

Active LIVING

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging
 Friends of Isabella Seniors - 2200 S Lincoln Rd., Mt. Pleasant, MI 48858 - (989) 772-0748 - isbellacounty.org/active-living-newspaper

Please Help *Have-A-Heart*

The Commission on Aging and Friends of Isabella Seniors ask you to “Have-a-Heart” and make a donation to support the 2022 Have-A-Heart Project. “Have a Heart” depends solely on the generosity of Isabella County residents. There are no federal, state or local funds used for this program.

As in the past, the COA expects to assist between 75 to 100 older adult residents in Isabella County with the high costs of prescription medications, warm winter clothing, and food. If you have questions or would like more information, please contact the Commission on Aging at **(989) 772-0748**.

Please fill out and return the form at right. Every dollar helps us reach our **Goal of \$7500.00**.

Thank You in advance for your willingness to help our friends and neighbors.

YES, I Want To Help Have a Heart

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

I would like to donate the amount of \$ _____

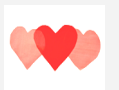
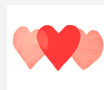
My donation is In Memory of:

In Honor of:

Please keep my donation anonymous.

Make checks payable to: FOIS - Have-a-Heart

Mail to: Friends of Isabella Seniors
 Attn: Have-A-Heart
 2200 S. Lincoln Rd.
 Mt. Pleasant, MI. 48858



Attention: All Retirees and Retired Office Personnel

Are you looking to give back to your community? See our golden opportunities below.

COA is looking for volunteers for the following positions:

Home-Delivered Meal Drivers for the **Rosebush & Weidman** routes. Deliver meals between 10:30 a.m. and 1:00 p.m.

Reception Ambassadors – Wednesday, Thursday, Friday shifts for Front desk at COA in the morning or afternoon

Transportation Drivers to Transport older adult clients to medical appointments

Mileage reimbursement is provided to Gold Key Volunteer Drivers. Please Call 989-772-0748 for more information and to register as a Gold Key volunteer.

COA Executive Director's Comments



Happy New Year! As we enter 2022, I hope that we can all do so with both excitement and gratitude – excitement for new experiences, relationships, and successes; and gratitude for each day and experience behind us and all of those yet to come. In 2021, we experienced hope and transition back to life similar to that prior to the pandemic.

We were once again able to open our doors at the Commission on Aging, welcoming back our treasured guests and volunteers. We are so thankful to be able to hear the sounds and see and feel the smiles and the hustle and bustle of our building. We have developed a newfound appreciation for the things that once were taken for granted. We are truly grateful!

Speaking of gratitude, we were so fortunate to have benefitted from the generosity of many throughout 2021. We receive support from so many, who through their actions, allow us to better serve you. Whether it is from the Isabella County Board of Commissioners and County Administration, who unequivocally support our amazing staff and the many programs and services that we provide, the Facilities Department who keeps our building and equipment functioning, the Technology Department who keeps our staff and community connected, our many colleagues throughout the county and community who provide both support and advocacy, and our dedicated volunteers who so freely give of their time and talents to help us assist so many. We are so grateful for all of their support. I would also like to provide a special thank you to Friends of Isabella Seniors (FOIS), a 501c3 organization dedicated to supporting the programs and services of the Isabella County Commission on Aging. Through their support and generosity, our staff is better equipped and able to assist older adults who are experiencing hardships. FOIS teamed up with Trees NOW Isabella, and together with many volunteers, they planted many beautiful trees on our grounds, enhancing both the aesthetics and the air in which we breathe! Finally, I would like to say a big *chmigwech* (thank you very much) to the Saginaw Chippewa Indian Tribe for their continued support of our organization. Through their 2021 Spring and Fall 2% distributions, they awarded the Commission on Aging with \$381,790 bringing our cumulative award to approximately \$9.5 million since 1995! Their incredible support and generosity are evidence of their dedication and compassion for serving older adults throughout our community.

There truly is so much to be thankful for. On behalf of our Isabella County Commission on Aging Family, I extend to you a heartfelt thank you for entrusting us to serve you in 2021. We look forward to continuing that service in the New Year and wish you a very Happy and Healthy 2022!

Jennifer A Crawford, M.S.A., COA Executive Director

Mission Moments

As the New Year approaches many people begin to wonder how they can do a “New Year New Me” approach. Instead of trying to change oneself perhaps we should start thinking of ways we can improve our current state, but still keep the same “you.” Drastic changes are seldom realistic and let’s face it, who really follows through? Our day to day lives are so busy with schedules, activities, work and family, that we seldom have time to dedicate to extreme measures.

Instead of throwing the towel in, why don’t we look for ways to better our minds and in the process heal our bodies. What ways can we create “self-care” opportunities? Find things that make us happy and that draw our minds away from the things that are creating stress. Music, short walks, reading a few pages or chapters a day are simple ways to escape our current moments and bring peace and comfort to our day. Find something that you really like about yourself and focus on it when you’re feeling discouraged. Think about your smile, your new haircut, a cute outfit or your witty sense of humor. If you like it, you can bet others do too!

Why don’t we face it, who actually gets enough sleep?! Turn in early a few days a week. Turn that favorite show off, or instead of watching a movie, lay in bed and read a book until you can fall asleep at a more reasonable time. If you toss and turn, check with your physician to rule out sleep apnea or other health issues that may be preventing you from getting the z’s you need!

Let’s not forget that our mental health is just as important as our physical health. When you start to heal from the inside, the outside will feel much better too. It’s never too late to reach out for help if you’re feeling sad, depressed or lonely. There are many people just like you and following with a physician can help put you on the road to a much more desirable year. Health and happiness can go hand in hand. When you don’t know where to start, it’s never too late to ask for help. Talk to your doctor.

If you’re feeling discouraged because you aren’t able to do the things you used to, you may want to talk to a social worker. Commission on Aging has Social Workers that can point you in the right direction. We would all like to wish you Happy Holidays and Happy Health. Mind, body and soul, you take care of you. We’re here if you need us.

Jenn Martin, In Home Services Program Manager

Free Tax Preparation Available

The Isabella County Commission on Aging is again working with the AARP Foundation Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing using a low contact model. This service is provided to low- and middle-income taxpayers with emphasis on seniors.

Tax clients will be asked to leave their documents (copies of the documents preferred) at the preparation site with their AARP tax preparer. These documents as well as the Intake and Interview booklet will be reviewed with the client before the client leaves the tax preparation area. All client documents will be handled with maximum security.

