes to any of life's problems. Not only is a great giggle a lot of fun, it's good for you! And like yawning, laughter can also be contagious. By opening yourself up to more humor in your daily life, you may also have a positive effect on those around you, and the great thing about humor is that there is a bottomless supply out there. You don't need to sign up for anything, it doesn't cost a thing, it's fat-free and you can have as much of it as you like!

In honor of Humor Month...happy laughing!



Marcy Hosking, Activity Program Coordinator

## Ask a COA Specialist

**Question:** My mother is very hard of hearing. Her main complaint with hearing loss is difficulty hearing on the telephone. She has gotten to the point where she avoids taking calls, which has spiraled into losing touch with some of her friends. Do you have any suggestions?

**Answer:** Hearing on the telephone can be a challenge for many people. There are specialized devices available for people with hearing loss. Sometimes it is as simple as purchasing a telephone where the sound can be amplified. There are a wide variety of telephones with the capacity to amplify the sound clarity. Sometimes headphones plugged into a telephone can help, because sound will go into both ears instead of one. If sound amplification doesn't work, then try a captioned telephone. It is a telephone with a screen to show captions of what the caller is saying. Caption telephones usually need an Internet connection to work, but, provide excellent results.

**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**

## 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 4<sup>th</sup> Monday of the month starting at 9:00 a.m.

For an appointment call toll free 1-866-552-2889

## Caregiver Support Group

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

# Events/Classes



## “Rose Bush in a Picket Fence”

Wednesday, April 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.

May 4 Class - “Wicker Basket of Lilacs”

Take Me Out to the Ball Game . . .  
or at least in front of the BIG Screen!



## Detroit Tigers on the BIG Screen

Monday, April 11  
1:00 p.m.  
COA Room C

Join us in front of the big screen and root for the Detroit Tigers as they take on the Pittsburgh Pirates. There will be snacks

and lots of FUN! Also a prize for the best dressed Tigers fan!

No reservations required. If you would like to enjoy lunch at noon prior to the game, please contact Katie at least 24 hours in advance, (989) 772-0748.

## iPad Workshop

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

Apps - We will explore various apps such as the Camera, the App Store and Notes. Learn how each of these apps function and how best to use them.

No registration required.

## April Movie & Popcorn “The Lady in the Van”

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

Truth is stranger than fiction in this comedy-drama based on the real-life tale of a homeless woman named Miss Shepherd (Maggie Smith), who parks her van in the driveway of a house owned by playwright Alan Bennett (Alex Jennings) and lives there for 15 years. Over the course of her stay, the two form a unique friendship. (rated PG-13, 1 hour 44 minutes)

MUST call Katie AT LEAST 24 HOURS IN ADVANCE to register, (989) 772-0748.



## Spring Mushrooms, More than Morels

Wednesday, April 27  
12:45 p.m.  
COA Room B

How many kinds of Spring Mushrooms grow in Isabella County? How can you tell them apart? How many kinds of Morels grow in Michigan? What is the relationship between trees and plants and mushrooms? Come and find out how these fungi are affiliated with various species of trees and terrain. Bring your questions and samples of what you are finding at home, too, and share your recipes. Presented by Sister Marie Kopin, C.P.P.S.

Call (989) 772-0748 to register.

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

## Events/Classes



**Wednesday, May 4  
11:00 a.m.  
COA Room C**

Join us for our Cinco de Mayo celebration and enjoy entertainment with Gabriel Estrada III who will be singing classic and new Mariachi music. Originally from Texas, Gabriel is a multi-talented and versatile Mariachi singer from Grand Rapids who has been singing and performing Mariachi music since the age of 12. Stay for lunch after the performance. We will also be serving “margaritas” (non-alcoholic of course), chips, salsa and cheese dip.

Call Katie at least 24 hours in advance to reserve your lunch **(989) 772-0748**.

