

Active LIVING

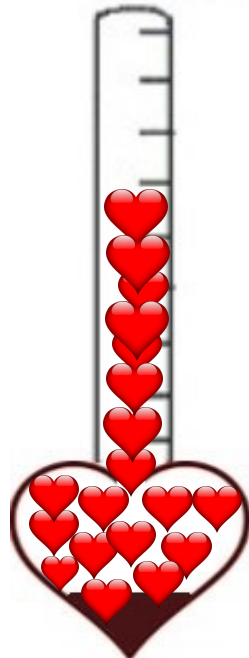
Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging
 Friends of Isabella Seniors - 2200 S Lincoln Rd., Mt. Pleasant, MI 48858 - (989) 772-0748 - isabellacounty.org/active-living-newspaper

Have-A-Heart Project Still Needs Your Help!

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

GOAL

\$10,000



YES, I Want To Help Have a Heart

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

I would like to donate the amount of \$ _____

My donation is

In memory of: _____

or

In honor of: _____

Please keep my donation anonymous.

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

Mail to:

Friends of Isabella Seniors

Attn: Have-A-Heart

2200 S. Lincoln Rd.

Mt. Pleasant, MI. 48858

COA Director's Comments



Happy Valentine's Month! I encourage everyone to pause and reflect upon everything that brings love and joy to your life. While we all have dreary days where we might not be able to see through the glum, especially this time of year, it is important to recognize those gems in our life... people, hobbies, pets, special places, beloved memories, chocolate (it is the month of Valentine's Day after all), etc.

This month is typically very cold, and we want to be sure that all of our older adults throughout Isabella County are able to stay warm. **If you, or someone you know, is in need, please do not hesitate to reach out to one of our social workers, who are so knowledgeable in available resources and funds, not only within our programs but also throughout the community. There is help available!**

February is also "American Heart Month" as proclaimed by President Lyndon Johnson in 1963. Here are some ways that you can observe and promote American Heart Month:

1. **Get Moving!** Whether it is a walk, exercising in your home, or participating in an organized exercise program, just get moving! Check out our fitness class schedule in this paper – all are welcome and encouraged to take part!
2. **Eat a Tasty, Heart-Healthy Meal.** Did you know that all of the DELICIOUS lunches prepared from scratch and served here at the Isabella County Commission on Aging, all of our satellite sites, and Home Delivered Meals are heart-healthy and dietitian-approved? We would love to have you join us for lunch. See the menu in this paper to see what great meals are planned for the month.
3. **Wear Red. Go Red. Glow Red.** The American Heart Association (AHA) encourages everyone to participate in "National Wear Red Day for Women" on the first Friday in February to bring attention to heart disease.

While the weather outside can be a little frightful at times right now, we hope to be the place that you look forward to visiting for coffee or lunch; to play cards, billiards, or other games; to take part in a fitness class or to join others with the same hobby (music, needle crafting, quilting, line dancing etc.) or to just socialize with others. We love to hear the laughter and stories and see the smiles of all of our guests. We are here for you, and we want you to enjoy your facility here at the Isabella County Commission on Aging.

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

From Your COA Specialists



Decisions for end-of-life care can be difficult. The State of Michigan has a new form that makes this process a little easier. The form allows people to designate a **Funeral Representative**. In addition to completing advanced directive forms, that are used while living, we encourage you to consider appointing a representative to assist with making funeral decisions for end-of-life.

A **Funeral Representative** is usually most helpful if you are choosing cremation, as not all family members may agree with the decision for cremation. Prior to the existence of this law, your next of kin had the authority to make funeral proceedings. If one of your next of kin disagree, the choice of majority usually prevails, even if it is not the choice you may have planned for yourself. A **Funeral Representative** may also be helpful if you do not have family members, or if they do not live close by.

If you would like to name a **Funeral Representative**, there is a form through the Michigan Funeral Director's Association that would need completed, notarized, and returned to your funeral home of choice. These forms are available through your preferred funeral home, through your local attorney, through an Internet goggle search, or from the Commission on Aging. Please call the Commission on Aging at **(989) 772-0748** and ask to speak with a case manager, should you have further questions.

