

# Active LIVING

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging  
Friends of Isabella Seniors - 2200 S Lincoln Rd., Mt. Pleasant, MI 48858 - (989) 772-0748 - isbellacounty.org/active-living-newspaper



Isabella County Commission on Aging

## Holiday Craft Show

Featuring a unique collection of hand-made items by local artisans. The perfect place to purchase your holiday gifts!

Also featuring  
Quilt Raffle



Food items available for purchase from  
11 am - 1 pm

Saturday, November 11th, 2023

9am-3pm

2200 S. Lincoln Rd.  
Mt. Pleasant

## Commission on Aging Craft Show Quilt Raffle!

Handmade by Gold Key Craftiest Volunteers

SATURDAY, NOVEMBER 11, 2023

CRAFT SHOW: 9AM-3PM

RAFFLE DRAWING AT 2PM



Stained Glass  
76" x 61"



Wash those Blues Away  
70" x 50"



Kaleidoscope  
70" x 47"

FRIENDS OF ISABELLA SENIORS



Gold Key  
Volunteer Program

Buy tickets at the Craft Show or pre-purchase at:  
2200 S. Lincoln Rd., Mt. Pleasant, MI 48858 (989) 772-0748

NEED NOT BE PRESENT TO WIN ~ PROCEEDS BENEFIT FRIENDS OF ISABELLA SENIORS

## COA Director's Comments



**“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”**

**—William Arthur Ward**

November provides us with two very special holidays that allow us to focus on gratitude: **Veterans Day**

(November 11) and **Thanksgiving** (November 23). 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. I hope that you feel the love and gratitude from all of us this Veterans Day and every day!

In general, I really do try to focus on the positive and live my life with a grateful heart. It takes effort to do this and is a choice that I have to make each day to see my world in this way. I do find that it makes my experiences and interactions so much happier and joyful when I choose to see the positives. There is so much to be thankful for – especially when we make ourselves look for it. Some days we might have to dig a little deeper than others, but it is there. In honor of Thanksgiving, I challenge you to think of one thing each day throughout the month of November that you are thankful for. Extend this challenge to those around you – what a wonderful world we can create when those around us are also living with grateful hearts.

*On behalf of our COA Family, we wish you a wonderful Thanksgiving. Please know that we are truly grateful for all of you, and it is our great honor to be of service to you.*

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

### Lunch and Learn Medicare Seminars

Due to Medicare Part D Open Enrollment, our Medicare seminars will be **on hold until after the new year.**

### You Can Report Scams and Frauds

The Federal Trade Commission (FTC) is the main agency that collects information on scams and fraud. You can call **1-877-382-4357** or report online to [usa.gov](https://www.ftc.gov). Online you will find many consumer issues; be able to follow the prompts to report a fraud or scam, file a complaint, ask a question and protect yourself from identity theft.

## Volunteers Needed!

The Gold Key Volunteer Program is looking for volunteers in the following areas:

**AARP Tax Aides:** Provide income tax return preparation for seniors and low-income taxpayers at various sites in Isabella County during tax season. AARP will provide an IRS certification on how to prepare federal and state income tax forms. Computer skills necessary. Computers are provided. Training will take place during the month of January.

**Meal Site Assistants:** Assist Meal Site Managers with tasks such as meal preparation, serving, and clean-up. 11:00 a.m. to 1:00 p.m.

**Shepherd Site:** Monday, Wednesday, or Friday

**Winn Site:** Wednesday

**Contact Kelly Lee at the COA to sign up!**

[klee@isabellacounty.org](mailto:klee@isabellacounty.org) or 989-772-0748.

### Caregiver Fall Training Event

Isabella County Commission On Aging

2200 S. Lincoln Rd Mt. Pleasant MI 48858

November 9th, 2023

**Session 1:** Susan Evans, Alzheimer's Association **9:30-11:45**

**Enjoying Family Celebrations and Understanding Dementia Behaviors**

*A person living with Alzheimer's may feel different about celebrations and holidays because of cognitive changes. Caregivers may feel additional stress as well. Learn practical tips to reduce stress and agitation, as well as, common triggers for behaviors associated with dementia.*

Lunch 11:45am– 12:45pm Pancakes, Omelets, Sausage, Banana and O.J.

\*Lunch provided by COA upon request at RSVP\*

\*Hors D'Oeuvres and drinks will also be provided\*

**Session 2:** Dawne Velianoff, Founder/CEO at DMV Consulting and Networking, LLC. **1:00-3:00**

**Difficult Decision Making and Next Steps**

*Dawne will be speaking on the topic of difficult decisions and next steps. Caregivers are faced with many obstacles in front of them. Making informed choices when it comes to how to care for your loved one. Ranging from when to place your loved one in a nursing home, driving, tough talks, family dynamics, and more.*

RSVP by: October 27th to receive a free t-shirt

Brandise Leonard 989-772-0748 or [bleonard@isabellacounty.org](mailto:bleonard@isabellacounty.org)

\*\*\*Place your food order & t-shirt size\*\*\*



## Mission Moments

As the holidays swiftly approach, I'm reminded how grateful I am to be a part of such an extraordinary agency. The generosity of our staff and community, as well as the thoughtfulness of our clients and volunteers, makes it a place where we can come and feel supported and where people can ask for assistance without feeling discouraged. Our amazing team of case managers, take the time to listen and support both clients and caregivers, so that clients can continue to live comfortably at home.

Since October of 2022, our case managers have met and helped to coordinate personalized care plans for over 550 Isabella County residents. Of those 550 individuals, we have been able to provide homemaking assistance to over 220 clients, 55 personal care clients, and respite to over an additional 30. In addition, our case managers have been able to assist 400 homebound adults to receive home delivered meals. To allow those who are unable to drive and to prepare meals, the ability to receive a well-balanced meal and a volunteer to check on them, when others aren't available is immeasurable.

