

Active LIVING

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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

Commission on Aging **TRASH & TREASURES** sale

Saturday, June 25
8:00 a.m. - 2:00 p.m.
Commission on Aging parking lot

The Isabella County Commission on Aging is sponsoring a Trash & Treasures Sale. If you live outside (or even in) the City of Mt. Pleasant this is your opportunity to bring your “treasures” to the city and sell them! Bring your garage sale treasures, antiques, handmade & home based business items...anything goes! Clean out your garage, attic, closets, basement and storage shed!

For a small fee, we'll provide you with the parking spaces for you to sell your “treasures.” Bring your own tables, chairs and tents/canopies, we will bring the shoppers! To ensure shoppers, we will advertise on several on-line yard sale and social media sites and place an advertisement in the Morning Sun.

If you are interested in purchasing a parking space(s), please see application on page 13.

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

Body, Mind & Soul Health Expo



Thursday, May 26
10:00 a.m. – 2:00 p.m.
Commission on Aging
2200 S. Lincoln Rd., Mt. Pleasant



Educational & Informational Booths ♦ Health Screenings ♦ Door Prizes
Prescription Drug Drop-off ♦ Entertainment ♦ Adult Immunizations ♦ MORE!

Sponsors

the **eye** *site*



Director’s Comments



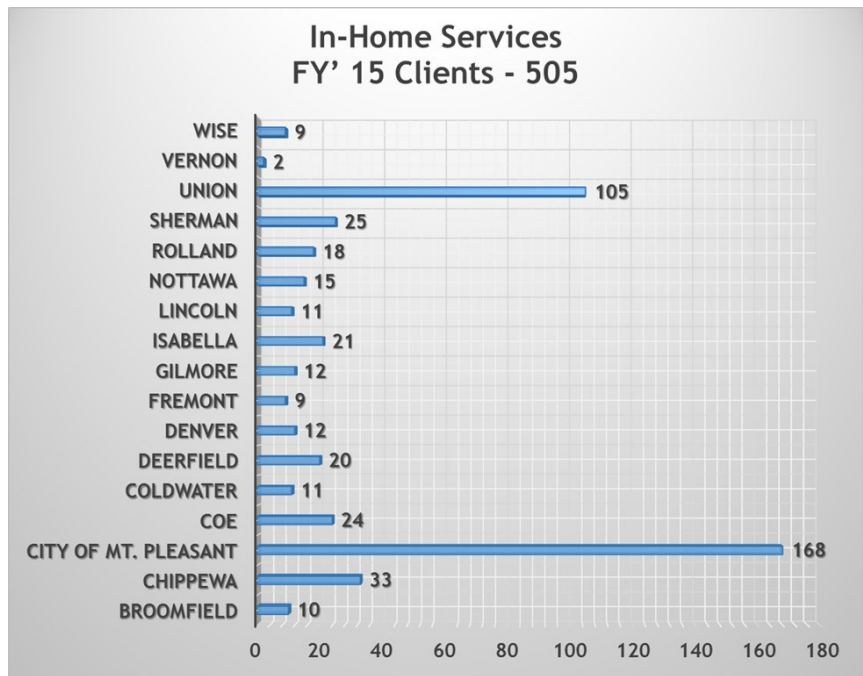
Over the next few months I want to let you how much the Commission on Aging Senior Millage has meant to the thousands of program participants we have served over the last ten years. Each month I will review each of our five program divisions: In-Home Services, Food with Friends Nutrition, Foster Grandparent and Senior Companion, Gold Key Volunteer and the Activities/Travel Program. I will tell you what the program provides and what it means to those older adults who receive the services. I will also demonstrate to you how we provide services in every township of the county. The millage funding for COA comes from all over Isabella County so we feel it is vital that we reach out and provide as many services as we can throughout the entire county.

The first program I will discuss is In-Home Services. When COA was established in 1973, In-Home Services was the first program through which we offered care. We started with the Personal Care and Homemaking. Personal Care provides a certified nurse aide (CNA) to assist with activities of daily living. These activities can include; bathing, dressing, grooming and assistance with ambulation. The Homemaking provides light housekeeping to maintain a clean and safe home environment. The activities include; vacuuming, dusting, mopping and laundry. Since then we have added Case Coordination and Support, Respite Care and Caregiver Training.

Respite Care provides “time away” for a caregiver. This service is provided by a CNA. The Aide is placed with a homebound Older Adult while the caregiver has the opportunity to get out of the house with time to relax. The Aide provides companionship, supervision and/or assistance with activities of daily living for the frail older adult in the absence of the caregiver. The Caregiver Training Program provides information on a variety of topics designed to assist caregivers. The Caregiver Trainer provides one-on-one assistance and also facilitates a monthly support group.

