Active LIVING

Volume 121 Issue 7

JULY 2021

LIMITED EDITION

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

Isabella County Commission on Aging and Friends of Isabella Seniors

18th Annual Golf Outing

Sponsored by Friends of Isabella Seniors

Friday, August 6 ~ Shotgun Start at 9:00 a.m. ~ Scramble

Check In Begins at 8:00 a.m.

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

4-person team $280 / $70 per person ~ Registration and money due by July 23.

We know these are uncertain times. We 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 ♦ Snack & Buffet ♦ Golfer Gifts**
- **$10,000 HOLE–IN–ONE Contest Sponsored by Friends of Isabella Seniors**
- **50/50 Raffle, Skins Game at $20 per Team, Plus Other Contest Holes and Giveaways!**

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

Sign Up Today!

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

Summer has most definitely made its way upon us! What a great time of year to get out and about – before the heat of the day kicks in. If you are looking for a place to get outside, remember that we have a beautiful walking path with outdoor fitness equipment just waiting for you to enjoy. There are shaded areas along the path with benches all around should you need a break or want to just sit down and enjoy the beautiful views.

We are so fortunate to live in such a beautiful state – I hope that you take the opportunity to get out and enjoy everything that it has to offer this summer. Our local parks are a wonderful getaway for picnics, swimming, fishing, kayaking, walking, camping or just a visit. In addition to our amazing parks, I encourage you to get out to our local farmers markets. Not only are they fun to walk around, seeing all of the great stands and people, but they are also a great way to buy a variety of delicious, locally-grown produce. Buying fresh fruits and vegetables from the farmers market is a win-win because not only is it healthy for us, but it is also a great show of support for our local farmers and vendors.

This 4th of July marks the 245th birthday of our great nation! I hope that you are able to safely gather with loved ones to celebrate, eat great food, and possibly take in a great fireworks display!

Speaking of celebration, we are getting so much closer to being able to open our doors to the public. We have been working on plans based upon the state vaccination rates, ensuring that we are able to meet all requirements while providing a safe location for you to gather. When we do open, we plan to open in phases, beginning with our meal service first. Then we will open all other in-person services. More specific details will be shared as we get closer. I know that I speak for all of our staff, when I say that we cannot wait to see all of you! Please continue to stay safe!

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

COA Summer Drive-Thru

with Root Beer Floats
Come and Celebrate with us!
Thursday, July 15
1:00 p.m. to 2:00 p.m.
at Front COA Parking Lot

Drive under the COA Front Entrance to get your treats, then feel free to enjoy them in the parking lot or take on the go!

Our COA building remains closed.

Detroit Tigers

We have an exciting offer to share! Although we are not able to offer group trips at this time, we have partnered with the Detroit Tigers to extend our group rate to individuals who are interested in attending a game on their own! Use the unique link below to purchase tickets for the selected games.

July 3 @ 4:10 p.m.
July 4 @ 1:10 p.m.
July 16 @ 7:10 p.m.
July 17 @ 6:10 p.m.
July 18 @ 1:10 p.m.
July 22 @1:10 p.m.
July 30 @ 7:10 p.m.
July 31 @ 6:10 p.m.

Please use the link below, or type into your browser to purchase tickets! **https://fevo.me/isabellacounty**

COA Virtual Fitness Classes via Zoom

All you need to participate in any of our virtual fitness classes is access to the internet and a computer or other smart device. These classes will all be offered via Zoom. If you are interested or have questions, please contact Marcy Jerome at **mjerome@isabellacounty.org** or **(989) 772-0748 option 10**. These classes will be offered **FREE** of charge. **All participants must have a signed liability waiver on file before starting classes.**

Yoga: No Yoga until September 6

Chair Yoga: Wednesday at 9:00 a.m. to 10:00 a.m.
Instructor: Carol Clute
Chair Yoga is a version of yoga designed for older adults and those with physical challenges. It is for adults who wish to stay physically active and improve their fitness level.

