

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

Isabella County Commission on Aging
& Friends of Isabella Seniors

Golf Outing

Friday, August 5, 2016
Pleasant Hills Golf Course

**GREAT
GOLF BALL
DROP**

**\$2,250
GRAND PRIZE**

ONLY 1,000 balls sold

**Tickets
\$10 each**

Individually numbered golf balls will be dropped
onto a putting green...
ball CLOSEST to the PIN wins \$2,250
(in the event of multiple winners, prize money will be split evenly)

**Drop takes place approximately 3:30 pm,
Aug. 5. NEED NOT be PRESENT to WIN**

**Purchase your tickets at Commission on Aging
or call Marcy at (989) 772-0748 to pay with your
credit or debit card**

Proceeds to benefit Friends of Isabella Seniors

Senior Millage Proposal to be placed on the
November 2016 Ballot

The Isabella County Board of Commissioners unanimously passed a resolution at their June 21st Board meeting to place a Senior Millage Proposal on the November, 2016 General Election Ballot.

The Ballot Proposal will ask the voters to consider a Senior Millage of “up to 1.00 mill (\$1.00 per \$1,000 of Taxable Value) for a period of ten (10) years (2016-2025) inclusive”. The revenue from the Senior Millage is utilized in every one of the Commission on Aging programs and services. Plus, it is used to operate and maintain the COA Activity Building. A copy of the approved ballot language is included at the end of this article.

The next step is to set up a campaign committee which will need lots of people. If you are interested, please email Brenda Upton at upton412@hotmail.com

The *Isabella Senior Millage Campaign Committee* needs your help!

There will be at least one organizational meeting in August. Those individuals who wish to take part and have contacted Brenda Upton at the above email address will receive meeting and activity notifications through email announcements. A schedule for future committee and sub-committee meetings will be set at the August meeting. The Committee will also be setting up a Facebook page for everyone to “Friend” and “Follow”.

So get in touch and help with the *Isabella Senior Millage Campaign Committee*!

SENIOR CITIZENS SERVICES
MILLAGE PROPOSAL

For the purpose of providing millage for the funding of services and activities for older persons within Isabella County, including planning, coordinating, and funding the continuation of the Isabella County Commission on Aging services and programing, shall the tax limitation on general ad valorem taxes within the County of Isabella imposed under Article IX, Sec. 6 of the Michigan Constitution be increased by up to 1.00 mill (\$1.00 per \$1,000 of Taxable Value) for a period of ten (10) years (2016-2025) inclusive?

If approved and levied in full, this millage will raise an estimated \$1,589,178 for the countywide senior citizens services and facilities in the first calendar year of the levy. In accordance with State law, a small portion of the millage may also be disbursed to the Downtown Development Authorities of the City of Mt. Pleasant, and Union Township; the Tax Increment Finance Authorities of the City of Mt. Pleasant; and the Brownfield Redevelopment Authority of the City of Mt. Pleasant.

YES ☐
NO ☐

Director’s Comments



The Isabella Senior Millage Proposal will be on the November 2016 ballot. You can see a sample of the approved ballot language on the front page of this issue of *Active Living*.

As I stated in the last two issues of *Active Living*, it is my intention, over the next few months, to write about each of our five program divisions. In the June issue I wrote about our In-Home Service Programs. Last month my article was about our Food With Friends Nutrition Program. For this month I’ll discuss our Gold Key Volunteer Program.

The Gold Key Volunteer Program started in the mid 1970’s with funding from the County Board of Commissioners. Right from the start it was very apparent how much our Gold Key Volunteers contributed to the success of the Commission on Aging (COA), and as you must know, they still do.

At the current time the COA has over 350 registered and active volunteers. In fiscal year 2015 those volunteers contributed over 48,000 hours of service to the COA, our community and our program participants. The following two charts demonstrate in which township our volunteers live and the number of hours those volunteers provided in FY’15.