Tina Campbell, Case Manager



Lunch and Learn Medicare Seminars 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: February 20, March 19, April 16, May 21, June 18, July 16, August 20, September 17.**

Mission Moments



I would like to take this moment to highlight more of the team that makes Food with Friends meal sites so much fun: **Michelle Orwig, Food Services Supervisor:** Michelle has been part of the Food with Friends team since 2017. She started as a Site Facilitator and worked her way into planning menus and overseeing the meal sites. Michelle is a big part of the behind-the-scenes of Food with Friends. She makes sure the meals meet our nutrition standards as well as helps site facilitators plan fun activities. Michelle loves her job because she likes being a part of something bigger than herself. She enjoys working with the volunteers and staff and making everything come together to serve our

community. Michelle states she loves that her job is different every day and always keeps her on her toes.

Rhonda Burke, Site Facilitator Activity Center: Rhonda has been on the COA team for many years. She joined the Food with Friends team in 2021. Rhonda makes everyone at COA feel welcome and important! Rhonda loves her job because she loves meeting new people! She has felt the COA team is amazing and a great group of people to work with!

Jennie Brussow, Site Facilitator Rosebush Manor: Jennie has been on the Food with Friends team since 2016. Jennie handles the Rosebush location and works hard to involve the residents at Rosebush Manor with the community participants. New participants are always welcome! Jennie loves her job because it keeps her active and involved in her community, which has been a new community since she moved from the Upper Peninsula. Jennie stated she has met so many friends with her position and it makes her feel like home.

Sandy Hunter, Site Facilitator Weidman: Sandy joined the FWF team in 2020 right before the Covid-19 shut down. Sandy has been working hard to build up her site! Sandy's group loves exercise and they hold it on service days from 10-12. Sandy loves her job because it feels like family at the site. She learns about their lives and loves to help older adults.

Tammi Foltz, Site Facilitator Winn: Tammi joined the Winn site in 2022. They love music at Winn! Tammi is working to gather interest in other activities for the Winn community. If you have any ideas please connect with Tammi at Winn! Tammi loves her job because she loves meeting new people and the challenge to bring new participants in to the site!

Leann Vanacker, Site Facilitator Shepherd: Leann also joined our team in 2022. Leann has been building the Shepherd site adding music and speakers to the mix of Bingo and movies. When asked about what she likes about her job, Leann responded, "What is there not to love! The stories, sharing all the things I love with others. Hoping that I can make someone's day, week or even month by planning activities they enjoy!"

The Food with Friends team work very hard to provide meals and fellowship for our older adult community. They all deserve a huge shout out for the great job they are doing!

Carmel Slebodnik, Nutrition Program Manager

Thanks Lindsay and CMU Audiology for all you do!



We are so proud of Lindsay Koberna, CMU Dr. of Audiology student who started our partnership program bringing free hearing aid cleaning clinics to Commission on Aging. She recently won the graduate student award for excellence in community partnership! **Save the date for our next Hearing Aid Clinic on Thursday, March 28 from 11:00 a.m. to 1:00 p.m. at COA!**

Caregiver Support Corner

*By Brandise Leonard, COA Caregiver Support Specialist/Trainer (989)772-0728
bleonard@isabellacounty.org*

Caregiver Support Group Is Tuesday, 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.

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**



Events & Classes

Computer/Tech Class at COA

Tuesday, February 6, 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

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 **RedCrossBlood.org** and enter sponsor code: **ISABELLA**. Or call 1-800-RED-CROSS (1-800-733-2767).

“Connecting with Cards” Card Making Class

Tuesday, January 30 and February 27 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.

SUPERBOWL PARTY



Friday, February 9 at 11:00a.m.

Cheer and Help Your Favorite Team!

Join us for Tailgate Snacks
Wear Your Favorite Team Colors

VALENTINE'S PARTY



Wednesday, Feb. 14

11:30 a.m. Treats

12:00 Lunch

12:30 Karaoke

Make your lunch reservation at least 24 hours in advance.

