



# Active LIVING

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

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## IT'S NOT TOO LATE: Fall Caregiver Training at COA

**Tuesday, November 9, 2021**

**11:30 a.m. to 2:30 p.m.**

with an added *special feature*,  
a *pre-training event* from 9:30 a.m. to 11:30 a.m.

## You can still Register for Fall Caregiver Training!

The schedule is the following:

- ◆ 9:30-11:30 – 15-minute Brown Bag Consults – Volunteer Pharmacists will meet with individuals to review and educate on medications you are currently taking.
- ◆ 11:30-Noon – lunch
- ◆ 10-minute break
- ◆ 12:10 – 1:00 - Pharmacist Panel will discuss Medication Overload, Use of Medications that are Dangerous for Seniors, Side Effects, Drug Interactions and more. Our host will be Mark Kato, DHA, MBA, Program Consultant for MiHIA.
- ◆ 10-minute break
- ◆ 1:10- 2:00 – Oral Health & Techniques for Caregivers – Dr. Judy Wybenga, DDS, will share with us why good oral health is synonymous with good overall health.
- ◆ 2:00-2:15 Q & A
- ◆ 2:15-2:30 Wrap Up and Quick Evaluations

The consults for the pre-training event are Volunteer Pharmacists from CVS. The 12:10-1:00 session will be facilitated by these same Pharmacists. This is being brought to us through a Grant from the Michigan Health Endowment Fund.

Please RSVP for BOTH pre-training, lunch and/or the afternoon events so we can plan for numbers of lunches and handout materials. For further questions about the day, or to register, you can contact Mary Ellen Walsh, Caregiver Support Specialist/Trainer at [mewalsh@isbellacounty.org](mailto:mewalsh@isbellacounty.org) or **989-772-0748**.

## COA Craft Show 2021 Cancelled

Out of an abundance of caution with the spike in cases due to the Delta Variant and the vulnerability of the population we serve, we have made the difficult decision to **cancel our 2021 Craft Show**. We have put a lot of thought into this decision. And due to the size of the indoor event and the inability to safely social distance, we feel it is in the best interest of all if we cancel for this year. We hope to see you next year. Save the date Saturday, November 12, 2022.



## Thank You to Mt Pleasant Garden Club

On behalf of the Isabella County Commission on Aging, we would like to send out a big thank you to the Mt. Pleasant Garden Club for their very generous donation of cement curbing (pictured above) around the two landscaped islands in our parking lot, which will help protect both the landscaping and sprinkler system housed within the islands. The beautiful flowers in the two parking lot islands and also around our sign at the entrance of our drive are maintained by the wonderful volunteers of the Mt. Pleasant Garden Club. They do such an amazing job, helping us to keep our grounds beautiful throughout the year.

## Giving November

The United Way of Gratiot and Isabella County will be hosting their annual *Fill a Mayflower* event on Friday, November 19. Starting November 1, COA will be collecting non-perishable food (non-expired) as well as household and personal care items at the Commission on Aging in Room C that we will deliver in bulk to them on Friday, November 19. All items donated will be distributed to several local food pantries in Isabella County! Please help us make a difference this Holiday Season!

## COA Executive Director's Comments



*Gratitude, as defined by Merriam-Webster, is a feeling of appreciation or thanks.* With everything that we have encountered and experienced, and continue to experience, throughout this pandemic, I realize that I have gained such a deep appreciation for many things that I had previously taken

for granted. I am grateful to see smiling faces and a full parking lot here at the Commission on Aging. I am grateful for the opportunity to interact with people in person, not just virtually or over the telephone. I am grateful for family celebrations and in-person gatherings. I am grateful for health. I am grateful for all of the means that we had to stay in touch when we could not be in person, making us still feel connected. I am so grateful for those who put the needs of others in front of their own, and still continue to do so.

No matter what is going on around us, November provides us with two holidays that are centered around gratitude: Veterans Day and Thanksgiving. Thank you to all of our wonderful Veterans, past and present, for sacrificing more than can be expected of anyone so that we can enjoy the freedoms we, as a nation, are so fortunate to have. You are the reason we are who we are and are able to do what we do. I hope that you feel the immense amount of pride and eternal gratitude from all of us this Veterans Day and every day!

As we enter the month of Thanksgiving, I wish you all a heart full of gratitude. Let us show our appreciation for others through acts of kindness, our time, and love.

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

## Remembering Ruth Wentworth with a Smile and a Game of Shuffleboard



## Mission Moments

It's been a long year, but our Foster Grandparent and Senior Companion volunteers are going back to service. Senior Companions started visiting with clients on August 9, and Foster Grandparents went back to schools on August 30, 2021. We have implemented safety protocols, we have done several trainings on health, communicable diseases and why it's important to stay healthy. They were prepared to go back and serve their communities.

Over the last few months, we kept them busy with zoom calls, homework and various online trainings using their Chromebook or TCL tablet. However, seeing them over a computer screen just wasn't the same, and we couldn't wait to see them in person. At the end of August, we were able to celebrate outside for our Welcome Back picnic at Mill Pond Park. We enjoyed a wonderful meal with Jenny's Catering, took silly pictures with In a Snap Photobooth, and danced away the COVID blues, with music by Mid-Michigan Musicman Entertainment. November 2019 was the last time we were all together in person, so it was a wonderful day to finally be together in the same area and celebrate our programs going back into service.

We are wishing our volunteers, clients, students and partners a healthy and happy year. We are so grateful they waited for us and are welcoming their volunteers back. It really does take a village, and in more ways than one. Yes, it's been a tough year, and things won't be the same, however we witnessed resilience, strength, compassion, creativity and connecting in new ways. Our volunteers were determined to learn something new and stay hopeful to return, even in a time of unknown. I couldn't be prouder or more inspired by our Foster Grandparents and Senior Companion volunteers!

