

# Active LIVING

Volume 119 Issue 2  
FEBRUARY 2019

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging  
Friends of Isabella Seniors - 2200 S Lincoln Rd., Mt. Pleasant, MI 48858 - (989) 772-0748 - isabellacounty.org/active-living-newspaper

## Help Plan the Future of Aging and Long-Term Care

Join us for lunch at the Isabella County Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant on Tuesday, February 5 at noon in Room C. Please offer your thoughts as Region VII Area Agency on Aging starts work on plans to meet the needs of older adults in Bay, Clare, Gladwin, Gratiot, Isabella, Midland, Saginaw, Sanilac and Tuscola Counties for the next three years. Make your lunch reservation 24 hours in advance by calling Katie at 989-772-0748.



## Foster Grandparent and Senior Companion Volunteers Wanted for

Clare, Gratiot and Isabella Counties

► **Would you like to earn extra money and make a difference in someone's life?**

You must be: 55 and older, meet income guidelines, available to volunteer 15 - 20 hours weekly, and pass background checks.

### Benefits:

- **\$2.65 an hour non-tax stipend (will not affect social security, subsidized housing etc.)**
- **Mileage reimbursement**
- **A meal during service hours**
- **Training**
- **PTO and Holiday Pay**

Please contact: Brandi Knivila at (989)772-0748 for more information.

## Have-A-Heart Needs Your Help



Commission on Aging and Friends of Isabella Seniors are asking you to "Have-a-Heart" and make a donation to support the 2019 Have-A-Heart Project. Every dollar helps us reach our goal.

The "Have a Heart" project depends solely on the generosity of Isabella County residents like you. There are no federal, state or local funds used for this program. As in the past, the COA expects to assist between 75 to 100 older adult residents in Isabella County with the high costs of prescription medications, warm winter clothing, and food.

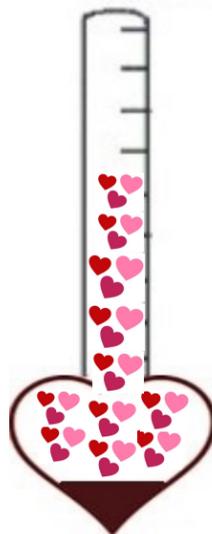
### Please Help Us Reach Our Goal

Just fill out and return the form below. *Thank You* in advance for your willingness to help our friends and neighbors.

If you have questions or would like more information, please contact the Commission on Aging at (989) 772-0748.



**GOAL**  
**\$7,500**



### YES, I Want To Help Have a Heart

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I would like to donate the amount of \$ \_\_\_\_\_

My donation is in memory of:

in honor of:

Please keep my donation anonymous.

Make checks payable to: **FOIS - Have-a-Heart**

Mail to:

Friends of Isabella Seniors  
Attn: Have-A-Heart  
2200 S. Lincoln Rd.  
Mt. Pleasant, MI. 48858

## Director's Comments



Happy February . . . a month to recognize and show our love to our special Valentines and cheer on our favorite football team in the Super Bowl! If you are a football fan, I hope your team wins!

We are so excited to have three new members join our Isabella County Commission on Aging family: Tracey Bradley (Case Manager: In-Home Services), Anne Acles (Senior Companion Supervisor), and Jodi Onstott (Foster

Grandparent Supervisor). Tracey, Anne and Jodi all bring a great deal of knowledge and experience to their new roles; and we are confident that you will enjoy interacting and working with them.

In the January edition of Active Living we put the call out, requesting donations for the 2019 Have-A-Heart Campaign, which

helps us to provide assistance to older adult residents in Isabella County. We sure have received an outpouring of support and love from so many – in fact, we have almost reached our goal. If you plan on donating but have not yet, don't worry – there is still time. We appreciate you and your gift more than you will ever know – thank you for helping us to help those in need.

While the weather outside can be a little frightful at times right now, we hope to be the warm place that you look forward to visiting for coffee or lunch; playing cards, billiards, bingo or other games; taking part in a fitness class or joining others with the same hobby (music, needle crafting, quilting, woodworking, dancing etc.) or just socializing with others. We love to hear the laughter and stories and see the smiles of all of our guests. We are here for you, and we want you to enjoy your facility here at the Isabella County Commission on Aging.

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

## Mission Moments

Happy February - the days are getting longer and soon the weather will be getting warmer! We have a lot to look forward to in the coming months! In March, we'll visit Turkeyville for a fun play and lunch buffet. In April we will tour the Historic Jackson State Prison and in May we take in the sights at the Holland Tulip Festival. Keep an eye out for more information to come on a June Tigers Baseball game and much more! Check out our new free monthly Health and Wellness Speaker Series on Page 4. Each month, we will feature a different professional from the community

who will present on different topics all related to overall health and wellness. Please note, the dates and times of these presentations will vary. There is no cost to attend these, but registration is strongly recommended. In January, Courtney Summers, CMU Therapeutic Recreation Intern, started here at the COA. She will be with me throughout the entire spring semester, so I'm sure many of you will get a chance to meet her. You can read a little more about her below. See you all soon!

*Marcy Jerome, Activity Program Coordinator*



My name is Courtney Summers and I am currently in my final year at Central Michigan University, here in Mt. Pleasant. Originally from the Owosso area, I moved to Mt. Pleasant in the Fall of 2016 to pursue my bachelor's degree in Therapeutic Recreation, which I will earn in May 2019. I am excited to join the Isabella County Commission on Aging for the Spring 2019 semester and look forward to assisting Marcy Jerome, and other staff, with the planning of activities and events.

Currently, I'm employed in Alma, Michigan providing behavior therapy services to children diagnosed with Autism Spectrum Disorder. I love working with children and people in general, playing games, hiking and camping in the summers, and getting crafty in my free time. I look forward to bringing my interests and studies to the Isabella County Commission on Aging and learning more about the facility and community during my time here, in hopes to contribute to local communities after graduation.

*Courtney Summers, CMU Therapeutic Recreation Intern*

**Courtney Summers**

*This page is sponsored by: **Crestwood Village Assisted Living***

## Ask a COA Specialist

**Question:** My grandson is asking that I co-sign on a car for him, should I be concerned?

**Answer:** There are several reasons why co-signing on any loan could be a problem:

\* One of the obvious reasons is it could destroy a family relationship or friendship. As a cosigner, you are taking on responsibility that the payments are going to be made and that they will be made on time. This can cause stress on any relationship.

\* As a responsible party, you need to make sure that the other party is taking care of payments on time and that you have the money available, should they not make a payment. If a payment is not made, many negative consequences can occur. The lender will generally sue the cosigner before the actual borrower.

