

“Measure of the Heart” Author to speak at COA for Caregiver Spring Training

Please join the Commission on Aging in welcoming Mary Ellen Geist, Caregiver, Author, and Daughter, for our annual Spring Training, on April 14, from 1:00 to 3:30 p.m. at the Isabella County Commission on Aging Activity Center, 2200 South Lincoln Rd., Mt. Pleasant.

Mary Ellen has written the book, ‘Measure of the Heart, A Father’s Alzheimer’s, A Daughter’s Return.’ This book is a caregivers’ handbook and a personal memoir of the joys and challenges of caregiving. It provides a moving and reassuring message for caregivers and health professionals who support them. You will find her and her presentation very helpful and stimulating.

We will have her book for sale at a reduced rate. However, you do not have to buy the book to attend the presentation. She will talk and have a question and answer period from 1:00-3:00 and we will have a reception from 3:00-3:30.

If you have questions, please call the Commission on Aging at (989) 772-0748 for more information. Reservations are not required but they are advised. Hope to see you there!

PLEASE NOTE:

We will **NOT** be having our usual Support Group Meeting on April 2, 2009 due to the presentation by Mary Ellen Geist.

We **WILL** have our regular scheduled Support Group Meeting April 21, 2009 from 6:30-8:00 at the Commission on Aging Activity Center.

Isabella County Commission on Aging & Wheatland Music Organization Present



*Celebrating the Life
of
Jenine Stickler*

Jive @ 5



Jammin' With Jenine

Free Concert & Dance

Saturday, April 18

7 PM to 11 PM

**Commission on Aging
Activity Building
2200 South Lincoln
Road - Mt. Pleasant**

Snacks & Punch

**Donations Accepted
@ the Door
All Ages Welcome**

**All Proceeds to
Commission on Aging
In-Home Services Programs**

Updates on Legal Issues Program at COA

As part of the National Law Day on Friday, May 1, 2009, several attorneys from the Isabella County Bar Association will be presenting information at the Isabella County Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant, from 12:30 until 2:00 p.m. in Rooms A & B concerning the following topics:

- Conservatorships
- Guardianships
- Durable Power of Attorney for Health Care
- Durable Powers of Attorney
- Wills
- Trusts
- Elder Law Planning

Refreshments will be served and the attorneys will also be available to answer questions. Please call the COA at 772-0748 if you plan to be there. The session is open to persons of all ages.

Isabella County Commission on Aging

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

Mission Statement

The Mission of the Isabella County Commission on Aging is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities.

The Isabella County Commission on Aging (COA) is a leading multi-service agency that provides a community focal point for the needs of our Older Adult population.

The following programs focus on assisting individuals who are sixty (60) years of age and older and live within our geographical service areas:

In Home Services Program

- Case Management
- Caregiver Training
- Counseling / Information
- Homemaking
- Medicare / Medicaid Assistance
- Personal Care
- Respite Care
- Fitness

Food With Friends Program

- Congregate Meals
- Home Delivered Meals

Foster Grandparent Program

- Senior Companion Program

Activity Center Program

- Activities /Trips

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 between 8:00 a.m. to 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, Federal, State, Isabella County and Gratiot County appropriations.

COMMISSION ON AGING ADVISORY BOARD

District 1	Roxanna Dunevant
District 2	Vivian Kopke
District 3	Shirley Decker
District 4	John Dinse
District 5	Charles Lux
District 6	Joanne Lovejoy
District 7	Jeanne Pfeiffer
At-Large	Therese Mosier
At-Large	Claudia Douglass

Friends of Isabella Seniors Advisory Board

President	Ray Johnson
Vice President	Joanne Lovejoy
Secretary	Brenda Upton
Treasurer	Ginny Cain
Member	Lawrence Foote
Member	Paula Johnson
Member	Monica Bissett
Member	Louise Plachta
Member	Earl Decker
Member	Ralph Pitts
Member	Rebecca Zehnder

Temporarily Away

Active LIVING is not "forwarded." When newspapers are returned to us, we automatically remove the name and address from our mailing list. **In order to get back on the mailing list, you must contact our office with your current address.** If you plan to be away or are moving, please give us a call at **772-0748**.

Legal Services

Lakeshore Legal Aid is providing FREE legal advice to people over age 60.

For an appointment call Toll Free: 1-866-552-2889

Coupon Program Update

Several improvements were recently made to the TV Converter Box Coupon program as a result of the DTV Delay Act. The shut off date was extended to June 12, 2009. However, some stations such as CMU Public TV, are choosing to transition prior to June.

Additional funding for the program is now available and approved coupon applications are once again being processed. The program will accept coupon applications until July 31 if funds continue to be available to fill the requests.

If you still have not applied for a coupon, call 1-888-388-2009, or you may apply online at: www.dtv2009.gov.

When you call, you will be asked a series of questions by an automated machine. If this process is difficult for you, ask a friend or family member for assistance. If you have already applied, you do NOT need to apply again.

Converter boxes can be purchased locally. They sell quickly. Don't wait too long to purchase one. Some newer systems have a pass through feature that enables you to have the converter box connected now, but not use it until June 12.

If you need help connecting the converter box, COA has volunteers ready to install it for you. Just call 772-0748 and ask for the Gold Key Volunteer office. Don't wait. Call today!

"The little unremembered acts of kindness and love are the best parts of a person's life." -- William Wordsworth, Poet

Animal Friends for HATS

Volunteers are needed to staff an information desk at a local animal shelter. If you love animals, this is a great opportunity to be of service to our furry friends! Answer the HATS phone, take messages, update information, greet visitors, and become familiar with the animals available for adoption. For more information, call Ginny Cain at **772-0748**.



Keith Vernon, Foster Grandparent

COA Foster Grandparents: Bridging the Generation Gap to Help Students

Grandpa Keith Vernon is accepted as well as if he were one of the students at Ithaca Junior High School. More than that, he has a very special relationship with some of the students. Grandpa Keith helps guide students who just need someone they can talk to.

Many teens are getting help from a family member they never knew they had. Grandpa Keith is just like the real thing.

A Friend is only a Phone Call away . . .



The Isabella County Commission on Aging is pleased to offer this service to Isabella County older adults and their families. The **Friendly Caller** program is available to any older adult who would like or benefit from a daily telephone call.

Calls can be temporary while recuperating from an illness or calls can be arranged on a permanent basis. Older individuals do not need to be homebound. Perhaps they are isolated and would just like someone to say hello to them each day.

A trained Gold Key Volunteer **Friendly Caller** will make regular telephone contact with a program participant, checking the older adult's safety. If the older adult does not answer his/her telephone, the Volunteer will contact COA staff who will try to reach an established emergency contact. If none of the contacts are available, COA Staff will attempt to contact the participant. Emergency services (9-1-1) may be contacted if necessary.

The Isabella County Commission on Aging Gold Key Volunteer Program has volunteers waiting to meet the needs of our community. If you know of someone who would benefit from this service, please call **989-772-0748**.

9-1-1 Reflective Address Signs are available from COA - Call 772-0748

Free Tax Preparation is still available at COA

The Isabella County Commission on Aging is working again with the AARP / IRS Tax-Aide program to assist area older adults by providing free income tax clinics with free e-filing available. This service is for low and middle income taxpayers, with special attention to those 60 and older.