*Brandi Knivila  
Foster Grandparent/Senior Companion Programs Manager*

The Commission on Aging received a very generous donation of a shuffleboard table for our Activity Center in memory of Ruth Wentworth by family friend, Holly Hoffman. Ruth was very active at the Commission on Aging and spread lots of cheer here day in and day out. Ruth had been an active Gold Key Volunteer since 2012 in many different areas: Reception Desk, Kitchen Assistance, Events, Activities, and the Central Michigan Student Activity Center. Ruth volunteered over 1,500 hours for all of these services to help out countless others in our community. She had a lot of heart and brought endless smiles to all no matter what she was doing. Her positivity was contagious and you could not help but feel joy when talking to her. Ruth will be very missed by so many in our community, but her memory will always live on. Whether you know her or not, we hope that you feel her joy when playing the shuffleboard table!



## Welcome to Food With Friends, Rhonda!

Hello to all our COA friends. My name is Rhonda Burke and I joined the Food with Friends program on Monday, October 18. I would like to say thank you to the Food with Friends program for bringing me on to be part of their team. I am eager to meet each and every one of you. I am not new to Commission on Aging; I have been part of the In-Home services program for the last 3 1/2 years and before that I was with the Gold Key Volunteer program for 11 years.

I am very excited to be back and I am sure a lot of you will remember who I am. I look forward to working with the Food with Friends team and planning many new activities and events at Commission on Aging.

*Rhonda Burke, COA Activity Center Site Manager*

## Caregiver Support Corner

By Mary Ellen Walsh, email at [mewalsh@isabellacounty.org](mailto:mewalsh@isabellacounty.org) or call 989-772-0748

**Caregiver Support Group is Tuesday, November 16 from 12:30 p.m. to 2:00 p.m.** Call or email me to RSVP for this monthly meeting. ALL caregivers are welcome. Caregiver Support Group meets IN PERSON only in the COA Library. Seating will be socially distanced and we request you wear a mask. Caregivers 60+ or are caring for someone who is 60+ are welcome to attend.

The Holidays will be upon us soon – here are some ideas to ponder over the next few months.

### **Simple things we can all do to lift our spirits:**

- Open all the shades and curtains in our homes – even if it is a gray day – turn the lights on, light a candle (keep an eye on it) and bring light into your living space.
- Play music – sing along, dance along, hum along – reminisce!
- Have a spa day – a long hot shower or soak in the tub – dress up for yourself and anyone else in your home.
- Call at least one friend/person who is upbeat and positive – you can “hear” the smile in their voice – every day or once a week . . . whatever suits you.
- Designate a movie time – during the day or evening – to laugh and possibly cry with.
- Take a walk – in the house or outside – invite a friend!
- Go for a drive and see how areas have changed or become different.
- Have a notebook near you at the end of the day and list 3 things that you are grateful for that day. Once you start doing that, re-read the tablet every week or so to see all the blessings you have.

## NEW! Healthy Lifestyles Group at COA on Fridays

This group will focus on healthy weight loss and maintenance, healthy eating, understanding food labels and macro nutrients. It will also educate on the role that stress, sleep, and exercise play for overall health. Participants will have the option to weigh in every week.

Participants can also join us for a healthy lunch served at noon. We ask that you make your reservation with us 24 hours in advance by calling our office at **989-772-0748**. Suggested donation for lunch is \$2.50 for those over 60 and \$5 for those under 60.

The group meets weekly on Fridays from 1:00 p.m. to 2:00 p.m. There is NO Charge to join! The group is led by Karen Norman. For questions, please contact Marcy Jerome at **989-772-0748** or you can email Marcy at [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org)

**Holiday Traditions & Gatherings** (excerpts from the Senior Services Memory Support Prog. – Midland, MI and Isabella County Commission on Aging)

For families with loved ones who have dementia, the holidays can be challenging and uncomfortable. The decorations, music, lights and many people gathering together can be overstimulating for those living with dementia as well as the caregiver. For caregivers, pressure to maintain traditions and celebrations can be stressful. Making adjustments can help.

- ◆ Talk with family about what expectations they have and how those can be simplified or changed. Think of ways to include your person -- ways that are simpler and less distressing for them.
- ◆ Think about what traditions are the most important and focus on those, letting others go. If the celebratory environment is too stimulating, perhaps set up an area in the house where the loved one can be and then friends and family can have one on one's with him/her there. Perhaps the children can do a simple craft with their loved one.
- ◆ Remember that no matter what adjustments are made, this can still be a stressful time for your person and you.

**Your No is just as important as your Yes.** Do what is best for you and your person. Boundaries are hard but give us great freedom. Count on the people who you know understand the situation and your needs. You may even decide to do some new traditions that give you and your loved one joy and calm.

Finally, when the holidays are over – caregivers benefit greatly with some scheduled time off. Get some respite from the aftermath of what the holidays brought – extra planning, extra challenges and sometimes – family that can't or doesn't know how to be helpful. Give yourself a break as you begin the new year.

## Events & Classes

### “Wild Wyoming”

**Wednesday, November 3, from 4:00 p.m. to 6:00 p.m.  
in COA Room C. \$25 per person (supplies included)**

Let award winning television artist Steve Wood help develop the “artist” in you to create “*Wild Wyoming*.” 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. **Money and reservations due by Monday, November 1. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.**

Next class, Wednesday, December 1 “Tobogganing Snow People”

### State Employee Retiree Assoc. (SERA)

The meeting of the State Employee Retiree Association (SERA) scheduled for **November 9, 2021 will be at the Commission on Aging Room B at 1:00 p.m.** The presentation will be by **McCarther Griffis, Isabella County Emergency Manager**. He will give an update of the new technology and response time for emergencies. The presentations are open to all who are interested. In November there will be election of officers. There is a new proposal to the bylaws, regarding membership dues of new member, which will require approval by all members to decide.

