11th Annual Golf Outing

Friday, August 1
Pleasant Hills Golf Club
4452 E. Millbrook Rd.
9 am Shotgun Start – Scramble
Check in begins at 8 am
3 person team, $210 ($70 per person)
Skins game, $15 per team

Includes:
18 holes of golf with cart ♦ Cash prizes for flights
Continental breakfast ♦ Lunch ♦ Hors d’oeuvres

$10,000
HOLE–IN–ONE
Sponsored by
Friends of Isabella Seniors

50/50 Raffle
Prizes
FUN!

Space is limited,
reserve your space by
July 25

For more information, contact
Marcy at
(989) 772-0748

___ YES, I will be a Hole Sponsor, $100
___ YES, I will be a Meal Sponsor, $125
___ YES, I will provide a monetary donation or prize

Name: ________________________________________  Organization: _______________________________________________________________
Address: __________________________________________ City/State/Zip: ______________________________________ Phone: __________

___ YES, I will form a team, $210 (570 per person)

Team Captain: __________________________________________
Address: __________________________________________ Phone: __________________________
E-mail: __________________________________________
Team Member #2: __________________________________________
E-mail: __________________________________________
Team Member #3: __________________________________________
E-mail: __________________________________________

Mail bottom portion of form with check (made payable to Friends of Isabella Seniors) to:
Commission On Aging, 2200 S. Lincoln Rd., Mt. Pleasant, MI 48858
**Director’s Comments**

Funding, funding, funding . . . is there anything I talk about as much as our funding at the Commission on Aging? Well, to be honest, NO . . . I do talk about our funding situation more than anything else.

It’s not my most favorite subject, but it is the most important part of my responsibilities as Director of the agency. If I and our Program Coordinators didn’t place “funding” as a priority we wouldn’t have any programs to offer.

So it is important that we monitor our funding to make sure our services remain strong.

The chart on the following page illustrates the variety of our funding sources. Everyone one of them is important, and is vital to our operations. The following is a description of each category:

3% Miscellaneous – This money comes from our fund raising activities, like our Annual Golf Outing which is sponsored by Friends of Isabella Seniors.

3% In-Kind- This isn’t actually cash, but it is support required by our State and Federal Grants. Examples of an in-kind for our Foster Grandparent Program are the meals some of the schools provide to our Grandparents when they are volunteering at the schools. The schools provide the meals at no cost to the grandparents or our program and we can count it as “a gift in kindness given”.

3% Gratiot Millage- We manage the Home Delivered Meals and Congregate Meals Programs in both Isabella and Gratiot Counties. The budgets for these programs and for each of the counties are separate. Only funding for Gratiot County is spent in that county and only funding for Isabella County is spent here. The Gratiot County Millage dollars are therefore given to us to spend on their nutrition program. By having us manage both programs in both counties we cut down on administrative costs which allows us to spend more on direct services in both counties.

13% Client Donations- This funding comes directly from our program participants. One of the requirements for our grant funded programs is that we “ask” for donations from the individuals we serve. If a client is unable to donate we will still serve them and give them as much assistance as we can. We do not charge for our grant funded services and we do not deny a service if a client cannot donate.

2% Waiver- Through the Medicaid Waiver, eligible adults who meet income and asset criteria can receive Medicaid-covered services like those provided by nursing homes, but can stay in their own home or another residential setting. This is a program restricted by certain eligibility guidelines. It is not administered by the Commission on Aging, but the Waiver Agents contract limited services through our agency.

3% NSIP- The Nutrition Services Incentive Program (NSIP) are Federal dollars the COA receives based on the number of meals we serve in both our Home Delivered and Congregate Meals Program. The amount received changes from year to year based on the number of meals we serve. It can range from .40¢ to .55¢ per meal.

11% OSA- Office of Services to the Aging is Michigan’s State Unit on Aging. We contract directly with them for the funding we receive to manage our Foster Grandparent and Senior Companion Programs.

13% AAA- Region VII Area Agency on Aging receives funding from OSA and then contacts with the Isabella County Commission on Aging to provide funding for our Nutrition Programs and our In-Home Services Programs.

22% Saginaw Chippewa Tribe- The funding the COA receives from the Tribal Council has been a vital part of our budgets since 1995. Their generous support demonstrates the honor in which they hold the elders of our entire community. The Tribal Councils support is used in every direct service the COA provides.

27% Isabella Millage- In November, 2006 the voters of Isabella County passed, for the first time, a Senior Millage. The funding generated by this millage is being used to provide services to our older citizens throughout Isabella County. Prior to 2006 are local support came out of the County’s General Fund. When the millage went into affect we no longer received General Fund dollars. Over the years we have seen our State and Federal funding diminish. It has been because of our Senior Millage funding and the funding from the Saginaw Chippewa Tribe that we have been able to sustain our programs and services. We are very grateful for the support of our entire community.