The volunteers at these tax clinics will be handling Federal and Michigan tax returns that are within the scope of their training, as well as Homestead Property Tax and Home Heating credits. People who are self employed, have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer. Appointments are still available for the free tax preparation **by calling 989-772-0748. You must have an appointment for this service.** Appointments are every Thursday through April 9, from 10:30 a.m. to 4:00 p.m.

RESIDENTS OF WINCHESTER TOWERS, RIVERVIEW AND DOVER COURT, CALL YOUR BUILDING OFFICE FOR RESERVATIONS from 10:45 to 2:00 p.m.

ITEMS NEEDED FOR YOUR APPOINTMENT:

1. Social Security cards for yourself, spouse and all dependents
2. Picture ID
3. A copy of last year's tax return
4. Proof of 2008 income, including Social Security, Pension, Interest Income, Dividends, Stock Transactions and all other income
5. 2008 Property Tax bills, both summer and winter – or rent receipts for the year
6. Total amount of heating expenses
7. Amount of medical insurance premiums paid for 2008
8. Document showing Economic Stimulus Payment received in 2008

Mountain Dulcimer Lessons



If you would like to play the Mountain Dulcimer, come join us at COA on Mondays at 10:00 a.m. Lessons began on March 23rd and will continue every Monday in the Arts and Crafts Room. No experience is necessary.

The group has some dulcimers available to loan. You may join at any time. Call Judy Adams for more information: **989-828-6728**.

Donations to Active LIVING

Barbara Riley	Arlinda Buckley
James & Mary Wilmot	Melva Cole
Jack & Nancy Robinson	Royal & Eleanor Baker
Jean Reihl	Fred & Pat Streng
Ed & Auburna Bonnell	Keith & Mary Bowers
Stan & Kay Veit	Noel Rudy
Donna Bellinger	Walter & Margaret Ballauer
Charles & Janice Huffman	Alice Recker
Dean & Evelyn	John & Esther Haupt
Muterspaugh	Kathleen McNerney
Louise Lobsinger	Velma Burr
Mr. & Mrs. Gerald Pohl	Nathan & Donna Black
Irwin & Lois Traines	John & Helen Weznesky
Rose Fisher	Dean & Dorothy Adams
Helen Miller	Alvin & Joanne Roy
Sara Prout	Kenneth & Margaret
Ronny & Bonnie Sprague	Nichols
Virginia Judge	Wayne Bauer
Juanita Blystone	Dorothy Holcomb
Richard & Katherine	Robert & Mary Brady
Hougaboom	Wilma Morey
Kenneth Magnotte	Mary Nolan
Pat Lilley	Jack & Mary Lou
Connie Smith	Westbrook
Shirley Neff	Elizabeth Harris
Rosilyn Buschle	
Floyd & Bonnie Love	
Juan & Sally Reyes	
Randall & LaVonna Roose	
Mary Tremain	
Joyce Beach	
Gene & Louise Andrews	
Gale Haggart	
Glen & Helen Hamel	
Harold & Freda Mullins	
Margaret Vallier	
Beverly DeLong	
Jane Cornell	

Have a Heart Donations

Marty & Patrick Siuda

Donations Needed

Thank You to all our readers who donated to the publishing of *Active Living*. As of March 11, 2009, we have received **\$3596.00** in donations. Our goal for the year is **\$24,000.00**.

Please consider donating to *Active Living*. The suggested donation is \$20.00 per year. Make your checks payable to: **Friends of Isabella Seniors**. We really need your help to keep *Active Living* a part of our community!

MEMORIALS

IN MEMORY OF

Eva Beebe

Terry & Beverly Childs
Jerry & Carrie Wieferich

Toney Downing

Helen Roberts
Bonnie Van Horn
Terry & Jo Etta Ervin
Jim & Nancy Bauer
Margaret Clare
Dennis & Gerri White
Jo Ann Newbecker
Jerry & Carrie Wieferich
Glenn & Joan Reynolds
Orville & Lillyann
Claybaugh
Soaring Eagle Group
Sales

Patty Woodbury

John & Vicki Bollman

Kay Chamberlain

Joyce Beach

Don Voss

Jack & Soneia Cook

Francis Walters

Mt. Pleasant Women of
Moose #338

Curtis Nash

Ruth Carson
Mt. Pleasant Rotary Club
Jack & Pat Anson
Eileen Jennings
Rich Fleming
Jim Spangenberg
Gerri Wright
Jeremy Brown
Heather Ashley
Rich Devine
Peggy Pickler
Mary Ellen Brandell
Bob Rulong
Chris Pratt

Bertram Schmidt

Rose Fisher
Barclay & Margaret
Brisbane

Margaret Jennings

Jerry & Carrie Wieferich

Francis Riehl

Chum & Connie Methner
Jack & Soneia Cook
Neva Cole

Gold Key Volunteers

In Memory of

Helen Townley

Delbert & Joyce Heistand

Bertram Schmidt

Bernyce Moran

Food with Friends

In Memory of

Herb Serum

Lawrence & Jeanette
Rescoe

Georganna Wilson

Eva Beebe

Edna Dean

Eva Beebe

Charles Fulk

Eva Beebe

Sam Pratt

Jim & Terri Glenn
Edward & Barbara Clauss

Toney Downing

Al & Deb Andres
Dick & Alice Franks
Aaron Andres
The Zawacki Family
The Marge Clare Family
Nora Downing
Dora Darnell
Larry & Vickie Bushong
Heather Bushong
Luke Bushong
Lindsay Bushong
Jim & Sue Martin
Chris Leatz
Keith & Mary Bowers

Toney Downing

Jerry Yuncker
Joe & Sharon Kasper
Pat Spence
Wayne & Linda Groat
L.J. & Chris Wilson

Bertram Schmidt

Roger Gutka

Adam Clauss

Maureen Wardrop

Glen Brown

Shirley Brown

In Home Services

In Memory of

Toney Downing

Irene Hackett
Ron & Pat Hoffman
Larry & Ginger
Claybaugh

Bertram Schmidt

Sally Rose

Active Living

In Memory of

Charles Emerald Brien

Charles & Janice
Huffman

Toney Downing

Louise Lobsinger

Joe Kowallic

Louise Lobsinger

Kay Chamberlain

Jack & Mary Lou
Westbrook

Activity Center

In Memory of

Sam Pratt

Frank Benn

Chronic Disease Self-Management

By John A. Frisch, Seniors Wellness Coordinator

For individuals with chronic disease, there is a growing interest in programs emphasizing the central role of self-management of illnesses. A recent randomized clinical trial demonstrated the potential of self-management to improve health status and reduce health care utilization in these individuals.

Nobody wants to have a chronic long-term illness. Unfortunately, most of us will experience two or more of these conditions at some point in our lives. How can one have an illness and live a healthy life at the same time? To answer this, we need to look at the consequences of most chronic diseases. Diseases such as heart disease, diabetes, emphysema, and many others cause people to lose physical conditioning and to experience fatigue. Health is the soundness of body and mind, and a healthy life is one that seeks that soundness.

Most of us think of our lives as a path. This path may have twists, obstacles and surprises. Having a chronic health problem changes the nature of the path. It may cause limitations, frustrations, and uncertainty about the future. There may be more twists and turns, and more frequent obstacles and surprises.