Isabella County – Township Map
Number of Gold Key Volunteers in Each Township

Coldwater 7	Gilmore 9	Vernon 5	Wise 1
Sherman 20	Nottawa 20	Isabella 13	Denver 8
Broomfield 7	Deerfield 24	Union 75 Mt Pleasant 70	Chippewa 14
Rolland 8	Fremont 4	Lincoln 13	Coe 12

Isabella County – Township Map
Number of Gold Key Volunteer Hours

Coldwater 688	Gilmore 403	Vernon 465	Wise 72
Sherman 3,560	Nottawa 2,942	Isabella 2,285	Denver 872
Broomfield 688	Deerfield 2,281	Union 11,675 Mt Pleasant 9,115	Chippewa 2,600
Rolland 740	Fremont 280	Lincoln 3,157	Coe 1,384

continued on page 3...

Director's Comments continued...

The Gold Key Volunteer Program and all of our wonderful volunteers represent the heart of the COA. They touch the lives of thousands of older adults from all over Isabella County. The following is a list of some of the programs and services our Gold Key Volunteers provide to our community:

Medical Transport Driver – Using their own vehicles, the volunteer transports older adults to medical appointments and grocery shopping.

Receptionist – Works at the COA's Receptionist's Desk answering all in-coming calls, refers the caller to the appropriate staff, takes messages and assists all visitors.

Home Delivered Meal Driver – Using their own vehicle, the volunteer delivers meals to homebound older adults throughout Isabella County.

Needle Craft Worker – Using their own crafting equipment and skills, the volunteer sews, knits and crochets a variety of mittens, hats, scarves, lap robes, quilts, and walker bags. These items are distributed to schools, nursing homes and medical facilities throughout the county.

Kitchen Assistant – Works in the COA commercial kitchen helping with the preparation and packing of the Home Delivered Meals.

Meal Site Assistant – Works at one of the COA five Congregate Meal Sites in Isabella County serving and cleaning up after the meal has been served.

Friendly Visitor – A volunteer who is a companion to an older adult who seeks interaction but is unable to leave their home under ordinary circumstances. The visits are tailored to the needs and interests of both the visitor and the program participants.

Helping Hands – Volunteers with home repair and building skills who will perform minor home repairs to improve the safety and security of the older adult's home.

These are just a few of our volunteer opportunities. Other includes the following: Tax Aides, Medicare Part D assistants, Ride Buddies and CMU-SAC volunteers. Plus, we have volunteers for leaf raking and yard clean-up, Flu Clinics, our golf outing and our yard sale.

All these volunteer activities, and many more, contributed over 48,000 hours of service and drove nearly 158,000 miles just in FY'15. Based on just minimum wage our volunteers save the COA and the community nearly \$500,000 annually.

The cost to manage the Gold Key Volunteer Program comes from different revenue sources. It comes from client donations, from the Saginaw Chippewa Tribe and from our Isabella County Senior Millage. The volunteers who use their vehicles for their volunteer duties are offered a per mile reimbursement rate of \$0.50. The annual expense for that reimbursement is nearly \$80,000.00 annually. This funding also comes from the Senior Millage, the Saginaw Chippewa Tribe and from United Way. All the funding is important, but the millage revenue represents over 60% of the Gold Key Volunteer budget. Without it we would not be able to operate the Gold Key Volunteer Program. Nor would we be able to adequately serve the older adults of Isabella County.

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

Events/Classes



“Outdoor Plumbing”

Wednesday, August 3
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.

September 7 class - “Water Under the Bridge ”

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 in which 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.

iPad Workshop

Tuesday, August 16
2:00 p.m.
COA Room B

Mail - Learn the basics of the Mail app and more. In this session attendees will learn to delete email messages in three different ways, save photos from email to the Photo app and move emails from the Inbox to designated folders to save for later.

No registration required.

Caregiver Support Group

Tuesday, August 16
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.

August Movie & Popcorn “Miracles from Heaven”

Tuesday, August 23
1:00 p.m.
COA Room B
\$1 per person

MIRACLES FROM HEAVEN is based on the incredible true story of the Beam family. When Christy (Jennifer Garner) discovers her 10-year-old daughter Anna (Kylie Rogers) has a rare, incurable disease, she becomes a ferocious advocate for her daughter’s healing as she searches for a solution.