The final program within In-Home Services is the cornerstone and gatekeeper for all the In-Home Services Programs, it is Case Coordination and Support. It is the entry point into the majority of all our COA programs. It is where we utilize the skills and talents of our degreed Social Workers, who work to assess the needs of our program participants and advocate on their behalf to arrange for needed services and care. If an older adult needs assistance with Homemaking, Personal Care and even Home Delivered Meals they are assessed by a Social Worker to determine level of need and qualification for the program. If an individual needs assistance with Medicare, Medicaid or another health insurance issue, they are referred to a Social Worker.

Barb Frankenfield is the Program Director for In-Home Services. She supervises the Social Workers, Homemakers, Personal Care & Respite Care Aides and the Caregiver Trainer. In the last ten years the In-Home Services staff has provided tens of thousands of hours of service to thousands of older adults and their families throughout Isabella County. The following chart shows you the number of clients they served and the township in which our In-Home program participants live. These numbers reflect only FY’15.



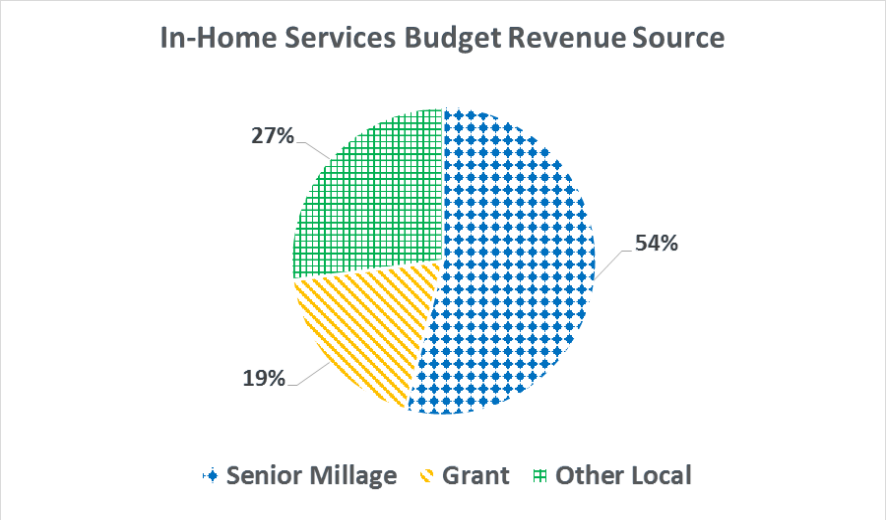
The 505 individual clients represented in this In-Home Services/ Township chart received 9,824 hours of care and assistance in FY’15. Care that helped to keep them in their own homes and independent.

The services provided to these individuals was made possible in large part to the funding COA receives through the Isabella County Senior Millage. As you can see by the pie chart on page 3, 54% of the In-Home Services budget comes from the Senior Millage. The “Other Local” funding comes from the Saginaw/Chippewa Tribal Council and client donations. The remaining 19% is grant funding through our regional Area Agency on Aging from the Older Americans Act.

The budget for five In-Home Services Programs in FY’15 was \$541,914. With that funding we served 505 older adults in Isabella County. Compare that cost to the estimated cost of caring for one (1) person annually in a nursing home for one year at \$90,000+ or an assisted living facility at \$42,000+ annually.

continued on page 3...

Director’s Comments continued...



The Isabella County Senior Millage makes a big difference in the lives of the individuals we serve. It is a vital source of revenue that we cannot do without. We thank all the citizens and voters of Isabella County for their support of the Senior Millage in November of 2006 and look forward to providing additional information as we approach the Senior Millage Proposal on the November 2016 ballot.

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

Ask a COA Specialist

Question: I am behind in my taxes after I recently went into the hospital and am now trying to catch up with medical debt and property taxes. Is there any help available?

Answer: If you are underinsured, you may want to talk to a specialist regarding your options for insurance. You can contact the Commission on Aging at **(989) 772-0748** and schedule an appointment to review your options for supplemental health care. There is also a program called Step Forward of Michigan, which is a program offered by the Michigan Homeowners Assistance Nonprofit Housing Corporation (MHA), acting through the Michigan State Housing Development Authority (MSHDA). Their criteria for assistance is listed below. For more information you may reach them at **866-946-7432**.

You may apply for assistance if you are delinquent on your mortgage, property taxes, or condominium fees, and;

- You own and live in your own home
- Your lender, county treasurer or condominium association is a participating partner
- You have less than \$10,000 in your bank accounts
- You have enough income to pay your future housing expense
- A qualifying event caused the delinquency, such as; unemployment, underemployment, death, medical event, divorce or significant housing repair expense.