Clients may remain in the building or leave to return when the tax return is completed. If the client leaves the building, access to a phone or email is required for follow up questions and to schedule a time for pick-up of the completed return.

Volunteers at these tax clinics will be handling Federal and Michigan tax returns that are within the scope of their training, as well as Homestead Property Tax and Home Heating credits. Volunteers are required to pass an IRS test before they can prepare returns. Individuals who are self-employed, have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

AARP Tax Aide Foundation is also offering a Virtual Tax Preparation free service. The taxpayer will prepare their own return with assistance from a certified AARP tax volunteer using reputable online service. A computer with internet access, an email address and a printer are required for this service. Go to Taxaideqa.aarp.org if interested in this service to request an appointment.

Free tax preparation is BY APPOINTMENT ONLY. The Commission on Aging will begin taking appointments for the following sites on Monday, January 3, 2022:

Commission on Aging - Activity Center

Most Wednesdays & Thursdays, February 2 thru April 7

9:30 a.m. - 3:30 p.m. Call to check schedule.

Weidman Food with Friends Site / Weidman Library

February 1, March 8 & 22

10:30 a.m. - 1:30 p.m.

Coe Township Library, Shepherd

February 1 & March 15

12:30 p.m. - 5:00 p.m.

Call 989-772-0748 for all appointments.

Residents of Riverview & Winchester Towers please call your building office for dates and times. Those appointments are limited to residents of those facilities.

Taxpayers MUST bring Picture ID, Social Security cards (NOT Medicare cards) and a paper listing bank routing number and bank account number if direct deposit is desired.

Thank You for the Apple Pies!

We would like to thank Todd Schorle II for the generous donation of 30 delicious apple pies (made by the Shepherd School Fundraiser) to the Food with Friends program. The pies were enjoyed by many of our congregate participants in the month of December!

The donation was in honor of Bill Coughlin who was an active participant with Commission on Aging for many years! Thank you, Todd, we appreciate your generosity!

Food with Friends and Commission on Aging

Savings for Medicare Part D Beneficiaries

We would like to thank all of our staff and volunteers who contributed to a wonderful Open Enrollment Season!!! COA was able to resume in-person review of insurance plans this year. Our volunteers and staff undergo training to prepare for the Open Enrollment Season and they dedicate many hours serving clients in our county to make sure that their insurance needs are met. Medicare D enrollment runs from October 15 to December 7 each year. Our agency asks that people make an appointment during this time, to be sure they are on the best Medicare drug plan for their prescription medications. Each appointment takes between 30 – 45 minutes to complete and it assures participants that they will have the best plan to use at their pharmacy.

The COA social workers and volunteers worked very hard to give enrollees access to their plan's information, including any changes in their premiums, deductibles and copays. The social workers and all of our returning volunteers, participated in a day long training, to learn the Medicare Drug website and how to help enrollees. Not only did the social workers and volunteers become very efficient with the process but they did it with a cheerfulness and kindness that put enrollees at ease. This process helps to ensure that they don't have surprises at the pharmacy for the upcoming year.

Thanks to all of the hard work of our volunteers and trained staff, the Commission on Aging was able to see **400+** Medicare Beneficiaries and help save over **\$180,914.82** in overall prescription drug costs. So again, a great, big **THANK YOU** to our wonderful volunteers and Social Workers for all that was accomplished for the older adults of our community. Thank you to all of you who participated and were patient during this process. We appreciate you, and everything you do, to make this a wonderful agency to visit.

Events & Classes

“Aloha”

Wednesday, January 5, from 4:00 p.m. to 6:00 p.m.

\$25 per person (supplies included)

Let award winning television artist Steve Wood help develop the “artist” in you to create “Aloha.” You don’t have to be “born with the gift” to be a great painter. Remember “Anyone Can Paint” these pieces of art. Steve’s methods are applicable to the beginner as well as the advanced painter. Create an 11” x 14” acrylic landscape painting in class. Contact COA at (989) 772-0748 to register. **Money and reservations due by Monday, January 3. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858. Next class, Wednesday, Feb. 2.**

STATE EMPLOYEES RETIREE ASSOC.(SERA)

Our monthly meeting for SERA in January 2022 will be on **Tuesday, January 11 at the Commission on Aging starting at 1:00 p.m.** Please note the change of day to the second Tuesday of the month instead of the third. The presentation will be a representative from the Central District Health Department. This has been rescheduled from October.

Following the presentation we will have our business meeting, 50/50 drawing and door prize. I hope the weather will cooperate and we will have a good turnout for the presentation. I would like to remind retirees that this meeting is open to all for the presentation and then will they be excused for us to continue with the business meeting.

If there are any questions, please feel free to contact Jackie Curtis at **989-772-0597** or jacurtis46irish@gmail.com. Also remember that now when placing a call locally the area code must be dialed.

January Movies at COA in Room C

Be sure to check the calendar on pages 8 and 9 for the movies and times COA is showing on January 4, 7, 10, 11, 18, 21, 24, 25, 28, 31. You can see details on the FREE Movie & Popcorn on this page.

Water Aerobics & Aqua Zumba at CMU

We are so excited to be able to start up our Water Aerobics and Aqua Zumba classes again at the SAC pool on CMU’s Campus! We are not currently charging for our fitness classes! Hang on to your old punch cards just in case! Each participant must have a membership agreement form on file with COA as well as a CMU waiver, which is also available at COA. Once your paperwork is complete, you will receive a card that signifies you are a COA aqua participant. This is the card you will use to get your guest parking pass each semester from the CMU Police Department. You will also need this card to get in to the SAC! Masks are required to be worn in the SAC, but can be removed when entering the pool! See next page for details.

“PD IN MOTION” at COA

Wednesdays at 4:00 p.m. to 5:00 p.m.

This Beginning dance class is for people with Parkinson’s Disease and others interested in dance and active living. You will enjoy Creative Movement, Music, Community and Social Dance. The class is Hosted by CMU students.

Email: marsh3ce@cmich.edu with questions.

Drum and Rhythm Circle Group

The group meets on **Tuesdays from 3:30 p.m. to 5:00 p.m. in the Craft Room.** The purpose of the Drum and Rhythm Circle group is to make friends, learn rhythms and have fun. Some instruction will be provided. Learn how to jam with hand drums and other rhythm instruments.

