

Active LIVING

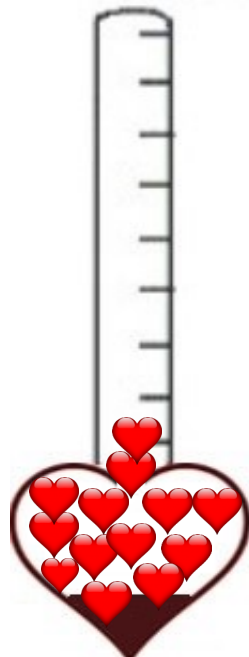
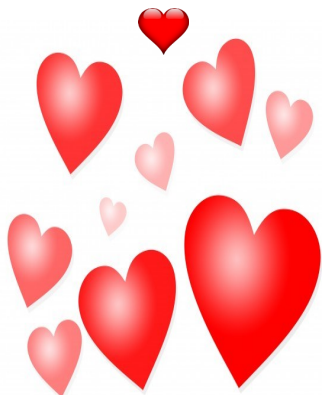
Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging
Friends of Isabella Seniors - 2200 S Lincoln Rd., Mt. Pleasant, MI 48858 - (989) 772-0748 - isabellacounty.org/active-living-newspaper

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

The Commission on Aging and Friends of Isabella Seniors are asking you to “Have-a-Heart” and make a donation to support the 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 at right. Every dollar helps us reach our goal. **Thank You in advance for your willingness to help our friends and neighbors.**

GOAL

\$10,000



YES, I Want To Help Have a Heart

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

I would like to donate the amount of \$ _____

My donation is

In memory of: _____

or

In honor of: _____

Please keep my donation anonymous.

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

Mail to:

Friends of Isabella Seniors

Attn: Have-A-Heart

2200 S. Lincoln Rd.

Mt. Pleasant, MI. 48858

COA Director's Comments



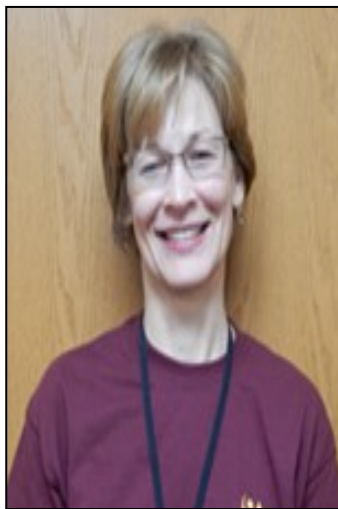
Happy New Year! As we close out 2023 and head into 2024, I hope that you can join me in reminiscing about the many blessings encountered throughout the past year. I truly hope that when you look back upon 2023, it brings a smile to your face. I am sure that we can all say that the year was filled with ups and downs, some harder than others, but no matter what storms you weathered, you made it through and are stronger as a result. My wish for you in this New Year is that you experience more ups than downs, appreciating everything that brings you joy. My challenge for you in this New Year is that you make an effort to bring that joy to others, helping them to experience more positivity in the New Year as well.

If you are having a hard time finding joy or are feeling isolated, please reach out to us. We have so many great opportunities for companionship and fun. We would love to help you find your niche! You can start with a tour of our facility, showcasing the many different types of activities that are available, or maybe you would just like to stop for coffee or lunch. The COA is a wonderful place filled with so many opportunities and friends.

On behalf of our Isabella County Commission on Aging Family, I extend to you a heartfelt thank you for allowing us to serve you in 2023. We look forward to continuing that service in the New Year and wish you a very Happy and Healthy 2024!

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

From Your COA Specialists



Along with snow and ice, winter weather brings higher energy bills. Often residents fall behind in paying their heat and electric bills and need assistance with the cost of keeping their homes warm and the lights on. If you find yourself or someone you know in this situation the programs listed below may be of assistance in meeting your energy needs.

State Emergency Relief (SER)

Assistance for income qualified households with a heat or electric past due notice, shut-off notice, or need for deliverable fuel. Apply online at Michigan.gov/mibridges or at **Isabella**

County Department of Health and Human Services, 1919 Parkland Dr. Mt Pleasant, MI 48858, 989-772-8400

Michigan Veterans Trust Fund

Provides temporary assistance to eligible veterans and their families for emergencies or hardships, including energy assistance.

For more information call **Isabella County Veterans Affairs at 989-317-4093.**

Home Heating Credit

If your household income is at or below 110% of the federal poverty level you may apply for the home heating credit for the previous tax year to help pay for winter heating bills. The credit is not just for homeowners, renters and mobile home owners may also be eligible for the assistance. Even if your income does not require you to file income tax forms, you can still apply for the credit. The Isabella County Commission on Aging has trained volunteers to assist with form filing at no charge, sign up begins in January, 2024.

