

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

Do You Need an Absentee Ballot?

There are many reasons why a voter may need an Absentee Ballot. Maybe you go south for the winter, or maybe you have difficulty getting to your local polling station. Whatever the reason, it's not difficult to apply for and receive an Absentee Ballot.

If you have access to the internet you can go online and google "Michigan Absentee Ballot Application." Your search will take you to the Michigan Secretary of State website and the actual application. Print the application, fill it out, sign it and send it to your local clerk.

If you don't have access to a computer, you can obtain an *application* for an Absentee Ballot from several different locations; the County, Township or City Clerk's Office or ask for an application from Commission on Aging office.

Your *application* for an Absentee Ballot can be completed and sent in immediately. However, the actual Absentee Ballot will not be available to send back to you until after September 24.

Remember, your application must be sent to your local Clerk's Office. If you live in the City of Mt. Pleasant, your application is sent into the City Clerk's Office. If you live in one of our villages, send your application for an Absentee Ballot to your Village Clerk. Or if you live out in the country, send the application to your Township Clerk. After September 24 your Clerk will mail you the actual Absentee Ballot.

Complete your ballot and return it to your local Clerk.

Never take for granted your right and responsibility to vote! It is a privilege!

Donations Needed...

The committee to organize and run the Commission on Aging Senior Millage Campaign has been formed and it now needs financial donations to run the campaign.

The money will be used to purchase campaign materials such as yard signs, brochures and postage.

If you are interested in donating to the Senior Millage Campaign, please make checks payable to:

Isabella Senior Millage Campaign Committee

You can either mail or drop off your check at the Commission on Aging, 2200 South Lincoln Road, Mt. Pleasant, MI 48858.

We *Thank You* in advance for your consideration!



Senior Millage Ballot Proposal.... How Much will it Cost the Average Household

On November 8, 2016 we will be asking the voters to renew our Senior Millage. **It is not an additional millage it is a renewal of the millage approved ten years ago that expired this year.** The purpose of the millage is to continue the funding needed to provide programing and services for older adults within Isabella County. This would include the planning and coordination of services, which would also include the operation of the COA Activity Center.

The ballot proposal is asking for the approval of up to 1 mill (\$1.00 per \$1,000.00 of Taxable Value) for a period of ten (10) years (2016 to 2025).
If the full mill is levied it will generate annually approximately \$1,589,178.00.

According to the Isabella County Equalization Department, in 2016 the median priced home in Isabella County is worth \$125,000.00. The taxable value on that median priced home is \$62,500.00. If the County Board of Commissioners levies the full 1 mill the annual cost for the median priced homeowner would be \$62.50.



2016 Median Priced Home Isabella County \$125,000 Taxable Value of \$62,500 Annual Home Owner Cost for 1 Mill \$62.50

Director’s Comments



The last few months I have been devoting my articles to each of the five program divisions operated within the Commission on Aging (COA). So far, I related information about our In-Home Services Program, our Nutrition Program and our Gold Key Volunteer Program. For September I am going to write about our Foster Grandparent Program (FGP) and the Senior Companion Program (SCP).

What do the Foster Grandparent Program and the Senior Companion Program do?

Let’s start with the Foster Grandparent Program. Its purpose is to match older adults to special needs children. The Foster Grandparent has to be age 55 or older, live within our geographical service area and have a limited income of at or below 200% of the poverty level, which is approximately \$1,980 for one person per month. The Foster Grandparent is considered a volunteer. They volunteer 20 hours per week, and they receive an hourly stipend of \$2.65, plus a mileage reimbursement. The stipend is not considered income and does not have to be declared for tax purposes.

The Foster Grandparent is assigned to work with and assist a child who has a special need. That “need” can include a learning disability, being low income or coming from a single parent home. Most of the Foster Grandparents are assigned to one placement location and work with more than one child. In FY’15 our Foster Grandparents worked at ten (10) different sites throughout the county.

These placement sites were in Head Start Programs, Day Care Centers and in every school system in Isabella County. In FY’15 our 20 Isabella County Foster Grandparents served 106 children. It’s important to note that our Foster Grandparents are not classroom aides. They are assigned to specific children and help only those children, not the entire classroom.

In addition to the age and income qualifications of the Foster Grandparent, each of them also goes through a criminal background check and is required to attend a two-week orientation training before they are assigned to a child. After that, they attend monthly in-service trainings and an annual two-week long back to school training.

The Senior Companion Program is similar to the Foster Grandparent Program. The Senior Companion has to be 55 years of age or older. They have to qualify under the same income guidelines and live within our geographical service area. The Senior Companion is considered a volunteer and also receives an hourly stipend. The difference is who they serve. Instead of children, the Senior Companion is assigned to an older adult with special needs. In this case a special need could be as a result of a stroke, a diagnosed dementia or an older adult who may be isolated and alone.

In FY’ 15 we had 12 Senior Companions in Isabella County. Those Companions served 65 older adults at nine (9) different locations throughout the county. The adults that are served by the Senior Companions can be in their own home or be institutionalized.

As with the Foster Grandparent, the Senior Companion is also required to go through a background check and an orientation program before they are placed with an older adult. They are also required to attend monthly in-service trainings and go through annual reviews on their job performance.

