

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

**Reminder Dates:
Subject to Change**

**FREE Movie & Popcorn ~
May 31 "Dog"
June 28~ "Mission Impossible
Dead Reckoning"**

**Detroit Tigers Game ~
June 13 ~ TRIP IS FULL**

**Fit Feet Walking Club
Returns ~ June 24 –July 29
NEW Times: 3 to 4 p.m.
On Mondays**

**Tai Chi in the Park ~
See Page 5 for all details**

**Country Quilters Show~
July 12 & 13 at Weidman
Community Center pg. 6**

**COA / FOIS Annual Golf
Outing ~ August 2
You can Sign Up Below!**

**Frederik Meijer Garden
Trip ~ August 14**



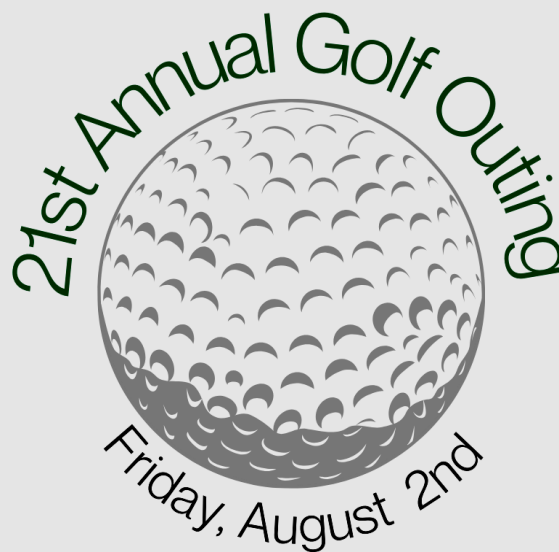
ISABELLA COUNTY
COMMISSION ON AGING

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
- ✓ Golfer gift



Sponsored by:



**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

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



Registration:

Player 1: _____
Player 2: _____
Player 3: _____
Player 4: _____

Payment Today:

Yes / No
Yes / No
Yes / No
Yes / No

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

COA Director's Comments



Summertime equals fun! When I think about summer, I picture longer days with more daylight, spending time outside, barbecues, swimming, flower and vegetable gardens flourishing, the smell of fresh cut green grass, and the sounds of neighborhood kids playing. Something new and exciting here at the COA this summer will be the completion of our pavilion and recreation area, which will include a shuffleboard court and a pickleball court. We are so excited to provide these new opportunities on our campus for older adults who might not otherwise have the ability to take part in them. It will be so wonderful. More information will be shared as we get closer to a completion date.

If I were to think of a great summer dessert, strawberries are more than likely going to make an appearance... especially when they are in season here, which is typically around the month of June. They pretty much could go with and in just about everything, but strawberry shortcake is the way to go! Did you know that **Friday, June 14 is National Strawberry Shortcake Day**? Be sure to come to the COA at 12:30 p.m. on June 14 to celebrate the day with us and enjoy a strawberry shortcake!

Speaking of strawberry shortcake, my dad is a big fan! During the month of June, we are given the opportunity to recognize all of the great dads in our lives as we celebrate Father's Day on June 16th. I consider myself and our kids to be especially Blessed to have the most wonderful dads. I am forever grateful to have an incredible dad who is always there for us, supporting us in everything we do, and loving us unconditionally. He has provided a great example to me and my family through his faithful service to our community and tremendous work ethic. In addition to my own dad, it has been great teaming up with my husband in parenthood, seeing him continue to grow into the great dad that he is to our boys – last month marked 22 years that we have been parents, and we continue to learn and grow together every day! It has been especially wonderful watching our boys develop stronger relationships with him as they get older and enjoy taking part in hobbies together. Along with my dad and my hubby, I am also so fortunate to have a wonderful father-in-law, who is always there supporting our family in everything we do!

In recognition of Father's Day, (June 16) please take some time to reach out, recognize, and show appreciation and love for those special dads in your life.

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

Mission Moments



We love our Gold Key Volunteers!

Gold Key Volunteers help in each and every program that we offer at the Commission on Aging. In May, we were able to get together to celebrate the time and heart the volunteers put into our community at our annual recognition dinner. We went back in time to the fabulous 50's to enjoy a drive-in movie highlighting volunteers, and had a nice dinner from J. Catering,



Then we wrapped the night up with sock-hop music! Our staff loves being able to enjoy a night to thank and serve the volunteers as a small token for what they do year-round. They truly are the heart of our organization!

THANK YOU, GOLD KEY VOLUNTEERS!

Kelly Lee, Program Manager, Gold Key Volunteers

Don't Be Duped – Check the Facts!

These days, we have a lot of choices in terms of where to get information. Not only do we have TV and radio, but also the internet, and social media sites like Facebook and Truth Social. So many sources should be a good thing, but it also makes it easier to fall for scams and misinformation. Telling the difference between actual news and misleading or untrue information can be really hard to do at first glance - and nobody wants to be duped. The solution is - make a habit of checking the facts!

Here are six tips for a successful fact check.

