



# Active LIVING

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging

Friends of Isabella Seniors - 2200 S Lincoln Rd., Mt. Pleasant, MI 48858 - (989) 772-0748 - isbellacounty.org/active-living-newspaper

## Grant Funds Available

The Commission on Aging has limited grant funds available to assist with small home repairs, such as a new storm door or new window. We also have some limited dollars available to purchase durable medical equipment. We do screen for income and assets. Assistance is on a first-come, first serve basis until the grant money is depleted. If you'd like to inquire about assistance with the home repair or durable medical equipment grants, please call **(989)772-0748** and ask to speak with a case manager.

## Senior Project FRESH / Market FRESH

Senior Project FRESH / Market FRESH provides coupons to older adults for fresh produce that can be purchased from local farmers at Farmers Markets. Commission on Aging will have coupons to distribute.

### To be eligible to receive coupons:

- Participants must be at least 60 years of age
- Meet income guidelines. Income guidelines are based on 185% of the Federal Poverty Income Guidelines. The maximum income for one is \$1,925 per month and for two it is \$2,607 per month.

**Project Fresh Coupons will be available for distribution once the Isabella County Commission on Aging staff resumes business hours. At this time the Isabella County Commission on Aging continues to be closed until May 28, 2020 due to the Stay at Home Order.**

**The distribution of the coupons will be done differently this year. There will be no face to face meetings to receive the coupons. We will pass more information along to you as it is determined.**

## Local Community Resources for Food

- ✦ **Isabella Community Soup Kitchen**, 621 S. Adams, Mt. Pl., sack lunches 11:00 a.m.-1:00 p.m. on Mondays, Wednesdays, and Fridays
- ✦ **Salvation Army** daily food distribution, 1308 Burch St., call **989-773-4663** for appointment
- ✦ **Weidman Storehouse Food Pantry** food distribution, 6000 S. Main St. in Weidman, Tuesdays 1:00 p.m.-3:00 p.m., **989-644-3148**, Serving: Broomfield, Coldwater, Deerfield, Gilmore, Nottawa, and Sherman Twps.
- ✦ **CCN Food Pantry** drive-by distribution at Strickler Center, 1114 W. High St., Mt. Pl., on Wed., June 10 & June 24 at 2:00 p.m. to 5:30 p.m.; plus Sat., June 13 & June 27 at 9:00 a.m. to 11:00 a.m. Individuals without transportation can call **989-863-4449** with your name, address, phone number, and family size, and I-Ride will deliver a box to you curbside.
- ✦ **Max & Emily's Bakery Café**, 125 E. Broadway, Mt. Pl., **People Helping People**, please **Request PHP Meal**, 11:00 a.m. – 2:00 p.m., 1 per person per day, no documentation required
- ✦ **REAP Food Pantry** in Rosebush, **989-433-2957**, at St. Henry's Catholic Church, 4079 E. Vernon Rd., Thursdays, 9:00 a.m.-11:00 a.m., clients may visit 2x per month and must provide a valid driver license. Must reside in one of the following zip codes: 48878, 48858, 48622, 48632, 48893, 48617.
- ✦ **St Vincent de Paul Parish Food Pantry**, 168 E. Wright Ave., Shepherd, open Friday afternoons, but call **989-829-5720** on Wednesdays between 10:00 a.m. to Noon to set up an appointment.
- ✦ **The Potters House Food Pantry**, 2:00 p.m.-4:00 p.m. Thursday, June 21, 5346 E. Deerfield, call **(989) 773-4663** to schedule an appointment
- ✦ **Little Downtown Pantry** at First United Methodist Church, 400 S. Main St., Mt. Pl., open daily Noon to 5:00 p.m. in west entrance on Washington St. Please wear mask and only one person/family at a time.
- ✦ **GreenTree Co-op Little Free Food Fridge** outside the store, 214 N. Franklin St., Mt. Pl.
- ✦ **Seniors Free Home Delivered Meals** for individuals currently **NOT** enrolled in another food assistance program: [https://newmibridges.michigan.gov/s/request-meal-delivery-reassurance?language=en\\_US](https://newmibridges.michigan.gov/s/request-meal-delivery-reassurance?language=en_US)