\* The cosigner is the reason the borrower was approved in the first place, because of good credit. Failure to make payments can also destroy your credit history. Even if a debt collector agrees to settle out of court, you may face penalties on taxes for "debt forgiveness income."

\* By cosigning for others, you also limit your own possibilities. A person may have too much credit and when they need a loan for themselves, they could be denied.

\* Cosigning also means that you take on that item as an asset of your own. This can cause problems when needing to apply for assistance programs such as Medicaid.

If you have any questions regarding this topic, please feel free to call the Commission on Aging and speak to one of our case managers at (989) 772-0748.

**Mail your questions to:**

**Ask a COA Specialist**

**Isabella County Commission on Aging  
2200 S. Lincoln Rd., Mt Pleasant, MI 48858**

**Call: (989)772-0748 ext. 236  
or Fax: (989)773-0514**

## Seeking Single Deck Pinochle

**Players** - The COA Pinochle Players wish to switch from double deck pinochle to single deck pinochle. The group meets on Mondays at 1:00 p.m. in Room C. The group is seeking additional single deck pinochle players.

## Free Tax Preparation Available

The Isabella County Commission on Aging is working again with the AARP Foundation Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing available. This service is provided to low and middle income seniors. Appointments for all sites except Andahwod Senior Care, Winchester Towers and Riverview must be made by calling the Commission on Aging. Andahwod Senior Care, Winchester and Riverview residents should call their building office.

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.

Volunteers are required to pass an IRS test before they can prepare returns. Individuals 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.

The following are the dates, places and times for the free tax preparation by appointment only.

## 2019 Tax Preparation Schedule

**Commission on Aging - Activity Center**

**Thursdays**

**February 7 thru April 4**

**9:30 a.m. to 3:00 p.m.**

Some additional dates on Tuesdays and Wednesdays will be available in February and March. Call to check schedule.

**Blanchard Library/Rolland Township Hall**

**Tuesdays**

**February 12 and March 19**

**10:45 a.m. to 12:45 p.m.**

**Weidman Food with Friends Site/Weidman Library**

**Tuesdays**

**February 5, 19 and March 12**

**10:30 a.m. to 1:30 p.m.**

**Coe Township Library, Shepherd**

**Tuesday, February 5 and March 19**

**12:00 p.m. to 5:00 p.m.**

Above sites, call for an appointment (989) 772-0748.

Residents of Riverview, Winchester Towers and Andahwod Senior Care please call your building office for dates and times. Those appointments are limited to residents of those facilities.

**Tax payers MUST bring Social Security cards (NOT Medicare cards) and blank checks if direct deposit is desired.**

## ALERT!

**THE STATE OF MICHIGAN HAS CHANGED THE PROPERTY TAX REFUND ALLOWANCE. PLEASE BRING YOUR PROPERTY TAX BILLS WITH YOU THIS YEAR EVEN IF YOU HAVE NOT PREVIOUSLY RECEIVED PROPERTY TAX CREDIT.**

## Events and Classes at COA



### “Secluded Beach” Wednesday, February 6

4:00 p.m. to 6:00 p.m. in COA Room C.

**\$25 per person due by Monday, February 4. (supplies included)**

Let award winning television artist Steve Wood help develop the “artist” in you to create “*Secluded Beach*.” You don’t have to be “born with the gift” to be a great painter. Remember “*Anyone Can Paint*” these pieces of art. Steve’s methods are applicable to the beginner as well as the advanced painter. Create an 11” x 14” acrylic landscape painting in class. Contact COA at (989) 772-0748 to register. **The next scheduled class “Winter Birch Trees” is Wednesday, March 6 with \$25 due by Monday, March 4.**

**Valentine’s Day Social on Thursday, February 14 at 12:45 p.m.**

### Hearing and Aging – Health and Wellness Speaker Series

**Friday, February 15 at 11:00 a.m. in COA Room A**

Hearing loss currently affects more than 37 million Americans. Although hearing problems are commonly associated with the normal aging process, more than half of all hearing-impaired persons are younger than 65. Hearing loss can be caused by exposure to loud noises, ear infections, trauma, ear disease, illness, and certain medications. This month, a group of students from Central Michigan University’s Department of Audiology will be here to give a presentation on Hearing and Aging. **To register, please call Marcy Jerome at (989) 772-0748.**

**Ice Cream Social Tuesday, February 19 at 12:45 p.m.**

### iPad and iPhone Class at COA

The class will meet on **Tuesday, February 19 at 2:00 p.m. in Room B** will be an open discussion/question and answer session. Bring any computer or device questions with you as well as future topic suggestions! *Sponsored by Veterans Memorial Library*

### You are Invited to Participate in the Mid Michigan Quilt Guild String Quilts Workshop

The Mid Michigan Quilt Guild would like to invite you to participate in their String Quilts Workshop on **Monday, February 25 at COA in Rooms A & B**. The workshop will be from **8:00 a.m. to 5:00 p.m.** There will be a potluck lunch, so please bring a dish to pass. If you are able, please bring your sewing machine and supplies along with white or cream thread. All quilts that are made during these workshops will be donated for charity. For additional questions or to sign up, please call **Shirley Eibling (989) 317-0708**.

### FREE Movie & Popcorn

The movie, *Walt before Mickey*, will be shown on **Tuesday, February 26 at 12:45 p.m. in COA Room B**. The movie and popcorn are **FREE** but donations are always welcome. This portrait of a young Walt Disney follows his journey from Missouri to Hollywood, as he encounters opportunities, tough deals, and a growing romance. (*Rated PG, 2 hours*) **Call Katie 989-772-0748 24 HOURS IN ADVANCE to register for the movie.**

**Hot Cocoa Social Wednesday, February 27 at 12:45 p.m.**

### SilverSneakers Yoga Stretch

*SilverSneakers® Yoga Stretch* classes offer a variety of stretching exercises in both seated and standing positions. The positions involve stretching and reaching your limbs and gently bending your body into easy to reach positions that are designed to target specific muscle groups and joints within the body.

The yoga positions are designed with SilverSneakers® participants' needs in mind and are easy to perform no matter your fitness level.

SilverSneakers is covered by some insurances. If you are covered, please contact Marcy Jerome (989) 772-0748 before starting class.

**Wednesdays**

**9:00 a.m. - 10:00 a.m.**

**COA Room A**

**Must purchase a fitness punch card:  
12 classes for \$36**

### Water Aerobics

**\*SAC Pool CLOSED March 4-8**

Whether you want low or high intensity, this class is easy on your joints. Can’t jump? OK, kick instead. Can’t raise arms high? OK, work them in the water. Want social time? Yes, we have a chatty group. Class is held based on CMU schedule and routine closings.