## AARP Smart Driver Course

**Friday, May 13  
9:00 a.m. – 4:30 p.m.  
Room B**

**\$15 for AARP members/\$20 for non-AARP members**

The AARP Smart Driver Course covers the effects of aging on driving, coping strategies, accident prevention, an update on Michigan driving laws and much more. Those over age 50 who complete the course may be eligible for a discount on auto insurance premiums if offered by their insurance company. Registration includes all class materials and the certificate to submit for insurance discounts. A 30-minute lunch break is scheduled. Lunch is available on-site thru Commission on Aging, or you may bring your own lunch. COA lunch costs \$5 for those 59 and younger and a suggested donation of \$2.50 for those 60+.

To register, call **(989) 772-0748**.



## Volunteers Needed

Looking for a **Meal Site Assistant Volunteers** for Commission on Aging 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 10:45 a.m. - 1:15 p.m. If you are interested in serving as a meal site assistant volunteer at the Rosebush site, please contact Anna at COA at **(989) 772-0748**.

COA is in need of **Gold Key Volunteer Receptionists**. Duties includes answering phones and greeting COA visitors at the front desk, referring calls to appropriate staff members, taking messages, answering general inquires and assisting with other general office work, including routine typing. Office experience and the ability to handle multi line phones recommended, computer skills helpful.

### **Days and Times NEEDED:**

Mondays: 12:30 – 4:30 p.m.

Tuesdays: 12:30 – 4:30 p.m.

Wednesdays: 8:00 a.m. – 12:30 p.m. and 12:30 – 4:30 p.m.

Fridays: 12:30 – 4:30 p.m.

We are ALWAYS looking for substitute receptionists.

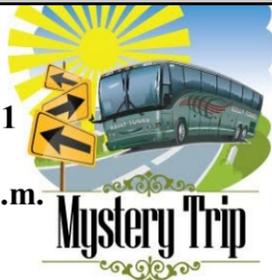
For more information, contact Anna at **(989) 772-0748**.

## Medical Equipment and other Supplies Available at COA

The Commission on Aging has a bountiful supply of walkers, wheelchairs and shower chairs, along with many other items, for loan. We also have a supply of adult diapers, both pull up and tab style, incontinence pads and under pads. If any of these items might be of use to you, please stop by or call COA at **(989) 772-0748** to check on availability.

# TRAVEL with COA

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



**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
- ◆ 4.5 hours from start to finish (not including driving time)
- ◆ 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.

Take me out to the Ball Game

## Detroit Tigers

VS

## Minnesota Twins

**Wednesday, May 18**

**\$98 per person**

**Departs COA, 8:30 a.m.**

Enjoy one of America’s favorite pastimes at Comerica Park! Grab your family, friends and grandchildren and join us as we root, root, root for the Tigers!

Put on your Tigers gear and let’s get ready to ROAR!

Enjoy 1<sup>st</sup> baseline Outfield Box seats  
**IN THE SHADE!**  
 (section 115, rows 43 – 47)

Limited tickets available

Includes transportation, ticket, hot dog, chips & pop

Reservation & payment due by April 15.



**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 healthcare 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

**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**

## Yoga

Zen Yoga, tai-chi with yoga breathing and gentle range of motion movements. Includes Yin Yoga; gentle holding positions for hips, lower back and shoulders.