Both the Foster Grandparent and the Senior Companion Programs have been a part of the Commission on Aging for a very long time. The statistical information I have provided above represents just those Grandparents and Companions in Isabella County. However, the Isabella County COA receives State grant funding to operate these programs in Isabella, Gratiot and Clare Counties. All together we manage nearly 50 Foster Grandparents and 25 Senior Companions. In FY’15 our Foster Grandparents provided over 19,000 hours of service to over 250 children in our three county service area. The Senior Companions provided nearly 9,500 hours of service to over 100 older adults.

Both these programs provide a valuable service to not only the children and older adults, but to the Grandparents and the Companions as well. These are people who want to continue to serve the communities they live in. They want to continue to give to others whose needs are greater than their own. Over the years I have known many Foster Grandparents and Senior Companions. We currently have one Foster Grandparent who is 94 years old and has been with our program for over 30 years. And that’s not even a record. At one time we had a Foster Grandparent who was 100 years old, and she had her 80-year-old son take her to school every morning so she could serve her kids. All of our Grandparents and Companions care about those they serve. The programs provide a wonderful opportunity for all our participants to both give and receive in the service of others.

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

*This page is sponsored by: **Rowley Funeral Home, P.C.** “Honoring Traditions, Respecting Change”*

Mission Moment

I am excited to report that the Commission on Aging has been utilizing *myseniorcenter* since July. *myseniorcenter* is a computer system that allows members to log in and it keeps track of programs in which they are involved in. The software can help us apply for grants by providing accurate statistics about who uses the Activity Center and why. Prior to *myseniorcenter* we relied on sign-in sheets, which took time to count and organize the statistics, and members often forgot to sign in. Now, the information is available at the click of a button. The information will help us know which activities are most popular, so we can plan similar activities in the future. It offers an electronic schedule for each room and helps volunteers log their hours. Plus it shows the next generation of older adults - the baby boomers - that the center is a happening place!

The program is very easy to use. Participants simply complete a form with information such as name, address, phone, email address, date of birth, township, etc.), and then they are assigned a key card. Once a key card is assigned, participants simply swipe the card at our computer terminal and touch the activities they plan to attend - lunch, exercise, movies, educational programs, etc. on the computer screen.

If you attend activities at the COA Activity Center and do not yet have a card, please stop by the front desk, and we'll get you taken care of.

If you have any questions regarding *myseniorcenter*, please feel free to contact Marcy at **(989) 772-0748** or marcyhosking@isabellacounty.org

Marcy Hosking, Activity Program Coordinator

Volunteers Needed

The Isabella County's Commission on Aging is currently recruiting new volunteers who are interested in a short-term commitment. We are asking for support in assisting older adults with reviewing their prescription coverage. The COA will be holding trainings for new and returning volunteers, which will guide those interested through the open enrollment process. We ask that volunteers have basic computer skills, type, and are able to use the internet.

Any questions/concerns regarding the Medicare Open Enrollment, can be directed to Jennifer Martin at **(989) 772-0748**. If you are interested in becoming a volunteer, please contact Anna McDonald at **(989) 772-0748**.

- Trainings will be held in early October and will benefit both new and returning volunteers.
- No experience necessary, although it is helpful.
- Open Enrollment will run from October 15 through December 7.
- This is a great way to learn about prescription drug plans and upcoming changes

Ask a COA Specialist

Question: I'm new to caregiving and it's a little scary. What resources are available to me and my family?

Answer: We are indeed fortunate in Isabella County to have programs at the Isabella County Commission on Aging. The Commission on Aging can assist through the following programs:

Case Management provides social workers who are well versed in the resources available locally, state-wide and federally. Case managers assist with housing issues, financial/insurance questions, and many other issues dealing with caregiving.

Respite Care Program provides time away for the caregiver(s) while a respite care aide from the agency remains with the care recipient. The agency is able to provide this service 1 or 2 times a week for 4 to 6 hours at a time.

Caregiver Training Program provides assistance with all aspects of caregiving. A caregiver trainer is available to assist with situations or questions concerning nutrition, stress, and other health and wellness issues

For more information, call the Commission on Aging at **(989) 772-0748** and ask to speak to one of the social workers for more information on caregiving issues

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 COA Activity Center the 4th Monday of the month at 9:00 a.m.

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

Events/Classes



“Water Under the Bridge”

Wednesday, September 7
4:00 - 6:00 p.m.
COA Room C
\$25 per person
(all supplies included)

Let award winning television artist Steve Wood help develop the “artist” in you. You don’t have to be “born with the gift” to be a great painter. Steve’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. For more information, contact Marcy at (989) 772-0748.

October 5 class - “Fall Creek ”

Caregiver Support Group *Thursday Connection*

1st Thursday of the Month
12:30 - 2:00 p.m.
COA Craft Room

Would you like to get together with caregivers and those they care for in a supportive, social environment for coffee, tea, conversation and fun?

Thursday Connection is a new group at COA that you may be interested in!

This will be a time for caregivers and those they care for to interact and engage with others. It will be an open peer group, and new members are welcome to join at any time.

You may also want to join us for lunch at COA at noon before the Thursday Connection meets. A donation of \$2.50 is requested for those over the age of 60 and a cost of \$5 for those under 60. Contact Katie at (989) 772-0748 at least 24 hours in advance to reserve a lunch.

If you have any questions about the group, please call Ann Kowaleski at (989) 772-0748.

Explore Treatment Options for Hip & Knee Arthritis

Wednesday, September 14
12:45 p.m.
COA 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 Michael Moutsatson, DO, 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.

