

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 Annual *Have-A-Heart Project*

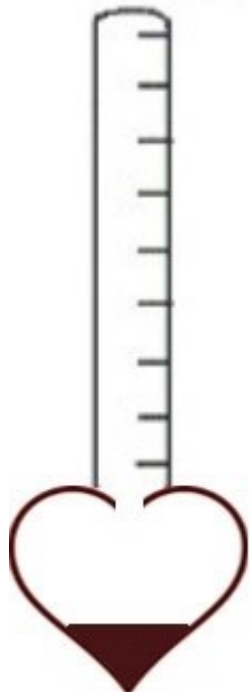
The Commission on Aging and Friends of Isabella Seniors are asking you to “Have-a-Heart” and make a donation to support the 2024 Have-A-Heart Project.

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 below. 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



'Tis the Season to be Jolly! You guessed it – I am totally listening to Christmas music while I am writing this article. I am one of *those* people who gets excited to begin playing it as soon as Halloween is over. For me, it brings me joy. The holidays remind me of family, traditions, giving, and spending time with those I love. While I miss dearly those who are no longer here with us to celebrate, I love to reminisce about the wonderful memories that we were so fortunate to have made and look forward to making new memories in the years ahead.

Though the holiday season brings me great joy, I fully understand that the same feelings are not felt by all. The 'Holiday Blues' is a real phenomenon that impacts many people. It is a form of seasonal depression that might make it difficult for some to even get out of bed in the morning. The holidays can trigger memories for those mourning loved ones, making it difficult to continue with traditions that once brought so much happiness. Health concerns and stress over money might also make it difficult for some to enjoy the holidays.

If you feel like you might be experiencing the Holiday Blues, here are some tips to help beat them from HealthinAging.org:

Get out and about ~ Ask family and friends for help traveling to parties and events. Invite family and friends over. Taking a brisk walk is also a great way to beat the blues.

Volunteer ~ Helping others is a great mood lifter. We are always looking for volunteers here at the Isabella County Commission on Aging – please contact the Gold Key Volunteer Program for more information about getting yourself involved.

Drink responsibly ~ It is easy to overindulge around the holidays, but excessive drinking will only make you feel more depressed.

Accept your feelings ~ There's nothing wrong with not feeling jolly; many people experience sadness and feelings of loss during the holidays. Be kind to yourself and seek support if needed.

Talk to someone ~ Don't underestimate the power of friends, family, and neighbors. A simple phone call, a chat over coffee, or a nice e-mail, greeting card, or letter can brighten the mood.

There are so many different activities and programs here at the Isabella County Commission on Aging – we do our best to try to offer something for everyone. Even if it is just stopping in for lunch or coffee to visit with others, we encourage you to give it a try. We would love to see you here.

What a great year 2023 has been! We have been so fortunate to welcome new faces and make new friends here at the COA. On behalf of your COA Family, thank you for trusting us to care for you! We wish you all a very Happy and Healthy Holiday Season, and we look forward to continuing to serve you in the New Year!

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



JOIN US FOR OUR COA

CHRISTMAS PARTY

Thursday, December 14, 2023

Lunch at noon

Holiday Ramblers 1-2pm

Wear your festive Holiday sweaters/attire!

Make your reservations by Tuesday, December 12th

Suggested donation of \$2.50 for those over 60

\$5 for those under 60 years old.



Volunteers Needed!

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

Meal Site Assistants:

Assist Meal Site Facilitators with tasks such as visiting with participants, serving the meal, activities, and clean-up. 11:00 a.m. to 1:00 p.m.

Shepherd Site: Monday, Wednesday, or Friday

Winn Site: Wednesday

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.

Contact Kelly Lee at COA to sign up!

klee@isabellacounty.org or
989-772-0748.

Mission Moments



As I reflect back on 2023 and all the great things that have happened here at COA, I feel such a sense of pride to work at such an amazing organization. For starters, this year, we celebrated 50 incredible years of service to our community. Our organization has grown so much over those 50 years and the services and programming we are able to provide today, is so inspiring.