- 1. Identify the Claim:** Narrow down the claim or statement you want to fact-check.
- 2. Find Reliable Sources:** Look for trustworthy sources of information. You want facts, not opinions. The Associated Press, Reuters, and NPR are known for being accurate and unbiased.*
- 3. Use Fact-Checking Websites:** Snopes, Factcheck.org, and PolitiFact are platforms that specialize in investigating and verifying the accuracy of various claims and rumors. They include the evidence behind their assessment of the “fact” in question, so it isn't “just because they say so”. You can use Justfacts.Votesmart.org to see how elected officials voted or to see who donates to their campaigns.*

4. Verify Images and Videos: Do a reverse image search or use tools like TinEye or Google Images to check whether an image or video is the real deal. Beware of the use of Artificial Intelligence to create fake images and videos.*

5. Consider the Context: Understand the big picture surrounding the claim. Sometimes information can be technically accurate but misleading because the whole situation is not taken into account.

6. Another Reason to Fact Check has to do with being a responsible citizen. We live in a democracy, where we have the power of our vote. Fact-checking helps us be sure we have accurate information on which to base our votes. Countries hostile to the USA know how important voting is, which is why they are often the source of misleading and false information found on the web.

So...before you pass it along, check the facts! Evaluate information critically, rather than accepting it at face value. Don't be taken in by false information. Stop misinformation in its tracks by checking the facts!

*The staff at Veterans Memorial Library can help if needed.
Phone:(989) 773-3242

*Submitted by: League of Women Voters
Mt Pleasant Area*

Caregiver Support Corner *By Brandise Leonard,* *Caregiver Support Specialist/Trainer at COA.* *Contact: (989)772-0728 or bleonard@isabellacounty.org*

Caregiver Support Group is **Monday, June 17 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.

If you're looking for something fun to do this summer that's easy, cheap and would make fun memories. Read the following poem and get inspired to fly a kite this summer. Get to your local store buy a kite or two. Call your family, invited them over. You're never too old to enjoy the outdoors. Flying a kite is easy to do from the sitting position once it's up in the air. Or enjoy your grandchildren from the front or back porch or inside the home from an open window. Feeling the summer breeze and warm sunshine is refreshing.



The Wind

By: Robert Louis Stevenson

*I saw you toss the tights on high
And blow the birds about the sky;
And all around I heard you pass
Like ladies' skirts across the grass
Oh, wind, a blowing all day long,
Oh, wind that sings so loud a song!*

*I saw a different thing you did,
but always you yourself you had.
I felt you push, I heard you call,
I could not see yourself at all.
Oh, wind, a blowing all day long
Oh, wind that sing so loud!*

*Oh, you but are so strong and cold
Oh blower, are you young or old?
Are you a beast of the field and tree?
Or just a stronger child than me?
Oh, window blowing all day long
Oh, wind that sang so loud and strong!*

Events & Classes

Computer/Tech Class at COA

Tuesday, June 4, 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 “Summer on the Lake”

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

\$25 per person (supplies included)

Let award winning television artist Steve Wood help develop the “artist” in you to create “**Summer on the Lake.**” 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, June 3. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.** Next class, Wednesday, July 3.

Free Educational Session: "Navigating Downsizing: A Guide for Aging Adults" Thursday, June 13, from 12:30 p.m. to 1:30 p.m. in COA Room B

Learn the benefits of downsizing and simplifying your home and belongings for a more manageable, stress-free lifestyle. Home Organizer, Mona Cotton will share downsizing options and strategies, discuss ways for overcoming emotional challenges, and offer ways to navigate a move and transition to a smaller space and new community. Participants who also want lunch at Noon should call COA 24 hours in advance to make a reservation – **(989) 772-0748**. Suggested donation of \$2.50 for those over 60 and \$5 for those under 60.

MOVE! For Health at COA

Summer I Session: May 16 to June 20 on Thursdays from 2:30 p.m. to 3:30 p.m. (May 16 class will be outdoors, so plan accordingly). **Summer II Session: June 26 to July 24 Wednesdays 4:00 p.m. to 5:00 p.m.**

Reasons to join: Exercise has proven to slow down the progression of Parkinson’s and improve quality of life. It’s a Fun, supportive environment, promoting empowerment. It’s for people with Parkinson’s, Multiple Sclerosis, and anyone that wants to improve their daily function and activities. This class is taught by second year Doctor of Physical Therapy students under the supervision of Dr. Jamie Haines, PT, DScPT, NCS. Contact her at **(989) 774-2533**.

Jam Session – Last group is May 31. Returns after Labor Day. Dulcimer Group and Ukulele Group will meet until the end of June, then be on hold July to Labor Day.

Coffee Hour with An Attorney

4th Wednesday of every month (May 22, June 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!

Veterans Support Group at COA



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

Mahjongg at COA ~ Join our Mahjongg group on **Mondays at 12:30 p.m.** and make new friends! Bring your 2024 card and Mahjongg set if you have them. Instruction provided for newcomers!

State Employee Retiree Assoc. (SERA)

STATE EMPLOYEE RETIREE ASSOC. (SERA) meeting on **June 20, will be at the Commission on Aging starting at 1:00 p.m.** The presentation will be the County Administrator, Nicole Frost. She will explain the upcoming millage proposal for renewal, not an increase, for operational cost. The presentation is open to the public. Following the presentation, there will be our regular business meeting. We have several issues facing our chapter, and the board would like input from our members. If there are any questions, please feel free to contact Jackie Curtis at **989-772-0597** or jacurtis46irish@gmail.com.