Beginning Drawing and Watercolor Painting

Thursdays, September 15 - October 6
1:00 - 3:00 p.m.
COA Craft Room
\$80 (includes all supplies)
\$40 (bring your own supplies)

This 4-week course includes beginning drawing and watercolor painting techniques and exercises. It is an introductory level course as well as a refresher for intermediate level skills. A supply list is available at COA reception desk. Payment is due to the instructor first day of class. Instructor: Jeanne Fisher

Call (989) 772-0748 to register. When registering, please indicate whether or not you will need supplies.

Events/Classes

Caregiver Support Group

Tuesday, September 20
6:30 - 8:00 p.m.
COA Craft Room

Our Caregiver Support Group is a confidential support group and open to all caregivers be it caring for your mother/father, spouse, grandparent or friend. You will receive support, learn strategies for coping with challenging situations and get ideas that you can immediately implement. Education handouts always available.

If you have questions, call Ann Kowaleski at **(989) 772-0748**.

September Movie & Popcorn “Mother’s Day”

Tuesday, September 27
1:00 p.m.
COA Room B
\$1 per person

Sandy (Jennifer Aniston) is a stressed-out, single mom who learns that her ex-husband is marrying a younger woman. Her friend Jesse (Kate Hudson) is a fitness freak who doesn't tell her parents that she has a family. Bradley is a widower (Jason Sudeikis) who's trying to raise two daughters on his own, while Miranda (Julia Roberts) is too busy with her career to worry about having children. When their respective problems start coming to a head, the Mother's Day holiday takes on a special meaning. *(rated PG, 1 hour 58 minutes)*

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

Fall 2016 Caregiving Training

The Commission on Aging is happy to offer two fall trainings. Laura Kubit, Attorney-at-Law, who serves older adult populations in eight counties in the Thumb/Bay/Mid-Michigan regions at Lake Shore Legal Aid, will speak on Tuesday, **October 4** from 6:30 - 8:30 p.m. She will talk about how to avoid the financial and legal pitfalls of caregiving. She will discuss the importance of good documentation and other precautions you can take to protect yourself and the loved ones you are assisting. Laura was with us last year and spoke about DPOA, Guardianships and Conservatorships. This training is a continuing discussion on additional legal and financial issues of which we must be aware. There will be a question and answer period.

Wednesday, **October 12** from 6:30 - 8:30 p.m. we are happy to host Jennifer Kitchen, Ph.D.. Jennifer is a Central Michigan University professor teaching music theory and ear training. She and her students have worked in a local nursing home to assist residents with bringing alive their memories of the music they have listened to in the past. She will talk about ways that music can enrich caregiving for those you are assisting. She will introduce the best documentary film of 2014, “Alive Inside,” and offer ideas about how it can be used to improve caregiving.

These trainings are free and open to all caregivers, nursing home, assisted living, and adult Foster care staff, Central Michigan University students and health care professionals.

Trainings are held at the Commission on Aging in Room A, 2200 S. Lincoln Rd. Mt. Pleasant, MI. Refreshment will be served. Call the COA at **(989) 772-0748** for questions and to register. Reservations not required but recommended. We hope you can join us!

Medicare Part D Open Enrollment is Approaching

The Commission on Aging will begin taking calls to schedule Medicare Part D appointments on October 3. Each year from October 15 through December 7, Medicare beneficiaries have an opportunity to enroll or change their existing prescription drug plans. It is important that people with Medicare take this opportunity to reevaluate their plan due to potential premium increases, plan formulary (drug list) and co-pay changes. The Commission on Aging will be meeting with Isabella County beneficiaries age 60 and older by **appointment only** during open enrollment. If you would like to schedule an appointment through the Commission on Aging please call **(989) 772-0748** AFTER October 3. Please note that you will be forwarded to the Insurance Hotline, and your call may be returned within 5 business days. You may also review and enroll in the Medicare prescription drug plans by going to www.medicare.gov or calling **1-800-MEDICARE**.

TRAVEL with COA

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



Monday, October 3
\$96 per person
Departs COA, 9:30 a.m.

Come see why Grand Rapids, is
"Beer City U.S.A."
Get Immersed in Beer Culture
& Beerology

Do you enjoy craft beer? This is your chance to visit different breweries and try a variety of craft beers. Grand Rapids Beer Tours will take you on an adventure to various craft breweries while teaching you about the beers and supplying you with beer samples. Learn about the history of beer, beer styles and about the history of the surrounding area.

WALKING Tour includes:

- Visits to Founders Brewing Company, HopCat, Grand Rapids Brewing Company and B.O.B.'s Brewery
- Two samples at every stop, (3 at B.O.B.'s Brewery!)
- A private brewery tour with a chance to talk with the brewer and learn about the process of beer making
- Knowledgeable tour guide providing beer history of Grand Rapids old and new

PLEASE NOTE: walking tour lasts about 3 hours and is just over a 1 mile walk.

Includes transportation, walking tour, early dinner at B.O.B.'s Brewery, gratuities and driver tip.

Reservation & payment due by Sept. 2.



Thursday, November 3
\$86 per person
Departs COA, 9:00 a.m.

Those lovable Church Basement Ladies are back in this all-new musical! Join the fun as they run a food booth at the county fair, teach one of their own how to drive and help their very nervous pastor make it to the altar on time for his wedding! Whether you've seen them before or are brand new to the basement kitchen, you'll have fun watching the ladies dish it out!