Our staff and volunteers also helped to meet with an additional 392 clients during Open Enrollment to help Medicare beneficiaries save over \$137,795.41 by reviewing their Medicare Drug plans. Case managers also help clients by screening them for low-income programs, as well as helping them to connect to other community resources. Over the Summer our case managers helped to register 15

Kinship children with backpacks, school supplies and tablets for the upcoming school year; thanks to the funding and resources provided by Region 7 Area Agency on Aging.

Our In-Home Services program & R7 AAA have also made it possible for community members to obtain and coordinate durable medical equipment for clients, to prevent and reduce the risk of falls. In addition, our case managers have helped to provide unmet needs emergency assistance totaling over \$31,743.85 to over 75 clients, who have limited income and experienced hardship this year. This program would not be possible without the generosity of the Friends of Isabella Seniors, the Saginaw Chippewa Tribe, DOW Great Lakes Bay Invitational and the LPGA Team Up event, Mount Pleasant Area Community Foundation, as well as community donations.

Our community and team members have come together to provide diverse programs to meet the needs of older adults here in Isabella County. I cannot be prouder of the collaboration between local agencies and the continued efforts of the employees and volunteers who make it happen. **"Together We Are Golden."** Thankful to have been a part of the Commission on Aging, as we recently celebrated 50 years of service. Looking forward to being a part of the next 50 years, as we continue to expand on our programs and services and to see the good that will come, by continuing to work with all of those who make it possible!

*Jenn Martin, In-Home Services Manager*

# MOVE!



## For Health

September 11–December 4

Time: Monday's 3:30pm–4:30pm

Location: Isabella Commision on Aging  
2200 S Lincoln Rd, Mount Pleasant, MI  
48858



### Reasons to Join:

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

**For People with Parkinson's, Multiple Sclerosis, and anyone that 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 [mason1bj@cmich.edu](mailto:mason1bj@cmich.edu) for more information or to sign up at least 24 hours in advanced.

## Events & Classes

### Computer/Tech Class at COA

Tuesday, November 7, at 2:00 to 3:00 p.m. in Craft Room  
Representatives from the Veterans Memorial Library IT Department will be at COA on the **first Tuesday of each month** to answer any questions you have about computers or other technology. Feel free to bring your device with you.

*Sponsored by Veterans Memorial Library*

### Anyone Can Paint

#### “Waterfall in the Woods”

Wednesday, November 1, 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 “*Waterfall in the Woods.*” 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 Friday, October 30. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858. Next class Wed. Dec.6.**

### Coffee Hour with An Attorney

4th Wednesday of every month ( October 25, November 22) 10:30 a.m. to 11:30 a.m. at COA. We will have an attorney from Sarah's Law Firm available to chat with you about general legal questions you may have. Join us for coffee and light conversations!

### The Happy Rippers ~ Come Join Us!

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

**Chess Club** moves to 10:00 a.m. on Wednesdays.

### “Connecting with Cards” Card Making Class

Tuesdays, October 31, November 28

From 2:00 p.m. to 4:00 p.m. in the COA Craft Room  
Volunteer will teach the class

Send someone some love by making 8 greeting cards, 2 of each design. This class is for beginners. All supplies are provided, but you may bring your own tape runner or adhesive if you prefer. There is a limit of 10 participants. Call 989-772-0748 to sign up for this **FREE** class.

### Veterans Support Group at COA



The Veterans Support Group will meet on Thursday, November 9 from 1:00 p.m. to 2:00 p.m. in the COA Craft Room. Veterans can eat lunch **FREE** on meeting days, please make your lunch reservation at least 24 hours in advance by calling (989) 772-0748.

### Coffee & Conversation at COA

Join old friends and make new friends **every Monday, Thursday and Friday at 10:00 a.m. in Room C.** Have some coffee and enjoy great conversations!

**Mahjonn at COA** ~ Join our Mahjonn group on **Mondays at 1:00 p.m.** and make new friends! Bring your 2023 card and Mahjonn set if you have them. Instruction provided for newcomers!

### State Employee Retiree Assoc. (SERA)

SERA will be at 1:00 p.m. on Thursday, November 16 at the Commission on Aging. The presentation for this month will be Dee Obrecht from Isabella County Restoration House. This is a program for the homeless that finds housing from October until April through churches and other facilities. Following the presentation there will be the regular business meeting and election of officers from the nominations made at the October meeting. All presentations are open to the public and all state retirees are encouraged to attend and find out the current status of several issues in Lansing. For questions, please feel free to contact Jackie Curtis at 989-772-0597 or [jacurtis46irish@gmail.com](mailto:jacurtis46irish@gmail.com).

**Healthy Lifestyles ~ Meets Tuesdays from 12:45p.m. to 1:30 p.m. No charge to join.**

If you want to learn more about your body, with a focus on weight loss, join this group. We explore and discuss information that impacts a healthy life such as nutrition, vitamins, carbohydrates, saturated fats, exercise, stress, sleep, fiber, and sodium to name a few. On occasion, we have a speaker. Group is led by Karen Branderberry.

### FREE Movie and Popcorn in Room C

Join us for “*80 For Brady*” on Thursday, November 30 at 1:00 p.m. PG 13, 1 HR 38MIN. Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.

To register, call 989-772-0748. Please ask for Rhonda.

## FREE Fitness Classes ~

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](mailto: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 at 10:00 to 11:00 a.m. in COA Fitness Room No experience necessary. New participants are 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. Some Tai Chi experience recommended  
*Instructor: Jim VanderMey, Board Certified Instructor, Tai Chi for Health Programs \*No Class Thursday, Nov. 9*

**Gentle Exercise** ~ Monday and Friday 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.

*Instructor: Volunteer Led*

**Hula Class** ~ Thursday 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** ~ Monday, Wednesday and Friday at 10:00 a.m. to 10:45 a.m. in COA Fitness Room

*Instructor: Peer Led Class*

**Line Dancing** ~ meets on Tuesday and Wednesday and most Saturdays from 10:00 a.m. to 11:30 a.m. in Room C. Please check calendar for full schedule.