Michigan 2-1-1

Supported by the United Way, 2-1-1 is a free service linking people with information or agencies in their community for energy assistance or other needs. You can access assistance by calling **2-1-1** or visit mi211.org Don't get left out in the cold. Please seek assistance if you find yourself in an emergency energy situation.

Kathy Campbell, LBSW, Case Manager

Volunteers are 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



Fiscal Year 2023 Volunteer Service Report

October 1, 2022 to
September 30, 2023

318 dedicated Gold Key Individuals and **29** Student and Group Volunteers provided **33,381 hours** of service & drove **90,643 miles**.

Estimated Value of Volunteer Time as of 2022 as determined in the State of Michigan is **\$30.15** per hour, saving Isabella County residents **\$1,006,437.15**.

AARP Tax Aides served **2,968.25 hours** to assist **628** clients with their tax returns.

Home Delivered Meal Drivers delivered **46,503** meals to **419** clients and drove **73,439.5 miles** for **4,377.25 hours**.

Kitchen Assistants served **1,704.75 hours** preparing and packing Home Delivered Meals and serving participants on the food line.

Meal Site Assistants served **742.5 hours** to five Food with Friends meal sites.

Medicare Part D Counselors provided **213.5 hours** of service to **392** area residents, a total savings of over **\$137,795.41**.

Needle Crafters served **16,509 hours** and donated more than **2,479** handmade items to several local organizations.

Receptionists served **3,631.25 hours** answering incoming calls and assisting clients at the Commission on Aging front desk.

Transportation Program transported **80** clients to **480** medical appointments, treatments, and grocery shopping for a total of **15,716.5 miles** driven in **901.75 hours**.

THANK YOU so much to all of our fabulous volunteers! We appreciate each and every one of you for helping us reach so many clients throughout our county. Together, you make a huge impact on our communities.

To get involved in volunteering, contact Kelly Lee at 989-772-0748 or klee@isabellacounty.org.

Volunteer Value Data from Independent Sector: <https://independentsector.org/resource/value-of-volunteer-time/>

Caregiver Support Corner

By Brandise Leonard,

Caregiver Support Specialist/Trainer at

Isabella County COA Contact: (989)772-0728 or bleonard@isabellacounty.org

Caregiver Support Group Is Tuesday, January 16, and February 19 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. Snack and drinks provided.



Valentine's Contest

Submit a written description telling us in 1,000,000 words or less what makes your sweetheart the BEST. Please attach a picture with your story telling us why your Valentine is the best. Your Valentine can be anyone you love; husband, wife, life companion, children, grandchildren, or a good friend.

Please send your submission to bleonard@isabellacounty.org or mail to Commission on Aging 2200 S. Lincoln Mt. Pleasant, MI 48858 attention Brandise. Brandise will be choosing the best overall winner and deadline for submitting is February 7. The winner will be announced on Valentine's Day. The winner's picture and story will be shared in the March Active Living Newspaper and our social media Facebook. Also, a small prize will be gifted to the special Valentine.

Fun facts in February!

February 9 is National Pizza Day, the perfect day for making pizza dough from scratch (it is easy as pie)! Get the whole family involved and whip up some homemade pizza to celebrate pizza day.

February 17 is National Random Acts of Kindness Day. Let someone go ahead of you in a line, bake cookies for the office or a friend, thank a teacher with a gift, send a letter to a friend or family member. There are lots of ways to spread kindness all around!

February 20 is National Love Your Pet Day, so give them some extra love and attention, I'm sure neither of you will mind.

Please call Brandise the Caregiver Trainer at 989-772-0748 for further questions.

Events & Classes

Computer/Tech Class at COA

Tuesday, January 2, 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

On hold until next class, Wednesday, April 3, 2024.

Lunch and Learn Medicare Seminar at COA in Craft Room 12:00 to 2:00 p.m. During the **third Tuesday of each month**, you can expect to see a presentation regarding Michigan's Medicare/Medicaid Assistance Program (MMAP). Jennifer Martin, program manager of In-Home Services and certified MMAP counselor, will be discussing topics related to Medicare. Attendees can learn the different parts of Medicare, as well as, when and how to enroll. **You may call (989)772-0748 to sign up for lunch, or bring your own. Dates: January 16, February 20, March 19, April 16, May 21, June 18, July 16, August 20, September 17.**

MOVE! For Health January 22 to April 22

Time: Mondays 3:30 to 4:30 p.m. at COA

Reasons to join: Exercise has proven to slow down the progression of Parkinson's and improve quality of life. It's a Fun, supportive environment, promoting empowerment. It's 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**.

Coffee Hour with An Attorney

4th Wednesday of every month (January 24) 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!

