

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 - isabellacounty.org/active-living-newspaper

**You are
Invited!
Ceremony
Starts at 3:30**



ISABELLA COUNTY
COMMISSION ON AGING
50th
Anniversary Celebration
July 13th, 2023 3:00-6:00
We Are Golden Together



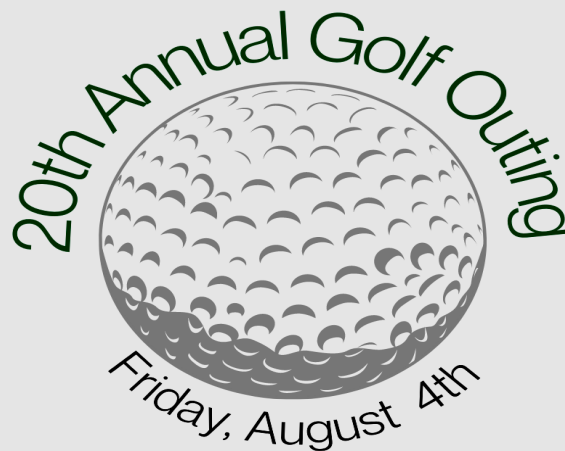
ISABELLA COUNTY
COMMISSION ON AGING

8:00AM Check-In
9:00AM Shotgun Start-
Scramble

\$300 total, \$75 per person
DUE July 12th

Includes:

- ✓ 18 holes of golf with cart
- ✓ Cash prizes for flights
- ✓ Snacks and Buffet lunch
- ✓ 50/50 & Contest Holes
- ✓ \$10,000 Hole-in-One
- ✓ Pullover Windbreaker Jacket



Pleasant Hills Golf Course

4452 E Millbrook Rd, Mount Pleasant, MI 48858

For more information or to become a sponsor,
please call the **Commission on Aging** at 989.772.0748

Sponsored by:



Each golfer will receive a pullover windbreaker jacket. Jackets are in men's sizes.

Supporting Isabella County Commission on Aging
Our mission is to promote health, independence, and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities



Registration:

Player 1: _____ **Jacket Size:** _____

Email or Phone: _____ *Need at least 1 contact per team

Player 2: _____ **Jacket Size:** _____

Player 3: _____ **Jacket Size:** _____

Player 4: _____ **Jacket Size:** _____

Payment Today:

Yes / No

Yes / No

Yes / No

Yes / No

COA Director's Comments



50 years! This July marks the 50th Anniversary of the Isabella County Commission on Aging. This incredible milestone means 50 years of service to the wonderful residents of Isabella County! I cannot express just how proud and fortunate I feel to be a part of this amazing organization, working alongside the most professional, compassionate, and hard-working team. We recognize that there were many before us who paved the way,

helping our organization to become what it is today.

While planning our 50th anniversary celebration, we wanted to be sure that those stories and the history were shared and celebrated. I am so excited and honored to have had many of the former staff and directors contributing to this process, sharing their words and gifts with us through Active Living articles and poster presentations on display at the COA. We are so proud of where we are now and where we are going, but we are also so thankful and inspired by our past.

We invite you to join us here on Thursday, July 13 from 3:00 p.m. to 6:00 p.m. as we joyfully celebrate our 50th Anniversary! We are so looking forward to celebrating everything that the COA has done and will continue to do for our community for many years to come!

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





Lunch and Learn Medicare Seminars

During the **fourth Tuesday of each month**, you can expect to see presentations regarding the Michigan Medicare and Medicaid Assistance Program (MMAP). Jennifer Martin, Program Manager of In-Home Services and certified MMAP Counselor, will be discussing topics related to Medicare. Attendees can learn the different parts of Medicare, as well as, when and how to enroll. **Location: Isabella County Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant in Craft Room from 12:00-2:00 p.m. Dates: June 27, July 25, August 22, September 26. Please call 989-772-0748 to register.**

50 Years Countdown to July 13

2014 to 2023

Many wonderful services have been provided to our older citizens throughout our fifty-year history. The lives of thousands of Older Adults and their family members have been made better because the Commission on Aging was a part of our community.

Throughout our history it has always been the mission of the Isabella County Commission on Aging (COA) to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities. This sentence/mission statement, brings together the meaning and purpose of the Commission on Aging. It was developed during our organizational planning process which took place in 2004. It provided the staff, the volunteers and the community, a focal point of not only what we had already achieved, but what we could and would achieve into the future.

In the June issue of *Active Living*, I wrote about many of the major activities and events that took place at the COA between 2004 and 2013. In my opinion the two largest and most impactful events were the passage of our first Senior Millage and the construction of our new building. Both of these events had an immediate impact on how programs and services were provided.

By 2014, we were well settled into our new building. The Activities and Travel Program, that operated primarily within our new building were expanding at a tremendous pace. The In-Home Services, Home Delivered and Congregate Meals, the Foster Grandparents and Senior Companions and the Gold Key Volunteer Programs were all experiencing an expansion of services. All of these programs, except the Activities Program, operated with partial funding from State and Federal grants, which were applied for on an annual basis. However, that money covered less than 25% of our budget. The remaining funding comes from client donations, our Senior Millage, many community and staff generated fund raising efforts, and of course the wonderful support of the Saginaw Chippewa Indian Tribe.

I cannot emphasize enough the importance of the funding the Tribe has given to the COA. In 1995 they surprised us with their first distribution. It totaled approximately \$14,000. We were initially told by the Board of Commissioners, at that time, that we could not apply for the funds, so we didn't. However, when the check arrived to the county, there was money designated to the COA. It was the Tribal Council's decision to give money to the COA. It is a part of the Native American tradition to uphold and support their Elders. They saw the COA as a part of that tradition. As a result, we have been blessed to receive over \$9.5 million dollars since that first distribution in 1995.

A large number of the fund-raising efforts for the COA has been coordinated by the Friends of Isabella Seniors (FOIS)

50 Years Countdown to July 13 continued . . .

and their Board of Directors. As I have probably mentioned before, FOIS is a registered 501© (3) and has been a separate, but important, part of the COA. A perfect example of their support is the COA/FOIS Annual Golf Outing. 2023 will mark the 20th year of this fundraiser, which has generated over \$100,000 in funding over the years for COA services.

While the golf outing was fun, one of the best times we ever had was working with the Daniel Breidenstein Living Memorial and The Bird Bar and Grill. The vast majority of the organizational work was done by the Breidenstein Family and the staff at The Bird. However, it's important to note that the Gold Key Needlecrafters contributed many items to the event. We, the COA staff and volunteers, just had to go to the auction, drink responsibly and watch all of the participants bid. Five years in a row The Bird presented the proceeds of the auction to the COA. They donated over \$40,000 that went entirely to services for Older Adults.