Enjoy a house salad, soup and buffet. Buffet includes carved roasted turkey, mashed potatoes, sage dressing, gravy, two vegetables, homemade dinner rolls, Grandma's cranberry relish and dessert.

You will have some time to walk around and visit our bakery, ice cream parlor and gift shop before the 2:00 p.m. show.

Enjoy a traditional style turkey lunch accompanied by contagious entertainment.

Includes transportation, lunch, show, tips & gratuities.

Reservation & payment due by October 5

Fitness Classes

Tai Chi for Arthritis

Tai Chi for Arthritis (TCA) is a research-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 well-being. Regular practice may also reduce the incidence and fear of falling in the elderly.

Beginner

Tuesdays & Thursdays
October 25 - December 1
6 Weeks - 12 Sessions
9:00 - 10:00 a.m.
COA Fitness Room

Suggested Donation
\$25 - \$50

No experience necessary

Advanced

Tuesdays & Thursdays
October 25 - December 1
6 Weeks - 12 Sessions
10:30 - 11:30 a.m.
COA Fitness Room

Suggested Donation
\$25 - \$50

Pre-Requisite: Previous Experience with the TCA 1 & 2 Forms

Limit of 15 participants per class
Loose clothing and supportive shoes recommended

Instructor: Ann FitzGerald

Fitness Classes

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

Integrative Restoration: iRest

iRest is a research-based transformative practice of deep relaxation and meditative inquiry. It is currently being utilized in VA hospitals, military bases, hospitals and clinics, hospice, homeless shelters, community programs and schools. Research has shown that iRest effectively reduces PTSD, depression, anxiety, insomnia, chronic pain and chemical dependency while increasing health, resilience and well-being.

Wednesdays
October 26 - November 30
5:00 - 6:30 p.m.
COA Fitness Room

\$60 per person
Bring a friend - \$40 per person

Beginners welcome
No prior experience necessary

Must register at Commission on Aging
by Friday, October 21

Instructor
Ann FitzGerald
Integrative Restoration Institute (IRI)
Teacher Certification Program

Peer Led Low-Impact Exercise

Mondays, Wednesdays & Fridays
10:15 a.m.
COA Fitness Room

Aqua Zumba

Splash your way into shape with an invigorating, low-impact aquatic 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
7:15 - 8:15 a.m.
CMU Rose Pool
12 classes for \$36 (punch card)
expires when punches are used or
7 weeks after issue date

Punch card available for purchase at COA
Instructor: Judi Swartz

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
Instructor: Catherine Tobin

Line Dancing

Beginner	Intermediate
Thursdays	2nd & 4th Tuesday
1:00 - 3:00 p.m.	2:00 - 4:00 p.m.
COA Room C	COA Room C
No Charge	No Charge

Hula Class

Come learn the hula as well as other Polynesian dances. The music and movements are fun to do. All ages and levels of ability are welcome. Wear comfortable clothing (barefoot optional).

Thursdays
5:30 - 7:00 p.m.
COA Fitness Room
No Charge

Instructor: Sue Courington

Zumba Gold

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

Thursdays
4:00 - 5:00 p.m.
COA Fitness Room

6 classes for \$18 (punch card)
expires when punches are used or
7 weeks after issue date

12 classes for \$30 (punch card)
expires when punches are used or
14 weeks after issue date

Punch card available for purchase at COA
Instructor: Judi Swartz

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 pg. 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.</i> <i>Codes for rooms/locations are as follows:</i></p> <p>A - Activity Room A Craft - Arts & Crafts Room CF - Conference Room B - Activity Room B F - Fitness room BR1 - Board Room C - Activity Room C Lab - Computer Lab Rose - Rose Pool</p>	
<p>5. Labor Day</p> <p>ACTIVITY CENTER and all FWF SITES CLOSED</p>	<p>6. 7:15 Aqua Zumba \$◆ (Rose) 1:00 Penny Bingo (C) 1:30 Yoga \$◆ (F)</p>	<p>7. 9:00 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance (Lab) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Wednesday Riddles (C) 12:00 COA Advisory Council (BR1) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 4:00 Anyone Can Paint \$◆ (C)</p>
<p>12. 9:00 Water Aerobics \$◆ (Rose) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)</p>	<p>13. 7:15 Aqua Zumba \$◆ (Rose) 10:00 Needle Crafters (Craft) 11:00 National Peanut Day (C) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C) 2:00 FGP/SCP Advisory Council Mtg (A)</p>	<p>14. 9:00 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance 10:15 Peer Led Low-Impact Exercise (F) 11:00 Wednesday Riddles (C) 12:45 Explore Treatment Options for Hip & Knee Arthritis program ◆ (B) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Between the Covers Book Club (Lib)</p>
<p>19. 9:00 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)</p>	<p>20. 6:30 Mackinac Island trip \$◆ 7:15 Aqua Zumba \$◆ (Rose) 8:30 Friends of Isabella Seniors (BR1) 1:30 Yoga \$◆ (F) 2:00 iPad Workshop - CANCELLED 6:30 Caregiver Support Group (Craft)</p>	<p>21. 9:00 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance 10:15 Peer Led 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>26. 9:00 Water Aerobics \$◆ (Rose) 9:00 Legal Services (CF) 10:00 Dulcimers (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)</p>	<p>27. 7:15 Aqua Zumba \$◆ (Rose) 10:45 Mary Kay Pampering (C) 12:45 Movie, “Mother’s Day” \$◆ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)</p>	<p>28. 9:00 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance 10:15 Peer Led Low-Impact Exercise (F) 11:00 Wednesday Riddles (C) 1:00 Volunteer Receptionist Training ◆ (B) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>