Tai Chi: Tuesday & Thursday at 10:00 a.m.
Instructor: Jim VanderMey, Board Certified Instructor, Tai Chi for Health Programs ~ Tai Chi for Health and Balance is a research-based Tai Chi form created by Dr. Paul Lam. 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.

Zumba Gold: Tuesday at 9:00 a.m. to 10:00 a.m. and Thursday at 4:00 p.m. to 5:00 p.m.
Instructor: Judi Swartz
This class is designed for beginners and older adults using modified, low impact moves. Enjoy easy-to-follow moves. You'll hardly notice you're exercising with this energizing workout that burns calories and tones muscles.

Mission Moments

Happy July – the month that we celebrate our Nation's birthday and independence! I hope that many of you are able to be surrounded by friends and family as you celebrate, whether it be camping, boating, attending a parade, grilling out, or watching fireworks! Just a reminder that the **Commission on Aging will be closed on Monday, July 5 in observance of the Holiday**.

We continue to offer our fitness classes virtually at this time, but we are eager to welcome you back to face-to-face programming soon – I know many of you are really looking forward to being reunited with friends, and so are we!

We also have our monthly drive-through **Root Beer Float event – our July date will be Thursday, July 15 from 1:00 p.m. to 2:00 p.m. in the COA parking lot!**

We are also gearing up for our **18th Annual Golf Outing which will take place on Friday, August 6 at Pleasant Hills Golf Course.** For questions or more information please reach out to either Marcy – ***989*-772-0748 option 10** (mjerome@isabellacounty.org) or Kelly **– 989-772-0748 option 11** (kherrmann@isabellacounty.org)!

Marcy Jerome, Activity Program Manager

Incontinence Supplies Are Available at COA

The following supplies are available at COA:

- Pullups – various sizes
- Liners (to help with leaks)
- Underpads (for a chair or a bed)

To receive these items, you must be:

- Age 60 or older
- Have limited income
- Have difficulty getting supplies from another source

An appointment is needed to pick up supplies, please call the COA office at **(989)772-0748** for further assistance.

Caregiver Support Corner

~ by Mary Ellen Walsh, Caregiver Support Specialist/Trainer, at COA. Call Mary Ellen's **direct line at 989-953-4449** or email her at: mewalsh@isabellacounty.org

Caregiver Support Group meets monthly (currently via the Zoom platform on-line) on the **3rd Tuesday of each month from 12:30 to 2:00 p.m.** Our next Zoom meeting will be **July 20**. Once we are open again, we will meet at that same time in the COA Library area. This will be our new spot to meet. ***Until then, please call or email me for the registration link for the Zoom call.*** ALL Caregivers are welcome!!

from Daily Caring Article - *Seniors are at high risk for serious falls*

The gradual physical changes of aging add up to increased fall risk for older adults. In fact, the CDC says that people aged 65+ have a greater than 25% chance of falling. If someone falls once, their chance of falling again ***doubles***, meaning there's over 50% chance of a second fall. This is serious because falls are a leading cause of lost independence and ability. Seniors often aren't able to recover fully from the trauma, their overall health declines, and their care needs increase significantly.

We explain the top 6 age-related changes that increase senior fall risk, typical fall-related injuries, and share 6 ways to reduce fall risk.

6 age-related changes that increase senior fall risk

1. Decreased strength Muscle loss starts very early, around age 30. In older adults, less muscle means less strength and weaker bones.

2. Weaker sense of balance Many body systems work together to keep us standing upright. Age-related changes and medication side effects can make it more difficult for seniors to stay balanced.

3. Declining eyesight Vision helps us keep our balance and avoid obstacles. As vision worsens, so does the ability to stay upright and clearly see what's in our path.

4. Loss of flexibility Age and health conditions make seniors less flexible, especially in hips and ankles. This stiffness increases the likelihood of falling.

5. Decreased endurance Not being able to endure physical activity like standing or walking for a reasonable amount of time increases fall risk.