With all of the individual and organizational support we have received over the years, the community as a whole, for a second time in 2016, voted for and passed our Senior Millage. It was approved by nearly 70% of the voters. It passed in every precinct and township in the county except for one. A small precinct in the City of Clare votes in Isabella County. The millage failed in that district on a 9-yes to 10-no vote...oh well we can't please everyone. The work on the 2016, as well as the 2006 millage campaign, was provided by all volunteer labor. A lot of hours went into making it a success.

I will note at this time that the Senior Millage Proposal appears on the Isabella County ballot every ten (10) years... The next time you will have the opportunity to support our millage will be in 2026. It is never too early to think about and it's never too late to thank the voters and the entire Isabella County community for supporting the COA. So get ready, 2026 will be here before you know it...

In addition to the direct financial support we have received from the community, we have also been fortunate to work with many different community and business groups on special events and projects. For several years we worked with Dr. Keith Bever, DDS and staff to provide an annual day of free dental care. It was called "Access to Care Day." Our Social Workers determined eligible participants and Dr. Bever's staff provided the dental care... be assured our staff did not work on anyone's teeth!

We have also had a very strong relationship with Central Michigan University. Over the years we have provided Internships through several different university departments. The most common internship came through their Social Work Program. There have been hundreds of

volunteers from the university that have worked on numerous projects and programs. Among the first were volunteers from the CMU Softball team. For years they delivered Have a Heart Baskets all over the county. Then there are the CMU students that rake leaves in the fall and do yard cleanup in the spring. Recently the Physical Therapy students helped create and work with the Fit Feet Walking Club. The list goes on...we are again fortunate to work with the university on so many wonderful life-enhancing projects.

The one constant in life is ...change... it's always with us... and you can always depend on it... the effects of change can be easy or it can be disruptive...to stay sane you learn to adjust.... This is especially true when you manage and operate an organization like the COA. As the Executive Director of the COA for nearly 30 years I saw a lot of changes take place. New programs are created, old ones change or are eliminated, all of which require adjustments which are sometimes easy and sometimes hard. For me the biggest adjustments came when we had a change in personnel. Especially if it was someone who had been a part of the COA for years.

In 2014 our Senior Activities Director, Sally Wojciechowski retired. In 2015 our Gold Key Volunteer Director, Ginny Cain retired. In 2016 Mary Ann Mooradian, the Director of our Foster Grandparent / Senior Companion Program retired, and then I retired in 2017. It was then, a year after I retired, in 2018, that Barb Frankenfield, the Director of our In-Home Services Programs retired.

The current staff are hardworking and care about the quality of service provided to our county and community. They too have had to deal with change... I will only say the word...COVID! The challenges they faced in maintaining and consistently providing services was daunting, but they managed those changes and have persevered for the betterment of all.

Now, or at least very soon, there is going to be a new and exciting change added to the COA. A new picnic pavilion is to be constructed immediately to the west of the COA Activity Building. In addition, the new recreation area will include a shuffle board court and a pickle-ball court. The majority of the funding designated for the project will come from the COA fund, but it will also be supplemented by donations, Mt Pleasant Area Community Foundation funds, and fundraising efforts. This will be a wonderful addition to the COA and again to the community.

Thank you to everyone for the wonderful support you have provided all these years. I hope to see you all at the 50th Anniversary Celebration on July 13.

By Brenda Upton - COA Executive Director 1989 to 2017

Events & Classes

Computer/Tech Class at COA : Date Change

Tuesday, July 11, at 2:00 to 3:00 p.m. in Craft Room

Representatives from the Veterans Memorial Library IT Department will ordinarily be at COA on the **first Tuesday of each month** to answer any questions you have about computers or other technology. Feel free to bring your device with you.

Sponsored by Veterans Memorial Library

Are You Interested in a Bridge Club?

If so, please call Marcy Huntoon at 989-772-0748 or email her at mjerome@isabellacounty.org

Fit Feet Walking Club *Note: Time Change

Come join us for this FUN, ENERGETIC walking group! This group will help you improve not only your walking distance, but speed, agility, balance and confidence. We incorporate many different 'walking' activities to boost your confidence and energy! This is an outdoor walking class (unless it rains, but we will work indoors in those cases). This class is open to anyone; however, if you have significant balance issues, we ask that you bring someone along who can walk alongside you and assist. Taught by Doctor of Physical Therapy students and faculty from CMU. This runs for 11 weeks during the summer: **Tuesdays until July 25 *will now remain at 1:00-2:00 p.m. COA will be closed on the 4th of July. *Just that week, we will hold class on Thursday, July 6 and will now remain at 1:00-2:00 p.m.** We will have incentive prizes throughout! If you are interested in joining the group, please contact: **Marcy Huntoon (989) 772-0748** or mjerome@isabellacounty.org

Anyone Can Paint on hold until August. COA Jam Session and Loud Crowd are on hold until Sept. 8. Ukulele and Dulcimer meet until end of June, then on hold until after Labor Day. Yoga is on hold until after Labor Day.

Chess Club at COA

The Chess Club meets **9:00 a.m. on Wednesdays.** All experience levels are welcome!

FREE Movie and Popcorn in Room B

Join us for "*The Book Club*" on Friday, **JULY 28 at 1:00 p.m. R, 1 HR 44 MIN.** Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club. **To register, call 989-772-0748. Please ask for Rhonda.**

Mahjongg at COA ~ Join our Mahjongg group on **Mondays at 1:00 p.m.** and make new friends! Bring your 2023 card and Mahjongg set if you have them. Instruction provided for newcomers!

Veterans Support Group at COA



The Veterans Support Group will meet on **Thursday, July 13 from 1:00 p.m. to 2:00 p.m. in the COA Craft Room.** Veterans can eat lunch **FREE** on meeting days, please make your lunch reservation at least 24 hours in advance by calling **(989) 772-0748.**

More July Events at COA

Communicating After a Stroke, Thurs., July 20, Noon
Navigating Healthcare Today, Thurs., July 27, Noon

See Page 13 (last column) for additional information and how to Register.

Coffee Hour with An Attorney

4th Wednesday of every month (July 26)
10:30 a.m. to 11:30 a.m. at COA

We will have an attorney from Sarah's Law Firm available to chat with you about general legal questions you may have. Join us for coffee and light conversations!

State Employee Retiree Assoc. (SERA)

The meeting for State Employee Retiree Assoc. for **Tuesday, July 20, 2023 will be at the Commission on Aging.** The presentation will be by Laura Coffee from Greentree Co-op Market. **The presentation will begin at 1:00 p.m. All presentations are opened to the public.** Following the presentation, we will have our business meeting. Members will have a chance to win a door prize and 50/50 drawing. Again, we will have several issues to discuss regarding the Chapter. All state retirees are invited to come and visit our meetings. If you have any presentations you would like, contact me at any time. If there are any questions, please feel free to contact Jackie Curtis at **989-772-0597** or jacurtis46irish@gmail.com. Respectfully submitted, Jackie Curtis (Program Coor.)