**Zumba Gold ~ Virtual** Tuesday at 9:00 a.m. to 10:00 a.m. and Thursday 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*

**Aqua Classes Location: SAC Pool at CMU** - When open, Participants will be allowed into the SAC after 8:45 a.m. to get ready for class. **\*\*No Swim Friday, November 10 – Veterans Day (Observed COA Closed), Thursday, November 23 – Thanksgiving, Friday, November 24 – Thanksgiving, December 18 to January 5 – Winter Break.**

### Water Aerobics

Tues., Wed. Thurs.  
9:05 a.m. to 10:05 a.m.

*Instructor: Mary Alsager*

### Aqua Zumba

Monday, Friday  
9:05 a.m. – 10:05 a.m.

*Instructor: Angela McGuirk*

**Yoga** ~ Monday at 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*

### 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*

**Video Exercise Group** ~ Mondays and Wednesdays at 9:00 a.m. in the COA Fitness Room. Join this group in getting together and working out to different fitness videos on the TV. **All are welcome to join!**

### Otago Exercise Class with CMU

**Location: COA Fitness Room** *Instructor: CMU Students*

- Tuesdays at 1:00 p.m. to 1:30 p.m.
- 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**

**600 E. Preston St, Suite 028, Mt. Pleasant, MI 48858**

**Call: (989)774-1350**

**Fax: (989)774-7658**

**Email: [fallprevention@cmich.edu](mailto:fallprevention@cmich.edu)**



Recognize a COA Staff Member!

Recognize a Commission on Aging staff person who has gone above and beyond to offer you help and assistance. Complete the form below and mail to: Isabella County Commission on Aging; Attn: Jennifer Crawford; 2200 S. Lincoln Rd., Mt. Pleasant, MI 48858. The employee will receive a certificate and recognition.

Name of Employee: \_\_\_\_\_

Your name: \_\_\_\_\_ Date: \_\_\_\_\_

How has this employee gone above and beyond? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Isabella County Commission on Aging  
**Christmas Light Tour**  
&  
**Pizza Party**  
Monday, December 18  
Pizza Party at 5:00 p.m. ~ Bus arrives at 6:00 p.m.  
Return to COA around 7:30 p.m.  
Cost: \$15 per person includes bus ride, pizza, drinks and dessert  
Money and reservations due by Friday, December 8. Register with Marcy at (989) 772-0748 or [mjerome@isballeacounty.org](mailto:mjerome@isballeacounty.org) When registering, please let us know of any special accommodations needed.

## Medicare Part D Open Enrollment Is Here

The Commission on Aging began taking calls to schedule Medicare Part D appointments on **Monday, October 2**. Each year from October 15 through December 7, Medicare beneficiaries should review their existing prescription drug plans. The Commission on Aging will be meeting with Isabella County residents, who are 60 years of age or older, **by appointment only**, during open enrollment. If you would like to schedule an appointment through the Commission on Aging please call (989)772-0748.

You may also review and enroll in the Medicare prescription drug plans by going to [www.medicare.gov](http://www.medicare.gov) or calling 1-800-MEDICARE. (1-800-633-4227).

If you or someone you love is **under 60 or from another county you may call 1-800-858-1637 for assistance**. Please note that if you or your loved one has employer or retiree health benefits, you should contact your benefits department, as these appointments are geared for those without retiree benefits.

## Why Review Your Medicare Part D Prescription Plan?

This is the only time each year that all people with Medicare can join, or change their Medicare prescription drug plan. Even if you like your current Medicare drug plan, it is strongly recommended that you review your plan for the upcoming year. You may be able to save time, money and frustration by choosing a plan with possibly lower premiums and fewer restrictions. Please note that if you or your loved one has employer or retiree health benefits, you should contact your benefits department, as these appointments are geared for those without retiree benefits, who are needing a Medicare drug plan.

An appointment may help guide you on whether there are lower premium plans available. A volunteer can assist with showing you any potential changes to your annual deductible and/or copays on your medications. It can also help guide you if your plans list of covered medications is changing for the upcoming year.

- 2024 Lowest premium \$0 (Wellcare Value Script)
- 2024 Highest premium \$117.40 (Prescription Blue Premium)
- 2024 Deductibles are as high as \$545.00

**\*If you reside in Isabella County and are 60 years of age or older, you may schedule your appointment by calling (989)772-0748. Appointments for Open Enrollment run from October 15 to December 7. Please read information at right.**

# Medicare Open Enrollment



**\*October 15 to  
December 7, 2023 by  
Appointment Only:**

Review the following:

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

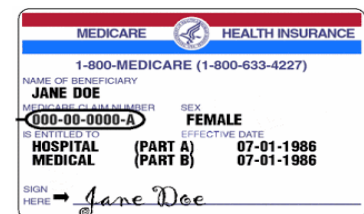


### **\*Prior to Appointment:**

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

### **\*What To Bring:**

- \* Medicare Card
- \* Prescriptions



**Make your appointment today!  
Call 989-772-0748**


Page 8 Monday	Tuesday	Wednesday
<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Food with Friends Lunch</b> Served Monday thru Friday at <b>12:00 p.m.</b> in <b>Activity Room C.</b> See our Menu on pg. 10 <b>Lunch Activities in bold—Rm C</b></p> </div>		<p>1</p> <p>8:00 FGSPSCP Orientation 9:00 Video Exercise Group <b>10:00 Line Dancing</b> 10:00 Chess Club 10:00 Low-Impact Aerobics 12:00 COA Advisory Board 12:30 CMU Otaga <b>1:00 Cards/Games</b> 1:00 Happy Rippers</p>
<p>6</p> <p>9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Dulcimer Group <b>10:00 Coffee and Conversation</b> 11:00 Gentle Exercise <b>11:00 Monday Trivia</b> <b>1:00 Cards/Games</b> 1:00 Mahjongg 1:00 Faith Weavers Group 3:00 Yoga 3:30 MOVE! For Health</p>	<p>7</p> <p><b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search 12:45 Healthy Lifestyle Group <b>1:00 Cards/Bridge</b> 1:00 CMU Otaga 2:00 Computer/Tech Class 5:30 Board of Commissioners Mtg</p>	<p>8</p> <p>9:00 Video Exercise Group 10:00 Basket Guild <b>10:00 Line Dancing</b> 10:00 Chess Club 10:00 Low-Impact Aerobics 11:30 PEO 12:30 CMU Otaga 1:00 Between the Covers Book Club <b>1:00 Cards/Games</b> 1:00 Happy Rippers</p>
<p>13</p> <p>9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Dulcimer Group <b>10:00 Coffee and Conversation</b> 11:00 Gentle Exercise <b>11:00 Monday Trivia</b> <b>1:00 Cards/Games</b> 1:00 Mahjongg 1:00 Faith Weavers Group 3:00 Yoga 3:30 MOVE! For Health</p>	<p>14</p> <p>10:00 Needlecraft Meeting <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level <b>11:30 Word Search</b> 12:45 Healthy Lifestyle Group 1:00 CMU Otaga Exercise Class <b>1:00 Cards/Bridge</b> 1:30 Mid Michigan Woodcrafters 5:00 PEO 5:30 Huntington's Support</p>	<p>15</p> <p>9:00 Video Exercise Group <b>10:00 Line Dancing</b> 10:00 Chess Club 10:00 Low-Impact Aerobics <b>12:30 Root Beer Floats</b> 12:30 CMU Otaga <b>1:00 Cards/Games</b> 1:00 Happy Rippers 1:00 Second Hand Book Club 5:00 MMARA</p>
<p>20</p> <p>9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Dulcimer Group <b>10:00 Coffee and Conversation</b> 11:00 Gentle Exercise <b>11:00 Monday Trivia</b> 12:00 Mt. Pleasant Garden Club <b>1:00 Cards/Games</b> 1:00 Mahjongg 1:00 Faith Weavers Group 3:00 Yoga 3:30 MOVE! For Health</p>	<p>21</p> <p>8:30 Friends of Isabella Seniors Mtg. <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level <b>11:30 Word Search</b> 12:45 Healthy Lifestyle Group <b>1:00 Cards/Bridge</b> 1:00 CMU Otaga Exercise Class 5:30 Board of Commissioners Mtg</p>	<p>22</p> <p>9:00 Video Exercise Group <b>10:00 Line Dancing</b> 10:00 Chess Club 10:00 Low-Impact Aerobics 10:30 Coffee Hour with an Attorney 12:30 CMU Otaga <b>1:00 Cards/Games</b> 1:00 Happy Rippers 5:00 Parkinson's Support Group</p>
<p>27</p> <p>9:00 Video Exercise Group 10:00 Low-Impact Aerobics <b>10:00 Coffee and Conversation</b> 10:00 Dulcimer Group 11:00 Gentle Exercise <b>11:00 Monday Trivia</b> <b>1:00 Cards/Games</b> 1:00 Mahjongg 1:00 Faith Weavers Group 3:00 Yoga 3:30 MOVE! For Health</p>	<p>28</p> <p>8:00 Sewing Peeps <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level <b>11:30 Word Search</b> 12:45 Healthy Lifestyle Group <b>1:00 Cards/Bridge</b> 1:00 CMU Otaga Exercise Class 2:00 Connecting with Cards 4:00 Isabella County Child Advocacy</p>	<p>29</p> <p>9:00 Video Exercise Group <b>10:00 Line Dancing</b> 10:00 Chess Club 10:00 Low-Impact Aerobics 12:00 Blood Drive 12:00 PEO 12:30 CMU Otaga <b>12:30 November Birthday Celebration</b> <b>1:00 Cards/Games</b></p>



Thursday	Friday	Saturday <span style="float: right;">Page 9</span>
<p>8:00 CMDHD 2</p> <p>8:00 FGSPSC Orientation</p> <p>8:30 CMU Otaga Exercise Class</p> <p>10:00 Beginner Tai Chi</p> <p><b>10:00 Coffee and Conversation</b></p> <p><b>11:00 Word Search/Nutrition Education</b></p> <p>11:00 Nutrition Council</p> <p>11:30 Tai Chi Next Level</p> <p><b>1:00 Cards/Games</b> 3:00 Hula</p> <p>6:30 Isabella County Democratic Party</p>	<p>3</p> <p>8:00 FGSPSC Orientation</p> <p>9:00 Collaborative Meeting</p> <p><b>10:00 Coffee and Conversation</b></p> <p>10:00 Jam Session</p> <p>10:00 Low-Impact Aerobics</p> <p>11:00 Gentle Exercise</p> <p><b>11:00 Music with Kevin Bendele</b></p> <p><b>1:00 Bingo with Prizes</b></p> <p>1:00 Ukulele Group</p>	<p>4</p> <p>Mid Mitten Gaming Convention</p>
<p>9</p> <p>8:30 CMU Otaga Exercise Class</p> <p>9:30 Caregiver Training</p> <p>10:00 Beginner Tai Chi</p> <p><b>10:00 Coffee and Conversation</b></p> <p>12:00 Veterans Lunch</p> <p><b>1:00 Cards/Games</b></p> <p>1:00 Veterans Support Group</p> <p>3:00 Hula</p> <p>6:30 Community Cancer Services</p>	<p>10</p> <p style="text-align: center;"><b>Closed</b></p> 	<p>11</p> <p style="text-align: center;"><b>Holiday Craft Show and Quilt Raffle</b></p> <p style="text-align: center;"><b>9:00 a.m. to 3:00 p.m.</b></p>
<p>16</p> <p>8:30 CMU Otaga Exercise Class</p> <p>10:00 Beginner Tai Chi</p> <p><b>10:00 Coffee and Conversation</b></p> <p>10:00 Learn to Crochet</p> <p><b>11:00 Word Search</b></p> <p>11:30 Tai Chi Next Level</p> <p>1:00 SERA Meeting</p> <p><b>1:00 Cards/Games</b></p> <p>3:00 Hula</p> <p>7:00 Mt. Pleasant Citizens Climate Lobby</p>	<p>17</p> <p>9:30 FGSPSC In-Service</p> <p><b>10:00 Coffee and Conversation</b></p> <p>10:00 Jam Session</p> <p>10:00 Low-Impact Aerobics</p> <p><b>11:00 Word Search</b></p> <p>11:00 Gentle Exercise</p> <p>1:00 Ukulele Group</p> <p><b>1:00 Bingo with Prizes</b></p>	<p>18</p> <p>9:00 Charlene's Quilting Group</p> <p>9:00 Central Michigan Daylily Society</p> <p>10:00 Line Dancing</p>
<p>23</p> <p style="text-align: center;"><b>Closed</b></p> 	<p>24</p> <p style="text-align: center;"><b>Closed</b></p> 	<p>25</p> <p>10:00 Line Dancing</p>
<p>30</p> <p>8:30 CMU Otaga Exercise Class</p> <p>10:00 Beginner Tai Chi</p> <p><b>10:00 Coffee and Conversation</b></p> <p><b>11:00 Word Search</b></p> <p>11:30 Tai Chi Next Level</p> <p><b>1:00 Movie &amp; Popcorn: "80 For Brady"</b></p> <p>3:00 Hula</p>		