“Connecting with Cards” Card Making Class

Tuesday, May 28 and June 25 from 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 **989-772-0748** to sign up for this **FREE** class.

Healthy Lifestyles Group at COA

Healthy Lifestyles meets **every Tuesday from 12:45 - 1:30p.m.** The group’s main focus is on senior health including weight management, understanding our bodies, reviewing vitamins and minerals required for health, the role of exercise, and diets best for seniors. No charge to attend. Volunteer Led by Karen Norman

FREE Movie and Popcorn at COA

Friday, June 28 at 1:00 p.m. in COA Room C “*Mission Impossible: Dead Reckoning*” PG-13 2hr 43min Ethan Hunt and the IMF team must track down a terrifying new weapon that threatens all of humanity if it falls into the wrong hands. With control of the future and the fate of the world at stake, a deadly race around the globe begins. Confronted by a mysterious, all-powerful enemy, Ethan is forced to consider that nothing can matter more than the mission -- not even the lives of those he cares about most. **Call Rhonda at 989-772-0748 to register.**

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 mierome@isabellacounty.org

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 Tai Chi Tuesday, June 4, Tuesday, July 2 or Thursday July 4.**

Tai Chi in the Park sessions will meet at **10:00 a.m. at the Island Park Arts Pavilion on these Wednesdays: June 12, 19, July 10, 17, 31.**

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.** Some Tai Chi experience recommended.
*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 improves 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

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.

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

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

Aqua Classes 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 SWIM DAYS: Monday, May 27 – Memorial Day, Friday, May 31 – Special Olympics, July 4 – July 19 – 4th of July Holiday and Pool lighting project (pool closed), August 5 to 9 – Annual Facility Shutdown.

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

Yoga ~ **NO YOGA from Memorial Day to Labor Day ~ Last class will be Monday, May 20 and will resume on Monday, September 9.**

Instructor: Catherine Tobin

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

Video Exercise Group ~ Mondays and Wednesdays at **9:00 a.m. in the COA Fitness Room.** Join this group in getting together and working out to different fitness videos on the TV. **All are welcome to join!**

Otago Exercise Class with CMU

Location: COA Fitness Room *Instructor: CMU Students*

- **Tuesdays at 1:00 p.m. to 1:30 p.m.**
- **Wednesdays at 12:30 p.m. to 1:30 p.m.**
- **Thursdays 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. Pl.

Call: (989)774-1350 Fax: (989)774-7658

Email: fallprevention@cmich.edu



ISABELLA COUNTY
COMMISSION ON AGING

VOLUNTEERS NEEDED

- ✕ Seeking Home-Delivered Meal Volunteer Drivers:
 - Run routes in the area of your choice throughout Isabella County on Monday, Wednesday, or Friday.
 - Pick up routes during lunch-time hours on days you are available! Mileage reimbursement offered.

TO SIGN UP, CALL KELLY OR MARY
989-772-0748

Summer Storm Safety *Source: DTE*

Storm season often 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 an 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.

Get **Smart911** available in the App. store. It's **FREE** and easy to download onto your devices. Download the **Smart911** app today. You can also sign up for **Smart911** on the **Isabella County Central Dispatch Home Page**.

Fit Feet Walking Club Returns! Please Note: Changed Time

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 group will run for 6 weeks during the summer: **Mondays, 3:00 p.m. to 4:00 p.m., June 24 to July 29.** We will have incentive prizes throughout! If you are interested in joining the group, please contact: **Marcy Huntoon at (989) 772-0748 or mjerome@isabellacounty.org**

2024 Country Quilters ~ Quilt Show Friday, July 12, Saturday July 13~10:00 a.m. to 4:00 p.m. at Weidman Community Center, 5918 W. Bridge St., Weidman

RAFFLE QUILT
9 Patch
Medallion
Hand Quilted by
Country Quilters

TICKETS ARE
AVAILABLE FROM
ALL MEMBERS!

HOPE TO SEE YOU
THERE!



QUILT RAFFLE TICKETS 1 FOR \$1.00 OR 6 FOR \$5.00
DRAWING JULY 13, AT 4:00 PM.
NEED NOT BE PRESENT TO WIN!

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**.

Lunch & Learn Medicare Seminars are at COA in the Craft Room 12:00 p.m. to 2:00 p.m. During the third Tuesday of each month, you can expect to see a presentation regarding (MMAP) Michigan's Medicare / Medicaid Assistance Program.

Jennifer Martin, Case Manager for 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. **You may call (989)772-0748 to sign up for lunch, or bring your own. Dates: June 18, July 16, August 20, September 17.**



FREE IRide Gold Pass is Available at COA If you are 80 or older, you are eligible to receive an *I Ride Gold Pass* compliments of the Isabella County Transportation Commission. This Pass enables you to ride the *I Ride* bus for **FREE**. The card is made at COA. You must show verification of your age and be an Isabella County resident to obtain a pass.

Enjoy Summer!



Midwest American Mycological Information (MAMI) is excited to host a second Wild-foraged Mushroom Certification workshop at the beautiful **Isabella County Commission on Aging on June 8, 2024. This workshop is open to**

anyone and everyone interested in learning about mushrooms. Additionally, the workshop allows attendees to become certified through the Michigan Department of Agriculture and Rural Development to sell wild-foraged mushrooms in Michigan. MAMI Wild-foraged Mushroom Certification workshops provide curriculum, lectures, hands-on training and the exam for people interested in becoming a certified mushroom identifier. There are opportunities throughout the one-day workshop to use microscopes, observe mushroom specimens and interact with mycologists. Attendees achieving 80% or higher on their exam are qualified for certification through MDARD.