*Morgan Monte, Community Mental Health for Central Michigan*

## COA Executive Director's Comments



Hello, everyone! I hope that our June edition of our Active Living paper is finding you in good health and good spirits. As you can see, this edition, like our May edition, is a much smaller version of our typical paper. We have chosen to do this for a couple of reasons... the first being that we are all working from home and the format of the paper is not easy to configure on our home computers, and second,

and most importantly, there are so many unknowns, even as I type this, regarding the status of our programs, services, and access to our facility. Please continue to be patient with us as we navigate these uncharted waters. We are doing everything that we are doing to keep all of our employees, volunteers, and all of you safe.

What will June look like for the COA? Again, we still have many unknowns as our current closure is through May 28 at 11:59 p.m. per Governor Whitmer's latest Executive Order. Please keep in mind that by the time this paper hits the press, that could change again, which is completely out of our control. If this closure is the last, and we are able to begin to re-introduce staff to the facility, there will be a lot of changes. For quite some time (how long yet, we do not know), our facility will remain closed to the public and staff will gradually return, minimizing the number of people in the facility at one time. We are currently planning ways in which we can safely and slowly resume some of our services, and what that will look like. We will continue to provide more information, as it becomes available, via our Facebook page and future editions of the Active Living newspaper. In the meantime, please know that we are actively working from home, checking voicemails and emails, and responding to needs as they arise. Please do not hesitate to contact our main line: **989-772-0748**, should you have any questions, concerns or needs. We are still here for you!

Please continue to keep yourself safe by staying home as much as possible, practicing social distancing, and using appropriate protective equipment, should you need to be out and about. I hope that you take time to get outside, exercise, and enjoy the fresh air whenever possible. We absolutely cannot wait to see all of you when it is safe for all of us to do so. In the meantime, please know that we are thinking of you and missing you!

Take care!

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

## News from Food With Friends

Wow! May came and went with many restrictions still put in place for all of us. We understand that the restrictions that have been put in place for all of us are necessary, but we are ready to get back to our "normal" schedules and routines. We are missing all of you and hoping you are doing well.

Please continue to check in with friends and family to make sure everyone is doing ok during these unforeseen times. I am sure everyone would enjoy receiving a phone call, text message, email, or even a hand written note to brighten their day. We are all looking for something to break up our days of being at home.

Hopefully, the weather will cooperate with us, so we can at least get outside to enjoy the warmer temperatures and sunshine. The flowers are beginning to bloom, the trees are starting to bud, and the grass is getting greener. It is great to hear the humming of a lawn mower and smell the fresh cut grass. It has also been nice to hear the birds singing. Welcome to SPRING!

Please know that we are looking forward to seeing and talking to all of you again when it is safer for us to be together. We know this is the best decision for all of us at this time because it is keeping all of us safer and healthy. Until we meet again please take care of yourself, and if you should need anything please call the main office and leave a message. Someone is checking the voicemails and returning phone calls as needed. We hope to see all of you soon!

*Michelle Howes, FWF Program Coordinator and Staff*

## Hello, COA Participants

I am writing to say that I am back from my maternity leave! I had a beautiful baby girl on February 26 and I was so blessed to be able to be home with her for 12 full weeks! Although I wish I could stay home with her forever, I am eager to get back in the swing of things here! Unfortunately, with this global pandemic, we are trying to find a new normal.

Our number one priority is the health and safety of our participants and staff. We are unsure at this time what the future holds and what our return to normal will look like, but please be assured that myself and other staff will be working on some creative ways to bring services and activities to you, even if that means from your own homes!

If you have questions, suggestions or just need someone to talk to, please reach out to me via phone, text message or email. I miss you all and look forward to reconnecting with you soon!