6. Declining ability and desire to walk Continuing to walk will improve strength, balance, flexibility, and endurance for older adults. However, many seniors become less active and fall into a negative cycle where less activity leads to less strength and balance. That leads to even less activity as their physical abilities keep declining.

Falls cause serious injuries in seniors

In older adults, falls typically cause hip fractures and head injuries. They're also the leading cause of death from injury, often from traumatic brain injury (TBI). Even if an injury isn't life threatening, falls have harsh long-term consequences for older adults because their bodies usually aren't able to recover fully. They can end up needing extended stays in nursing homes or assisted living facilities, rehab or a significant amount of in-home help.

What to do?

Check with the Primary Health Care Provider to request information that may be preventative or at least strengthening in nature. Review Meds, Have Annual Eye Exam, Have Balance Checked, Utilize Physical Therapy, Utilize Chair Exercises to Strengthen Muscle Groups. ***Check with Mary Ellen on resources for some of these activities.***

911 Saves Lives

Isabella County Central Dispatch Proposition for Renewal of 911 System Funding

In 2016 Isabella County voters approved the ***Isabella County Central Dispatch Surcharge for 9-1-1 System Funding*** which provided funding exclusively for 9-1-1 emergency telephone call answering and dispatch services within Isabella County, including facilities, equipment, maintenance, and operating costs. Your support has provided crucial operational support and has improved the infrastructure and capacity for emergency communications to keep the residents, public safety officers and visitors of Isabella County safe. Listed below are just a few things Isabella County 9-1-1 has been able to do with the Isabella County Central Dispatch Surcharge:

- **More than 282,000 calls were taken by 8 full time Isabella County Dispatchers since 2017**
- ***Next Generation 9-1-1* replaced the 24-year old call intake system and increased efficiency in taking emergency calls.**
- ***Smart911* allows citizens the opportunity to provide additional details that 911 dispatchers can use to assist with emergencies**
- ***Text to 9-1-1* gives citizens the option to text emergency information to 911 dispatchers which directly impacts people with communication impairments, domestic violence victims, and people who are in situations where talking on the phone is not an option.**

On **Tuesday, August 3, 2021** the **Isabella County Central Dispatch Proposition for Renewal of 9-1-1- System Funding** will be in front of Isabella County voters for a **Renewal**. ***This Renewal is NOT an increase request; but, it will provide for the continual operational funding crucially needed for Isabella County 9-1-1.***

Don't forget to vote on Tuesday, August 3, 2021!

Isabella County Central Dispatch is committed to providing an effective telecommunications link between citizens and emergency personnel. Our duty is to identify emergency situations and promptly refer them to their appropriate emergency services.

Veterans Memorial Library Book Sales

The Friends of the Library are hosting monthly book sales on the loading dock of **Veterans Memorial Library at 301 S. University in Mt. Pleasant on Fridays, July 9 and August 13 from 1:00 p.m. until 6:00 p.m.** If you would like to support the efforts of the library by becoming a member of the Friends, you can join at https://friendsofvml.crdl.org/?page_id=91.

COA is Hiring!

- **Accrued Paid Time Off**
- **Flexible Schedules**
- **Employee Assistance Program (HelpNet)**
- **Training Opportunities**

COA Job Postings:

***Personal Care / Respite Care Aide (part-time)** ~Individual will provide personal care services to Isabella County residents, age 60 and older. Assists residents with activities of daily living. Receives and carries out specific directions for individualized personal care plans provided by the assigned social worker. Activities may include bathing, dressing, grooming, toileting, and assistance with ambulation. In-Home Respite Care is the provision of companionship, supervision and/or the assistance with activities of daily living (ADL) for those 60 and older, to allow for the primary caregiver(s) to schedule appointments, run errands and have personal time. Employment Status: Part-time, Starting Pay: $14.28 per hour.
Application Deadline: Open Until Filled

***Homemaker Aide (part-time)**
Individual performs household tasks in the home of older adult clients: vacuums, dusts, mops floors, cleans bathroom and kitchen and provides laundry assistance. Schedules clients for service, maintains a calendar, maintains daily written records and reports client changes to Program Manager and social workers. Employment Status: Part-time, Starting Pay: $12.45 per hour. **Application Deadline: Open Until Filled.**

Download employment application and job description for complete job specifications at www.isabellacouty.org/employment-opportunities/ .