As for our Activity Program, we finally saw the return of some trips, post COVID. We've started new programs this year, and continue to grow many of our existing programs. Our Veterans Support Group and Polio Support Group have started to increase, and hopefully will continue to grow into the new year. We had the second year of our partnership with CMU Physical Therapy students to provide our walking program. We began a partnership with Sarah's Law Firm to bring a monthly coffee hour with an attorney for people to talk about general legal questions they may have. We are truly so fortunate to have such amazing community partners that help to take our programming to the next level!

I can't wait to see what the new year will have in store, and I am excited for more new and exciting things coming in 2024!

Marcy Huntoon, COA Activity Program Manager

From Your COA Specialists

As we know, predicting the future is nearly impossible. Many of us will not anticipate a loved one getting Alzheimer's or Dementia. There are a lot of very helpful resources out there including: Alzheimers.gov, who.int, the World Health Organization. These websites can help with data, what to look out for and what to expect. *Still Alice* – by Lisa Genova is a great book that goes into a former Harvard professor's experience with Dementia and how it affects the people around us. I'm going to share my personal experience in hopes that it may assist you or someone close to you. I will focus on what was helpful and what I would have done a little differently.

The most important bit of advice I can give is that Alzheimer's and Dementia is going to look different for each individual and it's going to take a lot of hard work and trying things to help your loved one and yourself. For example: My mother was always very connected to nature and music. Going on walks with my mother felt like the old times for her and myself alike. Listening to some of her favorite songs together would bring up memories of relaxing together and planning our day. These activities may also allow the person with Dementia or Alzheimer's to feel less anxious and allow the caregiver some time to relax.

What I wish I would have done differently: I was lucky enough to have a great support system with my brother, sister, and aunts. My philosophy at the time was "they all have their own life and I will do my best to handle this all on my own." I should have gotten out my calendar and made some calls to plan days for myself. You live and learn. One thing I can definitely say is you will come out stronger and have a new appreciation for your day-to-day life.

Robert Chmielski, COA Case Manager

Caregiver Support Corner

By Brandise Leonard,
Caregiver Support Specialist/Trainer at
Isabella County Commission on Aging
bleonard@isabellacounty.org (989)772-
0728 ext: 237

Caregiver Support Group

Is Monday, December 18 from 1:00 p.m. to 2:30 p.m. at the COA building. All caregivers are welcome! No pressure to be on time or leave early. Support is important to caregivers, please come as you are.

Celebrations & Gift Giving!

Christmas concoctions will add some fun to your holiday season.

Ingredients:

One container lime sherbet
One bottle of champagne or prosecco three bottles of Izzy Clementine sparkling soda
One fresh lime for garnish

Instructions:

1. Dust the rim of your glass just wet the rim of the glass with water and sprinkle lightly with sugar.
2. Add 2 tablespoons of lime sherbet.
3. Add equal parts of champagne and Izzy's Clementine soda
4. Squeeze one wedge of lime into your drink and use another wedge for garnish.

*If you would like to create a non-alcoholic beverage Ginger ale or Sprite may be used in place of alcohol. *

Gift Giving Fun

Another really awesome gift giving experience is a voice recording Christmas ornament, voice recording picture frame, or stuffed animals for the grandkids in your life. These are easily found online. Most of them have up to 20 seconds of voice recording and can be personalized. They range in price from \$10-30 can be purchased on Amazon and Hallmark stores.



Events & Classes

Computer/Tech Class at COA

Tuesday, December 5, 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

Wednesday, December 6, from 4:00 p.m. to 6:00 p.m.

\$25 per person (*supplies included*)

Let award winning television artist Steve Wood help develop the “artist” in you to create your own masterpiece on a Christmas ornament. 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. Contact COA at (989) 772-0748 to register. **Money and reservations due by Monday, December 4. Checks made out to COA can be mailed to 2200 S. Lincoln Rd., Mt. Pleasant, 48858.**

Next class, Wednesday, April 3, 2024.