Mission Moment

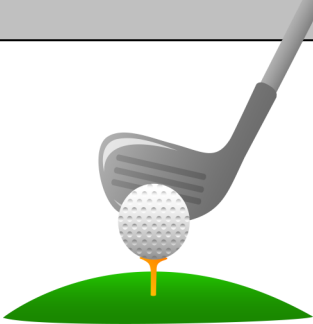
The definition of a journey that I like is “The process of change and development over a period of time”. For me that period of time has been the past 32 years with the Commission on Aging in my role as the Foster Grandparent Program Supervisor and then as the Director of both the Foster Grandparent and Senior Companion Programs. The journey has been amazing and the lessons I have learned are many. The volunteers have taught by example the importance of being engaged in ones community by giving back. That when life brings you sorrow, setbacks and challenges you continue to forge ahead. That everyone has purpose. That the riches in our lives are measured by the size of our heart and the relationships we develop. I could not have been blessed with a greater career than the one I have had and I owe it to the Foster Grandparent and Senior Companion volunteers who have touched my life and left an everlasting impression. The other important people in this journey have been the staff and director of the Commission on Aging. They have provided support and friendship as a family would. I am honored to have been part of an agency that provides a quality service to its community members. As I begin my next chapter I don’t view it so much as retiring, but as an opportunity to begin a new journey. Thank you!

Mary Ann Mooradian, FGP/SCP Program Coordinator

SAVE the DATE

13th Annual Golf Outing

Friday, August 5
Pleasant Hills Golf Course
9:00 a.m. Shotgun Start
4 person team \$280 (\$70 per golfer)



You won’t want to miss the Isabella County Commission on Aging & Friends of Isabella Seniors 13^h Annual Golf Outing! You’re invited to join in the fun! Includes 18 holes of golf with cart, food, cash prizes and more! Featuring prizes for Longest Drive, Closest to the Pin and Shortest Drive. Also a chance to win the Hole-in-One Contest.

For more information, contact Anna McDonald or Marcy Hosking at **(989) 772-0748**.

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

Events/Classes



“Birch Trees along the River”

Wednesday, June 1
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.

July 6 Class - “Pacific Coastline ”

Understanding Changes in Vision

Thursday, June 2
11:00 a.m.
COA Room B

Unfortunately, the risk of developing vision problems increases with age. Knowing when and why to see an ophthalmologist is the best thing you can do to maintain your vision and therefore, your quality of life. Join Ophthalmologist John Mackovjak, MD as he discusses the basics of eye health and gives an overview of various eye conditions such as cataracts, glaucoma and diabetic retinopathy.

Call (989) 772-0748 to register.

Women’s Health: Bladder Control

Wednesday, June 15
11:00 a.m.
COA Room B

You may think bladder control problems only happen in the later stages of life. The truth is women of all ages can have urine leakage. Many women leak urine when they exercise, laugh hard, cough or sneeze. Often women leak urine when they are pregnant or after they have given birth. Women who have reached menopause often report bladder control problems. Female athletes of all ages may have urine leakage during strenuous activities. Urine leakage may be a small bother or a large problem. UroGynecologist Joseph Shawi, MD FACOG will present on the diagnosis and treatment options for loss of bladder control. Information on pelvic floor therapy, a treatment option often used to help regain bladder control will also be presented.

Call McLaren Central Michigan at (989) 779-5606 to register.

iPad Workshop

Tuesday, June 21
2:00 p.m.
COA Room B

Pinterest App - Come find out why millions of users love Pinterest! Learn how to set up an account, how to create new boards and how to pin what you come across on the Web.

No registration required.



Senior Project FRESH/Market FRESH provides coupons to older adults for fresh produce that can be purchased from local farmers at Farmer’s Markets. Commission on Aging will have coupons to distribute.

To be eligible to receive coupons:

- Participants must be at least 60 years of age
- Meet income guidelines. Income guidelines are based on 185% of the Federal Poverty Income Guidelines. The maximum income for one is \$1,815 per month and for two it is \$2,456 per month.
- Attend a nutrition education class

If you are unable to attend the class, you may designate a proxy who can attend the class and pick up your coupons for you.

Due to the limited number of coupons, if you show up at the class without registering, you will not receive any coupons.

The nutrition education class times and dates are as follows:

Thursday, June 16 - 11:00 a.m.
Wednesday, June 22 - 11:00 a.m.
Commission on Aging Room B

Registration is required and is first come, first serve. Call (989) 772-0748 to register.

This page is sponsored by: **Kerr Trust & Estate, Elder Law Firm, PLLC**

Events/Classes

June Movie & Popcorn “Race”

Tuesday, June 28
12:45 p.m.
COA Room B
\$1 per person

Based on the incredible true story of Jesse Owens, the legendary athletic superstar whose quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler’s vision of Aryan supremacy. “Race” is an enthralling film about courage, determination, tolerance and friendship, and an inspiring drama about one man’s fight to become an Olympic legend *(rated PG-13, 2 hours, 14 minutes)*

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



Caregiver Support Group

Our Caregiver Support Meeting will be Tuesday, June 21 at the Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. The meeting is held from 6:30 - 8:00 p.m. This confidential support group is open to all caregivers be it caring for your mother/father, spouse, grandparent or friend. 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 about this group call COA at **(989) 772-0748**.