---

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

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This page is sponsored by: **the Family of Dr. Leonard E. Plachta**
The In-Home Services Program covers several major programs and services. The Case Coordination and Support Program is the primary entry point into a majority of the COA services. The Social Workers, who have degrees in Social Work, assess the needs and advocate on the clients behalf to arrange for and monitor services.

The Personal Care, Homemaking and Respite Care Aides also work within the In-Home Services Program and provide vital hands on care and time away for caregivers to older adult residents of the county.

The Medicare Medicaid Assistance Program (MMAP) and the Medicare Part D Program helps hundreds of clients annually through an often confusing maze of insurance issues.
### Food With Friends Nutrition Program

The Nutrition Program has two components: Home Delivered Meals and Congregate Meals. The COA operates both programs in Isabella and Gratiot Counties.

The program provides nutritionally balanced meals to individuals 60 years and older.

Home Delivered Meal recipients are assessed by a COA Social Worker and are determined to be homebound, physically or mentally unable to adequately prepare their own meals.

The Congregate Meals Program operates 10 meal sites throughout the 2 county service area. These sites promote better health through improved nutrition, social and educational activities.

### Gold Key Volunteer Program

<table>
<thead>
<tr>
<th>Gold Key Volunteer Program</th>
<th>Active Volunteers</th>
<th>Hours Served</th>
<th>Miles Driven</th>
<th>Trips Provided</th>
<th>Gifts Distributed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transportation</td>
<td>43</td>
<td>4,185</td>
<td>81,660</td>
<td>1,836</td>
<td></td>
</tr>
<tr>
<td>Helping Hands</td>
<td>5</td>
<td>223</td>
<td>683</td>
<td></td>
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<tr>
<td>Needle Crafts</td>
<td>62</td>
<td>10,685</td>
<td>3,134</td>
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<tr>
<td>Grocery Shopping</td>
<td>14</td>
<td>297</td>
<td>2,224</td>
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<tr>
<td>Friendly Visitor</td>
<td>15</td>
<td>464</td>
<td>9,125</td>
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<tr>
<td>Home Delivered Meal Drivers</td>
<td>84</td>
<td>6,483</td>
<td>68,900</td>
<td></td>
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<tr>
<td>Meal Site Assistants</td>
<td>104</td>
<td>6,849</td>
<td>325</td>
<td></td>
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<tr>
<td>CMU Student Activity Center</td>
<td>72</td>
<td>4,699</td>
<td></td>
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<tr>
<td>Reception Ambassadors</td>
<td>27</td>
<td>4,707</td>
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<tr>
<td>Active Living</td>
<td>6</td>
<td>265</td>
<td></td>
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<tr>
<td>Tax Volunteers</td>
<td>23</td>
<td>2,823</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ride Buddies</td>
<td>15</td>
<td>832</td>
<td>3,125</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flu Clinic Volunteers</td>
<td>25</td>
<td>134</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicare Part D</td>
<td>18</td>
<td>391</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Special Projects &amp; Groups</td>
<td>135</td>
<td>13,630</td>
<td>1,296</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Totals**: 648 56,667 168,472

The Gold Key Volunteer Program provides the opportunity for individuals to give back to their community through a variety of service opportunities. The volunteers range in age from 18 to 105 years old. Whether they are taking older adults to medical appointments, delivering meals to the homebound, volunteering as a COA Receptionist, or knitting mittens, all are important and are vital to the mission of the COA.
The COA Activity Building is our "Community Focal Point" for older adult programs and services. The Activity Building provides a friendly social atmosphere in which visitors can take part in and enjoy a wide variety of recreational, social, cultural, nutritional and educational opportunities. Visitors can play pool in The Game Room, take an art class or an exercise class. They could learn computer skills or join a book group. They can also attend health fairs or even watch a movie.

The COA Activity Building is also used by over 58 different community non-profit organizations and agencies. They utilize the community rooms for meetings and presentations that bring in people from all over the county and state. The COA Activity Building is truly a "Community Focal Point" not just for the COA and our Older Adult population, but for the community at large.

<table>
<thead>
<tr>
<th>FGP/SCP Program</th>
<th>Volunteers</th>
<th>Served</th>
<th>Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foster Grandparent Program</td>
<td>73</td>
<td>49,154</td>
<td>155</td>
</tr>
<tr>
<td>Senior Companion Program</td>
<td>27</td>
<td>20,540</td>
<td>102</td>
</tr>
</tbody>
</table>

The Foster Grandparent (FGP) and Senior Companion Programs (SCP) are volunteer programs for individuals over the age of 55 and with an annual income at or below 200% of poverty level.

The Foster Grandparent or the Senior Companion will volunteer 20 hours of service per week and receives an hourly stipend of $2.65, which is not considered income for any Federally subsidized program. They also receive reimbursement for their transportation, as well as an annual health exam.

The Foster Grandparent volunteers at day care centers, Head Start Programs, or area schools and are matched with special need children.