Thursday	Friday	Saturday
1. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Handmade Notecards (C) 12:30 Thursday Connection (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class - CANCELLED	2. 9:00 Water Aerobics \$◆ (Rose) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Bingo w/Woodland Hospice (C)	3.
8. 7:15 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Word Games 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	9. 9:00 Water Aerobics \$◆ (Rose) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Garden Bingo (C)	10.
15. 7:15 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Crazy Hat Day (C) 1:00 Beginner Line Dancing (C) 1:00 Beginning Drawing and Watercolor Painting \$◆ (F) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	16. 9:00 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo w/Prestige Centre (C) 6:30 Red Hat Strutters Community Dance \$ (C)	17.
22. 7:15 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Checkers (C) 1:00 Beginner Line Dancing (C) 1:00 Beginning Drawing and Watercolor Painting \$◆ (F) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	23. 8:30 FGP/SCP In-Service (A,B) 9:00 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Music by Greg Merwin (C) 12:30 Ukulele (Craft) 1:00 Bingo w/The Laurels (C)	24.
29. 7:15 Aqua Zumba \$◆ (Rose) 9:30 Volunteer HDM Drivers Training ◆(B) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 1:00 Beginning Drawing and Watercolor Painting \$◆ (F) 1:00 Volunteer Transportation Drivers Training ◆ (B) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	30. 9:00 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo (C)	

FWF Eat Smart Menu				September 2016	
Monday	Tuesday	Wednesday	Thursday	Friday	
			Baked Chicken 1 Bread Augratin Potatoes Green Beans Fruited Cole Slaw	Potato Crunch Fish 2 Bread Baked Potatoes Stewed Tomatoes Tropical Fruit	
Closed 5 Labor Day	Salisbury Steak 6 Bread Whipped Potatoes Brussels Sprouts Pears & Peaches	Trout Melt 7 Bun Redskin Potatoes California Blend Sliced Strawberries	Spanish Chicken 8 Bread Whipped Sweet Potatoes European Vegetable Pineapple and Oranges	Cheese Ravioli 9 With Sauce Garlic Toast Peas Tossed Salad Cinnamon Applesauce	
Lemon Pepper Chic- 12 Ken Bread Buttered Noodles Capri Blend Ambrosia Salad	Lasagna 13 Garlic Toast Broccoli Peaches	Macaroni & Cheese 14 Bread Green Beans Tossed Salad Tapioca Pudding	Sloppy Joe 15 Bun Multi Bean Salad Mixed Vegetables Berry Cup	Meat Balls 16 Bread Roasted Potato Blend 24 Hour Slaw Peach Crisp	
Baked Ham 19 Dinner Roll Steamed Cabbage Winter Blend Apricots	Egg & Cheese Cass 20 Sausage Links Cinnamon Roll Redskin Potatoes Ambrosia Fruit	Chop Suey 21 Bread Brown Rice Green Beans Citrus Fruit	Turkey Loaf 22 Bread Squash Carrot & Raisin Salad Mixed Fruit	Smothered Chicken 23 Bread Broccoli & Cauliflower Salad Company Potatoes Pineapple	
Corn Chowder 26 Bread Sticks Hard Cooked Egg Tossed Salad Fruit Cocktail	Baked Chicken 27 Bread Cheese Mashed Potatoes Carrots Michigan Fruit	Potato Crunch Fish 28 Bread Multi Bean Salad Cauliflower Pineapple	Chili 29 Corn Bread Corn Cherry Fruit Cup	Pork Chops 30 Bread Mashed Potato w/Gravy Mixed Vegetables Fruit Cocktail Gelatin	
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**

Summer is drifting away...as we welcome in fall, the Rosebush Food with Friends site is filled with fun activities. Come out and enjoy a great lunch, meet some new people and have some fun with one of our activities. We look forward to seeing you.

- Rosebush SEPTEMBER Calendar**
- 2 Penny Bingo
 - 5 CLOSED - Labor Day
 - 7 Penny Bingo
 - 9 Good Times Music
Ice Cream Social
 - 12 National Milkshake Day (serving milkshakes)
Bingo w/Prizes
 - 14 Penny Bingo
 - 16 Music TBA
 - 19 Pirate Party
 - 21 Bingo w/Prizes
 - 23 “Wear your Fall Hat” Day
Music by Jonathan Harper
 - 26 Fall Craft
 - 28 Penny Bingo
 - 30 Jeopardy w/Prizes
- *All activities are provided in conjunction with Rosebush Manor*

SHEPHERD
UNITED METHODIST CHURCH
107 W. Wright, Shepherd
Meals M, W, F, 10:00 a.m. - 2:00 p.m.
Cindy Bromell, Site Mgr., **(989) 828-5106**

Fall is on its way. Come join us in Shepherd. Why eat alone, when you can come and meet new friends? Come join us for some activities.