Ice Cream Sundaes

Thursday, January 13

12:30 p.m. In Room C

Hope to see you there!



Line Dancing

Join us for Line Dancing! Not only will you have fun and benefit from exercise, but Line Dancing also provides mental benefits, while learning approximately 140 dance step sequences. Instruction will be provided for those who need it! Any level welcome! **The group NOW meets on Mondays at 1:00 p.m. in addition to Wednesdays from 10:00 a.m. to 11:30 a.m. in Room C.**

Bingo in Room C on Fridays at 12:45

Friday, January 7 you can enjoy Bingo. Join Medilodge on Friday, January 14. Then on January 21 for more fun with Bingo.

FREE Movie and Popcorn in Room B

The January movie, *Downton Abbey*, will be shown on **Friday, January 28 at 12:45 p.m.** Excitement is high at Downton Abbey when the Crawley family learns that King George V and Queen Mary are coming to visit. But trouble soon arises when Mrs. Patmore, Daisy and the rest of the servants learn that the king and queen travel with their own chefs and attendants -- setting the stage for an impromptu scheme and other shenanigans. (PG, 2 hours, 3 minutes) **To register, call 989-772-0748 and ask for Rhonda.**

FREE Fitness Classes

All participants MUST have a membership and signed liability form on file before starting classes. For questions or

to sign up for zoom classes, please contact Marcy Jerome (989) 772-0748 or mjerome@isabellacounty.org

Yoga ~ In Person only ~ No class Mon. Jan 17

Mondays from 3:00 p.m. to 4:00 p.m. in COA Fitness Room
Zen Yoga, with gentle range of motion movements, includes gentle holding positions for hips, lower back and shoulders.
Instructor: Catherine Tobin

Tai Chi ~ In Person Only

Tai Chi is a gentle, slow-moving exercise designed to improve balance, flexibility, muscle strength, coordination, energy, and overall well-being. Regular practice may also reduce the incidence and fear of falling in the elderly.

Beginner Tai Chi Exercise (Tai Chi for Health and Balance) Tuesday & Thursday 10:00 to 11:00 a.m. in COA Fitness Room No experience necessary. New participants welcome.

Next-Level Tai Chi (Yang 24 and Tai Chi for Energy) Tuesday & Thursday 11:30 a.m. to 12:30 p.m. in COA Fitness Room. Tai Chi experience recommended (approximately 1 year or more).

Instructor: Jim VanderMey, Board Certified Instructor, Tai Chi for Health Programs

Zumba Gold ~ Virtual Only

Tuesdays 9:00 a.m. to 10:00 a.m. and Thursdays from 4:00 p.m. to 5:00 p.m. on Zoom, low impact moves. *Enjoy easy-to-follow moves; you'll hardly notice you're exercising. An energizing workout that burns calories and tones muscles.*

Instructor: Judi Swartz

Gentle Exercise ~ In Person Only

Mondays and Fridays 11:10 a.m. to 11:45 a.m. in COA Fitness Room **No class Mon. Jan 17**

This class involves gentle exercise to improve movement and flexibility. Many exercises will be done from a chair or standing behind a chair and will also incorporate resistance bands. Must have a signed liability form on file to begin classes.

Instructor: Volunteer led

Hula Class ~ In Person Only

Thursdays 3:00 p.m. to 4:30 p.m. in COA Fitness Room
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).

Instructor: Sue Courington

Beginning January 10 ~ Location: SAC Pool at CMU
No class Mon. Jan 17

Water Aerobics

**Mondays, Wednesdays,
Fridays**

9:05 a.m. to 10:05 a.m.

Instructor: Mary Alsager

Aqua Zumba

**Tuesdays and Thursdays
9:05 a.m. – 10:05 a.m.**

Instructor: Angela McGuirk

Chair Yoga ~ Virtual Only (Zoom)

Wednesdays 9:00 a.m. to 10:00 a.m.

To receive the weekly Zoom link, please contact Marcy Jerome to be added to the email list. You may access the class from anywhere in the US so you won't miss out. Many COA members enjoy the flexibility and convenience of Chair Yoga on Zoom. Chair Yoga is a version of yoga designed for older adults and those with physical challenges. It is for adults who wish to stay physically active and improve their fitness level.

Instructor: Carol Clute

Low Impact Aerobics ~ In Person Only

No class Mon. Jan 17 Monday, Wednesday and Friday 10:15 a.m. to 11:00 a.m. in COA Fitness Room

Peer Led Class

Otago Exercise Class with CMU

Location: COA Fitness Room

Starting January 12, 2022 (NEW TIME)

- **Wednesdays 12:30 p.m. to 1:30 p.m.**

Starting February 3, 2022 (NEW SESSION)

- **Thursdays 8:30 a.m. to 9:30 a.m.**

*The Otago Exercise Program provides a safe and healthy environment where participants work alongside student exercise trainers to improve their balance and reduce their risk of falls. Together we can create a healthier and happier community. Due to increased interest and reaching maximum capacity in the exercise room, we are adding an additional session in February. This program is designed to be attended once weekly. **To sign up call or email:***

CMU College of Medicine

2520 S. University Park Drive Building D

Call: (989)774-1350

Fax: (989)774-7658

Email: fallprevention@cmich.edu

Instructor: CMU Students

Don't be Duped! Frauds, Scams, and Misinformation FREE Webinar Series

"Anyone can lose money to a scammer. Elder financial exploitation crosses all social, educational and economic boundaries." In this webinar series, you'll learn how to recognize scams and get tips on how to reduce the risk of losing money to them.

With so much information out there - not only on television, but now also on the internet - it can be hard for anyone to sort out fact from fiction. In the final two sessions, you will learn advertising tricks of the trade designed to influence your behavior, and how advertising's ugly sibling - propaganda - works to manipulate our thoughts. Additionally, you will learn how technology can be used to manipulate information, and simple tools you can use to make sure what you read, hear, and see is accurate.

SCHEDULE : Wednesdays at 12:15 to 12:45 p.m.

February 16: Top Scams - including romance scam, tech support scams & lottery/sweepstakes scams

February 23: Online scams & identity theft

March 2: Imposter scams - including grandparent scams, IRS imposter scams, & other government imposter scams

March 9: What about local scams!