**The annual Christmas party will be December 14 at noon at the VFW hall on Pickard Street, in Mt. Pleasant.** As usual, instead of gifts we will be donating canned goods, personal care items, and household cleaning items to the Strickler Center. We would appreciate RSVP by the first of November for the party. Members can call Jim Schafer at **989-772-1824** for reservations. Please leave a call back number in case the party has to be cancelled. Dues will be collected at that time, which are still \$11 for the year. Cost of the holiday meal will be \$6 for members and \$11 for guests. Due to COVID, we as that all attending the Christmas Party wear mask unless there is a medical reason, as mask will not be required. The COA continues to request that all visitors to the facility wear a mask for our meetings. If there are any questions, please feel free to contact Jackie Curtis at **989-772-0597** or [jacurtis46irish@gmail.com](mailto:jacurtis46irish@gmail.com).

### The AMERICAN GENIUS Series at COA

**All documentaries shown at 12:45 p.m. in Room C**

**Tuesday, November 2: “Jobs vs. Gates”**

**Tuesday, November 9: “Wright Bros vs. Curtiss”**

**Tuesday, November 16: “Farnsworth vs. Sarnoff”**

**Tuesday, November 23: “Hearst vs. Pulitzer”**

**Tuesday, November 30: “Space Race”**

### A Veterans Group at COA

We are hoping to start a casual social support Veterans Group here at Commission on Aging. This would provide a place for local veterans to get together to share stories and create friendships with other veterans in the area! The plan is monthly, but if we gain enough interest, we could schedule more often. We are hoping to start this in November! Interested? Please call or email Marcy Jerome, Activity Program Manager (989) 772-0748 or [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org) .

### Learn to Crochet \*New Option!

Join volunteer Judy Ostrander who will instruct beginner crocheting on **Thursday, November 18 at 10:00 a.m.** The group will meet once a month hereafter, and will include both instruction and projects. All are welcome whether you would like to learn or crochet while enjoying comradery!

### Ice Cream Social

**Thursday, November 4  
12:30 p.m. In Room C  
Hope to see you then!**



### Line Dancing

Join us for Line Dancing! Not only will you have fun and benefit from exercise, but Line Dancing also provides mental benefits, while learning approximately 140 dance step sequences. Instruction will be provided for those who need it! Any level welcome! The group meets on **Wednesdays from 10:00 a.m. to 11:30 a.m. in Room C.**

### FREE Movie and Popcorn

The November movie, *The Dig*, will be shown on **Friday, November 19 at 12:45 p.m.** In the late 1930s, wealthy landowner Edith Pretty hires amateur archaeologist Basil Brown to investigate the mounds on her property in England. He and his team discover a ship from the Dark Ages while digging up a burial ground. (Rated PG-13, 1hour, 52 minutes)

**Show Time is 12:45 p.m. To register, please call 989-772-0748 and ask for Rhonda.**

### Bingo at COA

Friday, November 5 at 12:45 p.m. you can enjoy Bingo with The Laurels. Join Medilodge on Friday, November 12, at 12:45 p.m. in COA Room C for Bingo.

## Fitness Classes

Our COA Fitness classes are **FREE** of charge. All participants **MUST** have a membership and signed liability form on file before starting classes. For questions or to sign

up for zoom classes, please contact Marcy Jerome **(989) 772-0748** or [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org)

### **Yoga ~ In Person only**

Mondays from 3:00 p.m. to 4:00 p.m. in COA Fitness Room  
*Zen Yoga, with gentle range of motion movements, includes gentle holding positions for hips, lower back and shoulders.*  
 Instructor: Catherine Tobin

### **Tai Chi ~ In Person Only**

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

**Beginner Tai Chi Exercise (Tai Chi for Health and Balance)** Tuesday & Thursday 10:00 to 11:00 a.m. in COA Fitness Room No experience necessary. New participants welcome.

### **Next-Level Tai Chi (Yang 24 and Tai Chi for Energy)**

Tuesday & Thursday 11:30 a.m. to 12:30 p.m. in COA Fitness Room. Tai Chi experience recommended (approximately 1 year or more).

Instructor: Jim VanderMey, Board Certified Instructor, Tai Chi for Health Programs

### **Zumba Gold ~ Virtual Only**

Tuesdays 9:00 a.m. to 10:00 a.m. and Thursdays from 4:00 p.m. to 5:00 p.m. on Zoom

*Designed for beginners and older adults using modified, low impact moves. Enjoy easy-to-follow moves; you'll hardly notice you're exercising. An energizing workout that burns calories and tones muscles.*

Instructor: Judi Swartz

### **Gentle Exercise ~ In Person Only**

Mondays and Friday 11:00 a.m. to 11:45 a.m. in COA Fitness Room

This class involves gentle exercise to improve movement and flexibility. Many exercises will be done from a chair or standing behind a chair and will also incorporate resistance bands. Must have a signed liability form on file to begin classes.

Instructor: Volunteer led

### **Chair Yoga ~ Virtual Only**

Wednesdays 9:00 a.m. to 10:00 a.m.  
 Thank you to all who have participated in Chair Yoga in person and on Zoom. **Beginning 9:00 a.m. on Wednesday, November 3, we will continue Chair Yoga on Zoom only.** If you are not receiving the weekly Zoom link, please contact Marcy Jerome to be added to the email list. You may access the class from anywhere in the US so you won't miss out. Many COA members enjoy the flexibility and convenience of Chair Yoga on Zoom.  
 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.  
 Instructor: Carol Clute

### **Low Impact Aerobics ~ In Person Only**

Monday, Wednesday and Friday 10:15 a.m. to 11:00 a.m. in COA Fitness Room  
 Peer Led Class

### **Hula Class ~ In Person Only**

Thursdays 3:00 p.m. to 4:30 p.m. in COA Fitness Room  
*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).*