**FWF Eat Smart Menu**

**November 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Egg & Cheese Casserole Cinnamon Roll Redskin Potatoes Sausage Link Berry Fruit Cup	<b>2</b> Chicken Croquette Company Potatoes Peas & Carrots Banana Pudding Fresh Orange	<b>3</b> Lasagna Bread Broccoli Michigan Fruit Cup
		<b>6</b> Autumn Chicken Bread Cinnamon Maple Squash Brussels Sprouts Applesauce	<b>7</b> Baked Potato Soup Ham and Cheese Slider Tossed Salad Mandarin Oranges	<b>8</b> Swedish Meatballs Dinner Roll Whipped Potatoes Mixed Vegetables Baked Apples
<b>13</b> Beef w/Sweet Peppers Bread Brown Rice Kyoto Vegetables Fruit Cocktail	<b>14</b> Breaded Cod Rice Pilaf Peas and Carrots Strawberries	<b>15</b> Chicken Cordon Bleu Casserole Bread Scalloped Potatoes Capri Vegetables Pineapple Tidbits	<b>16</b> <b>Thanksgiving Meal</b> Sliced Turkey Roll/Stuffing Whipped Potatoes Gravy / Green Beans Pumpkin Custard	<b>17</b> Potato & Ham Chowder Biscuit Tossed Salad Fruited Gelatin
<b>20</b> Polish Sausage Sauerkraut Cheesy Mashed Potatoes Carrots Pears	<b>21</b> Fiesta Mac and Cheese Bread Broccoli Apricots	<b>22</b> Chicken Teriyaki Dinner Roll Brown Rice Cauliflower Cherry Fruit Cup	<b>23</b> Closed No Meals 	<b>24</b> Closed No Meals 
<b>27</b> Spanish Rice Bread Peas & Carrots Peaches	<b>28</b> Chicken Marsala Rotini California Blend Clementine	<b>29</b> Potato Crunch Fish Bread Au Gratin Potatoes Scalloped Tomatoes Chocolate Chip Cookie	<b>30</b> Turkey Cranberry Sandwich Broccoli Citrus Salad Strawberry Yogurt Pears	

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 thru F at Noon**  
 Rhonda Burke, Site Facilitator  
 989-772-0748 or  
[rburke@isabellacounty.org](mailto:rburke@isabellacounty.org)

**COA Building OPEN Monday thru Friday from 8:00 a.m. to 4:30 p.m.**  
 Please see Pages 8 and 9 for the complete Calendar of Events at the COA Activity Center.

Please direct all meal reservations and cancellations 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. When possible, the cancellation should be made the day before.

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

**Nutrition Council Meeting**

Do you attend a meal site in Isabella County? Would you like to have input into menu ideas? Would you like to know more about how the Meals Program runs and what is involved in creating menus for Food with Friends? If you answered yes to any of these questions, please consider attending our scheduled Nutrition Council Meetings.

The next meeting will be held at Isabella County Commission on Aging on the following date in 2023: **Thursday, November 2 at 11:00 a.m.**

Please RSVP if you plan to attend and if you plan to stay for lunch after the meeting. Reserve your meal and RSVP by calling 989-772-0748 and asking for the Meals Line.

Carmel Slebodnik, Nutrition Program Manager

**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](mailto:rosebushfoodwithfriends@gmail.com)  
 We have many exciting Rosebush activities for November. Come join us!

**Rosebush NOVEMBER Calendar**

- 1 Penny Bingo/Nutrition Ed
- 3 Music/ Jim Gilmore/ Birthday Celebrations & Ice Cream Social
- 6 Manicures
- 8 Music/Holiday Ramblers
- 10 Closed/Veterans Day Observed
- 13 Red Hat Strutters
- 15 Music/Mark DeNoyelles
- 17 Music/Greg Merwin
- 20 Music/Just the 2 of Us
- 22 Name That Tune/  
Amanda Armstrong
- 24 Closed for Thanksgiving
- 27 Laugh In Jeopardy
- 29 Penny Bingo



## 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](mailto:weidmanfoodwithfriends@gmail.com)

It's almost Turkey Time! Let us take care of lunch the rest of the month! Our lunches are nutritious and tasty! We are having a craft this month to make a cornucopia. Our local artist, Sandy Ellis will teach a beginning painting class. We will have two more classes in December, call to reserve your space and lunch! We also have exercise class each morning. Come join the fun!