FREE Movie and Popcorn in Room C

Join us for "Indiana Jones and the Dial of Destiny" on **Friday, January 26 at 1:00 p.m. in COA Room C**
PG-13 2hr 34min Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA. **To register, call 989-772-0748.**

Veterans Support Group at COA



The Veterans Support Group will meet on **Thursday, January 11 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 first meeting for 2024 will be **Thursday, January 18, 2024 at 1:00 p.m. at the Commission on Aging.** The presentation will be by a representative from Blue Cross/Blue Shield regarding our medical benefits. Ms. Overton will give us an update and looks forward to any questions you may have. I hope we have a good turn out as this presentation is very interesting and informative. All presentations are opened to the public, especially state retirees. Following the presentation we will have our regular business meeting. If there are any questions, please feel free to contact Jackie Curtis at **989-772-0597** or jacurtis46irish@gmail.com

"Connecting with Cards" Card Making Class

Tuesday, January 30 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.

How Birds Survive Winter

Join us **Friday, February 2 from 1:00 p.m. to 2:00 p.m. in Room C** for a presentation from a Chippewa Nature Center Naturalist. Birds use more than warm downy feathers to ward off cold temperatures and long winter nights. Discover the amazing adaptations many birds rely on to survive weather extremes, reduced food supplies, short days and competition.

American Red Cross Blood Drive

We will again be partnering with the American Red Cross to host a blood drive on **Friday, February 9, from 12:00 to 4:45p.m.** If you are able, please consider donating blood to help save a life! To schedule an appointment, log in to **Red-CrossBlood.org** and enter sponsor code: **ISABELLA**. Or call **1-800-RED-CROSS (1-800-733-2767)**.

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 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 25, December 29 or January 1, 15.** *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 25, December 29 or January 1, 15.**
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 Days, December 18 to January 5 for Winter Break. Plus Monday, January 15 ~COA Closed for MLK Day.**

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. **NO class Dec. 25, Jan. 1, 15.**

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
UNTIL
Jan. 8**

Free Tax Preparation Available

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

Tax preparation volunteers at these tax clinics are required to pass an IRS test before they can prepare returns. The tax preparers will be handling Federal and Michigan tax returns that are within the scope of their training which includes Homestead Property Tax and Home Heating credits as well as most Federal and State 1040 returns. Individuals

who are self-employed (business owners), have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

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

Free Tax Preparation at the Isabella County sites are BY APPOINTMENT ONLY.

The Commission on Aging will begin taking appointments for the following sites on Tuesday, January 2, 2024. For an appointment, call COA at 989-772-0748.

- *Commission on Aging - Activity Center Most Wednesdays & Thursdays, February 7 thru April 11
9:30 a.m. - 3:30 p.m. Call to check the schedule.
- *Weidman Food with Friends Site / Weidman Library February 6, March 5, & March 19
- *Coe Township Library, Shepherd / February 6 & March 12 at 12:30 p.m. - 5:00 p.m.

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

Mid-Michigan Aquatics Recreational Authority MMARA Initiative to build new state-of-the-art Community Aquatic Center

We are excited to share plans for a new community aquatic center in Mount Pleasant. . The state-of-the-art facility will offer the opportunity for improved health and recreation for everyone in our community... especially seniors. The new indoor community Aquatic Center will help people who need aquatic therapy and cater to seniors, providing exercise opportunities in a specially designed warm water pool environment. A feasibility study conducted by a group of community members determined the needs and interest in building an Aquatic Center in the area. This study led to the City of Mt. Pleasant, Union Township and Mt. Pleasant Public School District collectively establishing the Mid Michigan Aquatics Recreational Authority (MMARA). **Based on input from more than 30 local user groups, it will include:**

***Senior-specific fitness programs, including water aerobics and water walking ~ *Aquatic therapy and rehab, in conjunction with local health care providers ~ * Open lap swim, masters swimming and adult fitness programs ~ *Group and private swim lessons for children and adults, including those with special needs ~ *Water safety, lifeguard and first aid certification programs ~ *Employment and volunteer opportunities ~ *Competition, training facilities for area school swimming and diving teams, including CMU club teams ~ *Aquatic recreation, such as scuba, kayaking and paddleboarding ~ *Multipurpose meeting and classroom space.**

In addition to the health and recreational benefits, the Aquatic Center will generate nearly \$1.4 million of annual economic activity by attracting thousands of people to our community for sports tourism like swimming and diving competitions. The year-round multi-purpose aquatic center will also increase our property values, help to improve our quality of life and attract new families and employers as well as drive traffic and customers to local hotels, restaurants and stores. The Mt. Pleasant Public School District has agreed to allow the development of the Aquatic Center on vacant property north of Preston Street near Isabella Road, across from the Mt. Pleasant High School soccer fields.