After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored and their community inspired. (rated PG, 1 hour 49 minutes)

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

Events/Classes

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. Instructor: Jeanne Fisher

Supply list available at COA reception desk. Payment due to instructor first day of class.

Call (989) 772-0748 to register.

Mission Moment

Are you or someone you know a homebound older adult who has difficulties making a healthy meal? We may have the answer for you with our Home Delivered Meals. We are able to provide homebound older adults with a hot meal Monday thru Friday, and we do offer frozen meals for the weekends. Currently we have 11 Home Delivered Meal Routes, and our Volunteer Drivers deliver approximately 185 meals a day to older adults across Isabella County.

The healthy meal is not the only benefit of receiving a Home Delivered Meal. Our volunteer drivers are concerned about each and every one of the clients on their routes, and they form great relationships with each client. The driver does not hesitate to report if the client isn't responding to the door or their phone. The driver also reports back to us if their client seems to be in distress or if there are any other concerns with them or their surroundings. Our drivers serve as a daily check for many clients and their families.

Please do not hesitate to give us a call at (989) 772-0748 to get more information if you or someone you know would benefit from Home Delivered Meals.

Michelle Howes, Food with Friends Program Coordinator

Ask a COA Specialist

Question: My father's home gets quite hot during the summer months. I am concerned that he may become overheated. He does not have the money to pay for air conditioning. What should we do to prevent him from getting heat exhaustion?

Answer: Heat related illness can be very serious in older adults. Central air conditioning could cost into the thousands of dollars. Although we can't assist with central air, the Commission on Aging has some emergency needs money available, to those who meet certain income guidelines, to help purchase window air conditioners and/or ventilating fans.

We also suggest:

- Opening windows at night when it is cooler.
- Keeping your windows and curtains closed during the higher, peak sun time.
- Staying hydrated.
- Visiting the *air conditioned* COA building for a range of activities!

Call COA at (989) 772-0748 and speak to one of the social workers to learn more about emergency needs money that may be available.

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

TRAVEL with COA

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



“Ernie” - The Play

Thursday, August 25
\$74 per person
Departs COA, 4:00 p.m.

“Looong gone,” but never forgotten! Mitch Albom’s hit play, *Ernie*, brings Detroit’s beloved Hall of Fame broadcaster Ernie Harwell to the stage at the Wharton Center for Performing Arts. *Ernie* is about to give a moving thank you to grateful fans. An unusual boy coaxes him into giving the “broadcast of his life.” Albom, the hugely successful author of *Tuesdays With Morrie*, has written a story of 20th-century Americana and a love affair with baseball. Ernie went through the Great Depression, World War II and the desegregation of sports. He also called some of the grandest moments ever witnessed on a ball field. The play features historic baseball moments and many unmistakable Harwell calls.

Includes transportation, play & driver tip.

DOES NOT include dinner before the play at a local Lansing restaurant.

Reservation & payment due by August 18.

LIMITED NUMBER of TICKETS AVAILABLE

MACKINAC ISLAND

Tuesday, September 20
\$129 per person
Departs COA, 6:30 a.m.

Featuring the Grand Luncheon Buffet

We will catch the Shepler’s Mackinac Island Ferry Mighty Mac for the 10:00 a.m. departure, which will take us on a memorable journey under the Mackinac Bridge on the way to the Island.

Once on the Island, a taxi will take us to the Grand Luncheon Buffet at the Grand Hotel. The buffet extending nearly 100 feet, offers an assortment of seafood, hot entrees, meats sliced to perfection, crisp salads, savory cheeses, fruits, vegetables, breads and more. The dessert table offers 20 different selections, baked each day.

After lunch, explore the Island at your leisure, including the Grand Hotel. Meet at the dock by 4:30 p.m. for 5:00 p.m. return ferry.

Includes transportation, ferry ticket, taxi, buffet, tips & gratuities.

Reservation & payment due by Aug. 19.