Caregiver Support Group

The *COA Caregiver Support Group* meets **Tuesday, July 18 from 12:30 p.m. to 2:00 p.m. at the COA building.** All caregivers are welcome! No pressure to be on time or leave early. Support is important to caregivers; please come as you are. Any questions, please contact *Brandise Leonard, COA Caregiver Support Specialist/Trainer* bleonard@isabellacounty.org **(989)772-0728 ext. 237**

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 Huntoon (989) 772-0748 or mjerome@isabellacounty.org

Tai Chi in the Park Join Jim VanderMey on **Fridays at 10 a.m. at the Island Park Arts Pavilion**, on the following Fridays: **June 30, July 14, July 28, August 11, August 25, September 1, September 8.** You **Must** have a COA liability form on file before starting class. All levels welcome!

Tai Chi for Arthritis ~ 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. *This program is supported in part, by the Administration for Community Living, the Michigan Aging and Adult Services Agency and Region VII Area Agency on Aging.* **NO CLASSES Tuesdays, June 20 or July 4. NO CLASSES Thursdays, June 22 or July 6.**

Beginner Tai Chi Exercise (Tai Chi for Health and Balance) **Tuesday & Thursday at 10:00 to 11:00 a.m. in COA Fitness Room** No experience necessary. New participants are welcome. **No Class June 20, 22, July 4, 6.**

Next-Level Tai Chi (Yang 24 and Tai Chi for Energy) **Tuesday & Thursday at 11:30 a.m. to 12:30 p.m. in COA Fitness Room** Tai Chi experience recommended (approximately 1 year or more). **No Class June 20, 22, July 4, 6.** *Instructor: Jim VanderMey, Board Certified Instructor, Tai Chi for Health Programs*

Gentle Exercise ~ **Monday and Friday at 11:00 a.m. to 11:45 a.m. in COA Fitness Room** 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 ~ **Thursday at 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

Low Impact Aerobics ~ **Monday, Wednesday and Friday at 10:00 a.m. to 10:45 a.m. in COA Fitness Room**

Instructor: Peer Led Class

Line Dancing ~ meets on **Tuesday and Wednesday and most Saturdays from 10:00 a.m. to 11:30 a.m. in Room C.** Please check calendar for full schedule.

SAC Pool Summer Schedule Change: May 28 to August 25 **

Water Aerobics

Tues., Thurs., Fri.

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

Instructor: Mary Alsager

Aqua Zumba

Monday, Wednesday

9:05 a.m. – 10:05 a.m.

Instructor: Angela McGuirk

Location: SAC Pool at CMU - When open, Participants will be allowed into the SAC after 8:45 a.m. to get ready for class.

**** NO CLASSES Monday & Tuesday July 3, 4 and July 31 to August 4.**

Zumba Gold ~ Virtual **Tuesday at 9:00 a.m. to 10:00 a.m. and Thursday 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

Chair Yoga ~ Virtual

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

Otago Exercise Class with CMU

Location: COA Fitness Room

- **Wednesday at 12:30 p.m. to 1:30 p.m.**

- **Thursday at 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 added an additional session. This program is designed to be attended once weekly.

To sign up call or email: CMU College of Medicine

600 E. Preston St, Suite 028

Mt. Pleasant, MI 48858

Call: (989)774-1350

Fax: (989)774-7658

Email: fallprevention@cmich.edu



COA Welcomes Hannah Our Summer Intern

Hi everyone! My name is Hannah, I am a new intern at Commission on Aging. I currently am a senior at Ferris State University. I am majoring in communication with a minor in social media and digital marketing, and a concentration in Public Advocacy. I will be helping with all things social media here and events, and some other areas as well.

I am super excited to be here for the summer. I love the atmosphere at Commission on Aging, and I am happy to be part of such an amazing place!

Women Who Care Isabella Summer Meeting

Are you interested in making a positive impact within the Isabella County community? Do you have limited time and resources to give? If so, then Women Who Care Isabella might be for you!

Founded in 2022, members of Women Who Care Isabella gather at quarterly meetings for one hour to hear three short presentations on local nonprofits in need. Members vote and each person writes their check for \$100 (minimum donation \$25) directly to the winning nonprofit chosen for a collective, impactful donation.

Our next Giving Circle will be **July 12, 2023**. Visit bitly.com/wwcisabella for more information, including meeting locations and to register.

Nancy Carey Cancer Support Group

Due to Covid, we were unable to meet for many months, but we are starting up again at the same time, but a new location. We will be meeting on the **last Wednesday of the month at the Commission on Aging at 7:00 p.m.**

Our support group is committed to helping women in our community who are survivors or currently dealing with cancer. Since its inception in 1991, we have shared our experiences, provided friendship, compassion, and information with other women touched by cancer. Our monthly meetings are informal and upbeat. All shared information is confidential.

Why join a support group?

A support group provides an opportunity to talk openly and honestly about your feelings. It helps you gain a sense of empowerment and control. It reduces stress, depression, and anxiety. Sharing your experiences allows you to make connections with other women facing similar issues. You will find that you are less alone in your struggle. Research has shown that by joining a support group your quality of life improves, and your chance of survival is much better.

We hope you will share the invitation with your friends and join us on **Wednesday, July 26, 7:00 p.m. at COA (Craft Room)**. For more information, please contact Gisela at: ncarey.cancer.group@gmail.com

Interested in Pickleball?

You can check out a new Pickleball group offered through Mt Pleasant Parks and Rec at: **Pickleball (sportngin.com)**

Cook the Kit: Farm Fresh Flavor

Embark on your family-friendly edible adventure when you visit Mt. Pleasant Farmers' Market this summer and pick up your own free **Cook the Kit**. Each **Cook the Kit** includes a featured farm-fresh recipe, pantry ingredients, and a voucher to redeem your farm-fresh produce ingredients while at the farmers market. Transform your kitchen into a harvest test kitchen that inspires your culinary talents while creating a specially selected recipe that's sure to satisfy your palates. Bonus bites - each fun kit comes with a delicious reward at the end. **Cook the Kit will be available once per month for pick-up at the Mt. Pleasant Farmers'**

Market on select Thursdays at Island Park and select Saturdays at Town Center at Broadway and Main Streets. While we may have some extra kits available the day of, we strongly encourage everyone to reserve their **Cook the Kit** in advance.

To Register: 1. Visit www.crdl.org 2. Click on Upcoming Events 3. Go to the corresponding Cook the Kit calendar date and click on Cook the Kit. Registration opens three weeks prior to distribution. **Cook the Kit: Farm Fresh Flavor** is made possible through a community partnership with the **Chippewa River District Library, Mt. Pleasant Farmers' Market and McLaren Health Plan.**

Featured Ingredient	Cook the Kit Distribution Dates		Registration Opens
Radish	Thursday, June 1	Saturday, June 24	May 11
Summer Squash	Thursday, July 6	Saturday, July 8	June 15
Cherry	Thursday, August 3	Saturday, August 5	July 13
Beets	Thursday, September 7	Saturday, September 9	August 17
Cauliflower	Thursday, October 5	Saturday, October 7	September 14

Travel with COA

Detroit Tigers Game

Thursday, September 14

We will depart COA at 8:30 a.m.