There are many ways to respond to changes, and how we do so may lead us in different directions. We can choose to do nothing and gradually lose the ability to do the things we want, or we can work to improve overall fitness in order to maintain or regain functions and abilities to participate in pleasant activities.

No matter what we do, we are managing our chronic health problems. The choice is whether or not to be a passive or an active manager. If the choice is to actively manage, then we must be willing to take on three sets of self-management tasks.

Take care of your health problem.

Do things such as exercising, going to health care providers, taking medication, and changing your diet. Keep informed about your status by asking questions, reading, and when necessary, carrying information from one provider to another. Take part in planning your treatment program by monitoring and reporting on your condition, and sharing your preferences and goals with the physician.

Carry out your normal activities.

Participate in chores, employment, and social life, as well as doing other things that are important to you. It may mean having to change the way you do things, for example, using a garden stool on wheels or having prepared dinners in the freezer for times when you are not feeling up to cooking.

Manage your emotional changes.

There will be changes brought about by your illness, such as anger, uncertainty about the future, different expectations and goals, and sometimes depression. Changes can also happen in your relationships with family and friends.

Self-management education and training is a key step in improving health outcomes and quality of life. It focuses on self-care behaviors, such as healthy eating, being active and monitoring your health risk factors. It is a collaborative process in which health education helps people with chronic diseases gain knowledge, problem solve and develop coping skills needed to successfully manage their disease and its related conditions.

For more information on Chronic Disease Self-Management contact Stanford University at <http://patienteducation.stanford.edu> or Central Michigan District Health Department/Health Education Division at www.cmdhd.org.



Glenn and Kathy Hoyle

A Special Gift for COA

Mt. Pleasant residents, Glenn and Kathy Hoyle, pictured above, recently donated \$500 toward a new energy efficient, 12.5 cubic foot, refrigerator / freezer from the Summit Company to the Commission on Aging Activity Center. This special gift was greatly needed and is greatly appreciated by COA Staff and Activity Center participants.

Important Notice: Under 60 Medicare/Medicaid Assistance no longer available at COA

Effective March 1, 2009, the Isabella County Commission on Aging is no longer assisting beneficiaries less than 60 years of age with Medicare and Medicaid issues. We apologize for the inconvenience but, our program focus is to assist individuals who are sixty (60) years of age and older and live within our geographical service area.

Options are still available for beneficiaries under 60:

Contact Medicare at 1-800-MEDICARE (1-800-633-4227)

Call the MI Medicare/Medicaid Assistance Program (MMAP) at 1-800-803-7174

Compare Part D plans online at www.Medicare.gov.

We hope this information is helpful. Should you have further questions, please contact Barb Frankenfield at bfrankenfield@isabellacounty.org. Thank you for your understanding.

Unmet Needs Fund

Many older adults have been hard hit by cost of living increases over the past year. The Commission on Aging has limited funds available to help individuals with costs such as heating fuel, prescriptions, minor repairs, medical equipment, etc. Your income and assets are taken into consideration with preference given to those with income below 150% of poverty level (for a single individual \$16,245 annually and a couple, \$21,855).

If you are eligible for services through the Department of Human Services you should **first** contact them at **772-8400**, or through your worker there. You may also be able to receive funds through EightCap, Salvation Army, American Legion, Goodrow Fund or other local service agencies.

If you have questions or are in need of assistance contact any of the social workers at the Commission on Aging at **772-0748**.

Help Celebrate National Volunteer Week April 19 - 25, 2009

If you see a Commission on Aging Volunteer, please thank them for their service to area older adults. We couldn't do it without them!

Who are they? They could be a Foster Grandparent, Senior Companion, Friendly Visitor, Grocery Shopper, Escort Driver, Meal Site Assistant, Home Delivered Meal Driver, Reception Ambassador, Friendly Caller, CMU Ticket Taker, Needle Crafts Worker, Active Living Volunteer, Student Activity Center Entry Monitor, Helping Hands Repair Person, Animal Friend for HATS, AARP Tax Aide Volunteer, Medicare Part D Prescription Assistance Counselor, Ride Guide, Ride Buddy, Yard Cleanup Volunteer or Special Projects Volunteer.

Whoever these volunteers may be, the Commission on Aging is deeply grateful for each and every volunteer. COA Volunteers make a difference every day in the lives of many older adults countywide.

Thank You COA Volunteers!

What is the difference between Medicare and Medicaid?

You may think that Medicare and Medicaid are the same. Actually, they are two very different health insurance programs. Medicare is a national insurance program for most people age 65 or older who are citizens or permanent residents of the United States. Some younger people may qualify for Medicare if they have a disability such as permanent kidney failure. There are no income or resource guidelines for the Medicare program. Medicaid is a state-run program that provides coverage for people with low income and little or no resources. Many groups of people are covered by Medicaid, although certain requirements must be met. There are special rules for those who live in nursing homes and for disabled children living at home. Medicaid program guidelines vary from state to state.

The Medicare program helps with the cost of health care, but it does not cover all medical expenses or the cost of long-term care. Medicare is financed by a portion of the payroll taxes paid by workers and their employers. It also is financed in part by monthly premiums deducted from Social Security checks. Most people with Medicare also have supplemental insurance or secondary insurance. There are many sources of supplemental insurance. You may choose to carry supplemental insurance through a Medigap policy, a Medicare Health Plan, a former employer, Veteran's benefits, or choose none at all.

The Medicaid program is available only to certain low-income individuals and families who fit into a certain eligibility group. One of the biggest misconceptions of the Medicaid program is that the program pays money to individuals for not working. Medicaid does not pay money to individuals. The program will send payments for medical services directly to health care providers. Beneficiaries are also asked to pay a small part of the cost for some medical services.

If you are already receiving Social Security benefits, your Medicare card will automatically be mailed to you a few months prior to your 65th birthday. Your coverage will begin the 1st day of the month of your birthday. If you are receiving Social Security disability, your Medicare coverage will start sooner. It will start approximately 24 months after you begin disability. If you do not receive your Medicare card, contact the Social Security Administration at **1-800-772-1213**. If you are age 60 or older and have questions about Medicare or Medicaid, contact the Commission on Aging Social Workers at **772-0748**.

Medicare Premium Assistance

Everyone worries about the increase in food costs, heating, electricity, housing, and the fluctuation of gas prices. In addition, older adults with Medicare have to deal with the deduction of \$96.40 a month from their Social Security checks for their premium. Many are struggling to afford a decent standard of living because of these issues. DHS offers a great opportunity for eligible applicants to save money on their Medicare premium.

In order to qualify, your income and assets must not exceed the limits listed below. Assets are items of ownership convertible into cash which include real estate (excluding your home), bank accounts (including checking, savings, and certificates of deposit), stocks, bonds (including U.S. Saving Bonds), mutual funds, Individual Retirement Accounts (IRAs), and cash at home or anywhere else. The maximum income and assets limits for eligibility are:

Individual

Income: \$1,190 per month or less
Assets: \$4,000 or less

Couple

Income: \$1,595 per month or less
Assets: \$6,000 or less

To accept this opportunity, apply at the Department of Human Services (DHS), 1475 S. Bamber, Mt. Pleasant, MI 48858. Telephone: **(989)772-8400**. If you need help completing the application, please contact the Commission on Aging at **(989)772-0748**.