### Weidman NOVEMBER Calendar

- 1 Nutrition Education, cards
- 3 Music: Greg Merwin
- 6 Bingo
- 8 Music: Music Makers
- 10 Closed Veterans Day Observed**
- 13 Dominoes and baking
- 15 Thanksgiving Craft
- 17 Beginners Painting Class with Sandy Ellis
- 20 Birthday Celebration & Ice Cream
- 22 Music: Music Makers
- 24 Closed for Thanksgiving**
- 27 Cards: GOLF, Trash or Rummy
- 29 Movie with Popcorn

## 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](mailto:shepherdfoodwithfriends@gmail.com)

**Join us for Coffee and Conversation every morning.** "What if, today, we were grateful for everything?"—

Charlie Brown

### Shepherd NOVEMBER Calendar

- 1 Movie: "9 to 5" and Nutrition Ed.
- 3 Veterans Group 11-2, Bingo 12:30
- 6 Uno/Games, Healthy Living Club: Guest Speaker-Healthy Living for your brain and body
- 8 Music: Kevin Bendele at 12:30
- 10 Closed Veterans Day Observed**
- 13 Healthy Living Club: Ways to reduce stress, chair Exercise, card Games
- 15 Closed Today**
- 17 Thanksgiving Celebration and Bingo
- 20 Healthy Living Club, walking, holiday recipe exchange
- 22 Music: Greg Merwin at 12:30
- 24 Closed for Thanksgiving**
- 27 Healthy Living for the holidays, chair exercise, card games
- 29 Holiday Crafts 11-12, Games, cards and trivia 12-2

## 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

[winnfoodwithfriends@gmail.com](mailto:winnfoodwithfriends@gmail.com)

Winn is looking forward to the brisk November air, Hunting Season and Thanksgiving to round out the month.

### Winn NOVEMBER Calendar

- 1 Music: Midnight Express, Bingo and Nutrition Education
- 3 Sit and Get Fit, Healthy You group, Cards
- 6 Bingo with prizes, Inspirational Music
- 8 Music: Greg Merwin, Honoring our Vets, Cards
- 10 Closed Veterans Day Observed**
- 13 Craft Day : Burlap Wreaths and Turkey Cookies
- 15 Closed Today**
- 17 Sit and Get Fit, Healthy You group, Bowling, snacks
- 20 Movie Day: *Charlie Brown's Thanksgiving*
- 22 Music: Kevin Bendele Thanksgiving Celebration
- 24 Closed for Thanksgiving**
- 29 Music: Steve and Louis Johnson, **Bring a Friend Day**, invite someone that is usually home for a great lunch and entertainment!



**Announcing the first  
Cooking Class at  
Winn Community Center!**

- Courses run for 6 weeks, on Fridays from noon to 2.
- You must pre-register for the course and attend the majority of the classes.
- Classes meet Fridays at noon for lunch provided by Commission on Aging, followed by the cooking class taught by MSU Extension's Sabrina McGee.
- The cost is free! \*suggested donation for Food with Friends' meal is \$2.50.
- To register, call Commission on Aging at 989-772-0748 and ask for Carmel or call Tammi at the number below.
- Due to space, we are limited to the first 20 participants.
- Call to sign up for our January session by December 31st.

Winn Community Center  
Blanchard Road, Winn Michigan  
**989-866-2520**  
Tammi Foltz, Site Facilitator

***You're Invited!***

**ISABELLA COUNTY  
COMMISSION ON AGING  
FOOD WITH FRIENDS  
THANKSGIVING LUNCH**



**Thursday, November 16th  
at noon**

Suggested donation of \$2.50 for those over 60  
\$5 for those under 60 years old.

**RESERVATION REQUIRED BY TUESDAY, NOVEMBER 14  
989-772-0748**



**CMU School of Music** See below a few of our public performances for November. All events below are free and open to the public. The venue is our Staples Family Concert Hall unless indicated otherwise. Additionally, all performances in Staples will be live-streamed on [our YouTube channel](#) (no account necessary to watch). **November:**

- 2 CMU Trumpet Day Guest Artist - Mary Elizabeth Bowden, at 7:30 p.m.
- 3 CMU Choral Vocal Day Concert featuring Nikisha Williams and Nate Hackmann, 6:30 p.m.
- 5 Clarinet Studio Recital (Chamichian Hall), 7:00 p.m.
- 7 CMU Jazz Central, 7:30 p.m.
- 9 Live from Staples! CMU Jazz Lab 1, 7:30 p.m.
- 12 CMU Freshmen Saxophone Studio Recital (Chamichian Hall), at 1:00 p.m.
- 12 CMU Sophomore Saxophone Studio Recital (Chamichian Hall), 3:00 p.m.
- 12 Trinity Bruizeman and Madison Auten Oboe and English Horn Recital (Chamichian Hall), 5:00 p.m.
- 15 Kodan Woodwind Quintet Recital (Chamichian Hall), 7:00
- 14 CMU Trombone Choir and Trumpet Ensemble, 7:30 p.m.
- 16 Live from Staples! CMU Student Showcase, 7:30 p.m.
- 17 Derik Bannasch Bassoon Guest Artist Recital (Chamichian Hall), 7:00 p.m.
- 18 Rebecca Henning Voice Recital (Chamichian Hall), 1:00 p.m.
- 18 Ashton Whitehouse Voice Recital (Chamichian Hall), 3:00
- 18 Gino Rimanelli Flute Recital (Chamichian Hall), 5:00 p.m.
- 18 Ryan Novak Tuba Recital (Chamichian Hall), 7:00 p.m.
- 19 Flute Studio Recital (Chamichian Hall), 1:00 p.m.
- 19 CMU Honors Band Concert, 4:00 p.m.
- 19 Marco De Leon Saxophone Recital Chamichian Hall, 7:00
- 19 Festival Chorus Concert (First Presbyterian Church), 7:00
- 21 CMU Symphonic Wind Ensemble, 7:30 p.m.
- 28 CMU Wind Symphony and Symphony Band, 7:30 p.m.

