

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 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!



ISABELLA COUNTY
COMMISSION ON AGING

Director’s Comments



In 2006, the Isabella County Board of Commissioners placed the first Senior Millage proposal on an Isabella County ballot. The proposal request was for the passage of up to .88 mills. The millage funding was to go for services and a building for the Commission on Aging (COA). That first millage passed with 74% voter approval.

It’s now been ten years; it has gone by fast, but it has been a success. We have served thousands of older adults and their families. We have been able to sustain our programs and services and make them stronger. We have also built and paid for a wonderful building, which has turned into a great community asset that is used by over 60 different community groups and organizations.

All this happened because the Isabella County Community came together and supported our older adult citizens with the passage of a senior millage, which in turn, strengthened the ability of COA staff and volunteers.

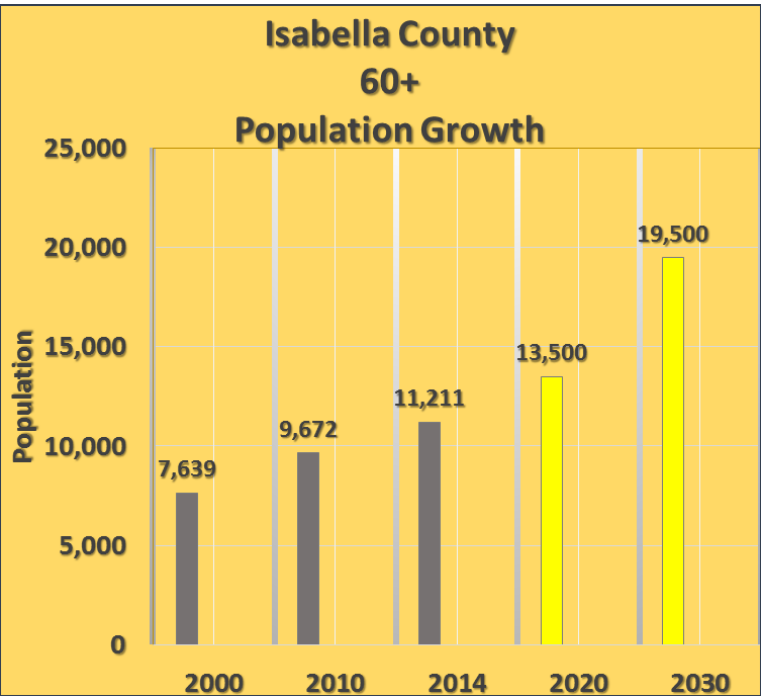
Now...ten years later, it’s time to consider a renewal of our Senior Millage. At this point we’re not sure when the County Board of Commissioners will place the Senior Millage Proposal on the ballot, but it will be either August or November of this year. We also don’t know whether the Commissioners will stay with a renewal of the current .88 mills or if they will approve an increase to 1.0 mills. Either way we are sure the ballot proposal will be placed before the voters, and every registered voter will once again vote for or against the senior millage.

Many things have changed in the last ten to twenty years. However, one thing that hasn’t changed is the predictable growth in our 60+ population. In 1990 the US Census Bureau stated there was 6,287 individuals over the age of 60 living in Isabella County. They represented 11.5% of the total general population. In 2006 the first Baby Boomers reached the age of 60; and by 2010 (as you can see by the chart below), they increased in number to 9,672, which was 13.7% of our population. The last of the Baby Boomers will retire around 2030, so the overall growth rate in the 60+ population is projected to slow. However, the oldest age cohort, 85+ will continue to increase at least until 2050. The US Census Bureau estimates that in the United States the 85+ age group will increase from the 5.5 million in 2010 to 19 million in 2050...and this may increase even more based on the projections of a decline in the death rate of our older population...we will be living longer.

That’s interesting stuff, but what does it mean to the COA and our millage proposal?

It means we need to make sure we can provide services to an ever-increasing 60+ population. We need to continue to plan and develop new programs and services to meet this demand. We need to consider whether or not it’s important to care for our older citizens. When the Senior Millage Proposal is placed on the ballot we need to make a choice on supporting or not supporting our older citizens.