March 16: Internet Smarts- Outsmarting Internet Mind Games (Part 1)

March 23: Internet Smarts- Outsmarting Internet Mind Games, (Part 2)

PRESENTERS:

Lisa Schifferle

Senior Policy Analyst, Office for Older Americans, Consumer Financial Protection Bureau (CFPB)

Officer Autumn Balcom

Public Information Officer, Mt Pleasant Police Department

Deborah Simmons

Administrative Team, League of Women Voters Mt Pleasant Area

The webinar series will be virtual via ZOOM. The ZOOM sessions may be viewed in person at Isabella County Commission on Aging or Mid-Michigan College.

Reserve your spot today! To register, please use the online form at: <https://www.midmich.edu/departments/corporate-continuing-education/lifelong-learning/fsm-awareness> or contact Lifelong Learning at 989-386-6651

Questions? Contact lifelonglearning@midmich.edu or call 989-386-6651.

Brought to you by a collaboration from Isabella County Commission on Aging, The League of Women Voters, Mid-Michigan College, Consumer Financial Protection Bureau and the Mt. Pleasant Police Department.

Bridge to Belonging Series Via Zoom

Presented by Meghan Dahl, L.M.S.W., Behavioral Health Therapist with MidMichigan Medical Center - Midland

Loneliness is a serious issue that can affect the physical and mental health of many older adults. In addition, the COVID-19 pandemic has increased social isolation and has led to a number of new challenges. Fortunately, there are many strategies that we can learn and practice to decrease this feeling and help us feel more connected and positive about our lives.

This will be a powerful five-week series focusing on loneliness and social connection called "Bridge to Belonging," in collaboration with Senior Services of Midland. Dahl will explore several topics including:

- *Increased positive behaviors
- *Addressing negative thoughts
- *Challenging social anxiety
- *Relaxation strategies
- *And how to practice these ideas while adjusting for lifestyle changes with COVID-19

FREE 6 week Virtual Zoom Series on Tuesdays, January 11 to February 8, 2022 from 1:00 p.m. to 2:30 pm. Registration is required by January 6 at www.midmichigan.org/bridge or call (989) 837-9090.

If you are interested in the series, but don't have access to a computer or smart phone, please contact **Marcy Jerome (989) 772-0748** or mjerome@isabellacounty.org to view the series at Commission on Aging!



Covid Emergency Rental Assistance (CERA)

MSHDA has federal funds available to help tenants facing pandemic-related hardships. The CERA program provides rental and utility assistance for residents who fell behind due to COVID-19. You may apply **now** online at:

WWW.MICHIGAN.GOV/CERA

Healthy Lifestyles Group at COA

This group will focus on healthy weight loss and maintenance, healthy eating, understanding food labels and macro nutrients. It will also educate on the role that stress, sleep, and exercise play for overall health. Participants will have the option to weigh in every week.

Participants can also join us for a healthy lunch served at noon. We ask that you make your reservation with us 24 hours in advance by calling our office at **989-772-0748**. Suggested donation for lunch is \$2.50 for those over 60 and \$5 for those under 60.

The group meets weekly on Fridays from 1:00 p.m. to 2:00 p.m. There is NO Charge to join! The group is led by Karen Norman. For questions, please contact Marcy Jerome at **989-772-0748** or you can email Marcy at mjerome@isabellacounty.org

Save the date: Friday, January 7. Aiden Van Loo, CMU Pre-Med student, will be speaking at the Healthy Lifestyles group about blood pressure, diabetes, how insulin and food affects our bodies and what we can do to be healthy.

Home Delivered Meals Weather Related Cancellations

Happy New Year! With the new year, brings snowy and colder days. Please remember to have your sidewalks and driveways cleared for our volunteers. Please let us know if your driveway is too slippery and we will hold meals for delivery until the driveway is safe. If roads are too hazardous for delivery, we will announce this on television stations. We list our closings on the following stations:

TV ABC 12
TV NBC 25
TV WNEM 5
TV 9&10 News
WCZY (radio station) 104.3

If you are ever concerned about delivery, you may also call **989-772-0748** and ask if meals are delivered that day. Please remember to enjoy your frozen meals or shelf stable emergency meals on days we are not able to deliver.

We always hope for a mild winter with light snow, but there are usually a few days that delivery is not possible. Wishing you a warm winter!

Carmel Slebodnik, Food with Friends Program Manager

COA Friendly Callers

A Friend is Only a Phone Call Away!

With the current social distancing and the colder months ahead of us, it is especially easy to feel lonely and long for a friend on the other end of the line. The Isabella County Commission on Aging offers a **FREE** Friendly Caller service to Isabella County older adults and their families. The Friendly Caller program is available to any older adult who would like or benefit from a scheduled telephone call. Calls can be temporary while recuperating from an illness or calls can be arranged on a permanent basis around your schedule.

To sign up for the Friendly Caller Program, please talk with your Case Manager or call Kelly Lee, Gold Key Volunteer Program Manager, at (989) 772-0748.

A trained Gold Key Volunteer or Staff Member will make regular telephone contact with a program participant. If the older adult does not answer his/her telephone, the Volunteer will contact COA staff who will try to reach an established emergency contact. Emergency services (9-1-1) may be contacted if necessary.

BECOME A VOLUNTEER - MAKE A DIFFERENCE




Foster Grandparent and Senior Companion Programs

Benefits: \$3.00 an hour non-tax stipend (will not affect social security, subsidized housing etc.), Mileage reimbursement and a meal during service hours, Training, PTO, and Holiday Pay.

Must be: 55 and older, meet income guidelines, available to volunteer 15 - 20 hours, and pass background checks.