Shepherd SEPTEMBER Calendar

- 2 Cribbage, Cards, Puzzles
- 5 CLOSED - Labor Day
- 7 Craft Day and Cribbage
- 9 Penny Bingo
- 12 Fall Hat Month - wear a hat today
Prize for the craziest hat
- 14 Birthday Party
- 16 Jigsaw Puzzle, Cribbage, Games
- 19 National Dog Week
Bring pictures or stories of funny things your dog has done
- 21 Games
- 23 Penny Bingo
- 26 Jigsaw Puzzle, Cribbage, Dominoes
- 28 National Good Neighbor Day
- 30 Cribbage, Dominoes

WINN COMMUNITY BUILDING
2583 W. Blanchard Road, Winn
Meals M, W, F, 10:00 a.m. - 2:00 p.m.
Ingrid Salomov, Site Mgr., **(989) 866-2520**

Summer is coming to a close, and I know everyone’s been busy. We’ve had a lot of fun here in Winn, and we have more to come! I look forward to seeing you all.

Winn SEPTEMBER Calendar

- 2 Sit and Get Fit
- 5 CLOSED - Labor Day
- 7 Music by Midnight Express
- 9 Sit and Get Fit
- 12 Music by Boys from Amsden
- 14 Music by Greg Merwin
- 19 Cards
- 21 Music by Country Kin
- 23 Sit and Get Fit
- 26 Birthday Party
Music by Strictly Country
- 28 Music by Leon and Lyle
- 30 Sit and Get Fit

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 September.

Activity Center SEPTEMBER Calendar

- | | |
|------------------------------|------------|
| 1 Handmade Notecards | 11:00 a.m. |
| Beginner Line Dancing | 1:00 p.m. |
| 2 Bingo (Woodland Hospice) | 1:00 p.m. |
| 5 CLOSED - Labor Day | |
| 6 Penny Bingo | 1:00 p.m. |
| (bring your pennies) | |
| 7 Wednesday Riddles | 11:00 a.m. |
| Bridge, Euchre, Pepper | 1:00 p.m. |
| 8 Word Games | 11:00 a.m. |
| Beginner Line Dancing | 1:00 p.m. |
| 9 Garden Bingo (COA) | 1:00 p.m. |
| 12 Dominoes & Pinochle | 1:00 p.m. |
| 13 National Peanut Day | 11:00 a.m. |
| 14 Wednesday Riddles | 11:00 a.m. |
| Bridge, Euchre, Pepper | 1:00 p.m. |
| 15 Crazy Hat Day | 11:00 a.m. |
| Beginner Line Dancing | 1:00 p.m. |
| 16 Bingo (Prestige Place) | 1:00 p.m. |
| 19 Dominoes & Pinochle | 1:00 p.m. |
| 21 Bingo (Crestwood Village) | 11:00 a.m. |
| Bridge, Euchre, Pepper | 1:00 p.m. |
| 22 Checkers | 11:00 a.m. |
| Beginner Line Dancing | 1:00 p.m. |
| 23 Music by Greg Merwin | 11:00 a.m. |
| Bingo (Prestige Place) | 1:00 p.m. |
| 26 Dominoes & Pinochle | 1:00 p.m. |
| 27 Mary Kay Pampering | 11:00 a.m. |
| 28 Wednesday Riddles | 11:00 a.m. |
| 29 Jeopardy | 11:00 a.m. |
| Beginner Line Dancing | 1:00 p.m. |
| 30 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**

The summer has flown right by us! As we jump into fall, there is still plenty to see and do, lots of games to play and people to see. We have Music Makers playing every Wednesday, an apple cider social, our monthly birthday party and much, much more. Stop in. We hope to see you!

Weidman SEPTEMBER Calendar

- 2 Penny Bingo
- 5 CLOSED - Labor Day
- 7 Music
- 8 Cards & Games
- 12 Mad Libs
- 14 Birthday Party, Music
- 16 Wii Bowling
- 19 Arts & Crafts
- 21 Music
- 23 Apple Cider Social
- 26 Cards & Games
- 28 Music
- 30 Boggle

Genealogical Society

The Genealogical Society meets the second Thursday of the month at 7:00 p.m. in Room B at the Commission on Aging Activity Center.

September 8 - Judy Pamp will present "Life Path and Touching on Native American Cemeteries" etc.

October 13 - Tammy Prout will present a program "How to use CMU Online Digital Repository (CONDOR)" at The Clarke Historical Library.

More information may be obtained at <http://isabellagenealogy.org>

Mt. Pleasant Garden Club

Come learn about amphibians! The Mt. Pleasant Garden Club will meet Monday, September 19 at 1:00 p.m. in Room A at Commission on Aging. Their program will be provided by Mike LeValley, who is the Environmental Education Program Director for the Isabella Conservation District. He will present a program about amphibians. Guests are welcome.

State Employee Retirement Association

SERA will meet Tuesday, September 20 for our annual pizza party at 12:00 p.m. at Commission on Aging in Room A. Liquid refreshments will be provided, or you may bring your own. All tableware will also be furnished. Please remember the time will be at 12:00 p.m., instead of the usual 1:00 p.m. We will have card bingo, 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.

Second Sight Artists Art Show and Sale

Saturday, September 12
1:00 - 4:00 p.m.
COA Rooms A&B

Drawings, paintings, sculptures & more.
Refreshments. Drawing for a free painting!



9th Annual Art From Our Parks
Deerfield Nature Park
Saturday, September 24, 2016
Noon – 4pm

Contact the Parks Main Office for more information!!