Over the next few months I will be writing additional articles on the Senior Millage Ballot Proposal. If there is something special our readers would like to know or ask, please feel free to call, (989) 772-0748, send me a note or email me, bupton@isabellacounty.org your questions. Hopefully I can address your questions and concerns. Thank you



2020 US Census estimates the 60+ population will be 13,500+.

2030 US Census Bureau estimates the 60+ population will be over 2x’s the 2010 60+ population, representing over 20% of the total population.

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

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

Mission Moment

About a month ago I received this voice mail message, “I need to speak with you about your services. Call me as soon as possible.” My first thought was “Oh no, she sounded unhappy with the services so I better call her soon and deal with the damage.”

I returned the call with some trepidation. I was ready for her to be angry as she responded to me with, “Well, it’s about time you called me.” What happened after that was surprising. She told me that she had been home from one of the area nursing homes for about two months after a rehabilitation stay for a knee replacement. While she was in the nursing home, she wondered how she was going to get along at home as she lived by herself. The nursing home staff suggested she contact the Commission on Aging for some assistance. “That,” she said, “was the best suggestion ever.”

“You folks have helped me with Home Delivered Meals each weekday; a volunteer to drive me to medical appointments; a Senior Companion came to visit once a week; a homemaker to help with the housework and a personal care aide to assist me with a shower twice a week. I’m not sure how you do it, but I am so glad I called the Commission on Aging. You folks have been wonderful! All of these services, and you only ask for a donation.”

Quickly I explained that the federal mandate required that we only ask for a donation for many of our programs. I added that we were able to provide these services largely due to the generosity of the county residents who passed our County’s Senior Millage and the funding we receive from the Saginaw Chippewa Tribe. She ended the call saying, “Thank you, and I will pass the word about the wonderful services you provide.”

Barb Frankenfield, In-Home Services Program Coordinator

Caregiver Support Group

Our Caregiver Support Meeting will Tuesday, May 17 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.

Commission on Aging Activity Center and all Food with Friends Meal Sites will be CLOSED Monday, May 30 in celebration of Memorial Day!

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:

Respite Care Program which 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 which 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.

Case Management which 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.

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

Medical Equipment and other Supplies Available at COA

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

Legal Services

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

Events/Classes



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

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

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



“Wicker Basket of Lilacs”

Wednesday, May 4
4:00 - 6:00 p.m.
COA Room C

\$25 per person *(all supplies included)*

Let award winning television artist Steve Wood help develop the “artist” in you. You don’t have to be “born with the gift” to be a great painter. Steve’s methods are applicable to the beginner as well as the advanced painter. Create an 11 x 14 acrylic landscape painting in class.

Register at Commission on Aging. Payment due upon registration. For more information, contact Marcy at (989) 772-0748.

June 1 Class - “Birch Trees along the River ”

AARP Smart Driver Course

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

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

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

To register, call (989) 772-0748.

iPad Workshop

Tuesday, May 17
2:00 p.m.
COA Room B

Apps - We will explore more apps this month, including Contacts, FaceTime, Calendar and Reminders. Learn what these apps can do and how they can help you stay in touch with loved ones.

No registration required.

May Movie & Popcorn “Joy”

Tuesday, May 24
12:45 p.m.
COA Room B
\$1 per person

Families can struggle for generations. Then, out of nowhere, a matriarch of vision, creativity, and influence can appear. Their success either becomes an inspiration for millions, or it reiterates the fact that power corrupts. On the other hand, an inspirational life can be influential in helping others discover and utilize their own hidden potential. The genius to make a difference is always within. The challenge is finding the key to unlock the door and then step through. *(rated PG-13, 124 minutes)*

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



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

Events/Classes

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. You don’t have to “just live with it.” UroGynecologist Joseph Shawi, MD FACOG will present on the diagnosis and treatment options for loss of bladder control. Our physical therapist will also provide information on pelvic floor therapy, a treatment option often used to help regain bladder control.

Call (989) 779-5606 to register.

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.