The Ukulele Group performs in Concert Friday, December 15 at 1:00 p.m. Then on Monday, December 18, at 10:30 a.m. the Mountain Dulcimer Group performs in Concert.



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.



Holiday Spirit Week is December 18 to 21.
Raffle is after lunch on Thursday! See Page 6.

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!

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.

-Projects to Donate to the Community

-Learning New Skills - Inspiration

-Laughter and Friendship

Veterans Support Group at COA



The Veterans Support Group will meet on **Thursday, December 14 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.

Mahjongg at COA ~ Join our Mahjongg group on **Mondays at 12:30 p.m.** and make new friends! Bring your 2023 card and Mahjongg set if you have them. Instruction provided for newcomers!

State Employee Retiree Assoc. (SERA)

The annual Christmas party for the local SERA will be held at the **Commission on Aging, on Thursday, December 21 at NOON.** This year as before, it will be a potluck dinner. Instead of gifts, we ask you to bring non perishable canned goods, cleaning products, baby supplies, as well as personal grooming products and paper supplies. These items will be donated to the Stickler Center in Mt. Pleasant. Following the meal, we will have 6 games of card bingo and a 50/50 drawing. At this time the yearly dues for 2024 have been increased to \$12,00 for the 2024 year. If you have signed up with Hantz your dues are valid for one year. I hope we have a good turnout for the fellowship and fun. Currently, our local SERA chapter is struggling for participation from the members. There will be several changes in the upcoming year. If you have not received a letter yet with this information it will be coming shortly. We need to keep SERA alive to fight for our benefits. If there are any questions, please feel free to contact **Jackie Curtis at 989-772-0597 or jacurtis46irish@gmail.com.**

MOVE for Health Classes end for semester on December 4. Medicare Seminars are on hold until after the new year. NO Coffee hour With An Attorney until January 24, 2024.

FREE Movie and Popcorn in Room C

Join us for “*Here Today*” on **Thursday, December 28 at 1:00 p.m. PG 13, 1 HR 57MIN.** Veteran comedy writer Charlie Burnz forms an unlikely yet hilarious and touching friendship with New York lounge singer Emma Payge. Emma unexpectedly wins a lunch with the comedy legend, but their relationship gets off to an extremely rocky start. Before long, each finds in the other a sort of soulmate, forging a deep bond that kicks the generation gap aside and redefines the meaning of friendship, love and trust.

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

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.* **No Tai Chi Tuesday 12/5, Tuesday 12/19, Thursday 12/21, and Tuesday 12/26**

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 **

Gentle Exercise ~ Monday and Friday at 11:00 a.m. to 11:45 a.m. in COA Fitness Room This class improves 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. ***NO class December 22, December 25, December 29 or January 1.** *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 ***NO class December 22, December 25, December 29 or January 1** *Instructor: Peer Led*

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, Thursday, November 23 – Thanksgiving, Friday, November 24 – Thanksgiving, plus December 18 to January 5 for 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! * NO class December 25 or January 1**

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. Pl.

Call: (989)774-1350 Fax: (989)774-7658

Email: fallprevention@cmich.edu

**NO CLASS
Dec. 14
to Jan. 8**

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 When registering, please let us know of any special accommodations needed.

HOLIDAY SPIRIT WEEK

DECEMBER 18TH **FLANNEL DAY**
 Wear your favorite flannel (shirt, pants, dress, etc.) 

 **DECEMBER 19TH** **SANTA VS GRINCH**
 Wear red for team santa and green for team grinch

DECEMBER 20TH **HOLIDAY HEADWEAR** 
 Wear your Santa or Elf hats, reindeer antlers, bow, ribbons, headbands, etc.

 **DECEMBER 21ST** **BABY ITS COLD OUTSIDE**
 Wear your coziest winter outfit

Every day you participate, you will be entered into a raffle. Drawing will take place Thursday after lunch! You do not need to be present to win



COA Thanks All Veterans Everywhere



“We had a great time honoring our Veterans who came in on November 9 for our Veterans Lunch and Support Group. Thank you to each of you for your selfless service to our country. We appreciate you!”