The one-time, non-partisan millage proposal has broad support from all corners of our community, because the need is great, the demand is high, and it will enhance the physical, mental and financial health of the community for generations to come. The proposal will cost the average homeowner around \$6 per month. Transparency is a key part of the plan. All spending will be independently audited to promote accountability. **This proposal will be on the ballot Tuesday, February 27, 2024.** For more information see the large and growing coalition in our community who support the new community aquatic center by visiting midmichianaquatics.com. You can also contact info@midmichianaquatics.com for further information.

Congratulations, Grandma Eleanor!



COA Foster Grandparent Volunteer Eleanor Lopez won the Governor's Service award for Older Adult Volunteer of the Year. Eleanor first started volunteering with the AmeriCorps Seniors Foster Grandparent program in 2009. Since then, she has served over 15,000 hours. Eleanor serves at Victory Child Care and Learning Center in Mt. Pleasant, where she is known as "Grandma Eleanor". She isn't afraid to get down to the children's level, listen to them, and join in their activities. The trust Eleanor builds with the

students she serves with allows them to increase their social-emotional skills, motor cognition, and language development skills. Eleanor has also served on the Foster Grandparent/Senior Companion advisory board, where she shared ideas on how to enhance the programs. In addition, Eleanor also served over 1,000 hours with the Isabella County Commission on Aging Gold Key volunteer program. She would ride the public transportation during peak school hours to ensure children were safe as they traveled to and from school. Throughout her volunteering career, Eleanor has taken the time to make sure children in her community are supported, and loved. We are blessed to have her serve with our volunteer programs at Commission on Aging, and we couldn't be prouder of Eleanor and the love she gives to students in our community!

Brandi Knivila, Foster Grandparent/Senior Companion

Women Who Care Isabella Winter Meeting

Help us grow this powerful group of women. Together we can make a HUGE difference in our community. Consider coming to the Winter Giving Circle and feel the power of being a part of donating over \$3,000 to a LOCAL non-profit in need. Bring your friends. Everyone is welcome.

Did you know? There is NO COST to join Women Who Care Isabella. Meetings are 4 times a year and last only 1 hour. Your donation amount can be between \$25 - \$100+ each time. **Our next meeting is Wednesday, January 10, 2024, 7:00 p.m. at Cheers Neighborhood Bar & Grill (1700 W High St).** If you're interested in becoming a member or learning more, you can find us at <https://tinyurl.com/wwcisabella>. If you have questions, see us at womenwhocareisabella@gmail.com. Or follow us on Facebook <https://www.facebook.com/WWCIsabella> to stay up-to-date with events and activities.



In Home Influenza and Covid-19 Vaccines

Hosted by Region VII Area Agency on Aging Vaccines to be Provided: Influenza & COVID-19 Please call **800-858-1637** • Administering Flu and COVID-19 Vaccines to homebound in our communities • Nurses will come to your house and administer COVID-19 and/or Influenza vaccines to you. Call **800-858-1637** or visit region7aaa.org for more information. **Get vaccinated. Get peace of mind.** The Aging and Disability Vaccination Collaborative, powered by USAging, has teamed up with community providers in your area to provide easy access to vaccines.

REGION VII AREA AGENCY ON AGING



Opening Day for Campground Reservations

***Friday, December 1, 2023** (8:00am) – 30 or more consecutive night reservations, including seasonal, for **Herrick Recreation Area** are open.

***Friday, December 1, 2023** (8:00am) – **Pavilion reservations for 2024 open at all parks.**

***Tuesday, February 13, 2024** (9:00am) – Opening Day for 2024 camping reservations **online only.**

***Wednesday, February 21, 2024** (9:00am) – Opening Day for 2024 camping reservations **via phone.**

Isabella County Parks & Recreation
200 N. Main Street, Mt. Pleasant, MI 48858
Phone: 989-317-4083
Email: nmanley@isabellacounty.org

Community Listening Session on Lung Cancer Screening Research Study

If you are an adult age 50 to 80 years or older, with a current or recent smoking history (quit within 15 years), you are asked to share your expertise and experience in a Community Listening Session hosted by the Office for Cancer Health Equity and Community Engagement at Karmanos Cancer Institute. The session will take place on **Wednesday, January 17 from 11:00 a.m. to 2:00 p.m. at the Isabella County Commission on Aging.** During this 2-3 hour session, we want to hear what you think about lung cancer screening. **You will receive a \$120 gift card to thank you for your time and input.** All information and discussion that is shared during this session will be confidential and only shared as a summary without any identifiers.