Instructor: Sue Courington

### **Otaga Exercise Class with CMU**

Wednesdays 11:30 a.m. to 12:30 p.m. in COA Fitness Room  
*The Otaga Exercise Program provides a safe and healthy environment where participants work alongside student exercise trainers to improve their balance and reduce their risk of falls. Together we can create a healthier and happier community.*

To sign up call or email:

CMU College of Medicine  
 2520 S. University Park Drive Building D  
 Mount Pleasant, MI 48859  
 Call: (989)774-1350  
 Fax: (989)774-7658  
 Email: [fallprevention@cmich.edu](mailto:fallprevention@cmich.edu)  
 Instructor: CMU Students



# Medicare Open Enrollment

## At COA

**\*October 15 to December 7, 2021 by Appointment Only:**

**Review the following:**

- ◆ Premiums
- ◆ Deductibles
- ◆ Copays
- ◆ Restrictions



**\*Prior to Your Appointment:**

- \* Call the COA front desk at **989-772-0748** to let the COA know that you have arrived.
- \* Practice Social Distancing.
- \* Be Courteous -Volunteers are assisting -Taking our time ensures accurate information is given; so that you may make an informed decision.

**\*Be Sure To Bring:** Your Medicare Card and Your Prescriptions

## Rural Health Day at COA

2200 S. Lincoln Rd., Mt. Pleasant  
Thursday, November 18 from 11:00 a.m. to 2:00 p.m.

**Presented by CMU College of Medicine Healthy Aging Programs**

### Living FREE: Fall Reduction Program

- No cost to you
- Fall reduction plan developed just for you
- Reduce your risk of falling and serious health issues

Contact us: Phone: 989-774-1350

Email: [healthyaging@cmich.edu](mailto:healthyaging@cmich.edu)

### ROAM Care: Older Adult Primary Care

- No or low cost to you (Medicare charged)
- Bring the doctor's office to your home
- Personalized care plans and coordination of services

Contact Myra to sign up today

Phone: 989-774-7026

Email: [ROAM@cmich.edu](mailto:ROAM@cmich.edu)

Services provided for Rural Health Day at COA are Blood pressure checks, Glucose level testing, Balance and fall risk assessment, Raffle for Prizes.

## Powered by Good

We, at the Commission on Aging, would like to extend a huge **THANK YOU** to Lake Trust Credit Union who partnered with our Gold Key Volunteer raking leaves program during their Powered by Good Day of Service. On Monday, October 11, their branches went to many different organizations to serve and make an impact on their community. We are honored to be one of those organizations. We would also like to thank Lake Trust for their generous donation to the Commission on Aging, which will further extend their impact while helping us serve our community.

## Be Kind to Your Mind

The COVID-19 pandemic has created emotional distress within Michigan's older adults. Older adults as well as those that care for them have reported feeling anxious, depressed and uncertain about the future. These feelings are normal and understandable—and it can help to talk to someone.

**Be Kind to Your Mind.** Call the Michigan Stay Well counseling line for free emotional support. Dial **1-888-535-6136** and press “8.” Remain on the line until you hear the prompt to speak with a Stay Well counselor. This service is free, confidential, and available 24/7.

**Interested in connecting with peers?** Do you know an older adult who might benefit from talking to peers about COVID-19 stressors? When it comes to the pandemic, we're all in this together—but seniors often feel isolated and lonely. That's why we offer a Stay Well Support Group specifically for seniors and older adults. Interested participants can sign up for one or more sessions at: <https://bit.ly/3fIakd0> For more guidance on coping with pandemic-related distress, visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).

## ISABELLA COUNTY COMMISSION ON AGING DURABLE MEDICAL EQUIPMENT STORAGE CLOSET



The Commission on Aging has medical equipment available at no cost. These items are available for loan, for those who may be needing adaptive equipment to prevent falls and reduce the risk of injuries. In the event that items are not in stock, a social worker may be able to determine if grants are available to purchase needed items.

### \*FOR INFORMATION ON EQUIPMENT AND SERVICES PLEASE CALL:

**989-772-0748**



### Durable Medical Equipment Available:

- ◆ Shower Stool
- ◆ Transfer Bench
- ◆ Walkers
- ◆ Canes
- ◆ Hand Held Shower
- ◆ Grab Bars
- ◆ Commode
- ◆ High Rise Toilet Seat
- ◆ Bedside Rail
- ◆ Crutches
- ◆ Incontinence Supplies



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

Due to the current COVID-19 issues CCN has decided to continue their Drive Thru Food Pantry through December 2021. **Pantry hours have also changed to accommodate winter weather conditions.**

Please do NOT line-up before 9:00 a.m. to accommodate snow plows. Snow Cancellation Policy: If Mt Pleasant Public Schools are CLOSED the Pantry will be CLOSED with **NO MAKE UP DATE**.

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, November 4 and November 18 at 10:00 a.m. to 12:30 p.m.; plus Saturdays, November 6 and November 20 from 10:00 a.m. to 12:00 p.m.** If you are unable to come to the Drive By pantry on Thursdays, please make arrangements for someone to pick up your food.