Hurry! Time Runs Out Dec. 7! 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.

Many Thanks To All!

We are so fortunate to have such a caring and generous community who helps to support all we do! During the month of October, we received donations for bingo prizes and care packages for Veterans. *Thank you to Edward Jones, The Zonta Club and Allison and Haidyn for your thoughtful donations!*



Edward Jones donated care packages to distribute to our Veteran clients!



Bingo prize donated by Allison and Haidyn



Bingo prizes donated by the Zonta Club

Page 8 Monday	Tuesday	Wednesday
<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>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</p> </div>		
<p>9:00 Video Exercise Group 4 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 3:00 Yoga 3:30 MOVE! For Health 5:00 Human Rights Committee Meeting</p>	<p>5 10:00 Line Dancing 11:30 Word Search 12:45 Healthy Lifestyle Group 1:00 Cards 1:00 CMU Otaga 2:00 Computer/Tech Class 5:30 Board of Commissioners Mtg</p>	<p>6 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 12:30 CMU Otaga 1:00 Cards 1:00 Happy Rippers 4:00 Anyone Can Paint</p>
<p>9:00 Video Exercise Group 11 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 2:30 Insurance Committee Meeting 3:00 Yoga</p>	<p>12 8:00 Commission Committee Mtg 10:00 Needlecraft Meeting 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search 12:45 Healthy Lifestyle Group 1:00 CMU Otaga Exercise Class 1:00 Cards 5:30 Huntington Support Group</p>	<p>13 9:00 Video Exercise Group 10:00 Chess Club 10:00 Basket Guild 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:30 PEO 12:30 CMU Otaga 1:00 Cards 1:00 Happy Rippers 1:00 Between the Covers Book Club 3:00 Faith Weavers 5:00 MMARA 6:00 Mid Michigan Quilt Guild</p>
<p>9:00 Video Exercise Group 18 10:00 Low-Impact Aerobics 10:00 Coffee & Conversation/ Word Search 10:30 Mountain Dulcimer Concert 11:00 Gentle Exercise 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 1:00 Caregiver Support 3:00 Yoga 5:00 Pizza Party & Christmas Light Tour</p> <p style="text-align: center;"><i>Flannel Day</i></p>	<p>19 10:00 Line Dancing 11:30 Word Search 12:45 Healthy Lifestyle Group 1:00 Cards 5:30 Board of Commissioners Mtg</p> <p style="text-align: center;"><i>Santa vs Grinch</i></p>	<p>20 9:00 Video Exercise Group 9:00 Zoning Board Meeting 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:30 Holiday Hat Contest 12:30 Ice Cream Sundaes 1:00 Cards 1:00 Happy Rippers 1:00 Second Hand Book Club</p> <p style="text-align: center;"><i>Holiday Headwear</i></p>
<p>25 Closed</p> 	<p>26 8:00 Sewing Peeps 10:00 Line Dancing 11:30 Word Search 12:45 Healthy Lifestyle Group 1:00 Cards</p>	<p>27 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 12:30 December Birthday Celebration 1:00 Cards 1:00 Happy Rippers 5:00 Parkinson's Support Group</p>