<table>
<thead>
<tr>
<th>COA Activity Building</th>
<th>Activity Center</th>
<th>Travel/Trips</th>
<th>Community Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Visitors</strong></td>
<td><strong>Participants</strong></td>
<td><strong>Trips</strong></td>
<td><strong>Groups</strong></td>
</tr>
<tr>
<td>COA Activities Building</td>
<td>37,950</td>
<td>450</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Community Groups</td>
<td>58</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COA Activity Program</th>
<th>Annual Visitors</th>
<th>Number Participants</th>
<th>Number Trips</th>
<th>Number Groups</th>
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</thead>
<tbody>
<tr>
<td><strong>Visitors</strong></td>
<td><strong>Participants</strong></td>
<td><strong>Trips</strong></td>
<td><strong>Groups</strong></td>
<td></td>
</tr>
<tr>
<td>COA Activities Building</td>
<td>37,950</td>
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</tr>
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<td></td>
<td>Activity Center</td>
<td>Community Groups</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Commission on Aging
69,093 - Program Phone Calls
FY '13

In FY’13th COA phone system processed over 69,000 phone calls. In FY’12 we processed 63,615 calls. It's a important job answering the phone and seeing that the public is served quickly and efficiently. The COA relies on our wonderful Volunteer Receptionists, the Administrative Staff and all the employees who work at the COA.

This page is sponsored by: Chalgian & Tripp Law Offices PLLC
Mission Moment

The Foster Grandparent and Senior Companion Volunteers are building a stronger Michigan. Our 60 Foster Grandparents assist over 249 children with academic, social and emotional support in 27 different settings. They are helping to build a strong foundation for generations to come. There are many frail older adults who are feeling isolated in their homes, whether it be their family home or in a nursing home. Our 20 senior companions ease the loneliness of 93 individuals. They are a connection to the community and advocates for their clients.

You will not find a more dedicated group of individuals who are effective and efficient in meeting community needs. This program provides them with an opportunity to stay active, connected, healthy and self-sufficient. The small stipend they receive for their service makes a world of difference in their lives.

Our volunteers are Rock Stars of their generation! When they enter a room the children flock to receive a hug, or a client’s face lights up. No matter where they go “everyone knows their name!”

Mary Ann Mooradian, Coordinator
Foster Grandparent/Senior Companion Program

Ask a COA Specialist

Question: My elderly mother is struggling to meet her expenses. I’ve heard there is government assistance to reimburse low income Social Security recipients for their Part B Medicare premiums. Could you share the guidelines for the program?

Answer: You are referring to the Medicare Savings Program, which provides eligible participants with a total savings this year of $1,258 for the Medicare Part B premium. The premium is normally deducted from monthly Social Security checks at a rate of $104.90.

Eligibility for the program is determined by the Department of Human Services. For Isabella County residents DHS can be reached at (989)772-8400. If you wish assistance with the application process, you can contact the Commission on Aging at (989)772-0748. Below are the financial guidelines for the Medicare Savings Program:

<table>
<thead>
<tr>
<th>Monthly Income:</th>
<th>Assets:</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1,333 or less- single</td>
<td>$8,660 or less-single</td>
</tr>
<tr>
<td>$1,790 or less- couple</td>
<td>$13,750 or less- couple</td>
</tr>
</tbody>
</table>

Note: Your homestead and one vehicle are not countable assets.

You can ask a COA Specialist
Please mail your questions to:
Ask a COA Specialist
Isabella County Commission on Aging
2200 S. Lincoln Rd., Mt Pleasant, MI 48858
or call (989) 772-0748 ext. 236 or fax (989) 773-0514

COA Fitness Classes

<table>
<thead>
<tr>
<th>Aerobics</th>
<th>Yoga</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays, Wednesdays, Fridays 10:15 a.m. COA Fitness Room</td>
<td>Warm up with Zen Yoga, which includes tai-chi with yoga breathing and gentle range of motion movements. Includes Yin Yoga, gentle holding positions for hips, lower back and shoulders. Bands used for stretching. Tuesdays, July 22 - Aug. 26 1:30 - 2:30 p.m. 6 classes for $40 OR $10 drop-in fee/class COA Fitness Room</td>
</tr>
<tr>
<td>Walking Trail Our walking trail is always open Three times around equals one mile</td>
<td>Please bring your own mat MUST pre-register at COA Minimum 6 students Certified Instructor: Katherine Tobin</td>
</tr>
<tr>
<td>Water Aerobics Monday - Friday 7:30 a.m. CMU Rose Pool</td>
<td>Certified Instructor: Katherine Tobin</td>
</tr>
</tbody>
</table>

This page is sponsored by: CMU CARLS CENTER: Speech and Hearing Clinics

Based on the original Zumba - Zumba Gold® is less intense, designed for beginners and older adults using modified, low impact moves. Enjoy easy-to-follow moves you’ll hardly notice you’re exercising. It’s an energizing workout that burns calories and tones muscles.

| Thursdays, July 10 - Aug. 21 (does not meet July 17) 4:00 - 5:00 p.m. 6 classes for $30 OR $9 drop-in fee/class COA Fitness Room | MUST pre-register at COA Minimum 6 students Certified Instructor: Judi Swartz |
Active LIVING Page 7

Events/Classes at COA Activity Center

**SWING into SUMMER**

_Thursday, July 10_

12:00 p.m., Room C

$5.00 donation

Swing on over to Commission on Aging Activity Center and celebrate summer with us! Come dressed in your best vintage attire or come as you are. It’s going to be fun no matter the dress. Just bring yourself and we’ll do the rest!