Monday	Tuesday	Wednesday
1 10:00 Dulcimer Practice 10:15 Peer Led Low-Impact Exercise 11:00 Gentle Exercise <b>11:00 Walking Club</b> <b>1:00 Dominos &amp; Pinochle</b> 1:00 Mahjong 3:00 Yoga	2 10:00 Beginner Tai Chi Exercise <b>11:00 Nutrition Education</b> 11:30 Next-Level Tai Chi <b>12:45 Documentary: "American Genius: Jobs vs Gates"</b> 4:00 Board of Commissioners Meeting	3 9:00 Chair Yoga <b>10:00 Line Dancing</b> 10:15 Peer Led Low-Impact Exercise 11:30 CMU Otaga Exercise Class 1:00 Happy Ripper Quilters <b>1:00 Pepper</b> 4:00 Anyone Can Paint
8 10:00 Dulcimer Practice 10:15 Peer Led Low-Impact Exercise 11:00 Gentle Exercise <b>11:00 Walking Club</b> <b>1:00 Dominos &amp; Pinochle</b> 1:00 Mahjong 3:00 Yoga 5:00 Mt. Pleasant Women City Club	9 9:30 Brown Bag Consults 10:00 Beginner Tai Chi Exercise 10:00 Needlecraft Meeting 11:00 Armed Forces Trivia 11:30 Next-Level Tai Chi 11:30 Caregiver Training <b>12:45 Documentary: "American Genius: Wright Brothers vs Curtiss"</b> 1:00 SERA Meeting 7:00 Mid Michigan Woodcrafters	10 9:00 Second Sight Artists 9:00 Chair Yoga <b>10:00 Line Dancing</b> 10:15 Peer Led Low-Impact Exercise 11:30 CMU Otaga Exercise Class 1:00 Between the Covers Book Club <b>1:00 Pepper</b> 1:00 Happy Ripper Quilters
15 10:00 Dulcimer Practice 10:15 Peer Led Low-Impact Exercise 11:00 Gentle Exercise <b>11:00 Walking Club</b> 12:00 Mt. Pleasant Garden Club <b>1:00 Dominos &amp; Pinochle</b> 1:00 Mahjong 3:00 Yoga	16 8:30 Friends of Isabella Seniors Board Mtg 10:00 Beginner Tai Chi Exercise <b>11:00 Jeopardy</b> 11:30 Next-Level Tai Chi 12:30 Caregiver Support Group <b>12:45 Documentary: "American Genius: Farnsworth vs Sarnoff"</b> 4:00 Board of Commissioners Meeting	17 8:00 Nancy's Quilting Group 9:00 Chair Yoga <b>10:00 Line Dancing</b> 10:15 Peer Led Low-Impact Exercise 11:30 CMU Otaga Exercise Class <b>1:00 Pepper</b> 1:00 Happy Ripper Quilters 1:00 Second Hand Book Club
22 10:00 Dulcimer Practice 10:15 Peer Led Low-Impact Exercise 11:00 Gentle Exercise <b>11:00 Walking Club</b> <b>1:00 Dominos &amp; Pinochle</b> 1:00 Mahjong 3:00 Yoga	23 10:00 Beginner Tai Chi Exercise <b>11:00 Would You Rather?</b> 11:30 Next-Level Tai Chi <b>12:45 Documentary: "American Genius: Hearst vs Pulitzer"</b> 6:00 Mid Michigan Quilt Guild	24 9:00 Second Sight Artists 9:00 Chair Yoga <b>10:00 Line Dancing</b> 10:15 Peer Led Low-Impact Exercise 11:30 CMU Otaga Exercise Class <b>1:00 Pepper</b> 1:00 Happy Ripper Quilters
29 10:00 Dulcimer Practice 10:15 Peer Led Low-Impact Exercise 11:00 Gentle Exercise <b>11:00 Walking Club</b> <b>1:00 Dominos &amp; Pinochle</b> 1:00 Mahjong 3:00 Yoga	30 10:00 Beginner Tai Chi Exercise <b>11:00 Christmas Centerpiece Craft</b> 11:30 Next-Level Tai Chi <b>12:45 Documentary: "American Genius: Space Race"</b>  <i>Giving Tuesday</i>	<b>Food with Friends Lunch</b> Served Monday thru Friday at 12:00 p.m. in Activity Room C. See our Menu on pg. 10

Thursday	Friday	Saturday
<p><b>10:00 Beginner Tai Chi Exercise</b>  <b>11:00 Nutrition Council</b>  <b>11:30 Next-Level Tai Chi</b>  <b>12:30 Ice Cream Social</b>  <b>1:00 Pet Visits</b>  <b>3:00 Hula Class</b></p> <p><b>Closed for Veterans Day</b>  </p>	<p>4</p> <p>8:00 Happy Rippers  10:00 Jam Session  <b>10:00 Movie: "Funny Face"</b>  10:15 Peer Led Low-Impact Exercise  11:00 Gentle Exercise  <b>12:45 Bingo w/ The Laurels</b>  1:00 Ukulele  1:00 Healthy Lifestyles Group</p>	<p>5</p> <p>8:00 Happy Rippers</p> <p><b>Reminder: Daylight Savings Time ends Sunday, November 7. Be sure to turn your clocks back one hour Saturday evening, November 6.</b></p>
	<p>11</p> <p>10:00 Jam Session  10:15 Peer Led Low-Impact Exercise  11:00 Gentle Exercise  <b>11:00 Veterans Day Celebration</b>  <b>12:45 Bingo w/ Medilodge</b>  1:00 Ukulele  1:00 Healthy Lifestyle Group</p>	<p>12</p> <p>13</p> <p>We must find time to stop and thank the people who make a difference in our lives.</p> <p><i>John F. Kennedy</i></p>
<p>10:00 Beginner Tai Chi Exercise  10:00 Learn to Crochet  <b>10:00 CMU Rural Health Day Clinic</b>  11:30 Next-Level Tai Chi  <b>12:00 Thanksgiving Lunch</b>  <b>12:30 Pie Social</b>  3:00 Hula Class</p>	<p>18</p> <p>10:00 Jam Session  10:15 Peer Led Low-Impact Exercise  11:00 Gentle Exercise  <b>11:00 Music with Greg Merwin</b>  <b>12:45 Movie &amp; Popcorn: "The Dig"</b>  1:00 Ukulele  1:00 Healthy Lifestyle Group</p>	<p>19</p> <p>20</p> <p>9:00 Central MI Daylily Society  9:00 Charlene's Quilting Group</p>
	<p>25</p> <p><b>Closed for Thanksgiving</b>  </p>	<p>26</p> <p>27</p> <p>"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things you lack."</p> <p><i>Germany Kent</i></p>



Please direct all questions and reservations to the COA Main office 989-772-0748, and ask for the Meals Line. Please indicate which site you are referring to when leaving a message. Please call 24 hours in advance for reservations.

