

# 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



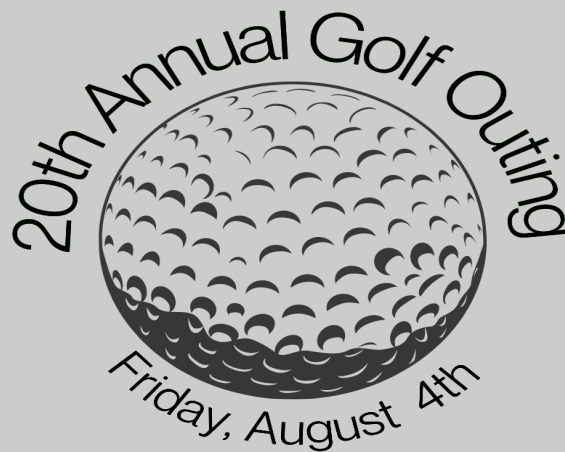
ISABELLA COUNTY  
COMMISSION ON AGING

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



**Teams are Full! You Can Still Be a Sponsor! Your Support is Greatly Appreciated!!! Just Call 989-772-0748**

## COA Director's Comments



Happy August! To those of you who helped us celebrate our 50<sup>th</sup> Anniversary of the Isabella County Commission on Aging last month, thank you so very much! We are so proud of the 50 years of service that has already been provided and so very much look forward to the next 50!

We are hoping that by the end of this month our pavilion and recreation area project will be getting underway! It sure does take time, longer than we sometimes like, but it will be so worth it! As of right now the estimate for completion is the end of October, so if we have some nice weather, we just might be able to squeeze some time out there yet this year. If not – it will be ready for us in the spring!

**Monday, August 21 is National Senior Citizens Day!** I can tell you that all of us here at the Isabella County Commission on Aging appreciate each and every one of you every day of the year, but how wonderful to have a day to officially recognize all of our amazing senior citizens. We want you to know how much we care about you and just how thankful we are for all of your contributions to our community, making it the most wonderful place to live and work. ***Do something extra special for yourself on August 21, or even better yet, come in for lunch or an activity here at the Commission on Aging. We would love to see you!***

*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: July 25, August 22, September 26. Please call 989-772-0748 to register.**

## From Your COA Specialists

### Michigan Braille and Talking Book Library

The Michigan Braille and Talking Book Library lends audible and braille books to Michigan residents unable to comfortably read standard print materials due to visual, physical or reading disabilities. The library has thousands of books for download or you can request a digital talking book player and books can be delivered directly to you on cartridges through the regular U.S. postal service. There is no cost for the service and all postage is free.

Accessories for the digital player, such as headphones, pillow speakers and remote controls are also available upon request. High volume players for individuals with severe hearing impairments and breath switch remote controls for persons with severe mobility issues can be obtained with special application.

To obtain more information or apply for service you can reach the Michigan Braille and Talking Book Library at: **1-800-992-9012**, email: [btbl@michigan.gov](mailto:btbl@michigan.gov) or web: [www.michigan.gov/btbl](http://www.michigan.gov/btbl)

### Wound Care Presentation

**Monday, August 14 from 11:00 a.m. to 12:00 p.m. at the Isabella County Commission on Aging 2200 S. Lincoln Rd. Mt. Pleasant**

Join Christie Wilson, NP, our Healogics Specialty Provider (HSP) for a presentation on topics that will include: foot health, venous ulcers and skin maintenance, and nutrition for optimum wound healing. If you have specific questions, Christie would love to include that in her presentation.

Please contact Marybeth Kilburn with questions by Wednesday, August 9. [Marybeth.Kilburn@healogics.com](mailto:Marybeth.Kilburn@healogics.com)

### Card Making Class

#### “Connecting with Cards”

**Tuesday, August 29, 2:00 p.m. to 4:00 p.m.**

**In the COA Craft Room**

**Volunteer will teach the class**

Send someone some love by making 8 greeting cards, 2 of each design. This class is for beginners. All supplies are provided, but you may bring your own tape runner or adhesive if you prefer. There is a limit of 10 participants. Call the COA and sign up for this free class. **989-772-0748.**

## Mission Moments

### “AN ALPHABET OF SERVICES”

The Commission on Aging has provided many services to many people over the years. Many have reported how helpful the assistance has been and how expert the staff is. One couple, George and Ruth (not their real names) spoke with the staff, at length, about the services they received and the difference it made in their lives.

This couple was in their early 80's and were referred to the COA by their visiting nurse. When the COA social worker first met Ruth, she had significant memory problems. She was beginning to wander and had fallen several times. During the visit, it was determined that she needed help with personal care. Her ability to provide her own care was very difficult due to asthma, a heart condition, osteoporosis and an Alzheimer's type of dementia. George was feeling the effects of being a 24/7 caregiver. The social worker was able to provide a certified nurse aide to provide respite care twice per week for 4-6 hours each time. During the respite care, the certified nurse aide would give her husband time away to care for himself, run errands and have some time to spend with his buddies having coffee or playing golf. During the respite time, the aide would assist Ruth with showering, hair care and dressing.

Before Ruth became frailer, they attended the area Food with Friends program and volunteered at the Food Site. George served as a member of the Central Michigan Community Hospital Board of Directors and Ruth dealt with the household finances, insurance questions and the day-to-day operations of the home. As Ruth's memory issues became more difficult, George had to take over her care and the household issues. In George's words, "I didn't know my left hand from my right. Things went from bad to worse. I was getting run down and couldn't take care of Ruth anymore."

The COA social worker became involved again and found a confusing trail of accounts and assets to unravel. Again, the social worker referred them to the Home Delivered Meals Program and began to address issues such as the need to clarify insurance policies, change of beneficiaries and bring accounts up-to-date. The social worker discussed the need for a Will and Power of Attorney and referred George to a number of attorneys who would help with that process.