Volunteers Needed

Looking for Gold Key **Volunteer Receptionists**. Duties includes answering phones and greeting COA visitors at the front desk, referring calls to appropriate staff members, taking messages, answering general inquires and assisting with other general office work, including routine typing. Office experience and the ability to handle multi line phones recommended, computer skills helpful. *We are ALWAYS looking for substitute receptionists.*

Days and Times NEEDED:
Tuesdays: 12:15 – 4:30 p.m.
Wednesdays: 8:00 a.m. – 12:15 p.m. and 12:15 – 4:30 p.m.
Fridays: 12:15 – 4:30 p.m.

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

Looking for Gold Key **Meal Site Assistant Volunteers** for COA Rosebush & Winn meal sites. Meal Site Assistants assist with setting tables and sign-in for meals, help serve meals and clean up afterwards, wipe tables and assist with loading and unloading dishwasher. Monday, Wednesday and Friday, 10:45 a.m. - 1:15 p.m.

If you are interested in serving as a meal site assistant volunteer, please contact Anna at COA at **(989) 772-0748**.

Now recruiting Gold Key **Medicare Part D Volunteers** who are interested in a short term commitment. We are asking for support in assisting older adults with reviewing their Medicare prescription coverage during Open Enrollment. COA will host trainings for new and returning volunteers, which will guide those interested through the open enrollment process. We ask that volunteers have basic computer skills, the ability to type and are able to use the internet. Open Enrollment runs from October 15 - December 7. Dates to volunteer during this enrollment period will be provided during training.

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

MySeniorCenter Volunteers In order to help us better manage our activities in the building and keep track of our visitors we are installing a new computer software system called *MySeniorCenter*. This system will eliminate nearly all sign-in sheets, will tabulate statistical reports, track activity utilization patterns, manage room and event scheduling and even manage and organize our travel program. The touch screen computer will be located in the reception area of the Activity Center building. When a participant enters the COA Activity Center, they will register at the *MySeniorCenter* kiosk. We are looking for volunteers to assist participants with the registration process. Volunteers must have experience working with computers and patience. Hours will vary.

If you would like to volunteer, please contact Marcy at **(989) 772-0748**.

TRAVEL with COA

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

Salute to America Independence Day with the Detroit Symphony Orchestra

Thursday, June 30
\$84 per person
Departs COA, 2:00 p.m.

Salute to America at Greenfield Village is a beautiful tribute to "Americana". Explore the Village at your leisure, enjoy a picnic style dinner and take in one of the best Independence Day Celebrations around! Bring a blanket or your favorite portable chair. We will secure our lawn seating upon arrival; then the evening is yours! Enjoy the nostalgic sights in the village, use your food voucher at the picnic tent, then kick back, relax and take in an entire evening of music by the Detroit Symphony Orchestra with the classic 1812 Overture, a live cannon firing and spectacular fireworks display as a finale! A classic Independence Day celebration with the Detroit Symphony Orchestra that's as full of freedom-loving fanfare as they come.

This trip requires walking. Greenfield Village is spread over dozens of acres-- the location of the concert stage is in Walnut Grove (approximately 1/2 mile from the front gates of Greenfield Village). Comfortable clothing and comfortable walking shoes are a must. You must be able to carry your own portable chair or blanket. The concert will be held outdoors, rain or shine. Dressing for the weather is a must.

Bring umbrellas/rain gear and prepare for a wide range of temperatures. You are welcome to bring your own small cooler with non-alcoholic drinks and snacks if you wish. Wine and beer are available for purchase at the venue.

Includes transportation, admission, time to enjoy Greenfield Village at your leisure, food voucher, entertainment, fireworks and driver tip

Reservation & payment due by May 30



“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 July 8

COA Did Time in Jackson...

Below are some pictures of our most recent trip to the Historic Jackson Prison. It was a fascinating trip, which included a tour of the old West Wing, now Grand Gallery built of stone, brick, mortar and steel by inmate labor; the old solitary area; seven large murals depicting the prison history and painted by resident muralists; an artist in his studio, formerly a cellblock and an apartment carved from over 38 cells.

We heard stories of crime, creeps and corruption – prison life, punishments and reforms, colorful and dangerous inmates, bizarre escapes and a Chaplain who, with his belief that the Arts are rehabilitative, encouraged the prisoners to engage in various Arts.



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

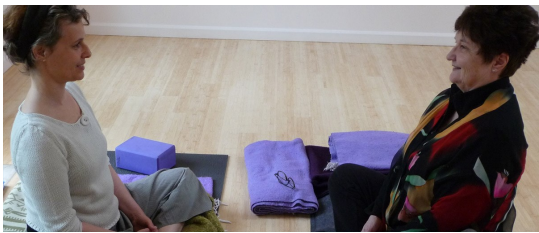
iRest is a research-based transformative practice of deep relaxation and meditative inquiry. It is currently being utilized in VA hospitals, military bases, hospitals and clinics, hospice, homeless shelters, community programs and schools. Research had shown that iRest effectively reduces PTSD, depression,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

Tuesdays
July 5 - August 9
5:00 - 6:30 p.m.
COA Fitness Room

\$50 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	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