Serving: Clare, Gratiot and Isabella Counties

***Please contact: Brandi Knivila,
Jodi Onstott, or Anne Acles at
(989) 772-0748 for more information***

Monday	Tuesday	Wednesday
10:00 Dulcimer Practice 3 10:15 Low-Impact Aerobics 11:00 Gentle Exercise 11:00 Coffee & Conversation: New Year's Resolution 1:00 Dominoes & Pinochle 1:00 Line Dancing 1:00 Mahjong 1:00 Faith Weavers Group 3:00 Yoga	4 10:00 Beginner Tai Chi 11:00 Elvis Trivia 11:30 Tai Chi Next Level 12:45 Documentary: "American Genius: Colt vs Wesson" 3:30 Drum and Rhythm Group	5 10:00 Line Dancing 10:15 Low-Impact Aerobics 12:00 COA Advisory Board Meeting 1:00 Pepper 1:00 Happy Rippers 4:00 Anyone Can Paint \$
9:00 Tax Volunteer Training 10 10:00 Movie: "Snow Day" 10:00 Dulcimer Practice 10:15 Low-Impact Aerobics 11:00 Gentle Exercise 1:00 Dominoes & Pinochle 1:00 Line Dancing 1:00 Mahjong 1:00 Faith Weavers Group 3:00 Yoga 5:00 Mt. Pleasant Women City Club	11 10:00 Needlecraft Meeting 10:00 Beginner Tai Chi 11:00 Piano w/ Jennie 11:30 Tai Chi Next Level 12:45 Documentary: "American Genius: Tesla vs Edison" 1:00 SERA Meeting 1:00 Bridge to Belonging Series 3:30 Drum and Rhythm Group 7:00 Mid Michigan Woodcrafters	12 9:00 Tax Volunteer Training 9:00 Second Sight Artist Group 10:00 Line Dancing 10:15 Low-Impact Aerobics 12:30 CMU Otaga Exercise Class 1:00 Pepper 1:00 Between the Covers Book Club 1:00 Happy Rippers
17 <p style="text-align: center;">Closed In Honor of Martin Luther King Jr. Day</p>	18 8:30 Friends of Isabella Seniors 10:00 Beginner Tai Chi 11:00 Hot Cocoa Social 11:30 Tai Chi Next Level 12:45 Documentary: "America Genius: Oppenheimer vs Heisenberg" 1:00 Bridge to Belonging Series 3:30 Drum and Rhythm Group	19 9:00 Tax Volunteer Training 10:00 Line Dancing 10:15 Low-Impact Aerobics 12:30 CMU Otaga Exercise Class 1:00 Pepper 1:00 Second Hand Book Club 1:00 Happy Rippers
24 9:00 Tax Volunteer Training 9:30 Movie: "The Chronicles of Narnia: Lion, Witch and Wardrobe" 10:00 Dulcimer Practice 10:15 Low-Impact Aerobics 11:00 Gentle Exercise 1:00 Dominoes & Pinochle 1:00 Line Dancing 1:00 Mahjong 1:00 Faith Weavers Group 3:00 Yoga	25 9:00 Chippewa Watershed Alliance 10:00 Beginner Tai Chi 11:00 Bring Your Favorite Joke 11:30 Tai Chi Next Level 12:45 Documentary: "Planet Earth" 1:00 Bridge to Belonging Series 3:30 Drum and Rhythm Group	26 9:00 Tax Training 9:00 Second Sight Artist Group 10:00 Line Dancing 10:15 Low-Impact Aerobics 12:30 CMU Otaga Exercise Class 1:00 Pepper 1:00 Happy Rippers 4:00 CMU Parkinson's Dance Class
31 9:00 Tax Volunteer Training 9:30 Movie: "The Chronicles of Narnia: Prince Caspian" 10:00 Dulcimer Practice 10:15 Low-Impact Aerobics 11:00 Gentle Exercise 1:00 Dominoes & Pinochle 1:00 Line Dancing 1:00 Mahjong 1:00 Faith Weavers Group 3:00 Yoga		<p>Please share the photo at left with friends and family. This hand signal can be used by adults of any age as well.</p>

Thursday	Friday	Saturday
6	7	8 & 9
10:00 Beginner Tai Chi 11:00 Nutrition Education & Peanut Butter & Banana Sandwiches 11:30 Tai Chi Next Level 1:00 Euchre 3:00 Hula	8:00 Happy Rippers 10:00 Elvis Day/Movies 10:00 Jam Session 10:15 Low-Impact Aerobics 11:00 Gentle Exercise 12:45 Bingo 1:00 Ukulele Group 1:00 Healthy Lifestyle Group	8:00 Happy Rippers
13	14	15
10:00 Beginner Tai Chi 11:00 Frosty Hat Craft 11:30 Tai Chi Next Level 12:30 Ice Cream Sundaes 3:00 Hula 6:30 Community Cancer Service	9:00 Tax Volunteer Training 10:00 Jam Session 10:15 Low-Impact Aerobics 11:00 Gentle Exercise 11:00 Music w/ Greg Merwin 12:45 Bingo w/ Medilodge 1:00 Ukulele Group 1:00 Healthy Lifestyle Group	9:00 Central Michigan Daylily Society 9:00 Charlene's Quilting Group
20	21	22
10:00 Learn to Crochet 10:00 Beginner Tai Chi 11:00 National Cheese Day 11:30 Tai Chi Next Level 1:00 Euchre 3:00 Hula	9:00 Tax Volunteer Training 10:00 Jam Session 10:00 Movie: "Sweet Dreams" 10:15 Low-Impact Aerobics 11:00 Gentle Exercise 12:45 Bingo 1:00 Ukulele Group	<p style="text-align: center;"><i>You may not always see the results of your kindness, but every bit of positive energy you contribute to the world makes it a better place for us all.</i></p> <p style="text-align: center;">Lisa Currie</p>
27	28	29
10:00 Beginner Tai Chi 11:00 Music (TBD) 11:30 Tai Chi Next Level 12:45 Birthday Celebrations 3:00 Hula	9:00 Tax Training 10:00 Jam Session 10:15 Low-Impact Aerobics 11:00 Gentle Exercise 11:00 Bagel Day 12:45 Movie & Popcorn: "Downton Abbey" 1:00 Ukulele Group 1:00 Healthy Lifestyle Group	11:00 Therapy Dog Testing



Food with Friends Lunch
 Served
 Monday thru Friday at 12:00 p.m.
 in Activity Room C.
 See our Menu on pg. 10
 Lunch Activities in bold—Rm C



Please direct all questions and reservations to the COA Main office 989-772-0748, and ask for the Meals Line. Please indicate which site you are referring to when leaving a message. Please call 24 hours in advance for reservations.