It wasn't long that George was taken to the hospital by ambulance due to pancreatitis, a bleeding ulcer and a hernia. George and the social worker had previously visited area nursing homes and soon after his hospitalization, Ruth entered an area nursing home. Over the course of the next year, the social worker assisted George and his daughter in tracking down various accounts, stocks and insurances to pursue Medicaid eligibility for Ruth to help pay for her stay at the nursing home.

George was feeling better and was happy with Ruth's care at the nursing home so he began to volunteer for the COA to take people to medical appointments and to help at the local Food Site.

When George was asked to describe the Commission on Aging he would say, "This organization is top of the line. They cover the range of need from A to Z!"

The goal of the Isabella County Commission on Aging is to meet the needs of the older adults of the county. For 50 years the agency has been doing just that and will continue to work to provide for the ever changing needs of the older adults in Isabella County.

*Barbara Frankenfield, In Home Services Program Director 1984 to 2018*

### Early Warning Information

Isabella County has 29 outdoor warning sirens located throughout the county. The purpose of these sirens is to warn the public of impending disasters or emergencies. The sirens will be activated immediately to warn the public of an emergency situation. **These sirens notify the public to go inside and turn on the radio or television for further information. All Isabella County Outdoor Warning Sirens are tested the 1st Thursday of every month at 3:00 p.m.**

### Early Warning Tones

The outdoor warning system utilizes two distinctively different siren signals.

### Seek Shelter Signal

The "Seek Shelter Signal" is a siren that slowly increases to a steady sound lasting 3 to 5 minutes.

### All Clear Signal

The "All Clear Signal" is an intermittent air horn sound, also lasting 3 to 5 minutes.

When testing the sirens each month, we first sound the seek shelter signal, then the all clear signal. Please remember: Do NOT telephone 911 or local agencies: it's important to leave telephone lines open for emergency communication.

### Steps to Follow When You Hear a Siren

- Immediately turn on your NOAA weather radio if it hasn't already been activated.
- Immediately tune to a local radio station or the local cable television station.
- Listen for emergency messages.
- Follow instructions. Stay tuned for further updates.

### Emergency Alert Radio ~1610 AM

Isabella County's Low frequency AM radio broadcast station is designed to keep area residents and visitors informed of local emergencies including weather, traffic backups, street closures, and civil emergencies. Residents and visitors can tune to AM 1610 on their radio dial to keep informed of needed emergency information anytime day or night.

The broadcast antenna is located on top of the Isabella County Building in downtown Mt. Pleasant. Its broadcasting range is within approximately 4 mile radius.

## Events & Classes

**\*Thursday, July 27, 12:30 p.m. to 1:30 p.m.**

### **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** **\*How telemedicine works**  
**\*Doctor, PA or NP – What's the difference?**

### **Computer/Tech Class at COA**

**Tuesday, August 1, at 2:00 to 3:00 p.m. in Craft Room**

Representatives from the Veterans Memorial Library IT Department will 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*

### **Anyone Can Paint “The Meadow”**

**Wednesday, August 2, from 4:00 p.m. to 6:00 p.m. in COA Room C. \$25 per person (supplies included)**

Let award winning television artist Steve Wood help develop the “artist” in you to create “*The Meadow*.” 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, July 31. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.** Next class, Wednesday, September 6

### **State Employee Retiree Assoc. (SERA)**

The meeting for State Employee Retiree Association (SERA) for **Thursday, August 17, 2023 will be at the Commission on Aging.** The presentation will be by Sheriff Main regarding SCAMS.

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 a 50/50 drawing. We have several issues to discuss. Please try to attend and bring questions for Sheriff Main. Also, a reminder that in September, we will have our annual pizza party. No presentations, just lots of fellowship and fun. We will have 6 games of card bingo, and a door prize. If there are any questions, please feel free to contact Jackie Curtis at 989-772-0597 or [jacurtis46irish@gmail.com](mailto:jacurtis46irish@gmail.com).

**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, August 10 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.

### **Are You Interested in a Bridge Club?**

If so, please call Marcy Huntoon at 989-772-0748 or email her at [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org)

**COA Jam Session and Loud Crowd are on hold until Sept. 8. Ukulele and Dulcimer on hold until after Labor Day. Yoga is on hold until after Labor Day.**

### **Coffee Hour with An Attorney**

**4th Wednesday of every month (August 23)  
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!

### **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: The Next Chapter*” on **Friday, August 25 at 1:00 p.m.** PG 13, 1 HR 47 MIN. Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. **To register, call 989-772-0748. Please ask for Rhonda.**

### **American Red Cross Blood Drive**

We will be hosting another blood drive on **Wednesday, August 30 from 12:00 to 4:45 p.m.** If you are able, please consider donating blood to help save a life! To schedule an appointment, log in to [RedCrossBlood.org](http://RedCrossBlood.org) and enter sponsor code: **ISABELLA.** Or call 1-800-RED-CROSS (1-800-733-2767)

## 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](mailto: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: **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 on Thursday July 20, Tuesday July 25.**

**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.

**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).

*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.