Travel with COA

Detroit Tigers Game Thursday, June 13 ~ TRIP IS FULL

We will depart COA at 9:00 a.m. Game starts at 1:10 p.m.

Price: \$85 per person - includes motorcoach transportation, ticket, food voucher (hot dog, chips and drink), tips, and breakfast snack.

Money and reservations due Friday, May 17.

Frederik Meijer Garden Wednesday, August 14

The motorcoach will be **departing COA at 9:00 a.m.** We should arrive to the gardens about 10:30 a.m. Upon arrival we will be split into two groups. At 11:00 a.m. group 1 will start with walking indoor tour while group 2 starts with an outdoor tram tour. At noon, group 1 will depart for their tram tour while group 2 embarks on their indoor walking tour. Lunch will be from 1:00 p.m. to 2:00 p.m. on your own at the Cafe on site (**lunch price is not included in the price of the trip**). From 2:00 p.m. to 3:00 p.m. you will have free time to wander the gardens on your own and/or visit the gift shop on site. **We will depart around 3:15 p.m. and should arrive back to COA around 4:45pm.**

Price Includes: Motorcoach Transportation, Big Picture Walking Tour, Tram Tour, Breakfast, Snack/Water, and Gratuities. \$60 per person - **Money and reservation due Friday, July 12.**

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

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.


Mushroom Hunts ~ Deerfield Nature Park mushroom field experience to learn about early summer mushrooms is **Thursday, July 11 at 10:00 a.m.** Meet at the **Fussman Pavilion**. Make sure to tell the gate attendant that you are there for the mushroom class, and you will get into the park free that day!

The workshop runs from 9:00a.m. to approximately 3-3:30p.m; the testing period is from approximately 3:30pm to 5:30p.m. **Ready to register for this unique event?**

There are several options available to attend the workshop: Certified, Non-certified (enjoy the workshop without the exam!), Recertification (for people whose certification has, or is about to, expire), and Retest (this is for people who didn't achieve 80% higher on a previous exam attempt). More information and registration can be found online at <https://midwestmycology.org/>. **Registration must be received by June 5, 2024; no walk-in registrations will be accepted.** Please Email questions to Heather Johnson, MAMI Program Administrator, at mamimycology@gmail.com. **Special thank you to Sister Marie Kopin for coordinating this event between the Isabella County COA and MAMI!**




Page 8 Monday	Tuesday	Wednesday
		<p style="text-align: center;">Food with Friends Lunch Monday thru Friday at 12:00 p.m. in Activity Room C. See our Menu on pg. 10 Lunch Activities in bold—Rm C</p>
9:00 Video Exercise Group 3 10:00 Low-Impact Aerobics 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers 5:00 Human Rights Committee Mtg 6:00 Alzheimer’s Caregiver Support	10:00 Line Dancing 12:45 Healthy Lifestyle Group 1:00 Cards 1:00 CMU Otaga Exercise Class 2:00 Computer/Tech Class 5:30 Board of Commissioners Mtg	9:00 Video Exercise Group 5 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 10:00 Watershed Alliance 12:00 COA Advisory Board Meeting 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 4:00 Anyone Can Paint
9:00 Video Exercise Group 10 10:00 Low-Impact Aerobics 10:00 Coffee & Conversation 11:00 Monday Trivia 11:00 Gentle Exercise 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 2:30 Insurance Committee Meeting	8:00 Commission Committee 11 10:00 Line Dancing 10:00 BegTai Chi 10:00 Needlecraft Meeting 11:30 Tai Chi Next Level 12:30 Woodcrafters Board Meeting 12:45 Healthy Lifestyle Group 1:00 CMU Otaga Exercise 1:00 Cards 1:30 Mid MI Woodcrafters 5:00 PEO 5:30 Huntington’s Support Group	9:00 Video Exercise Group 12 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:30 PEO 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 1:00 Between the Covers Book Club
9:00 Video Exercise Group 17 10:00 Low-Impact Aerobics 10:00 Coffee & Conversation 11:00 Monday Trivia 11:00 Gentle Exercise 11:30 Monday Trivia 12:30 Mahjongg 1:00 Cards 1:00 Caregiver Support Group 1:00 Faith Weavers Group	8:30 FOIS Meeting 18 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:00 Medicare Seminar 12:45 Healthy Lifestyles 1:00 Cards 1:00 CMU Otaga Exercise Class 5:00 MMARA 5:30 Board of Commissioners Mtg	19 Closed 
9:00 Video Exercise Group 24 10:00 Low-Impact Aerobics 10:00 Coffee & Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 3:00 Fit Feet Walking Program	8:00 Commission Committee Mtg 25 8:00 Sewing Peeps 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group 1:00 Cards 1:00 CMU Otaga Exercise Class 2:00 Connecting with Cards 6:00 Mid Michigan Quilt Guild	9:00 Video Exercise Group 26 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 10:30 Coffee Hour with an Attorney 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 4:00 MOVE Class 5:00 Parkinson’s Support Group 7:00 Nancy Carey Cancer Support Group

