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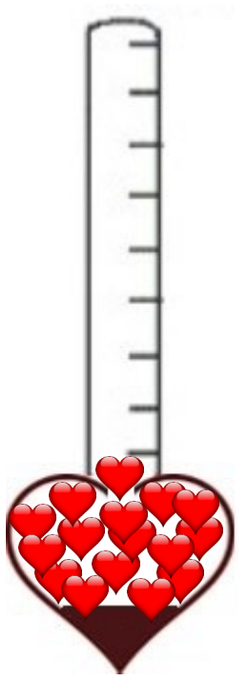
Active LIVING

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

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

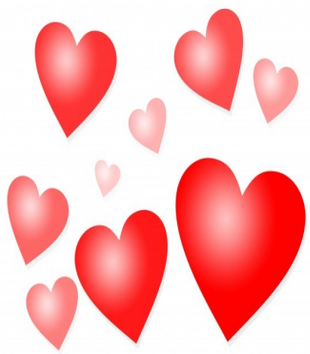
Please Help Support our *Have-A-Heart Project*

The Commission on Aging and Friends of Isabella Seniors are asking you to "Have-a-Heart" and make a donation to support the 2023 Have-A-Heart Project. The "Have a Heart" project depends solely on the generosity of Isabella County residents. There are no federal, state or local funds used for this program. **As in the past, the COA expects to assist up to 100 older adult residents in Isabella County with the high costs of prescription medications, warm winter clothing, and food.** If you have questions or would like more information, please contact the Commission on Aging at **(989) 772-0748**. Please fill out and return the form at right. Every dollar helps us reach our goal. ***Thank You* in advance for your willingness to help our friends and neighbors.**



GOAL

$10,000



YES, I Want To Help Have a Heart

Name: _____

Address: _____

City: _____ State: _____ Zip:_____

I would like to donate the amount of $_____

My donation is

☐ In memory of: _____

or

☐ In honor of: _____

☐ Please keep my donation anonymous.

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

Mail to:

Friends of Isabella Seniors

Attn: Have-A-Heart

2200 S. Lincoln Rd.

Mt. Pleasant, MI. 48858

COA Director's Comments

Happy New Year! The hustle and bustle of the holiday season has passed, and now we can settle in for the winter. If you choose to decorate your home with holiday cheer, you might take down your decorations right away, or maybe you are slowly getting your home back to normal. Either way, I hope that you had a wonderful holiday season and created wonderful memories with those you hold dear.

Twenty-eight years ago, the Isabella County Commission on Aging and Friends of Isabella Seniors teamed up to create the Have-a-Heart Project, a program that provides financial assistance for older adults to be used for items such as food, prescriptions, gasoline or other necessities, such as warm clothing. The Have-a-Heart Project is funded solely by individual donations, which are tax-deductible. We are currently accepting donations and plan to distribute the gifts on or around Valentine's Day. If you are able, we ask that you "have a heart" and donate to this worthy cause, helping us to help those who are truly in need. Thank you!

On behalf of our Isabella County Commission on Aging Family, I extend to you a heartfelt thank you for entrusting us to serve you in 2022. We look forward to continuing that service in the New Year and wish you a wonderful 2023, filled with love, friendships, and good health!

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

Healthy Lifestyles Group at COA

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.

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.

No group on Friday, December 23 or 30. The group resumes Friday, January 6.

Mission Moments

The new year is always a nice time, looking at a fresh start for plans, goals and the aspect of new hope. Food with Friends has had many changes over the past year and starting the new year we look at what to repeat and what to enhance. We have created new recipes and new menus and added fun events that include meals.

The Food with Friends team views our meals as so much more than just food. We provide social interaction and a purpose at the meal sites. It's a nice place to be with friendly faces and camaraderie. There are 5 meals sites throughout Isabella County including Mt. Pleasant, Weidman, Winn, Shepherd and Rosebush. There are activities scheduled each month. You can find that information in Active Living each month on pages 10 and 11.

My Mission Moment happened this week in a spontaneous conversation with a participant. She stopped me in the hall and asked me how things were going. The conversation went on with her stating, "You really are making a difference. All of you are." Those words were so simple, however made a huge impact on me, with a realization that so many see and feel the benefits of the Food with Friends program, and all of our services that we provide at Commission on Aging. COA has so much to offer, meals, in-home services, activities, events, exercise, volunteer opportunities and the list goes on and on. If you haven't been to Commission on Aging, I encourage you to come in for a tour and see what we are all about.

Carmel Slebodnik, Food with Friends Program Manager

Holiday Closings ~ No Meals Served

Monday, January 2 **Monday, January 16**

Medication Take Back

Do you have any old, unwanted or expired medications at home? When medications are no longer needed, or are expired, you should dispose of them properly.

We will be partnering with the Isabella County Substance Awareness Coalition to host a **Medication Take Back Event here at Commission on Aging in Room C on Friday, January 27 from 8:00 a.m. to 2:00 p.m.** Please contact Marcy Huntoon with any questions **(989) 772-0748**. **Do NOT include liquid medications or sharps.**

FREE Tax Preparation Available

The Isabella County Commission on Aging is again working with the AARP Foundation Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing. This service is provided to low- and middle-income taxpayers with emphasis on seniors.

Tax preparation volunteers at these tax clinics are required to pass an IRS test before they can prepare returns. The tax preparers will be handling Federal and Michigan tax returns that are within the scope of their training which includes Homestead Property Tax and Home Heating credits as well as most Federal and State 1040 returns. Individuals who are self-employed (business owners), have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

AARP Tax Aide Foundation is also offering a Virtual Tax Preparation FREE service. The taxpayer will prepare their own return with assistance from a certified AARP tax volunteer using reputable online service. A computer with internet access, an email address and a printer are required for this service. Go to Taxaide.aarp.org if interested in this service to request an appointment.

Free tax preparation at all of the Isabella County sites are BY APPPOINTMENT ONLY.