Game starts at 1:10 p.m.

We will make a quick dinner stop on the way home - dinner is on your own.

Price: \$70 per person - includes motorcoach transportation, ticket, food voucher (hot dog, chips and drink), tips, and breakfast snack.

Money and reservations due Friday, August 11.

To make a reservation, please contact: **Marcy Huntoon** at (989) 772-0748 or mjerome@isabellacounty.org



Turkeyville Presents: Forever Plaid

Thursday, October 12

Motorcoach will depart the COA at 9:15 a.m.

Buffet style turkey dinner served at noon. The show will start at 2:00 p.m.

Price: \$80 per person includes motorcoach transportation, buffet style turkey dinner, show ticket, and all tips.

Money and reservations due Friday, September 8.

To make a reservation, please contact: **Marcy Huntoon** (989) 772-0748 or email at mjerome@isabellacounty.org

On the way to their first big gig, tragedy strikes Forever Plaid, pop quartet specializing in harmonies and pitch-perfect melodies. Forever Plaid begins when the guys are given the chance to perform from the afterlife. This smash hit musical is a nostalgic homage to the music of the '50s and includes hits such as "Three Coins in the Fountain" and "Love is a Many-Splendored Thing."

There will be some time when we first arrive and before the start of the show to browse the gift shop. We should arrive back to COA around 6:00 p.m.

TRAVEL POLICY For cancellations, payment is non-refundable, unless there is a waiting list. If a ticket has been purchased from a vendor, payment is not refundable. You will be notified at least one week prior to departure if trip is cancelled because of low numbers. A full refund will be honored should this occur. In the event of unforeseen circumstances, we reserve the right to cancel for safety reasons. We will do our best to reschedule should this occur. Minors are welcome on certain trips but must be accompanied by an adult. Persons who need assistance are welcome, however they must be accompanied by an adult who can assist them. Both parties must purchase a seat for trip.

2023 Country Quilters Quilt Show

Friday, July 7, 10:00 a.m. to 4:00 p.m.

Saturday July 8, 10:00 a.m. to 4:00 p.m.

At Weidman Community Center
5918 W Bridge St., Weidman

Quilt Raffle Tickets: 1 for \$1.00 or 6 for \$5.00 Drawing is July 8, at 4:00 p.m.

YOU NEED NOT BE PRESENT TO WIN!

Tickets are Available from All Members

Raffle Quilt "*Baltimore Album*" Quilted by "*Quilting By The Lake*" is Displayed at Abbots Furniture in Weidman.

Hope to See You There!



Team Up Grant!



I am so happy to share that Friends of Isabella Seniors has been awarded the Community Impact Team Up for the Great Lakes Bay Region grant again this year!

This is through the Dow Great Lakes Bay Invitational LPGA Tournament that happens at the Midland Country Club. We are teamed up with 2 golf teams to cheer on during the week, and can get extra grant money for FOIS based on how our golf teams place in the tournament which is July 19 to 22.

Please contact Kelly Lee if you would like to volunteer to attend the golf tournament as a representative of Friends of Isabella Seniors. For more information on the golf tournament, please go to: www.dowglbi.com/

Kelly Lee: klee@isabellacounty.org or 989-772-0748
Gold Key Volunteer Manager



FOIS Facebook Please like and follow our Facebook page to stay up to date with Friends of Isabella Seniors News! [Facebook.com/friendsofisabellaseniors](https://www.facebook.com/friendsofisabellaseniors)


Senior Project Fresh 2023


Senior Project FRESH provides coupons to older adults for fresh produce that can be purchased from local farmers at Farmer's Markets.

- Participants must be at least 60 years of age
- Meet income guidelines which are based on 185% of the Federal Poverty Income Guidelines. The maximum income for one is \$26,973 and for two it is \$36,482
- Attend a nutrition education class hosted at the Commission on Aging:
 - July 26th 11:00 a.m.

If you are unable to attend the class, you may designate a proxy who can attend the class and pick up your coupons for you. Due to the limited number of coupons, if you show up at the class without registering, you will not receive any coupons.

To register please call (989) 772-0748 and ask for the meals line.


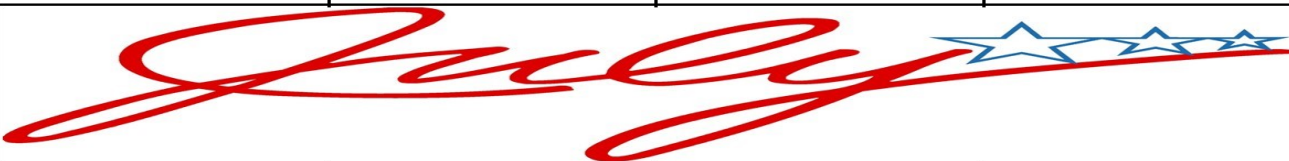
Page 8 Monday	Tuesday	Wednesday
<p>3</p> <p>10:00 Low-Impact Aerobics 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 1:00 Cards/Games 1:00 Mahjongg 1:00 Faith Weavers Group</p>	<p>4</p> <p style="text-align: center;">Closed No Meals</p> 	<p>5</p> <p>9:00 MOVE! For Health with CMU 9:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:00 Nutrition Education 12:30 CMU Otaga Exercise Class 1:00 Cards/Games 1:00 Happy Rippers</p>
<p>10</p> <p>10:00 Low-Impact Aerobics 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 1:00 Cards/Games 1:00 Mahjongg 1:00 Faith Weavers Group</p>	<p>11</p> <p>10:00 Needlecraft Meeting 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search 12:45 Healthy Lifestyle Group 1:00 Fit Feet Walking Club 1:00 Cards/Games 2:00 Computer Tech Class 5:00 PEO 5:30 Huntington Support Group</p>	<p>12</p> <p>9:00 MOVE! For Health with CMU 9:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:30 PEO 12:30 CMU Otaga Exercise Class 1:00 Cards/Games 1:00 Happy Rippers</p>
<p>17</p> <p>10:00 Low-Impact Aerobics 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 1:00 Cards/Games 1:00 Mahjongg 1:00 Faith Weavers Group</p>	<p>18</p> <p>8:30 Friends of Isabella Seniors Mtg. 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search 12:30 Caregiver Support Group 12:45 Healthy Lifestyle Group 1:00 Fit Feet Walking Club 1:00 Cards/Games 5:30 Board of Commissioners Mtg</p>	<p>19</p> <p>9:00 MOVE! For Health with CMU 9:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:00 Polio Support Group 12:30 CMU Otaga Exercise Class 12:30 Root Beer Floats 1:00 Second Hand Book Club 1:00 Cards/Games 1:00 Happy Rippers 4:00 Isabella County Child Advocacy 5:00 MMARA</p>
<p>24</p> <p>9:00 FGSPCP Orientation 10:00 Low-Impact Aerobics 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 1:00 Cards/Games 1:00 Mahjongg 1:00 Faith Weavers Group</p>	<p>25</p> <p>8:00 Sewing Peeps 9:00 FGSPCP Orientation 10:00 Line Dancing 11:30 Word Search 12:00 Medicare Lunch & Learn 12:45 Healthy Lifestyle Group 1:00 Fit Feet Walking Club 1:00 Cards/Games 6:00 Mid Michigan Quilt Guild</p>	<p>26</p> <p>9:00 MOVE! For Health with CMU 9:00 Chess Club 10:00 FGP/SCP Orientation 10:00 Line Dancing 10:00 Low-Impact Aerobics 10:30 Coffee Hour w/ an Attorney 11:00 Project Fresh 12:30 CMU Otaga Exercise Class 12:30 July Birthday Celebration 1:00 Cards/Games 1:00 Happy Rippers 5:00 Parkinson's Support Group 7:00 Nancy Carey Cancer Support Group</p>
<p>31</p> <p>8:00 Sheriff's Department 10:00 Low-Impact Aerobics 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 1:00 Cards/Games/Cribbage 1:00 Mahjongg 1:00 Faith Weavers Group</p>	<p>“I think probably kindness is my number one attribute in a human being. I'll put it before any of the things like courage or bravery or generosity or anything else ... Kindness—that simple word. To be kind, to my mind. If you're kind that's it.” <i>Roald Dahl</i></p>	