Thursday	Friday	Saturday Page 9
		<p style="text-align: right;">1</p> <p>9:00 Community Church Group</p> <p>10:00 Line Dancing</p>
<p>8:00 Dept. of Treasury 6</p> <p>8:30 CMU Otaga Exercise Class</p> <p>8:30 EightCAP</p> <p>10:00 Beginner Tai Chi</p> <p>10:00 Coffee and Conversation</p> <p>10:30 Community Church Craft Group</p> <p>11:00 Word Search</p> <p>11:30 Tai Chi Next Level</p> <p>11:30 Nutrition Education 1:00 Cards</p> <p>2:30 MOVE! For Health 3:00 Hula</p> <p>6:30 CM Thin Blue Line</p>	<p style="text-align: right;">7</p> <p>10:00 Collaborative Meeting</p> <p>10:00 Coffee and Conversation</p> <p>10:00 Low-Impact Aerobics</p> <p>11:00 Trivia</p> <p>11:00 Gentle Exercise</p> <p>12:00 McLaren Hip & Knee Presentation</p> <p>1:00 Bingo</p> <p>1:00 Ukulele Group</p> <p>2:00 Cards</p>	<p style="text-align: right;">8</p> <p>8:00 MAMI</p> <p>10:00 Line Dancing</p> <p>Come out to COA and enjoy our beautiful Walking Trail! The trail is completely ADA accessible from the parking lot. Enjoy exercise equipment, benches and greenery. Hope to see You!</p>
<p>8:30 CMU Otaga Exercise Class 13</p> <p>9:00 Community Church Craft Group</p> <p>10:00 Beginner Tai Chi</p> <p>10:00 Coffee and Conversation</p> <p>11:00 Word Search 11:30 Tai Chi Next L</p> <p>12:30 Downsizing Presentation</p> <p>1:00 Veterans Support Group Room C</p> <p>1:00 Cards 2:30 MOVE Class 3:00 Hula</p> <p>3:30 VA Committee Meeting</p> <p>4:00 FGSPCP Advisory Board Meeting</p> <p>6:00 Planning Commission</p> <p>6:30 Community Cancer Services</p>	<p style="text-align: right;">14</p> <p>10:00 Coffee and Conversation</p> <p>10:00 Low-Impact Aerobics</p> <p>11:00 Music with Al Bartholomew</p> <p>11:00 Gentle Exercise</p> <p>12:30 Strawberry Shortcake</p> <p>1:00 Ukulele Group</p> <p>1:00 Bingo</p> <p>2:00 Cards</p>	<p style="text-align: right;">15</p> <p>8:00 Mid Michigan Quilt Guild</p> <p>9:00 Charlene's Quilting Group</p> <p>10:00 Line Dancing</p> <p style="text-align: right;">16</p> <p style="text-align: center;"><i>Happy Father's Day!</i></p>
<p>8:30 CMU Otaga Exercise Class 20</p> <p>10:00 Coffee and Conversation</p> <p>10:00 Beginner Tai Chi</p> <p>10:00 Learn to Crochet</p> <p>11:00 Gold Key Driver Training</p> <p>11:00 Word Search</p> <p>11:30 Tai Chi Next Level</p> <p>1:00 SERA Meeting</p> <p>1:00 Cards</p> <p>2:30 MOVE Class 3:00 Hula</p> <p>7:00 Mt. Pleasant Citizens Climate Lobby</p>	<p style="text-align: right;">21</p> <p>9:30 FGSPCP In-Service</p> <p>10:00 Coffee and Conversation</p> <p>10:00 Low-Impact Aerobics</p> <p>11:00 Word Search</p> <p>11:00 Gentle Exercise</p> <p>1:00 Ukulele Group</p> <p>1:00 Cards</p>	<p style="text-align: right;">22</p> <p>8:30 Lions Club</p> <p>10:00 Line Dancing</p> <div style="text-align: center;">  <p>GIVE PEACE A CHANCE</p> </div>
<p>8:30 Staff Meeting 27</p> <p>8:30 CMU Otaga Exercise Class</p> <p>10:00 Coffee and Conversation</p> <p>10:00 Beginner Tai Chi</p> <p>10:30 Community Church Craft Group</p> <p>11:00 Word Search</p> <p>11:30 Tai Chi Next Level</p> <p>12:30 June Birthday Celebration!</p> <p>1:00 Cards</p> <p>3:00 Hula</p>	<p style="text-align: right;">28</p> <p>9:00 Happy Rippers</p> <p>10:00 Coffee and Conversation</p> <p>10:00 Low-Impact Aerobics</p> <p>11:00 Music with Barb and Greg</p> <p>11:00 Gentle Exercise</p> <p>1:00 Ukulele Group</p> <p>1:00 Movie & Popcorn: "Mission Impossible: Day of Reckoning"</p>	<p style="text-align: right;">29</p> <p>9:00 Happy Rippers</p> <p>10:00 Line Dancing</p> <p style="text-align: right;">30</p> <p>9:00 Happy Rippers</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 at the phone number or email listed for each site.