Come enjoy lunch and music with the True Falsettos! $5.00 donation includes lunch and entertainment. Call Megan at (989) 772-0748 at least 24 hours in advance to reserve your lunch.

**Amateur Photography Group**

_Monday, July 14_

6:00 p.m., COA Room B

As a follow up from our field trip to Deerfield Park last month, our Amateur Photography Group will meet this month to share the pictures they took at the park. If you took pictures at Deerfield, please bring them with you to share. Anyone is invited to attend the meeting to view other’s photos. No need to register, just show up.

**iPad Class**

_Tuesday, July 15_

2:00 p.m., COA Room B

No Charge

Instructor Judy Czarnecki will present information on how to access controls while in an app, turn off unused items to save battery power, use Siri to dictate emails, notes and messages and other time-saving or battery-saving tips. Bring your iPad, Apple ID and password. No reservation required.

**AARP Safer Driving**

_Wednesday, July 23_

9:00 a.m. – 5:00 p.m.

$15 for AARP members/$20 for non-members

Commission On Aging, Room B

Take the AARP Smart Driver Course to refresh your driving skills, know the new rules of the road and learn research-based driving strategies to help you stay safe behind the wheel. NO tests to pass! Call (989) 772-0748 to register.

**Blood Drive**

_Tuesday, July 29_

12:00 - 2:00 p.m.

COA Rooms A & B

Join the American Red Cross and make a pledge to donate blood and help save lives! The Red Cross is under an urgent need for blood.

**July Movie**

_“Last Vegas”_

_Tuesday, July 22_

12:45 p.m., COA Room B

$1.00 per person

Billy (Michael Douglas), Paddy (Robert De Niro), Archie (Morgan Freeman) and Sam (Kevin Kline) have been best friends since childhood. When Billy, the group's sworn bachelor, finally proposes to his thirty-something girlfriend, the four head to Las Vegas with a plan to stop acting their age and relive their glory days. However, they quickly realize that the decades have transformed Sin City and tested their friendship in ways they never imagined. The Rat Pack may have once played the Sands and Cirque du Soleil may now rule the Strip, but it's these four who are taking over Vegas. (Rated PG-13, 105 minutes)

Contact Marcy at (989) 772-0748 for your reservation. Let her know if you’d like lunch before the movie.

**Avoiding Estate Planning Mistakes**

_Wednesday, August 6_

1:00 p.m. OR 6:30 p.m., COA Room B

No Charge

The State Bar of Michigan licensed attorneys will be presenting information about estate planning and probate and warning about the sales approach used by some persons in the business of selling insurance products (i.e., annuities) as the most desirable product to avoid probate. Presenters will be distributing informational materials that older adults and their family members can use as reference materials to make informed decisions about their estate planning needs. There will be no solicitation by presenters.

Please register for this free class (either the 1:00 p.m. or 6:30 p.m. time) by calling (989) 772-0748.