Thursday	Friday	Saturday Page 9
<p>6</p> <p>8:30 CMU Otaga Exercise Class 10:00 Coffee and Conversation 11:00 Gold Key Reception Training 1:00 Bingo with Prizes 2:00 Cards/Games 1:00 Fit Feet Walking Club 3:00 Hula 6:30 Isabella County Democratic Party</p>	<p>7</p> <p>8:00 Happy Rippers 10:00 Low-Impact Aerobics 11:00 Music with Jack & Dixie 11:00 Gentle Exercise 1:00 Cards/Games</p>	<p>8</p> <p>9:00 Happy Rippers 9:00 Isabella County 4H 10:00 Line Dancing</p>
<p>13</p> <p>8:30 CMU Otaga Exercise Class 10:00 Beginner Tai Chi 10:00 Coffee and Conversation 11:30 Tai Chi Next Level 1:00 Veterans Support Group 3:00 Hula 3:00-6:00 50th Anniversary Celebration!! 6:30 Community Cancer Service 7:00 Mt. Pleasant Citizens Climate Lobby</p>	<p>14</p> <p>10:00 MDARD Dairy Meeting 10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 11:00 Music with Pablo West 11:00 Gentle Exercise 1:00 Bingo with Prizes 1:00 PEO Workshop 2:00 Cards/Games</p>	<p>15</p> <p>10:00 Line Dancing</p>
<p>20</p> <p>8:30 CMU Otaga Exercise Class 10:00 Learn to Crochet 10:00 Coffee and Conversation 11:00 Word Search 12:00 Communicating After a Stroke 1:00 Cards/Games 1:00 SERA Meeting 3:00 Hula</p>	<p>21</p> <p>10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 11:00 Guess How Many? 11:00 Gentle Exercise 1:00 Cards/Games</p>	<p>22</p> <p>8:30 Mid Michigan Quilt Guild 10:00 Line Dancing</p>
<p>27</p> <p>8:30 CMU Otaga Exercise Class 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Word Search 11:30 Tai Chi Next Level 12:00 Navigating Healthcare Today 1:00 Bingo with Prizes 1:00 COA Staff Meeting 2:00 Cards/Games 3:00 Hula</p>	<p>28</p> <p>10:00 Music with Barb and Greg 10:00 Low-Impact Aerobics 11:00 Gentle Exercise 1:00 Movie & Popcorn: "The Book Club"</p>	<p>29</p> <p>10:00 Line Dancing</p>
		<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Food with Friends Lunch Served Monday thru Friday at Noon in Activity Room C. See our Menu on pg. 10 Lunch Activities in Bold are in Room C</p> </div>

Please direct all meal 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. All other questions can be directed to the site Facilitator (FCLTR) at the phone number or email listed for each site.

FWF Eat Smart Menu

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Veal Parmesan Rotini / Bread Italian Blend Pineapple Tidbits	4 Independence Day No Meals 	5 Barb's Sweet & Sour Chicken Dinner Roll Green Beans Calico Salad Peaches	6 Baked Potato Soup Ham and Cheese Slider Tossed Salad Clementine	7 Chicken Salad Croissant Baby Carrots Strawberries String Cheese
10 Chop Suey Bread Brown Rice Broccoli Baked Apples	11 Macaroni & Cheese Bread Peas & Carrots Multi Bean Salad Cherry Crisp	12 Egg & Cheese Cass Redskin Potatoes Sausage Link Fruit Cocktail Cinnamon Roll	13 Chicken Cordon Bleu Bread / Corn Coleslaw Peaches Juice	14 Chinese Pepper Steak Bread Brown Rice California Blend Pears
17 Potato Crunch Fish Bread Scalloped Tomatoes Au Gratin Potatoes Apricots	18 Salisbury Steak Dinner Roll Brussels Sprouts Whipped Potatoes Tropical Fruit	19 Smothered Chicken Bread Scalloped Potatoes Capri Blend Vegetables Pineapple Tidbits	20 Spanish Rice Bread Corn and Lima Beans Oatmeal Apple Crisp	21 Swedish Meatballs Dinner Roll Whipped Potatoes Winter Blend Berry Fruit Cup
24 Taco Spaghetti Bread Stick Fiesta Blend Veg. Citrus Fruit Cup	25 Chicken Croquette Dinner Roll Company Potatoes Mixed Vegetables Applesauce	26 Corn Chowder Biscuit Hard Boiled Egg Spinach Mandarin Oranges	27 Ham Chef Salad Croissant Cottage Cheese Grapes Juice	28 Pork Chop Bread Cheesy Potatoes Glazed Carrots Mixed Fruit Cup
31 Italian Meatloaf Bread Company Potatoes Italian Blend Mandarin Oranges				

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
 Rhonda Burke, Site Facilitator **989-772-0748** or rburke@isabellacounty.org

Meals: M thru F at Noon
Building OPEN 8:00 a.m. - 4:30 p.m.