989.317.4083



www.isabellacounty.org/dept/parks

Attention Blue Cross Blue Shield Legacy Medigap Members

If you are currently under the Blue Cross Blue Shield Medigap Plan C and are paying \$122.86 a month, your premium is expected to change January 2017. This premium will remain the same for this year however, BCBS recently sent letters to its members notifying them that their insurance rates would change in January. BCBS will be contacting beneficiaries to discuss other options. Please note that if you would like to keep this policy you may. If you are under a different BCBS plan, this does not affect your current plan. Here’s a few quick notes on what to expect:

- New premiums are based on age, gender and location.
- Rates will increase until age 80.
- Plan C will no longer take new enrollees after November 14, which means if you cancel the policy, you will NOT be able to get it back.
- If you believe that the new premium is not affordable, you may shop around.

Households with limited incomes may qualify for a monthly subsidy to help lower their premiums. In order to be eligible, you must have a gross household income of \$17,820 for a single individual or \$24,030 or less for two people. These subsidies will be available October 1 through December 15, 2016 and may be applied to the January premium. If you are interested in seeing if you qualify you may do one of the following.

- Call 1866-824-9772 and request a paper application
- MichiganMedigapSubsidy.com
 - ⇒ Please note that the subsidy is also available to other insurers.
 - ⇒ Available subsidies are offered through the Michigan Health Endowment Fund.
 - ⇒ View the updated list at MichiganMedigapSubsidy.com.

If you have questions, or need to speak to a specialist regarding your plan or options, please call COA at (989) 772-0748. Please note that due to the high volume of calls, it may take 3-5 business days for a specialist to return your call. You may also have questions answered by contacting the Medicare Medicaid Assistance Program (MMAP) at 1800-858-1637.

Isabella County Commission on Aging & Friends of Isabella Seniors
Annual Golf Outing

Thank you sponsors, donors, golfers and volunteers for making our Annual Golf Outing such a great success! Proceeds from the golf outing will benefit Friends of Isabella Seniors (FOIS), a non-profit organization which assists with programs and services for older adults residing in Isabella County under the auspices of the Isabella County Commission on Aging.

Signature Sponsor

Bandit Industries, Inc.

Cart Sponsor

Alma Tire

Golf Ball Sponsor

General Agency Co

FRIENDS Sponsor

Bedrock Data, LLC

Friends of Isabella Seniors Board Members

Bethany Ervin, Lawrence Footh, Stephanie Hope, Ray Johnson, David Karmon, Jerry Morey, Ralph Pitts, Louise Plachta, Jeanne Reese

GrafX Central Inc.

MLT Transport LLC

Breakfast Sponsor

Coyne Oil Corporation

Lunch Sponsor

Claudia B. Douglass, Ph.D.

Hors d’oeuvres Sponsor

Burch Tank & Truck Inc

Contest Hole Sponsor

A&D Healthcare Inc

In Remembrance of Leonard E. Plachta, Ph.D.

Pleasant Graphics Inc

Hole Sponsor

Anonymous
Allied Hearing
Boge, Wybenga & Bradley, P.C.
Burch Tank & Truck Inc
CMU Women’s Basketball
Coyne Oil Corporation
Debra Kadabra's Campus Salon
Larry & Monica Davis
Shirley Decker
Lawrence & Sally Foote
Garr Tool Company
Green Spot Pub
Green’s Towing & Recovery
M.C. Kostrzewa & Co., PC, CPAs
In Memory of Joe Lawrence
In Memory of Katie Slack, Lorraine Stout, Mary Beth Upton
Isabella County Trial Court Judges
JLH Enterprises
Richmar Realty
Rowley Funeral Home, PC
The Bird Bar & Grill

A special THANK YOU to the following:

- Mike Carey
- Sheriff Michael Main
- Joe Recker & Staff of Pleasant Hills Golf Course
- The Saginaw Chippewa Tribal Fire Department
- Fred Stabley

Congratulations to BOB MOORADIAN
Winner of our Great Golf Ball Drop!



Other Donors

120 South • ABC Warehouse • Big Apple Bagels • Chippewa Athletic Fund • CMU Men’s & Women’s Basketball • CMU University Recreation
CMU Bookstore • Cranker's Brewery and Restaurant • Culver's • Doozies Ice Cream Place • Eagle Glen • Elliott Greenhouse and Gifts
Erbert and Gerbert’s Sandwich Shop • Fusion Fitness & Bootcamp, LLC • Gillroys Hardware • Great Lakes Loons • Green Spot Pub • Isabella Bank
Jenny’s Diner • Jet’s Pizza • Doug LaBelle, II • Marty’s Bar • Max & Emily’s Bakery Café • MP Fit Club • Mt. Pleasant Discovery Museum • NCG Cinemas
Painted Turtle Pottery Studio • Pleasant Hills Golf Course • Pohlcat Golf Course • Riverwood Resort • Sacred Heart Parish • Snow Snake Ski & Golf • Starbucks
The Gourmet Cupcake Shoppe • Tim Hortons • Total Eclipse Design • Joan Trinklein

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

IN MEMORY

Wenonah Beltinck

Jeff & Lee Bean
Rudy & Rosalyn Block
Sharon Horgan
Ron & Kathleen Huber
Helen Johnson
Stan & Pat Lilley
Barbara McDonald
Leona McDonald
Rose Marie O’Brien
Wayne & Connie Schafer
Bernadette Sunderman