### Aqua Summer Schedule (until August 25):

\*\* NO CLASSES July 31 to August 4

#### Water Aerobics

**Tues., Thurs., Fri**  
**9:05 a.m. to 10:05 a.m.**

#### Aqua Zumba

**Monday, Wednesday**  
**9:05 a.m. – 10:05 a.m.**

### Aqua Fall Schedule (Starting August 28):

#### Water Aerobics

**Tues., Wed., Thurs.**  
**9:05 a.m. to 10:05 a.m.**

*Instructor: Mary Alsager*

#### Aqua Zumba

**Monday, Friday**  
**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.

**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**

**Call: (989)774-1350**

**Fax: (989)774-7658**

**Email: [fallprevention@cmich.edu](mailto:fallprevention@cmich.edu)**

*Instructor: CMU Students*

## Summer Storm Safety *Source: DTE*

Storm season typically peaks in July and runs through August into early September. This is due to warmer weather bringing moisture and humidity to the air, which brings instability to the atmosphere, resulting in the potential for severe weather. If you've lived in Michigan for a summer, you know what to expect: thunderstorms, strong winds and the occasional unavoidable power outage. Be prepared. Follow these tips to make sure you and your family stay safe this spring and summer: Know the difference between a severe thunderstorm *watch* and a severe thunderstorm *warning*.

**Severe Thunderstorm Watch** – a storm is possible and near the watch area. Monitor the situation and be prepared to act if a warning is issued.

**Severe Thunderstorm Warning** – severe weather has been reported or indicated by radar; an imminent danger to your safety and property is present. Take cover in a substantial building or vehicle with the windows closed. Have your emergency plan and kit in place. Severe weather is at its worst when it catches us by surprise. However, the good news is we can all develop a plan to be prepared.

For your **emergency plan**, consider what weather events are most likely to occur in your area, the unique needs of your family and household, and remember that practice makes perfect.

Items to include in your **emergency kit** include: battery-operated flashlight and extra batteries; NOAA weather radio; candles and holders; matches; first-aid kit; a three- to five-day supply of bottled water and non-perishable food; blankets and sleeping bags; and cash.

## Summer Notes from the Weidman Senior Center

With summer in full swing, the friends and staff at the Weidman Sr. Activity Center would like to remind everyone that our hours and services remain the same. The nice variety of tasty meals that would tempt any taste buds are still available by pre-order. Activities and even some entertainment also continue during the summer. So if you don't feel like cooking or are looking for some fun and socializing, please consider checking out the Weidman Center.

The hours are Monday, Wednesday and Friday from 10:00 a.m. until 2:00 p.m. The Sit and Get Fit core strengthening and exercise tapes that are done while sitting in a chair, take place before lunch. At noon the meal is served and then activities or entertainment follow.

Sandy Hunter, the site director and friends will welcome you and make sure your visit is totally enjoyable. If you have any questions give Sandy a call at **989 644-2538**. So please come join us for a meal, some light exercise or a fun activity, whatever suits your fancy, we just look forward to seeing you soon!

## Nancy Carey Cancer Support Group

Our next meeting will be **Wednesday, August 30 at 7:00 p.m.** in the **Craft Room of the Commission on Aging**. Nancy will be the host and provide some refreshments.

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 our 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 feel less alone in your cancer journey as you forge new relationships with other women who will support you. We hope you will join us on **Wednesday, August 30, 7:00 p.m.** Feel free to bring a friend who might benefit from our support group. **For more info please contact Gisela at [ncarey.cancer.group@gmail.com](mailto:ncarey.cancer.group@gmail.com)**

**You never know how long your words will stay in someone's mind even long after you've forgotten you spoke them. Be Kind.**  
*Unknown*

## 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](http://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 |
|---------------------|---------------------------------|-----------------------|--------------------|
| 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

### ***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.

### **The Happy Rippers**

**Meetings: Wednesdays in COA Craft Room  
1:00 p.m. to 3:00 p.m. (or longer some days)**

We help each other with **Fiber Projects:**

Knit Crochet Quilt Embroidery Etc.

-Inspiration

-Projects to Donate to the Community

-Learning New Skills

-Laughter and Friendship

**Come Join Us!**

## **Caregiver Support Corner**

By *Brandise Leonard, Caregiver Support Specialist/Trainer at COA*

[bleonard@isabellacounty.org](mailto:bleonard@isabellacounty.org) (989)772-0728 ext.: 237

**Caregiver Support Group- Meets on Monday, August 21 from 1:00 p.m. to 2:30 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.

When someone initially becomes a caregiver, it just happens. Sometimes it happens in a slow progression. Sometimes it happens quickly. Everyone's journey into caregiving looks a little bit different. However, there are common caregiving techniques to help things flow and provide harmony as you become a caregiver. While trying to figure out the ins and outs of financial, social, emotional and physical requirements of you can:

**\*Create a Team-** This requires putting a little bit of thought into your caregiving journey. Asking yourself "Do I have neighbors, friends, family members?" Build a schedule and communicate with those members of your team. Some caregivers keep spiral note pads of information to read like a communication log.

**\*Share the Situation-** Another important step is to take the time to share the difficulties with extended family and friends. Talk with others, so they can help join you hand in hand. You may find someone, your loved one was attached to many years ago ends up back in your life; helping you care for your loved one. These situations show the importance of true friendship when in time of need.

**\*Accept Help-** Many caregivers struggle with caregiving by themselves. Help may be available and people who would like to help you, may even feel hurt or left out, if you don't include them. If friends or family offer to help you accept the help and enjoy the assistance.

**\*Find a way to get support even when it's difficult to ask-** Many people do not want to burden others with their situation. Especially if this is a long caregiving case. As a caregiver you may see growth in yourself as you reach out to others. Share your experience and ask for help. Joining a support group is beneficial when in the caregiver role. You will begin to recognize you are not alone and there are many primary caregivers.