Call 772-0748

Coffee Hour with An Attorney

4th Wednesday of every month (January 24, February 28) 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!

Veterans Support Group at COA



The Veterans Support Group will meet on **Thursday, February 8 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 meeting for State Employee Retiree Association (SERA) **scheduled for February 15 has been cancelled.** This is one of the new schedules for 2024. There will be a meeting in March with a presentation from ICRH that was originally scheduled for last November. The board hopes everyone had a great Christmas and a safe New Years. Hopefully 2024 will be much better. Enjoy and hope to see you all on **Thursday, March 21, 2024 at 1:00 p.m.** If there are any questions, please feel free to contact Jackie Curtis at 989-772-0597 or jacurtis46irish@gmail.com.

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.

FREE Movie and Popcorn in Room C

Join us for *“Queen Bees”* on Friday, February 23 at 1:00 p.m. in Room C. PG13 1 hour 40 minutes

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls." Call Rhonda (989) 772-0748 to register.

Anyone Can Paint

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

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.*

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** *Instructor: Volunteer Led*

Hula Class ~ Thursday at 3:00 p.m. to 4:30 p.m. in COA Fitness Room Come learn the Hula as well as other Polynesian dances. The music and movements are fun to do. All ages and levels of ability are welcome. Wear comfortable clothing (barefoot optional).
Instructor: Sue Courington

Low Impact Aerobics ~ Monday, Wednesday and Friday at 10:00 a.m. to 10:45 a.m. in COA Fitness Room
Instructor: Peer Led

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: February 19, March 2 to 10, March 28 & 29.**

Water Aerobics

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

Aqua Zumba

Monday, Friday
9:05 a.m. – 10:05 a.m.
Instructor: Angela McGuirk

Yoga ~ Monday at 3:00 p.m. to 4:00 p.m. in COA Fitness Room Zen Yoga, with gentle range of motion movements, includes gentle holding positions for hips, lower back and shoulders.

Instructor: Catherine Tobin

Chair Yoga ~ Virtual

Wednesdays at 9:00 a.m. to 10:00 a.m. on Zoom. Chair Yoga is a version of yoga designed for older adults and those with physical challenges. It is for adults who wish to stay physically active and improve their fitness level.

Instructor: Carol Clute

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

Otago Exercise Class with CMU

Location: COA Fitness Room *Instructor: CMU Students*

- Tuesdays at 1:00 p.m. to 1:30 p.m.
- Wednesdays at 12:30 p.m. to 1:30 p.m.
- Thursdays at 8:30 a.m. to 9:30 a.m.

The Otago Exercise Program provides a safe and healthy environment where participants work alongside student exercise trainers to improve their balance and reduce their risk of falls. Together we can create a healthier and happier community. Due to increased interest and reaching maximum capacity in the exercise room, we added an additional session. This program is designed to be attended once weekly. **To sign up call or email:**

CMU College of Medicine

600 E. Preston St, Suite 028, Mt. Pl.

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

Email: fallprevention@cmich.edu

ISABELLA COUNTY 2.5 MILL GENERAL OPERATING LEVY BALLOT PROPOSAL

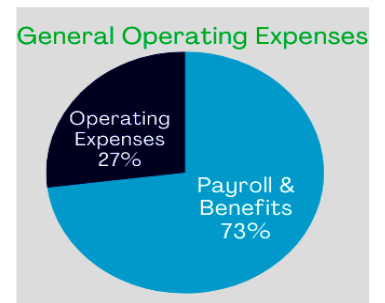
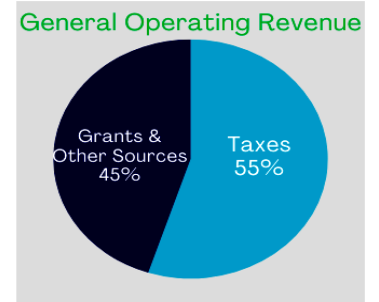


KNOW THE FACTS:

Isabella County has operated since 1978 with the same 6.61 mill General Operating Levy