Please send cover letter, resume, and Employment application to:

Administration Office
200 N. Main Street
Mt. Pleasant, MI 48858
FAX: (989) 317-4276
EMAIL: admin@isabellacounty.org
Required documents may be hand-delivered, mailed, faxed, or emailed.

FWF Eat Smart Menu ***July 2021***

Monday	Tuesday	Wednesday	Thursday	Friday
How Can We Change the World? **We can change the world by just performing one Random Act of Kindness at a time ~ You Can Do it! Today I will ~ Be kind to all humans and animals ~ Count my Blessings ~ Appreciate the beauty of nature ~ Practice inner silence ~ Choose happiness ~ Offer a helping hand ~ Share Peace**			1 FROZEN MEAL	2 HOT DOG HOT DOG BUN POTATO SALAD BAKED BEANS CORN WATERMELON MILK
5 CLOSED 	6 FROZEN MEAL	7 CHICKEN & NOODLES BREAD CARROTS MICHIGAN FRUIT CUP MILK	8 FROZEN MEAL	9 SPANISH CHICKEN BREAD REFRIED BEANS MEATLESS SPANISH RICE PEACHES & PEARS MILK
12 TURKEY STEW BISCOTUIT GREEN BEANS FRESH ORANGE MILK	13 FROZEN MEAL	14 BBQ CHICKEN BREAST DINNER ROLL WHIPPED POTATOES STEWED TOMATOES PINEAPPLE TIDBITS MILK	15 FROZEN MEAL	16 MEATBALLS BREAD COMPANY POTATOES PEAS TAPIOCA PUDDING MILK
19 POTATO CRUNCH FISH BREAD AUGRATIN POTATOES BROCCOLI MANDARIN ORANGES MILK	20 FROZEN MEAL	21 TURKEY LOAF BREAD OVEN ROAST POTATOES PEAS & CARROTS FRUIT COCKTAIL GELATIN MILK	22 FROZEN MEAL	23 WHITE BEAN CHIX CHILI BREAD BAKED POTATO MIXED VEGETABLES PINEAPPLE TIDBITS MILK
26 BEEF & NOODLES BREAD BRUSSEL SPROUTS MULTI BEAN SALAD TROPICAL FRUIT MILK	27 FROZEN MEAL	28 MACARONI & CHEESE BREAD WINTER BLEND PINEAPPLE TIDBITS MILK	29 FROZEN MEAL	30 CHICKEN POT PIE BISCUIT BROCCOLI CITRUS FRUIT CUP MILK

Menus are Subject to Change Without Notice **Milk provided with all meals**
Reservations are Required 24 Hours in Advance **Suggested Donation $2.50**

Senior Project FRESH

The Senior Project FRESH Program provides coupons to older adults that can be used to purchase fresh produce from local farmers at area Farmers Markets. The Isabella County Commission on Aging will once again be participating in the program and will have a limited number of coupons to distribute.

To be eligible to receive coupons: Participants must be at least 60 years of age. Participants must meet income guidelines set forth within the program. Income guidelines are based on 185% of the Federal Poverty Income Guidelines. In order to be eligible for the program, the maximum income for one is $1,985 per month and for two it is $2,685 per month. Participants will receive nutrition education. Due to the COVID-19 Pandemic, the education will take place in a format that is not face-to-face, such has handouts, etc. More information will be provided once participants are enrolled in the program.

Senior Project FRESH Coupons will be available for distribution as soon as the Isabella County Commission on Aging receives them. If interested in participating in the program, please contact the Isabella County Commission on Aging at 989-772-0748 extension 0.