**Tuesdays**

**1:30 - 2:30 p.m.**

**COA Fitness Room**

**6 classes for \$30 (punch card)**

expires when punches are used or 7 weeks after issue date

**12 classes for \$55 (punch card)**

expires when punches are used or 14 weeks after issue date

Please bring your own mat

Punch card available for purchase at COA

## Zumba Gold

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

**Thursdays**

**4:00 - 5:00 p.m.**

**COA Fitness Room**

**6 classes for \$18 (punch card)**

expires when punches are used or 7 weeks after issue date

**12 classes for \$30 (punch card)**

expires when punches are used or 14 weeks after issue date

Punch card available for purchase at COA

Monday	Tuesday	Wednesday
<p>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)                      10:00 Dulcimers (Craft)                      10:15 Low-Impact Exercise (F)                      1:00 Dominos &amp; Pinochle (C)</p>	<p>5. 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)                      10:30 Tax Assistance ◆ (A,B)                      12:30 Banjos, Guitars, Mandolins (C)                      1:30 Yoga \$◆ (F)</p>	<p>6. 7:30 Water Aerobics \$◆ (Rose)                      10:00 Computer Assistance (Lab)                      10:00 Guided Autobiography (Craft)                      10:15 Low-Impact Exercise (F)                      10:30 Tax Assistance ◆ (A,B)                      11:00 Wear Plaid Day (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)                      1:00 Dominos &amp; Pinochle (A)                      1:00 Readers' Theater (Craft)                      1:10 Detroit Tigers on the BIG Screen (C)</p>	<p>12. 7:00 Aqua Zumba \$◆ (Rose)                      9:00 Tai Chi for Arthritis \$◆ (F)                      10:00 The Music Makers (C)                      10:00 Needle Crafters (Craft)                      10:30 Tai Chi Qigong Shibashi \$◆ (F)                      12:30 Banjos, Guitars, Mandolins (C)                      1:00 CMU Bridge (Craft)                      1:30 Yoga \$◆ (F)                      2:00 Intermediate Line Dancing (C)</p>	<p>13. 7:30 Water Aerobics \$◆ (Rose)                      9:00 Art Group (Craft) <b>CANCELLED</b>                      10:00 Computer Assistance (Lab)                      10:00 Guided Autobiography (Craft)                      10:15 Low-Impact Exercise (F)                      11:15 Deal or No Deal w/Medilodge (C)                      1:00 Bridge, Euchre, Pepper (C)                      1:00 Happy Ripper Quilters (Craft)                      1:00 Between the Covers Book Club (Lib)                      1:00 Spring Caregiver Event ◆ (A,B)</p>
<p>18. 7:30 Water Aerobics \$◆ (Rose)                      10:00 Dulcimers (Craft)                      10:15 Low-Impact Exercise (F)                      1:00 Dominos &amp; Pinochle (C)</p>	<p>19. 7:00 Aqua Zumba \$◆ (Rose)                      8:30 Friends of Isabella Seniors (BR1)                      9:00 Tai Chi for Arthritis \$◆ (F)                      10:30 Tai Chi Qigong Shibashi \$◆ (F)                      11:00 Laundry Basket Skee Ball (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 (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>
<p>25. 7:30 Water Aerobics \$◆ (Rose)                      9:00 Legal Services (CF)                      10:00 Dulcimers (Craft)                      10:15 Low-Impact Exercise (F)                      1:00 Dominos &amp; Pinochle (C)                      1:00 Readers' Theater (Craft)</p>	<p>26. 7:00 Aqua Zumba \$◆ (Rose)                      9:00 Tai Chi for Arthritis \$◆ (F)                      10:30 Tai Chi Qigong Shibashi \$◆ (F)                      11:00 Mary Kay Pampering (C)                      12:45 Movie, "The Lady in the Van" \$◆ (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 (Lab)                      10:00 Guided Autobiography (B)                      10:15 Low-Impact Exercise (F)                      12:45 Spring Mushrooms, More than Morels ◆ (B)                      1:00 Bridge, Euchre, Pepper (C)</p>

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

Thursday	Friday	Saturday
	1. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo w/Woodland Hospice (C)	2. 12:00 Riverdance @ Wharton Center trip \$◆
7. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 10:30 Tax Assistance ◆ (A,B) 11:00 Word Games (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	8. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo <b>CANCELLED</b> 2:30 FGP/SCP Recognition Banquet (A,B,C)	9.
14. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	15. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo w/Prestige Centre (C) 6:30 Community Dance \$ (C)	16.
21. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 11:00 Sponge Sprout Activity (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	22. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Music w/Greg Merwin (C) 12:30 Ukulele (Craft) 1:00 Bingo w/The Laurels (C)	23.
28. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 10:30 Tai Chi Qigong Shibashi \$◆ (F) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	29. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Penny Bingo (C)	30. 11:00 Mother's Day Tea \$◆ (A,B)