**Mondays, Wednesdays, Fridays**

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

**\*CMU SAC Pool**

**Requires purchase of Non-expiring  
Fitness Punch Card:**

**12 classes for \$36**

**MUST** have a liability form on file with COA to attend the class. Forms and punch cards available at COA.

*Instructor: Mary Alsager*

*This page is sponsored by: **You, Your Family or Organization / Business***

## Fitness Classes

For more information or to register contact Marcy Jerome at COA (989) 772-0748

### Aqua Zumba

Splash your way into shape with an invigorating, low-impact aquatic workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning, toning and exhilarating!

**\*SAC Pool CLOSED March 4-8**

**Tuesdays & Thursdays**

**7:15 a.m. - 8:15 a.m. \*CMU SAC Pool**

**Requires purchase of Non-expiring**

**Fitness Punch Card:**

**12 classes for \$36**

**MUST** have a liability form on file with COA to attend the class. Forms and punch card available for purchase at COA

*Instructor: Judi Swartz*

### Zumba Gold

Designed for beginners and older adults using modified, low-impact, easy to follow moves. An energizing workout that burns calories and tones muscles.

**Thursdays at 4:00 p.m. - 5:00 p.m.**

**COA Fitness Room**

**Requires purchase of Non-expiring**

**Fitness Punch Card:**

**12 classes for \$36**

**Drop-in Fee \$5**

Punch card available for purchase at COA

*Instructor: Judi Swartz*

### Hula Class

Come learn the hula as well as other Polynesian dances. The music and movements are fun to do. All ages and levels of ability are welcome. Wear comfortable clothing (barefoot optional).

**Thursdays, 5:30 p.m. - 7:00 p.m.**

**COA Fitness Room**

**No Charge**

*Instructor: Sue Courington*

### Line Dancing

#### *Beginner*

**Wednesdays**

**9:00 a.m. to 11:00 a.m.**

**COA Room C**

**No Charge**

*Instructor:*

*Echo Godwin*

#### *Intermediate*

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays**

**2:00 p.m. to 4:00 p.m.**

**COA Room C**

**No Charge**

*Instructor:*

*Ardith Gloden*

### Yoga

Zen Yoga, with gentle range of motion movements, includes gentle holding positions for hips, lower back and shoulders.

**Tuesdays 1:30 p.m. - 2:30 p.m.**

**COA Fitness Room**

**Requires purchase of Non-expiring**

**Fitness Punch Card:**

**12 classes for \$36**

**Drop-in Fee \$5**

Please bring your own mat

Punch card available for purchase at COA

*Instructor: Catherine Tobin*

### Peer Led

#### **Low-Impact Exercise**

**Mondays, Wednesdays, Fridays**

**10:15 a.m. COA Fitness Room**

**No Charge**

### Tai Chi for

#### **Health and Balance**

Tai Chi for Health and Balance is a research-based tai chi form created by Dr. Paul Lam, retired family physician, and his team of health care professionals. It is a gentle, slow-moving exercise designed to improve balance, flexibility, muscle strength, and a sense of well-being. Regular practice may also reduce the incidence and fear of falling in the elderly.

#### *Beginner Tai Chi*

**(Tai Chi for Health and Balance)**

**Tuesdays & Thursdays 10:00-11:00 a.m.**

**February 19 & 21; 26 & 28;**

**March 5 & 7; 12 & 14; 19 & 21; 26, 28.**

**No experience necessary**

#### *Intermediate Tai Chi*

**(Yang 24)**

**Tuesdays & Wednesdays**

**February 20 & 21- Thurs\*\*; 26 & 27;**

**March 5 & 6; 12 & 13; 19 & 20; 26, 27**

**3:00 p.m. - 4:00 p.m.**

**\*\*February 21 class will be 2:30-3:30**

#### *Advanced Tai Chi (Sun 73)*

**Tuesdays & Thursdays**

**February 19 & 21; 26 & 28;**

**March 5 & 7; 12 & 14; 19 & 21;**

**26 & 28.**

**11:30 a.m. - 12:30 p.m.**

**Requires purchase of Non-expiring**

**Fitness Punch Card:**

**12 classes for \$36**

Punch card available for purchase at COA

**Loose Clothing and Supportive Shoes**

**Is Recommended**

*Ann FitzGerald,*

*Board Certified Instructor*

*Tai Chi for Health Programs*

## COA Travel Activities

# Turkeyville

Tuesday, March 26

Money and reservation due by February 26.

Give me that Old Time Religion, it's good enough for me with toe tapping, and knee slapping inspirational music we all love. Come on down to the "Ellen" theatre in Big Elk North Carolina as a Concert Promoter is getting ready for HUGE concert. Songs include: "Old Time Religion", "Jesus Loves You", "Smoky Mountain Sunday" and many more.

Cost \$85 per person includes Motorcoach transportation, snack, show ticket and turkey lunch buffet. Motorcoach will depart the COA at 9:15 a.m. Buffet style turkey dinner served at noon. The show will start at 2:00 p.m. There will be some time when we first arrive and before the start of the show to browse the gift shop. We should arrive back to COA around 6:00 p.m.

# Jackson State Prison Tour

Wednesday, April 17

Cost \$95 per person includes Motorcoach transportation, snack, two prison tours, and lunch. Lunch menu: Minestrone soup, dinner roll, Chicken Marsala, Cannoli, and soft drink. Motorcoach will depart the COA at 8:15 a.m. First prison tour will be 10:00 a.m., lunch will be served around noon, finally, we will tour Cell Block 7 around 1:30 p.m. We should arrive back to COA around 4:45p.m. Money and reservation due by March 15.

# Holland Tulip Festival

Please join us Friday, May 10 for a trip to Holland to experience the beauty of the Tulip Time Festival!! We will be visiting Windmill Island Gardens, Dutch Marktplaats, Downtown Holland, and Veldheer's Tulip Farm! Reservations and Payments due by March 26. Cost \$65 per person—Includes motor coach transportation, snack and tickets to festival venues. Lunch will be on your own at the Dutch Marktplaats or downtown Holland.

### RESERVATIONS & PAYMENTS

Send payments to: COA Activity Center Attn: Marcy Jerome  
2200 South Lincoln Road, Mt. Pleasant, MI 48858  
[www.isabellacounty.org/dept/coa](http://www.isabellacounty.org/dept/coa) Click on COA Trips or  
Call (989)772-0748 for information!

## Events

# Senior Social Night



Tuesday, February 19

5:00 p.m. to 8:00 p.m.

at COA in Room C

Live music by: Kick'n Kountry

Cover charge: \$5 and 50/50 Raffle

Snacks and Refreshments available for purchase

Questions: Call Marcy Jerome at 772-0748

COME AND ENJOY LIVE MUSIC, PLAY GAMES,  
AND MEET NEW FRIENDS!