In Memory of Sue Hovey

Between the Covers COA Book Club honored the memory of Sue Hovey, who passed away February 7, 2016. Sue was one of the founding members when the book club began in 2011. Accepting the engraved bookend for the COA library was her daughter, Laurie Hovey. The bookend will hold books by her favorite author, John Grisham. Sue was also a volunteer receptionist and played dominoes weekly at COA. Pictured above are members of the Between the Covers Book Club and Sue’s daughter, Laurie (*standing in middle of back row*).

Volunteers Needed

Looking for **Meal Site Assistant Volunteers** for Commission on Aging ROSEBUSH and WINN Food with Friends meal sites. Meal Site Assistants assist with setting tables and sign-in for meals, help serve meals and clean up afterwards, wiping tables and assist with loading and unloading dishwasher. Looking for Monday, Wednesday and Friday from 10:45 a.m. - 1:15 p.m. If you interested, please contact Anna at COA at (989) 772-0748.

Gold Key Volunteer Receptionists needed for Tuesday & Friday afternoons, 12:15 - 4:30 p.m. 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.

If interested, contact Anna at (989) 772-0748.

TRAVEL with COA

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

Historic Prison Tour

Wednesday, May 11
\$91 per person
Departs COA, 7:30 a.m.

Our day starts at the Historic Michigan Theatre of Jackson, where we'll experience "Jacktown: The History of Michigan's First State Prison." Through this interactive program of live storytelling, film, archival photos, and audience participation, visitors see and hear intriguing tales of prison life, colorful inmates, wardens, night keepers, crime, punishments, riots, and reforms.

We will then head to lunch and hear more tales told by our guides of Prohibition, and famous/infamous inmates, including Dr. Jack Kevorkian.

After lunch we'll head to Michigan's First State Prison, now Armory Arts Village for a tour, "From Historic Prison to Artistic Vision": Tour includes 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 Jean Weir and Hector Trujillo; an artist in his/her studio, formerly a cellblock; an apartment carved from over 38 cells. Throughout the tour hear 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.

Includes lunch, guided tours, humor, storytelling, a history lesson, transportation, tips and gratuities.

CONTACT MARCY TO SEE IF THERE ARE STILL SEATS AVAILABLE



Monday, May 23
\$104 per person
Departs COA, 4:00 p.m.

We will be traveling to the Dow Event Center for Disney's BEAUTY AND THE BEAST, the smash hit Broadway musical.

Disney's Beauty and the Beast has been touring worldwide since October 2014 and is continuing its success on a global scale.

Based on the Academy Award-winning animated feature film, this original spectacle has won the hearts of over 35 million people worldwide. This classic musical love story is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers including "Be Our Guest" and the beloved title song. Experience the romance and enchantment of Disney's BEAUTY AND THE BEAST.

Includes transportation, ticket to musical (main floor seating) and driver's tip.

We will be enjoying dinner at Uno's Pizzeria & Grill in Saginaw before the musical. Dinner is not included in the price of the trip and therefore on your own (18% gratuity added).

CONTACT MARCY FOR AVAILABILITY



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 20

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

more Travel



“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

Fitness Classes

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

Aqua Zumba

Splash your way into shape with an invigorating, low-impact aquatic workout. Aqua Zumba® gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning, toning and exhilarating!

Tuesdays & Thursdays
7:00 - 8:00 a.m.
CMU Rose Pool

12 classes for \$36 (punch card)
expires when punches are used or
7 weeks after issue date