COA JULY Calendar

3	10:00	Coffee & Conversation	13	10:00	Coffee & Conversation	24	10:00	Coffee & Conversation
	11:00	Monday Trivia		1:00	Veterans Support Group		11:00	Monday Trivia
	1:00	Cards/Games		3:00	COA 50th Celebration!		1:00	Cards/Games
4		Closed for Holiday	14	10:00	Coffee & Conversation	25	10:00	Line Dancing
5	9:00	Chess Club		11:00	Music with Pablo West!		11:30	Word Search
	10:00	Line Dancing		1:00	Bingo w Prizes		12:45	Healthy Lifestyle
	11:00	Nutrition Education	17	2:00	Cards/Games		1:00	Cards/Games
	1:00	Cards/Games		10:00	Coffee & Conversation	26	1:00	Walking Club
6	10:00	Coffee & Conversation		11:00	Monday Trivia		9:00	Chess Club
	1:00	Walking Club/ Bingo w Prizes		1:00	Cards/Games		10:00	Line Dancing
	2:00	Cards/Games	18	10:00	Line Dancing		12:30	July Birthday Celebration!
7	11:00	Music with Jack & Dixie!		11:30	Word Search		1:00	Cards/Games
	1:00	Cards/Games		12:45	Healthy Lifestyle	27	10:00	Coffee & Conversation
10	10:00	Coffee & Conversation		1:00	Cards/Games, Walking Club		11:00	Word Search
	11:00	Monday Trivia	19	9:00	Chess Club		1:00	Bingo w Prizes
	1:00	Cards/Games		10:00	Line Dancing		2:00	Cards/Games
11	10:00	Line Dancing		12:30	Root Beer Floats	28	10:30	Music with Barb & Greg!
	11:30	Word Search		1:00	Cards/Games		1:00	Movie with Popcorn:
	12:45	Healthy Lifestyle	20	10:00	Coffee & Conversation			"The Book Club"
	1:00	Walking Club/Cards/Games		11:00	Word Search			with Jane Fonda & Diane Keaton
12	9:00	Chess Club		1:00	Cards/Games	31	10:00	Coffee & Conversation
	10:00	Line Dancing	21	10:00	Coffee & Conversation		11:00	Monday Trivia
	1:00	Cards/Games		11:00	Guess How Many		1:00	Cards/Games
				1:00	Cards/Games			

WEIDMAN

SENIOR CENTER

3453 N. School Rd, Weidman

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

Sandy Hunter, Site Facilitator

989-644-2538

weidmanfoodwithfriends@gmail.com

Happy Birthday America! Please join us for light exercise each morning and then a tasty lunch at noon! We always have something fun to do in the afternoon!

Weidman JULY Calendar

- 3 Bingo and Puzzle
- 5 Nutrition Education
- 7 Greg Merwin
- 10 Bingo and Puzzle
- 12 Yahtzee and Euchre
- 14 Summer Beach Party
- 17 Baking Muffins and Conversation
- 19 Summer Craft
- 21 Sketching Class
- 24 Bingo and Puzzle
- 26 Golf and Uno Cards
- 28 Yahtzee/Dominos
- 31 Bingo and Puzzle



SHEPHERD

UNITED METHODIST CHURCH,

107 W. Wright Ave., Shepherd

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

Leann Vanacker, Site Facilitator

989-828-5106

shepherdfoodwithfriends@gmail.com

“People who laugh actually live longer than those who don’t laugh. Few persons realize that health actually varies according to the amount of laughter.”—

James J. Walsh

Come join us to celebrate the day Hawaii became a state on July 5. On the 1st Friday of the month, we hold a Veterans Group. Mondays we walk or exercise to a video to improve flexibility, motion and health. Come join us!

Shepherd JULY Calendar

- 3 Coffee/Tea/Conversation, Nutrition Ed., Healthy Living group, Hawaiian snacks
- 5 National Hawaii Day—Luau—Hula Dance group, wear your Hawaiian shirts
- 7 Bingo, Cards and Veterans Group
- 10 Healthy Walking Club, Card Games
- 12 Movie and Popcorn: “A Man Called Otto”
- 14 Summer Craft, Bingo and cards
- 17 Healthy walking club, Games, National Peach Ice cream day!
- 19 Music: Greg Merwin
- 21 Bingo/Games
- 24 Healthy Walking club, Card Games
- 26 Music: Kevin Bendel
- 28 Bingo/Games
- 31 Healthy Walking Club, Project Fresh coupon distribution (Must call in

WINN

COMMUNITY BUILDING

2583 W. Blanchard Road, Winn

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

Tammy Foltz, Site Facilitator

989-866-2520

winnfoodwithfriends@gmail.com

Welcome friends! Come and join us! We are working hard to build the Winn Site! If you have ever just thought of joining a social group or club, come join Winn! We have so much to offer, but it just takes the first step into the building! Our building has AIR CONDITIONING!! Come on in and stay cool with us!

Winn JULY Calendar

- 3 Movie Day “Independence Day” and Popcorn
- 5 Music: Midnight Express, Hawaii Day—wear your favorite Hawaiian shirt!
- 7 Flag Bingo with Prizes, Trivia, History of our Flag
- 10 Movie Monday: Movie “Beetlejuice” and Popcorn! Bring your Grandchildren!
- 12 Music: Greg Merwin, Birthday Celebrations
- 14 Outdoor Picnic with Karaoke—Bring a Guest!
- 17 Healthy Living Walking Class and a Healthy Snack
- 19 Music: Kevin Bendel
- 21 Craft Day (seashell wreath)
- 24 Bingo, National Bring a Cousin Day, invite a relative or other Guest!
- 26 Music: Les and Darlene Jenkins, Healthy Snack
- 28 Cards, tea and cookies
- 31 National Raspberry Cake Day! Music and herb planting

Nutrition Council Meetings

Do you attend a meal site in Isabella County? Would you like to have input into menu ideas? Would you like to know more about how the Meals Program runs and what is involved in creating menus for Food with Friends? If you answered yes to any of these questions, please consider attending our scheduled Nutrition Council Meetings. The meetings are held at Isabella County

Commission on Aging on the following dates in 2023:

Thursday, August 17 at 11:00 a.m.

Thursday, November 2 at 11:00 a.m.

Please RSVP if you plan to attend and if you plan to stay for lunch after the meeting. Reserve your meal and RSVP by calling **989-772-0748 and asking for the Meals Line.**

Carmel Slebodnik, Nutrition Program Manager

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 Facilitator

989-433-0151

rosebushfoodwithfriends@gmail.com

We have many exciting Rosebush activities for July! Come join us!

Rosebush JULY Calendar

- 3 Manicures
- 5 Penny Bingo
- 7 Music/Paul Wilkinson
- 10 Red Hat Strutters/Nutrition Ed
- 12 Music/Mark DeNoyelles

- 14 Music/Jim Gilmore/Ice Cream Social/Birthday Celebration
- 17 Music/Just the 2 of Us
- 19 Penny Bingo
- 21 Music/Greg Merwin
- 24 Music with Sam
- 26 Dancing Dogs
- 28 Penny Bingo
- 31 Bingo/Prizes

Healthy Lifestyles ~ If you want to learn more about your body, join this group. We explore and discuss information that impacts a healthy life such as nutrition, vitamins, carbohydrates, saturated fats, exercise, stress, sleep, fiber, and sodium to name a few. On occasion, we have a speaker. Group is led by Karen Branderberry. **Meets Tuesdays from 12:45p.m. to 1:30 p.m. No charge to join.**

EightCAP Weatherization Assistance

What's the process? Apply for assistance and receive approval. An Energy Audit will be performed on your home. EightCAP work crew will perform the work on your home. A quality control inspection will be done to ensure quality work.