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

**FWF Eat Smart Menu**

**April 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Chicken Whipped Potato/Gravy Crunchy Veg. Salad Cinnamon Applesauce Bread
4 Chicken & Rice Casserole Bread California Blend Tossed Salad Mixed Fruit Chocolate Chip Cookie	5 Chili Bread Stick Fruited Coleslaw Tropical Fruit	6 Baked Ham Bread Squash Green Beans Strawberries	7 Turkey Loaf Bread Stewed Tomatoes Corn Red Grapes	8 Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli Peaches
11 Salisbury Steak Bread Whipped Potato/Gravy Peas & Carrots Tapioca Pudding	12 Chicken Broccoli & Cheese Bread Baked Potato Italian Blend Fruited Gelatin	13 Swedish Meatballs Bread Redskin Potatoes Brussel Sprouts Mixed Fruit Cup	14 Baked Spaghetti Garlic Toast Green Beans Tossed Salad Apricots	15 Turkey Stew Biscuit Coleslaw Cinnamon applesauce
18 Macaroni & Cheese Bread Winter Blend Carrots Pineapple Tidbits	19 Meatloaf Bread Squash Pea Salad Peaches	20 Baked Chicken Bread Whipped Potato/Gravy Coleslaw Pears	21 Sloppy Joes Bun Kyoto Vegetables Multi Bean Salad Tropical Fruit	22 Potato Crunch Fish Bread Redskin Potatoes Tossed Salad Apple Crisp
25 Goulash Bread Spinach 24 hr. Slaw Cinnamon Applesauce	26 Corn Chowder Bread Stick Hard Cooked Egg Tossed Salad Apricots	27 Roasted Pork Bread Whipped Sweet Potatoes Stewed Tomatoes Citrus Fruit Cup	28 Smothered Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Mixed Fruit	29 Chop Suey w/Rice Bread Mixed Vegetables Tossed Salad Pineapple & Oranges

**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

April showers bring May flowers...making way for a beautiful time of year - a perfect time to get out and try new things and meet new people. Come to the Rosebush Food with Friends site and enjoy a delicious meal and fellowship with some wonderful people. While you are here, try a game of bingo, do a craft or enjoy some great music. We look forward to seeing you!

**Rosebush APRIL Calendar**

- 1 Wheel of Fortune
- 4 Hangman for prizes
- 6 Penny Bingo
- 8 Good Times Music
- Rosebush Manor Friends & Family breakfast 8:00 a.m.
- 11 Bingo w/prizes
- 13 Penny Bingo
- 15 Music by Greg Merwin
- Ice Cream Social
- 18 Sand art craft
- 20 Penny Bingo
- 22 Music TBA
- 25 "Test your sense of smell" game
- 27 Bingo w/prizes
- 29 Jeopardy

*\*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

April showers bring May flowers. Join us for some...April 6 we will have music with 3-Out Laws and a Good Guy, which is sure to make you smile. Our Birthday Party is April 13 and Bingo is April 8 and 22. Bring your memories and pictures for our Memories Day and wear a hat for Hat Day. Greg Merwin will entertain us April 22 with music from the 60's and 70's. Join us Pretzel Day for some pretzels. Bring in a favorite poem to share on Poetry Day.

### Shepherd APRIL Calendar

- 1 Cribbage, Skip Bo, cards
- 4 Craft day
- 6 Music w/3-Out Laws and a Good Guy
- 8 Bingo
- 11 Reminisce day, share your memories
- 13 Birthday Party
- 15 Three of the Same game
- 18 Play "Name that Scent"
- 20 Wear a Hat day
- 22 Music w/Greg Merwin 11:00 a.m.
- 25 Pretzel day
- 27 Poetry day
- 30 Honesty day

## WINN COMMUNITY BUILDING

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

We are hoping that the beautiful weather continues right on into April. We are also hoping to see more people at the Winn Food with Friends site with the return of our Snow Birds and the nicer weather. We still do not have a Site Manager in place, so we are still asking you to contact us at the Main Office (989) 772-0748 to reserve a meal. We apologize for the inconvenience, but at this time we do not have any other choice. Please take the time to come out and join us for some music and socialization. Please know that this schedule is subject to change, so please call if you should have any questions.