The Commission on Aging will begin taking appointments for the following sites on Tuesday, January 3, 2023:

Call COA - 989-772-0748

Commission on Aging - Activity Center
2200 S. Lincoln Rd., Mt. Pleasant
Most Wednesdays & Thursdays, February 8 thru April 6 from 9:30 a.m. to 3:30 p.m. Call to check schedule.

Weidman Food with Friends Site / Weidman Library
3453 N. School Rd., Weidman
Dates will be available soon, please call to inquire

Coe Township Library
257 W. Wright Ave., Shepherd
February 7 & March 14
12:30 p.m. - 5:00 p.m.

Call COA - 989-772-0748

Taxpayers MUST bring Picture ID, Social Security cards (NOT Medicare cards) and a paper listing bank routing number and bank account number if direct deposit is desired.

RECRUITING VOLUNTEERS

AmeriCorps Seniors

FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS

BENEFITS

- EARN A NON-TAX STIPEND
- MILEAGE REIMBURSEMENTS
- MEAL BENEFITS DURING SERVICE HOURS
- PTO/HOLIDAY PAY
- TRAINING
- SOCIALIZATION

QUALIFICATIONS

- 55 OR BETTER
- MEET INCOME REQUIREMENTS
- PASS BACKGROUND CHECKS
- IN GOOD STANDING HEALTH
- BE READY TO MAKE A DIFFERENCE

Call Brandi, Jodi or Anne

(989) 772-0748

Orientation Starting Soon!

ISABELLA COUNTY COMMISSION ON AGING

Events & Classes

Anyone Can Paint

Note: No classes January thru March. Next class, Wednesday, April 5. Anyone Can Paint will be on Hold until Spring due to winter weather and low attendance!

Computer/Tech Class at COA

Tuesday, January 3, at 2:00 to 3:00 p.m. in Craft Room

There will be representatives from the Veterans Memorial Library IT Department at COA on the first Tuesday of each month who will answer any questions you have about computers or other technology. Feel free to bring your device with you.
Sponsored by Veterans Memorial Library

Mahjongg at COA ~ Join our Mahjongg group on **Mondays at 1:00 p.m.** and make new friends! Bring your 2022 cards and Mahjongg set. Instruction provided for newcomers!
No Mahjongg Mondays Dec. 26, January 2, or January 16.

State Employee Retiree Assoc. (SERA)

Our monthly meeting for SERA will be **at COA on Thursday, January 19, 2023 at 1:00 p.m.** There will be no presentation as this will be an organizational meeting. Usually, we have election of officers in November, but since schools were closed, we did not have our regular meeting. There were several nominations from the floor at the October meeting. Those that are at this meeting will be able to nominate others from the floor. We will also discuss future meetings and the possible increase of dues. All state retirees from Isabella County and surrounding counties are invited to attend all meetings. As a reminder, if the local schools are closed due to weather, SERA does not meet. At this meeting we will also accept suggestions for speakers for future meetings. We will have a door prize and 50/50 drawing. If there are any questions, please feel free to contact **Jackie Curtis at 989 -772-0597 or jacurtis46irish@gmail.com.**

Line Dancing ~ now meets on Tuesday and Wednesday mornings from 10:00 a.m. to 11:30 a.m. in Room C.

Coffee and Conversation

Join old friends and make new friends **on Mondays at 11:00 a.m. in Room C.** Have some coffee, enjoy friends and great conversations! **COA Closed Dec. 26, January 2, January 16.**

PD In Motion Becomes "Dance for Health"

Join us at **COA** now on **Mondays 12:15 p.m. to 12:45 p.m. starting January 23** for this beginning dance class for those with Parkinson's disease and others interested in healthy living.

For additional information please email: tromm1hm@cmich.edu Reminder: No class on Jan.2, Jan. 9, Jan. 16.

New Day and Time!

Second Tuesdays at 1:00 p.m.

Veterans Social Support Group at COA

All Veterans are Invited & Welcome to Join!

Tuesday, January 10
1:00 p.m. to 2:00 p.m.

Are you looking to connect with other Veterans in the area? Looking for support or resources? Looking for a safe space to share your stories? If you have any questions, please reach out to Marcy Huntoon (Jerome) at: **(989) 772-0748 or mjerome@iabellacounty.org**

FREE Movie and Popcorn in Room B

The January movie, "***Top Gun: Maverick***," will be shown on **Friday, January 20 at 12:45 p.m.** After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.

(Rated PG-13, 2 hours,) **To register, call 989-772-0748 and ask for Rhonda.**

MOVE! for Health at COA

Presented by CMU Physical Therapy Students
New Day and Time: Wednesdays 4:00 p.m. to 5:00 p.m. starting January 4 until April 26.

For people with Parkinson's Disease, MS, and anybody who wants to improve their daily function and activities. This class is taught by second year Doctor of Physical Therapy students under the supervision of Dr. Jamie Haines, PT, DScPT, NCS. Contact her at **989-774-2533.**

Contact **Moveforhealth@cmich.edu** for more information or to sign up at least 24 hours in advance. Join us on Facebook: MOVE! For Health at CMU.

Reasons to Join:

- Exercise has been proven to slow down the progression of Parkinson's and improves the quality of life
- Fun, supportive environment promoting empowerment

FREE Fitness Classes

COA closed Dec. 23, 26, 30 and Jan. 2, Jan. 16.