- The passage of the proposed 2.5 mill General Operating Levy will ensure the continuation of current County services.
- The proposal for a 2.5 mill General Operating Levy increase is for 6 years.
- Taxes account for 55% of the County General Operating Revenue.
- Isabella County leadership has strategically leveraged tax dollars by securing more than \$53 million in outside grant funding and have been awarded nearly \$6 million by the Saginaw Chippewa Indian Tribe over the past decade.
- Isabella County currently employs 256 employees and has only seen a 3.5% increase in employees over the past decade. The new State mandated Public Defenders Office (est. 2019) employs 11 (or 4.2%) of those employees.
- 73% of all operating expenditures are for wages and benefits.
- 72% of all County employees are residents of Isabella County.
- Effective January 1, 2002, Isabella County leadership discontinued offering full pension programs to most new hires saving Isabella County hundreds of thousands of dollars annually.
- Isabella County employee healthcare cost-shares (portions funded paid by employees) have more than doubled in the past decade.
- Isabella County currently offers **NO** post-employment benefits to its retirees.



What will this cost a homeowner in Isabella County???

If your home is valued at \$100,000 (taxable value of \$50,000), the 2.5 mill operating levy increase would cost the homeowner **\$125** annually. If approved, most homeowners in Isabella County will pay **less than 55¢ per day**.

The Isabella County General Fund supports, in whole or in part the following departments: County Administration, Animal Control, Animal Shelter, the Board of Commissioners, the Central Michigan District Health Department, Community Development, Community Mental Health, County Clerk, Drain Commissioner, Emergency Management, Equalization, Facilities, GIS, Human Rights, Information Technology, Medical Examiner Services, MSU Extension, 4-H, Prosecuting Attorney, Public Defender’s Office, Recycling, Register of Deeds, Sheriff’s Office, Corrections, Road Patrol, Substance Abuse Services, County Treasurer, Isabella County Trial Court, and Veterans’ Affairs. (All of these departments provide a dynamic array of specialized services and programs serving all residents of Isabella County).



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.

For an appointment, call COA at 989-772-0748.

The Commission on Aging is taking appointments for the following sites:

***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.

You Can Report Scams and Frauds

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

Mount Pleasant Area Community Foundation Grant Award Presentation



Recently the Isabella County Commission on Aging Agency Director, Jennifer Crawford & Program Manager of In-Home Services, Jennifer Martin, were able to meet with Jaimie Capen-Cascaddan, Program Officer of the Mount Pleasant Area Community Foundation; in which they were presented with two checks for both the Durable Medical Equipment (DME) and Personal Emergency Response System (PERS) grants. These grants were awarded from the MPACF with the assistance of CMU grant writing students.

Also Pictured are Piper Passamani and Dylan Reisen, who were vital in assisting with writing the grant for DME. Our agency appreciates each and every one of those who helped to write the grant and to make it possible for older adults in our community to receive lifesaving equipment. Not pictured but a *special thank you* to Tina Lewis Kopka, Morgen Allen, Angela Wilson, Nina Ravindran, Samanda Mills, and Madison Mattack who could not be here. *Please know that our agency and community thanks you and we look forward to seeing the impact these students, their professor and the MPACF, will make on others for years to come.*

Updated COA Weather Policy

Out of an abundance of safety for those we serve, **the Isabella County Commission on Aging Activity Center and all meal sites will be closed when Mt. Pleasant Public Schools are closed due to inclement weather.** As a result, all meals, programs, activities, and classes taking place at the Commission on Aging and satellite meal sites will be cancelled on those days. Aqua classes will continue to follow CMU closings. **Please watch or listen for Mt. Pleasant Public School Closings on local tv and/or radio stations.**