**\*Be Creative-**As a caregiver, sometimes thinking creatively is what really helps you and your loved one. Depending on what your situation looks like and what you are comfortable with. It might mean hiring the neighbor next-door to come sit with your loved one. It also might be one of your loved one's old friends from high school. They might hear about the situation, reach out and ask how the loved one is.

| Page 8 Monday   | Tuesday  | Wednesday  |
|---|--|--|
| <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Food with Friends Lunch</b><br/> <b>Served</b><br/> <b>Monday thru Friday at 12:00 p.m.</b><br/> <b>in Activity Room C.</b><br/> <b>See our Menu on pg. 10</b></p> <p><b>Lunch Activities in bold—Rm C</b></p> </div>   | <p style="text-align: right;">1</p> <p>8:00 Sheriff's Department<br/> <b>10:00 Line Dancing</b><br/> 10:00 Beginner Tai Chi<br/> 11:30 Tai Chi Next Level<br/> <b>11:30 Word Search</b><br/> 12:45 Healthy Lifestyle Group<br/> <b>1:00 Cards/Games</b><br/> 2:00 Computer/Tech Class<br/> 5:30 Board of Commissioners Mtg</p> | <p style="text-align: right;">2</p> <p>8:00 Sheriff's Department<br/> 9:00 Chess Club<br/> <b>10:00 Line Dancing</b><br/> 10:00 Low-Impact Aerobics<br/> 11:00 Nutrition Education<br/> 12:00 COA Advisory Board Meeting<br/> 12:30 CMU Otaga Exercise Class<br/> <b>1:00 Cards/Games</b><br/> 1:00 Happy Rippers<br/> 4:00 Anyone Can Paint</p>                       |
| <p style="text-align: right;">7</p> <p>10:00 Low-Impact Aerobics<br/> <b>10:00 Coffee and Conversation</b><br/> 11:00 Gentle Exercise<br/> <b>11:00 Monday Trivia</b><br/> <b>1:00 Cards/Games</b><br/> 1:00 Mahjongg<br/> 1:00 Faith Weavers Group</p>   | <p style="text-align: right;">8</p> <p>10:00 Needlecraft Meeting<br/> <b>10:00 Line Dancing</b><br/> 10:00 Beginner Tai Chi<br/> 11:30 Tai Chi Next Level<br/> <b>11:30 Word Search</b><br/> 12:45 Healthy Lifestyle Group<br/> <b>1:00 Cards/Games</b></p> <p style="text-align: center;"><b>Election Day</b></p>             | <p style="text-align: right;">9</p> <p>8:00 Basket Guild<br/> 9:00 Chess Club<br/> <b>10:00 Line Dancing</b><br/> 10:00 Low-Impact Aerobics<br/> 11:30 PEO<br/> 12:30 CMU Otaga Exercise Class<br/> <b>1:00 Cards/Games</b><br/> 1:00 Happy Rippers<br/> 1:00 Between the Covers Book Club</p>   |
| <p style="text-align: right;">14</p> <p>10:00 Low-Impact Aerobics<br/> <b>10:00 Coffee and Conversation</b><br/> 11:00 Gentle Exercise<br/> 11:00 Wound Care Presentation<br/> <b>11:00 Monday Trivia</b><br/> <b>1:00 Cards/Games</b><br/> 1:00 Mahjongg<br/> 1:00 Faith Weavers Group</p>   | <p style="text-align: right;">15</p> <p>8:30 Friends of Isabella Seniors Mtg.<br/> <b>10:00 Line Dancing</b><br/> 10:00 Beginner Tai Chi<br/> 11:30 Tai Chi Next Level<br/> <b>11:30 Word Search</b><br/> 12:45 Healthy Lifestyle Group<br/> <b>1:00 Cards/Games</b><br/> 5:30 Board of Commissioners Mtg</p>                  | <p style="text-align: right;">16</p> <p>9:00 Chess Club<br/> 9:30 FGP Back to School Training<br/> <b>10:00 Line Dancing</b><br/> 10:00 Low-Impact Aerobics<br/> 11:00 Polio Support Group<br/> 12:30 CMU Otaga Exercise Class<br/> <b>12:30 Ice Cream Sundaes</b><br/> 1:00 Second Hand Book Club<br/> <b>1:00 Cards/Games</b> 1:00 Happy Rippers<br/> 5:00 MMARA</p> |
| <p><b>Happy National Senior Citizens Day 21</b></p> <p>10:00 Low-Impact Aerobics<br/> <b>10:00 Coffee and Conversation</b><br/> 11:00 Gentle Exercise<br/> <b>11:00 Monday Trivia</b><br/> 12:00 Mt. Pleasant Garden Club<br/> 1:00 Caregiver Support Group<br/> <b>1:00 Cards/Games</b><br/> 1:00 Mahjongg<br/> 1:00 Faith Weavers Group</p> | <p style="text-align: right;">22</p> <p>8:00 Sewing Peeps<br/> <b>10:00 Line Dancing</b><br/> 10:00 Beginner Tai Chi<br/> 11:30 Tai Chi Next Level<br/> <b>11:30 Word Search</b><br/> 12:00 Medicare Lunch &amp; Learn<br/> 12:45 Healthy Lifestyle Group<br/> <b>1:00 Cards/Games</b><br/> 6:00 Mid Michigan Quilt Guild</p>  | <p style="text-align: right;">23</p> <p>9:00 Chess Club<br/> <b>10:00 Line Dancing</b><br/> 10:00 Low-Impact Aerobics<br/> 10:30 Coffee Hour w/ an Attorney<br/> 12:30 CMU Otaga Exercise Class<br/> <b>1:00 Cards/Games</b><br/> 1:00 Happy Rippers<br/> 5:00 Parkinson's Support Group</p>   |
| <p style="text-align: right;">28</p> <p>10:00 Low-Impact Aerobics<br/> <b>10:00 Coffee and Conversation</b><br/> 11:00 Gentle Exercise<br/> <b>11:00 Monday Trivia</b><br/> <b>1:00 Cards/Games</b><br/> 1:00 Mahjongg<br/> 1:00 Faith Weavers Group</p>  | <p style="text-align: right;">29</p> <p><b>10:00 Line Dancing</b><br/> 10:00 Beginner Tai Chi<br/> 11:30 Tai Chi Next Level<br/> <b>11:30 Word Search</b><br/> 12:45 Healthy Lifestyle Group<br/> <b>1:00 Cards/Games</b><br/> 2:00 Connecting with Cards</p>  | <p style="text-align: right;">30</p> <p>9:00 Chess Club<br/> <b>10:00 Line Dancing</b><br/> 10:00 Low-Impact Aerobics<br/> 12:00 Blood Drive<br/> 12:30 CMU Otaga Exercise Class<br/> <b>1:00 Cards/Games</b><br/> 1:00 Happy Rippers<br/> 7:00 Nancy Carey Cancer Support Group</p>   |