Thursday	Friday	Saturday Page 9
	9:00 Collaborative Meeting 10:00 SCP Quarterly Training 10:00 Coffee and Conversation 10:00 Jam Session 10:00 Low-Impact Aerobics 11:00 Gentle Exercise 11:30 Trivia 1:00 Ukulele Group 1:00 Bingo with Prizes 2:00 Cards	9:00 Community Church Group 10:00 Line Dancing <hr/> 2:00 Lucky Clover 4H Club
8:00 CMDHD 8:30 CMU Otaga Exercise Class 10:00 Beginner Tai Chi 10:00 Coffee and Conversation 11:00 Word Search/Nutrition Education 11:30 Tai Chi Next Level 1:00 Cards 3:00 Hula 6:00 Central Michigan Thin Blue Line 6:30 Isabella County Democratic Party	9:00 Happy Rippers 10:00 Coffee and Conversation 10:00 Jam Session 10:00 Low-Impact Aerobics 10:30 MRF Feasibility Ad-Hoc Committee 11:00 Word Search 11:00 Gentle Exercise 1:00 Ukulele Group 1:00 Bingo with Prizes 2:00 Cards	9:00 Happy Rippers 10:00 Line Dancing <hr/> 9:00 Happy Rippers
10:00 Beginner Tai Chi 10:00 Coffee and Conversation 11:00 Word Search 11:00 MPACF Board Meeting 11:30 Tai Chi Next Level 12:00 Christmas Lunch 1:00 Music with The Holiday Ramblers 1:00 Veterans Support Group 1:00 Cards 3:00 Hula 4:00 FGPCP Advisory Board Meeting 6:30 Community Cancer Services 7:00 Mt. Pleasant Citizens Climate Lobby 7:00 Planning Commission Meeting	10:00 Coffee and Conversation 10:00 Jam Session 10:00 Low-Impact Aerobics 11:00 Word Search 11:00 Gentle Exercise 1:00 Ukulele Group Concert	9:00 Charlene's Quilting Group 10:00 Line Dancing
8:30 CARE Group 10:00 Coffee and Conversation 10:00 Learn to Crochet 11:00 Word Search 12:00 SERA Meeting 1:00 Cards 3:00 Hula <i>Cozy Winter Outfit</i>	<p style="text-align: center;">Closed</p> 	10:00 Line Dancing
10:00 Beginner Tai Chi 10:00 Coffee and Conversation 11:30 Tai Chi Next Level 1:00 Movie & Popcorn: "Here Today" 3:00 Hula	<p style="text-align: center;">Closed</p> 	10:00 Line Dancing 

FWF Eat Smart Menu

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken and Broccoli Casserole Bread Carrots Tropical Fruit
4 BBQ Meatloaf Bread Green Beans Whipped Sweet Potatoes Pineapple Tidbits	5 Smothered Chicken Breast Baked Potato Broccoli Berry Fruit Cup	6 Corn Chowder Biscuit Tossed Salad Oatmeal Apple Crisp Strawberry Yogurt	7 Harvest Stew Biscuit Spinach Salad Strawberry Cream Cheese Brownie	8 Macaroni and Cheese Bread California Blend Pears Cookie
11 Chili Cornbread Baked Potato Mixed Fruit Cup	12 Beef Stroganoff Dinner Roll Brussel Sprouts Peaches Apple Juice	13 Lemon Baked Chicken Dinner Roll Au Gratin Potatoes Seasoned Broccoli Michigan Fruit Cup	14 Holiday Meal Baked Ham Dinner Roll Potato Casserole Green Bean Casserole Holiday Dessert	15 Chop Suey/Rice Bread Peas & Carrots Citrus Fruit Cup
18 Pork Chop / Bread Scalloped Potatoes Spinach Cinn. Applesauce	19 Spanish Chicken Bread Yellow Wax Beans Whipped Potatoes Cherry Crisp	20 Sloppy Joe / Bun Mixed Vegetables Sweet Potato Fries Peaches & Pears	21 Taco Salad Corn/Bean Blend Mandarin Oranges	22 Closed No Meals 
25 Closed No Meals 	26 Turkey Loaf Bread Squash Green Beans Tropical Fruit	27 Chinese Pepper Steak Bread Brown Rice Kyoto Vegetables Apricots	28 Chicken Cordon Bleu Winter Blend Au Gratin Potatoes Orange Cranberry Juice Strawberry Shortcake	29 Closed No Meals 

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

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.

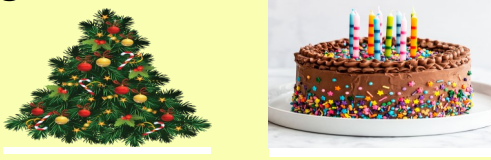
All other questions can be directed to the Site Facilitator (FCLTR) at the phone number or email listed for each site.