Please note: after lunch you will be on your own to explore the Island and are responsible for getting back to the ferry by 4:30 p.m. by either arranging for your own taxi or walking.



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.

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

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 had shown that iRest effectively reduces PTSD, depression, anxiety, insomnia, chronic pain and chemical dependency while increasing health, resiliency and well-being.

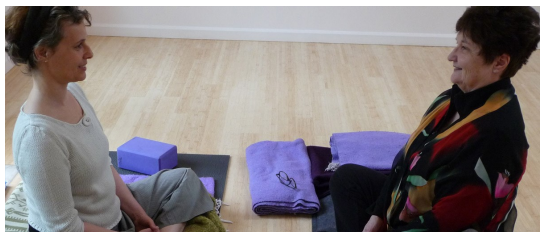
Wednesdays
August 24 - September 28
5:00 - 6:30 p.m.
COA Fitness Room

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

Beginners welcome
No prior experience necessary

Must register at Commission on Aging
by Friday, July 1

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



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
2nd & 4th Tuesday
2:00 - 4:00 p.m.
COA Room C
No Charge

Peer Led Low-Impact Exercise

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

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, easy to follow moves. An energizing workout that burns calories and tones muscles.

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

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

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

Punch card available for purchase at COA

This page is sponsored by: **Clark *family* Funeral Chapel and Cremation Service**

Monday	Tuesday	Wednesday
1. 9:00 Water Aerobics - CANCELLED 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 2:00 Eat Smart, Live Strong ♦ (Craft)	2. 7:00 Aqua Zumba - CANCELLED 11:00 Ice Cream Sandwich Day (C) 1:30 Yoga \$♦ (F) 5:00 iRest \$♦ (F)	3. 9:00 Water Aerobics - CANCELLED 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (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)
8. 8:30 FGP Back to School training (A,B) 9:00 Water Aerobics - CANCELLED 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 2:00 Eat Smart, Live Strong ♦ (Craft)	9. 7:00 Aqua Zumba - CANCELLED 8:30 FGP Back to School training (A,B) 10:00 Needle Crafters (Craft) 11:00 Theraputty Arthritis Craft (C) 1:00 CMU Bridge (Craft) 1:30 Yoga \$♦ (F) 2:00 Intermediate Line Dancing (C) 5:00 iRest \$♦ (F)	10. 8:30 FGP Back to School training (A,B) 9:00 Water Aerobics - CANCELLED 9:00 Art Group (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Between the Covers Book Club (Lib)
15. 9:00 Water Aerobics \$♦ (Rose) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)	16. 7:00 Aqua Zumba \$♦ (Rose) 8:30 Friends of Isabella Seniors (BR1) 10:00 FGP/SCP Association meeting (Craft) 1:30 Yoga \$♦ (F) 2:00 iPad Workshop (B) 6:30 Caregiver Support Group (Craft)	17. 9:00 Water Aerobics \$♦ (Rose) 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)
22. 9:00 Water Aerobics \$♦ (Rose) 9:00 Legal Services (CF) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)	23. 7:00 Aqua Zumba \$♦ (Rose) 8:30 SCP Quarterly training (A) 10:45 Mary Kay Pampering (C) 12:45 Movie, “Miracles from Heaven” \$♦ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$♦ (F) 2:00 Intermediate Line Dancing (C)	24. 9:00 Water Aerobics \$♦ (Rose) 9:00 Art Group (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)
29. 9:00 Water Aerobics \$♦ (Rose) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)	30. 7:00 Aqua Zumba \$♦ (Rose) 11:00 Slinky Day (C) 1:30 Yoga \$♦ (F)	31. 9:00 Water Aerobics \$♦ (Rose) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)