Low-Impact Exercise

Mondays, Wednesdays & Fridays
10:15 a.m.
COA Fitness Room
No charge

Yoga

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

Tuesdays
1:30 - 2:30 p.m.
COA Fitness Room

6 classes for \$30 (punch card)
expires when punches are used or 7 weeks
after issue date

12 classes for \$55 (punch card)
expires when punches are used or 14 weeks
after issue date

Please bring your own mat

Punch card available for purchase at COA

Zumba Gold

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

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

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

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

Punch card available for purchase at COA

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

Monday	Tuesday	Wednesday
<p>Food with Friends lunch is served Monday thru Friday at 12:00 p.m. in Activity Room C. See our Menu on pg. 10</p> <p><i>Calendar Key:</i> ◆ = Reservation Required \$ = Fee for Activity</p>		<p>1. 7:30 Water Aerobics \$◆ (Rose) 10:15 Low-Impact Exercise (F) 12:00 COA Advisory Board (BR1) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 4:00 Anyone Can Paint \$◆ (C)</p>
<p>6. 7:30 Water Aerobics \$◆ (Rose) 8:00 SCP Quarterly Training (C) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (A)</p>	<p>7. 7:00 Aqua Zumba \$◆ (Rose) 10:00 The Music Makers (C) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$◆ (F)</p>	<p>8. 7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Between the Covers Book Club (Lib)</p>
<p>13. 7:30 Water Aerobics \$◆ (Rose) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 1:00 Readers’ Theater (Craft)</p>	<p>14. 7:00 Aqua Zumba \$◆ (Rose) 10:00 The Music Makers (C) 10:00 Needle Crafters (Craft) 12:30 Banjos, Guitars, Mandolins (C) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C) 2:00 FGP/SCP Advisory Council (B)</p>	<p>15. 7:30 Water Aerobics \$◆ (Rose) 10:15 Low-Impact Exercise (F) 11:00 Women’s Health: Bladder Control w/McLaren ◆ (B) 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>20. 7:30 Water Aerobics \$◆ (Rose) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)</p>	<p>21. 7:00 Aqua Zumba \$◆ (Rose) 8:30 Friends of Isabella Seniors (BR1) 1:00 Bunco (C) 1:30 Yoga \$◆ (F) 2:00 iPad Workshop (B) 6:30 Caregiver Support Group (Craft)</p>	<p>22. 7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:15 Low-Impact Exercise (F) 11:00 Project Fresh ◆ (B) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>
<p>27. 7:30 Water Aerobics \$◆ (Rose) 9:00 Legal Services (CF) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 1:00 Readers’ Theater (Craft)</p>	<p>28. 7:00 Aqua Zumba \$◆ (Rose) 11:00 Mary Kay Pampering (C) 12:45 Movie, “Race” \$◆ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)</p>	<p>29. 7:30 Water Aerobics \$◆ (Rose) 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>

Thursday	Friday	Saturday
2. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Understanding Changes in Vision presentation w/McLaren ◆ (B) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	3. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo w/Woodland Hospice (C)	4.
9. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Word Games (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	10. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo (C)	11.
16. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Project Fresh ◆ (B) 11:00 Picnic Games (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	17. 7:30 Water Aerobics \$◆ (Rose) 8:30 FGP/SCP In-Service (A,B) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo w/Prestige Centre (C) 6:30 Community Dance \$ (C)	18.
23. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	24. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Music w/Greg Merwin (C) 12:30 Ukulele (Craft) 1:00 Bingo w/The Laurels (C)	25. 8 - 2 Trash to Treasures Sale (COA parking lot)
30. 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) 5:30 Hula Class (F)	<i>The room/location for each activity is listed on the calendar for reference.</i> <i>Codes for rooms/locations are as follows:</i> 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

June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken Patty w/Bun 1 Lettuce/Tomato Corn Mixed Fruit Cup	Herb Baked Chicken 2 Bread Whipped Potatoes/Gravy Winter Blend Apricots	Stroganoff 3 Bread Green Beans Multi Bean Salad Apple Sauce
Smothered Chicken 6 Bread Red Skin Potatoes Succotash Vegetables Blend Pears	Chopped Suey 7 Bread Rice Stewed Tomatoes Mandarin Oranges	Polish Sausage w/ 8 Sauerkraut Bread Whipped Potatoes Peas Fruit Cocktail Gelatin	Macaroni & Cheese 9 Bread California Blend Cucumber Salad Ambrosia Salad	Hamburger w/ Bun 10 Oven Roasted Potatoes Broccoli/Cauliflower Sal- ad Berry Cup
Tuna Casserole 13 Corn Bread Beets Crunchy Vegetable Sal- ad Fruit Salad Cup	Corn Chowder 14 Breadstick Cottage Cheese Grapes	Swedish Meatballs 15 Dinner Roll Whipped Potatoes/Gravy Corn Pineapple Tidbits	Hot Dog w/ Bun 16 24 Hour Slaw Baked Beans Strawberries	Sausage Penne w/ 17 Roasted Vegetables Bread Tossed Salad Orange/Pineapple
Baked Spaghetti 20 Bread Stick Kyoto Vegetables Grapes/Bananas	Lasagna 21 Garlic Bread Mixed Vegetables Citrus Fruit Cups	Lemon Baked Chicken22 Bread Company Potatoes European Blend Peaches	Meat Loaf 23 Bread Mashed Potatoes/Gravy Peas & Carrots Apple Crisp	Baked Chicken 24 Bread Whipped Sweat Potatoes Capri Blend Cinnamon Applesauce
Potato Crunch Fish 27 Bread Carrots Stewed Tomatoes Tapioca Pudding	Beef & Noodles 28 Bread Squash Coleslaw Tropical Fruit	Sliced Turkey 29 Dinner Role Scalloped Potatoes Pea Salad Peach Crisp	Chicken Salad 30 Bun Broccoli/Cauliflower Sal- ad Pumpkin Custard	