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 Huntoon **(989) 772-0748** or **mjerome@isabellacounty.org**

.Tai Chi for Arthritis ~

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. *This program is supported in part, by the Administration for Community Living, the Michigan Aging and Adult Services Agency and Region VII Area Agency on Aging.*

Beginner Tai Chi Exercise (Tai Chi for Health and Balance) Tuesday & Thursday at10:00 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 at 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

Gentle Exercise ~ Mondays, Fridays at 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. **COA closed Dec. 23, 26, 30 and Jan. 2, Jan. 16.**

Instructor: Volunteer led

Hula Class ~ Thursdays at 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

Low Impact Aerobics ~ No class Dec. 26, Jan. 2,16

Monday, Wednesday and Friday
10:00 a.m. to 10:45 a.m. in COA Fitness Room

Instructor: Peer Led Class

Yoga ~ New Day No class Dec. 26, Jan. 2, 16

Starting January 3 will be on Tuesdays 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

Zumba Gold ~ Virtual

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

Water Aerobics

Tuesdays, Wednesdays, Thursdays
9:05 a.m. to 10:05 a.m.
Instructor: Mary Alsager

Aqua Zumba

Mondays, Fridays
9:05 a.m. – 10:05 a.m.
Instructor: Angela McGuirk

Location: SAC Pool at CMU

******No Pool Classes Dec. 19 to Jan. 6 and Jan. 16**

When open, Participants will be allowed into the SAC after 8:45 a.m. to get ready for class.

Chair Yoga ~ Virtual

Wednesdays at 9:00 a.m. to 10:00 a.m. 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

Otago Exercise Class with CMU

Location: COA Fitness Room ***Resumes Jan. 11, 13

- **Wednesdays at 12:30 p.m. to 1:30 p.m.**
- **Thursdays at 8:30 a.m. to 9:30 a.m.**

The Otago 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. Due to increased interest and reaching maximum capacity in the exercise room, we added an additional session. This program is designed to be attended once weekly.

To sign up call or email:

CMU College of Medicine
2520 S. University Park Drive, Building D, Mt. Pl.
Call: (989)774-1350 Fax: (989)774-7658
Email: fallprevention@cmich.edu

Instructor: CMU Students

Travel with COA

"Wicked" at the Wharton Center

Thursday, May 11, 2023 – Showtime 2:00 p.m.

We will depart COA at 10:00 a.m. Lunch buffet at Coral Gables in East Lansing at 11:30 a.m. (grilled chicken, penne pasta, and salad bar). We should arrive back to COA around 6:30 p.m.

Total Price - $125 Price includes: motorcoach transportation, Wicked ticket, lunch buffet at Coral Gables, snack for ride home, and all tips.

Money and reservations are due by Friday, March 3. To reserve your spot, please contact Marcy Huntoon **(989) 772-0748 or mjerome@isabellacounty.org**

TRAVEL POLICY For cancellations, payment is non-refundable, unless there is a waiting list. If a ticket has been purchased from a vendor, payment is not refundable. You will be notified at least one week prior to departure if trip is cancelled because of low numbers. A full refund will be honored should this occur. In the event of unforeseen circumstances, we reserve the right to cancel for safety reasons. We will do our best to reschedule should this occur. Minors are welcome on certain trips but must be accompanied by an adult. Persons who need assistance are welcome, however they must be accompanied by an adult who can assist them. Both parties must purchase a seat for trip.

The Happy Rippers

Meetings: Wednesdays in COA Craft Room
1:00 p.m. to 3:00 p.m. (or longer some days)

We help each other with Fiber Projects:
Knit Crochet Quilt Embroidery Etc.
-Inspiration
-Projects to Donate to the Community
-Learning New Skills
-Laughter and Friendship

Come Join Us!

Follow COA on Facebook for updates and additional information. From your Facebook page, go to Search at top of page and enter Isabella County Commission on Aging. When the page pops up, click Like. Or from your computer you can type in: **www.facebook.com/Commission_on_Aging/** Then click on Isabella County Commission on Aging—Home Facebook.

Savings for Medicare Beneficiaries

As we approach the New Year, I would like to take a moment to thank all of our staff and volunteers who contributed to a wonderful Open Enrollment Season!!! This year the Commission on Aging was fortunate enough to have 10 wonderful volunteers and 4 case managers to help review insurance plans this year. Their hard work contributed to the reviewal of 392 plans during the Open Enrollment season. Our volunteers and staff undergo training to prepare for the Open Enrollment Season and they dedicate many hours serving clients in our county to make sure that their insurance needs are met. Medicare D enrollment runs from October 15 – December 7 each year. Our agency asks that people make an appointment during this time, to be sure they are on the best Medicare drug plan for their prescription medications. Each appointment takes between 30 – 45 minutes to complete and it assures participants that they will have the best plan to use at their pharmacy.

The Commission on Aging social workers and volunteers worked very hard to give enrollees access to their plan's information, including any changes in their premiums, deductibles and copays. Not only are our volunteers and case managers very efficient with the process, but they explain the beneficiary's options in a way that put enrollees at ease. This process helps to ensure that they don't have surprises at the pharmacy for the upcoming year.

I would like to thank all of our volunteers and case managers for their hard work. The Commission on Aging was able to serve 392 Medicare Beneficiaries and help save over $137,795.41 in overall prescription drug costs.

So again, a great, big **THANK YOU** to our wonderful volunteers and case managers for all that was accomplished for the older adults in our community. Thank you to all of you who participated and were patient during this process. We appreciate you, and everything you do, to make this agency a wonderful place to visit.

Jenn Martin In Home Services Program Manager

Parkinson Voice Project LOUD Crowd®

Presented by CMU Speech Pathology Graduate students

CMU is pleased to provide *free* speech therapy services for persons with Parkinson's Disease on **Fridays from 11:00 a.m. to Noon starting Jan. 13**. The initial program is comprised of a 4-week individualized treatment called SPEAK OUT! ® After completion of the individualized program, participants meet weekly **at the Commission on Aging** for a weekly support group, LOUD Crowd®, to maintain their ability to speak with intent.

For more information, please contact AnnMarie Bates at **989-774-5899/ bates4al@cmich.edu** or Lexis Landis at **989 -774-7304/ hazen1l@cmich.edu** For more information on the CMU Parkinson Voice Project please check out **www.parkinsonvoiceproject.org**

Winter Giving Circle

Women Who Care Isabella is a group of women who are passionate about local community causes and are committed to community service. We gather four times a year, for just one hour, to raise money for local charities.