Special Gifts to the Commission on Aging

Art and Artists at COA



Pictured above, Rich Stevens, a local artist from Mt. Pleasant, signs his painting he donated to the COA. Rich created his work of art on November 1, 2008 at Deerfield Park at the Isabella County Parks and Recreation Art-in-the-Park event. Look for this work of art in Activity Room A.



The Audubon print pictured above was selected by Jenine Stickler especially for the new COA building. The print was framed for Jenine by Jeff Baker of Custom Picture Framing as a gift from the Baker family.



Ralph and Barbara Pitts of Mt. Pleasant, pictured above, donated a framed print by world renowned wildlife artist John Seerey - Lester for all to enjoy. You can find this wildlife art in the Game Room.



Pictured above left: Pat Herron of Mt. Pleasant donated to the Commission on Aging an original photograph by David Lubbers of Grand Rapids. The art work was donated in memory of her husband Russ Herron. Accepting the photograph are Sally Wojciechowski, Activity Center Coordinator and Brenda Upton, COA Executive Director.

The Commission on Aging is very fortunate in having such beautiful art work donated to them for their new Activity Building. Careful thought and consideration went into the selection of this art work. They hope all Activity Building visitors will make an effort to view and appreciate these gifts.



The Thomas Kinkadee print pictured above is actually a puzzle carefully crafted and framed in an octagon shape. The print was donated by Dover Court residents and hangs in the Arts and Crafts Room.

Activity Center APRIL ACTIVITIES

Monday	Tuesday	Wednesday
<p>Food With Friends Daily, Monday thru Friday 11:30 am in Activity Room C See page 14 for our Menu!</p>		<p>1</p> <p>8:30 Senior Companions (Craft) 10:00 Exercise-Low Impact (F) 1:00 Bridge (C) 1:00 Happy Ripper Quilters (Craft) 1:30 Pepper (C)</p>
<p>6</p> <p>10:00 Exercise-Low Impact (F) 10:00 Dulcimers Practice (Craft) 12:00 Community Service Council (A) 1:00 Yoga (F) 1:00 Canasta (C) 1:00 Pinochle (C) 7:00 Square Dancing (C)</p>	<p>7</p> <p>10:00 Music (B) 11:00 Tai Chi (F) 11:00 Retired School Personnel (A & B) 12:30 Banjos & Guitars (C) 1:30 Water Color Class (Craft) 4:30 Tai Chi (F) 5:15 COA Advisory Board (BR) 5:30 Hi/Low Aerobics</p>	<p>8</p> <p>9:00 MPACCO (A) 10:00 Exercise-Low Impact (F) 10:00 Reading Exercise (B) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:30 Pepper (C)</p>
<p>13</p> <p>10:00 Exercise-Low Impact (F) 10:00 Dulcimers Practice (Craft) 1:00 Canasta (C) 1:00 Yoga (F) 1:00 Pinochle (C) 1:00 Legal Service (CR1) 1:00 Conf. Trainers (A and B) 6:00 Parkinson's Group Mtg. (Craft) 7:00 Square Dancing</p>	<p>14</p> <p>10:00 Needle Crafters (Craft) 10:00 –3:00 FGP/SCP Conf. Comm. (BR) 11:00 Music (C) 11:00 Tai Chi (F) 1:00 Caregiver Training Speaker Mary Ellen Geist (A B) 1:30 Watercolor Class (Craft) 4:30 Tai Chi (F) 5:00 Quilt Guild Sewing Group (A)</p>	<p>15</p> <p>8:30 to 12:30 Senior Companions (A) 10:00 Exercise-Low Impact (F) 1:00 Bridge (C) 1:00 Happy Ripper Quilters (Craft) 1:30 Pepper (C)</p>
<p>20</p> <p>10:00 Exercise-Low Impact (F) 10:00 Dulcimers Practice (Craft) 1:00 Canasta (C) 1:00 Yoga (F) 1:00 Pinochle (C) 7:00 Square Dancing (C)</p>	<p>21</p> <p>8:30-12:30 SCP Training (A) 8:30 FOIS Mtg. (BR) 10:30-11:30 Nutrition (Craft) 11:00 Tai Chi (F) 11:00 CMU Music (B) 12:15 "Greatest Game Ever Played" Movie 1:30 Retired State Employees (A) 1:30 Watercolor Class (Craft) 4:30 Tai Chi (F) 5:30Hi/Low Aerobics (F) 6:30 Caregiver Support (Craft)</p>	<p>22</p> <p>10:00 Exercise-Low Impact (F) 1:00 Bridge (C) 1:00 Happy Rippers Quilters (Craft) 1:30 Pepper (C)</p>
<p>27</p> <p>10:00 Exercise-Low Impact (F) 10:00 Dulcimers Practice (Craft) 1:00 Yoga (F) 1:00 Pinochle (C) 1:00 Canasta (C) 1:00 Legal Service (CRI) 2:00 CMU Class (A) 7:00 Square Dancing (C)</p>	<p>28</p> <p>11:00 Tai Chi (F) 2:30 CMU Class (A) 4:30 Tai Chi Class (F) 5:00 Special Olympics Awards (C) 5:30 Hi/Low Aerobics (F) 7:00 Quilters (A & B)</p>	<p>29</p> <p>10:00 Exercise-Low Impact (F) 1:00 Bridge (C) 1:00 Happy Rippers Quilters (Craft) 1:30 Pepper (C)</p>

2200 South Lincoln Road, Mt. Pleasant—For more information please call 772-0748

Thursday	Friday	Saturday
<p>2</p> <p>8:30 Senior Companions (BR) 10:00-4:00 Tax Help (A and B) 10:30 Singers (Craft) 1:30 Line Dancing (C)</p> <p>5:30 Hi/Lo Aerobics (F) 6:30 Clowns (Craft)</p>	<p>3</p> <p>8:00– 5:00 Happy Ripper Quilters (A) 8:30 - 5:00 Quilters (Craft) 8:30 Senior Companions (B) 10:00 Exercise-Low Impact (F) 2:00 Intermediate Line Dancing (C)</p>	<p>4</p> <p>8:00-5:00 Happy Rippers (A) 8:30-5:00 Quilters (Craft)</p> <p>1:30 Euchre Card Party (C)</p>
<p>9</p> <p>10:00– 4:00 Tax Help (A and B) 1:30 Line Dancing (C)</p> <p>5:30 Hi/Lo Aerobics 7:00 Genealogy Meeting (A)</p>	<p>10</p> <p style="text-align: center;">Good Friday Closed in the Afternoon</p>	<p>11</p> <p>1:30 Euchre Card Party (C)</p>
<p>16</p> <p>10:30 Singers (Craft) 12:30 Set Room for FGP/SCP (A and B) 1:30 Line Dancing (C)</p> <p>5:30 Hi/Low Aerobics (F)</p>	<p>17</p> <p>10:00 Exercise-Low Impact (F) 1:00 FGP/SCP Recognition (A and B)</p> <p style="text-align: center;">No Bingo Today No Line Dancing Today</p>	<p>18</p> <p>1:30 Euchre Card Party (C)</p> <p style="text-align: center;">Free Concert and Dance 7:00 to 11:00 Celebrating the Life of Jenine Stickler Music by “Jive @ 5” Sponsored by Wheatland Music and COA Donations to in-home services program</p>
<p>23</p> <p>11:00 Tai Ch (F) NO LINE DANCING TODAY 12:30 Set up for Banquet (A B C) 4:00-6:30 Gold Key Volunteer Banquet (A B C)</p> <p>5:30 Hi/Low Aerobics (F)</p>	<p>24</p> <p>10:00 Exercise-Low Impact (F) 12:30 Bingo (Meijer) (C) 2:00 Intermediate Line Dancing (C)</p>	<p>25</p> <p>1:30 Euchre Card Party (C) 2:30 Ostomy Support Group (Craft)</p>
<p>30</p> <p>Staff Development</p> <p style="text-align: center;">Building Closed No Food with Friends No Activities</p> <p style="text-align: center;">NO LINE DANCING TODAY</p>	<p><i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i></p> <p>A = Activity Room A F = Fitness Room B = Activity Room B CR1 = Conf Room B139 C = Activity Room C CR2 = Conf Room B126 Craft = Arts & Crafts Room BR = Board Room B126</p>	