Punch card available for purchase at COA

Hula Class

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

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

Line Dancing

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

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

Yoga

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

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

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

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

Please bring your own mat

Punch card available for purchase at COA

Zumba Gold

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

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

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

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

Punch card available for purchase at COA

Monday	Tuesday	Wednesday
2. 7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)	3. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 The Music Makers (C) 11:00 Crazy Sock Day (C) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$◆ (F)	4. 7:30 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance (Lab) 10:15 Low-Impact Exercise (F) 11:00 Cindo de Mayo Party (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)
9. 7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 11:30 Coca Cola Day (C) 1:00 Dominos & Pinochle (A) 1:00 Readers’ Theater (Craft)	10. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 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)	11. 7:30 Historic Prison Tour trip \$◆ 7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance (Lab) 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)
16. 7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)	17. 7:00 Aqua Zumba \$◆ (Rose) 8:30 Friends of Isabella Seniors (BR1) 11:30 National Baked Good Day Bring your favorite baked good to share 1:30 Yoga \$◆ (F) 2:00 iPad Workshop (B) 6:30 Caregiver Support Group (Craft)	18. 7:30 Water Aerobics \$◆ (Rose) 8:30 Detroit Tigers trip \$◆ 10:00 Computer Assistance (Lab) 10:15 Low-Impact Exercise (F) 11:00 Bingo w/Crestwood Village (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Second Hand Book Club (Lib)
23. 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) 4:00 Beauty and the Beast trip \$◆	24. 7:00 Aqua Zumba \$◆ (Rose) 11:00 Mary Kay Pampering (C) 12:45 Movie, “Joy” \$◆ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)	25. 7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance (Lab) 10:15 Low-Impact Exercise (F) 11:00 Jeopardy (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)
30. Memorial Day ACTIVITY CENTER and all FWF SITES CLOSED	31. 7:00 Aqua Zumba \$◆ (Rose) 11:00 Trivia (C) 1:30 Yoga \$◆ (F)	

Thursday	Friday	Saturday
5. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 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)	6. 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/Woodland Hospice (C)	7.
12. 7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis \$◆ (F) 10:00 Learn to Knit (Craft) 11:00 Word Games (C) 1:00 Beginner Line Dancing CANCELLED 1:00 Driver & Receptionist Training ◆ (A,B,C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	13. 7:30 Water Aerobics \$◆ (Rose) 9:00 AARP Smart Driver Course \$◆ (B) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Origami (C) 12:30 Ukulele (Craft) 1:00 Bingo (C)	14.
19. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing CANCELLED 3:30 Gold Key Banquet ◆ (A,B,C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	20. 7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo w/Prestige Centre (C) 6:30 Community Dance \$ (C)	21.
26. 7:00 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 10:00 Body, Mind & Soul Health Expo (A,B) 1:00 Beginner Line Dancing CANCELLED 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	27. 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)	28.
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

May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Baked Chicken Bread Whipped Potatoes Carrots Pears</div> <div>2</div>	<div>Meatloaf Bread Oven Roasted Potatoes Italian Blend Mixed Fruit</div> <div>3</div>	<div>Spanish Chicken Bread Redskin Potatoes European Blend Applesauce</div> <div>4</div>	<div>Baked Ham Bread Scalloped Potatoes Corn & Lima Beans Leprechaun Fluff</div> <div>5</div>	<div>Chicken Ala King Biscuit Green Beans Fruited Coleslaw Peaches</div> <div>6</div>
<div>Fish Sandwich w/Bun Peas & Carrots 24 hour Slaw Cinnamon Applesauce</div> <div>9</div>	<div>Sliced Turkey Bread AuGratin Potatoes Brussel Sprouts Cranberry Mousse</div> <div>10</div>	<div>Macaroni & Cheese Bread Beets Tossed Salad Mixed Fruit Cup</div> <div>11</div>	<div>Smothered Chicken Bread Baked Potato California Blend Fruit Cocktail Gelatin</div> <div>12</div>	<div>Egg & Cheese Casserole Cinnamon Roll Sausage Links/ Redskin Potatoes Orange Juice Ambrosia salad</div> <div>13</div>
<div>Chop Suey w/Rice Bread Tossed Salad Tropical Fruit</div> <div>16</div>	<div>Swedish Meatballs Bread Scalloped Potatoes Cucumber Salad Pears</div> <div>17</div>	<div>Hot Dog w/Bun Potato Salad Winter Blend Vegetable Strawberries</div> <div>18</div>	<div>Salisbury Steak Bread Whipped Potato/Gravy Peas & Carrots Citrus Fruit Cup</div> <div>19</div>	<div>Chili Corn Bread Tossed Salad Applesauce</div> <div>20</div>
<div>Baked Ham Bread Whipped Sweet Potatoes California Blend Peaches</div> <div>23</div>	<div>Chicken Salad Bun Carrots Potato Salad Apricots</div> <div>24</div>	<div>Pork Chop Bread Whipped Potatoes/Gravy Green Beans Pineapple & Oranges</div> <div>25</div>	<div>Baked Chicken Bread Company Potatoes Peas Rice Pudding</div> <div>26</div>	<div>Turkey Loaf Bread Baked Potato Corn Cranberry Mousse</div> <div>27</div>
<div>CLOSED Memorial Day</div> <div>30</div>	<div>Goulash Mixed Vegetables Dinner Roll Peaches/Pears</div> <div>31</div>			