Thursday	Friday	Saturday
4. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Word Games (C) 12:30 Thursday Connection (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold - CANCELLED 5:30 Hula Class (F)	5. 9:00 Water Aerobics - CANCELLED 10:15 Peer Led Low-Impact Exercise (F) 1:00 Bingo w/Woodland Hospice (C)	6.
11. 7:00 Aqua Zumba - CANCELLED 8:30 FGP Back to School training (A,B) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	12. 8:30 FGP Back to School training (A,B) 9:00 Water Aerobics - CANCELLED 10:15 Peer Led Low-Impact Exercise (F) 1:00 Bingo (C)	13.
18. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Honey Bee Celebration (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	19. 9:00 Water Aerobics \$◆ (Rose) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Bingo w/Prestige Centre (C) 6:30 Community Dance \$ (C)	20.
25. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 4:00 “Ernie” - The Play at Wharton Center trip \$◆ 5:30 Hula Class (F)	26. 9:00 Water Aerobics \$◆ (Rose) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Music by Greg Merwin (C) 1:00 Bingo w/The Laurels (C)	27.
Food with Friends lunch is served Monday thru Friday at 12:00 p.m. in Activity Room C. See our Menu on pg. 10 Calendar Key: ◆ = Reservation Required \$ = Fee for Activity	The room/location for each activity is listed on the calendar for reference. Codes for rooms/locations are as follows: A - Activity Room A Craft - Arts & Crafts Room CF - Conference Room B - Activity Room B F - Fitness room BR1 - Board Room C - Activity Room C Lab - Computer Lab Rose - Rose Pool	

FWF Eat Smart Menu

August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Spaghetti 1 Garlic Toast Green Beans Pineapple	Smothered Chicken 2 Bread Whipped Potatoes Stewed Tomatoes Apple Crisp	Baked Chicken 3 Bread Whipped Potatoes/Gravy Brussel Sprouts Tropical Fruit	Polish Sausage 4 Sauerkraut Bread Broc/Cauliflower Salad Strawberries	Macaroni & Cheese 5 Bread Peas & Carrots Ambrosia Salad
Spanish Rice 8 Bread Corn Michigan Fruit Cup	Sausage Penne 9 Roasted Vegetables Bread Cucumber Salad Citrus Fruit Cup	Meatballs 10 Bread Rice Mixed Vegetable Apricots	Turkey Loaf 11 Bread Scalloped Potatoes Squash Pineapple Gelatin	Trout Melt 12 Bun Red Skin Potatoes Beets Berry Cup
Pork Chops 15 Dinner Roll Whipped Sweet Potatoes Spinach Applesauce	Sliced Turkey 16 Bread Mashed Potatoes/Gravy Succotash Vegetable Cherry Fruit Cup	Brocc/Chicken Cheese 17 Breadstick Baked Potato Coleslaw Peaches/Pears	BBQ Chicken 18 Bread Company Potatoes Tossed Salad Pineapple/Oranges	Vegetable Lasagna 19 Garlic Toast Winter Blend Cinnamon Apple Sauce
Chop Suey 22 Bread Rice Peas Mandarin Oranges	Cheese Ravioli/Sauce 23 Garlic Toast Green Beans Tossed Salad Cinnamon Applesauce	Chicken Salad 24 Croissant Broccoli Citrus Salad Mixed Fruit Cup	Hot Dog w/Bun 25 Potato Salad Italian Blend Peach Crisp	Chicken Al King 26 Biscuit Kyoto Vegetable Blend Peaches
Pulled Pork 29 Bun Redskin Potatoes Capri Blend Pears	Hamburger w/Bun 30 Baked Potatoes 24 Hour Slaw Fruit Cocktail	Salisbury Steak 31 Dinner Roll Mashed Potatoes/Gravy California Blend Fruit Cocktail Gelatin		

Menus are Subject to Change Without Notice

Milk provided with all meals

ROSEBUSH VILLAGE OF ROSEBUSH MANOR

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

Whew! It’s hot outside! But it’s nice and cool at the Rosebush Food with Friends site! Stop in for a visit. Enjoy the cool air, great meal and fun activities! We look forward to seeing you.