What kind of services? Wall Insulation, Attic Insulation and Ventilation, Foundation Insulation, Air Leakage Reduction, Smoke Detectors/CO2 Alarms, Fluorescent Light Bulbs, Dryer Venting

What You Should Know This is a **FREE** program funded in part by the State of Michigan and DOE. This is **NOT** a home repair, remodel or rehabilitation program. The whole process can take anywhere from 6 to 12 months. **Questions?** Call us at **1-866-754-9315 ext. 4** or apply online at: www.8cap.org/weatherization

Weidman Sr. Center Friend of the Month

The Weidman Senior Activity Center friend of the month for July is Miranda McCaul. Originally born and raised in the Philippines, Miranda comes to us from the Barryton area where she and her husband Rick live on a farm that they bought from his uncle a few years ago. She is the youngest of 10 kids, with her older siblings all being brothers. In sharing this she laughed a bit about being over protected and said that they all spoiled her too. Her husband Rick, who comes to the center also, smiled and agreed, saying he tries to continue the practice of spoiling her yet today.

As a young girl, her parents encouraged her to study to become a doctor like a few other family members had done previously. She passed her required scholarship test and began studying biology, but when one of her brothers had a serious accident, her reaction to all the blood she saw made her realize she was not cut out to be a doctor. She then tried a job in the pharmaceutical industry and then one in the insurance business as she prayed to find her life path.

She met Rick on a Christian dating site and after a few months of texting, etc., they met in person for her birthday, in the Philippines where they really hit it off. At that point the decision was made for Miranda to come to the states on a "Fiancé" visa. Here she and Rick dealt with a few cultural differences and other minor concerns as their relationship blossomed into love. And the rest, as they say is history. They have been married for 16 years and truly enjoy the farm life they've built together in spite of her being a city girl at heart. She works as an interior decorator now and says it's her goal to make every room reflect the personality of the owner. In addition to being a decorator, she and Rick also raise purebred German Shepherd puppies.

Miranda said she and Rick learned of the Weidman center from their friends at church and both are enjoying the sketching classes and are happy about the meals available. She said it's a lot of fun and encourages others to look into all the things that are planned and available through the center.

Submitted by Sue Preuss, Gold Key Volunteer

New Law to Lower Insulin Prices

In 2022 Congress passed the Inflation Reduction Act, which was set to cap insulin copays at \$35 a month. Last year many Medicare beneficiaries were unable to see these changes when they reviewed plans during Open Enrollment, during the October 15-December 7 OEP dates. Medicare's online Plan Finder Tool was unable to reflect these changes for some Medicare Part D plans. Due to this ongoing issue and in an attempt to save Medicare beneficiaries from overpaying for drug costs, Medicare has agreed to allow a one-time "Special Enrollment Period", which is expected to continue through the end of 2023. This SEP will allow those who require insulin to drop, add or change their Part D plans.

If you believe that you may have made the wrong choice for plans for 2023, due to inaccurate, or misleading information; provided during Open Enrollment, you may call **1-800-MEDICARE (1-800-633-4217)** and explain your situation. You will have the opportunity to talk to a Medicare agent to see if you qualify for a Special Enrollment Period.

If you are over 60 and reside in Isabella County, you may also contact the Commission on Aging at **(989) 772-0748**, where you will be directed to the insurance hotline. A Medicare specialist will return your call and schedule an appointment to meet and review plan options.

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
- ◆ Grab Bars
- ◆ Commode
- ◆ High Rise Toilet Seat
- ◆ Bedside Rail
- ◆ Crutches
- ◆ Incontinence Supplies



Parkinson Voice Project LOUD Crowd® is going to take a break until the Friday after Labor Day. They paused until Friday, September 8.

Grief Share Support Group

You are invited to join the "Grief Share" Support Group. The group meets at **1:00 p.m. to 2:30 p.m. on Thursdays at the Charles R. Lux Family Funeral Home, 2300 S. Lincoln Rd., Mt. Pleasant**. A suggested workbook is available for \$20.00.

If you have any questions, please send an email with your name, your email address and your telephone number to: griefsharemp@gmail.com. There is No charge to attend the group. Anyone is welcome to attend. Wearing a mask is optional.

Central Michigan Area Parkinson's Support Group

Time: 4th Wednesday of each month (June 28, July 26) from 5:00 p.m. to 6:00 p.m. at COA 2200 S. Lincoln Rd., Mt. Pleasant in Room B. Facilitator: Dr. Jamie Haines, PT, DScPT, Associate Professor, Department of Physical Therapy, CMU Phone: 989-415-0418 Or you may send an Email to: haine1jj@cmich.edu

Polio Support Group

Are you interested in meeting other polio survivors in your area? Are you in need of post-polio resources for yourself or a loved one? Are you interested in sharing your polio story?

Our next Post-Polio Support Group will meet on **Wednesday, July 19 at 11:00 a.m.** This group will be facilitated by Bonnie Levitan and Deborah LaBlance, both polio survivors. Bonnie sits on the board of Post-Polio Health International. They cannot provide medical advice, but will help to connect people with resources and organizations that can help! If you have questions, please contact **Marcy Huntoon (Jerome)** at (989) 772-0748 or mjerome@isabellacounty.org

Huntington's Support Group

Time: Gathering begins at 5:30 p.m., Meeting from 6:00 to 7:30 p.m.

Dates: (No July & August Meetings)

Location: Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant

RSVP to Group Leader: Galen Voss

Email: galenvoss@yahoo.com

Phone: 989-245-5725

Free Foot Screening

McLaren Central Michigan will host a free

foot screening open to the public. Despite feet being a very important part of our body, foot pain, soreness, and ulcers are often ignored. Painful feet are not normal and may signify an underlying foot problem, especially for people with diabetes. If you have a foot, ankle or toe injury, are diabetic, or have concerns about your feet – including poor circulation, limited motion of joints, loss of feeling, lesions or calluses –this is your chance to have your feet examined by a foot specialist. Call the number below to make an appointment with a Podiatrist. **David Vance, DPM**

Friday, June 30 from 1:00 p.m. – 3:00 p.m.

**McLaren CM, East Hospital Entrance
1221 South Drive, Mt. Pleasant**

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

Free Balance Screenings

One in three adults aged 65 or older will fall each year. A fall can drastically change your quality of life, and balance is the key to your independence. This 20 minute screening will include a fall survey, a balance screening and results counseling with our licensed Physical or Occupational Therapist.