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 has officially arrived! A welcome retreat from winter and a cool spring. A great time to try something new. Come in and meet some wonderful people, have a delicious lunch, and enjoy one of our many activities. We can’t wait to see you here at our Rosebush location.

- Rosebush JUNE Calendar**
- 1 Penny Bingo
 - 3 Music w/Greg Merwin
 - 6 Penny Bingo
 - 8 Penny Bingo
 - 10 Good Times Music, Ice Cream Social
 - 13 Bingo w/prizes, Red Hat Strutters
 - 15 Bingo w/prizes
 - 17 Rosebush Manor’s Annual Rummage Sale
 - 20 Jeopardy for prizes
 - 22 Penny Bingo
 - 24 Music w/David Marasas
 - 27 Craft
 - 29 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**

June is National Candy Month. We will be remembering candies from the past and enjoying some of our favorites of today. June 6 - 10 is National Clothes Line Awareness Week. National Peanut Butter Cookie Day is June 27. Do you have a special recipe to share? Wednesdays this month we will do chair yoga. Every day we play card games and cribbage. Every other Friday we play penny bingo. Join us June 15 to celebrate June birthdays.

Shepherd JUNE Calendar

- 1 Music w/Greg Merwin
- 3 150th Anniversary of the nickel
- 6 National Clothes Line Awareness Week
- 8 Chair Yoga
- 10 Penny Bingo
- 13 Wear Red, White and Blue to honor Flag Day
- 15 Birthday party, music w/The Pickers
- 17 National Flip Flop Day
- 20 Share memories of your dad
- 22 Chair Yoga
- 24 Penny Bingo
- 27 National Peanut Butter Cookie Day

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**

Welcome back to Winn! Allow me to introduce myself. My name is Ingrid Salomov and I am the new Winn Food with Friends Site Manager. I'm excited to meet you all. I am also eager to hear your suggestions for activities. I know you love music, as I do, but what else gets you happy to go out? Board games, card games, Scrabble or art projects? Do you like dancing, physical movement, Bingo or Penny Bingo? I welcome your suggestions, because this is here for YOU! I am looking for more musicians to play for use and hope to have music at least weekly. Bear with me while I get adapted and organized. I look forward to our new friendship and a fun summer. Call and make your reservations and come be a part of the new excitement!

Winn JUNE Calendar

- 1 Midnight Express
- 3 Let's explore: a brainstorming session
- 20 Strictly Country
- 22 Music w/Greg Merwin

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 June.

Activity Center JUNE Calendar

- 1 Bridge, Euchre, Pepper 1:00 p.m.
- 2 Beginning Line Dancing 1:00 p.m.
- 3 Bingo w/Woodland Hospice 1:00 p.m.
- 6 Dominoes & Pinochle 1:00 p.m.
- 7 The Music Makers 11:00 a.m.
- 8 Bridge, Euchre, Pepper 1:00 p.m.
- 9 Word Games 11:00 a.m.
- Beginning Line Dancing 1:00 p.m.
- 10 Bingo 1:00 p.m.
- 13 Dominoes & Pinochle 1:00 p.m.
- 14 The Music Makers 11:00 a.m.
- 15 Bingo w/Crestwood 11:00 a.m.
- Bridge, Euchre, Pepper 1:00 p.m.
- 16 Picnic Game 11:00 a.m.
- Beginning Line Dancing 1:00 p.m.
- 17 Bingo w/Prestige Centre 1:00 p.m.
- 20 Dominoes & Pinochle 1:00 p.m.
- 21 Bunco 1:00 p.m.
- 22 Bridge, Euchre, Pepper 1:00 p.m.
- 23 Beginning Line Dancing 1:00 p.m.
- 24 Music w/Greg Merwin 11:00 a.m.
- Bingo w/The Laurels 1:00 p.m.
- 27 Dominoes & Pinochle 1:00 p.m.
- 28 Mary Kay Pampering 11:00 a.m.
- 29 Bridge, Euchre, Pepper 1:00 p.m.
- 30 Jeopardy 11:00 a.m.
- Beginning Line Dancing 1:00 p.m.