Our Winter Giving Circle will be meeting at Cheers (1700 W High St, Mt. Pleasant) at 7:00 p.m. on January 11, 2023. Come early and enjoy a fine Cheers dinner before the meeting, or stay after and relax with new friends.

Our 3 nominated charities for this Giving Circle :

- Community Cancer Services of Isabella County
- Friends of Isabella Seniors (COA)
- Isabella County 4H

Guests are always welcome, but only members are allowed to vote. Membership forms and lots more info are available at our web site:

https://tinyurl.com/wwcisabella

It costs nothing to attend, but the value to our community is immeasurable!

County Parks Camping & Pavilion Information

December 1, 2022: Began taking new reservations for 2023 pavilion rentals.

Opening Day for Reservations: Information regarding Opening Day for any camper wanting to make reservations (2 days or more) for the 2023 season will be posted on the County Parks Website once known. Please keep checking for more information.

Gift Certificates ~ *Give the gift of:*
Camping Fees, Cabin Rental or Annual Permits

Redeemable at:
Coldwater Lake Family Park
Deerfield Nature Park
Herrick Recreation Area

989.317.4083
parks@isabellacounty.org
isabellacounty.org/parks

Drum and Rhythm Group

The Drum and Rhythm Group meets on **Thursdays from 3:30 p.m. to 5:00 p.m. in the Craft Room.** The purpose of the Drum and Rhythm Circle group is to make friends, learn rhythms and have fun. Some instruction will be provided. Learn how to jam with hand drums and other rhythm instruments.

Meal Site Gift Certificates

The Holiday Season is still upon us! The Food with Friends Program makes gift giving easy with Meal Site Gift Certificates. These gift certificates are a great gift for friends and family age 60+ who are regulars at our sites, or for those that just need an excuse to visit. Give your loved ones the gift of great food, fun, and friendship. Gift certificates can be used at any of our Isabella County sites in Mt. Pleasant, Rosebush, Weidman, Winn, and Shepherd. Gift certificates can be purchased for $2.50 per meal at the Commission on Aging office or at any of our meal sites.

"Cats: A Healthy Part of a Balanced Mental Diet" *By Aaron Gover*

Maintaining mental health, especially in these chaotic times, requires a balanced diet of experiences. Interacting with friends, practicing self-care, spending time with family, and quiet times spent alone are all vital parts of a balanced mental diet. Another delicious experience that can enhance your mental diet is feline companionship.

The health benefits of pet ownership have been scientifically proven – according to an April 2019 AARP article, a joint University of Michigan/AARP study found that "Nearly 9 in 10 owners say that pets help them enjoy life and feel loved, while nearly 8 in 10 say that pets help reduce stress. About two-thirds say their pets help them stay physically active and stick to a routine (Adler)."

However, many people may be unable to include feline companionship to their mental diets, for reasons of cost or space or health - that's where the Karma Kat Café, at 612 East Broadway St., Mt. Pleasant can help! The Karma Kat Café doesn't serve food, instead they offer servings of feline companionship. For around $10, you can spend an hour or more interacting, playing, and petting a large population of cats – they even provide treats you can feed to the cats!

Karma Kat Cats also provides 'Take Out' with cat adoption services! If you're hungry for feline companionship, give the Karma Kat Café a try. Call **(989)773-2399**, visit **karmakatcafe.com**, or find them on Facebook!

References:

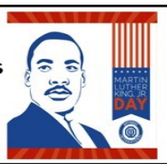
Adler, Sarah Elizabeth. "Sharing Your Home With a Pet Is Also Good for Your Health." 3 April 2019. AARP.org. 24 November 2022. <https://www.aarp.org/home-family/your-home/info-2019/pets-boost-health.html>.

Page 8 Monday	Tuesday	Wednesday
2 **Closed ~ No Meals** 	3 10:00 Beginner Tai Chi **10:00 Line Dancing** 11:30 Tai Chi Next Level **1:00 Cards** 2:00 Computer/Tech Class 3:00 Yoga 4:00 Board of Commissioners Meeting	4 10:00 Low-Impact Aerobics **10:00 Line Dancing** 12:00 COA Advisory Board Meeting 1:00 Happy Rippers **1:00 Cards** 4:00 MOVE! For Health w/ CMU
9 8:00 Tax Training 10:00 Dulcimer Practice 10:00 Low-Impact Aerobics **10:00 Coffee and Conversation** 11:00 Gentle Exercise **11:00 Monday Trivia** **1:00 Cards** 1:00 Mahjong 1:00 Faith Weavers Group 5:00 Mt Pleasant Women City Club	10 8:00 Sewing Peeps 10:00 Needlecraft Meeting 10:00 Beginner Tai Chi **10:00 Line Dancing** 11:30 Tai Chi Next Level **12:45 John Wayne Movie: "*Hell Town*"** 1:00 Veterans Support Group 2:00 Mid Michigan Woodcrafters 3:00 Yoga 6:00 Huntington's Support Group	11 8:00 Tax Training 9:00 Second Sight Artist Group **10:00 Line Dancing** 10:00 Low-Impact Aerobics 11:30 PEO 12:30 CMU Otaga Exercise Class 1:00 Between the Covers Book Club **1:00 Cards** 1:00 Happy Rippers 4:00 MOVE! For Health w/ CMU
16 **Closed ~ No Meals** 	17 8:30 FOIS Board Meeting 10:00 Beginner Tai Chi **10:00 Line Dancing** 11:30 Tai Chi Next Level **11:30 Cookies** **1:00 Cards** 3:00 Yoga 4:00 Board of Commissioners Meeting	18 8:00 Tax Training **10:00 Line Dancing** 10:00 Low-Impact Aerobics 12:30 CMU Otaga Exercise Class **12:30 Ice Cream Sundaes** **1:00 Cards** 1:00 Happy Rippers 1:00 Second Hand Book Club 4:00 MOVE! For Health w/ CMU 5:00 MMARA
23 8:00 Tax Training 10:00 Dulcimer Practice 10:00 Low-Impact Aerobics **10:00 Coffee and Conversation** 11:00 Gentle Exercise **11:00 Monday Trivia** 12:15 Dance for Health w/ CMU **1:00 Cards** 1:00 Mahjong 1:00 Faith Weavers Group	24 10:00 Beginner Tai Chi **10:00 Line Dancing** 11:30 Tai Chi Next Level **11:30 Winter Celebration!** **1:00 Cards** 3:00 Yoga 4:00 Isabella County Child Advocacy 6:00 Mid Michigan Quilt Guild	25 8:00 Tax Training 9:00 Second Sight Artist Group **10:00 Line Dancing** 10:00 Low-Impact Aerobics 12:30 CMU Otaga Exercise Class **1:00 Cards** 1:00 Happy Rippers 4:00 MOVE! For Health w/ CMU 5:00 Parkinson's Support Group
30 8:00 Tax Training 10:00 Dulcimer Practice 10:00 Low-Impact Aerobics **10:00 Coffee and Conversation** 11:00 Gentle Exercise **11:00 Monday Trivia** 12:15 Dance for Health w/ CMU **1:00 Cards** 1:00 Mahjong 1:00 Faith Weavers Group	31 10:00 Beginner Tai Chi **10:00 Line Dancing** 11:30 Tai Chi Next Level **11:30 January Birthday Celebration!** **1:00 Cards** 3:00 Yoga	**Food with Friends Lunch** Served Monday thru Friday at **12:00 p.m.** in **Activity Room C**. See our Menu on pg. 10 **Lunch Activities in bold—Rm C**