50/50 RAFFLE AND TABLE GAMES WILL BE  
AVAILABLE

## Isabella County

# 160th Founders Day

Saturday, February 9

At First United Methodist Church

400 S. Main St., Mt. Pleasant

9:00 a.m. to 12:30 p.m.

## Historical Displays & Quilt Show

7:30-9:00 a.m. Quilts Sign In

8:00-11:00 a.m. Continental Breakfast

Featuring Robaire's Donuts

Free Will Offering

8:00-12:30 p.m. FREE Historical Displays

9:00-12:00 p.m. Quilt Show

12:00- Presentations and Awards

Also Featuring Vintage Vehicles on Display

## Gold Key Volunteer Opportunities

*Are you looking to give back to your community? See our golden opportunities below:*

### Home Delivered Meal Drivers

Become a friendly face delivering warm lunchtime meals to homebound older adults throughout Isabella County. Route pickup times are between 10:30 a.m. – 11:00 a.m. and typically take 1 to 2 hours. Duties include the pick-up and delivery of meals, checking the wellness of the recipient and providing a friendly smile. Volunteers use their own vehicle, should be able to lift 15 pounds and climb stairs as necessary. Mileage reimbursement is available.

#### Seeking Volunteers for:

**Weidman Route – Monday & Wednesday**

**Winn – Wednesdays & Fridays**

**Shepherd – Substitutes any day**



### Reception Ambassadors

If you enjoy a professional office atmosphere which includes greeting visitors and performing general clerical duties, the Commission on Aging needs you! Reception Ambassador duties may include: referring calls to appropriate staff members, taking messages, answering phone call general inquiries and other general office work. Office experience and the ability to handle multi-line phones is preferred; computer skills are helpful. Volunteers may serve shifts Monday through Friday mornings from 8:00 a.m. to 12:15 p.m. or afternoons from 12:15 p.m. to 4:30 p.m.

**Seeking Volunteers for winter (Feb. - April):  
Tuesday afternoon and Substitutes any day**

**For more information or to register as a Gold Key Volunteer, contact Kelly Herrmann at (989) 772-0748 or by email at [kherrmann@isabellacounty.org](mailto:kherrmann@isabellacounty.org).**

## New Faces at COA



**Tracey Bradley**

and look forward to making new connections in my new role with the Commission on Aging.

Hello! My name is Tracey Bradley, and I am a new Case Manager for In-Home Services at the Isabella County Commission on Aging. I have spent the last 16+ years as a counselor/advocate with R.I.S.E. Advocacy (formerly Women's Aid Service, Inc.) providing crisis intervention, advocacy, and supportive services to children and families affected by domestic and/or sexual violence. I have spent the majority of my life living in the Central Michigan area, and am a graduate of Central Michigan University where I received my bachelor's degree in Sociology/Social Work. I have enjoyed supporting

members of my community throughout my career,



**Jodi Onstott**

fun working together. I look forward to meeting you!

Hello, my name is Jodi Onstott and I am excited to introduce myself as the new Foster Grandparent Supervisor. I love working with people and I am looking forward to getting to know all of you. I have a wonderful husband, Nick, two amazing daughters, Haiden and Taylor, and an adorable dog, Zeus. I have worked in the early childhood field for the past 15 years as a home visitor, teacher, and coach. In my free time I enjoy spending time with my family, doing yoga, and reading. I love to learn and I enjoy studying astrology. Thank you to the FGP Volunteers for all that you do to support the children in our communities. We are going to have a lot of



**Anne Acles**

the role of helping others. My past work experiences have given me the opportunity to assist those in need in a number of ways. I have some background in mental health issues, crisis intervention, information and referral, and most recently, assisting seniors in a case management role. I have a lot of empathy for others and strive to offer support and assistance in any way that I can. I look forward to our time together!

Hello, my name is Anne Acles and I am the Senior Companion Supervisor. I am excited to begin working with you all. This is an amazing program and takes extraordinary people like you to make it all work! I cannot wait to get to know everyone. I am anxious to learn from you and be inspired by all that you do. I am originally from Saginaw, but have lived in Mt. Pleasant for almost 20 years now. My husband David is from Manistee. I have two children a 14-year-old daughter; Adriana and an 11-year-old son, Pierce. Both play travel soccer and my husband coaches. I have always been drawn to

Monday	Tuesday	Wednesday
<p><b>Food with Friends Lunch</b> Served Monday thru Friday at <b>12:00 p.m.</b> in <b>Activity Room C.</b> See our Menu on pg. 12</p> <p><b>Calendar Key:</b> ◆ = Reservation Required \$ = Fee for Activity</p>		
<p>4</p> <p>10:00 Dulcimer Practice (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:00 Community Service Council (A) 1:00 Dominos &amp; Pinochle (C)</p>	<p>5</p> <p>11:15 Chopsticks Game (C) 12:00 Future of Aging / Long Term Care (C) 1:30 Yoga \$ (F) 7:00 Evening Bloomers Garden Club (B)</p>	<p>6</p> <p>8:00 Tax Preparation (A/B) 9:00 SilverSneakers Yoga Stretch (Fitness) 9:00 Beginner Line Dancing (C) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 12:00 COA Advisory Board Mtg (Craft) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft) 4:00 Anyone Can Paint (C) 6:30 Friends of the Broadway (A)</p>
<p>11</p> <p>9:00 Judy's Quilting Group (A) 10:00 Dulcimer Practice (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos &amp; Pinochle (C) 7:00 Friends of the Dog Park (Craft)</p>	<p>12</p> <p>8:00 Legal Aid (CF) 8:00 Tax Preparation (A/Craft) 11:00 The Music Makers (C) 1:30 Yoga \$ (F) 2:00 Intermediate Line Dancing (C) 7:00 Mid Michigan Wood Crafters (A)</p>	<p>13</p> <p>9:00 Beginner Line Dancing (C) 9:00 SilverSneakers Yoga Stretch (Fitness) 9:00 Second Sight Artists (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Between the Covers Book Club (Library)</p>
<p><b>Closed</b></p>  <p>18</p>	<p>19</p> <p>8:30 FOIS Board Meeting (Craft) 10:00 Beginning Tai Chi \$◆(F) 11:30 Advanced Tai Chi \$◆(F) 12:45 Ice Cream Social (C) 1:00 State Retirees Meeting (A) 1:30 Yoga \$ (F) 2:00 iPhone/iPad Class (B) 5:00 Senior Social Night (C)</p>	<p>20</p> <p>9:00 Beginner Line Dancing (C) 9:00 SilverSneakers Yoga Stretch (A) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Second Hand Book Club (Library) 3:00 Intermediate Tai Chi \$◆(F)</p>
<p>25</p> <p>8:00 Mid Michigan Quilt Guild (A/B) 10:00 Dulcimer Practice (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Are You New To Medicare? (Craft) 1:00 Dominos &amp; Pinochle (C)</p>	<p>26</p> <p>10:00 Beginning Tai Chi \$◆(F) 11:30 Advanced Tai Chi \$◆(F) 12:45 Movie - <i>Walt Before Mickey</i> (A&amp;B) 1:30 Yoga \$ (F) 2:00 Intermediate Line Dancing (C) 3:00 Intermediate Tai Chi \$◆(F) 5:30 Mid Michigan Quilt Guild (A/B/C)</p>	<p>27</p> <p>8:00 Tax Preparation (A/B) 9:00 Second Sight Artists (Craft) 9:00 Beginner Line Dancing (C) 9:00 SilverSneakers Yoga Stretch (Fitness) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 12:45 Hot Cocoa Social (C) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft) 3:00 Intermediate Tai Chi \$◆(F)</p>