Rosebush AUGUST Calendar

- 1 Music by The River Ramblers
- 3 “Just the two of us” music by Bruce & Val
- 5 Penny Bingo
- 8 Bingo w/prizes
- 10 Penny Bingo
- 12 Good Times Music
Ice Cream Social
- 15 Penny Bingo
- 17 Bingo w/prizes
- 19 Music by Greg Merwin
- 22 Jeopardy for prizes
- 24 Penny Bingo
- 26 Hula Dancers
- 29 Craft
- 31 Penny Bingo

*All activities are provided in conjunction with Rosebush Manor

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

SHEPHERD

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

The lazy days of summer are almost gone. You still have time to join in on some summer fun with us. Come for lunch and stay for some entertainment, games, Bingo, ice cream and lots of laughs.

Shepherd AUGUST Calendar

- 1 Cribbage, Cards, Puzzles
- 3 Music by Greg Merwin
- 5 Summer Olympics Fun Day
- 8 National Doll Day
bring a doll or share a memory of your favorite doll
- 10 Dog Days of Summer Puzzle
- 12 Penny Bingo
- 15 Celebrate Victory Day
- 17 Birthday Party
Music by Dan Kirchner
- 19 Rootbeer Float Day, Bee Craft
- 22 Honey Bee Day
wear yellow and black
- 24 Help us finish our jigsaw puzzle
- 26 Penny Bingo
- 29 Games of your choice
- 31 Chair Yoga, games of your choice

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

I hope you're all having a wonderful summer! Don't forget to come to Winn to join us for Food with Friends when you're not on vacation. If you haven't been here in a while, please come back and join us for great food, friendship, laughter and music.

Winn AUGUST Calendar

- 1 Sit and Get Fit
- 3 Midnight Express
- 5 CD's and Cards
- 8 Sit and Get Fit
- 10 Country Kin
- 12 Sing Along
bring CD's and instruments to play
- 15 Boys from Amsden
- 17 Euchre
- 19 Sit and Get Fit
- 22 Strictly Country
- 24 Leon and Lyle
- 26 Sit and Get Fit
- 29 Puzzles and Games
- 31 Euchre

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 August.

Activity Center AUGUST Calendar

- 1 Dominoes & Pinochle 1:00 p.m.
- 2 Ice Cream Sandwich Day 11:00 a.m.
- 3 Riddles 11:00 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 4 Word Games 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 5 Bingo (Woodland Hospice) 1:00 p.m.
- 8 Dominoes & Pinochle 1:00 p.m.
- 9 Theraputty Arthritis Craft 11:00 a.m.
- 10 Riddles 11:00 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 11 Beginner Line Dancing 1:00 p.m.
- 12 Bingo (COA) 1:00 p.m.
- 15 Dominoes & Pinochle 1:00 p.m.
- 17 Bingo (Crestwood Village) 11:00 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 18 Honey Bee Celebration 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 19 Bingo (Prestige Centre) 1:00 p.m.
- 22 Dominoes & Pinochle 1:00 p.m.
- 23 Mary Kay Pampering 11:00 a.m.
- 24 Riddles 11:00 a.m.
Bridge, Euchre, Pepper 1:00 p.m.
- 25 Jeopardy 11:00 a.m.
Beginner Line Dancing 1:00 p.m.
- 26 Music by Greg Merwin 11:00 a.m.
Bingo (The Laurels) 1:00 p.m.
- 29 Dominoes & Pinochle 1:00 p.m.
- 30 Slinky Day 11:00 a.m.
- 31 Riddles 11:00 a.m.
Bridge, Euchre, Pepper 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

Where did summer go? Time sure flies by when you're having fun like we do in Weidman! This month we will have games galore, an ice cream social, music every Wednesday and our monthly birthday party. Come on down & stay a while!

Weidman AUGUST Calendar

- 1 Boggle
- 3 Music
- 5 Cards
- 8 Trivia
- 10 Birthday Party, Music
- 12 Penny Bingo
- 15 Ice Cream Social
- 17 Music
- 19 Cards
- 22 Arts & Crafts
- 24 Music
- 26 Jeopardy
- 29 Cards
- 31 Music

Are you Raising Grandchildren or a Relative’s Children?

Wednesday, August 31
Saginaw Children’s Zoo
(1730 S. Washington Avenue, Saginaw, MI)
11:00 a.m. - 2:00 p.m.