Thursday	Friday	Saturday
5 10:00 Beginner Tai Chi **10:00 Coffee & Conversation/Nutrition Ed** 11:30 Tai Chi Next Level **1:00 Cards** 3:00 Hula 3:30 Drum and Rhythm Group 6:30 Isabella County Democratic Party	6 9:00 Collaborative Meeting 10:00 Jam Session 10:00 Low-Impact Aerobics **11:00 Word Search** 11:00 Gentle Exercise **12:45 Bingo w/ Prizes** 1:00 Ukulele Group 1:00 Healthy Lifestyle Group	7 **Wherever there is a human being, there is an opportunity for a kindness.** ***Lucius Annaeus Seneca***
12 8:30 CMU Otaga Exercise Class 10:00 Beginner Tai Chi **10:00 Coffee and Conversation** **11:00 Word Search** **11:30 Amigo Presentation** 11:30 Tai Chi Next Level **1:00 Cards** 3:00 Hula 3:30 Drum and Rhythm Group 6:00 Community Cancer Service	13 8:00 Tax Training 10:00 Low-Impact Aerobics **10:00 Music Makers** **11:00 Trivia** 11:00 CMU SLP LOUD Crowd 11:00 Gentle Exercise **11:30 National Cheese Lovers Day** **12:45 Bingo w/ Prizes** 1:00 Ukulele Group 1:00 Healthy Lifestyle Group	14 8:00 Mid Michigan Quilt Guild **Help Is Available ~** **You can speak with someone today. Call 988 for the Suicide and Crisis Lifeline. Counselors are available 24/7. Anyone who is struggling, needs suicide, substance abuse, or mental health related crisis support, or in emotional distress, or you are worried about a loved one in crisis can connect with a trained counselor by chatting at 988lifeline.org or by calling or texting 988.**
19 8:00 CARE Group 8:30 CMU Otaga Exercise Class 10:00 Learn to Crochet 10:00 Beginner Tai Chi **10:00 Coffee and Conversation** **11:00 Word Search** 11:30 Tai Chi Next Level 12:00 FWF Staff Training 1:00 SERA Meeting **1:00 Cards** 3:00 Hula **3:30** Drum and Rhythm Group 6:00 Mt. Pleasant Citizen Climate Lobby	20 8:00 Tax Training 10:00 Jam Session 10:00 Low-Impact Aerobics **11:00 Trivia** 11:00 Gentle Exercise 11:00 CMU SLP LOUD Crowd **12:45 Movie & Popcorn:** ***" Top Gun: Maverick"*** 1:00 Ukulele Group 1:00 Healthy Lifestyle Group	21 9:00 Charlene's Quilting Group 10:00 Isabella County 4H
26 8:30 CMU Otaga Exercise Class 10:00 Beginner Tai Chi **10:00 Coffee and Conversation** **11:00 Word Search** **11:30 Cookies** 11:30 Tai Chi Next Level **1:00 Cards** 3:00 Hula 3:30 Drum and Rhythm Group	27 8:00 Tax Training **8:00 - 2:00 Medication Take Back Event** 10:00 Jam Session 10:00 Low-Impact Aerobics 11:00 CMU SLP LOUD Crowd **11:00 Music with Barb & Greg** 11:00 Gentle Exercise **1:00 Cards** 1:00 Ukulele Group 1:00 Healthy Lifestyle Group	28&29 8:00 Happy Rippers
Sometimes it takes only one act of kindness and caring to change a person's life. ***Jackie Chan***		

Please direct all meal 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. All other questions can be directed to the site Facilitator (FCLTR) at the phone number or email listed for each site.