| Thursday  | Friday  | Saturday  | Page 9 |
|---|---|---|--------|
| <p>3</p> <p>8:00 Sheriff's Department<br/> 8:30 CMU Otaga Exercise Class<br/> <b>10:00 Coffee and Conversation</b><br/> 10:00 Beginner Tai Chi<br/> <b>11:00 Word Search</b><br/> 11:30 Tai Chi Next Level<br/> <b>1:00 Cards/Games</b><br/> 3:00 Hula<br/> 6:30 Isabella County Democratic Party</p>   | <p>4</p> <p>8:00 Sheriff's Department<br/> 9:00 Collaborative Meeting<br/> <b>10:00 Coffee and Conversation</b><br/> 10:00 Low-Impact Aerobics<br/> <b>11:00 Music with Kevin Bendele</b><br/> 11:00 Gentle Exercise<br/> <b>1:00 Bingo with Prizes</b><br/> <b>2:00 Cards/Games</b><br/> <i>20th Annual Golf Outing<br/> at Pleasant Hills</i></p> | <p>5</p> <p>10:00 Line Dancing</p>  |        |
| <p>10</p> <p>8:30 CMU Otaga Exercise Class<br/> 10:00 Beginner Tai Chi<br/> <b>10:00 Coffee and Conversation</b><br/> <b>11:00 Word Search</b><br/> 11:30 Tai Chi Next Level<br/> 1:00 Veterans Support Group<br/> <b>1:00 Cards/Games</b><br/> 3:00 Hula<br/> 6:30 Community Cancer Service</p>  | <p>11</p> <p><b>10:00 Coffee and Conversation</b><br/> 10:00 Low-Impact Aerobics<br/> <b>11:00 Music with Jack and Dixie</b><br/> 11:00 Gentle Exercise<br/> <b>1:00 Bingo with Prizes</b><br/> <b>2:00 Cards/Games</b></p>   | <p>12</p> <p>10:00 Line Dancing</p>   |        |
| <p>17</p> <p>8:30 CMU Otaga Exercise Class<br/> 9:30 FGP Back to School Training<br/> 10:00 Beginner Tai Chi<br/> 10:00 Learn to Crochet<br/> <b>10:00 Coffee and Conversation</b><br/> 11:30 Tai Chi Next Level<br/> <b>11:00 Word Search</b><br/> 11:00 Nutrition Council<br/> <b>1:00 Cards/Games</b> 1:00 SERA Meeting<br/> 3:00 Hula<br/> 7:00 Mt. Pleasant Citizens Climate Lobby</p> | <p>18</p> <p>9:30 FGSPSC In-Service<br/> <b>10:00 Coffee and Conversation</b><br/> 10:00 Low-Impact Aerobics<br/> <b>11:00 Word Search</b><br/> 11:00 Gentle Exercise<br/> <b>1:00 Music with the Holiday Ramblers<br/> AKA The Louisell Family</b><br/> <b>2:00 Cards/Games</b></p>  | <p>19</p> <p>10:00 Line Dancing</p>   |        |
| <p>24</p> <p>8:30 CMU Otaga Exercise Class<br/> <b>10:00 Coffee and Conversation</b><br/> 10:00 Beginner Tai Chi<br/> <b>11:00 Word Search</b><br/> 11:30 Tai Chi Next Level<br/> <b>1:00 Huntington Band Fraud Protection<br/> Workshop and Bingo</b><br/> 1:00 COA Staff Meeting<br/> <b>2:30 Cards/Games</b><br/> 3:00 Hula</p>  | <p>25</p> <p>8:00 Happy Rippers<br/> 10:00 Low-Impact Aerobics<br/> 11:00 Gentle Exercise<br/> <b>11:00 Music with Barb and Greg</b><br/> <b>1:00 Movie &amp; Popcorn:<br/> "Book Club: The Next Chapter"</b></p>   | <p>26</p> <p>9:00 Happy Rippers<br/> 10:00 Line Dancing</p> <hr/> <p>9:00 Happy Rippers</p> <p>27</p> |        |
| <p>31</p> <p>8:30 CMU Otaga Exercise Class<br/> <b>10:00 Coffee and Conversation</b><br/> 10:00 Beginner Tai Chi<br/> <b>11:00 Word Search</b><br/> 11:30 Tai Chi Next Level<br/> <b>12:30 August Birthday Celebration</b><br/> <b>1:00 Cards/Games</b><br/> 3:00 Hula</p>  |   |   |        |