NOW AVAILABLE!
FOOD WITH FRIENDS PUNCH CARDS!

\$10.00 FOR 5 MEALS
\$20.00 FOR 10 MEALS

Ask your Site Facilitator for more information! Punch Cards can be purchased at Commission on Aging!

Great for holiday and birthday gifts!



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 December. Come join us!

Rosebush DECEMBER Calendar

- 1 Music/Jim Gilmore/Birthday Celebration/Ice Cream Social
- 4 Manicures/Nutrition Education
- 6 Music/Mark DeNoyelles
- 8 Music/TBA
- 11 Bingo/Prizes
- 13 Music/Marty Miller
- 15 Music/Dave Marasus
- 18 Music/Just the 2 of Us
- 20 Name That Tune/Amanda Armstrong
- 22 Closed, No Meals
- 25 Closed, No Meals
- 27 Penny Bingo
- 29 Closed, No Meals

WEIDMAN

SENIOR CENTER

3453 N. School Rd, Weidman

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

Sandy Hunter, Site Facilitator

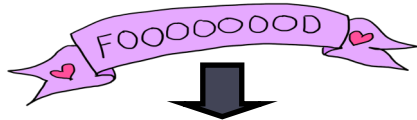
989-644-2538

Join us for exercise each morning starting at 10:30 a.m. This month we will continue with our painting classes on December 8 and 15. The Christmas Craft is on Dec.13 Come join us! Call at least 24 hours in advance. For the last three years, we sent Christmas Cards to our American Soldiers. We are running low on cards. If you have any extra holiday cards, we would love the donation. It's for a great cause!

weidmanfoodwithfriends@gmail.com

Weidman DECEMBER Calendar

- 1 Music: Greg Merwin
- 4 Nutrition Education, Open Craft Day!
Bring your crafts, use our space and enjoy lunch!
- 6 Music: Music Makers, Euchre
- 8 Painting Class with Sandy
- 11 Yahtzee/Dominoes
- 13 Christmas Craft, or bring your own!
- 15 Painting Class with Sandy
- 18 Birthday Celebration with
Ice Cream Social
- 20 Music: Music Makers, Bingo
- 22 Closed, No Meals
- 25 Closed, No Meals
- 27 Baking Day: Muffins, Open Craft
Day—Bring your crafts, enjoy
lunch and use our space!
- 29 Closed, No Meals



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

Kindness is like snow. It beautifies everything it covers. –Kahlil Gibran

Join us every day for coffee, snacks and conversation at 10am, other activities start at 11:00 or 12:30 following lunch. As a community service project, Clothing Inc in Mt. Pleasant is collecting items such as coats, hats, gloves and many other items for their charity. Items can be donated until December 11 at 2:00 p.m. Volunteering, especially around the holidays, is so rewarding. If you are interested in donating or volunteering for this cause, please contact me.

shepherdfoodwithfriends@gmail.com

Shepherd DECEMBER Calendar

- 1 Veterans Group- Nutrition Education
12:30pm-2pm Holiday Bingo
- 4 Dealing w/holiday stress. 12:30-
1:30 p.m., games/cards
- 6 Holiday crafts and Games/cards.
Prepare Mitten tree for the
community.
- 8 10-12 Holiday movie and Bingo from
12:30 – 1:30 p.m.
- 11 1pm Anti-scamming workshop with
Luke Sawyer
- 13 Hot Cocoa Bar - movie:
White Christmas
- 15 Snowman Bingo
- 18 Cookie decorating Day and Cards
- 20 Christmas party- Music Al
Bartholomew w/ special
surprise guest
- 22 Closed, No Meals
- 25 Closed, No Meals
- 27 Music: Greg Merwin
- 29 Closed, No Meals

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

December is one of my favorite times of the year when family and friends get together to be blessed with love and happiness! Come join me at Winn Community Center to celebrate the holidays! Winn will be holding Cooking classes starting in January for a 6 week session. Space is limited, and each participant leaves with groceries to create the meal at home. Call for more details!