Registration is required, call **1-800-858-1637**

The first 50 kids registered receive a FREE ride wristband, 2 waterpark passes, FREE school supplies and a new backpack.

- Learn what services are available in your community!
- Bring the kids for fun, refreshments and a free backpack filled with grade/age appropriate school supplies.
- Need a ride? Ask when you register. We may be able to help.

Sponsored by Region VII Area Agency on Aging
In collaboration with:
Saginaw County Commission on Aging
Bay County Division on Aging
Midland County Senior Services

NOTE: Government funding for this program requires that the adult raising the child be at least 55 years or older, and that the child’s parent not live in the home. If you do not meet this criteria, but would like help please call 211.

Genealogical Society of Isabella County

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.

August 11 - Kim Hagerty from Clarke Historical Library will present a program on “Newspaper Preservation”.

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

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

State Employee Retirement Association

SERA will be Tuesday, August 16 at 1:00 p.m. at Commission on Aging in Room A. The business meeting will be first followed by a presentation from Mary Jo Gibbons of Stone Lodge Senior Living and Caregiver Support. The presentation will last approximately 30 minutes with Q&A. Following the meeting we will have 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.

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**

Shuffleboard

Shuffleboard will begin May 3 at Island Park in Mt. Pleasant. Start time is 1:00 p.m. Come join the fun with a great group of people. For more information, contact Roger at **(989) 772-9204**.

Weidman Farmers Market

Tuesdays, June 21 - September 27
8:00 a.m. - 2:00 p.m.
Weidman Eagles (6275 Weidman Rd.)

Locally grown fruits, vegetables and more!



CMU’s Mobile Recreation Program is heading to your County Parks!

Free Park Programs
June 15 - August 26
Mondays, Wednesdays and Fridays

KidzScience ~ Whacky Water Days
Family Playground Relays
Sports ~ Games ~ Cultural Arts
Environmental/Outdoor Activities

Check out the calendar at www.isabellacounty.org/dept/parks for location, date and times! Or call the Parks Main Office for more information 989.317.4083

COA Lending Library of Michigan Authors...

Stop by Commission on Aging and check out our lending library. We have books from local Michigan Authors that you are welcome to check out. New additions include:

- Bruce Catton
America-Selections from his Greatest Works
- Charles Catton
Gettysburg-The Final Fury
- Carole Eberly
Michigan Summers: Tales & Recipes (includes early photos)
Our Michigan Ethnic Tales & Recipes (includes early photos)
- Marilyn Geasler Fosburg
Bibliography - Isabella County Area Books & Manuscripts
Brinton - I used to go there to dance
Directory of Michigan Artists, 1997 Edition
Directory of Michigan Artists, Book II & III
- Tom Henderson
Blood in the Snow (true story)
Afraid of the Dark (true story)
- JuliAnne Sisung
Angels in the Corner
Elephant in the Room
Lights in the Forest
- Bea Smith
Great Lakes Cookery: Heritage Stories and Recipes for the Four Seasons
- Chris Zimmerman
Forty Mile Point (novel)

Volunteers Needed

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 inquiries 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:

Tuesdays: 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.

Be a Responsible Pet Owner – Get Your Pet Vaccinated

So you’ve just brought home a new little puppy, ferret, or kitten, feeling confident your new best friend is quite healthy after its initial round of vet-administered pet vaccines. But just as you wouldn’t expect your childhood vaccinations to last forever, neither will your pets. The key to a healthy, long life for your dog, cat or any pet is responsible pet ownership, awareness, and a yearly round of preventative pet vaccines.

The types of vaccines that dogs, cats and other pets receive are for a variety of different diseases; of course, some viruses are shared between the species, such as rabies. Preventing these diseases with annual pet vaccines and an ounce of responsible pet ownership is much cheaper than any treatment would cost to make your pet healthy again. Normally, the initial rabies vaccination occurs when the pet is four months old or older, and the others follow when the dog or cat is at least 6 months old.

State law requires that all dogs be vaccinated against rabies by a licensed veterinarian. It is also important to make sure cats, even those kept strictly indoors, are vaccinated against rabies.