For a complete list of events, visit our Performance Calendar linked to [our website](#) at cmich.edu

## **Nancy Carey Cancer Support Group: No Meetings at COA in November and December**

In November and December, we will not be meeting the last Wednesdays of the month nor at the Commission on Aging. Instead, we are planning a Holiday Party in early December at the Shepherd Bar and Grill. **Our regular monthly meetings will resume January 31, 2024 at COA. For details about the Party or other information, contact us at [ncarey.cancer.group@gmail.com](mailto:ncarey.cancer.group@gmail.com)**


The **Chippewa Valley Audubon Club** will present **Dustin Brewer**, who will discuss his dissertation research on attracting King Rails, Soras, and Virginia Rails to appropriate habitat by experimentally broadcasting their overnight migratory calls. The meeting will be held **November 9 at Veterans Memorial Library, 7:00 p.m.**

## **Weidman Friend of the Month**

The Weidman Sr. Activity Center friend of the month is Sandy Hunter of Lake Isabella - a familiar face to many as she has been the Site Facilitator for the past 3 1/2 years. Sandy was born and raised in the suburbs of Detroit. It's also where she lived, worked and raised her family. Thirteen years ago, after a divorce and retiring from her position as a health and vision tech for the Wayne County Health Department, she moved to Lake Isabella so that she would be closer to her family. She said it was one of her best decisions ever as she regularly gets to have time with her 2 daughters and their families, that includes 3 grandchildren and her 2 grand dogs.

As Sandy became familiar with her new community, she began volunteering as a COA home delivered meal driver, and then 3 years after that was offered the position as the Site Facilitator for the Weidman Center, a move that she describes as yet another great decision. In addition to her position as site facilitator and her family time, Sandy also enjoys golf, crafting, puzzles and Euchre at the Eagles.

In chatting with her about the center being a great place for people to gather, she said it's not only a spot for a meal, but it's a fun place to socialize. Sandy also shared the news that the Weidman Center had recently had the biggest increased attendance numbers among the satellite centers and that increase had earned them a pizza party - a delicious prize! Sandy looks forward to meeting many new friends, enjoying times of comradery and laughter and encourages everyone to stop by and check it all out. The center is located on School Rd at the South end of the library building. It's open Monday, Wednesday and Friday from 10-2. We hope to see you soon!! *By Sue Preuss*



Center for  
**SPEECH-LANGUAGE  
PATHOLOGY**

## SPEAK OUT! GROUP "VIBRANT VOICES"

**Who:** GRADUATES OF PARKINSON VOICE THERAPY PROGRAMS

**When:** FRIDAYS\*  
11:00AM-11:50AM  
FROM 9/15/23-12/15/23

**Where:** 1280 EAST CAMPUS DRIVE  
MT. PLEASANT, MI  
ROOM 2141

PLEASE NOTE THERE IS NO GROUP ON 11/24/23\*

For more information, please call:  
AnnMarie Bates 989-774-5899  
Lexis Landis 989-774-7304  
Amanda Barone 989-774-7623

## Parkinson Voice Project LOUD Crowd® has moved to CMU.

### Grief Share Support Group

Grief Share Support Group meets on **Thursdays at 2:00 p.m.** at the **Mount Pleasant Community Church – 1400 W. Broomfield Rd. Mt. Pleasant.** For more information, call or text Facilitator: Mary Ann **989-330-5422** Need another day or time? Visit [griefshare.org/findagroup](http://griefshare.org/findagroup) to find a list of groups in your area. Or find a group meeting online.

### Central Michigan Area Parkinson's Support Group

**Time: 4th Wednesday** of each month (October 25, November 22) from **5:00 p.m. to 6:00 p.m.** at **COA 2200 S. Lincoln Rd., Mt. Pleasant in Room B.** **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](mailto:haine1jj@cmich.edu)

### 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?*

**The group will be on break until April 2024. Save the date Wednesday, April 17 at 11:00 a.m.** When meeting in the spring, this group will be facilitated by Bonnie Levitan and Deborah LaBlance, both polio survivors. If you have questions, please contact **Marcy Huntoon (Jerome) at (989) 772-0748.** [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org)

### Huntington's Support Group at COA

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

**Dates:** (Tuesday, November 14)  
**RSVP to Group Leader:** Galen Voss  
**Email:** [galenvoss@yahoo.com](mailto:galenvoss@yahoo.com)  
**Phone:** 989-245-5725

### Free Balance Screenings

One in three adults aged 65 or older will fall each year. A fall can drastically change your quality of life, and balance is the key to your independence. This 20 minute screening will include a fall survey, a balance screening and results counseling with our licensed Physical or Occupational Therapist.

- Have you fallen in the past year or are you afraid of falling?
- Do you experience difficulty getting around due to weakness or imbalance?
- Do you feel dizzy or unsteady if you move suddenly or if you turn over at night?
- If you answered "Yes" to these questions, this screening is for you!

**McLaren CM Rehabilitation Services 2600 Three Leaves Drive, Mt. Pleasant. Call (989) 779-5604 to schedule an appointment.**

### 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, November 15 from 7:00 a.m. to 10:00 a.m.** Cost \$25 payable the day of the screening.

No appointment is necessary; however registration is needed the day of your screening. Register with Central Scheduling located through the East entrance of **McLaren Central MI Hospital, 1221 South Drive, Mt. Pl.**

**McLaren Central Michigan Lab Draw Station in the Health Park off of High Street, 2981 Health Pkwy., Suite C, Mt. Pleasant. Cost \$25 payable the day of the screening. Cash/check payment accepted at this location.**

### Central Michigan Area Stroke Support Group

Stroke survivors and caregivers will be able to connect with others that may have had similar successes or struggles, in an environment that fosters emotional support, empowerment, and educational opportunities. Potential topics to include health and wellness, communication, changes, social connections, community participation.