This page is sponsored by: **Charles R. Lux Family Funeral Home (Stinson Helms Rowley Chapels)**

**Activity Center - February Activities**

Thursday	Friday	Saturday
<p><b><i>Did You Know?</i></b>  <b><i>You can “rewire” your brain to be happy by simply recalling 3 things you’re grateful for every day for 21 days?</i></b></p>	<p>8:00 Happy Rippers (A)            9:00 Isabella County Collaborative (B)            10:00 Jam Session (Craft)            10:15 Peer Led Low-Impact Exercise (F)            11:00 Wheatland Music (C)            12:30 Ukulele (Craft)            12:45 Bright N’ Shiny Bingo (C)            2:30 Pepper (C)</p>	<p>8:00 Happy Rippers (A/B)</p> 
<p>8:00 Tax Preparation (A/B)            10:00 Learn to Knit (Craft)            11:00 Word Games (C)            1:00 Euchre (C)            4:00 Zumba Gold \$ (F)            5:30 Hula (F)</p>	<p>8:30 Senior Companion Quarterly (B)            10:00 Jam Session (Craft)            10:15 Peer Led Low-Impact Exercise (F)            12:30 Ukulele (Craft)            12:45 Bingo (with The Laurels) (C)            2:30 Pepper (Craft)</p>	<p>8:00 Girls on the Run Training (B)</p>
<p>8:00 Tax Preparation (Craft/A)            11:00 Wheatland Music (C)            12:45 Valentine’s Day Social (C)            1:00 Euchre (C)            4:00 Zumba Gold \$ (F)            5:00 ICRH (Craft)            5:30 Hula Class (F)            7:00 Mt. Pleasant Citizens Climate Lobby (A)</p> 	<p>10:00 Jam Session (Craft)            10:15 Peer Led Low-Impact Exercise (F)            11:00 Hearing &amp; Aging (A)            12:45 Bingo (with A &amp; D Homecare) (C)            12:30 Ukulele (Craft)            2:30 Pepper (C)</p>	<p>9:00 Central MI Daylily Society (A)            9:00 Charlene’s Quilting Group (Craft)</p>
<p>8:00 Tax Preparation (A/B)            10:00 Learn to Knit (Craft)            10:00 Beginning Tai Chi \$♦(F)            11:00 Simple Bird Feeders (C)            11:30 Advanced Tai Chi \$♦(F)            1:00 Euchre (C)            2:30 Intermediate Tai Chi \$♦(F)            4:00 Zumba Gold \$ (F)            5:30 Hula Class (F)</p>	<p>9:30 FGP/SCP In-Service (A/B)            10:00 Jam Session (Craft)            10:15 Peer Led Low-Impact Exercise (F)            11:00 Greg Merwin (C)            12:30 Ukulele (Craft)            12:30 State Rep Roger Hauck Meeting (Library)            12:45 Bingo (with Woodland Hospice) (C)            2:30 Pepper (C)</p>	<p><b><i>What are you grateful for today?</i></b></p> 
<p>8:00 Tax Preparation (A/B)            10:00 Learn to Knit (Craft)            10:00 Beginning Tai Chi \$♦(F)            11:15 Jeopardy (C)            11:30 Advanced Tai Chi \$♦(F)            1:00 Euchre (C)            4:00 Zumba Gold \$ (F)            5:30 Hula Class (F)</p>	<p align="center"><b>COA Room Guide</b></p> <p align="center"><i>The room or location for each activity is listed on the calendar for reference.            Codes for rooms and locations are as follows:</i></p> <p><b>A</b> - Activity Room A    <b>Craft</b> - Arts &amp; Crafts Room    <b>CF</b> - Conference Room  <b>B</b> - Activity Room B    <b>F</b> - Fitness Room    <b>BR1</b> - Board Room  <b>C</b> - Activity Room C    <b>Lab</b> - Computer Lab    <b>Library</b> - Library</p>	

## Stroke Support Group

Stroke survivors and caregivers will be able to connect with others who may have had similar successes or struggles, in an environment that fosters emotional support, empowerment and educational opportunities.

**Meets the 2<sup>nd</sup> Monday of each month, 3:00 p.m. to 4:30 p.m.  
McLaren Central Michigan Hospital  
Conference Room E, 1221 South Drive, Mt. Pleasant**

Call Rehabilitation Services Dept. at (989) 779-5604 to register.

## Free Balance Screenings

This 20 minute screening may be helpful for anyone wanting to check their balance or for those with loss of balance, weakness or decreased coordination. Our licensed Physical or Occupational Therapist performs the screening and provides a consult. You will also receive a copy of your screening results and results will be sent to your physician, if requested.

**McLaren Central Michigan Rehabilitation Services  
2600 Three Leaves Drive, Mt. Pleasant  
Call (989) 779-5604 to schedule an appointment.**

## Community Cholesterol Screening

Cholesterol plays a key role in your heart health. A screening test is available that includes information about your:

- Total cholesterol
- HDL cholesterol
- LDL cholesterol
- Glucose
- Triglycerides
- Blood Pressure

**Fasting for 10-12 hours before the test is required.**

Walk-in cholesterol screenings will be offered on **Wednesday, February 20, from 7:00 a.m. to 10:00 a.m.** Cost \$25. No appointment is necessary; however registration is needed the day of your screening. The registration desk is located inside the East entrance of the hospital (**the old Emergency Department entrance**). **McLaren Central Michigan, 1221 South Drive, Mt. Pleasant.**

## Are You New To Medicare ?

The Commission on Aging offers a **FREE** seminar covering the basics of Medicare. The seminars are offered on the **last Monday of each month at 1:00 p.m. at COA**. The seminars will last 45 minutes to 1 hour so you can attend the seminar on your lunch hour.