Stay well,

*Marcy Jerome, Activity Program Coordinator*

## FGP / SCP Program News

Where do I start? The last few months have not been what we have expected and moving forward our programs will have to figure out our “New Reality.” During this time, our Foster Grandparent and Senior Companion volunteers continue to foster relationships, and be of service to their communities; but, in a more creative and behind the scenes manner. Foster Grandparents are joining in on a Zoom meeting with their classrooms, videotaping a book they read for their class, or sending encouraging notes to their students. Even though they do not have a chance to say an official good-bye for the summer, our Foster Grandparents made an impact on their students and the children they serve throughout this past year.

Over the last couple of months, our Senior Companion volunteers have been calling their clients, sending cards and letters, and continuing to build their relationships even though they are not face to face. Senior Companions cannot wait to see their clients in person and go on outings, play games, or enjoy a cup of coffee or meal together. The service Senior Companions do for their clients, brings joy to their lives every week, and the companionship they build together is priceless.

Some good news, on April 1, 2020 our Foster Grandparents and Senior Companions received a \$ .35 raise for their non-tax stipend. Now volunteers earn \$3.00 an hour for every hour they serve. National Associations have been advocating for this raise for quite some time now as the cost of living has increased. Legislatures listened and approved an increase.

In closing, our “New Reality” may look different when we come back together. We may be elbow bumping, air hugging, and taking extra precautions to keep our volunteers safe and healthy. But please know our volunteers, clients, students, and staff are all in this together, and we will come out of this stronger than before.

Sincerely,

*Brandi Knivila, Foster Grandparent/Senior Companion Programs Coordinator*

## Gold Key Volunteers ~ FY 2019

June: the month that holds our first official day of summer and longest day of the year! Although our daily routines have looked a little different this year, I hope you have been able to enjoy lots of outside time from sitting on the porch to working on the garden, and everything in between.

This month, I would like to focus on everything our volunteers accomplished in FY2019. Due to the postponement of our Annual Volunteer Recognition in May, I feel this is a great time to celebrate all of the amazing work Gold Key Volunteers put in:

**AARP Tax Aides** – 3,003 hours, 718 clients

**CMU Student Activity Center** – 3,270 hours

**Home-Delivered Meal Drivers** – 8,318 hours, 102,627 miles, 37,001 meals

**Kitchen Assistants** – 2,162 hours

**Meal Site Assistants** – 1,841 hours

**Medicare Part D Counselors** – 452 hours, \$322,720 in plan savings

**Needle Crafters** – 14,996 hours

**Reception Ambassadors** – 4,207 hours

**Transportation** – 3,383 hours, 55,150 miles, over 960 medical appointments and grocery shopping

**Activities, Events, Friendly Visitors, Projects, Fundraisers, Boards, & other COA Assistance** – 2,598 hours, 885 miles

The time and effort put in by community members is astonishing, and these numbers do not even represent the caring and love that is put forth by each individual during service. The Commission on Aging can accomplish amazing tasks with our volunteers.

Next year, our numbers will undoubtedly look different due to the pandemic affecting some of our programs, however, the amount of heart put in by our Commission on Aging Volunteers will continue to grow! THANK YOU, VOLUNTEERS, for what you do for our agency, every minute of service is deeply appreciated. I hope everyone has a fabulous summer!

*Kelly Herrmann, Gold Key Volunteer Program Coordinator*

# You Can Track Your Stimulus Payment

Go to [www.irs.gov/coronavirus/get-my-payment](http://www.irs.gov/coronavirus/get-my-payment)

- Click on Get My Payment
- Click OK on Authorized use.
- Enter your Social Security number.
- Enter your date of birth as: MM/DD/YYYY.
- Enter your street address.
- Enter your zip code.
- Click on Continue.
- Payment Status - Please Read all of the information listed on the page.
- If you need to add bank account information: If no tax due or no refund for the year, enter \$0.

**Reminder: Watch out for scams related to Economic Impact Payments. Watch out for scams using email, phone calls or texts related to the payments. Be cautious! The IRS will not send unsolicited electronic communications asking people to open attachments, visit a website or share personal or financial information.**

**Remember: Only go directly and solely to IRS.gov for official information.**

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

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

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

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