The study is funded, in part, by the Michigan Department of Health and Human Services and Karmanos Cancer Institute. This work is led by Kristin Maki, Ph.D., Assistant Professor, Department of Oncology, Wayne State University School of Medicine and Community Outreach and Engagement Scientist, Office for Cancer Health Equity and Community Engagement, Karmanos Cancer Institute. To find out more about this study, please contact **Zainab Ahmed at ahmedz@karmanos.org or 313-576-9699.**

Page 8 Monday	Tuesday	Wednesday
<p style="text-align: center;">Closed</p> 	<p style="text-align: right;">2</p> <p>10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group 1:00 Cards 2:00 Computer/Tech Class 5:30 Board of Commissioners Mtg</p>	<p style="text-align: right;">3</p> <p>9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 12:00 COA Advisory Board Meeting 1:00 Cards 1:00 Happy Rippers</p>
<p style="text-align: right;">8</p> <p>9:00 Video Exercise Group 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 style="text-align: right;">9</p> <p>10:00 Needlecraft Meeting 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group 1:00 Cards 1:00 CMU Otaga Exercise Class 1:30 Mid Michigan Woodcrafters 5:00 PEO 5:30 Huntington Support Group</p>	<p style="text-align: right;">10</p> <p>9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:30 PEO 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 1:00 Between the Covers Book Club</p>
<p style="text-align: right;">15</p> <p style="text-align: center;">Closed</p> 	<p style="text-align: right;">16</p> <p>8:30 FOIS Meeting 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:00 Medicare Seminar 12:45 Healthy Lifestyle Group 1:00 CMU Otaga Exercise Class 1:00 Caregiver Support Group 1:00 Cards 1:00 CMU Otaga</p>	<p style="text-align: right;">17</p> <p>9:00 Tax Training 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 12:30 CMU Otaga Exercise Class 12:30 Root Beer Floats 1:00 Cards 1:00 Happy Rippers 1:00 Second Hand Book Club 5:00 MMARA</p>
<p style="text-align: right;">22</p> <p>9:00 Tax Training 9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Low-Impact Aerobics 10:00 Coffee & Conversation 11:00 Gentle Exercise 11:30 Monday Trivia 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 3:00 MOVE! For Health</p>	<p style="text-align: right;">23</p> <p>8:00 Sewing Peeps 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group 1:00 Cards 1:00 CMU Otaga Exercise Class</p>	<p style="text-align: right;">24</p> <p>9:00 Tax Training 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 10:30 Coffee Hour with an Attorney 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 5:00 Parkinson's Support Group</p>
<p style="text-align: right;">29</p> <p>9:00 Tax Training 9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Low-Impact Aerobics 10:00 Coffee & Conversation 11:00 Gentle Exercise 11:30 Monday Trivia 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 3:00 MOVE! For Health 3:00 Yoga</p>	<p style="text-align: right;">30</p> <p>30 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group 1:00 Cards 1:00 CMU Otaga Exercise Class 2:00 Connecting with Cards</p>	<p style="text-align: right;">31</p> <p>9:00 Tax Training 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 12:30 January Birthday Celebration 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 7:00 Nancy Carey Cancer Support Group</p>

<p style="text-align: right;">4</p> <p>10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Word Search/Nutrition Education 11:30 Tai Chi Next Level 1:00 Cards 3:00 Hula 6:30 Isabella County Democratic Party</p>	<p style="text-align: right;">5</p> <p>9:00 Collaborative Meeting 10:00 Coffee and Conversation 10:00 Jam Session 10:00 Low-Impact Aerobics 11:00 Gentle Exercise 11:00 Word Search 1:00 Ukulele Group 1:00 Cards</p>	<p style="text-align: right;">6</p> <p>9:00 Community Church Group 10:00 Line Dancing</p>
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<p style="text-align: right;">11</p> <p>8:30 CMU Otaga Exercise Class 10:00 Beginner Tai Chi 10:00 Coffee and Conversation 11:30 Tai Chi Next Level 1:00 Cards 1:00 Veteran Support Group 3:00 Hula 6:30 Community Cancer Services</p>	<p style="text-align: right;">12</p> <p>9:00 Happy Rippers 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 1:00 Cards</p>	<p style="text-align: right;">13</p> <p>9:00 Happy Rippers 10:00 Line Dancing</p> <p style="text-align: right;">14</p> <p>9:00 Happy Rippers</p>
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<p style="text-align: right;">18</p> <p>8:30 CMU Otaga Exercise Class 10:00 Beginner Tai Chi 10:00 Learn to Crochet 10:00 Coffee and Conversation 11:00 Word Search 11:30 Tai Chi Next Level 1:00 SERA Meeting 1:00 Cards 3:00 Hula 7:00 Mt. Pleasant Citizens Climate Lobby</p>	<p style="text-align: right;">19</p> <p>9:00 Tax Training 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 1:00 Cards</p>	<p style="text-align: right;">20</p> <p>8:00 Mid Michigan Quilt Guild 9:00 Charlene’s Quilting Group 10:00 Line Dancing</p>
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<p style="text-align: right;">25</p> <p>8:30 CMU Otaga Exercise Class 8:30 Staff Meeting 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Word Search 11:30 Tai Chi Next Level 1:00 Cards 3:00 Hula</p>	<p style="text-align: right;">26</p> <p>9:00 Tax Training 10:00 Coffee and Conversation 10:00 Jam Session 10:00 Low-Impact Aerobics 11:00 Music with Barb & Greg 11:00 Gentle Exercise 1:00 Ukulele Group 1:00 Movie & Popcorn: “Indiana Jones— Dial of Destiny”</p>	<p style="text-align: right;">27</p> <p>10:00 Line Dancing</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>“Kindness is doing what you can, where you are, with what you have.”</p> <p>Raktivist</p> </div>
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Food with Friends Lunch Served Monday thru Friday at Noon in Activity Room C. See our Menu on pg. 10 Lunch Activities in Bold are in Room C