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

Blue skies and warm sunshine, my favorite time of year! The month of May is full of great activities at the Rosebush Manor Food with Friends site. Please join us for a delicious meal, a game of bingo or a craft and don't forget the music. We have some fantastic performers this month. We love to see new faces and look forward to seeing you.

Rosebush MAY Calendar

- 2 The River Ramblers
- 4 Penny Bingo
- 6 Mother’s Day Craft
- 9 Bingo with prizes
- 11 Penny Bingo
- 13 Good Times Music, Ice Cream Social
- 16 Music w/Vicky Dexter
- 18 Penny Bingo
- 20 Hawaiian Party & music
- 23 Wheel of Fortune with prizes
- 25 Penny Bingo
- 27 Appreciation Auction
- 30 CLOSED - Memorial Day

**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

Come join us this month in Shepherd. We always are happy to welcome new friends. We like to play all kinds of card games, cribbage, dominoes and triominoes. If games are not your thing, we also enjoy stories and drinking coffee or tea. This month we will have music May 11 with The Pickers, a country and blues band. May 18 we welcome Dan Kirchner and his classical guitar. Penny Bingo is May 13 and 27; bring your pennies. Our May birthday party is May 18. Join us for some food, fun and laughs.

Shepherd MAY Calendar

- 2 National Music Week Trivia
- 4 Games and socialization
- 6 Games and socialization
- 9 Share some memories of your mother
- 11 Music with The Pickers 11:00 a.m.
- 13 Penny Bingo
- 16 Kaleidoscope Day
- 18 Music with Dan Kirchner 11:00 a.m. Birthday Party
- 20 Games and socialization
- 23 Games and socialization
- 25 Games and socialization
- 27 Penny Bingo
- 30 CLOSED - Memorial Day

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

Welcome May! Where has the time gone? As the weather warms up, we are looking forward to singing birds, pretty flowers and sunshine! Join us May 6 for Mother’s Day Tea Party. Join us every Wednesday for some tunes from The Music Makers. We will be celebrating May birthdays with cake on May 11. We hope to see you there!

WINN COMMUNITY BUILDING

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

Hello to May! With the month of May we welcome the bright sunshine, and all of the blooming flowers. We are also hoping to welcome a new Site Manager to the Winn Food with Friends Site this month. I am sure all of you will make them feel very welcome at the site. We have some great bands scheduled to entertain you throughout the month. Please take the time to call and reserve a meal so you can come join your friends for some great socialization and music.

Winn MAY Calendar

- 4 Midnight Express
- 18 Strictly Country
- 25 Greg Merwin
- 30 CLOSED - Memorial Day

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 May.

Activity Center MAY Calendar

- 2 Dominoes & Pinochle 1:00 p.m.
- 3 Crazy Sock Day
- The Music Makers 11:00 a.m.
- 4 Cinco de Mayo Party 11:00 a.m.
- 5 Beginner Line Dancing 1:00 p.m.
- 6 Bingo w/Woodland Hospice 1:00 p.m.
- 9 Coca Cola Day
- Dominoes & Pinochle 1:00 p.m.
- 10 The Music Makers 11:00 a.m.
- 11 Bridge, Euchre, Pepper 1:00 p.m.
- 12 Word games 11:00 a.m.
- Beginner Line Dancing 1:00 p.m.
- 13 Origami 11:00 a.m.
- Bingo 1:00 p.m.
- 17 National Baked Good Day
- Bring your favorite baked good to share
- 18 Bridge, Euchre, Pepper 1:00 p.m.
- 20 Bingo w/Prestige Centre 1:00 p.m.
- 23 Dominoes & Pinochle 1:00 p.m.
- 24 Mary Kay pampering 11:00 a.m.
- 25 Jeopardy 11:00 a.m.
- 26 Body, Mind & Soul Health Expo
- 27 Music w/Greg Merwin
- Bingo w/The Laurels 1:00 p.m.
- 30 CLOSED - Memorial Day
- 31 Trivia 11:00 a.m.