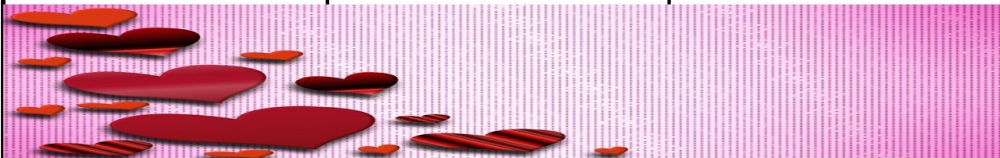


FEBRUARY

<p>9:00 Video Exercise Group 5 9:30 Tax Training 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee and Conversation 11:00 Gentle Exercise & 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 6:00 Alzheimer's Support Group</p>	<p>6 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 Computer/Tech Class 5:30 Board of Commissioners Mtg</p>	<p>7 9:00 Tax Preparation 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 12:00 COA Advisory Board Meeting 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers</p>
<p>9:00 Video Exercise Group 12 10:00 Dulcimer Group 10:00 Low-Impact Aerobics 10:00 Coffee & Conversation 11:00 Gentle Exercise 11:00 CMU Music Performance 11:30 Mardi Gras Celebration 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 2:30 Insurance Committee Meeting 3:00 Yoga 3:30 MOVE! For Health</p>	<p>13 8:00 Commission Committee Mtg 10:00 Needlecraft Mtg. & Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Fat Tuesday w/ Paczkis 12:45 Healthy Lifestyle Group 1:00 CMU Otaga Exercise Class 1:00 Cards 1:30 Mid Michigan Woodcrafters 4:00 Child Advocacy 5:00 PEO 5:30 Huntington Support Group</p>	<p>14 9:00 Tax Preparation 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 Valentine's Party w/ Karaoke 1:00 Happy Rippers 1:00 Between the Covers Book Club 2:00 Cards</p>
<p>19 Closed ~ No Meals </p>	<p>20 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 Cards 1:00 Caregiver Support 1:00 CMU Otaga Exercise Class 5:30 Board of Commissioners Mtg National Love Your Pet Day</p>	<p>21 9:00 Zoning Board of Appeals 9:00 Tax Preparation 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 Ice Cream Sundaes 1:00 Cards 1:00 Second Hand Book Club 5:00 MMARA</p>
<p>26 8:00 CMDHD 9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Low-Impact Aerobics 10:00 Coffee & Conversation 11:00 Gentle Exercise 11:00 CMU Music Performance 11:30 Monday Trivia 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 3:00 Yoga 3:30 MOVE! For Health</p>	<p>27 8:00 Commission Committee Mtg 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 2:00 Connecting with Cards</p>	<p>28 9:00 Tax Preparation 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 February Birthday Celebration 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 5:00 Parkinson's Support Group 7:00 Nancy Carey Cancer Support Group</p>

Thursday	Friday	Saturday Page 9
<p>1</p> <p>8:30 CMU Otaga Exercise Class 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>2</p> <p>9:00 Collaborative Meeting 9:30 Tax Training 10:00 Coffee and Conversation 10:00 Jam Session 10:00 Low-Impact Aerobics 11:00 Gentle Exercise & Word Search 1:00 Chippewa Nature Center: How Birds Survive Winter 1:00 Ukulele Group 2:00 Cards <i>National Wear Red Day for Women</i></p>	<p>3</p> <p>9:00 Community Church Group 10:00 Line Dancing</p>
<p>8</p> <p>8:30 CMU Otaga Exercise Class 9:00 Tax Preparation 10:00 Beginner Tai Chi 10:00 Coffee and Conversation 11:00 Word Search 11:30 Tai Chi Next Level 1:00 Veteran Support Group 1:00 Cards 3:00 Hula 4:30 VA Committee Meeting 6:30 Community Cancer Services 7:00 Planning Commission</p>	<p>9</p> <p>10:00 Coffee and Conversation 10:00 Jam Session 10:00 Low-Impact Aerobics 10:30 MRF Ad Hoc Committee 11:00 Superbowl Party 11:00 Gentle Exercise 12:00 Blood Drive 1:00 Ukulele Group 1:00 Cards <i>National Pizza Day ~ Enjoy!</i></p>	<p>10</p> <p>10:00 Line Dancing</p>
<p>15</p> <p>8:30 CMU Otaga Exercise Class 9:00 Tax Preparation 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 Cards 3:00 Hula</p>	<p>16</p> <p>8:00 MSU Extension 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>17</p> <p>8:00 Mid Michigan Quilt Guild 9:00 Charlene's Quilting Group 10:00 Line Dancing <i>National Random Acts of Kindness Day ~ Spread Kindness Everywhere</i></p>
<p>22</p> <p>8:30 CMU Otaga Exercise Class 8:30 Staff Meeting 9:00 Tax Preparation 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 6:00 CM Thin Blue Line</p>	<p>23</p> <p>9:00 Happy Rippers 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: "Queen Bees"</p>	<p>24</p> <p>9:00 Happy Rippers 10:00 Line Dancing</p>
<p>29</p> <p>8:30 CMU Otaga Exercise Class 9:00 Tax Preparation 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 <i>Happy 2024 Leap Year</i></p>	<p>"Peace is not something you wish for; It's something you make, something you do, something you are, and something you give away." <i>John Lennon</i></p>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>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</p> </div>