FWF Eat Smart Menu

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Chicken Bread Whipped Potatoes/Gravy Broccoli Pears Milk	4 Lemon Baked Cod Bread Au gratin potatoes Brussels Sprouts Citrus Fruit Cup Milk	5 Egg & Cheese Casserole Cinnamon Roll Turkey Sausage Red Skinned Potatoes Ambrosia Fruit Cup Milk	6 Beef and Noodles Bread Italian Blend Peach Crisp Mixed Fruit Milk	7 Chop Suey Bread Brown Rice Kyoto Vegetables Tropical Fruit Milk
10 Meatloaf Bread Squash Peas & Carrots Cinnamon Applesauce Milk	11 Smothered Chicken Bread Baked Potato California Blend Pineapple Tidbits Milk	12 Swedish Meatballs Bread Scalloped Potatoes Cauliflower Berry Fruit Cup Milk	13 Baked Spaghetti Garlic Toast Capri Blend Vegetables Clementine Chocolate Chip Cookie	14 Chicken Pot Pie Biscuit Green Beans Pears Chocolate Pudding Milk
17 No Meals  shutterstock - 356091257	18 Pork Chop Bread Company Potatoes Green Beans Pineapple & Oranges Milk	19 Spanish Rice Bread Carrots Fiesta Corn and Beans Strawberries Milk	20 Salisbury Steak Bread Whipped Potatoes Peas Michigan Fruit Cup Skim Milk	21 French Toast Sticks Hard boiled egg Red skinned potatoes Peaches & Pears Milk
24 Corn Chowder Breadstick Hard boiled egg Tossed Salad Apple Crisp Milk	25 Creamy Swiss Chicken Bread Sweat Potatoes Steamed Cabbage Rice Pudding Milk	26 Turkey Loaf Bread Whipped Potatoes/Gravy Corn Applesauce Milk	27 Chili Corn Bread Baked Potato Peaches Milk	28 Macaroni and Cheese Bread Carrots Multibean Salad Pineapple Tidbits Milk
31 Beef Mozzarella Bread Au gratin potatoes Broccoli Apricots Milk				

Menus are Subject to Change Without Notice
Reservations are Required 24 Hours in Advance

Milk provided with all meals
Suggested Donation \$2.50

COA ACTIVITY CENTER

2200 S. Lincoln Rd., Mt. Pleasant, in Room C **Meals: M - F, 8:00 a.m. - 4:30 p.m.**

Rhonda Burke, Site Mgr.

JANUARY COA Calendar

3	11:00	Coffee & Conversation "New Year's Resolution"	11	11:00	Piano with Jennie	21	10:00	Movie: "Sweet Dreams"
	1:00	Dominoes & Pinochle		12:45	Documentary: "American Genius: "Tesla vs. Edison"		12:45	Bingo
	1:00	Line Dancing	12	10:00	Line Dancing	24	9:30	Movie: "The Chronicles of Narnia: The Lion, Witch and Wardrobe"
4	11:00	Elvis Trivia		1:00	Cards		1:00	Dominoes & Pinochle
	12:45	Documentary: "American Genius: Colt vs. Wesson"	13	11:00	Frosty Hat Craft		1:00	Line Dancing
5	10:00	Line Dancing		12:30	Ice Cream Sundaes	25	11:00	Bring your favorite Joke
	1:00	Cards	14	10:00	Music w/ Greg Merwin		12:45	Documentary: "Planet Earth"
6	11:00	Nutrition Education		12:45	Bingo w/ Medilodge	26	10:00	Line Dancing
	11:00	Peanut Butter & Banana Sandwich		1:00	Healthy Lifestyle Group		1:00	Cards
	1:00	Euchre	17		Closed	27	11:00	Music (TBD)
7	10:00	Elvis Day/Movies	18	11:00	Hot Cocoa Social		12:45	Birthday Celebrations
	12:45	Bingo		12:45	Documentary: <i>American Genius: "Oppenheimer vs. Heisenberg"</i>	28	11:00	Bagel Day
10	10:00	Movie "Snow Day"	19	10:00	Line Dancing		12:45	Move & Popcorn: "Downton Abbey"
	1:00	Dominoes & Pinochle		1:00	Cards	31	9:30	Movie: "The Chronicles of Narnia: Prince Caspian"
	1:00	Line Dancing	20	11:00	National Cheese Day		1:00	Dominoes & Pinochle
				1:00	Euchre		1:00	Line Dancing

WEIDMAN

SENIOR CENTER

3453 N. School Rd, Weidman

Meals M, W, F, 10:00 a.m.-2:00 p.m.

Sandy Hunter, Site Mgr.

Welcome 2022! Get out of the cold and join some friends for lunch at the Weidman Senior Center. Other fun stuff is on the way! Please join us for Wii Bowling, Euchre and Bingo! Come join us!

Weidman JANUARY Calendar

- 3 Euchre
- 5 Wii Bowling
- 7 Bingo
- 10 Walk Away the Pounds
- 12 Sit and Get Fit
- 14 Cornhole
- 19 Craft
- 21 Bingo
- 24 Movie and Popcorn
- 26 Walk Away the Pounds
- 28 Cornhole
- 31 Sit and Get Fit

How to Cancel a Meal

If you need to cancel your meals for any reason, please notify the COA Main office at 989-772-0748 and ask for the Meals Line. Please indicate which site you are referring to when leaving a message. When possible, the cancellation should be made the day before. Our drivers cannot leave the meal if you are not at home. Because of federal and state regulations, we are unable to leave the meal unattended. The food, the cost of the meal, the gas and mileage are wasted. So, please call 989-772-0748, ask for the Meals line and leave a message.

SHEPHERD

UNITED METHODIST CHURCH,

107 W. Wright Ave., Shepherd

Meals M, W, F, 10:00 a.m.-2:00 p.m.

Ingrid Salomov, Site Mgr.

Happy New Year! We hope for a much easier, healthier time this year! Come and join us for fantastic companionship, fun times and tasty food. I look forward to seeing you all!

Shepherd JANUARY Calendar

- 3 Aerobics, Cards, Yahtzee
- 5 Core Workout, Triominos, Scrabble
- 7 Balance Exercise, UNO, Bingo
- 10 Greg Merwin, UNO
- 12 Yoga, Triominos, Yahtzee
- 14 Movie: The Princess Bride
- 17 Closed—MLK Day
- 19 Aerobics, Yahtzee, Euchre
- 21 Core Exercises, Bingo, UNO
- 24 Yoga, Yahtzee, Write Your Story
- 26 Core Exercises, Triominos
- 28 Balance Exercises, Bingo, UNO
- 31 Triominos

WINN

COMMUNITY BUILDING

2583 W. Blanchard Road, Winn

Meals M, W, F, 10:00 a.m.-2:00 p.m.

Elizabeth Jennings, Site Mgr.