- Have you fallen in the past year or are you afraid of falling?
 - Do you experience difficulty getting around due to weakness or imbalance?
 - Do you feel dizzy or unsteady if you move suddenly or if you turn over at night?
- If you answered "Yes" to these questions, this screening is for you!

McLaren CM Rehabilitation Services

2600 Three Leaves Drive, Mt. Pleasant

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

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, July 19 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 **McLaren Central Michigan 1221 South Drive, Mt. Pleasant.**

McLaren Central Michigan Lab Draw Station in the Health Park off of High Street, 2981 Health Pkwy., Suite C, Mt. Pleasant. Cost \$25 payable the day of the screening. **Cash/check payment** accepted at this location.

LSVT BIG and LSVT LOUD

An evidence-based rehabilitation program for people at any stage of Parkinson's Disease. **Tuesday, June 20 from 5:00 p.m.-6:00p.m. at:**

McLaren Central Michigan, FDJ Conference Room, 1221 South Drive, Mt. Pleasant. Call (989) 779-5606 to schedule an appointment.

At COA In July

Communicating After A Stroke

Suffering from a stroke is a scary situation, and it leaves survivors with plenty of challenges to overcome during the recovery process. One of the effects of stroke is aphasia - the loss of the ability to speak or understand speech - and it's one of the most frustrating to deal with. Aphasia can be extremely stressful for both the individual who had the stroke, as well as their family and friends. Speech is such a significant part of human interaction, and it's something that most people take for granted. It's hard to communicate if you've been dependent upon verbal communication and yours is suddenly impaired. Fortunately, some recovery from aphasia is possible, and there are still ways to effectively communicate, even with aphasia. Join McLaren Central Michigan's Speech-Language Pathologist for a presentation and get your questions answered.

Thursday, July 20

from 12:00 p.m. to 1:00 p.m.

At COA, 2200 S. Lincoln Rd. Mt. Pleasant. Call 989-779-5606 to register.

Navigating Health Care

Today- How medical care is delivered in 2023. Join Dr. Henry Szlag, Board Certified Family Medicine, as he discusses trends in medical care:


- Electronic health records
- Prescribing medications
- Doctor, PA or NP –
What's the difference?
- How telemedicine works

Thursday, July 27


from 12:00 p.m. to 1:00 p.m.

At COA, 2200 S. Lincoln Rd. Mt. Pleasant. Call 989-779-5606 to register.

In Memory Of

Eugene M. Brown –
US Army Vet 
 Don & Scherry Brown

James Draper
 Barbara Draper

Phillip E. Fockler –
US Army Vet 
 Don &
 Scherry Brown

Bill Hawkins
 Walt Schneider

Kendall Klumpp
 Phyllis Ahlers
 Ivan & Bev Bradley
 Dennis & Lindsay Campbell
 Grant Colthorp
 Rose & Frank Cousin
 Alisa Ellertson
 Diane Enterline
 Paulette Green
 Rob & Sharon Haggart
 Gladys Hall
 Shirley Hopp
 Paul & Diana Hutchins &
 Family
 Janet Joslin &
 Walt Schneider
 Michael & Maxine Kent
 Mike & Nancy Klumpp
 Robert & Helen Lee
 Ione Loomis
 John & Mary Ann Olinger
 Randy & Patricia Nichols
 Vern & Frances Schuler
 Barbara Sheperdigian
 Wayne & Sandy Simpson
 Carol Smillie
 Doug & Evelyn Stall
 Bruce & Judy York
 Rosewood North 1 Condo
 Association
 Your Applebee's Friends


Arlene Landon
 Lloyd Landon

Bonnie McClintic
 Nathan & Donna Black
 Georgia Travis

Peter Moutsatson
 Bill & Olga Cousins
 Marilyn Duke
 Carol Ervin
 Jan & Charlotte Fokens
 Dorothy Howard


Dolly Rau
 Dale & Jeanette Gatehouse

Ken Travis
 Georgia Travis

Martin Trombley 
 – **Veteran**
 Sandra Trombley

Clifford & Olive Willis
 Phyllis Gilmore

Rekha Zambare
 Carole & Lee Kennett

For In-Home Services
Gary Evan Battese – 
Vietnam Vet
 Connie Near
 Richardson

Dr. Vasant & Rekha
Zambare
 Aparna Zambare

For Food with Friends
Mary Bowers
 Sharon Horgan

Sally Reyes
 Sharon Horgan

The Central Michigan Area Concert Band will perform Monday, July 10 at 7:00 p.m. at the Veterans Memorial Park, downtown Shepherd, just across from the Shepherd Bar and Restaurant, as part of the Shepherd Historical Society's annual Ice Cream Social.

Active Living Donors

Jeanine Bellinger
 Lois Bilacic
 Kimberlia Bohl
 Dave Brant
 Kathy Bundy
 Don & Scherry Brown
 Neva "Jean" Cole
 Barbara Draper
 Francis & Darlene Fedewa
 Cathy Foster
 Jeri Grover
 Valerie Hammis
 James & Karen Kanine
 Charles & Carole Keene

Pat Lafferty
 Mary Lou Livense
 Linda Lukens
 Julie McClain
 Robert &
 Margaret McDonald
 Randy Owen
 Beverly & Robert Scott
 John & Kay Shell
 Cherre Sprague
 Sue Weber
 Jim & Carol Wojcik
 Sandra Larson-Wood

COA Donors

COA
 K Feight
 Cathy Foster
 Margie Henry
 Jane Leroux-Evans
 Dawn Ryckman
 Mari Staddon
 In Memory of Ruth Day

Food with Friends
 Central MI As. Order of
 the Easter Stars

*Thank You All
 for Your
 Generous
 Donations*

FREE

Upcoming Performances

A Summer Concert Series at Island Park Arts Pavilion, 331 S. Main St., Mt Pleasant
Bring Your Chairs and Relax on Thursday Evenings from 5:30 to 7:30 p.m. *FREE Event*

June 22: Wyatt & Shari Knapp Americana, Roots, Classics
 June 29: Crosscut Kings Roots, Blues, Americana
 July 6: Ziggie & The Nationals Cajun, Zydeco and Da' Blues
 July 13: Sean Miller Americana Singer Songwriter
 July 20: Siusan O'Rourke Traditional Folk-Irish-Celtic
 July 27: Delilah Dewylde High Octane Rockabilly

Brought to you by: Mid Michigan Industries ~*Leading the Way to Inclusive Communities,* Art Reach, Michigan Arts and Culture Council, National Endowment for the Arts, My 104.3, Buck 92.3

Remembering Your 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 August issue, please send the information by July 6.

Please indicate if your gift is in memory of or in honor of a Veteran. 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

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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.

Estate Planning Legal Assistance ONLY

Region VII Area Agency on Aging provides legal assistance to older adults in our community for estate planning. If you need legal assistance, you can call 1-989-893-4506 and ask for Jamie Wing. 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.

**REGION VII
AREA AGENCY ON AGING**



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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.