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

Hello everyone, summer is upon us and we have a month filled with fun! Greg Merwin will be here June 6 to play some lovely tunes. June 8 we will have our monthly Birthday party. The Music Makers will be here every Wednesday to crank out some country sounds! There's much more, so come join us for all the fun!

Weidman JUNE Calendar

- 1 The Music Makers
- 3 Cards & games
- 6 Music w/Greg Merwin
- 8 The Music Makers, Birthday party
- 10 Trivia
- 13 Penny Bingo
- 15 The Music Makers
- 17 Card & games
- 20 Arts & crafts
- 22 The Music Makers
- 24 Mad Libs
- 27 Jeopardy
- 29 The Music Makers

Health Fair

Saturday, June 4
9:00 a.m. - 12:00 p.m.
Sacred Heart Alumni Gymnasium
Health screenings, educational materials, meet the experts, giveaways and contests (while they last), much, much more

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.
June 9 - The Genealogical Society will take a field trip to Mrs. Lesley Hager's home at 3935 East Millbrook Rd. Mt. Pleasant. Lesley will present "*A Hands On Approach on How to Organize and Document Genealogical Research*". She will also show members how to take information and put it in a story. Members are to bring laptops and their genealogical information including maps and documents.
July 14 - Doris Ramsey will present a program "*Dating Pictures by Fashion*". The members are encouraged to bring old photographs they would like to have dated.
More information may be obtained at <http://isabellagenealogy.org>

State Employee Retirement Association

SERA will be Tuesday June 21 at 1:00 p.m. The business meeting will be first then we will have another presentation by the Hantz Group. The program will be an educational seminar pertaining to Property & Casualty Basics. He will discuss premium increases, how much liability coverage we should have and other issues of interest. The speaker has requested those who attend bring copies of their own home and auto declarations for reference. Following the meeting we will have 50/50 drawing and the door prize. If you would like to register, please contact David Drysdale at (989) 684-9813.
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 Commission on Aging Activity Center the 4th Monday of the month at 9:00 a.m.
For an appointment call toll free 1-866-552-2889

Weidman Eagles Mt. Pleasant Eagles

Walking
Monday - Thursday
11:00 a.m.
No fee
Low-impact Exercise
Monday - Thursday
11:15 a.m.
No fee
Beginner Line Dancing
Mondays & Friday
11:00 a.m.
Wednesday
5:30 p.m.
\$2.00
Beginner Line Dance
Friday
5:30 p.m.
Tuesdays & Thursdays
10:00 a.m.
Donation \$2
For more information contact Marilyn, (989) 289-6183

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.

Country Quilters Annual Quilt Show

July 8 & 9, 2016
Weidman Community Center
5918 W. Bridge Street
(behind Isabella Bank)
10:00 a.m. – 4:00 p.m.
Free Admission
Queen Size Raffle Quilt
“IRISH SPRING”
Raffle tickets are available from club members and at the Quilt Show
6 for \$5.00 or \$1.00 each
Raffle Drawing
4:00 p.m. Saturday, July 9, 2016
Need not be present to win
Quilt on display at
Abbott’s Furniture in Weidman


Commission on Aging TRASH & TREASURES sale

The Isabella County Commission on Aging is sponsoring a Trash & Treasures Sale. If you live outside (or even in) the City of Mt. Pleasant this is your opportunity to bring your “treasures” to the city and sell them! Bring your garage sale treasures, antiques, handmade & home based business items...anything goes! Clean out your garage, attic, closets, basement and storage shed! For a small fee, we’ll provide you with the parking spaces for you to sell your “treasures.” Bring your own tables, chairs and tents/canopies, we will bring the shoppers!

To ensure shoppers, we will advertise on several on-line yard sale and social media sites and place an advertisement in the Morning Sun.

Date:	Saturday, June 25, 2016
Location:	Commission on Aging parking lot 2200 S. Lincoln Rd., Mt. Pleasant
Set-up:	6:30 – 7:45 a.m. (bring your own tables, chairs, canopy, etc.)
Event hours:	8:00 a.m. - 2:00 p.m.
Tear-down:	2:00 - 3:00 p.m.
Fee:	\$25 (two parking spaces) \$40 (four parking spaces) \$55 (six parking spaces)
Questions:	Contact Marcy (989) 772-0748
PLEASE NOTE:	
<ul style="list-style-type: none">• Registration form MUST be received by Friday, June 17• No registration the day of the sale• Two (2) parking spaces are approximately 20’ x 20’• You are welcome to purchase more than 2 spaces• Parking spaces assigned on a first come, first serve basis• You will be mailed your assigned spaces by June 22• Minimum 25 vendors or sale may be CANCELLED	