A warm welcome from the Winn Food with Friends site, we would love to have you join us for a great meal, food, music, fun and fellowship! We have music from Midnight Express and Strictly Country, Greg Merwin and Country Kin on Wednesdays. On Mondays and Friday we enjoy line dancing for beginners, games, walking and great discussions! We'd love to have your company while we enjoy our meals and time together! Come by and meet us on Mondays, Wednesdays and Fridays each week!

Winn DECEMBER Calendar

- 3 Nutrition Education
/Board Games
- 5 Midnight Express
- 7 Walk Away the Pounds
/Cornhole
- 10 Line Dancing
/Walk Away the Pounds
- 12 Strictly Country
- 14 Cornhole/Board Games
- 17 Walk Away the Pounds/Games
- 19 Greg Merwin
- 21 Line Dancing/Exercise
- 24 Cornhole and Other Games
- 26 Country Kin
- 28 Movie -Beach Theme Day
- 31 Coffee Hour & Exercise

ROSEBUSH

VILLAGE OF ROSEBUSH MANOR

4210 E. Rosebush Rd., Rosebush

Meals M, W, F, 10:00 a.m.-2:00 p.m.

Jennie Brussow, Site Mgr.

Cheers from the Rosebush Site as we move forward into January 2022! Happy New Year! We are planning more fun and music this month! Please stop and see us and join the fun!

Rosebush JANUARY Calendar

- 3 Manicures
- 5 Penny Bingo
- 7 Music/Steve Troyer
- 10 Red Hat Strutters/Nutrition Ed
- 12 Penny Bingo
- 14 Music/Mark Bauman &
Birthday Celebration
- 17 Food with Friends - CLOSED
- 19 Penny Bingo
- 21 Music/Greg Merwin
- 24 Bingo/Prizes
- 26 Penny Bingo

28 Luau + Hula Dancers

31 Winter Craft



Schedule for CCN Food Pantry Drive By Distribution at the Strickler Center, 1114 W. High St., Mt. Pleasant

You may come to the Pantry **One Time Per Week or Twice Monthly**. Please be respectful and courteous to the volunteers or you may be asked to leave. **Pantry hours have changed to accommodate winter weather conditions.**

Please do NOT line-up before 9:00 a.m. to accommodate snow plows. Snow Cancellation Policy: If Mt Pleasant Public Schools are CLOSED the Pantry will be CLOSED with **NO MAKE UP DATE**.

To receive food and basic hygiene and cleaning items, please choose ONE time in the second week and ONE time in the fourth week: **Thursdays, January 13 and January 27 at 10:00 a.m. to 12:00 p.m.; plus Saturdays, January 15 and January 29 from 10:00 a.m. to 12:00 p.m.** If you are unable to come to the Drive By pantry on Thursdays, please make arrangements for someone to pick up your food.

How to Communicate in a Disaster Situation

- **Change your cellphone settings to use Wi-Fi for calls.** You can also use Facebook Messenger, Skype, and WhatsApp for Wi-Fi calls.
- **Change your voicemail welcome message ASAP.** If calls aren't going through, friends and family will know you're safe.
- **Send text messages instead of phone calls whenever possible.** Texts require less demand from often overloaded active cell towers.
- **Update your social media profiles: Facebook, Twitter, Instagram, WhatsApp.** Tell people if you're okay, where you are and what you need.

KQED

Isabella County Parks Opening Day for 2022 Camping Reservations

Online Reservations – Thursday, February 10, 2022 at 9:00 a.m.

Phone Reservations – Wednesday, February 16, 2022 at 9:00 a.m.

On Thursday, February 10, 2022, campsites and cabins for Coldwater Lake Family Park and Herrick Recreation Area will not be visible from 8:00 – 8:59 a.m. At 9:00 a.m. you will need to refresh your browser which will allow you to see site availability and begin making your reservations for the 2022 camping season. **We encourage you to use the online reservation system as it will be available to you before we begin taking phone reservations.**

Pavilions - Pavilion reservations are now open for the 2022 season. Please contact the Parks Main Office with any questions.

200 N Main St
Mt. Pleasant, MI 48858
989.317.4083

parks@isabellacounty.org



Isabella County Commission on Aging Durable Medical Equipment Storage Closet



The Commission on Aging has medical equipment available at no cost. These items are available for loan, for those who may be needing adaptive equipment to prevent falls and reduce the risk of injuries. In the event that items are not in stock, a social worker may be able to determine if grants are available to purchase needed items.

***FOR INFORMATION ON EQUIPMENT AND SERVICES PLEASE CALL:
989-772-0748**

Durable Medical Equipment Available:

- ◆ Shower Stool
- ◆ Transfer Bench
- ◆ Walkers
- ◆ Canes
- ◆ Hand Held Shower
- ◆ Grab Bars
- ◆ Commode
- ◆ High Rise Toilet Seat
- ◆ Bedside Rail
- ◆ Crutches
- ◆ Incontinence Supplies



Legal Assistance

Region VII Area Agency on Aging provides legal assistance to older adults in our community. If you need legal assistance, you can call **1-989-450-4925** AND SPEAK DIRECTLY TO Jamie Wing the contact for Legal Aid. After asking some questions of the caller, she will refer the caller to AAA's newly contracted attorney and that attorney will contact the caller within 7 to 10 business days.

Services From McLaren Central Michigan

Free Balance Screenings

This 20 minute screening may be helpful for anyone wanting to check their balance or for those with loss of balance, weakness or decreased coordination. Our licensed Physical or Occupational Therapist performs the screening and provides a consult. You will also receive a copy of your screening results and results will be sent to your physician, if requested.

McLaren Central Michigan
Rehabilitation Services

2600 Three Leaves Drive, Mt. Pleasant

Call (989) 779-5604 to schedule your appointment.

Community Cholesterol Screening

Cholesterol plays a key role in your heart health. A screening test is available that includes information about your - Total cholesterol, - LDL cholesterol, - HDL cholesterol, - Triglycerides, - Glucose, - Blood Pressure. Fasting for 10-12 hours before the test is required. Walk-in cholesterol screenings will be offered on **Wednesday, January 19 or Wednesday, February 16 from 7:00 a.m. to 10:00 a.m.** Cost \$25. No appointment is necessary; however registration is needed the day of your screening. Register with Central Scheduling located through the East entrance of the hospital. McLaren Central Michigan, 1221 South Drive, Mt. Pleasant.