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**

**August 2023**

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
|            | <b>1</b><br>Chicken Breast Supreme<br>Dinner Roll<br>Pasta Salad<br>Green Beans & Mush-rooms<br>Apple              | <b>2</b><br>Egg & Cheese Casserole<br>Sausage<br>Cinnamon Roll<br>Redskin Potatoes<br>Ambrosia Fruit Cup | <b>3</b><br>Meat Balls<br>Bread<br>Whipped Potatoes<br>California Blend<br>Black Forest Brownie       | <b>4</b><br>Beef Stew<br>Biscuit<br>Mixed Vegetables<br>Pineapple Tidbits  |
| <b>7</b><br>Baked Spaghetti<br>Bread Stick<br>Italian Blend<br>Tropical Fruit               | <b>8</b><br>Beef Mozzarella Melt<br>Bread<br>Company Potatoes<br>Peas<br>Peaches                                   | <b>9</b><br>Lemon Baked Chicken<br>Bread<br>Rice Pilaf<br>Kyota Vegetables                               | <b>10</b><br>Pork Chop<br>Bread<br>Scalloped Potatoes<br>Capri Vegetable Blend<br>Cinnamon Applesauce | <b>11</b><br>Chili<br>Corn Bread<br>Baked Potato<br>Tossed Salad<br>Citrus Fruit Cup                               |
| <b>14</b><br>Spanish Chicken<br>Bread<br>Corn<br>Juice<br>Peaches and Pears                 | <b>15</b><br>Lemon Baked Cod<br>Dinner Roll<br>Parsley Buttered Potatoes<br>Seasoned Broccoli<br>Strawberry Fluff  | <b>16</b><br>Chicken a la King<br>Biscuit<br>Peas & Carrots<br>Pineapple Gelatin                         | <b>17</b><br>American Goulash<br>Garlic Toast<br>Succotash<br>Michigan Fruit Cup                      | <b>18</b><br>Chinese Pepper Steak<br>Bread<br>Carrots<br>Applesauce<br>Sugar Cookie                                |
| <b>21</b><br>Salisbury Steak<br>Bread<br>Whipped Potatoes<br>Winter Blend<br>Fruit Cocktail | <b>22</b><br>Chicken Salad<br>Croissant<br>Broc/Cauliflower Salad<br>String Cheese<br>Strawberries                 | <b>23</b><br>Corn Chowder<br>Bread Stick<br>Tossed Salad<br>Oatmeal Apple Crisp<br>Strawberry Yogurt     | <b>24</b><br>Beef Stroganoff<br>Dinner Roll<br>Italian Blend<br>Pineapple Tidbits                     | <b>25</b><br>Herb Marinated Chicken<br>Dinner Roll<br>Brown Rice & Zucchini<br>Mozzarella Cheese Stick<br>Apricots |
| <b>28</b><br>Turkey Loaf<br>Bread<br>Squash<br>European Vegetable<br>Blend                  | <b>29</b><br>Cranberry Chicken<br>Spinach Salad<br>Breadstick<br>Cottage Cheese<br>Grapes<br>Chocolate Chip Cookie | <b>30</b><br>White Chicken Chili<br>Breadstick<br>Carrots<br>Mixed Fruit Cup                             | <b>31</b><br>Hot Turkey Sandwich<br>Whipped Potatoes<br>Green Beans<br>Citrus Fruited Gelatin         |                                |

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](mailto:rburke@isabellacounty.org)

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

**COA AUGUST Calendar**

|    |       |                                |    |       |   |    |           |   |
|----|-------|--------------------------------|----|-------|---|----|-----------|---|
| 1  | 10:00 | Line Dancing                   | 11 | 10:00 | Coffee & Conversation   | 22 | 1:00      | Cards/Games   |
|    | 11:30 | Word Search                    |    | 11:00 | <b>Music: Jack &amp; Dixie!</b>                               | 23 | 9:00      | Chess Club  |
|    | 12:45 | Healthy Lifestyle              |    | 1:00  | Bingo w Prizes  |    | 10:00     | Line Dancing  |
|    | 1:00  | Cards/Games                    | 14 | 10:00 | Coffee & Conversation   |    | 1:00      | Cards/Games   |
| 2  | 9:00  | Chess Club                     |    | 11:00 | Monday Trivia 1:00Cards/Games                                 | 24 | 10:00     | Coffee & Conversation                                       |
|    | 10:00 | Line Dancing                   | 15 | 10:00 | Line Dancing  |    | 11:00     | Word Search   |
|    | 11:00 | Nutrition Ed. 1:00 Cards/Games |    | 11:30 | Word Search   |    | 1:00-2:30 | <b>Huntington Bank Fraud Protection Workshop and Bingo!</b> |
| 3  | 10:00 | Coffee & Conversation          |    | 12:45 | Healthy Lifestyle   |    | 2:30      | Cards/Games   |
|    | 11:00 | Word Search                    | 16 | 9:00  | Chess Club  | 25 | 11:00     | <b>Music with Barb &amp; Greg!</b>                          |
|    | 1:00  | Cards/Games                    |    | 10:00 | Line Dancing  |    | 1:00      | <b>Movie w Popcorn: "Book Club, The Next Chapter!"</b>      |
| 4  | 10:00 | Coffee & Conversation          |    | 12:30 | <b>Ice Cream Sundaes!</b>                                     |    |           |   |
|    | 11:00 | <b>Music: Keven Bendele!</b>   |    | 1:00  | Cards/Games   | 28 | 10:00     | Coffee & Conversation                                       |
|    | 1:00  | Bingo w Prizes                 | 17 | 10:00 | Coffee & Conversation   |    | 11:00     | Monday Trivia 1:00 Cards/Games                              |
|    | 2:00  | Cards/Games                    |    | 11:00 | Word Search 1:00 Cards/Games                                  | 29 | 10:00     | Line Dancing  |
| 7  | 10:00 | Coffee & Conversation          | 18 | 10:00 | Coffee & Conversation   |    | 11:30     | Word Search   |
|    | 11:00 | Monday Trivia 1:00 Cards/Games |    | 11:00 | Word Search   |    | 12:45     | Healthy Lifestyle   |
| 8  | 10:00 | Line Dancing                   |    | 1:00  | <b>Music: The Holliday Ramblers! aka The Louisell Family!</b> |    | 1:00      | Cards/Games   |
|    | 11:30 | Word Search                    |    | 2:00  | Cards/ Games  | 30 | 9:00      | Chess Club  |
|    | 12:45 | Healthy Lifestyle              |    | 10:00 | Coffee & Conversation   |    | 10:00     | Line Dancing  |
|    | 1:00  | Cards/Games                    | 21 | 10:00 | Coffee & Conversation   |    | 1:00      | Cards/ Games  |
| 9  | 9:00  | Chess Club                     |    | 11:00 | Monday Trivia   | 31 | 10:00     | Coffee & Conversation                                       |
|    | 10:00 | Line Dancing 1:00 Cards/Games  |    | 1:00  | Cards/Games   |    | 11:00     | Word Search   |
| 10 | 10:00 | Coffee & Conversation          | 22 | 10:00 | Line Dancing  |    | 12:30     | <b>August Birthday Celebration!</b>                         |
|    | 11:00 | Word Search                    |    | 11:30 | Word Search   |    | 1:00      | Cards/Games   |
|    | 1:00  | Veterans Support Group         |    | 12:45 | Healthy Lifestyle   |    |           |   |
|    | 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](mailto:weidmanfoodwithfriends@gmail.com)