## FWF Eat Smart Menu

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tuna Noodle Casserole Bread California Blend Peaches Glazed Donut Skim Milk	2 Smothered Chicken Breast Bread Spinach Augratin Potatoes Mixed Fruit Cup Skim Milk	3 Macaroni and Cheese Bread European Blend Tossed Salad Oatmeal Apple Crisp Skim Milk	4 Turkey Loaf Bread Peas & Carrots Squash Tapioca Pudding Skim Milk	5 BBQ Chicken Breast Bread Company Potatoes Broccoli/Cauliflower Salad Apricots Skim Milk
8 Pork Chop Bread Baked Sweet Potato Kyoto Vegetables Fruit ed Gelatin Skim Milk	9 Chicken Rice Casserole Bread Carrots Brussels Sprouts Tropical Fruit Skim Milk	10 Beef with Sweet Peppers Bread Cheesy Mashed Potatoes Green Beans Berry Fruit Cup Skim Milk	11 	12 Chili Corn Bread Baked Potato Pineapple Tidbits Skim Milk
15 Corn Chowder Bread Stick Hard Boiled Egg Tossed Salad Peach Crisp Skim Milk	16 American Goulash Garlic Toast Mixed Vegetables Strawberries Skim Milk	17 Spanish Rice Bread Fiesta Blend Carrots Pineapple & Oranges Skim Milk	18 Thanksgiving Celebration Sliced Turkey Dinner Roll Stuffing Whipped Potatoes/Gravy Green Beans Pumpkin Custard Skim Milk	19 Autumn Chicken Bread Sweet Potato Brussels Sprouts Pears Skim Milk
22 Roast Pork Bread Whipped Potatoes/Gravy Stewed Tomatoes Citrus Fruit Cup Skim Milk	23 Veal Parmesan Garlic Toast Green Beans Peaches and Pears Black Forrest Cake Skim Milk	24 Beef and Noodles Dinner Roll California Blend Peas Mandarin Oranges Skim Milk	25 	26 
29 Chicken and Broccoli Casserole Bread Carrots Strawberries Chocolate Chip Cookie Skim Milk	30 Cabbage Roll Casserole Dinner Roll Whipped Potatoes Peas & Carrots Cinnamon Applesauce 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

**COA ACTIVITY CENTER**  
2200 S. Lincoln Rd., Mt. Pl., Room C  
**Meals: M - F, 8:00 a.m. - 4:30 p.m.**  
Rhonda Burke, Site Mgr.

## NOVEMBER COA Calendar

1	11:00 Walking Club 1:00 Dominoes & Pinochle	9	11:00 Armed Forces Trivia 12:45 Documentary: "American Genius: Wright Brothers vs Curtiss"	18	10:00 CMU Rural Health Day 12:00 Thanksgiving Meal 12:30 Pie Social
2	11:00 Nutrition Education 12:45 Documentary: "American Genius: Jobs vs Gates"	10	10:00 Line Dancing 1:00 Cards & Shuffleboard	19	11:00 Music w/ Greg Merwin 12:45 Movie: "The Dig" 1:00 Healthy Lifestyle Group
3	10:00 Line Dancing 1:00 Cards & Cornhole	11	<b>Closed for Veterans Day</b>	22	11:00 Walking Club 1:00 Dominoes & Pinochle
4	11:00 Nutrition Council 12:30 Ice Cream Social 1:00 Pet Visits	12	11:00 Veterans Day Celebration 12:45 Bingo w/ Medilodge 1:00 Healthy Lifestyle Group	23	11:00 Would you Rather? 12:45 Documentary: "American Genius: Hearst vs Pulitzer"
5	10:00 Movie: "Funny Face" 12:45 Bingo w/ The Laurels 1:00 Healthy Lifestyle Group	15	11:00 Walking Club 1:00 Dominoes & Pinochle	24	10:00 Line Dancing 1:00 Cards & Shuffleboard
8	11:00 Walking Club 1:00 Dominoes & Pinochle	16	11:00 Jeopardy 12:45 Documentary: "American Genius: Farnsworth vs Sarnoff"	25	CLOSED (THANKSGIVING)
		17	10:00 Line Dancing 11:00 Thanksgiving Craft 1:00 Cards & Cornhole	26	CLOSED (THANKSGIVING)
				29	11:00 Walking Club 1:00 Dominoes & Pinochle
				30	11:00 Christmas Centerpiece Craft 12:45 Documentary: "American Genius: Space Race"

**WEIDMAN****SENIOR CENTER**

3453 N. School Rd, Weidman

**Meals M, W, F, 10:00 a.m.-2:00 p.m.**

Sandy Hunter, Site Mgr.

Hello from the Weidman Senior Center! We are excited to see some of you return, but we have room for plenty more! Please join us for November exercise, **Lunch at Noon** and much more! We have started a Cornhole game and Bingo! We also have seasonal crafts. This year we are planning a group Thanksgiving meal held at Commission on Aging on Thursday, November 18. We would love to have you join us! Come see old friends and make new friends too! Please provide us notice when reserving a meal, 24 hours is best at **989-772-0748**.