This month's seminar will be on **Monday, February 25, in the Craft Room**. If you plan to attend, please call the Commission on Aging at (989) 772-0748 to register for the seminar. There is no cost for the seminar.

**Sign-up Today for Home Health Visits  
Contact the Healthy Aging  
Initiative to sign-up at  
(989) 774-1350**

## HEALTHY AGING

- Live safer, healthier and longer
- In-home health assessment
- Follow-up with Central Michigan University doctors
- Help train doctors of the future

## FALL PREVENTION

- Free weekly workout program
- Reduce risk of falling by improving health and balance
- Transportation available



## Joint Replacement: *The next step.*

McLaren Central Michigan offers an all-inclusive joint replacement program for individuals planning or considering a total joint replacement. If you would like to learn more about the joint replacement process, join us at our educational seminar on **Thurs., Feb. 28 from 1:30 – 4:30 pm. At McLaren Wellness Central, 2600 Three Leaves Drive, Mt. Pleasant.** Call our Joint Replacement Coordinator at (989) 779-5651 to register.

## AARP Smart Driver Course

**Monday, March 4 - 8:15 a.m. – 4:30 p.m.  
In Room B at COA**

Cost: \$15 for AARP members/\$20 for non-AARP members. The AARP Smart Driver Course covers the effects of aging on driving, coping strategies, accident prevention, an update on Michigan driving laws and much more. Those over age 50 who complete the course may be eligible for a discount on auto insurance premiums if offered by their insurance company. Registration includes all class materials and the certificate to submit for insurance discounts. A 30-minute lunch break is scheduled. Lunch is available on-site thru Commission on Aging, or you may bring your own lunch. COA lunch costs \$5 for those 59 and younger and a suggested donation of \$2.50 for those 60+. **Be sure to bring your driver license and AARP card if you have one.** To register, call Marcy Jerome at (989) 772-0748.

*This page is sponsored by:* **The Laurels and Maplewood of Mt. Pleasant**

## Active Living Seeks Page Sponsors!

Have you ever thought about sponsoring a page in Active Living? You can sponsor a page for 3 months, 6 months or 12 months. Page sponsorship is a great way to honor or memorialize family members or others. Friends of Isabella Seniors (FOIS) is a 501(c)(3) non-profit organization. Any contribution to FOIS is tax deductible if you itemize. The contribution to FOIS as a business sponsor will allow the business or individuals exposure to over 5,000 Older Adult households monthly throughout the Mid-Michigan area at a very reasonable cost.

Most of our readers are individuals over the age of 50 who reside in the Isabella County area. The newspaper is used to educate and inform readers about the many programs and services available for Older Adults and their families. Plus you are assisting FOIS/COA in reaching our many Older Adult citizens with educational information on a wide variety of subjects that affect their daily lives.

When you sponsor a page you demonstrate to the community your support of Friends of Isabella Seniors (FOIS) and the programs and services of the Commission on Aging (COA). We would appreciate the opportunity to answer any questions you may have regarding sponsorship. If you have any questions, please feel free to call and leave a message with Marcy Jerome at COA 989-772-0748.

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## State Employee Retiree Association (SERA)

On **Tuesday, February 19** our meeting for SERA will be **1:00 p.m. at Commission on Aging in Room A**. The presentation will be by Kay Peasley from the Clothing Store (Clothing INC) at the Strickler Center. This facility supplies free clothing for anyone in need. She will give us a background as well as information as to how we can assist with the program. Following the presentation, we will have our business meeting. There will also be the 50/50 drawing and door prize. I hope we can increase our attendance. As those who present these programs appreciate those who show an interest in their issues. If there are any questions, please feel free to contact **Jackie Curtis at (989) 772-0597** or [jacurtis13irish@yahoo.com](mailto:jacurtis13irish@yahoo.com). (temporary email address).

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## Clothing INC

Clothing INC exists to provide free clothing to anyone in need. The group started in the basement of a church in 2013 giving away 4,000 pieces of clothing. Since moving to the Strickler Center they have given away 301,100 pieces of clothing to over 10,000 people. Clothing INC makes it simple for people who are in need to make an appointment. There are three ways to schedule; online at [www.clothinginc.org](http://www.clothinginc.org), by calling **989-323-3332**, or by visiting the center and scheduling with the receptionist. The easiest way to schedule is online. Clothing INC receives a large volume of calls every day so there may be a delay in scheduling.

As Clothing INC continues to grow, volunteers play a vital role in their success. You can visit [clothinginc.org](http://clothinginc.org) and click volunteer to sign up.

To donate gently used clothing you may take your donations to Clothing INC located at **1114 West High St., Mt. Pleasant in the Strickler Non Profit Center**. Donations may be placed inside the receptacle next to the building.



**Enjoy the many winter activities  
Deerfield Nature Park has to  
offer!**

**Deerfield Nature Park  
2425 W. Remus Rd. Mt. Pleasant  
989.317.4083**



## Legal Services

Lakeshore Legal Aid provides legal advice to people over the age of 60.

Legal Services offers appointments at COA Activity Center. For an appointment call :