This Activity Center Calendar is sponsored by: **Bill and Sandy Caul**

Yoga Class

May 11 thru July 6

Cost: \$60.00 or \$10.00 a class.

Mondays: 1:00 p.m. to 2:00 p.m.

COA Activity Building Fitness Room

Cost:\$10 per class.

It is open to persons of all ages. Andrew Criswell, Certified Yoga instructor from CMU, leads the class. Participants will need to bring a mat and should dress comfortably. Call **772-0748**.

Singers Group

April 2 and 16, Thursdays at 10:30 a.m.

All of you who enjoy singing with others come on out to COA. George Ann Wolf will play the piano and lead the songs. Persons of all ages are welcome to join in.

Banjoes and Guitars

Learn the Basics

Tuesdays, **April 7 and 14** at 12:30 p.m.

COA Activity Building Room C

Cost: Free!

Bring along your instrument and refresh your skills.

Bingo

Fridays, at 12:30 p.m.

No Bingo on the 17th

April 24 Meijer's Bingo Room C

Cost: Free!

If you would like to have lunch prior to playing, make a reservation by calling **772-0748** by 1:00 p.m. the day before.

COA 6th Annual Golf Outing

Friday, August 7, 2009

Pleasant Hills Golf Club

Benefits the Foster Grandparent & Senior Companion Program

Cost: \$210.00 per team

Includes 18 holes of golf with a cart

3 Flight Tournament

Continental Breakfast & Box Lunch

After-the-Game Hors d'oeuvres

Room for 40 teams/Sold out last year!

Sponsors Needed \$100.00

Call Sally at 772-0748 for more information or for a registration form.

Hi/Low Aerobics

Tuesday & Thursday Evenings

5:30 p.m. to 6:30 p.m.

COA Activity Building Fitness Room

Hi/Lo Aerobics, work at your own level and get your heart rate up! This class is for those who want a work out. All ages welcome.

Line Dancing

Thursdays at 1:00 p.m.

COA Activity Center Room C

Cost: Free!

Every Thursday people continue to come in to learn how to line dance. Beginners come at 1:00 p.m. and the more advanced at 1:30 p.m. Anyone with an interest can come and watch or join in. It is a great way to have fun and exercise at the same time.

Intermediate Line Dancing

Fridays from 2:00 to 3:30 p.m.

COA Activity Building Room C

Cost: Free!

This class is not for beginners but for those who have more advanced skills.

Square Dancing

Open to All Ages

Every Monday

7 p.m. to 8:30 p.m.

COA Activity Building Room C

Cost: Free!

Calling all square dancers! Join the fun and friendship of dancing, including square, circle, and more. No experience required, we will show you it all! Bring your partner and join the fun, and exercise for your mind and body. Meet new people, and add years to your life. Call the COA at **772-0748** and let us know you are coming.

New Watercolor Class

Tuesday, April 7 for 6 weeks

Cost: \$25.00 to \$30.00

Teacher: Jeanne Fisher

Call to sign up **772-0748**

There is still room-Call Today!!!!!!!

Tai Chi

Daytime Class

New Class now thru May 21

Tuesday for beginners.

Thursdays for those who want more.

Come either day or both!

11:00 a.m. to 12:00 p.m.

Cost: **\$20.00** Pay to COA when you start.

COA Fitness Room

Instructor: Pat McGann-Zionts

Call **772-0748** to reserve a spot.

Line Dancing

Thursdays at 1:00 p.m. for **Beginners**

Fridays at 2:00 p.m. for **Intermediate**

COA Activity Room C

Anyone with an interest can either watch or join in. It's a great way to have fun and exercise at the same time!

Tai Chi

Late Afternoon Class starts April 7

Tuesdays 4:30 p.m. to 5:30 p.m.

COA Fitness Room

Cost:**\$20.00** Pay to COA when you start

Call **772-0748** to reserve a spot.

Canasta

Interested in playing canasta and / or learning how?? If so, a group has formed to do just that.

Every Monday from 1:00 p.m. to 4:00 p.m.

COA Activity Room: C

May Older Americans

Month

The theme for this year is "Living Today for Better Tomorrow". This reflects the COA's focus on prevention efforts and programs that help older adults have better health. During the month of May, some of the sessions will include information on:

May 1 Updates on Legal Matters

May 13 Facts About Alzheimer's

May 14 Joint Replacement

May 20 Falls and Balance

May 26 Health Screening

May 27 Memory Enhancement

May 28 Vascular Screening

More details in next months paper.

Activity Center TRAVEL ACTIVITIES

Upcoming Day Trips

Little River Casino Fundraiser Trip

Wednesday, April 22 Cost: \$50.00

The motor coach will depart at 8:00 a.m. from pole B in the Meijer Store parking lot and arrive at casino by 10:30 a.m. Price includes coffee, donuts and transportation. Plus you receive \$18.00 and a \$5.00 credit on your players card that day. **(You must bring a photo I.D. and another form of identification).** Group will leave by 2:30 p.m. and arrive back in Mt. Pleasant approximately 5:00 p.m. Call ASAP.

Holland Tulips (Call Now!) "Bobby Vinton"

**Dutch Village/Lunch/Veldheers Gardens
Thursday, May 7 Cost: \$113.00**

The motor coach will depart from the Meijer Store parking lot, pole B at 9:00 a.m. Lunch is at about noon and is included in the Dutch Village. Afterwards you will visit the tulip gardens then see "Bobby Vinton" at a 4:30 pm. Show. On route home we will make a fast food stop and should arrive back in Mt. Pleasant at approximately 9:00 p.m. **Call by April 7.**

Lilac Time on Mackinac Island Tuesday, June 9 Cost: \$114.00

The motor coach will depart from pole B in the Meijer Store parking lot at 7:30 a.m. We will take the 10:30 a.m. boat to the Island. Sack lunches will be distributed to eat when you want. Upon arrival the group will board carriages for an hour and 45 minute narrated tour. Afterwards you will have a couple hours on your own to enjoy the Island. The group will depart on the 4:00 p.m. boat back to Mackinaw City. There you can have a meal on your own. Group should arrive back in Mt. Pleasant by 8:30 p.m.

Call in by May 9 or before if want to go.