CCN Food Pantry Drive By Distribution at Strickler Center, 1114 W. High St., Mt. Pleasant

To receive food and basic hygiene and cleaning items, please choose ONE time in the second week and ONE time in the fourth week: **Thursdays, July 15 and July 29 at 9:00 a.m. to 11:30 a.m.; plus Saturdays, July 17 and July 31 from 9:00 a.m. to 11:00 a.m.** Note Day and Time changes for summer. No Wednesdays!

If you are unable to come to the Drive By pantry on Thursdays, please make arrangements for someone to pick up your food. The summer changes will be safer for guests and volunteers during our hot and humid summer.

Covid Emergency Rental Assistance (CERA)

Are you behind on rent? MSHDA has federal funds available to help tenants facing pandemic related hardships. The Covid Emergency Rental Assistance (CERA) program provides rental and utility assistance for residents who fell behind due to COVID-19. If you or someone you know is behind on rent or utilities, or in court for eviction, there may be resources to help. You may qualify for up to 12 months of rent assistance or water, sewer, gas, electricity and internet assistance. To start the process go to **WWW.MICHIGAN.GOV/CERA**. You can learn more about the CERA program at **UWGIC.ORG/CERA**.

For Consumers Energy Customers:

If you are a Consumers Energy customer and find yourself needing assistance with your energy bill, the Consumers Affordable Resource for Energy (CARE) Program may be able to help. You can visit **ConsumersEnergy.com/care** to see if you qualify. Remember: Summer Peak Rates are in effect June 1 to September 30. For more information go to **ConsumersEnergy.com/summerrate**.

For ongoing assistance, Michigan 2-1-1 offers a free, confidential service that connects you with local organizations that will help serve your specific needs. Visit **mi211.org** or call **2-1-1** directly.

Treatment Options for Hip & Knee Arthritis

Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that make it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon Charles Lilly, MD to learn about options for relief. Learning about treatment options can ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee and hip replacement surgery will be discussed on **Friday, July 23 from 10:00 a.m. to 11:00 a.m. at McLaren Central Michigan, FDJ Conference Room, 1221 South Drive, Mt. Pleasant. Call 989-779-5606 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 heart health. A screening test is available that includes information about your Total cholesterol, LDL cholesterol, HDL cholesterol, Triglycerides, Glucose, Blood Pressure . Fasting for 10-12 hours before the test is required. Walk-in cholesterol screenings will be offered on **Wednesday, July 21 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. **Register with Central Scheduling located through the East entrance of the hospital. McLaren Central Michigan, 1221 South Drive, Mt. Pleasant.**

Checklist on Whom to Contact Following the Death of a Loved One

1. Social Security Administration at **1-800-772-1213.**

a. Overpayment of benefits could result in repayment.

b. Surviving Spouses may be eligible for increased benefits.

2. Veterans Administration at
Isabella County: 1-989-317-4093 or
Michigan Statewide: 1-800-642-4838

a. Assistance with funeral costs or burial plot

b. Survivor benefits.

c. Education & Training

d. Health Care

e. Education, Career, Home Loan and Financial Counseling

3. Health insurance Companies

a. Medicare, Medigap, Prescription or Employer plan

4. Life insurance company filing claim.

5. Credit card companies

6. Attorney, accountant and executor of estate.

7. Bank accounts

8. Stocks and bonds

9. Mortgage & utility companies

10. Pension plan administrator and/or current employer

11. Probate Court if you are the designated Guardian/Conservator of an individual

a. Within 10 days of the persons passing

12. Secretary of State for vehicle registrations

13. Post Office

Important Documents:

These documents may be needed to obtain important information such as account numbers or dates that will further assist you in notifying the related parties.