FWF Eat Smart Menu ***January 2023***

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed for the Holiday 	3 Veal Parmesan Rotini Spinach Cherry Crisp	4 Chop Suey Bread Brown Rice Italian Blend Veg. Pears	5 White Chicken Chili Corn Bread Tossed Salad Pineapple & Oranges Peanut Butter Brownies	6 BBQ Meatloaf Bread Squash Green Bean Casserole Tropical Fruit
9 Swedish Meatballs Bread Augratin Potatoes Seasoned Broccoli Strawberries	10 Lemon Baked Cod Bread Rice Pilaf Harvard Beets Mandarin Oranges Juice	11 Smothered Chicken Bread Baked Potato Brussels Sprouts Mixed Fruit Cup	12 Harvest Stew Bread Carrots Pineapple Gelatin	13 Beef w/Sweet Peppers Brown Rice Dinner Roll Corn and Lima Beans Berry Fruit Cup
16 Closed No Meals  	17 BBQ Chicken Bread Potato Salad Capri Veg Blend Peaches and Pears	18 Hawaiian Pork Bread Brown Rice Malibu Veg Blend Apple Slices	19 Beef Mozzarella Melt Bread Oven Roasted Potatoes Broccoli & Cheese Fruit Cocktail Juice	20 Potato Crunch Fish Bread Parsley Potatoes Normandy Veg Blend Michigan Fruit Cup
23 Chicken Stew Biscuit Brussels Sprouts Apricots Chocolate Chip Cookie	24 Turkey Reuben Tossed Salad Winter Blend Fresh Orange Chocolate Cake	25 Cabbage Beef Soup Dinner Roll Carrots Apple Crisp	26 Southwest Steakhouse Chicken Bread Cheesy Mashed Potatoes California Blend Applesauce	27 Broccoli Mac 'n' Cheese Bread Pineapple Tidbits Mixed Vegetables Juice
30 Chicken Marsala Rotini Spinach Peaches	31 Salisbury Steak Bread Whipped Potatoes European Veg Blend Citrus Fruit Cup			

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. Pleasant, in Room C **Meals: M thru F at Noon**
Rhonda Burke, Site Facilitator **989-772-0748 or rburke@isabellacounty.org** **Building OPEN 8:00 a.m. - 4:30 p.m.**

COA January Calendar

2		**Closed for Holiday**
3	10:00	Line Dancing
	1:00	Cards
4	10:00	Line Dancing
	1:00	Cards
5	10:00	Coffee & Conversation
	11:30	Nutrition Education
	1:00	Cards
6	11:00	Word Search
	12:45	Bingo with Prizes
9	10:00	Coffee & Conversation
	11:00	Monday Trivia
	1:00	Cards
10	10:00	Line Dancing
	12:45	John Wayne Movie:
		"Hell Town"
11	10:00	Line Dancing
	1:00	Cards
12	10:00	Coffee & Conversation
	11:00	Word Search
12	11:15	Amigo Mobility Presentation
	1:00	Cards
13	10:00	Music Makers
	11:00	Trivia
	11:30	National Cheese Lovers Day!
	12:45	Bingo with Prizes
16		**Closed for Holiday**
17	10:00	Line Dancing
	11:30	Cookies
	1:00	Cards
18	10:00	Line Dancing
	12:30	Ice Cream Sundaes
	1:00	Cards
19	10:00	Coffee & Conversation
	11:00	Word Search
	1:00	Cards
20	11:00	Trivia
	12:45	Movie with Popcorn:
		"Top Gun: Maverick"
23	10:00	Coffee & Conversation
23	11:00	Monday Trivia
	1:00	Cards
24	10:00	Line Dancing
	11:30	Winter Celebration!
	1:00	Cards
25	10:00	Line Dancing
	1:00	Cards
26	10:00	Coffee & Conversation
	11:00	Word Search
	11:30	Cookies
	1:00	Cards
27	8-2:00	Medication Take Back Event
	11:00	Music with Barb & Greg
	1:00	Cards
30	10:00	Coffee & Conversation
	11:00	Monday Trivia
	1:00	Cards
31	10:00	Line Dancing
	11:30	January Birthday Celebration!
	1:00	Cards

WEIDMAN

SENIOR CENTER

3453 N. School Rd, Weidman
Meals M, W, F, 10:00a.m.-2:00p.m.
Sandy Hunter, Site Facilitator
989-644-2538
weidmanfoodwithfriends@gmail.com

Happy New Year! Can you believe it is already 2023? We have plenty of card players attending, but we would like more! Don't forget to order lunch 24 hours in advance! We can't wait to see you. We have Sit and Get Fit at 10:00 a.m. prior to our other scheduled activities! Come join us!

Weidman January Calendar
2 Closed for Holiday
4 Exercise, Nutrition Education, Bingo with Prizes
6 Exercise, Cards
9 Exercise, Baking Day—Apple Muffins!
11 Music Makers and January Birthday Celebration!
13 Exercise, Bingo with Prizes
16 Closed for Holiday
18 Exercise, Craft Day
20 Cards
23 Baking and Cards
25 Music Makers, Bingo with Prizes
27 Exercise, Cards
30 Movie and Popcorn --Frankie Avalon

SHEPHERD

UNITED METHODIST CHURCH,

107 W. Wright Ave., Shepherd
Meals M, W, F, 10:00a.m.-2:00p.m.
Leann Vanacker, Site Facilitator
989-828-5106
shepherdfoodwithfriends@gmail.com

Hello, I am the new site facilitator for the Shepherd Meal Site, Leann Vanacker. I look forward to meeting everyone, so come join me at the Shepherd Site! We have many great activities for January!