Tiger Games

Sunday, June 7 Cost: \$82.00

Tigers vs. L. A. Angels

Seats in section #115 Call by May 5

Motor coach departs pole B in the Meijer store parking lot at 8:30 a.m. Game is at 1:00 p.m. Back to Mt. Pleasant at approximately 8:00 p.m. (In case the game goes into extra innings, our group will depart the park by 5:30 p.m.)

Thursday, August 20 Cost: \$75.00

Tigers vs. Seattle Mariners

Seats in section #113 Call by July 17

Charity Island/Boat Cruise/M meal

Wednesday, July 29 Cost: \$125.00

Call by June 12

Located at the mouth of the Saginaw Bay is Charity Island. It is an archaeological site as well as the home to many native species of Michigan orchids, Bald Eagles and nesting sites for Neo tropical songbirds. Come with us and learn the history, visit a home/lighthouse and enjoy a wonderful meal prepared on site. Indicate when signing up if you want **tenderloin steak tips** or lightly battered **great lakes perch**. Wear walking shoes and bring a jacket for the boat ride. Motor coach departs pole B in Meijer store parking lot at 8:15a.m. The boat leaves at 10:30 a.m. out of Au Gres and gets back about 3:30p.m. We should be back in Mt. Pleasant by 5:30 p.m.

In case of inclement weather, a decision would be made by the boat company before we leave Mt. Pleasant if we can go. If not, we would have to reschedule. We did this trip last year and had a wonderful time!!!!!!

"Wake" at the Purple Rose Theatre

Common Grill Lunch downtown in Chelsea

Wednesday, August 19 Cost:\$94.00

This is a summer comedy for both men and women of all ages. Molly Harrison is a agoraphobic mortician who has been in her funeral home for 3 years. Her mother and daughter are trying to get her out. Depart 9:30, lunch at noon, shop downtown, play at 3:00 p.m. back home 8:00 p.m.

772-0748

Extended Trips

**"Always Patsy Cline" at the Ryman
Nashville - May 21-24**

Summer Mystery - June 15-17

Chicago-"Mary Poppins"- July 1-2

Amish Country - August 5-7

Gardens Tour - "Oklahoma" & "Quilters"

Trains, Boats, Lighthouses - U.P.

August 10-12

Charity Island - Mackinaw Straits

August 31-September 1

Mississippi River Cruise - "Oldies"

September 9-11

Cape Cod - Oceanside Hotel

September 21-26

Adirondack Mountains

September 29-October 3

Three of the Osmond Brothers

Jimmy, Wayne and Jay

Bear Creek Farms Indiana

October 24-25

Christmas in Branson - Nov 2-7

Andy Williams - Presley's - Six Brothers

Yakov Smirnoff - Shoji Tabuchi

Miracle of Christmas

Reservations & Payments

Send payments to COA Activity Center,
Attn. Sally, 2200 South Lincoln Road
Mt. Pleasant, MI 48858.

Call 772-0748 for more information.

Preventing Falls at Home

By Vi Bui, CMU Student Intern

According to the CDC foundation, each year thousands of older adults fall in their homes because they do not notice dangers around them. The injuries from these falls can be costly.

To avoid unwanted outcomes, locate any hazards within your home and make necessary adjustments.

Floors

Clear floors in each room.
Move furniture to create a clear path.

Stairs inside and outside of home

Remove any objects from the steps.
Secure the railings.
Fix any uneven steps and ripped carpeting.
Install lights and switches for the top and bottom of stairs.

Kitchen

Move items from top shelves to lower shelves to avoid having to use a step stool.
If a step stool is needed, use one which has a hold bar at the top.

Bathroom

Place a non-slip rubber mat in the bath tub.
Install grab bars inside the tub and next to the toilet.

Bedroom

Place lamps close to the bed for easy reach.
Plug a nightlight near the pathway to bed.

Other

Wear shoes inside and outside of home.
Avoid wearing slippers or walking barefoot.
Replace old light bulbs with new and brighter bulbs.

These small modifications made in homes can save money and may help to prevent injuries. For more information on preventing falls, go to www.cdc.gov/injury or call 770-488-1506.

Source: Center for Disease Control and Prevention. Support provided by MetLife Foundation.

Area Support Groups

Adult Grief Group - Open to Anyone

1st & 3rd Tuesday of month, 5:30 to 7 p.m.
Woodland Hospice, 2597 S. Meridian Rd.
Info: Woodland Hospice - Lisa at 773-6137

Alcoholics Anonymous/Alanon Groups

For area meetings: 772-4955

Bariatric Resource Group

3rd Monday of month, 6 to 7 p.m.
CMCH, 1221 South Dr., FDJ Conf. Room

Bipolar Support Group

1st Wednesday of month, 5:30 to 7 p.m.
CMCH, 1221 South Dr., LAJ Conf. Room
Info: Marsha Jack at 772-6263

Cancer Support Group

3rd Tuesday of month, 11:30 a.m. to 1 p.m.
Morey Cancer Center, 1221 South Dr., MP
Info: Nancy King at 772-6756

Caregiver Support Group

3rd Tuesday & 1st Thursday, 6:30 to 8 p.m.
COA / Activity Center, 2200 S. Lincoln Rd.
Info: 772-0748

Diabetes Support Groups

1. Last Tuesday of month, 1 to 3 p.m.
CMCH, 1221 South Dr., FDJ Conf. Room
To register: 779-4049
2. 1st Thursday of month, 3 to 4 p.m.
Weidman Sr Cntr/Library, 3453 W. School
To register: 644-3329 or Don at 382-5220

Gamblers Anonymous - New Hope

Mondays, 7 to 9 p.m. **Open meeting**
Thursdays, 1 to 3 p.m. **Open meeting**
First United Methodist Church
400 S. Main St., Mt. Pl. Info: 644-6830

Head Injury Support Group

1st Thursday of month, 6 to 8 p.m.
Coe Twp. Hall, 309 W. Wright, Shepherd
Info: 773-0138

Huntington's Disease Support Group

2nd Tuesday of month, 7 p.m.
Mt. Pl. Realty Bldg., 304 E. Broadway
Info: Ann Voss - 561-5023

Isabella Co. Parkinson's Support Group

2nd Monday of month, 6:00 - 8:00 p.m.
COA / Activity Center, 2200 S. Lincoln Rd.
Info: Maggie Burnette - 774-7967

Mid MI Chapter United Ostomy Assn.

4th Saturday of alternate month, 2:30 p.m.
COA / Activity Center, Craft Room
Info: Bill at 463-3752

Multiple Sclerosis Support Group

3rd Saturday of month, 10:30-12:00 p.m.
Immanuel Lutheran Church, 320 S. Bradley
Info: Cathy Zuker at 866-2682 evenings

Nancy Carey Cancer Support Group for Women

4th Wednesday of month, 7:00p.m.
Oxford Row/Canterbury Club House
Info: Shirley at 773-7565

Stroke Support Group

1st Thursday of month, 6 to 7:30 p.m.
CMCH, 1221 South Dr., FDJ Conf. Room
Info: 774-7289



To have grab bars installed, call the Commission on Aging at 989-772-0748.

Golden Age Cards Available

If you are 85 or older, you are eligible to receive a **Golden Age Card**, compliments of the Isabella County Transportation System. This will enable you to ride the I C T C 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 a resident of Isabella County to obtain a pass.