**Weidman NOVEMBER Calendar**

1	10:00	Sit and Get Fit
	12:30	Wii Bowling
3	10:00	Sit and Get Fit
	12:30	Nutrition Education
5	10:00	Sit and Get Fit
	12:30	Cornhole
8	10:00	Sit and Get Fit
	12:30	Wii Bowling
10	10:00	Music Makers
	12:30	Sit and Get Fit
12	10:00	Sit and Get Fit
	12:30	Bingo
15	12:30	Craft Day-Paint Pour
	Christmas Ornament	
17	10:00	Sit and Get Fit
	Thanksgiving Movie & Popcorn	
18	Thanksgiving Meal at	
	Commission on Aging	
19	10:00	Sit and Get Fit
	12:30	Cornhole
22	10:00	Sit and Get Fit
	12:30	Wii Bowling
24	10:00	Music Makers
	12:30	Sit and Get Fit
26	CLOSED (THANKSGIVING)	
29	10:00	Sit and Get Fit
	12:30	Wii Bowling

**SHEPHERD****UNITED METHODIST CHURCH,**

107 W. Wright Ave., Shepherd

**Meals M, W, F, 10:00 a.m.-2:00 p.m.**

Ingrid Salomov, Site Mgr.

Hello! As we swing into November: the month in which we honor those who have served our country, Give Thanks and start the holiday whirl with friends and family! The Shepherd meal site offers a nutritious lunch with friends and we also include fun activities. I look forward to seeing all of you (and maybe some new friends) for lunch and fun in Shepherd. **Lunch at noon.** Call **989-772-0748** to reserve your meal at least a day ahead.

**Shepherd NOVEMBER Calendar**

1	11:00	Euchre
2	1:00	Write your Story
3	11:00	Nutrition Ed/Triominos
	1:00	Sit and Get Fit
5	11:00	Cribbage
	1:00	Bingo
8	11:00	Greg Merwin (music)
	1:00	Book club
10	11:00	Triominos
	1:00	Chair Yoga
12	11:00	Board games
	1:00	Bingo
15	11:00	Gratitude Journal
	1:00	Safe Driving Tips (video)
17	11:00	Triominos
	1:00	Walking Club (inside or outside, depending on weather)
19	CLOSED	VETERANS DAY
22	Thanksgiving movie and	
	popcorn, "Forrest Gump"	
24	11:00	Triominos
	1:00	Sit and Get Fit
26	CLOSED	(THANKSGIVING)
29	11:00	Gratitude Journal
	1:00	Scrabble

**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.

Hello! It's great to be back at Rosebush Manor! Congregate meals are on Mondays, Wednesdays and Friday at Rosebush Manor. Join us for a great meal and activities! Call **989-772-0748** for reservations at least a day ahead!

**WINN****COMMUNITY BUILDING**

2583 W. Blanchard Road, Winn

**Meals M, W, F, 10:00 a.m.-2:00 p.m.**

Beth Jennings, Site Mgr.

Hello all! I want to introduce myself; I am Beth Jennings and I am from the Mt. Pleasant area. I enjoy cooking, baking, painting and drawing. I am excited to join the Winn community! We generally have music scheduled each Wednesday; however I am looking forward to starting Line Dancing, Bingo and showing some of your favorite movies! Please give me a call or stop in and we can talk about what you would like to see in Winn! Come see what is exciting at the Winn Community Building!

**Winn NOVEMBER Calendar**

1	Nutrition Education	Cornhole
3	Music	Midnight Express
5	Line Dancing	Beginner
8	Bingo	
10	Music	Strictly Country
12	Painting	Water color
15	Line Dancing	Beginner
17	Music	Greg Merwin
18	Thanksgiving	Celebration at Commission on Aging
19	Line Dancing	Beginner
22	Movie:	
	<i>A Charlie Brown Thanksgiving</i>	
24	Music	County Kin
26	CLOSED	(THANKSGIVING)
29	Christmas	Cornhole with Christmas decoration prizes

**Rosebush NOVEMBER Calendar**

1	Manicures	
3	Penny Bingo	
5	Music - <u>Paul Wilkinson</u>	
8	Nutrition Education/ <u>Red Hat Strutters</u>	
10	Penny Bingo	
12	<b>Music To Be Determined</b>	
15	Music- <u>Just the 2 of Us</u>	
17	Penny Bingo	
19	<b>Music-Jim Gilmore</b>	Birthday Celebration, Ice Cream Social
22	Bingo/Prizes	
24	Penny Bingo	
29	Music Greg Merwin	

## 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 1-989-450-4925 AND SPEAK DIRECTLY TO Jamie Wing the contact for Legal Aid. After asking some questions of the caller, she will refer the caller to AAA's newly contracted attorney and that attorney will contact the caller within 7 to 10 business days.

REGION VII AREA AGENCY ON AGING



## Chippewa River District Library

Annex Meeting Room  
301 S. University, Mt. Pleasant  
presents a

**Smithsonian Exhibit**  
Suitable for Every Age Group

## “Voices and Votes Democracy in America”



**Now, Thru Wednesday, November 17**

*Voices and Votes* is based on a major exhibition currently on display at the Smithsonian's National Museum of American History. This Museum on Main Street adaption will have many of the same dynamic features: historical and contemporary photos; educational and archival video; engaging multimedia interactives with short games and additional footage, photos, and information; and historical objects like campaign souvenirs, voters memorabilia, and protest material.

**The Exhibit will be open during the following hours:**

**Monday - Thursday, 12:00 p.m. - 8:00 p.m.**

**Friday - 1:00 p.m. - 4:00 p.m.**

**Saturday - 9:00 a.m. – 5:00 p.m.**

**Sunday - 1:00 p.m. – 5:00 p.m.**

**MARSP** Michigan Assn Retired School Personnel  
SAVE THE DATE OF DECEMBER 14 at 11:45 a.m. for  
your Holiday Party at Herbs & Spices in Mt Pleasant High  
School. Please leave a message for Nancy Enders at 989-772-  
0783 or you may email her at [njenders@yahoo.com](mailto:njenders@yahoo.com) with your  
reservation by December 3.

## *IRide* Gold Pass

If you are 80 or older, you are eligible to receive an ***I Ride* Gold Pass** compliments of the Isabella County Transportation Commission. This Pass enables you to ride the *IRide* 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.