**Meets the 3<sup>rd</sup> Tuesday of each month from 3:00 p.m. to 4:00 p.m., Nov. 21.**  
**McLaren Central Michigan FDJ Conference Room**  
**1221 South Drive, Mt. Pleasant**  
**Call (989) 779-5604 to register.**

### 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.

**Every Wednesday, through October 25 from 9:30 a.m. to 11:30 a.m. at McLaren Central Michigan: 1221 South Dr., Mt Pl.**

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.

### ***IRide* Gold Pass Available at COA**

If you are 80 or older, you are eligible to receive an ***IRide* Gold Pass** compliments of the Isabella County Transportation Commission. This Pass enables you to ride the ***IRide*** bus for FREE. The card is made at COA. You need to show verification of your age and be an Isabella County resident to obtain a pass.

## In Memory Of

**Carl Clyde Baxter – Veteran**   
Jeanette Wedding

**Michael Claus**  
Larry & Monica Davis  
Rick & Linda Schudiske

**Theresa Corliss**  
John F. Slocum

**William A. Florian Family**  
Mike Florian

**Craig House**  
Kathy House

**Ted & Ginger Kjolhede**  
Walter Schneider

**Arlene Landon**  
Lloyd Landon

**Rosa Polizzi**  
Larry & Monica Davis

**Pat Siuda**  
David & Doreen Sapp

**Kay & Stan Veit**  
The Frank Theisen Family

**Katie Vogel**  
Fred & Maggie Yuncker

**For Food with Friends**  
**Florence “Tip” Ann Phillips**  
Dolores Cluley-Lockwood

**Esther Scully-Cotter**  
Dolores Cluley-Lockwood

**Stan & Kay Veit**  
Dolores Cluley-Lockwood

## Active Living Donors

Ivan Aykis  
Dan & Margaret Bailey  
Royal & Eleanor Baker  
Jim & Janitha Bardos  
Deb Barker  
Bev & Jerry Baumann  
Gerald & Geraldine  
Bierschbach  
Arlene Cleveland  
Mavelyn Cotter  
Jim & Shirley Crawford  
Donna & Luis Diaz  
Diana Fern  
Sue Gepford  
Donna Hicks  
Al Kaufmann Jr  
Tracey Ley  
Karen Loomis

Marian McDonald  
Neil V. Michaels  
Donald & Marcia Mink  
Carolyn Moeggenberg  
Joanne Paul  
Ruth & Don Oakes  
Antoinelle Raymond  
Patricia Reihl  
Richard & Geraldine  
Schafer  
Kathy Shoemaker  
Patricia Simon  
Rick & Linda Schudiske  
Chris & Janet Smith  
Leonard & Carol Swan  
Allen Switzer  
Gary & Carol Wernette  
Julie Yoon

**Thank You Everyone for  
Your Generous Donations**

## COA Donors

**COA**  
Peter & Joan Dollard  
John & Kim Frisch  
Mergie Henry  
Martha McPhail  
Leonard & Carol Swan

**DME Use Donation**  
Mike Hohlbein

**Needlecraft Donation**  
Anonymous  
Ginger Judge



**The Central Michigan Area Concert Band  
Presents the FREE Annual Veterans Celebration**

**Sunday, November 12 at 3:00 p.m.**

**Plachta Auditorium in Warriner Hall, CMU  
Campus Complimentary Admission**

**Donations are appreciated, and benefit Community  
Cancer Services of Isabella County**

## 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
- ◆ Grab Bars
- ◆ Commode
- ◆ High Rise Toilet Seat
- ◆ Bedside Rail
- ◆ Crutches
- ◆ Incontinence Supplies





## 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 December issue, please send the information by November 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

District 1	Jacqueline Curtis
District 2	Ruth Anne Maniteau
District 3	Kristin Lalonde
District 4	John Dinse
District 5	Alicia Haley
District 6	Larry Fussman
District 7	OPEN
At-Large	Jessica Lapp
At-Large	Richard Moreau

## Friends of Isabella Seniors Board of Directors

President	Jerry Morey
Vice President	Eileen Jennings
Finance Officer	David J Karmon
Ex Officio	Jennifer Crawford
Ex Officio Secretary	Kelly Lee
Member	Roy Burlington
Member	David Coyne
Member	Stephanie Hope
Member	Kathy House
Member	Ray Johnson
Member	Connie Lynch
Member	Barry Trombly

## 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 contracted attorney and that attorney will contact the caller within 7 to 10 business days.

**REGION VII  
AREA AGENCY ON AGING**



**INSIDE NOVEMBER 2023 Issue**

Craft Show, Quilt Raffle	1
Director's Comments	2
Caregiver Fall Training	2
Volunteers Needed	2
Mission Moments	3
MOVE for Health	3
Events & Classes	4, 5
Recognize COA Staff	6
Christmas Light Tour	6
Review Medicare Part D	7
Activity Center Calendar	8, 9
FWF Menu & Site Activities	10, 11
CMU School of Music Events	12
Screenings, Groups	13
Memorials & Donations	14
Free Veterans Concert	14
Remembering Loved Ones	15

Friends of Isabella Seniors  
 2200 South Lincoln Road, Mount Pleasant, MI 48858  
 Non-Profit Org.  
 U.S. Postage  
 PAID  
 Permit No. 52  
 Mt. Pleasant, MI 48858

For Delivery of



Please check:  New Subscriber  Renewal Contribution: \$ \_\_\_\_\_  
 Change of Address (Please attach a label with old address)  
 Temporarily Away Stop Date \_\_\_\_\_ Restart Date \_\_\_\_\_

**Temporarily Away - Address**

**New Subscriber or Change of Address**

Full Name \_\_\_\_\_  
 Address \_\_\_\_\_ Apt. No. \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_

Full Name \_\_\_\_\_  
 Address \_\_\_\_\_ Apt. No. \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_

**Send to:**

**Friends of Isabella Seniors (COA)  
 2200 S. Lincoln Rd.  
 Mt. Pleasant, MI 48858**

**Please make checks payable to:  
 Friends of Isabella Seniors**

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

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

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

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