FWF Eat Smart Menu

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Reuben Casserole Oven Roasted Potatoes Carrots Fresh Orange Banana Pudding	2 Beef Stroganoff Bread / Peas Peach Crisp Milk
			5 Autumn Chicken Bread Squash Brussels Sprouts Applesauce / Milk	6 Cheeseburger Pasta Breadstick Tossed Salad Mandarin Oranges Milk
12 Beef w/Swt Peppers Bread Brown Rice Kyoto Vegetables Mixed Fruit / Milk	13 Chicken Salad Croissant Macaroni Salad Baby Carrots Grapes / Milk	14 Cod / Rice Pilaf Bread Normandy Veg. Blend Strawberries String Cheese	15 Chicken Cordon Bleu Casserole / Bread Scalloped Potatoes Brussel Sprouts Pineapple Tidbits	16 Salmon Patty Bread Au Gratin Potatoes Mixed Vegetables Peaches / Milk
19 Closed No Meals 	20 Polish Sausage Sauerkraut / Bread Cheesy Potatoes Carrots Pears / Milk	21 Egg & Cheese Cass. Cinnamon Roll Redskin Potatoes Sausage Link Berry Fruit Cup Milk	22 Turkey Cranberry Sandwich Broccoli Citrus Salad Yogurt Pears / Juice	23 Potato Crunch Fish Bread Au Gratin Potatoes Scalloped Tomatoes Apricots / Milk
26 Spanish Rice Bread Peas & Carrots Peaches Juice	27 Chicken Teriyaki Roll / Rice Cauliflower Pineapple & Oranges Milk	28 Baked Ham Roll Harvest Blend Veg. Green Beans Apple Crisp / Milk	29 Taco Salad Corn/Bean Fiesta Blend Mandarin Oranges Peanut Butter Brownie Milk	

Menus are Subject to Change Without Notice

Reservations are Required 24 Hours in Advance

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.

Happy February! This month brings several fun celebrations! Bingo is scheduled to return in March! Watch for dates!

1 Nutrition Education

2 Chippewa Nature Center Nature Program 1:00-2:00

9 Superbowl Celebration! Tailgate snacks will be served.

12 Mardi Gras Celebration! Wear your green, purple or gold!

13 Fat Tuesday, indulge in Paczkis!

14 Valentine's Day Party!

19 Closed for Presidents Day

21 Root Beer Floats at 12:30!

23 Music with Barb and Greg and

Movie & Popcorn "Queen Bees"

28 February Birthday Celebration! Cherry Chip Cake and Ice cream

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 February. Come join us!

Rosebush FEBRUARY Calendar

2 Laugh - In/Trivia/Nutrition Ed

5 Manicures

7 Music/Amanda Armstrong

9 Music/TBA/ Birthday Celebration/ Ice Cream Social

12 Bingo/Prizes

14 Valentine's Day Party/Music/ Mark DeNoyelles

16 Music/Greg Merwin

19 Closed for Presidents Day

21 Penny Bingo

23 Music/TBA

26 Music/Sam Lee

28 Craft

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

Please join us for Sit and Get Fit M-W-F at 10:00 a.m. and follow it with a nutritious lunch! We are celebrating Valentine's Day this month with Cake and Ice-Cream! Bring a guest and treat them to a great meal! The Fantastic Greg Merwin will be performing again on Friday the 2nd. There will be a fun craft day on Friday the 9th, with open crafts following. We have a great space for crafting! We are always looking for card players, if you enjoy a nice group of people and having a great lunch, call for reservations!