winnfoodwithfriends@gmail.com

Winn DECEMBER Calendar

- 1 Snow Bingo, Holiday Music and
Sing-a-long
- 4 National Cookie Making Day, baking
cookies and gift wrapping
- 6 Music: Midnight Express, Nutrition
Education, Mitten Tree Day
(building a mitten tree)
- 8 Work on your holiday crafts or gifts,
snacks, holiday music
- 11 Snow Bingo, Make Your Favorite Treat
Day (baking)
- 13 Greg Merwin, Making Christmas Cards
for Assisted Living
- 15 Movie Day: *The Santa Clause*, eating
and stringing popcorn for the tree
- 18 Craft Day: Snowman Ornament,
Decorate sugar cookies
- 20 Christmas Party: Music: Kevin Bendele
and Special Guest
- 22 Closed, No meals
- 25 Closed No Meals
- 27 Music: Steve and Lois, New Year Bingo
- 29 Closed No Meals Happy New Year!



Cooking Class at the Winn Community Center

- Courses run for six weeks, on Fridays from Noon to 2:00 p.m.
- You must pre-register for the course and attend the majority of the classes.
- Classes meet Fridays at noon for lunch that is provided by the Commission on Aging, followed by the cooking class taught by MSU Extension's Sabrina McGee.
- The class 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 989-866-2520.
- Due to space, we are limited to the first 20 participants.
- Call to sign up for our January session by December 31.
- The session runs January 12 to February 16, 2024.

Winn Community Center
2583 W. Blanchard Rd, Winn
989-866-2520
Tammi Foltz, Site Facilitator

The **Shepherd Senior Activity Center** at 107 Wright St, directly across from the Berry Funeral home is a hub of activity these days thanks in part to Leann Vanacker, the Site Facilitator. Leann, a Shepherd native, has been married for 14 years, with 1 fur baby - an 11-year-old lab named Remington. Leann enjoys hunting, fishing, being outside, and PEOPLE!! Her enthusiasm for her position at the center is almost contagious. In talking with her about the site and the activities that take place there (in addition to the meals you can pre-order), you can tell she genuinely loves people and wants to make sure that time spent at the center is fun for everyone. Like her asking each person what their favorite sandwich was when they were growing up. As the memories are shared, she makes notes and then brings in the ingredients so the sandwich can be made and a sample of someone's fond memory can be enjoyed.

She also explained that guest speakers and entertainment are scheduled according to the likes and interests of everyone. Birthdays will also be special times. Leann also plans to honor the theme of a few "national days". There are plans for therapy dogs to stop by, along with an occasional visit from her own Remington. On the **1st Friday of each month, starting at 11:00 a.m., Veterans and their spouses are invited to come socialize, meet other Vets, have lunch (if pre-ordered) and play Bingo in the afternoon.** An event of great importance is scheduled for **Monday, December 11**, when an **Anti-scamming Workshop** is to be held. As we approach the busiest shopping season of the year, knowing how to protect one's self in today's world is critical. This seminar is open to everyone.

Movies, card games and music are also tailored to meet the interest that have been suggested as sounding like fun. Leann's enthusiasm and energy in wanting to make each day at the center a fun and delightful experience simply shines through. The center is open Monday, Wednesday and Friday from 10-2. If you have any questions, you can call Leann at **989 828-5106**. It's her hope that if someone is looking for companionship, fun or a simple change of scenery, you will stop by and check it out! Hope to see you soon. *By Sue Preuss*

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



Nancy Carey Cancer Support Group:

No Meeting at COA in December

Due to the holidays, we will not meet on the last Wednesday of the month. Instead, we are having a **Holiday Party on Wednesday, December 6 from 6:30 to 9:00 p.m. upstairs at the Brass Café (128 S. Main).** Our regular monthly meetings will resume **January 31, 2024 at COA.** If you want to come, please RSVP no later than **Dec. 1** as we need to let the restaurant know the number of guests in advance.