FWF Eat Smart Menu

		June 2024		
Monday	Tuesday	Wednesday	Thursday	Friday
3 Macaroni & Cheese Bread California Blend Pears Cookie	4 Fish Sandwich Roasted Potatoes Fruited Coleslaw Citrus Fruit Cup	5 Corn Chowder Biscuit Tossed Salad Apple Crisp Yogurt	6 Smothered Chicken Breast Bread Baked Potato Broccoli	7 Italian Meatloaf Company Potatoes Italian Blend Applesauce Sugar Cookie
10 Sloppy Joe Bun Mixed Vegetables Roasted Potato Medley Peaches and Pears	11 Lemon Baked Chicken Dinner Roll Au gratin Potatoes Seasoned Broccoli Blueberry Pear Crisp	12 Chinese Pepper Steak Brown Rice Brussels Sprouts Peaches Goldfish Grahams	13 Chicken Salad Croissant Baby Carrots Cucumber Salad Strawberries String Cheese	14 Chili Cornbread Baked Potato Mixed Fruit Cup
17 Polish Sausage Sauerkraut Bread Parsley Potatoes Green Beans Apricots	18 Beef Stew Biscuit Malibu Blend Veg. Pineapple Tidbits	19 Closed No Meals 	20 Turkey Loaf Bread Scalloped Potatoes Squash Michigan Fruit Cup	21 Veal Parmesan Pasta Rotini Garlic Bread Knot Mixed Vegetables Mandarin Oranges
24 White Chicken Chili Cornbread Peas Pineapple & Oranges	25 Lemon Baked Cod Bread Carrots Cheesy Potatoes Fruit Cocktail	26 Baked Spaghetti Cheesy Breadstick Succotash Veg. Blend Tropical Fruit	27 Roast Pork Bread Scalloped Potatoes Spinach Cinn Applesauce	28 Spanish Chicken Bread Whipped Potatoes Winter Blend Pears

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. Pl., Room C

Meals: M thru F at Noon

Rhonda Burke, Site Facilitator

989-772-0748 or rburke@isabellacounty.org

COA Building OPEN Monday thru Friday
from 8:00 a.m. to 4:30 p.m.

Summer is finally here! Hip Hip Hooray! Come on in, we would love to see you here to enjoy our great food and also enjoy our many activities here at the COA. It is still hard to believe that it is already June! Fit Feet Walking Club starts this month.

Keep these June dates in mind:

Line Dancing Tuesdays, Wednesdays at 10:00

7 Bingo at 1:00

13 Veterans Support Group at 1:00 in Rm C

14 Strawberry Shortcake Day at 12:30

14 Music with Al Bartholemew at 11:00

14 Bingo at 1:00

19 Closed for Juneteenth Holiday

27 June Birthday Celebration at 12:30

28 Music with Barb & Greg from 11 to 12

then Movie with Popcorn at 1:00:

Mission Impossible: *“Day of Reckoning”*

with Tom Cruise

FOOD WITH FRIENDS PUNCH CARDS!

\$10.00 FOR 5 MEALS

\$20.00 FOR 10 MEALS

You can ask your Site Facilitator for more information!

The Punch Cards are purchased at the Commission On Aging Bldg., 2200 S. Lincoln Rd., Mt. Peasant.

Great for holidays and birthday gifts!

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 June. Come join us!

Rosebush June Calendar

3 Manicures/Nutrition Ed

5 Music Amanda Armstrong

7 Music/Paul Wilkinson/Ice Cream Social/Birthdays

10 Craft/Plant flowers

12 Music/Marty Miller

14 Music TBA or Penny Bingo

17 Music/Just the 2 of Us

19 Music/Mark DeNoyelles

21 Bingo with Prizes

24 Music/Sam Lee

26 Music/TBA

28 Laugh-In/Trivia

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

June is here! Hooray!!! It's time to enjoy the sunshine and outside yardwork. Make sure that your body is ready for the extra work by joining us for Sit and Get Fit each morning starting at 10:00 a.m. We have a great group that holds each other accountable to stay motivated! Once you are here, enjoy a tasty, nutritional lunch! We have fun, enjoy music, crafts, conversation, games and exercise! Stop by and meet a few new friends!

weidmanfoodwithfriends@gmail.com

Weidman June Calendar

- 3 Cards: Euchre, Golf and Rummy
- 5 Nutrition Education and Muffins
- 7 Music: Greg Merwin
- 10 Board Games, various, or bring one you love!
- 12 Conversation, Donuts and Coffee
- 14 Make and Take Craft
- 17 June Birthday Celebration with Cake and Ice cream
- 19 Closed for Juneteenth Holiday**
- 21 Summer Movie and Pretzels: "Tooth Fairy"
- 24 Cards: Golf, Rummy, Uno and more
- 26 Music: Michelle Rand And muffins
- 28 Board Games, Checkers, Kerplunk and Jenga!



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

Welcome to June! I wish you a wonderful month filled with love and happiness. We are looking forward to summer fun activities! Please come and join us!

shepherdfoodwithfriends@gmail.com

Shepherd June Calendar

- 3 10:30 a.m. CMU Exercise Class, Healthy Living and Nutrition Ed.
- 5 Music: Kevin Bendele
June Birthday Celebration
- 7 11:00 a.m. Veterans Group,
12:30 Price is Right
- 10 11:00 a.m. Healthy Living
- 12 11:00 a.m. Movie and Popcorn:
"Grease"
- 14 Father's Day Celebration,
12:30 Summer Bingo
- 17 CMU Exercise Class, games and cards
- 19 Closed for Juneteenth Holiday**
- 21 Summer Bingo
- 24 11:30 am. Music: Al Bartholemew
- 26 Closed
- 28 Closed

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

Summer is finally here! Summer is always a great time to enjoy friends, family and outdoor games and picnics. Come join us at Winn Community Center! Our Flower Arranging class is scheduled for 2 more weeks. If you enjoy flowers and would like to learn a new skill, give me a call!

