Active LIVING

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LIMITED EDITION

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Isabella County Commission on Aging and Friends of Isabella Seniors

17th Annual Golf Outing

Sponsored by Friends of Isabella Seniors

Friday, August 7 at 9:00 a.m. Shotgun Start ~ Scramble

Pleasant Hills Golf Course, 4452 E. Millbrook Rd., Mt. Pleasant

4-person team $280 / $70 per person ~ Registration and money due by July 24.

Registration will be limited due to social distancing guidelines, so make sure to reserve your spot early!
We know that we are in an uncertain time, so we do want to assure you we are continually monitoring the pandemic and the state guidelines surrounding it. In the event we have to cancel our Golf Outing due to COVID-19, we will reach out to all registered golfers.

Includes: 18 holes of golf with cart ♦ Cash prizes for Flights ♦ Golfer Meal ♦ Golfer Gifts
♦ $10,000 HOLE–IN–ONE Contest ♦ Other Contest Holes and MORE!

For more information: call the Commission on Aging (989) 772-0748

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

GOLFER REGISTRATION

Player 1:_____ **Address:**_____
Email: _____ **Phone:**_____

Player 2:_____ **Email:**_____ **Phone:** _____

Player 3:_____ **Email:**_____ **Phone:** _____

Player 4:_____ **Email:**_____ **Phone:** _____

Is Payment Included Today? Player 1: _____ **Player 2:** _____ **Player 3:** _____ **Player 4:** _____

COA Executive Director's Comments

Hello, everyone! We have made it to July, and we are so excited to be able to gradually get our staff back in the office. We were able to begin transitioning back into the office on June 4. We have a very limited staff onsite and will more than likely continue that way for quite some time to help minimize the risk. We began delivering Home Delivered Meals on Monday, June 8, which was so exciting for all of us. We are not yet bringing volunteers back into service, so our wonderful COA staff are delivering the meals and checking in with our recipients. It is so exciting to hear about the conversations and hear that everyone is doing well.

At this point in time our facility remains closed to the public, except by appointment. If you need to meet with a staff member, we encourage the meeting to take place by telephone, but if that is not possible, you can schedule an appointment. We are not yet sure how long we will be operating this way. We know that many of you are more than ready to be back here with us, enjoying your daily routines, and trust me when I tell you that we are all so excited for that to happen as well. We want to ensure the safety of our staff and all of you, so we, as a County, are taking every precaution necessary to do just that. As soon as we have the go-ahead to open the facility to the public, we will communicate that to all of you. I am sure that there will be new "normal" for us as we re-engage, but it will be worth it!

I hope that you are all staying healthy and safe! Please know that we are here for you should you have any questions or needs. We hope to see you soon! Take care!

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

Cancellations

AARP Smart Driver Course: Unfortunately COA will not be able to offer an in person AARP Smart Driver Course this year. However, did you know that AARP offers the class completely online?! Please check their website for more information: **https://aarpdriversafety.org**

The **Genealogical Society of Isabella County** will not meet at COA on July 9 and will not meet until further notice due to the Coronavirus pandemic. You can obtain more information from their website:

http://isabellagenealogy.org

News from Food With Friends

It is hard to believe that it is already July! Unfortunately, the celebration of July 4th is going to look a little different for most of us this year. I hope you will take the time, if you are able, to celebrate with a cook out or small gathering of some of your favorite people. Friends and family are a vital part of helping each and every one of us get through the uncertain times we are experiencing.

With that being said I am happy to be back at work, and very happy to be able to provide Home Delivered Meals to Older Adults across Isabella County. The Food with Friends staff has enjoyed seeing the Home Delivered Meals clients, and the clients also seem to be happy to see a friendly face with a warm meal in hand. It is great to be back in the action.

Congregate meal sites are still closed at this time, but the staff and I are missing all of you! I am looking forward to the day that I can welcome all of you back to the Food Sites. I will keep you all informed of any changes and opening dates.

Please give me a call at the office **(989-772-0748)** if you should have any questions. Stay safe and healthy until we meet again!

Michelle Howes, FWF Program Coordinator

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 to the public, except by appointment.

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.

Hello, COA Friends

At this time, our building remains closed to the public. Again, the health and safety of all participants and staff is our number one priority, and we are doing everything we can to help minimize the spread of COVID-19. Unfortunately, we will not be running any trips for the foreseeable future, as social distancing guidelines make this very difficult.

We have some virtual fitness classes we are offering and I am working on adding some additional ones. I would also like to offer up some fun health and wellness accountability to keep people motivated and engaged during this time. For more information on these, please see below and make sure to check out our Facebook page for additional updates and information.