**1-866-552-2889**

**COA Holiday Closing:  
No Meals Served  
Monday, February 18  
Presidents Day**

**FWF Eat Smart Menu**

**February 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BAR B-Q CHICKEN BREAD AUGRATIN POTATOES BEETS APPLESAUCE SKIM MILK
4 TURKEY STEW BISCUIT TOSSED SALAD PEACH CRISP SKIM MILK	5 SLOPPY JOE HAMBURGER BUN ROASTED POTATO BLEND MULTI BEAN SALAD STRAW APPLESauce SKIM MILK	6 CHICKEN PATTIE HAMBURGER BUN LETTUCE & TOMATO CAULIFLOWER BERRY FRUIT CUP SKIM MILK	7 BAKED CHICKEN BREAD WHIP POTATOES & GRAVY CORN FRUIT COCKTAIL SKIM MILK	8 LASAGNA BREAD SQUASH PEA SALAD MIXED FRUIT CUP SKIM MILK
11 CHOP SUEY BREAD BROWN RICE SPINACH TROPICAL FRUIT SKIM MILK	12 CABBAGE ROLL CASS DINNER ROLL MIXED VEGETABLES MICHIGAN FRUIT CUP SKIM MILK	13 WESTERN OMELET BAKE CINNAMON ROLL SAUSAGE LINKS REDSKIN POTATOES AMBROSIA FRUIT CUP SKIM MILK	14 CHICK/BROCC/CHEESE BREAD BAKED POTATO CARROTS PINEAPPLE SKIM MILK	15 HAMBURGER HAMBURGER BUN CORN GREEN BEANS FRESH ORANGE SKIM MILK
18 CLOSED	19 CORN CHOWDER BREAD STICK HARD COOKED EGG PEAS & CARROTS STRAWBERRIES SKIM MILK	20 CHICKEN A LA KING BREAD BROC/CAUL SALAD CORN & LIMA BEANS APRICOTS SKIM MILK	21 SPAGHETTI GARLIC TOAST YELLOW WAX BEANS BROCCOLI PEACHES SKIM MILK	22 SALISBURY STEAK BREAD WHIP POTATOES & GRAVY KYOTO VEGETABLES PEARS SKIM MILK
25 MEATBALLS BREAD COMPANY POTATOES BRUSSEL SPROUTS PEACHES & PEARS SKIM MILK	26 SLICED TURKEY BREAD REDSKIN POTATOES GREEN BEANS MANDARIN ORANGES SKIM MILK	27 BEEF & NOODLES DINNER ROLL CALIFORNIA BLEND FRUIT COCKTAIL SKIM MILK	28 PORK CHOP BREAD SQUASH PEAS PINEAPPLE TIDBITS SKIM MILK	

Menus are Subject to Change Without Notice  
Reservations are Required 24 Hours in Advance

Milk provided with all meals  
Suggested Donation \$2.50

**ROSEBUSH VILLAGE OF ROSEBUSH MANOR**

4210 E. Rosebush Rd., Rosebush  
Meals M, W, F, 10:00 a.m. - 2:00 p.m.  
Jeanette Brussow, Site Mgr., (989) 433-0151

Winter is in full swing and so are the winter blahs! It's a great time to come out to the Rosebush Food with Friends site for a delicious meal. Come before lunch and we have Sit and Get Fit at 11:15 a.m. After lunch stay for a couple games of bingo, a fun craft, or fantastic music. Don't forget about our ice cream social...what a great way to spend an afternoon? We look forward to seeing you.

**Rosebush FEBRUARY Calendar**

- 1 Bingo w/ Prizes
- 4 Manicures
- 6 Penny Bingo
- 8 Ice Cream Social / music TBA
- 11 Valentine craft
- 13 Penny Bingo
- 15 Music by Greg Merwin
- 18 Closed for Presidents Day
- 20 Penny Bingo / Nutrition Education
- 22 Music by Jim Gilmore
- 25 Euchre / Games / Birthday celebration
- 27 Penny Bingo

All activities are provided in conjunction with Rosebush Manor \*

This page is sponsored by: **You, Your Family or Organization / Business**

## 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

Come out and visit us at the Shepherd Food with Friends site. Sun or no sun, we will be here! Learn how to play a game of Triominos, play a game or two of bingo, enjoy some music, or come for our Valentine's party. Bring your umbrella for National Umbrella Day, eat some strawberry treats on National Strawberry Day (the annual Strawberry Festival begins in Florida), or just come for a few good laughs with some great people!

### Shepherd FEBRUARY Calendar

1	Bingo w / prizes 12:30 p.m.
4	Make a Valentine
6	Triominos
8	Umbrella Day
11	Music by Greg Merwin 11:00 a.m.
13	Valentine's Day party
15	Bingo w/prizes 12:30 p.m.
18	Closed for Presidents Day
20	Triominos
22	Music by Dan Kirchner 11:00 a.m.
25	Triominos
27	Strawberry Day

## WINN

COMMUNITY BUILDING  
2583 W. Blanchard Road, Winn  
**Meals M, W, F, 10:00 a.m. - 2:00 p.m.**  
Ingrid Salomov, Site Mgr. (989) 866-2520

The best thing about February is it's a short month...and we've probably started writing the correct year by now! Come out to Winn for fun, food, and friendship! We are starting a new activity called "Write Your Story." You'll receive a writing prompt, some paper and a pen...and we'll put together a story of you! We can share them (or not, if you don't want to). Let's try some new creativity, shall we? I look forward to you and your stories!

### Winn FEBRUARY Calendar

1	Sit & Get Fit
4	Write your story
6	Music by Midnight Express / Nutrition Education
8	Sit & Get Fit
11	Cards and CDs
13	Music by Strictly Country / Birthdays
15	Sit & Get Fit
18	Closed for Presidents Day
20	Music by Greg Merwin
22	Sit & Get Fit
25	Euchre
27	Music by Country Kin

## COA ACTIVITY CENTER

2200 S. Lincoln Rd, Mt. Pleasant, in Room C  
**Meals: M - F, 8:00 a.m. - 4:30 p.m.**  
Katie Showers, Site Mgr., (989) 772-0748

### Activity Center FEBRUARY Calendar

1	11:00	Wheatland Music, Kathy Dean
	12:45	Bright N' Shiny Bingo (COA) SUNSHINE PARTY
4	1:00	Dominos & Pinochle
5	11:15	Chopsticks Game
6	11:00	Riddles
	1:00	Pepper
7	11:00	Word Games
8	12:45	Bingo (with The Laurels)
11	1:00	Dominos & Pinochle
12	11:00	The Music Makers
13	11:00	Riddles
	1:00	Pepper
14	11:00	Wheatland Music with Willow Robinson
	12:45	VALENTINE'S DAY PARTY
15	12:45	Bingo (with A&D Homecare)
18		CLOSED for Presidents Day
19	12:45	Ice Cream Social Treats!!!!
20	11:00	Riddles
	1:00	Pepper
21	11:00	Simple Bird Feeders
22	11:00	Greg Merwin
	12:45	Bingo (with Woodland Hospice)
25	1:00	Dominos & Pinochle
26	12:45	Movie <i>Walt Before Mickey</i>
27	11:00	Riddles
	12:45	Hot Cocoa Social
	1:00	Pepper

**Weather Closings:** Please watch the following television stations on those days the weather looks questionable for meal delivery: TV 9 & 10; ABC 12; NBC 25; WNEM—TV 5; or listen to Radio Station WCZY-FM 104.3. Closing decisions are generally made prior to 7:00 a.m. and are displayed on television by 8:00 a.m.

## WEIDMAN SENIOR CENTER

3453 N. School Rd, Weidman  
**Meals M, W, F, 10:00 a.m. - 2:00 p.m.**  
Karen Kavanaugh, Site Mgr. (989) 644-2538

Come out to the Weidman site and join in on the fun! Listen to some great music, make some new friends, enjoy a good meal, or get some exercise! There is something for everyone! On Mondays and Fridays we have Sit and Get Fit from 10:30 a.m. - 11:30 a.m. and Wednesdays from 1:00 p.m. - 2:00 p.m. Don't forget about our Valentine's party and our Birthday celebration! We look forward to seeing you!