Winnfoodwithfriends@gmail.com

Winn June Calendar

- 3 Flower Arranging Class
- 5 Music: Midnight Express, Nutrition Education
- 7 Flower Bingo, snacks
- 10 Cards and Games
- 12 Music: New Group! Play On-Folk Band
- 14 Closed, Building in Use.
- 17 Movie: Mrs. Doubtfire and popcorn
- 19 Closed for Juneteenth Holiday**
- 21 Bingo with Prizes!
- 24 Scrapbooking Day!
- 26 Music: Kevin Bendele
- 28 Bingo!

Nutrition Council Meetings

Do you want to make a difference within our meals program? Do you have great ideas or just want to learn more about how the program works? We would love to have you attend the Nutrition Council Meetings! We hold three meetings per year. The meetings are a chance for participants to provide feedback and suggestions for upcoming meals. The 2024 Nutrition Council Meetings are held on the following **Thursdays at 11:00 a.m. at Commission on Aging: August 22, October 24.** We would love to see you there and then join us for lunch following the meeting! Call **989-772-0748** to RSVP and to reserve lunch at least 24 hours prior to the meeting.
Carmel Slobodnik, Nutrition Program Manager

Project Fresh 2024

Project Fresh is a wonderful program that provides \$25.00 coupons for fresh produce that is purchased from local farmers, such as the Farmer's Market. Project Fresh coupons will be available for distribution again this year in June. Commission on Aging will have 125 coupon booklets to distribute. In order to qualify for Project Fresh Coupons, you must be at least 60 years of age, and be considered low income.

Due to the limited number of coupons available, we require a scheduled appointment. Please call to schedule your appointment by asking for the Meals Line, leave a message and a Commission on Aging representative will confirm that you are on the schedule. This year we cannot accommodate walk-ins due to the limited number of coupons.

There will be two distribution dates in June. Distribution will be held at Isabella County Commission on Aging, 2200 South Lincoln Road, Mt. Pleasant. Please call 989-772-0748 and ask for the Meals Line. We will return your call as soon as possible.

**Community Compassion Network
FOOD PANTRY**

**Located at the Strickler Center
1114 W High St., Mt Pleasant
~NO Walk-ins~**

**Call 989-863-4449, Option 3 to schedule
Your Appointment (Required)**

Wednesday, June 5 2 p.m. - 6 p.m.
Thursday, June 6 9 a.m. - 1 p.m.
Saturday, June 8 9 a.m. - 12 noon

Wednesday, June 12 2 p.m. - 6 p.m.
Thursday, June 13 9 a.m. - 1 p.m.

Wednesday, June 19 2 p.m. - 6 p.m.
Thursday, June 20 9 a.m. - 1 p.m.
Saturday, June 22 9 a.m. - 12 noon

Wednesday, June 26 2 p.m. - 6 p.m.
Thursday, June 27 9 a.m. - 1 p.m.

MUST LIVE IN ISABELLA COUNTY

ZIP CODES WE SERVE:

**48617, 48618, 48622, 48632, 48858,
48859, 48878, 48883,
48893, 48896, 49305, 49310, 49340**

Volunteers Welcome!

Sign up at: CONFEEDS.ORG



**FREE Mental Health
Support Groups**

**Third Wednesday of each
month 6:30-8:00 p.m., 2120 E
Remus Rd (Summit Clubhouse).**

Family Support Group

– For family and friends

Connections Support Group

– For anyone experiencing mental
health challenges

For more information please call
989.948.3273.

**Huntington's Support
Group at COA**

(Tuesday, June 11)

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

RSVP to Group Leader:
Galen Voss

Email: galenvoss@yahoo.com
Phone: (989)-245-5725

Polio Support Group at COA

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? **Please note: No Polio Support Group in June, will return in July – third Wednesday.** This group will be facilitated by Bonnie Levitan and Deborah LaBlance, both polio survivors. If you ever have any questions, please contact: **Marcy Huntoon (Jerome) at (989) 772-0748.**

**Alzheimer's Association Caregiver
Support Group**

**Meets first Monday, June 3, at
6:00 p.m. to 7:30 p.m. at COA, 2200 S.
Lincoln Rd, Mt Pleasant in Room C (the
lunchroom and Craft Room.**

Complimentary care for your person living with dementia provided onsite during the meeting by Asona Home Health Care (call Asona at (989) 546-4269 with any questions or concerns about special needs).

For more information or to register for your first time attending, contact Susan at (231) 267-6119 or slevans@alz.org. Visit alz.org/gmc/helping_you to learn more about caregiver programs and resources or call the 24/7 Helpline at (800) 272-3900.

**Nancy Carey Cancer
Support Group:**

Our regular monthly meetings are always on the **last Wednesday** of the month in the **Craft Room of the Commission on Aging**. You are invited to come to our next meeting on **Wednesday, May 29 and June 26, at 7:00 p.m. to 9:00 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 meetings are informal and upbeat. All shared information is confidential.