### Winn APRIL Calendar

- 6 Midnight Express
- 11 Country Kid
- 13 Leon Seiter and Lyle Thrush
- 20 Greg Merwin
- 27 Mark & Mark

## 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 April.

### Activity Center APRIL Calendar

- 1 Bingo w/Woodland Hospice 1:00 p.m.
- 4 Dominoes & Pinochle 1:00 p.m.
- 5 The Music Makers 11:00 a.m.
- 6 Wear Plaid Day 11:00 a.m.
- Bridge, Euchre, Pepper 1:00 p.m.
- 7 Word Games 11:00 a.m.
- Beginning Line Dancing 1:00 p.m.
- 11 Dominoes & Pinochle 1:00 p.m.
- Detroit Tigers game 1:10 p.m.
- 12 The Music Makers 11:00 a.m.
- 13 Deal or No Deal 11:15 a.m.
- Bridge, Euchre, Pepper 1:00 p.m.
- 14 Beginning Line Dancing 1:00 p.m.
- 15 Bingo w/Prestige Place 1:00 p.m.
- 18 Dominoes & Pinochle 1:00 p.m.
- 19 Laundry Basket Skee Ball 11:00 a.m.
- 20 Bingo w/Crestwood Village 11:00 a.m.
- Bridge, Euchre, Pepper 1:00 p.m.
- 21 Sponge Sprout activity 11:00 a.m.
- Beginning Line Dancing 1:00 p.m.
- 22 Music w/Greg Merwin 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.
- Beginning Line Dancing 1:00 p.m.
- 29 Penny 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

Spring has sprung! As we move into April, we will be adding some new things for our calendar. Penny Bingo will be April 4 and April 22. We will have a garden tutorial with some indoor projects to get things growing and celebrate Earth Day. Greg Merwin will be playing music for us April 25, and The Music Makers will be here every Wednesday. Don't forget our monthly birthday party April 13. We hope to see you there!

### Weidman APRIL Calendar

- 1 Trivia
- 4 Penny Bingo
- 6 The Music Makers
- 8 Boggle
- 11 Cards & games
- 13 The Music Makers
- 15 Arts & crafts
- 18 Mad Libs
- 20 The Music Makers
- 22 Grow your garden
- 25 Music w/Greg Merwin
- 27 The Music Makers
- 29 Bowling

### **Genealogical Society of Isabella County**

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

#### **~Upcoming Programs~**

April 14 - Carol 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 and quilts and present a slide show.

May 12 - The program, "Funeral Practices during the Victorian Age" will be presented by Marydeana Duckworth at the COA Activity 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 11:30 a.m. Bring your own lunch. Plan to dine & discuss family history or get help with any brick walls. Open to the public. Hope you can join us.

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

### **Mt. Pleasant Garden Club**

The Mt. Pleasant Garden Club will meet Monday, April 18 in Room A at 1:00 p.m. at Isabella County Commission on Aging to hear a presentation from Linda Elliott of Elliott's Greenhouse about how to plant a container. She will bring plants to purchase. Guests are welcome.

### **State Employee Retirement Association (SERA)**

SERA will meet Tuesday, April 19 at 1:00 p.m. at Commission on Aging in Room A. The board members are asked to come at 12:30 p.m. for a brief meeting. The business meeting will be at 1:00 p.m. followed by a 1:30 p.m. presentation with Mike Score president of the Hantz Farms. His presentation will be in regards to the Detroit Urban farming program and how our members can get involved. Following the presentation there will be the 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). If any one has ideas for future speakers, please let Jackie know.

### **Evening Bloomers Garden Club**

The Evening Bloomers Garden Club will met Tuesday, April 5 at 7:00 p.m. at Commission on Aging in Room B. Kevin Grangood and Jeff Wadle owners of Zone 5 Gardens will speak on "Plants We All Love". They are off on a new adventure starting in June so we are all interested to hear more! The public is invited.

### **Mt. Pleasant Area Historical Society**

Mt. Pleasant Area Historical Society (MPAHS) President Jay Martin has announced Central Michigan University's Jerome Pigeon will present a program on "Studying Abroad; Tiahuanaco and Preservation." The meeting will take place at 7:00 p.m., Tuesday, April 5 at Isabella County Commission on Aging in Room A. The public is invited and encouraged to attend this meeting, which will present the speaker at the beginning of the evening before the MPAHS business meeting.