The **Chippewa Valley Audubon Club** will do a club sharing night with community members of favorite digital pictures, prints, crafts or other memorabilia on **Wednesday, 12/13/23.** Meeting will be held at **Veterans Memorial Library, starting at 7:00 p.m.**

Weidman Friend of the Month

By Sue Preuss

The Weidman Activity Center friend of the month is Larry Lovell of Coldwater Lake. Born and raised in Mt Pleasant, Larry moved to the lake area around 1972, and for the past 20 years has been a snowbird - spending winters in the Tampa Bay area. The proud father of 4 kids and 14 grand kids, Larry enjoys family time and boating on the lake. He also has been an eBay seller for many years. He began by selling Snoopy, Charlie Brown and Peanuts characters, and has since expanded his line of merchandise to include a variety of items.

Larry is a rather new face at the center. It was a flyer at the local grocery store that caught his attention in October and he has been coming ever since. Larry is looking forward to spending more time at the center when he gets back home in the Spring.

**Central Michigan Area
Concert Band Presents
Annual
Christmas Concert
Sunday, December 17
at 3:00 p.m.
Shepherd Schools
Auditorium**



Merry Christmas

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 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 (November 22, December 27) 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

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

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, December 12)

RSVP to Group Leader: Galen Voss

Email: 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, December 20 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 3rd Tuesday of each month from 3:00 p.m. to 4:00 p.m., Dec. 19.

**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.

When in session, Every Wednesday, 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

Bill Coughlin

Anonymous
Carolyn Cardon
Terrance & Evelyn Coughlin
Connie & Chris McCann
Eleanor Moeggenberg
Roque Schafer
Jerard & Genevieve Sobaski
Judy & Brad Swartz

Orlin Curtis

Jackie Curtis

Ruth & Lawrence Fransted

Kathy Fransted

Dale Gatehouse – 

Korean Veteran
Jeanette Gatehouse
Janet Lodes

Elsie Hahn

Jackie Curtis

John Haupt

Jackie Curtis

Patricia King

Richard & Nancy Beckwith

Arlene Landon

Lloyd Landon

Lonnie Lint – 

Naomi Lint

Bob Lodes – 

Korean Veteran
Janet Lodes

George W. McClain Jr.

Melanie Allen
Joyce McClain
Kerry McClain
Beth Nesbitt

Jack Mogg

Jackie Curtis

Dorothy Marie Nartker

Delores Jackson
Leslie Schultz
Barb Teszlewicz
Euchre Club

Dan Rahl

Jackie Curtis
SERA Chapter #20

Waldo Sauter

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Margaret Thompson

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Kathy Vogel

Jackie Curtis

Jack Westbrook – 

Navy Vet
Mary Lou Westbrook

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Ida Downing

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Ida Lou Mitchem

Bonnie VanHorn

**Joseph-Helen & Peggy
Roberts**

Bonnie VanHorn

Amzy & Buck VanHorn

Bonnie VanHorn

For Activity Center**Bill Coughlin**

Marty Siuda

For Home Delivered Meals**Dorothy Nartker**

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Renae Fulk
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Terry & Sandy Gimney
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**For Home Delivered
Meals Dorothy Nartker**

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Jerry & Linda Heinrich
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Melissa Kidder
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**Gold Key Volunteer
Program**

Starr Baeumler
Janice Lather

Thank You Everyone for Your Generous Donations

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 January issue, please send the information by December 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

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

**REGION VII
AREA AGENCY ON AGING**



INSIDE DECEMBER 2023 Issue

Have a Heart	1
Director's Comments	2
Volunteers Needed	2
Christmas Party	2
Mission Moments	3
From Your COA Specialists	3
Events & Classes	4, 5
Holiday Spirit Week Raffle	6
Christmas Light Tour	6
Review Medicare Part D	7
Activity Center Calendar	8, 9
FWF Menu & Site Activities	10, 11
Shepherd Sr Activity Center	12
Screenings, Groups	13
Memorials & Donations	14
Temporarily Away	15
Remembering Loved Ones	15

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

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

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

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

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