Parkinson Support Group

Adults and caregivers will be able to connect with others for educational opportunities and emotional support for help dealing with physical, communication and other changes related to living with Parkinson's disease.

Meets the fourth Wednesday of each month from 5:00 p.m. to 6:00 p.m. at

McLaren Central Michigan

Rehabilitation Services

2600 Three Leaves Drive, Mt. Pleasant

Call (989) 779-5604 to register.

Grief Share Support Group

You are invited to join in a "Grief Share" Support Group. The group now meets **Thursdays at 10:00 a.m. to Noon at the Charles R. Lux Family Funeral Home, 2300 S. Lincoln Rd. in Mt. Pleasant.**

Please let them know if you plan to attend in order to make appropriate seating. Mask will be required. **Please send an email with your name and phone number to: GriefshareMP@gmail.com.** No charge to attend.

COA Veterans Group

We are hoping to start a casual social support Veterans Group here at Commission on Aging. This would provide a place for local veterans to get together to share stories and create friendships with other veterans in the area! The plan is monthly, but if we gain enough interest, we could schedule more often. If you are interested, please **call or email Marcy Jerome, Activity Program Manager (989) 772-0748 or mjerome@isabellacounty.org.**

COA Polio Survivors Support Group

We would like to start a social support group for polio survivors in the area. The purpose of this group is to share support, information, and resources. This group will be facilitated by Bonnie Levitan, who sits on the board for the Post-Polio Health organization International. Bonnie does not provide medical advice, but will help connect people with organizations that can help! We are hoping to start this group sometime in the spring. **Anyone interested, please contact Marcy Jerome (989) 772-0748 or mjerome@isabellacounty.org**

Preparing for Winter Power Outages

- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing.
- Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Have supplies on hand in case you need to stay home for several days without power. Include enough medications. Do not forget the needs of pets.
- Talk to your medical provider and power company about a power outage plan for medical devices powered by electricity and refrigerated medicines.
- Keep cell phones charged and gas tanks full.
- Never use your oven as a heat source and keep generators outdoors.
- Have multiple blankets on hand to layer for warmth.
- Check on friends and neighbors.
- Sign up for local alerts through Smart911 from the App store and monitor weather reports.
- **If shelter is needed call 2-1-1 or Central Dispatch at 989-773-1000 for assistance.**

Reminder:

Mandatory 10-Digit Dialing has Come to Area Code 989

As of October 24, 2021, you must dial 10-digits (area code + telephone number) for all local calls. After this date, local calls dialed with only 7-digits may not be completed, and a recording will inform you that your call cannot be completed as dialed. You must hang up and dial using 10-digit dialing. Remember to also reprogram all service, internet and automatic numbers to 10-digit calling.

IN MEMORY OF

For Food with Friends
Carol Metcalf
 Loraine Wheeler

For In-Home Services
Richard “Weige” Parr
 John & Kim Frisch

In Memory Of
Judy Coffell
 Jim & Delores Morford

Orlin Curtis
 Jackie Curtis

Craig House
 Kathy House

Adele Klickstein
 Jim & Delores Morford

Edward Lick, Jr.
 Donna Lick

Carol Metcalf
 Jackie Curtis


Jackie Rathburn
 Rosie Potter

Herbert Rice – 
Veteran
 Janet Rice

Waldo Sauter
 Walter Schneider

Rose “Pat” Sawyer
 Steve & Brenda Newman
 & Family

Mary Lou Sutton
 Roger & Helen Chase
 Bill & Louise McCracken
 William Sutton
 Gary Ziegenfelder
 Irene Graham
 Wendy

Bill Swart – 
Veteran
 Carolyn Swart

COA DONORS

Activity Center
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 Richard Thomas

Med D Volunteer Program
 Christine Cook
 Keith Palka

Leaf Raking Volunteers
 Anonymous

Gold Key Volunteer Program
 Nancy Rivard

DME
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Unmet Needs
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COA
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 Bethel Schafer
 Bruce Schrock
 Vivian Schumacher
 Nancy Stanwick
 Peggy Jo Trgina
 Chum & Ruth Utterback

Have you signed up for Smart911 yet?

You can sign up for FREE at

www.isabellacounty.org/911 or

www.smart911.com or on the Smart911 app.

COA Library

Have you considered the COA Library? You will find many resources, information and books on various topics for everyone on all of the shelves. There are two dedicated shelves with excellent books and pamphlets for Caregivers and families. Plus you will find books by Michigan authors as well as many other favorite authors of fiction and nonfiction. Winter is a great time to get cozy with a good book!

Thank you everyone for your generous donations.

Remembering Our Loved Ones

Active Living offers a way to honor those special people in your life with a Memorial or Honorarium Listing. If you would like a memorial or honorarium included in the February issue, please send the information by January 6. For your convenience, please use the form below.

Enclosed is my donation for \$ _____

Please make check payable to:

Friends of Isabella Seniors

Mail to: Friends of Isabella Seniors
2200 S. Lincoln Rd.
Mt. Pleasant, MI 48858

Please designate my gift to:

- Where most needed
- Activity Center
- Food With Friends
- Foster Grandparent / Senior Companion Program
- Gold Key Volunteer Program
- In Home Services

Gift is:

- Memorial Honorarium

Name: _____

- Veteran** _____

Please send acknowledgment to:

Name: _____

Address: _____

Thank You

COMMISSION ON AGING ADVISORY BOARD

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District 2	Ruth Anne Maniteau
District 3	OPEN
District 4	John Dinse
District 5	Alicia Haley
District 6	Larry Fussman
District 7	OPEN
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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 vacation or will be away or are moving, call **(989) 772-0748** or use the form on the back page.

Active LIVING Deadline

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

Isabella County Commission on Aging

*Jennifer A. Crawford, M.S.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
- Information and Referral
- 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 - 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.

***IRide* Gold Pass Available at COA**

If you are 80 or older, you are eligible to receive an *IRide Gold Pass* compliments of the Isabella County Transportation Commission. This Pass enables you to ride the *IRide* bus for FREE. This card is made at the COA Activity Center, 2200 S. Lincoln Rd. in Mt. Pleasant. You will need to show verification of your age and be an Isabella County resident to obtain a pass.

Reminder:

The Commission on Aging Activity Center plus all Food With Friends Sites will be Closed on Monday, January 17, in honor of Martin Luther King Jr. Day. No meals served or delivered.

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**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.