Upcoming Health Events in our Community

Register for these **FREE** educational programs to be held at **MidMichigan Health Park, 4851 E. Pickard, Mt. Pleasant** by calling **775-1650** or toll free **1-800-999-3199**.

Blood Pressure Screenings

April 10, 17, 24 - 9:00 - Noon MidMichigan Health Park sponsors *free* blood pressure screenings as a public service. No appointment and no preparation are required. Screenings will be canceled due to holidays or bad weather.

Register for these **FREE** classes by calling **Health Promotion Services at 779-5606** or register on line at www.cmch.org. The following educational programs are sponsored by **Central Michigan Community Hospital, 1221 South Drive, Mt. Pleasant**.

Weight Loss Seminar

On April 9 from 6:30 – 8:00 p.m. in the FDJ Conference Room.

Considering Bariatric Surgery? On average, weight loss surgery resolves or improves 84% of patients' diabetes, 68% of high blood pressure and 80% of sleep apnea.

The New Beginning Bariatric Center offers two superior surgeons. James Pilkington, M.D. has been performing Bariatric surgery since 2000 with a 99.5% no patient complication rate. Mubashir Sabir, M.D. completed a fellowship in laparoscopic Bariatric surgery at the University Medical Center of Princeton. We are proud to announce that our surgeons have a zero percent mortality rate. Ask about our Healthy Way Program which will assist you in completing your insurance requirements. Contact info **989-953-5111**. Start living life.

Hope for Incontinence

On April 27 from 6:00 – 7:00 p.m. in the FDJ Conference room.

Stress incontinence, or involuntary loss of urine, is the most common type of incontinence among women. Tissue and nerve damage incurred during childbirth is often the cause. Problems may begin soon after delivery or years later with leaks occurring when a woman coughs, laughs, or sneezes. It may also happen when a woman lifts, walks, runs, or does aerobics. Many women believe that it is an uncontrollable problem or they may be too embarrassed to seek help and resign themselves to live with the condition. The truth is that, despite age and medical history, women can live normal, active lives.

During this free informational session will address a variety of treatment options for stress incontinence. Dr. Elliot earned his Doctor of Gynecology/Obstetrics from Ohio State University School of Medicine. With over 25 years of experience, his specialties include: colposcopy, menopause management, premenstrual syndrome, vaginal surgery and high risk pregnancy. Contact info **779-5606**.

Protect the Skin Your In

On April 15 from 9:00 – 11:30 a.m. in the Medical Arts Building.

Skin Cancer is a "recreational cancer" caused by too much sun. The most serious type of skin cancer – malignant melanoma – will kill nearly 8,420 people in the United States this year. That means one American dies from melanoma almost every hour. Skin cancer can be cured if treated before it has a chance to spread. Warning signs suggesting skin cancer include a change on the skin, sore that does not heal, change in an existing mole or development of a new mole. Have an area of concern evaluated by a health care professional. Certified Physician Assistant Kristine Harrison will provide free skin screenings. Appointments will be scheduled between 9 a.m. and 11:30 a.m. Call **989-779-5688** to schedule your appointment.

How to “Just Say NO”

Do you receive unsolicited mail and unwanted telemarketing calls? Here is how to “just say no.”

TELEMARKETING CALLS

The Federal Government has created the National Do Not Call Registry for a free and easy way to reduce the telemarketing calls you receive. To register or to get information, visit www.donotcall.gov. or call **1-888-382-1222** from the phone you want to register. You will receive fewer calls within three months of registering your number. Your phone number will stay on the registry for five years.

MAIL

The Direct Marketing Association Mail Preference Service helps stop the direct mail marketing from national companies for five years. Your name will be put on a “delete” file and will be made available to direct mail marketers. Send a letter to:

Direct Marketing Association
Mail Preference Service
P O Box 643
Carmel NY 10512

To register online:

www.the-dma.org/consumers/offmailinglist.html

Computer Training Classes

At Veterans Memorial Library


March Calendar

1	1:00-2:00 pm	Mastering the Mouse
6	2:00-3:30 pm	Basic Computing
7	11:00-12:30 pm	Window Basics
10	Library Closes at Noon	
12	Closed for Easter	
14	1:00-2:30 pm	Intro to Spreadsheets
15	6:30-8:00 pm	Basic Internet
17	1:00 – 2:30 pm	Word Processing
20	11:00-12:30 pm	Email Basics
21	6:30-8:00 pm	Greeting Cards Publ.
22	2:00-3:00 pm	Your Library Online
23	6:30-8:00 pm.	Introduction to Access
27	6:30-8:00 pm	Editing Digital Photos
28	1:00-2:30 pm	Intermed. Word Proc.
30	11:00-12:30 pm	Intermed. Spreadsheets

Remember that individual help is also available between classes! To register for these free classes call **773-3242 ext. 33**.

Food With Friends

April EAT SMART MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Smothered Chicken Bread Red Skin Potatoes Broccoli/ Cauliflower Salad Applesauce	2 Beef Stew Biscuit Tossed Salad Peaches	3 Swiss Beef Pattie Bread Whipped Potatoes/ Gravy Carrots Pears
6 Chilli Corn Bread Baked Potato Coleslaw Peaches	7 Chopped Beef/ Mushroom Bread Mixed Vegetables Tossed Salad Apricots	8 Turkey Loaf Bread Au Gratin Potatoes Cauliflower Mixed Fruit	9 Salmon Pattie/Creamed Peas Bread Parsley Buttered Potatoes California Blend Pineapple	10 CLOSED GOOD FRIDAY
13 Pineapple Chicken Brown Rice Bread Broccoli Tossed Salad Peaches & Pears	14 Roast Pork Bread Whipped Potatoes/Gravy Steamed Cabbage Cinnamon Applesauce	15 Beef Stroganoff Bread Winter Blend Marinated Bean Salad Pears	16 Lasagna Garlic Toast Carrots Cucumber Salad Mixed Fruit	17 Corn Chowder Cheese Bread Stick Hard Boiled Egg Coleslaw Berry Fruit Cup
20 Salisbury Steak Bread Whipped Potatoes/Gravy Stewed Tomatoes Apricots	21 Sliced Turkey Bread Scalloped Potatoes Spinach Pickled Beets Pumpkin Custard	22 Macaroni & Cheese Bread Capri Blend Tossed Salad Peaches	23 Spanish Steak Bread Baked Potato Malibu Vegetables Pineapple & Oranges	24 Lemon Pepper Chicken Bread Company Potatoes Coleslaw Mixed Fruit
27 Swiss Beef Pattie Bread Whipped Potatoes/Gravy Carrots Pears	28 Goulash Bread Green Beans Coleslaw Tropical Fruit	29 Baked Ham Bread Red Skin Potatoes Broccoli Applesauce	30 CLOSED STAFF DEVELOPMENT DAY	

Menus Are Subject To Change Without Notice Reservations Are Required 24 Hours in Advance	Milk provided with all meals Suggested Donation \$2.50
---	---

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

Commission On Aging

Rosebush

The Village of Rosebush Manor
4210 E. Rosebush Road, Rosebush
Meals M-W-F, 9:30 a.m. - 1:30 p.m.
Penny Wisney, Site Manager **433-0151**

With warm weather in the air, everyone is out cleaning their homes and yard. Do you need help with repairs? The USDA Rural Development has home improvement loans, grants for low income and elderly to help homeowners make repairs and improvements to correct health and safety hazards, and provide handicap access. For more information the USDA Rural Development will be here at 12:45 on April 13th.