FWF Eat Smart Menu

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed No Meals 	2 Southwest Steakhouse Chicken Black Beans and Rice Corn Cherry Crisp	3 Sweet & Sour Meatballs Bread / Rice Broccoli Citrus Fruit Cup	4 Cranberry Chicken Salad Bread Cottage Cheese Clementine Cookie	5 Beef Mozzarella Melt Bread Red Skin Potatoes Green Beans Peaches and Pears Juice
8 Chicken Broccoli & Cheese Bread Whipped Potatoes Capri Blend Veg Mandarin Oranges	9 Turkey Reuben Cabbage coleslaw Pineapple Tidbits Strawberry Shortcake	10 BBQ Meatloaf Bread / Squash Brussels Sprouts Fruit Cocktail Gelatin Juice	11 Beef Taco Bowl Fiesta Blend Veggies Apple Crisp	12 Hawaiian Pork Rice Key West Blend Tropical Fruit
15 Closed No Meals 	16 Unstuffed Peppers Dinner Roll Spinach Pears	17 Beef Stroganoff Dinner Roll Carrots Mixed Fruit Cup Juice	18 Baked Potato Soup Ham and Cheese Slider Fresh Apple Pineapple Gelatin	19 Pizza Casserole Bread Stick Tossed Salad Michigan Fruit Cup
22 Cabbage Roll Casserole Dinner Roll Peas & Carrots Pineapple Tidbits Cookie	23 Chicken Breast Supreme Bread Cheesy Mashed Potatoes Steamed Cabbage Pumpkin Custard	24 Goulash Garlic Bread Italian Blend Fruit Cocktail	25 Taco Spaghetti Bread stick Green Beans Berry Fruit Cup	26 Turkey Stew Biscuit California Blend Peaches
29 Sweet & Sour Chicken Bread Carrots Clementine String Cheese Cookie	30 Corn Chowder Breadstick Tossed Salad Blueberry Crisp Yogurt	31 Roast Pork Dinner Roll Sweet Potato Gr. Beans & Mushrooms Cinnamon Applesauce Juice		

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 January. Come join us!

Rosebush JANUARY Calendar

- 1 Happy New Year! Closed today.
- 3 Music/Amanda Armstrong
- 5 Nutrition Ed/ Music TBA
- 8 Red Hat Strutters
- 10 Penny Bingo
- 12 Music/Chuck Bass/Ice Cream,
Social/Birthday Celebration
- 15 Closed MLK Day
- 17 Penny Bingo
- 19 Music/Greg Merwin
- 22 Music/ Sam Lee
- 24 Bingo/Prizes
- 26 Music/TBA
- 29 Laugh-In Hour/Jeopardy
- 31 Margaritaville Party/Music/
Just the 2 of Us

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

Welcome to a new year! Come join us for exercise from 10-12 and then a delicious lunch! Reminder: If schools are closed, meals are canceled. We want to keep all of our drivers and participants safe in bad weather. Call me with your idea for crafts!

weidmanfoodwithfriends@gmail.com**Weidman JANUARY Calendar**

1 Closed: Happy New Year!

3 Nutrition Education

5 Music: Greg Merwin

8 Bingo with Prizes

10 Baking day: Muffins and coffee

12 Open Craft Day!

15 Closed: Martin Luther King Jr. Day

17 January Birthday Celebration

19 Dominos and Cards

22 Activity planning day—round table accepting ideas!

24 Movie and Popcorn

26 Open Craft Day! Baking: Brownies

29 Puzzles

31 Euchre and Yahtzee

**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

I am excited for 2024 and what it may bring! Come join us for Coffee and Conversation every morning at 10:00 a.m.

shepherdfoodwithfriends@gmail.com**Shepherd JANUARY Calendar**

1 Closed Happy New Year!

3 Birthday Celebrations! Cards

Chocolate Covered Cherry Day!