### Weidman FEBRUARY Calendar

1	Sit & Get Fit / cards
4	Sit & Get Fit / cards
6	The Music Makers / Sit & Get Fit / Nutrition Ed
8	Sit & Get Fit / cards
11	Sit & Get Fit
13	The Music Makers / Sit & Get Fit / Valentine's Day party
15	Sit & Get Fit / cards
18	Closed for Presidents Day
20	The Music Makers/Sit & Get Fit / Birthdays
22	Sit & Get Fit / cards
25	Sit & Get Fit
27	The Music Makers / Sit & Get Fit

## IN MEMORY OF

**Marilyn Bell**  
Christina R. Kalmar

**Wayne Cole**  
Jean Cole

**Jack E. Davis**  
Alisa & Kim Ellertson

**Dr. Henry Han CMU**  
Larry Tompkins

**Floyd Hauck**  
Mary Beth Hauck

**Dorothy A. Hedgcock**  
Sharon Hedgcock

**Cheryl Kalmar**  
Christina R. Kalmar

**Dorothy Kowallic**  
Nancy Bauer  
Bernadette Sunderman  
Dennis White

**Joe Lawrence**  
Dolores J. Lawrence

**Tom Olson**  
Alisa & Kim Ellertson

**Marty Osborn**  
Nanci Osborn

**Dr. Gordon L. Rydman**  
Blystone & Bailey CPA's, P.C.  
Deonna Kreamsreiter  
Mr. & Mrs. Mark Mogg

**Waldo Sauter**  
Walter Schneider

**Margaret Stokes**  
Richard Stokes

**For Active Living**  
**James Bauer**  
Nancy Bauer

**For Food With Friends**  
**Dorothy Kowallic**  
Sharon Horgan

**For Gold Key Volunteer Program**  
**Donald Cotter**  
Dan & Roni Howard

**The Deceased of the Clarence & Betty Vinton Family**  
Larry & Kathy Fussman

**For In-Home Services**  
**Brenda Packer**  
Bill & Deb Latham

## COA and FOIS Keep Your Personal Information Safe

The Isabella County Commission on Aging (COA) and Friends of Isabella Seniors (FOIS) work diligently to protect the confidentiality of clients, donors, volunteers and readers. For the safety and security of our clients, donors, volunteers and readers, Active Living will not publish any personal information such as family nicknames, dates or other identifying family information within Donations, Memorials or general articles. We do not want anyone to fall victim to scammers targeting personal information. Thank you for your understanding in this matter.

## ACTIVE LIVING DONORS

Andrea Ackels  
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## COA DONORS

**Activity Center Donations**  
Richard Thomas

**COA Donations**  
Anonymous  
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**Food With Friends Donations**  
Ron & Carolyn Lutz

**Gold Key Transportation Mileage Reimbursement**  
Pat & Marty Siuda

**In-Home Services Donation**  
Eileen Malonebeach

**Utility Assistance Fund Donations**  
Liz Tschappat

*Thank you very much for your generous donations.*

## Remembering Loved Ones

Active *LIVING* offers a way to honor those special people in your life with a Memorial or Honorarium Listing. If you would like a memorial or honorarium included in the March issue, we need to receive the information by **FEBRUARY 10**. For your convenience, please use the form below:

Enclosed is my donation for \$ \_\_\_\_\_

Please make check payable to:

### *Friends of Isabella Seniors*

Mail to: Friends of Isabella Seniors  
2200 S. Lincoln Rd.  
Mt. Pleasant, MI 48858

#### Please designate my gift to:

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

#### Gift is:

- Memorial       Honorarium

Name: \_\_\_\_\_

Please send acknowledgment to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

*Thank You*

## ICTC Gold Pass Available

If you are 80 or older, you are eligible to receive an **ICTC Gold Pass**, compliments of the Isabella County Transportation System. This enables you to ride the I-Ride bus for free. This card is made at the COA Activity Center, 2200 S. Lincoln Rd. in Mt. Pleasant. You will need to show verification of your age, and be an Isabella County resident to obtain a pass.

## COMMISSION ON AGING ADVISORY BOARD

District 1	Jacqueline Curtis
District 2	Ruth Anne Maniteau
District 3	Shirley Decker
District 4	John Dinse
District 5	Alicia Haley
District 6	Larry Fussman
District 7	OPEN
At-Large	Jason Alexander
At-Large	Jessica Lapp

## Friends of Isabella Seniors Board of Directors

President	Ray Johnson
Vice President	Dave Coyne
Finance Officer	Jerry Morey
Secretary Ex Officio	Jennifer Crawford
Member	Roy Burlington
Member	Stephanie Hope
Member	David Karmon
Member	OPEN
Member	Ralph Pitts
Member	Eileen Jennings
Member	Connie Lynch
Member	Kathy House

## Temporarily Away

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

## Active LIVING Deadline

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

## Isabella County Commission on Aging

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

### Mission Statement

The mission of the Isabella County Commission on Aging (COA) is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities. COA is a leading multi-service agency that provides a community focal point for the needs of our Older Adult population.

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

#### *In Home Services Program*

- Case Management
- Caregiver Training
- Information and Referral
- Homemaking
- Medicare / Medicaid Assistance
- Personal Care
- Respite Care

#### *Food with Friends Program*

- Congregate Meals
- Home Delivered Meals

#### *Foster Grandparent Program*

#### *Senior Companion Program*

#### *Activity Center Program*

- Activities
- Travel Opportunities
- Fitness

#### *Gold Key Volunteer Program*

- Volunteer Opportunities
- Transportation

Donations or fees for all programs and services are requested. If we can assist you or someone you know, please call **COA at (989) 772-0748 Monday 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 and Federal, State and Isabella County appropriations.

This page is sponsored by: **Stone Lodge Memory Care . . . "A meaningful difference"**

FEBRUARY 2019  
**Active LIVING**

**Save The Dates:**  
**Join us at COA for the**  
**Detroit Tigers**  
**Home Opener**  
**Thursday, April 4**  
**Game time 1:10 p.m.**  
**on the big screen in Room C**  
**as they take on the Kansas**  
**City Royals. Come dressed in**  
**your favorite Tigers gear!**  
**More details to come!**

**Tigers Trip!**  
**Detroit Tigers**  
**Vs.**  
**Texas Rangers**  
**Thursday, June 27**  
**More information to come!**

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