This page is sponsored by: Mt. Pleasant Historical Society
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:15 Aerobics (F)</td>
<td>10:00 Country Music (Craft)</td>
<td>10:15 Aerobics (F)</td>
</tr>
<tr>
<td>11:30 Nutrition Education (C)</td>
<td>11:00 4th of July craft project (C)</td>
<td>1:00 Bridge, Euchre, Pepper (C)</td>
</tr>
<tr>
<td>1:00 Dominos &amp; Pinochle (C)</td>
<td>1:30 Banjos, Guitars &amp; Mandolins (C)</td>
<td>1:00 Happy Ripper Quilters (Craft)</td>
</tr>
<tr>
<td>7:00 Square Dancing $ (C)</td>
<td>1:30 Yoga $ (F)</td>
<td>1:00 Mt. Pleasant WOW events presentation (C)</td>
</tr>
<tr>
<td></td>
<td>2:00 Intermediate Line Dancing (C)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:30 Friends of Isabella Seniors (BR1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:00 iPad Class (B)</td>
<td>8:00 Ann Arbor Art Fair trip $</td>
</tr>
<tr>
<td></td>
<td>6:30 Caregiver Support Group (Craft)</td>
<td>10:15 Aerobics (F)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:15 Music of Ted Bailey (C)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 Bridge, Euchre, Pepper (C)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 Happy Ripper Quilters (Craft)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 Book Club (Lib)</td>
</tr>
<tr>
<td></td>
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<td>14.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:15 Aerobics (F)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:00 Wii Tennis tournament (C)</td>
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<tr>
<td></td>
<td></td>
<td>1:00 Dominos &amp; Pinochle (C)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 Legal Services (BR1)</td>
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<tr>
<td></td>
<td></td>
<td>6:00 Amateur Photography Group (B)</td>
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<tr>
<td></td>
<td></td>
<td>7:00 Square Dancing $ (C)</td>
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<tr>
<td></td>
<td></td>
<td>15.</td>
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<tr>
<td></td>
<td></td>
<td>8:00 AARP Safer Driving $ (B)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:15 Aerobics (F)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:00 Minute to Win it (C)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:45 Ice Cream Social (C)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 Bridge, Euchre, Pepper (C)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 Happy Ripper Quilters (Craft)</td>
</tr>
<tr>
<td></td>
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<td>23.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:15 Aerobics (F)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:45 Movie, “Last Vegas” (B)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00 CMU Bridge (Craft)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:30 Yoga $ (F)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2:00 Intermediate Line Dancing (C)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12.</td>
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<tr>
<td></td>
<td></td>
<td>1:00 Blood Drive (A,B)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:30 Yoga $ (F)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>29.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10:15 Aerobics (F)</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>1:00 Happy Ripper Quilters (Craft)</td>
</tr>
</tbody>
</table>

**Calendar Key:**
- $ = Fee for Activity
- $ = Reservation Required

Food With Friends lunch is served Monday thru Friday at noon in Activity Room C. See our Menu on Page 12.
<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 Learn to Knit (Craft)</td>
<td>Independence Day</td>
<td></td>
</tr>
<tr>
<td>1:00 Beginner Line Dancing (C)</td>
<td>CENTER CLOSED</td>
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<td>10:00 Learn to Knit (Craft)</td>
<td>10:15 Aerobics (F)</td>
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<tr>
<td>12:00 SWING into SUMMER Party $ (C)</td>
<td>12:45, sponsor Tendercare (C)</td>
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<tr>
<td>1:00 Beginner Line Dancing (C)</td>
<td>12:00 SWING into SUMMER Party $ (C)</td>
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<tr>
<td>4:00 Zumba Gold $ (F)</td>
<td>4:00 Zumba Gold $ (F)</td>
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<td>17.</td>
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<tr>
<td>10:00 Learn to Knit (Craft)</td>
<td>9:00 FGP/SCP Annual Picnic (A,B)</td>
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<tr>
<td>11:00 Jeopardy (C)</td>
<td>10:15 Aerobics (F)</td>
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<tr>
<td>1:00 Beginner Line Dancing (C)</td>
<td>12:45 Meijer Bingo (C)</td>
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<tr>
<td>1:00 Second Hand Book Club (Lib)</td>
<td>6:00 Red Hat Strutters Dance $ (C)</td>
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<tr>
<td>10:00 Antique Road Show (C)</td>
<td>10:15 Aerobics (F)</td>
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<tr>
<td>10:00 Learn to Knit (Craft)</td>
<td>12:45 Bingo, sponsor The Laurels (C)</td>
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<tr>
<td>1:00 Beginner Line Dancing (C)</td>
<td>1:00 Second Hand Book Club (Lib)</td>
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<tr>
<td>4:00 Zumba Gold $ (F)</td>
<td>4:00 Zumba Gold $ (F)</td>
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<tr>
<td>5:30 Sunset Dinner Aboard the Appledore Tallships trip $</td>
<td>5:30 Sunset Dinner Aboard the Appledore Tallships trip $</td>
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<td>31.</td>
<td>31.</td>
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</tbody>
</table>

*The room location for each activity is listed on the calendar for easy reference. Codes for rooms are as follows:*

- A - Activity Room A
- B - Activity Room B
- C - Activity Room C
- F - Fitness room
- Craft - Arts & Crafts Room
- Lab - Computer Lab
- BR1 - Board Room B126
- BR2 - Board Room B129

*This page is sponsored by: The Laurels and Maplewood of Mt. Pleasant*
### TRAVEL with COA