5 Nutrition Education, Veterans Group

11-12, Bingo 12:30

8 Healthy Living group/exercise 11-12,

Games/Cards 12:30

10 Yahtzee/Cards National Cut Your

Energy Cost Day (Discussion)

12 Bingo 12:30, Hot Tea Day-Tea Party

15 Closed MLK Jr. Day

17 Alzheimer's Association Guest

Speaker 12:30

19 Bingo and Popcorn Day 12:30

22 Healthy Living in the new year/

Low Impact Exercise, Grandpa

Day (bring a story about your

grandpa or being a grandpa for a special day!)

24 Music: Greg Merwin 12:30

26 Bingo and Peanut Brittle Day 12:30

29 Healthy Living in the New Year,

Games and Puzzles Day

31 Movie: *Holiday Inn* (Bing Crosby)

12:30 Hot Chocolate Day

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

We are heading into the winter months, may 2024 bring you peace, love and happiness. Just a reminder that if schools are closed, meals will be canceled. Any cooking classes will be rescheduled.

winnfoodwithfriends@gmail.com**Winn JANUARY Calendar**

1 Closed Happy New Year!

3 Music: Midnight Express, Nutrition Education

5 Bingo, Winter Wonderland, Hot Chocolate Day

8 Movie: Snow Day, popcorn and treats

10 Music: Daniel O'Rourke

12 Cooking Class-session 1 (must sign up in advance, limited space)

15 Closed-Martin Luther King Jr. Day

17 Music: Greg Merwin

19 Cooking Class-session 2 (must sign up in advance)

22 Learning about Essential Oils, Coffee and Tea

24 Music: Steven and Lois Johnson, Peanut Butter treat day

26 Cooking Class-session 3 (must sign up in advance)

29 Music: Joyful Noise Movie: Frozen: Bring a young guest to see the movie

31 Music: Darlene and Les Jenkins

Meal Closing Information: Once again, it is that time of year where snow starts to fall and roads become snow covered or icy. Commission on Aging takes our volunteers into consideration during bad weather. As a basic rule, if Mt. Pleasant schools are closed due to weather, we will not deliver meals. **If you see that meals are running late or haven't looked outside, we post our closings/cancelation on the following TV stations: ABC 12 NBC 25 CBS WNEM5 CBS 9&10 News** We usually get the information out as early as possible, however sometimes schools close without much notice. If you have any questions about meal delivery, please call **989-772-0748**.

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

Thank You, CMU

Thank you to the Students and Staff of the CMU Health Professions Residential College, who donated their time and energy in helping to keep our walking path beautiful throughout the year. Your time and talents are so appreciated by all who enjoy the beauty surrounding the walking path!



Tammy Foltz, Winn Site Facilitator welcomes you to start your new year with fun times at the Winn Community Center. She has a lot of things planned and hopes to see you there. Born in Midland and residing in Shepherd, she's a mom of 3 grown children and has 4 grandkids. She enjoys traveling and crafting in her spare time. Her favorite things to craft are wreaths and centerpieces. As of December, she's been the Winn facilitator for 2 years and she is very excited about the events in the works for this new year. In addition to the pre-order Food with Friends program, she has a goal set in mind to have guests of ALL ages come and enjoy activities and friendship. The center is located in the **Winn Community building, 2583 W. Blanchard Rd.** where one corner is dedicated to the COA. This is where Tammy has her bulletin board. She posts upcoming events, along with resources and programs available to Isabella County residents. She keeps it current so it is a reliable source people can depend on. In talking with her, she shared that to kick off 2024, on January 12th she has an MSU extension cooking class scheduled. You can learn tasty ways to have good nutritious meals. Then throughout the year there will be a variety of singers and entertainers stopping by. She's also planning a few contests of various types with prizes for the winners. This is in addition to bingo, cards, movies, puzzles and a few "surprises" she's excited about. She says she wants a visit to the center to be just plain old-fashioned fun and comradery for everyone - young and old! If you have any questions for suggestions, please call her, she would love to talk with you. Her number is **989-866-2520. The site is open Monday, Wednesday and Friday.** Tammy is looking forward to a fun year and hopes to see you soon! She also wishes everyone a happy, healthy 2024. *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:

Our regular monthly meetings will resume **at COA on Wednesday, January 31, at 7:00 p.m.** Our support group is committed to helping women in our community who are survivors or currently dealing with cancer. Since its inception in 1991, we have shared our experiences, provided friendship, compassion, and information with other women touched by cancer. Our monthly meetings are informal and upbeat. All shared information is confidential.