weidmanfoodwithfriends@gmail.com

Weidman FEBRUARY Calendar

- 2 Music: Greg Merwin
- 5 Baking Day
- 7 Nutrition Education, Open Craft Day
- 9 Special Craft and Open Craft Day
- 12 Coffee and Conversation
- 14 Valentine's Party! Cake & Ice cream
- 16 Dominos and Yahtzee
- 19 Closed for Presidents Day**
- 21 Euchre
- 23 Bingo with Prizes
- 26 Cards: Golf, Trash and Rummy
- 28 Movie and Popcorn

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

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

Please join us for coffee and conversation each day at 10:00 a.m. We have a great group attending Shepherd and we would love to have more!

shepherdfoodwithfriends@gmail.com

Shepherd FEBRUARY Calendar

- 2 Veterans Group and Ground Hog Day Bingo
- 5 Healthy Living New Year Resolutions, Nutrition Ed and Cards
- 7 Movie: Groundhog Day at 11:00
- 9 Super Bowl party at 11:00, wear your team colors!
- 12 Healthy Living, February Birthday Celebrations
- 14 Valentine's Party with Music: Al Bartholemew
- 16 Valentine Bingo at 12:30
- 19 Closed for Presidents Day**
- 21 12:15 Guest Speaker
- 23 Bingo 12:30
- 26 Johnny Cash's Birthday Trivia, Movie: *Walk the Line* at 11:00
- 28 Music: Greg Merwin 12:30



Please call 24 hours in advance for reservations. All other questions can be directed to the site Facilitator (FCLTR) at the phone number or email listed for each site.

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**.

Free Educational Session: "Navigating Downsizing: A Guide for Aging Adults" Tuesday, March 12, from 12:30 p.m. to 1:30 p.m. in COA Room B

Learn the benefits of downsizing and simplifying your home and belongings for a more manageable, stress-free lifestyle. Home Organizer, Mona Cotton will share downsizing options and strategies, discuss ways for overcoming emotional challenges, and offer ways to navigate a move and transition to a smaller space and new community. Participants who also want lunch at 12pm should call COA 24 hours in advance to make a reservation – (989) 772-0748. Suggested donation of \$2.50 for those over 60 and \$5 for those under.

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!

Weidman Sr. Friend of the Month *By Sue Preuss*

Diane Scbenick of Beal City is the Weidman Sr. Center Friend of the Month. Born in Tecumseh, Michigan, Diane moved here about 30 years ago. She's married and has 2 bonus daughters, 2 granddaughters and 1 great grandson. Retired from AAA where she worked as a travel agent for over 25 years, she said it was a fun job that provided her the opportunity for a lot of great travel adventures. Health issues prevent her from being able to travel now, but since retiring she spent time volunteering at the COA and participating in water aerobics.

As of today, she enjoys growing flowers in spite of what she describes as no talent and the ability to kill a plant quickly. She also enjoys attending the Weidman Sit & Get fit classes. In talking about what it is that she would tell others is a good reason to visit the center, she explained that it's the fun with the other people. She encourages everyone to come check it out and join in the comradery just as she did. She also said she hopes everyone enjoyed the holidays and has a happy, healthy new year and hopes to see new faces and meet new friends soon!

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.

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

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

Isabella County Commission on Aging Durable Medical Equipment Storage Closet



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

***FOR INFORMATION ON EQUIPMENT AND SERVICES, PLEASE CALL: 989-772-0748**

Durable Medical Equipment Available:

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



Alzheimer's Association Caregiver Support Group

Meets 1st Monday (Feb. 5) 6:00 to 7:30 p.m. at COA, 2200 S. Lincoln Rd, Mt Pleasant in Room C (the lunchroom and Craft Room. Complimentary care for your person living with dementia provided onsite during the meeting by Asona Home Health Care (call Asona at **(989) 546-4269** with any questions or concerns about special needs).