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Price</th>
<th>Departure Time</th>
<th>Itinerary</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Feet on the Streets Tour</strong></td>
<td><strong>Tuesday, September 23</strong></td>
<td><strong>$109 per person</strong></td>
<td><strong>Departs COA, 8:00 a.m.</strong></td>
<td>Enjoy a tour of Eastern Market and a visit to Bert’s Jazz Club. Explore downtown Detroit and the Guardian Building, walk along the International Riverwalk and enjoy dinner at the famous American Coney Island (price of dinner not included). Coolers available to keep your purchases cold. Includes round trip transportation, tours with lunch and more! Please reserve your seat by August 15</td>
</tr>
<tr>
<td><strong>The Ann Arbor Art Fair</strong></td>
<td><strong>Wednesday, July 16</strong></td>
<td><strong>$59 per person</strong></td>
<td><strong>Departs COA, 8:00 a.m.</strong></td>
<td>Learn about art from the nation’s best artists. Distinctive shops and galleries. Includes round trip transportation, drop-off and pick up at convenient location and trolley ticket. Please reserve your seat by July 2</td>
</tr>
<tr>
<td><strong>Ring of Fire - the Johnny Cash Story</strong></td>
<td><strong>Wednesday, October 8</strong></td>
<td><strong>$129 per person</strong></td>
<td><strong>Departs COA, 9:00 a.m.</strong></td>
<td>Enjoy fine dining with a hilarious table-side murder mystery. Be prepared to be part of the show in this and watch out, you might be the unfortunate soul who gets to be the victim of their devious plot! (rated PG-13). Includes round trip transportation, 5-course dinner and show. CONTACT MARCY IF INTERESTED, SEATING IS LIMITED</td>
</tr>
<tr>
<td><strong>Mackinac Island</strong></td>
<td><strong>Wednesday, August 13</strong></td>
<td><strong>$134 per person</strong></td>
<td><strong>Departs COA, 8:00 a.m.</strong></td>
<td>The ferry will take us to the island by way of Mackinac Bridge. Once we arrive a taxi will take us to the Grand Luncheon Buffet. After lunch, you are welcome to explore the Grand Hotel and grounds on your own, explore the island, shop, take tours, etc. We will meet back at the ferry at 5 p.m. to depart for home. Includes round trip transportation, ferry ticket, taxi to the hotel, buffet and admission to the Grand Hotel. Please reserve your seat by July 31</td>
</tr>
</tbody>
</table>

**Ring of Fire - the Johnny Cash Story**

- **Turkeyville**
- **Wednesday, October 8**
- **$129 per person**
- **Departs COA, 4:00 p.m.**
- Enjoy fine dining with a hilarious table-side murder mystery. Be prepared to be part of the show in this and watch out, you might be the unfortunate soul who gets to be the victim of their devious plot! (rated PG-13).
- Includes round trip transportation, 5-course dinner and show.
- CONTACT MARCY IF INTERESTED, SEATING IS LIMITED

**Trip Questions**
Contact Marcy at (989) 772-0748 or marcyhosking@isabellacounty.org

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

Thank you to the following business, organizations and non-profit agencies for participating in our Body, Mind & Soul Health Expo!

- Central Michigan District Health Department
- Experimental Aircraft Association, Chapter 907
- Friends of The Broadway
- Isabella County Parks & Recreation
- Michigan State Police
- Michigan State University Extension
- MidMichigan Health
- Mid Michigan Wood Workers
- Morey Courts Recreation Center
- Mt. Pleasant Parks & Recreation
- Red Hatters Strutters
- Senator Judy Emmons
- Therapy Dogs International

Thank you to Greg Merwin for entertaining us!

SPONSORS

Thank you to Mike Faulkner, Green Spot Pub for donating delicious apple pies for Father’s Day!

Are you Ready for some FOOTBALL!

Interested in traveling with COA to watch a Detroit Lions football game please contact Marcy at (989) 772-0748 or marcyhosking@isabellacounty.org

COA Travelers enjoyed our wine tasting trip to the Old Mission Peninsula in Traverse City.

Left: Roy & Marty Gunderson enjoying apple pie and celebrating Roy’s 90th Birthday!

Right: Warm apple pie and vanilla ice cream, thank you to our kitchen for baking them!

This page is sponsored by: Cranbrook Terrace Senior Community
July in Central Michigan is all about the parties and get-togethers. From family reunions to Sunday barbecues it’s a time for sunshine and celebration! Here at the Rosebush Food with Friends site we’re no different! We’ll be celebrating Independence Day on the 2nd, Christmas in July on the 28th and we’ll be eating cake to celebrate all our friends who are ringing in another year this month. So come on down to the Rosebush Manor to continue the smiles and laughter that July always brings!

Rosebush JULY Calendar cont.
4 CLOSED Independence Day
7 Homemade Ice Cream
9 Penny bingo 1:00 p.m.
11 Good Times Band 1:00 p.m.
14 Bingo with prizes (courtesy of Hospice) 1:00 p.m.
16 Bingo with prizes (courtesy of The Laurels) 1:00 p.m.
18 The Whitfords 1:00 p.m.
21 Marble races 1:00 p.m.
23 Penny Bingo 1:00 p.m.
25 Music with Mark Baumann 1:00 p.m.
28 Christmas in July party 12:00 p.m.
30 Monthly Birthday celebration 12:45 p.m.
Crosswords & Word Searches 1:00 p.m.
Penny bingo 1:00 p.m.