**Spring Has Arrived!!  
Explore Nature .....**



**Walk the trails at  
Deerfield Nature Park and  
Meridian Park!!**

West of Mount Pleasant  
[www.isabellacounty.org/dept/parks](http://www.isabellacounty.org/dept/parks)



### **Weidman Eagles**

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

### **Mt. Pleasant Eagles**

Beginner Line Dance  
Friday, 5:30 p.m.  
Tuesdays & Thursdays, 10:00 a.m.  
No fee  
For more information contact  
Marilyn, (989) 289-6183

## Heat/Utility Assistance

EightCAP, Inc. (your local Community Action Agency) wants to partner with you to address your emergency need, but you must respond by April 29, 2016.

If you use propane, fuel oil, pellets or wood to heat your home and your supply is currently below 25% of propane, 12” of fuel oil in tank, 14 bags of pellets or 1 face cord of wood, your household may be eligible for assistance. EightCAP could potentially help pay off your back bill and fill your tank, or deliver a new supply of pellets or wood.

The following chart will help you determine if you are income eligible for assistance.

Family Size	*Adjusted Gross Monthly Income Cannot Exceed:	Family Size	*Adjusted Gross Monthly Income Cannot Exceed:
1	\$1,483	5	\$3,555
2	\$2,002	6	\$4,072
3	\$2,520	7	\$4,591
4	\$3,037	8	\$5,111

Each additional member add \$520

\*Adjusted Gross Monthly Income is calculated after taxes, child support payments and health insurance premiums are deducted from your gross pay.

If you are interested in seeking assistance, go to EightCAP’s website at [www.eightcap.org](http://www.eightcap.org) for an Emergency Assistance Application, or you may pick one up at your local EightCAP Office .

If you have any questions, concerns or need assistance filling out the application, feel free to call the Community Services Office closest to your home.

Isabella County - 310 W. Michigan, Mt. Pleasant  
(989) 772-0110, ext. 100

## A Thousand Letters Home: The Journey of the Letters

Join author Teresa Irish as she takes the audience on an historic, inspirational and life-affirming journey based on the 1,000 letters one World War II soldier wrote home during his 38 months of service. The program will take place Thursday, April 7 at 6:00 p.m. at Veteran’s Memorial Library in the Annex Meeting Room. For more information call (989) 773-3242.

## Intergenerational Grandchild-Grandparent Relationship Training Program

Do you feel like you have lost control of your role as a grandparent? Would you like to understand your grandchildren’s emotional and behavioral needs? Would you like to improve your relationship with your grandchild?

We invite you to attend this 8-session training program to improve the relationships with your grandchildren through the play-based intervention.

This free training is hosted by the CEHS Institute of Intergenerational Relationships. To enroll or for more information, please call Dr. Szu-Yu Chen at (989) 774-1843 or [chen7s@cmich.edu](mailto:chen7s@cmich.edu) or [CEHSIIGR@cmich.edu](mailto:CEHSIIGR@cmich.edu)

CALL NOW To Enroll. Spaces are Limited!

## Community Health Programs

### Protect The Skin You Are In - *FREE Skin Screenings*

Skin cancer can be successfully treated before it has a chance to spread. Warning signs suggesting skin cancer include: a change on the skin, a sore that does not heal, change in an existing mole, or the development of a new mole. Even a small change in the skin can be a warning sign, so delaying treatment may be harmful to your health.

Family Practitioner Henry Szlag, DO, will be performing skin screenings at his office, 3520 N. Woodruff in Weidman, Thursday, April 28 from 1:00 – 3:00 p.m.

Family Practitioner Nisha Vashishta, MD, will be performing skin screenings at her office, 4639 E Pickard, Suite B, Mt. Pleasant, Friday, May 13 from 12:30 – 3:00 p.m. and Friday, June 24 from 12:30 – 3:00 p.m.

Call (989) 779-5606 to schedule an appointment.