Rabies is a preventable viral disease of mammals most often transmitted through the bite of a rabid animal. The vast majority of rabies cases reported to the Centers for Disease Control and Prevention (CDC) each year occur in wild animals like raccoons, skunks, bats, and foxes. However, bats are the animal most frequently testing positive for rabies in Michigan.

Rabies virus is present in the saliva and brain tissue of an infected animal. People can be exposed to rabies when they are bitten by a rabid animal. Other possible routes for exposure include getting infectious material in the eyes, nose, or mouth, or on fresh cuts in the skin. Any animal bite represents a potential exposure to rabies and as such, animal bites must be reported to the public health authorities. Public health authorities are then tasked with evaluating the bite for rabies risk, coordinating testing or observation of an animal, and recommending post-exposure treatment.

Making sure pets are vaccinated and avoiding contact with stray or wild animals can reduce your risk to this potentially fatal disease. During 2015, a total of 33 bats, 1 skunk, and 1 fox tested positive for rabies in Michigan. It’s important to remind people that rabies is out there, and they need to vaccinate their animals – including horses and other livestock, and avoid contact with wild animals.

Being a responsible pet owner is much more than providing water, food and shelter for your pet. Remember that above all, your pets are relying on you to keep them healthy, and practicing responsible pet ownership is ultimately up to you!

For more information on rabies, please visit www.michigan.gov/rabies.

This article has been brought to you by Central Michigan District Health Department.

IN MEMORY

Donald & Ethel Barrett
Don & Margaret Kistler

Preston & Lorraine Barrett
Don & Margaret Kistler

Thomas Bollman
Clifford & Katherine Anderson
Mrs. Donald Hauck
Mt. Pleasant Community Counseling Association

Patricia Campbell
COA Staff

Marilyn Courter
Vitold Kobisz

Robert “Bob” Edmonds
Peggie Edmonds

Patty Fike
Frank & Ruth Ann Green

John & Sherron Haggart
Frank & Ruth Ann Green

Harry Herman
Donald & JoAnn Riley

Lorraine Kanne
Friends and Family of Lorraine Kanne
Gary & Julianne McBride
James Wilmot

Dawn Lupcke
Beverly Pung

Myrtle MacDonald
Mike & Margo Merchand
Jim & Sue Moeggenberg
Sharon Tolan

Claudia Maney
Anonymous
Gratiot-Isabella Technical Ed Center
Marty & Vicki Naumes

Darrell Parks
Ralph Pitts

Marge Rau
Donald & JoAnn Riley

Joann Roy
Vitold Kobisz

Michael Scully
Fran Weaver

Leland Seindlehurst
Larry & Sandra Cook
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Papa’s Pumpkin Patch
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Donald & JoAnn Riley
Pat & Marty Siuda
Gladys Walker
Maxine Welch
Joyce Williams

DONATIONS

Ada Morey - Birthday Month!
Anonymous
Wayne & Mary VanDyke

Activity Center
Melvin Onuskanich
Richard & Jean Thomas

Gold Key Volunteer Driver
Pat & Marty Siuda
Jeanette Wedding

A Special Thank You

A special thank you goes out to our wonderful volunteer water aerobics instructors...these ladies have been instructing our M/W/F Water Aerobics class for quite some time now. What started out as a “temporary gig” turned out to be a little longer than expected. I told the ladies that “I took full advantage of their skills, knowledge and graciousness”! They have truly made the class successful!

I thank you from the bottom of my heart ♥

The class is not going anywhere...a new instructor will start August 15...Mary Alsager

~Marcy



Pictured from left to right: Donna Carlson, Sherry Trombly, Brenda Newman, Dianne Schumacher, Barbara Sheperdigian, Marilyn Western, Colleen Vogel and Nancy deKryger. Not pictured Annette Gruss and Cindy Spence.

COMMISSION ON AGING ADVISORY BOARD

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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 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.

AUGUST 2016
ACTIVE LIVING

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!

See more information on page 4.

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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.*