Mt. Pleasant Area Historical Society

Bryan Whitledge of CMU Clarke Historical Library will present about the library’s ongoing digitization of historical documents at the Mt. Pleasant Area Historical Society meeting at 7:00 p.m., Tuesday, May 3 at the Commission on Aging Activity Center, 2200 in Room A. The public is invited and encouraged to attend this meeting.

Evening Bloomers Garden Club

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

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.

May 12 - "Funeral Practices during the Victorian Age".

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.

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

Mt. Pleasant Garden Club

Monday, May 16 the Mt. Pleasant Garden Club will meet at the Veterans Memorial Library at 10:00 a.m. to tidy up the gardens and plant annuals. Guests are welcome to join us for a fun, productive morning. Bring your own sack lunch and beverage. We will take a lunch break for a business meeting, and then continue work in the gardens as needed. We will also plant annuals around the sign at Commission on Aging that day.

State Employee Retirement Association

The annual potluck will be held on Tuesday, May 17 at 12:00 p.m. Please bring a dish to pass and your own place settings. Refreshments will be provided. If you are unable to bring a dish to pass, don't worry, there is always enough food. Please try to attend for the fellowship and games. There will be card bingo with prizes as well as the 50/50 drawing and door prize. THE POTLUCK STARTS AT NOON. We will meet in Room A of the Commission on Aging. If there are any questions, contact Jackie Curtis at (989)772-0597.

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

Community Health Programs

Free Foot Screening

If you are diabetic, have high blood pressure, or concerns about your feet – including poor circulation, joints motion and loss of feeling, lesions or calluses – join Podiatrist Mark Young, DPM for a free foot exam.

Thursday, May 5, 9:00 a.m. – 4:00 p.m.

405 S. Mission, Mt. Pleasant

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

Women Battling Cancer Can Look Good . . . Feel Better

Discover hands-on instruction on makeup, skin care, nail care, and suggestions for using wigs, turbans and scarves. This program is facilitated by trained, licensed cosmetologists. Join Headliners Salon Stylists at the Karmanos Cancer Center at McLaren Central Michigan, Morey Cancer Center, 1221 South Dr. in Mt. Pleasant. Contact the American Cancer Society at **1-800-227-2345** to register for this free program.

Monday, May 9, 9:30 - 11:30 a.m.

Is Joint Replacement Right for You?

MCM offers an all-inclusive joint replacement program for individuals planning or considering a total joint replacement. If you would like to learn more about the joint replacement process, join us at one of our free educational seminars. Call **(989) 779-5651** to register.

Thursday, May 12 or 26, 1:30 – 4:30 p.m.

McLaren Wellness Central, 2600 Three Leaves Dr., Mt. Pleasant

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

Skin cancer can be successfully treated before it has a chance to spread. Warning signs suggesting skin cancer include: a change on the skin, a sore that does not heal, change in an existing mole, or the development of a new mole. Even a small change in the skin can be a warning sign, so delaying treatment may be harmful to your health. Family Practitioner Nisha Vashishta, MD, will be performing skin screenings at her office. Call **(989) 779-5606 to** schedule an appointment.

Friday, May 13, 12:30 – 3:00 p.m.

Friday, June 24, 12:30 – 3:00 p.m.

4639 E Pickard, Suite B, Mt. Pleasant

Community Cholesterol Screening

Cholesterol plays a key role in determining a person’s heart health. This is why it is important to know your cholesterol numbers. Everyone age 20 or older should have their cholesterol measured at least every five years. Fasting for 10-12 hours is necessary for accurate results.

The screening includes information about your:

- Total cholesterol
- LDL (bad) cholesterol – the main source of cholesterol buildup and blockage in arteries
- HDL (good) cholesterol – helps keep cholesterol from building up in the arteries
- Triglycerides – another form of fat in your blood
- Glucose
- Blood Pressure

Wednesday, May 18 , 7:00 - 10:00 a.m.