### Is Joint Replacement Right for You?

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, April 14 from 1:30 – 4:30 p.m.

Thursday, April 28 from 1:30 – 4:30 p.m.

McLaren Wellness Central

2600 Three Leaves Dr., Mt. Pleasant

Call (989) 779-5651 to register

# IN MEMORY

**Marilyn Bailey**  
Clayton & Carol Garrett

**Leona Bufford**  
Mike Merrifield

**Gary Bugh**  
Jerry & Dot Sheahan

**Andy Cascarelli**  
Jerry & Dot Sheahan

**Joe Cascarelli**  
Jerry & Dot Sheahan

**Diane Current**  
Martha Smith

**Violet Dunevant**  
Clayton & Carol Garrett

**Dick Fate**  
Shirley French

**Ernest Garrett**  
Clayton & Carol Garrett

**Audrey Langlois**  
Mike Merrifield

**Neil Langlois**  
Mike Merrifield

**Theresa Langlois**  
Mike Merrifield

**Ken Martin**  
JK & RS Anderson  
Clayton & Carol Garrett  
Dale & Jeanette Gatehouse  
Neil & Carol McCaul  
Lorraine Wheeler

**Dean Muterspaugh**  
Evalyn Muterspaugh

**Marty Osborn**  
Nancy Osborn

**Richard Parr**  
Jerry & Dot Sheahan

**Frank Perry**  
Betty Lulinski

**Jim Powell**  
Jerry & Dot Sheahan

**Marie Wood**  
Paula Clagett  
Dorothy Cole  
James & Carol Flack  
Beverly Kripa  
Carol Peacock

Active Living In Memory

**Sue Hovey**  
Gail Shack

Activity Center In Memory

**Sue Hovey**  
Anonymous  
Marvin & Sally Bellinger  
Betty Berryhill  
Dolores A. Cluley-Lockwood  
Timothy & Miriam Connors  
Friends of Clare County Parks & Rec  
Priscilla Garver  
Aunt Jean Gostling & Bieski Family  
Monica Horan  
Ana Cole & Terrie House  
David & Helen MacGregor  
Leona McDonald  
Kim & Madonna Methner  
Jeff, Toni & Faith Moody  
Dave & Mary Kay Reetz  
Rosewood V Condo Association  
Everett & Betty Schafer  
Jerry & Joan Thielen  
Gerri Travis  
James Wilmot

**Lida Myers**  
Phyllis Ahlers  
June Powell  
Gerri Travis

Food with Friends In Memory

**Sue Hovey**  
Anonymous

**Mary Mead**  
Anonymous  
Anonymous

Gold Key In Memory

**Sue Hovey**  
Carol Swetz

**Helen Miller**  
Mike & Brenda Wisneski

In-Home Services In Memory

**Nannette Callender**  
Nancy Callender

# DONATIONS

Joyce Henricks  
Richard & Joyce

Activity Center

Irene Chapman  
Melvin Onuskanich  
Richard & Jean Thomas  
Jim Wilson

Gold Key Volunteer Program

Carol Browne

Respite Care

Nancy Callender

## ACTIVE LIVING DONATIONS

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Roger & Deanna Allen  
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Richard & Justine Bernard  
Willis & Betty Bouchey  
Robert & Rosemary Curtiss  
Larry & Dawn Dennis  
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Gloria Downhour  
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Martha Pety  
Ralph Pitts  
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Marilyn Western  
Sandra Wickstrom

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## Temporarily Away

Active *LIVING* is not "forwarded." If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning a winter vacation or will be away or 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 and Federal, State and Isabella County appropriations.

APRIL 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

INSIDE **April 2016 Issue**

Mother's Day Tea	1
Spring Caregiver Training	1
Director's Comments	2
Mission Moment	3
Ask a COA Specialist	3
Events/Classes	4
Events/Classes	5
Travel with COA	6
Fitness at COA	7
April Activity Calendar	8, 9
FWF Menu & Site Activities	10, 11
Community Meetings	12
Heat/Utility Assistance	13
Memorials/Donations	14
Active Living Donations	15
COA Mission Statement	15

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.*