- ### For Your Information


 - Set up begins at 6:30 a.m. All cars must be unloaded by 7:45 a.m. You are not allowed to set up after 7:45 am
 - Your vehicle cannot be parked in one of the spaces you purchased. There will be a designated area for vendor vehicles.
 - Due to space restrictions, you are not allowed to sell large items (vehicles, boats, etc.).
 - You are not allowed to sell refreshments (food, ice cream, water, pop, etc.). COA will have a concession booth selling hot dogs, chips, water, pop and other refreshment items.
 - You are not allowed to sell weapons of any kind, including pocket knives and pellet/BB guns.
 - COA will advertise on several on-line social media sites as well as place an advertisement in the Morning Sun.
 - All trash and unsold items must be removed by 3:00 p.m. the day of the event. Please do not leave your trash on the property.
 - The Yard Sale is rain or shine. NO refunds will be issued. We strongly recommend your bring tarps/canopies to cover your items in the event of rain. **PLEASE NOTE: YOU ARE NOT ALLOWED TO SECURE TARPS/CANOPIES TO PAVEMENT WITH POSTS, STAKES, ETC.**
 - Isabella County Commission on Aging is a tobacco-free, alcohol-free campus.
 - Restrooms are located inside the COA Activity Building.

Name: _____

Phone: _____

Address: _____

City/zip: _____

E-mail address: _____

I understand that Isabella County and Isabella County Commission on Aging are not responsible for loss, theft or damage to any personal property. All items must be removed from the grounds by 3 p.m. on Saturday, June 25, 2016. The Sale will occur rain or shine. I understand that I may not sell food or beverages and am not allowed to secure tents/canopies to pavement with posts, stakes, etc.

Signature: _____ Date: _____

Please enclose payment and mail to:
(check made payable to Commission on Aging)
Commission on Aging
2200 S. Lincoln Rd., Mt. Pleasant, MI 48858

For office use only:
Date pd: _____ Amount pd: _____ Receipt #: _____

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

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Al Bland

Gene Bridget
Al Bland

Avery Codden
Fae Codden

Dr. Dan Dean
Al Bland

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Clyde & Ann Taylor
Gordon & Suzi Tengen

Patricia Fike
Bill & Sandy Salchert

Russell Gatten
Anonymous

Rosetta Jensen
Christina Garber
Anita McGuire
David McGuire
Harold Shoemaker &
Mary Ruth Williamson

Virginia Kjolhede
Sally Goodrow
Betty Lulinski
Jeanne Reese

Claribel Lee
Jan Lodes

Max Lovejoy
Anonymous

Patrick McCormick
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Helen Miller
Lorraine Wheeler

Darrell Parks
Ithaca Physical Therapy

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Anonymous
Richard & Nancy Beckwith
Richard & Ruth Ann Beltinck
Judy Coffel
Tom & Judy Czarnecki

Bill Pung
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Anita McGuire
Deb Ervin
Mary Jo Hoffman Family
Larry & Kathy Fussman
Clayton & Carol Garrett
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Bob & Sue Guzowski
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Dick & Mary Sponseller
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Jerry Schafer
Anita McGuire
Jerry Schafer Family

John Todink
Anonymous
Anonymous
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Ray & Mary Jane Benaske
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Louis & Justine Fiorillo
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Janice Klosowski
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Hilda Machuta
Mary Mars
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Robert & Judy Nagy
C. June Powell
Eileen Rau
Roque Schafer
Milan Shepard
Mary Jane Shippy
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Margaret Stellwagen
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June Wood
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Norbert Travis
Louise Travis

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Morris Vincent
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Active Living

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Emerson Marshall

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Pat & Marty Siuda

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Anonymous

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Ronald & Karen Gale
Edward & Lori Recker
George & Sherry Sponseller

John Todink
Molly York

Gold Key Volunteer Program

William “Bill” Pung
Jim & Karen Grace

John Todink
Mary Bowers

In-Home Services

Darrell Parks
Marylyn Kay Olson
Earl & Anne Sawade

William “Bill” Pung
E. Eileen Rau

John Todink
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Frank & Ruth Ann Green

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Active LIVING Deadline

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

Isabella County
Commission on Aging

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

Mission Statement

The mission of the Isabella County Commission on Aging (COA) is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities. COA is a leading multi-service agency that provides a community focal point for the needs of our Older Adult population.

The following programs focus on assisting individuals who are sixty (60) years of age and older and live within our geographical service areas:

In Home Services Program

- Case Management
- Caregiver Training
- Counseling / Information
- Homemaking
- Medicare / Medicaid Assistance
- Personal Care
- Respite Care

Food with Friends Program

- Congregate Meals
- Home Delivered Meals

Foster Grandparent Program

Senior Companion Program

Activity Center Program

- Activities
- Travel Opportunities
- Fitness

Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

Donations or fees for all programs and services are requested. If we can assist you or someone you know, please call COA at **(989) 772-0748** Monday thru Friday, 8:00 a.m. - 4:30 p.m.

Funding sources include Client Donations, Memorials, Planned Estate Gifts, Saginaw Chippewa Indian Tribe, Michigan Office of Services to the Aging, Isabella County Senior Millage and Federal, State and Isabella County appropriations.

JUNE 2016
ACTIVE LIVING



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Mt. Pleasant, MI 48858

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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.*