*All activities are provided in conjunction with Rosebush Manor*

This page is sponsored by: Rowley Funeral Home, P.C. “Honoring Traditions, Respecting Change”
**Weidman**  
Senior Center  
3453 N. School Road, Weidman  
Meals M - F, 9:30 a.m. - 1:30 p.m.  
Marjie Evans, Site Mgr., (989) 644-2538

We are starting the 2nd half of the year. Take some time to appreciate our many freedoms. It was good to see George Jennings a few days ago. Thank you to Floral and my people for “running the show” while I was visiting my family. Celebrating a birthday this month are Carol Abbott, Larry Bourwas, Sue Beaudin and me. Come help us celebrate on June 9.

**Weidman JULY Calendar**
1. **Postage Stamp Calendar** - what is the cheapest you remember the price of a stamp?  
2. **River Ramblers**  
3. Independence Day memories  
4. CLOSED Independence Day  
5. Chocolate day  
6. Wear red (ruby is the gem for July)  
7. River Ramblers/Birthday party  
8. Wendy - nutrition topic  
10. A.C. appreciation  
15. River Ramblers  
17. Nutrition - kitchen cleaning & safety Bingo  
18. National junk food day  
20. Old time remedies  
21. River Ramblers  
23. Cards/Games  
24. Milk chocolate day  
30. River Ramblers

**Shepherd**  
United Methodist Church  
107 W. Wright, Shepherd  
Meals M, W, F, 10:00 a.m. - 2:00 p.m.  
Cindy Bromell, Site Mgr., (989) 828-5106

This month on July 9 we will welcome back story teller, Caroline Kampf. July is blueberry month. Join us July 30 for our Blueberry Fest. Bring your blueberry recipes and memories and share some of your favorite blueberry treats. Are you a stamp collector or have a few favorite old stamps you have saved? Share some of your favorites with us July 18. A special thank you to Compassionate Care, last months sponsor of our bingo prizes and the great decorations they provided us with for our Ocean/Bean Celebration.

**Shepherd JULY Calendar**
2. Board games/Crossword puzzles  
3. CLOSED Independence Day  
7. UV safety month topic  
9. Carolyn Kampf the Story Teller  
11. Bingo  
12. Range of motion, sit & fit exercise  
16. Euchre /Board games  
21. Card/Games  
23. Euchre /Board games  
25. Bingo  
28. Sit and fit exercise  
30. Blueberry Fest

**Winn**  
Community Building  
2583 W. Blanchard Road, Winn  
Meals M, W, F, 10:00 a.m. - 2:00 p.m.  
Denise Peltier-Pohl, Site Mgr.  
(989) 866-2520

The excitement here! The Dan Miller Band will start our month out with a BANG! Al Guthrie’s band will be coming back too. Such a great line up of talent I can’t hardly wait! Some haven’t been here for a while - some just last month - so check your schedules. Who has more fun than us? Tell your neighbors, tell your friends! Proven fact - people are laughing, giggling and just smiling more when they leave. The Lenord’s, Johnson’s and Davis’s will be coming in July. Please call 24 hours in advance to make your reservation. Until then stay healthy! I would personally like to say goodbye to Arlene Scramlin who passed away June 8.

**Winn JULY Calendar**
2. Dan Miller band  
4. CLOSED Independence Day  
7. Birthday party w/ Benny & Nancy Lopez & band  
9. Rocky, Pat, John, Les, Vern, Roger band  
14. The Johnsons, Bob & Jean  
16. Randy & Julie Davis  
21. Leon Seiter & Maxine Vadar  
23. Band - Al Guthrie  
28. Mark Roy & Mark Bauman  
30. Joyce & Phil Lenord

**COA JULY Calendar**
1. 4th of July craft project  
2. Mt. Pleasant WOW presentation  
3. Wear Red, White & Blue  
4. CLOSED Independence Day  
7. Nutrition Education  
9. Deal or No Deal w/Tendercare  
11. Bingo w/Tendercare  
14. Wii Tennis Tournament  
16. Music w/Tendercare  
17. Jeopardy  
18. Crazy Hat day  
19. Bingo  
24. *Antique Road Show w/Lynette & Paul  
25. Bingo w/The Laurels

*Join us July 24 for a COA Antique Road Show! Bring some of your antique valuables between the hours of 10:00 a.m. and 12:00 p.m. Appraisers to tell you what it’s really worth! Is it real or fake? No cash exchange, appraisals only available. No art or coins will be appraised. Bring your glassware, jewelry, photos and books.