## Sharps Containers and Proper Disposal



Thanks to Ten16 Recovery, the Isabella County Commission on Aging has a limited supply of Sharps Containers available. These containers are highly recommended for the safe disposal of needles and are available for a limited time. In addition to the standard size containers, the Commission on Aging also has smaller travel size containers for on the go. It's always a good idea to be prepared and to help reduce the risk of unintentional cuts or punctures due to improper storage.

In the event that you do not have a sharps disposal containers it is recommended that you store sharps in a leak-resistant heavy duty plastic container such as a laundry detergent container. These containers should have a tight fitting and be puncture resistant so that the sharps cannot come out. You should also properly label the container to warn of hazardous waste and should keep away from children. If you are interested in obtaining a sharps container or need to properly dispose of one, please feel free to contact the Commission on Aging by calling **989-772-0748** and ask to speak to a Social Worker.

## Covid Emergency Rental Assistance (CERA)

MSHDA has federal funds available to help tenants facing pandemic-related hardships. The CERA program provides rental and utility assistance for residents who fell behind due to COVID-19. You may apply **now** online at:

[WWW.MICHIGAN.GOV/CERA](http://WWW.MICHIGAN.GOV/CERA)

## COA Library

Have you considered the COA Library? You will find many resources, information and books on various topics for everyone on all of the shelves. There are two dedicated shelves with excellent books and pamphlets for Caregivers and families. Plus you will find books by Michigan authors as well as many other authors. Fall is a great time to get cozy with a good book!

## Free Screening Clinics for General Surgery

**Only patients with eligible insurance plans qualify for all screenings. The screenings are free; however any care beyond the screening will be billed.**

### Skin Cyst, Lipoma, Lump Screening

Do you have a skin lump, lipoma, or cyst? Surgeons **Perjohan Persson, MD** and **Chris Uitvlugt, DO** will evaluate the area of concern to determine if it can be removed.

**Thurs., Nov. 4, 1:00 p.m. – 4:30 p.m.**

McLaren Central Michigan Medical Arts Building  
1201 South Dr., Suite 371,  
Mt. Pleasant  
Call **(989) 779-5606** to register.

### Memory Screenings

#### *Are You Concerned About Memory Loss in a Loved One or Yourself?*

If you notice an interference with daily activities, and avoidance of tasks, hobbies, or social events, and memory loss seems to be getting worse, consider a memory screening. The memory screening helps determine whether problems are a normal part of aging or due to a condition that should be treated. The screening consists of questions and tasks that take about 20 minutes to complete, and is an initiative of the Alzheimer's Foundation of America.

**Austyn Otten, NP**

**Wed., Nov. 4, 1:00 p.m. – 4:00 p.m.**  
**1509 N. McEwan, Clare**

**Diane Grove, PA-C**

**Tues., Nov. 16, 1:00 p.m. – 4:00 p.m.**  
**1509 N. McEwan, Clare**

Call **(989) 779-5606** to register for your screening.

### 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.

### Concerned about diabetes?

#### *Get a free A1C screening*

The A1C test is used to diagnose diabetes by measuring your average blood glucose over the last two to three months. The screening consists of a finger poke. Screenings will be offered in the office of Endocrinologist **S. Sethu Reddy, MD** and **Kamryn Shaw, PA-C**.

**Wed., Nov. 3, 8:00 a.m. – 12:00 p.m.**

McLaren Central Michigan Medical Arts Building  
1201 South Drive, Suite 341  
Mt. Pleasant  
Call **(989) 779-5606** 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, - 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 **Wed., Nov. 17 from 7:00 a.m. – 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.

\*\*\*\*\*

### New Tomorrows - Eight Week Grief Education Series

You are not alone in grief! McLaren Hospice offers a free educational support program for any person who is coping with the death of a loved one. In an emotionally supportive peer group setting, participants are offered opportunities to share and heal and are given tools designed to assist them in navigating through the experiences of grief. The group meets **Every Wed., through Nov. 24 from 9:30 a.m. – 11:30 a.m.** at McLaren Central Michigan: 1221 South Dr., Mt Pleasant, MI 48858.

Call Amy, McLaren's Bereavement Coordinator and New Tomorrows facilitator, at **(989) 233-4613** to register at any time during the series or with questions.

### Parkinson Support Group

Adults and caregivers will be able to connect with others for educational opportunities and emotional support for help dealing with physical, communication and other changes related to living with Parkinson's disease. **Meets the fourth Wednesday of each month from 5:00 p.m. to 6:00 p.m. at:**

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

### Grief Share Support Group

You are invited to join in a "Grief Share" Support Group. The group now meets **Thursdays at 10:00 a.m. to Noon 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.

## IN MEMORY OF

**Debra Bardos**  
Jim & Janitha Bardos

**Eugene M. Brown**  
Don & Scherry Brown

**Leila Butler**  
Dan & Roni Howard

**Donald J. Cotter Sr.**  
Dan & Roni Howard

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Terri Banaszak  
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Charles Roethlisberger

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**Lorraine Barrett**  
Susan Peters

**Preston Barrett**  
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**Ron Schumacher**  
Anonymous  
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**For Gold Key Needlecrafters**  
**Mary Bowers**  
Sacred Heart Women's Club

**For Louise Plachta Fund**  
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**Deborah Moran Maurer**  
Bernyce Moran

*Thank you everyone for your generous donations.*

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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 December issue, please send the information by November 6. 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: \_\_\_\_\_

Veteran \_\_\_\_\_

Please send acknowledgment to:

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

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

*Thank You*

## COMMISSION ON AGING ADVISORY BOARD

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## 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 sixth 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*

- 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 - 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.

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

Mt. Pleasant, MI 48858  
Permit No. 52

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Deliver warm meals to older adults throughout Isabella County. Route pickup times are around 10:45am. and take 1 to 2 hrs.  
\*Mileage reimbursement available\*  
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**2200 S. Lincoln Rd.**  
**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.

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