Contact: ncarey.cancer.group@gmail.com

Chippewa Valley Audubon Club

On **January 10 at 7:00 p.m.,** the Chippewa Valley Audubon Club will have Scott Davis, the Executive Director of the Mackinac Straits Raptor Watch, discuss migration mapping research, owl banding, and bird counts of migrating birds crossing the straits. **This will be a Zoom event but presented only at Veterans Memorial Library in the annex.**

Weidman Friend of the Month

The Weidman Sr. Activity Center friend of the month is **Nancy Carmon** of Lake. Born and raised in Lansing, Nancy moved to what had been the family cottage a few years ago. Prior to his passing, she and her husband of 18 years had been foster parents for 10 years, ultimately adopting 5 children. Today 3 children are grown and 2 are still at home, being home schooled. In addition to being a single mom and educating her kids, she's a grandma of 4 and in her spare time enjoys knitting and crafts. Nancy said she really likes her time at the Weidman Center with the fun, friendly guests. Most recently she has enjoyed the sketching and learn to paint classes. She says she recommends if anyone is looking for fun and friendship to come join the group, you will have a great time. *By Sue Preuss*

Let's Play Cribbage!

Hey, come hang out with us and play a classic card game – Cribbage! It's a quick and engaging game that'll get your brain working. We've got all the supplies covered. We gather every **Wednesday at 6:15 p.m. at The Shepherd Bar & Grill, 324 W. Wright St, Shepherd.** It's a blast, combining skill and luck, and we always have a good time. If you would like more info, please contact Michelle Quakenbush at **(989) 621-0704** or michelle@billscustomfab.com. See you there!

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 (December 27, January 24) 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, January 9)

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, January 17 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. at 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

Peter Dollard
Joan Dollard

Bill Hawkins
Walt Schneider

Father Don Henkes
Mark & Pat Cwiek

Arlene Landon
Lloyd Landon

Barbara Recker
Elaine & Larry Maxon

Milan Shepard
Shirley E. French

Eugene "Chum" Utterback
Eleanor Moeggenberg
Ruth Utterback

For HDM
Dorothy Nartker
Anne E. Harcus

COA Donors

COA
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Rob & Linda Craig
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Joan Roberts
Maria & Ruben Salinas
Beth Schafer
Roque Schafer
Jerry & Gwen Schlorff
Cathy Smith
Alice Spayd
Susan Sprague
Peggy Trgina
Richard & Sharlene
Wilson
Margie Wood
John & Mary Ann Zang

***Thank You Everyone for
Your Generous Donations***

Writers Corner**Do you have poetry or other writings to share?*****Written To My Beloved Wife, Arlene, On Her
Birthday 9/21/2021***

A spray of forty-three crimson roses
Declare that my love for you is still true.
Each one tells of an eternal love story
In the years when I was married to you.

As I fell in love with you
My eye could truly perceive,
All the future moments created in love,
So easy for my heart to believe.

You were so young, a girl barely seventeen,
With a smile that filled me with delight.
Dark eyes shining with the brilliance of stardust,
In memory I'll never forget that sweet night.

I know that you are the only one
Who put such a joy in my life.
Cherished pictures of love, now frozen in time,
That carry the emotions of a wonderful wife.

As hand in hand we grow old together,
Love never faded away in the night.
Shadows sometimes gathered and swirled around us,
But the sunlit skies always burned bright.

Then, like a whisper on the wind,
Or the silence in the dark of night,
So suddenly you were gone from my side.
Your lovely face disappeared from my sight.

I still pause and reminisce about our first kiss,
The time when you so willingly came to me.
I sit at night and look at old photographs,
And know that my heart can never be free.

Silently I walk through the gardens you planted,
Among flowers you grew with such tender care.
As days slowly pass, the petals keep falling
Like teardrops from thoughts so hard to bear.

Happy birthday darling.

Submitted by Lloyd Landon, written for his wife, Arlene.

Remembering Your Loved Ones

Active Living offers a way to honor those special people in your life with a Memorial or Honorarium Listing. If you would like a Memorial or Honorarium included in the February issue, please send the information by January 6.

Please indicate if your gift is in memory of or in honor of a Veteran. For your convenience, please use the form below.

Enclosed is my donation for \$ _____

Please make check payable to:

Friends of Isabella Seniors

Mail to: Friends of Isabella Seniors
2200 S. Lincoln Rd.
Mt. Pleasant, MI 48858

Please designate my gift to:

- Where most needed
- Activity Center
- Food With Friends
- Foster Grandparent / Senior Companion Program
- Gold Key Volunteer Program
- In Home Services

Gift is:

- Memorial
- Honorarium

Name: _____

Veteran _____

Please send acknowledgment to:

Name: _____

Address: _____

Thank You

COMMISSION ON AGING ADVISORY BOARD

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District 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

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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**



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

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

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