**Tendercare an Extendicare Facility**
**IN MEMORY OF**

Alma Armbrustmacher  
Robert Armbrustmacher

Ginger Claybaugh  
Bonnie VanHorn

Ida Downing  
Bonnie VanHorn

Carl Frick  
Ruth Frick

Nell Gillison  
Cliff & Joyce Stacy

Joe Lawrence  
Dolores Lawrence

Helen Lehnert  
Clayton & Carol Garrett  
State Employees Retiree ASSN

Ursal & Lavern Main  
Carol Maxfield

Margaret Arnold Nash  
Virginia Kjolhede  
Theresa Turner

Martin “Marty” Osborn  
Darci & Jimmy Draper  
Nanci Osborn

Frances Turnwald  
Sharon A. Horgan

Walter “Buck” VanHorn  
Bonnie VanHorn

Faye Kathleen Whitehead  
Larry & Monica Davis  
Kierin J. Keenan  
Robert & Mary Owen

Mary Lou Wilmot  
Jack & Mary Lou Westbrook

Joyce Zelesket  
Anonymous

---

**Active Living Needs Your Support**

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**Thank You** to our Readers and Sponsors who donate to Active LIVING. We appreciate and need your support!

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**Donations to COMMISSION ON AGING**

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Melvin Onuskanich

**Transportation**  
Richard & Jean Thomas

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Junior & Darlene Fedewa  
Susan Welch

Bryan & Patricia Fowler  
Bob & Phyllis Williams

Larry & Janice Galgoci  
Lorenza Worden

James & Mary Gebhard

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**Caregivers Support Group**

Our Caregivers Support Meeting will be Tuesday, July 15 in the Craft Room at COA, from 6:30 - 8:00 p.m. This group is open to all caregivers be it caring for your mother/father, spouse, grandparent or friend. Receive support, learn strategies for coping with challenging situations and get ideas that you can immediately implement. Handouts available. If you have questions please call COA at (989) 772-0748.

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**Legal Services**

Lakeshore Legal Aid provides legal advice to people over age 60.  For an appointment call toll free:  
**1-866-552-2889**

Lakeshore does not prepare wills, advance directives or power of attorney forms.

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This page is sponsored by: **CLARK family FUNERAL CHAPEL & CREMATION SERVICE**
Mt. Pleasant Historical Society

Mt. Pleasant Area Historical Society invites you to join them Tuesday, July 8 at 7:00 p.m. at the CMU Park Library Auditorium for a slide presentation and discussion of “Mt. Pleasant Oil Capital of Michigan: The First Oil Boom: 1928-1939” by Jack R. Westbrook, author of nine photo history books and one historical novel. Westbrook will draw upon his many books about and photos of Mt. Pleasant history and his rich knowledge of Michigan’s oil and gas industry to explore the tone of the times during Mt. Pleasant’s first oil boom. The presentation is part of the Clarke Historical Library’s Summer Speakers and a reception will follow the presentation, where books will be available for sale and autographing.

State Employee Retirement Association (SERA)

Presenters this month are from the Saginaw Chippewa Indian Tribe Water Quality Program from the Planning Department. They will be discussing several issues with the local rivers, as well as the discovery of the Chippewa River. The meeting will be at 1:30 p.m. on Tuesday, July 15 at the Commission on Aging, 2200 S. Lincoln Road. Following the presentation we will have our business meeting, 50/50 drawing and door prize. We hope all will be able to attend this informational meeting. If you have any questions, please call Jackie at (989) 772-0597 or jac62irish@yahoo.com.

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
- Caregiver Training
- Counseling / Information
- 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
- Volunteer Opportunities
- Travel opportunities
- Fitness

- Gold Key Volunteer Program
- Case Management
- Personal Care
- Homemaking
- Medicare / Medicaid Assistance
- 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 thru 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, Federal, State, Isabella County and Gratiot County appropriations.

COMMISSION ON AGING

| District 1  | Roxanna Dunevant          |
| District 2  | Ruth Anne Maniteau       |
| District 3  | Shirley Decker           |
| District 4  | John Dinse               |
| District 5  | Open Position            |
| District 6  | Ken Kopke                |
| District 7  | Sarvijit Chowdhary       |
| At-Large    | Therese Mosier           |
| At-Large    | Claudia Douglass         |

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Active LIVING is not “forwarded.” If newspapers are returned, we remove the individual from our mailing list. To get back on the mailing list, you must contact our office with your current address. If you are planning a winter vacation or will be away or are moving, call (989) 772-0748 or use the form on page 16.

Active LIVING Deadline

Each issue of Active LIVING is printed and mailed to our readers before the 1st of each month. In order to complete the entire process we need to receive information for submission by the 10th of the prior month. Please understand all articles submitted are subject to editing for content and space restrictions. Thank you.

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Please make checks payable to:
Friends of Isabella Seniors

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

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.

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SWING into SUMMER
Thursday, July 10
12:00 p.m., Room C
$5.00 donation

Swing on over to Commission on Aging Activity Center and celebrate summer with us! Come dressed in your best vintage attire or come as you are. It’s going to be fun no matter the dress. Just bring yourself and we’ll do the rest!

Come enjoy lunch and music with the True Falsettos! $5.00 donation includes lunch and entertainment. Call Megan at (989) 772-0748 at least 24 hours in advance to reserve your lunch.

JULY 2014 ACTIVE LIVING

2200 South Lincoln Road, Mount Pleasant, MI 48858