Please gather:

- Death Certificates (multiple copies)
- Birth Certificate
- Marriage Certificate
- Insurance policies including (Life, health, prescription, homeowner and vehicle)
- Military discharge papers
- Current bills with corresponding account numbers

References:

www.AARP.org article written by Stacy Julien
www.heart2soul.com/after-someone-dies written by Karen Zinn
www.va.gov/family-member-benefits/

IN MEMORY OF

Debbie Brehm
Colleen & Kelly Beltinck
Alisa & Kim Ellertson

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Frank & Ruth Ann Barnes

Karen Cotter
Clayton & Carol Garrett

Bill Hawkins
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JoJo McCann
Colleen & Kelly Beltinck
Alisa & Kim Ellertson

Dixie Neier
Anonymous
Rick, Paula, & Robert Neier
Dawn Orlando

John Phelps
Clayton & Carol Garrett

Diana Pung
Clayton & Carol Garrett

Mike Ralston
Clayton & Carol Garrett

Waldo Sauter
Walter Schneider

Active Living Deadline

Every issue of Active *LIVING* is printed and mailed to our readers well before the first day of each month. In order to complete the entire process we need to receive information for submission by the sixth day of the prior month.

Please understand all articles submitted are subject to editing for content and space restrictions.

ACTIVE LIVING DONORS

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Remembering Our 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 August issue, please send the information by July 6.

Thank you everyone for your generous donations.

I Ride Gold Passes

Did you know that if you are 80 years or more you automatically qualify for a **FREE** *IRide* Gold Pass? **A Gold Pass allows you to ride for free - always!** If you are 80 or older and want obtain your Gold Pass, please do the following:

- Call COA at **989-772-0748 then press 11.** to make an appointment Monday – Friday, 8:00 a.m. to 4:30 p.m.
- At your appointment time, use your cell phone to call from your car to let the desk staff know that you are there. No cell phone? Call ahead and let them know that you are on your way.
- Have your ID ready to give to the staff when they come out to your car.
- Plan to wait a just a few minutes – they will bring out your personalized Gold Pass to use as soon as you like.
- NOTE: The person who is receiving the Gold Pass must be physically present to receive the pass.

Grief Share Support Group

You are invited to join in a "Grief Share" Support Group. The group meets **Mondays at 9:00 a.m. at the Charles R. Lux Family Funeral Home, 2300 S. Lincoln Rd. in Mt. Pleasant.** Please let them know if you plan to attend in order to make appropriate seating. **Please send an email with your name and phone number to: GriefshareMP@gmail.com.** Mask will be required. No charge to attend.

Legal Assistance

Region VII Area Agency on Aging provides legal assistance to older adults in our community. If you need legal assistance, you can call 1-800-858-1637 and ask for "Information and Assistance."

REGION VII AREA AGENCY ON AGING

ACTIVE LIVING **Volume 121 Issue 7- JULY 2021**

Mt Pleasant Parks and Recreation will be hosting Dueling Pianos on Thursday, July 1 from 6:00 p.m. to 8:00 p.m. at Island Park Arts Pavilion.
Bring a chair and enjoy the music!

Early Warning Sirens

Isabella County has 29 warning sirens strategically located throughout the county that are used to warn the public of possible danger in our community. The warning system uses two distinct siren signals in the event of an emergency. **First** is the **SEEK SHELTER** siren which is a **constant wail lasting for 3 to 5 minutes**. If you hear this signal, immediately enter a safe building, go to the lowest level and stay away from windows. Immediately turn on your NOAA weather radio if it hasn't already activated. Or immediately turn to a local radio station or local cable TV station. Listen for emergency messages and follow instructions. Stay tuned for updates. If you are located approximately within four miles of the Isabella County building in downtown Mt Pleasant you may tune your radio to 1610 AM Emergency Alert Radio.

When the dangerous conditions have passed the **ALL CLEAR** signal will produce an **intermittent air horn sound again lasting for 3 to 5 minutes.** Do **NOT** call 9-1-1 to find out what the sirens mean. Please leave phone lines open for actual emergencies. **All outdoor warning sirens are tested on the first Thursday of each month at 3:00 p.m.**

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

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2200 S. Lincoln Rd.
Mt. Pleasant, MI 48858

Please make checks payable to:
Friends of Isabella Seniors

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.