Robert Figg

Aronald & Rosalyn Block
Edward & Doreen Figg

Elton Goffnett

Peter & Marie Price

Roy Gunderson

Enra Marquardt

William Kennett

Marilyn Dewey

Barbara Kirchner

Bernadette Sunderman

Keith Leasher

George & Beverly Morgan

Myrtle MacDonald

Faith Wesleyan Church
Francis & Darlene Fedewa

Edward Mumy

Ken & Joyce Clark
Doug & Colleen Curtiss
Carol McConnell
2nd Floor Friends at Morbark
Nancy Jo Westbrook
Charles & Mary Yates
Chris Zalud

Phyllis Price

Peter & Marie Price

Marjorie Rau

Harry & Trudy Smith

John Todink

Doris Hawkins
James & Marilyn Sweeney

Clarence Tuma

Harry & Trudy Smith

Emmett Van Auker

Gladys Hall

Activity Living

Lanny Haring

Pat Haring

Food with Friends

Roy Gunderson

Basil & Theresa Zimmer

Edward Mumy

Bob & Judy Nagy
Mike & Wanda Wilson
Ray Wilson

Waldo Sauter

Water Schneider

Gold Key/Food with Friends Drivers

Edward Mumy

Bernard & Marcelyn Baldwin
Chuck & Marlene Davis
Ed & Lynn Henry
Jaime Kyser-Kostal
Kyle & Heather Kyser
Paige Kyser
Al & Jackie Studer
Kay Thren
Billy Vernon

In-Home Services

Ralph & Joan Bailey Baughman
Class of 1948

Lawrence & Sally Foote

Edward Mumy

Don & Julie Kebler

DONATIONS

Arnold Newman - Happy Birthday!
Glenna Beard
Rodney & Elaine Brickner
Wayne & Mary VanDyke
Henry & Nancy Fulton\
Robert & Bonnie Lyon
Melvin Onuskanich
Richard & Jean Thomas
Alice J. Wilson

Activity Center

Irene Chapman

Food with Friends

Harold & Mary Tremain

ACTIVE LIVING
DONATIONS

Nancy Beckwith
Juanita Blystone
Paula Clagett
Paul Dean
Lois Doerr
Richard & Janet Earl
John Frisch
Susanna Gepford
Carol Griffin
Donna Hafer
Kathy Hoeksema
John E. Hubble
Eileen Jennings
MaryAnn Judge
Robert & Mary Kane
Mike McCrackin
Henry Meabrod
Carolyn Moeggenberg
Cassie Newton
Donna Rahl
Marilyn Reid
Donald & Suzanne Schafer
Connie Sedell
Richard Thelen
Harold & Mary Tremain
Allan Tucker
Mary Ann Tuma
Marie Turner
M.R. Williamson
Evelyn Woolever

COMMISSION ON AGING
ADVISORY BOARD

District 1	Roxanna Dunevant
District 2	Ruth Anne Maniteau
District 3	Shirley Decker
District 4	John Dinse
District 5	Mark Pasquali
District 6	Ken Kopke
District 7	Sarvjit Chowdhary
At-Large	Therese Mosier
At-Large	Claudia Douglass

Friends of
Isabella Seniors
Board of Directors

President	Ray Johnson
Vice President	Jeanne Reese
Secretary Ex Officio	Brenda Upton
Finance Ex Officio	Anna McDonald
Member	Bethany Ervin
Member	Lawrence Foote
Member	Stephanie Hope
Member	David J. Karmon
Member	Louise Plachta
Member	Jerry Morey
Member	Ralph Pitts
Member	Joanne Lovejoy

Temporarily Away

Active *LIVING* is not “forwarded.” If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning a winter vacation or will be away or are moving, call **(989) 772-0748** or use the form on page 16.

Active LIVING Deadline

Each issue of Active LIVING is printed and mailed to our readers before the 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.

SEPTEMBER 2016
ACTIVE LIVING

Fall 2016

Caregiver Training

Financial and Legal Pitfalls
of Caregiving

Tuesday, October 4
6:30 - 8:30 p.m.
COA Room A

Ways Music can Enrich
Caregiving for Those You are
Assisting

Wednesday, October 12
6:30 - 8:30 p.m.
COA Room A

See more information on page 5

INSIDE **September 2016 Issue**

Do you need an Absentee Ballot?	1
Millage Campaign Donations Needed	1
Director’s Comments	2
Mission Moment	3
Events/Classes	4
Events/Classes	5
Travel with COA	6
Fitness at COA	7
September Activity Calendar	8, 9
FWF Menu & Site Activities	10, 11
Community Meetings	12
Annual Golf Outing Thank You	13
Memorials/Donations	14
Advisory Board/Board of Directors	15

Active LIVING

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

Non-Profit Org.
U.S. Postage
PAID
Permit No. 52
Mt. Pleasant, MI 48858

For Delivery of

Active LIVING

Please check: ☐ New Subscriber ☐ Renewal Contribution: \$ _____

☐ Change of Address (Please attach a label with old address)

☐ Temporarily Away Stop Date _____ Restart Date _____

Temporarily Away - Address

Full Name _____

Number & Street _____ Apt. No. _____

City _____ Zip _____

Phone _____

E-mail _____

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

New Subscriber or Change of Address

Full Name _____

Number & Street _____ Apt. No. _____

City _____ Zip _____

Phone _____

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.*