\$25, no appointment required

McLaren Central Michigan Lab – 1221 South Drive, Mt. Pleasant

Must register the day of the screening – located by emergency department entrance. Screening results will be mailed to your home.

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

IN MEMORY

Louise Ball
Jerry & Ruth Fancovic
Gail Sanders

Linda Berry
Helen Johnson

Helen Cleveland
Joyce Haggart

Ginger Kjolhede
Jan & Charlotte Fokens
Martha Smith

Max Lovejoy
Anonymous
Anonymous
Donnie & Bonnie Bauder
Roger Chaffee
Lisa Coffey
Dave & Linda Coyne
Dr. & Mrs. Lawrence E. Foote
Shirley French
Dave & Kathy Hendershot
Brenda Johnston
Richard McGuirk
Robert & Sue Moeller
Ralph Pitts
Howard & Jeanne Poll
Thomas & MaryKay Shoemaker
Chum & Ruth Utterback
Richard & Sandra Wood
Patrick McCormick
Charles & Betty Campbell

Mary Mead
Anonymous
George & Dawn Flaughner
Don & Alice Paisley
Dean & June Stalter
Helen Thrush

Ray & Jean Merrifield
Ed Merrifield

Neida Moss
Margaret Peters

Jim Muterspaugh
Evalyn Muterspaugh

Maynard “Red” Nartker
Anonymous
Joyce Seeley
Cecil & Yvonne Travis

Lefty Panganis
TJ & Dorothy Horgan

Anna Percha
Betty Hauck and family

Jim Powell
John Frisch

Leon Roethlisberger
Dorothy Connors

Larry J. Thomas on his Birthday
Lynne Thomas

Frank Varga
Betty Varga

Russell Walker
Harold & Christine Cozart
Mary Jo Doyle

Marie Wood
Doug Durfee

Active Living In Memory

Mary Mead
Jack & Mary Lou Westbrook

Carl Beutler
Mary Beutler

Activity Center In Memory

George Flaughner
Don & Maxine McDonald

Sue Hovey
Roderick & Mary Hovey
Jeanne Reese

Virginia Kjolhede
Phyllis Ahlers
Katie Beaulieu
Dolores Cluley-Lockwood
Nancy DeKryger
Jim & Carol Erickson
Carolyn Hill
Norbert & Sue Miller
Violet Robinson
Dianne Schumacher
Diane Sebenick
Barbara Sheperdigian
Vera Straus
Colleen Vogel
Marilyn Western

Mary Mead
Elouise Wilson & Family

Mel Pohl
Roselynn Pohl

Food with Friends In Memory

George Flaughner
Nottawa Sherman Firefighters Association
Dave & Margie Swayze

Max Lovejoy
Janet Graham
Julia Todink

Mary Mead
Gary & Ann Cole
Mary Lou Duffy
Marie Green
Gail Huber
Tom & Donna Murphy
Ralph Pitts
Lori Recker
Nancy Scovill

Home Delivered Meals In Memory

David Gorley
Carolyn Van Cleave

In-Home Services In Memory

Donald Hauck
Betty Hauck and family

Max Lovejoy
Anonymous
Carolyn Frith
The Hamilton Family
Clyde & Janet Hamilton
Gary & Rose Hamilton
Ken & Carol Hamilton
Ron & Hazel Hamilton
Russ & Susan Hamilton
Edward Pappas
Mark & Lori Pittsley
Jonathan Strack
John & Edna Symner
Laura Taylor
Jim & Sally Wojciechowski

Barry Shults
Dr. & Mrs. Lawrence E. Foote

Transportation In Memory

George Flaughner
Ken & Deon Axtell
Frank E. Benn
Mary Beutler
John & Bernadette Bland
Pat McGuirk & Mike Carrier
Dennis & Virginia Embrey
Mallory Fernandez
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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.

MAY 2016
ACTIVE LIVING



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Friends of Isabella Seniors
2200 South Lincoln Road, Mount 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.*