Shepherd January Calendar
2 Closed for Holiday
4 Coffee/Tea, Cookies and Nutrition Education, Trivia
6 Coffee/Tea, Book Exchange, Bingo
9 Coffee/Tea, Low Impact Walking Exercises, Yahtzee
11 Coffee/Tea, Live Music Kevin Bendele
13 Bingo! and Uno
16 Closed for Holiday
18 Coffee/Tea, Cookies, Low Impact Chair Exercise, Movie: John Wayne
20 Coffee/Tea, Assorted Cheese and Bingo!
23 Coffee/Tea and Conversation, Low Impact Walking Exercise, Pie Recipe Exchange
25 Live Music Greg Merwin
27 Bingo and Cards
30 Music: DJ-John Kniffen

WINN

COMMUNITY BUILDING

2583 W. Blanchard Road, Winn
Meals M, W, F, 10:00 a.m.-2:00 p.m.
Tammy Foltz, Site Facilitator
989-866-2520

Welcome to the New Year. Let's get this year started off great!!

winnfoodwithfriends@gmail.com

Winn January Calendar
2 Closed for Holiday
4 Midnight Express/Nutrition Education
6 Bingo with Prizes, National Shortbread Day
9 Music, Apricot Day
11 Strictly Country, German Apple Day
13 Movie Day "Howard the Duck", Flavored Popcorn, Rubber Ducky Day
16 Closed for Holiday
18 Greg Merwin, What makes you happy day?
20 Team Uno, Music
23 Performance: Joyful Noise, Craft Day, Pie Day
25 Music: Kevin Bendele, Peanut Brittle Day
27 Bingo with Prizes, Joke Day
30 Music, Flavored Tea/Coffee Day with Crescent Rolls!

How to Cancel a Meal

If you need to cancel your meals for any reason, please notify the COA Main office at **989-772-0748** and ask for the **Meals Line**. Please indicate which site you are referring to when leaving a message. When possible, the cancellation should be made the day before.

Our drivers cannot leave the meal if you are not at home. Because of federal and state regulations, we are unable to leave the meal unattended. The food, the cost of the meal, the gas and mileage are wasted. So, please call **989-772-0748**, ask for the **Meals Line** and leave a message.

ROSEBUSH

VILLAGE OF ROSEBUSH MANOR

4210 E. Rosebush Rd., Rosebush
Meals M, W, F, 10:00 a.m.-2:00 p.m.
Jennie Brussow, Site Facilitator
989-433-0151

rosebushfoodwithfriends@gmail.com

We have many exciting Rosebush activities for **January**! Come join us!

Rosebush January Calendar
2 Closed for Holiday
4 Penny Bingo/Nutrition Ed
9 Red Hat Strutters
11 Music/Mark DeNoyelles
13 Music/Jim Gilmore/Ice Cream Social
16 Closed for Holiday
18 Penny Bingo
20 Music/Greg Merwin
23 Bingo/Prizes
25 Penny Bingo
27 Music/TBA
30 Rosebush Round-up! (Western Party)

"Happy New Year from the Weidman Senior Activity Center"

As we turn the page on the calendar and begin a new year, Sandy Hunter Site Facilitator, along with all of the friends of the Weidman Center, would like to pass along their warmest wishes for everyone to have a happy, healthy new year. 2022 was a busy year. We met many new friends, as well as having familiar faces return after the challenges of Covid.

Fun new activities were scheduled. We had a very special civic minded project where a few hundred Christmas cards were signed with a short message and then delivered for distribution to our military heroes who would not be able to go home and spend the holidays with their families. The familiar eat smart menu of nutritious, tasty meals became available by preorder once again, and like before, the camaraderie, friendships and laughs were abundant at each gathering. In so many ways, the days at the center began to look and sound just like they did pre-pandemic.

And so as we begin the journey through this new year of 2023, it's our fondest hope that everyone has the happiest and healthiest year ever, and we also hope that many will come and join us as we continue to enjoy the food, fun and friendship at the Weidman Sr. Center. Happy New Year!! we hope to see you soon. Sandy and friends.

Submitted by Sue Preuss, Gold Key Volunteer

Incontinence Supplies Available

The Isabella County Commission on Aging is able to store incontinence supplies for those who may be in need. We understand that these supplies can be expensive and difficult to obtain, when you are on a limited income. It is recommended that you first check with your insurance to see if it may be able to cover the cost. If a person is uninsured or underinsured and needs supplies, you may contact the Commission on Aging at **(989)772-0748,** to see if the size is available and we will provide these to you, as well as other items, at no cost. Please note that these incontinence supplies have been generously donated by the community and we may not be able to guarantee that all sizes are in stock. It is strongly recommended that you call ahead to see if the items you need are available for pick up.

ACP Affordable Connectivity Program

The Affordable Connectivity Program (ACP) is a new federal program that helps low income families afford the cost of having internet service at home. To see if you qualify, go to: **www.affordableconnectivity.gov Or you may call 1-877-384-2575.** If you qualify, you may be able to save up to $30 a month on your internet service bill and possibly other discounts as well. If you or someone in your household participates in one of the various listed programs you can enroll today online. This program is overseen by the Federal Communications Commission.

Flu Vaccine Available

Central Michigan District Health Department, located at **2012 E. Preston Avenue in Mt. Pleasant**, will be offering flu shots throughout the flu season. Please contact their office at **989-773-5921 ext. 1405** to check on appointment or walk-in availability.

Central Michigan District Health Department bills private insurances, Medicare and Medicaid for the full cost of the vaccine. For persons paying with cash, check or credit cards at the time of service, a sliding fee scale may apply that is dependent upon income and family size, thus reducing the overall cost.

IRide Gold Pass is Available at COA

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 *I Ride* bus for FREE. This card is made at the COA Activity Center, 2200 S. Lincoln Rd. in Mt. Pleasant. You will need to show verification of your age and be an Isabella County resident to obtain a pass.

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

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 Rehab
2600 Three Leaves Drive, Mt. Pl.
Call (989) 779-5604 to schedule appt.

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 **Wednesday, Jan. 18 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.

Grief Share Support Group

You are invited to join the "Grief Share" Support Group. The group meets **at 1:00 p.m. to 2:30 p.m. on Thursdays at the Charles R. Lux Family Funeral Home, 2300 S. Lincoln Rd., Mt. Pleasant. Note: NO Meeting in December. The new 13 week series begins on Thursday, January 5, 2023.** A suggested workbook is available for $20.00. If you have any questions, **please send an email with your name, your email address and your telephone number to: griefsharemp@gmail.com.** There is No charge to attend the group. Anyone is welcome to attend. Wearing a mask is optional.