Are you looking for something different to do? How about trying Weidman Senior Center? We have easy and effective seated exercises every Monday, Wednesday and Friday starting at 10:00 a.m. We always have room for more to join! Lunch is served at noon with always something fun after lunch! Come check us out!

### Weidman AUGUST Calendar

- 2 Exercise, Yahtzee/Dominoes
- 4 Exercise, Music: Greg Merwin
- 7 Exercise, Cards/Puzzle
- 9 Exercise, Nutrition Education
- 11 Exercise, Bingo
- 14 Exercise, Cards/Puzzle
- 16 Exercise, Yahtzee/Dominoes
- 18 Exercise, Craft: Decorative Bee Hives
- 21 Exercise, Baking Muffins and Conversation
- 23 Exercise, Coffee Hour and Birthday Celebrations
- 25 Exercise, Movie:
- 26 "A Man Called Otto"
- 28 Exercise, Bingo
- 30 Exercise, Yahtzee/Cards

**Enjoy  
Summer!**

## 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](mailto:shepherdfoodwithfriends@gmail.com)

Come one, come all to Shepherd Food with Friends Open House! With Special Entertainment by the "Holiday Ramblers", local vendors and Ice Cream! We look forward to meeting all of you! Please call 48 hours in advance to reserve a meal for the Shepherd site.

### Shepherd AUGUST Calendar

- 2 12:30 Guest Speaker Christi Demitz "Ways to incorporate healthy fats into your diet."
- 4 Bingo/cards Veterans Group and Chocolate Chip cookies
- 7 Healthy Living Club, Exercise 10:30, Card Games
- 9 National Book Lover's Day—bring your favorite book
- 11 **Closed**
- 14 Healthy Living Club—walking at 10:30 a.m.
- 16 OPEN HOUSE—Entertainment "Holiday Ramblers"
- 18 Bingo/Games
- 21 Healthy Living Club—walking at 10:30 a.m.
- 23 Music: Greg Merwin
- 25 Bingo/Games
- 28 Healthy Living Club, Chair Exercises at 10:30, Music: Al Bartholomew
- 30 Movie: "A Beautiful Day in the Neighborhood"

## 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](mailto:winnfoodwithfriends@gmail.com)

Happy August! Do you like Live Music, playing cards, crafts, Bingo or exercise? Sometimes it is nice just to get out and visit with others in an air-conditioned building! Come join us at Winn Community Center for fun and fellowship!

### Winn AUGUST Calendar

- 2 Music :Midnight Express/Ice Cream Sandwiches
- 4 Movie Monday "Sister Act", bring a sister or other family member!
- 7 Open Craft Day-bring your favorite craft ; (knitting, crocheting, scrapbooking, etc.)
- 9 Music: Country Kin
- 11 **Closed today**
- 14 Movie Monday "Casablanca" Creamsicle Day
- 16 Music: Greg Merwin Birthday Celebrations and Joke Day
- 18 Sit and Get Fit-Walk Away the Pounds Poetry Day
- 21 Celebrate Senior Citizens Day!
- 23 Music: Kevin Bendele—Tea and Cookies
- 25 Game Day—Uno, Skipbo
- 28 Movie Monday "Wizard of Oz" and Popcorn
- 30 Music: John Schimmelmann- Piano Marshmallow Day

## 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](mailto:rosebushfoodwithfriends@gmail.com)

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

### Rosebush AUGUST Calendar

- 2 Penny Bingo, Nutrition Education
- 4 Music/Paul Wilkinson
- 7 Manicures
- 9 Music/Marty Miller
- 11 Ice Cream Social/Birthday Celebration
- 14 Penny Bingo
- 16 Music/Mark DeNoyelles
- 18 Music/Greg Merwin
- 21 Music/Just the 2 of Us
- 23 Penny Bingo
- 25 Music: To be announced
- 28 Bingo with Prizes
- 30 Jeopardy

**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](http://www.8cap.org/weatherization)

**Spend Your Summer With  
Isabella County Parks and Recreation**

Enjoy the hot summer days at one of the swimming beaches at Coldwater Lake Family Park or Herrick Recreation Area. For pavilion and camping information, utilize our online reservation system at <https://www.isabellacounty.org/departments/parks-recreation/reservations/reservations/>. You can also call the County Parks Main Office **989.317.4083** or call the parks directly: Coldwater Lake Family Park – **989.644.2388**, Deerfield Nature Park – **989.772.2879** and Herrick Recreation Area – **989.386.2010**.