Virtual Fitness Classes

We are trying something new in offering some virtual fitness classes with some of our instructors! All you need is access to the internet and a computer. These classes will be offered via Zoom. At the time of writing this, we have Chair Yoga classes, Tai Chi classes and Zumba Gold classes, but I am working on getting some additional classes to offer. If you are interested or have questions, please call **(989) 772-0748** and ask to leave a message for Marcy Jerome or please feel free to email me at mjerome@isabellacounty.org and I will get you the details of the classes. These classes will be offered **FREE of charge**. **All participants must have a signed liability waiver on file before starting classes.**

Your Health and Wellness Accountability

I want to encourage you all to stay as healthy and active as possible during this time, therefore, I am offering a **FREE**, fun and simple accountability activity/challenge. All you have to do is send me an email or a text message each week with one positive thing you did for yourself during that week. This could be as simple as making a new recipe, going for a walk, taking a fitness class, completing a goal, etc. – that's it!

When you send those to me, you will be entered into our weekly drawings for a small prize sponsored by Friends of Isabella Seniors! **Entries are due by noon each Friday** and I will contact the winner after that! For now **we will run this challenge until Friday, July 31!** If you have any questions, please feel free to reach out: mjerome@isabellacounty.org or **(989) 495-8075**.

Marcy Jerome, Activity Program Coordinator

Greetings from the COA Walking Path!

In spite of the COA building being closed for a while, we hope that everyone feels welcome to come out and walk on our improved path. Almost all of the new flowers and ornamental trees survived the winter to blossom this spring and summer. Our plans for 2020 are to complete the beautification project by adding more flower beds and trees.

The monies spent for this project have been and will continue to be independent from those funds allocated to the COA for their programs and services. **The walking path beautification project is supported solely from donations that are dedicated specifically for that project. If you would like to support the continuing efforts to enhance the beauty of the walking path, please send a check to Friends of Isabella Seniors, 2200 S. Lincoln Rd., Mt. Pleasant, MI 48858 made payable to: Friends of Isabella Seniors with Louise Plachta Memorial Fund in the memo.** Also, if you would like to have a favorite or memorial tree or ornamental planted on the path, let us know and we will try to plant it this summer. THANKS to ALL who have helped support this beautiful project! Regards and have a SAFE Summer.

~ Roy Burlington, Friends of Isabella Seniors Board Member and COA Walking Path Beautification Project Leader

Attention Caregivers!

Many of you have indicated you are missing the Caregiver Support Group so much. I am wondering if you would like to have a "gathering" on-line where we could see and talk with each other over the internet. Let me know if you have an interest and I will set up a Zoom call for the 21 of July from 12:30 to 2:00 – our usual time. I will need your name, email address and phone number. Please email or call me with your interest.

The staff is staggering our time in the office and the building is not open to activities yet. As always, you can still reach me by calling **989-772-0748** or email me at mewalsh@isabellacounty.org. I will be in the office my usual hours on Tues and Thurs from 9:00 a.m. to 4:30 p.m.

Lastly, I recently found a great Ted Talk on-line. You might want to check it out. If you Google -- TEDxSanJuanIsland, Patricia Smith – look for, **How to Manage Compassion Fatigue** in Caregiving. It was inspirational. I look forward to 'seeing' you soon.

Mary Ellen Walsh, Caregiver Support Specialist/Trainer

Virtual Support Groups

Bariatric Support Group – meets monthly through Zoom. Anyone interested in joining should contact the MidMichigan Health Surgical Weight Team in Alma at **(989) 463-6699**.

Adult Grief and Loss Support Groups – meets bi-weekly through GoToMeeting. Anyone interested in joining should contact Candice Woodfield, MidMichigan Home Care Bereavement Coordinator at **(989) 633-1418** to get login details.

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AARP Foundation Tax-Aide Program at COA

Many Tax-Aide clients and volunteers at COA are over age 65, a group considered by health experts to be at higher risk of developing complications from COVID-19. Given this vulnerability, **a decision was made by the AARP Foundation to not reopen the service at COA before the end of this tax season.** The health and safety of volunteers and taxpayers remains a top priority. The decision was based upon the latest health data trends in the U.S. states and counties.

You are encouraged to take advantage of Tax-Aide's virtual service options. A SELF-PREP option, providing taxpayers with free access to software so you can prepare taxes on your own, is available at:

signup.aarpfoundation.org/preparing-your-taxes-online/

If you would like help completing your own taxes, you can request the assistance of a volunteer to coach you through the process via phone or computer screen sharing. For this assistance, you can visit: **aarp.org/forms/tax-prep-assistance-request.html** to submit a request.

You could also check : **irs.gov/individuals/find-a-location-for-free-tax-prep** to see whether an IRS Volunteer Income Tax Assistance (VITA) site is open near you. VITA offers free tax help for qualified taxpayers.

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Mt. Pleasant, MI 48858

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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.