Central Michigan Area Parkinson's Support Group

Time: 4th Wednesday of each month **(December 28, January 25)** from **5:00 p.m. to 6:00 p.m.**

Facilitator: Dr. Jamie Haines, PT, DScPT, Associate Professor, Department of Physical Therapy, CMU Phone: **989-415-0418** Or you may send an Email to: **haine1jj@cmich.edu**

Location: COA, 2200 S. Lincoln Rd., Mt. Pleasant in Room B.

Polio Support Group

Are you interested in meeting other polio survivors in your area? Are you in need of post-polio resources for yourself or a loved one? Are you interested in sharing your polio story?

Our next Post-Polio Support Group will meet on **Wednesday, April 19, 2023 at 11:00 a.m.** This group will be facilitated by Bonnie Levitan and Deborah LaBlance, both polio survivors. Bonnie sits on the board of Post-Polio Health International. They cannot provide medical advice, but will help to connect people with resources and organizations that can help! If you have questions, please contact **Marcy Huntoon (Jerome) at (989) 772-0748 or mjerome@isabellacounty.org**

Huntington's Support Group

Time: Gathering beginning at **5:30 p.m.**, Meeting from **6:00 to 7:30 p.m.**

Dates: 2nd Tuesday (January 10) monthly (No July & August Meetings)

Location: Isabella Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant, MI 48858

RSVP to Group Leader:

Galen Voss

Email: galenvoss@yahoo.com

Phone: 989-245-5725

Save the Dates!

More info regarding all of these events, including sign ups, will be available in the coming months, but for now, save the dates! ***Dates and times are subject to change if necessary***

- **Superbowl Party: Friday, February 10 at 11:00 a.m.**
- **Valentine's Day Party with Karaoke: Tuesday, February 14 at 11:00 a.m. to 2:30 p.m.**
- **Tigers Opening Day on Big Screen: Thursday, March 30**
- **AARP Smart Driver Course: Thursday, April 13 at 8:00 a.m. to 4:30 p.m.**
- **Polio Support Group: Wednesday, April 19 at 11:00 a.m.**
- **COA Health Fair: Thursday, May 18 at 2:00 p.m. to 5:00 p.m.**
- **Senior Prom: Thursday, June 15 at 5:00 p.m. to 7:00 p.m.**
  - **Music by "Holiday Ramblers" aka The Louisell Family"**
  - **Pizza and pop provided**
  - **Free entry**
- **Castle Farms: Tuesday, June 27 to Tour "Castle Farms" in Charlevoix**
  - **Buffet Lunch**
  - **Wine Tasting**

Michigan Mental Health
If you are struggling with mental health issues, please call:
1-888-733-7753
Peers are available from 10:00 a.m. to 2:00 a.m. every day to assist you with any needs you may have.

In Memory Of

Bill Hawkins
Walter Schneider

Sharon Horning
Jerry & Ruth Fancovic
Mike & Laurie Ecker
Brian & Michelle Manley
Kent & Jessica Manley
John & Sandra Manley
Mark & Lila Manley

Jerry Huber
Mike & Judy Florian

Jan Johnson
Mark & Pat Cwiek

George W. McClain Jr.
Melanie Allan
Joyce McClain
Kerry McClain
Beth Ann Nesbitt

William C. Myler – Veteran
Mary Myler Hunter

Don Rust
SERA Chapter #20

Pansy Thaller
Becky Hynes
Jack & Trudy Karr
Mimi Rogers

For Activity Center
Clara Jane Garner
Mary Jo Doyle

Thank You All For Your Generous Donations

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Kathy Yonka

How to Communicate in a Disaster Situation *provided by KQED*

Share this information with family and friends.

- **Change your cellphone settings to use wifi for calls. You can also use Facebook Messenger, Skype, and WhatsApp for wifi calls.**
- **Change your voicemail welcome message ASAP. If calls aren't going through, friends and family will know you're safe.**
- **Send text messages instead of phone calls whenever possible. Texts require less demand from often overloaded active cell towers.**
- **Update your social media profiles: Facebook, Twitter, Instagram, WhatsApp. Tell people if you're okay, where you are and what you need.**

Preparing for Winter Power Outages

- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing.
- Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Have supplies on hand in case you need to stay home for several days without power. Include enough medications. Do not forget the needs of pets.
- Talk to your medical provider and power company about a power outage plan for medical devices powered by electricity and refrigerated medicines.
- Keep cell phones charged and gas tanks full.
- Never use your oven as a heat source and keep generators outdoors.
- Have multiple blankets on hand to layer for warmth.
- Check on friends and neighbors.
- Sign up for local alerts through **Smart911** from the App store and monitor weather reports.
- **If shelter is needed call 2-1-1 or Central Dispatch at 989-773-1000 for assistance.**

Remembering Your 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 February issue, please send the information by January 6.

Please indicate if your gift is in memory of or in honor of a Veteran. 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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District 4	John Dinse
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District 6	Larry Fussman
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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

Activity Center Program

- Activities
- Travel Opportunities
- Fitness

Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

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

Estate Planning Legal Assistance ONLY

Region VII Area Agency on Aging provides legal assistance to older adults in our community for estate planning. If you need legal assistance, you can call **1-989-893-4506** and ask for Jamie Wing. 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

INSIDE **JANUARY 2023 Issue**

Have a Heart	1
Director's Comments	2
Mission Moments	2
Medication Take Back	2
Recruiting FG/SC Volunteers	3
FREE Tax Preparation	3
Events & Classes	4, 5
Parkinson Voice Project **LOUD**	6
Travel With COA	6
Winter Giving Circle	7
Activity Center Calendar	8, 9
FWF Menu & Site Activities	10, 11
Affordable Connectivity	12
I Ride Gold Pass Available	12
Screenings, Support Groups	13
Save the Dates!	13
Donations & Memorials	14

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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.