**Beat the Heat**

As temperatures rise, the Commission on Aging would like to remind you that there may be help available to beat the heat. Unmet Needs funds are intended for older adults who are 60 and older, who meet certain income/asset guidelines, to use for emergency needs. The Commission on Aging can help with a request for air conditioning units to help prevent heat related illness. Case Managers would also like to remind people to stay hydrated, protect against sunburn, take extra precautions with certain medications and to make sure to not leave pets or loved ones in vehicles in the hot weather. For more information on the Unmet Needs Program, please feel free to contact the Commission on Aging at **(989)772-0748** and ask to speak to an available case manager.

**You Can Report Scams and Frauds**

The Federal Trade Commission (FTC) is the main agency that collects information on scams and fraud. You can call **1-877-382-4357** or report online to [usa.gov](http://usa.gov) Online you will find many consumer issues; be able to follow the prompts to report a fraud or scam, file a complaint, ask a question and protect yourself from identity theft.

**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 are 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](mailto: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 ( **July 26, August 23** ) 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](mailto: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, August 16 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](mailto: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:**

**COA, 2200 S. Lincoln Rd., Mt. Pl.**

**RSVP to Group Leader:** Galen Voss

**Email:** [galenvoss@yahoo.com](mailto:galenvoss@yahoo.com)

**Phone:** 989-245-5725

### 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, August 16 or Wednesday, September 20 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 Hospital**  
**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.

### Central Michigan Area Stroke Support Group – Starts August 15

Stroke survivors and caregivers will be able to connect with others that may have had similar successes or struggles, in an environment that fosters emotional support, empowerment, and educational opportunities. Potential topics to include health and wellness, communication, changes, social connections, community participation.

**Meets the 3<sup>rd</sup> Tuesday of each month from 3:00 p.m. to 4:00 p.m.**

**McLaren Central Michigan**  
**FDJ Conference Room**  
**1221 South Drive, Mt. Pleasant**  
**Call (989) 779-5604 to register.**

### New Tomorrows - Eight Week Grief Education Series

You are not alone in grief! McLaren Hospice offers a free educational support program for any person who is coping with the death of a loved one. In an emotionally supportive peer group setting, participants are offered opportunities to share and heal and are given tools designed to assist them in navigating through the experiences of grief.

**Every Wednesday, September 6 through October 25 from 9:30 a.m. to 11:30 a.m. at McLaren Central Michigan: 1221 South Dr., Mt Pl.**

Call Amy, McLaren's Bereavement Coordinator and New Tomorrows Facilitator, at (989) 233-4613 to register at any time during the series or with questions.

## In Memory Of

**Bonnie Bauder**  
Kathryn Fransted

**John A. Beltinck**  
WWII US Army  
Air Force Vet  
Katie Shelton



**John Haupt**  
Joe & Carol Marchiando

**Arlene Landon**  
Lloyd Landon

**Delores Lawrence**  
The Lawrence Family

**Peter Moutsatson**  
Tom & Laura Plachta

**Patricia "Patty" Reed**  
Shirley Reed

**Dolly Rau**  
Sandra Boge  
Patti & Kim Cotter  
Marcia Funnell  
Dale & Jeanette Gatehouse  
Eileen Jennings  
Carol & Joe Marchiando  
Bob & Marianne McJames  
Carolyn Moeggenberg  
Stephen & Lori Pipoly  
Emily & Bruce Powers  
Ann & Doug Rau  
Ginny Rau  
Mary Kay Rau  
John & Marge Sheppard  
Alice Spayd  
Nancy Vodicka

**Pat Siuda**  
Daniel & Mary Fussman

**Al Thomas**  
Walter Schneider

**For Activity Center**  
**Peter Moutsatson**  
William & Peggy Dewitt

**For Food with Friends**  
**Edna "Dolly" Rau**  
Sharon Horgan

**Sally Reyes**  
Sharon Horgan

## Thank You All for Your Generous Donations

### Active Living Online

*Are you interested in receiving an electronic version of our monthly Active Living?*

*If so, Please email Marcy Huntoon at: [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org) to be added to our email list!*

## ***IRide Gold Pass*** **is 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.

## Active Living Donors

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| George Jr. & Diana Clapp  | Charles Roethlisberger   |
| Margie Henry              |                          |
| Dr. Norman & Susan Woerle |                          |

**Updated: \*FREE\***

## Upcoming Performances

### Central Michigan Area Concert Band Upcoming Performance

**Monday, August 14, 7:00 p.m. at the Clare Airport, 10725 Eberhart Avenue**

**as Part of the annual Clare Pilot Association Ice Cream Social. Bring your chairs and enjoy a great time!**

### 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\*

July 20: Siusan O'Rourke Traditional Folk-Irish-Celtic  
July 27: Delilah Dewylde High Octane Rockabilly

**Special Performance: Tuesday, August 1**  
Crosscut Kings Roots, Blues, Americana

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 September issue, please send the information by August 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*

## COMMISSION ON AGING ADVISORY BOARD

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## Temporarily Away

Active *LIVING* is not "forwarded." If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning a 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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**Send to:**

**Friends of Isabella Seniors (COA)  
2200 S. Lincoln Rd.  
Mt. Pleasant, MI 48858**

**Please make checks payable to:  
Friends of Isabella Seniors**

The Friends of Isabella Seniors organization is operated exclusively for charitable purposes, within the meaning of Section 501 (c)(3) of the Internal Revenue Code to encourage and assist with the provision of programs and services for older adults in Isabella County operated in cooperation with the Isabella County Commission on Aging.

**Suggested contribution to Active LIVING: \$20.00 per year** helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

**Address Changes:** Active LIVING is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office.

**Please notify COA office using the delivery form at left each time you request a change to assure we record changes correctly.**