“It’s a New Coffee Hour” has returned every Monday at 10:00 am. There will be coffee or tea and a breakfast treat to enjoy while you share your thoughts in a conversation.

I would like to thank our volunteers who put in so much time and effort for us at our site. Your kindness is deeply appreciated. Thanks again!

April Calendar

- 1 12:30 – Health Dept
1:00 – Penny Bingo
- 3 12:45 – Sally Chippewa Nature Center
6:30 – Movie/popcorn
- 6 10:00 – It’s a new day coffee hour
12:00 – B-day party
- 8 1:00 Storytelling – Rebecca from Faith Johnston Memorial Library
2:00 – Penny Bingo
- 10 Closed – Good Friday
- 13 10:00 – It’s a good day coffee hour
12:45 – USDA Rural Development loans and grants program
- 15 1:00 – Bingo w/prizes with Heather from The Laurels
- 17 1:00 – Music
6:30 – Movie/popcorn
- 20 10:00 – It’s a new day coffee hour
11:45 – Bring in your baby photo
- 22 1:00 – Penny Bingo
- 24 1:00 – Young at Heart Band
6:30 – Movie/popcorn
- 27 10:00 – It’s a new day coffee hour
12:45 – Nutrition
- 29 1:00 – Penny Bingo
- 30 Closed – Staff development day

Reaching Out in Your Area

Shepherd

Shepherd United Methodist Church
107 W. Wright, Shepherd
Meals M-W-F, 10:00 a.m. - 2:00 p.m.
Rose Cowden, Site Manager **828-5106**

Hi from Shepherd. We made it to April – April Showers bring May flowers! Come join us for a fun filled April with lots of new things to do.

The weather is more cooperative now, so get out and see your friends and neighbors at the Food Site. Give me a call and make your reservations at **828-5106**.

April Calendar

- 1 April Fools Day
- 3 Pepper
- 6 All about Doris Day
- 8 Lot of laughs – Humor Month
- 10 Good Friday
- 13 Plant Appreciation Day
and Earth Day Celebration
- 15 Health Department
- 17 Pepper
- 20 Wildlife Week
- 22 Birthday Party-Bingo
- 24 Closed – Maple Syrup
- 27 Cards and letter writing month
- 29 Sense of Smell day

Weidman Senior Center / Library 3453 N. School Road, Weidman
Meals M-F, 9:30 a.m. - 1:30 p.m.
Marjie Evans, Site Manager **644-2538**

April is here. April is national humor, kite and physical wellness month. So, let’s go fly a kite, laugh a lot, and get in shape. Thanks to all who brought in treats to share. Those celebrating a birthday this month are Karen Karcher and Tim Turnbull.

April Calendar

- 2 Birthday Party
- 7 John here-Health Department
- 9 Sibling Stories
- 10 Good Friday – sites closed
- 13 Easter celebrations
- 14 Euchre/scrabble
- 17 Go for a walk
- 20 Nutrition
- 21 Work in the garden/yard
- 24 Bingo
- 28 Euchre
- 30 Closed-all staff meeting

Winn Community Building
2583 West Blanchard Road, Winn
Meals M-W-F, 10:00 a.m. - 2:00 p.m.
Patti Cook, Site Manager **866-2520**

Hello from the Beautiful Town of Winn! We have hopped right into April! We have so much going on out here that you should put this article by your calendar.

Thanks to Pat King and Doris Roethlisberger for the tasty birthday cakes, and Colleen Jenkins for the ice cream.

Our birthday party will be April 6th. The entertainment will be Steve and Lois Johnston. **HAPPY BIRTHDAY TO:** Norman Onstott, Christine Eldred and Florence Jeffrey.

April Calendar

- 1 My Favorite “April Fool’s Day
- 3 Bingo
- 6 Birthday Party-Steve & Lois Johnston
- 8 John Frisch, Health Dept., will be here
- 10 Closed – Good Friday
- 15 Duane and Ruth Hallock 11:00 – 12:00
- 17 Bingo
- 20 Connie/USDA World Develop. at 11
- More to Come—Have a Happy Easter!

COA Activity Center

2200 S. Lincoln Road, Mt. Pleasant
Meals M - F, Open 8:00 a.m.- 4:30 p.m.
Terri Whyte, Site Manager **772-0748**

Spring is finally here and we are more than ready for warm weather. We have many new faces at lunch. Whether you have an appointment, or want to come in for our movie or our two bingo days, call the front desk by the day before to schedule your meal. We would love to have you with us! To welcome in the good weather, our April movie is “The Greatest Game Ever Played.” The movie is based on an inspirational true story. Amateur golfer, Francis Ouimet, has nothing but talent and a seemingly impossible dream to challenge the world’s greatest player, his idol Harry Vardon. Soon, with the help of his spunky 10-year-old caddy Eddie, Francis boldly breaks down all barriers with a thrilling display of unrivaled drive, skill, and heart - and challenges the golf pro for the U.S. Open Championship. Come join us April 21 at 12:30pm for popcorn and a movie.

INSIDE April 2009 issue

Measure of the Heart author at COA	1
Jammin' With Jenine	1
Updates on Legal Issues	1
TV Converter Coupon Update	2
Tax Assistance	3
Memorials & Donations	4
Chronic Disease Self Management	5
Special Gifts of Art to COA	7
Activity Calendar	8, 9
Activity Center Activities	10
New Watercolor Class	10
Travel Activities	11
Preventing Falls at Home	12
How to "Just Say NO"	13
Eat Smart Menu	14
Food With Friends Activities	15



Friends of Isabella Seniors
2200 South Lincoln Road, Mount Pleasant, MI 48858

Non-Profit Org.
U.S. Postage
PAID
Permit No. 52
Mt. Pleasant, MI
48858

Activity Center DAY TRIPS **More Trip Info on Page 11**

Little River Casino Fundraiser Trip

Wednesday, April 22 Cost: \$50.00

Holland

Tulips & **Bobby Vinton**, Dutch Village
Lunch, Veldheer Tulip Gardens
Thursday, May 7 Cost: \$113.00

Tiger Game

Sunday, June 7 Cost: \$82.00

Or

Thursday, August 20 Cost: \$75.00

Lilacs on Mackinac Island

Carriage Tour and Sack Lunch made at COA
Tuesday, June 9 Cost: \$114.00

Turkeyville

Nonsense II
Thursday, July 9 Cost: \$80.00

Charity Island

Wednesday, July 29 Cost: \$125.00

Purple Rose Theatre "Wake"

Lunch at Common Grille
Wednesday, August 19 Cost: \$94.00

For Delivery of



Please check: New Subscriber Renewal Contribution: \$ _____

Change of Address (Please attach a label with old address)

Temporarily Away **Stop Date** _____ **Restart Date** _____

Temporarily Away - Address

Full Name _____

Number & Street _____ Apt. No. _____

City _____ Zip _____

Phone _____

Send to: Friends of Isabella Seniors (COA)

New Subscriber or Change of Address

Full Name _____

Number & Street _____ Apt. No. _____

City _____ Zip _____

Phone _____

Please make checks payable to:

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