For more information contact:
ncarey.cancer.group@gmail.com Or you may call: (989)-773-7990, or (989)-772-1602, or (989)-828-5476.

**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



Grief Share Support Group ~

The Grief Share Support Group meets on **Thursdays, 1:00 p.m. to 3:00 p.m. from May 23 to August 29** at the **Mount Pleasant Community Church – 1400 W. Broomfield Rd., Mt. Pleasant.**

All questions or for more information, please call or text Facilitator: Claudia Wood at **(989)-600-3402** or you may email griefsharemp@gmail.com. Do you need another day or time? Please Visit griefshare.org/findagroup to find a list of groups in your area. Or find a group meeting online.

Central Michigan Area Parkinson's Support Group

Time: 4th Wednesday of each month (**May 22, June 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

Central Michigan Area Stroke Support Group

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 3rd Tuesday of each month (**May 21, June 18**) from **3:00 p.m. to 4:00 p.m.** at **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 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.

Explore Treatment Options for Hip & Knee Arthritis

Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon **Charles Lilly, MD** to learn about options for relief. Learning about treatment options can ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee and hip replacement surgery will be discussed.

Friday, June 7 from 12 – 1:00p.m.
Isabella Co. Commission on Aging
2200 S. Lincoln Rd., Mt. Pleasant
Call (989) 779-5606 to register.

Stroke Screening

Strokes don't discriminate; they affect people of all ages, ethnicities, and backgrounds. Fortunately, many strokes are preventable, and you can take steps to reduce your risk. Begin by understanding the risk factors and find out how you stack up. Make your appointment today...it could save your life! You will leave the screening with your results and a plan of action.

Screening Includes:

- Diabetes Screening
- Blood Pressure and pulse
- Body Mass Index
- Risk-reduction plan
- Results Counseling
- Full lipid profile, including total cholesterol, HDL, LDL, and triglycerides

A 12 hour fast is required for accurate results. Even though this is a fasting blood test, please take any morning medication as usual with a sip of water.

Tuesday, June 4 from 8 – 11a.m.

McLaren Central Michigan
East Lobby Entrance
1221 South Drive
Mt. Pleasant

Cost \$10 payable the day of the screening. Cash/check payment only.

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, May 15 from 7:00 a.m. to 10:00 a.m.** Cost \$25 payable the day of the screening.

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 MI Hospital, 1221 South Drive, Mt. Pl. 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.

In Memory Of

Dale Gatehouse 
Korea Vet
 Jeanette Gatehouse

Jan Gross
 Elaine & Larry Maxon

Arlene Landon
 Lloyd Landon

Waldo Sauter
 Walter Schneider

For Active Living
Den Jaynes
 Frank & Ruth Ann Green

Kay Love
 Brenda Johnston

Floyd "Pete" Reed - 
Korea Vet
 Shirley Reed

Emma Schutt
 Frank & Ruth Ann Green

For Food with Friends
Venila Quackenbush
 Anonymous

For In Home Services
Hilda Machuta
 Patty Pickler

Active Living Donors

6 Anonymous Donors
 Dennis Bailey
 Kimberlia Bohl
 Wendy Burkhardt
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Gold Key Volunteer
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Have-a-Heart Donations
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Activity Center
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**Thank You Everyone for
 your Generous
 Donations**

Dear Valued Contributors,

Great news! We are starting a new procedure to help you keep track of your generous, tax-deductible donations. From this point forward, instead of sending you multiple letters for each donation you send throughout the year we will now be able to send you an annual summary at the end of each year upon request. This summary will list each donation you made for the entire calendar year in one document and will prevent you from having to keep track of and file away papers all year long. If you would like for us to mail you this convenient new summary letter, please contact Mallory Fernandez towards the closing of the year to have one sent to you. **We could never thank you enough for all of the gracious donations you give to help us keep our programs up and running to better serve our community.**



MUSIC IN THE PARK 2024 @ ISLAND PARK ARTS PAVILION


331 N. MAIN ST., MT. PLEASANT, MI
 BRING YOUR CHAIRS AND RELAX.
 THURSDAY EVENINGS ALL SUMMER!

5:30 P.M. - 7:30 P.M.

FREE CONCERTS FOR THE WHOLE
 COMMUNITY!

JUNE

JUNE 6:
CHARLIE MILLARD BAND
 ROCK 'N ROLL, JAZZ, BLUES

JUNE 13:
OUT OF FAVOR BOYS
 BLUES TRIO

JUNE 20:
ZYDECO ZIGGIE & PERRY ENGLISH
 CAJUN & ZYDECO

JUNE 27:
YOUNGMAN & OLDMEN
 VINTAGE JAZZ, CLASSIC COUNTRY, AMERICANA FOLK

Active LIVING Needs YOUR Support

Thank You to everyone who donates to Active LIVING. As of May 9, 2024, we have received **\$8,196.00**.

We are still a long way from our needed goal of **\$24,000.00**. To keep Active LIVING a part of our communities we need your support.

Please consider donating to Active LIVING. Please use the Donation Form below. The suggested annual donation amount is \$20.00. **We deeply appreciate your support.**

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:

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

Gift is:

- Memorial**
- Honorarium**

Name: _____

- Veteran** _____
- Keep Donation Anonymous.**

Please send acknowledgment to:

Name: _____

Address: _____

Thank You for your Support

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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 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.

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