For more information or to register for your first time attending, contact Susan at **(231) 267-6119** or slevans@alz.org. Visit alz.org/gmc/helping_you to learn more about caregiver programs and resources or call the 24/7 Helpline at **(800) 272-3900**.

COA Book Clubs

Between the Covers and Second Hand Book Clubs are both currently full, please call **Marcy at (989) 772-0748** for waiting list information. The commitment to meet monthly is encouraged.

-
- Save the Dates: Subject to Change**
 - Hearing Aid Clinic - March 28**
 - Polio Support Group Returns April 17**
 - Earth Day Planting Event – April 12**
 - Health Fair – May 16**
 - Senior Prom – May 30**
-

Chippewa Valley Audubon Club

The Chippewa Valley Audubon Club will be meeting **Wednesday, Feb. 14 at 7:00 p.m. at Veterans Memorial Library.** Stan Lilly, club member, will present pictures of his birding trip to the Medellin area of Colombia. Local endemic birds as well as a variety of birds found in the Andes will be discussed.

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!

Nancy Carey Cancer Support Group:

Our regular monthly meetings will resume at COA on Wednesday, January 31, Feb. 28 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.

ncarey.cancer.group@gmail.com

Grief Share Support Group

Grief Share Support Group meets on Thursdays at 1:00 p.m. at the Mount Pleasant Community Church – 1400 W. Broomfield Rd. Mt. Pleasant. For information, call or text Facilitator: Claudia Wood at 989-600-3402 or email griefsharemp@gmail.com. Need another day or time? Please 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: haineljj@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, February 13)

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, February 21 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.

Every Wednesday, March 20 through May 8 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.

In Memory Of

David Blizzard – Marine
Dan & Roni Howard



Jerry Pickler
Monica Tilmann

Tom Cashen
Ellen Peterson

Kathleen Pohl
Ellen Peterson

Bonnie Chubb
John & Jane Morey

Vera Straus
Rick & Linda Schudiske

Alma Dickerson
Derek & Theresa Turner

Al Thomas
Walter Schneider

Mary Jane Fisher
Joan Whitmore

For Active Living
Joe Epple
Jeanne Epple

Frank & Marguerite Foglesong
Andrea Ackels

For Food With Friends
Thomas Cashen
Delores Cluley-Lockwood

Mrs. Dorothy A. Hedgcock
Sharon Hedgcock

John “Jack” Karr
Delores Cluley-Lockwood

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Patricia “Pat” King
Delores Cluley-Lockwood

Arlene Landon
Lloyd Landon

Vera Straus
Delores Cluley-Lockwood

David Ling
Mary Jo Doyle
Sue Khoury
Ron & Carolyn Lutz

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Dolores Cluley-Lockwood	Jim & Carol Wojcik

Volunteers Needed!

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

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

Shepherd Site: Monday, Wednesday, or Friday

Winn Site: Wednesday

Helping Hands: Assist with minor home repairs and modifications related to safety in older adult’s homes such as: changing light bulbs, installing smoke and/or CO2 detectors, installing grab bars/hand rails, or 911 address signs in the yard. (Will not consist of: electrical, plumbing, or major building projects). Materials are provided and mileage reimbursement is available.

Contact Kelly Lee at the COA to sign up!
klee@isabellacounty.org or 989-772-0748.

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 March issue, please send the information by February 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 FEBRUARY 2024 Issue

Please Help Have a Heart	1
Director's Comments	2
From Your COA Specialists	2
Medicare Health Insurance	2
Mission Moments	3
Events & Classes	4, 5
County Millage Proposal	6
FREE Tax Preparation	7
MPACF Grant Award	7
Updated Weather Policy	7
Activity Center Calendar	8, 9
FWF Menu & Site Activities	10, 11
Save the Dates, Book Clubs	12
Screenings, Groups	12, 13
Memorials & Donations	14
Volunteers Needed	14
Temporarily Away	15

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

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 Friends of Isabella Seniors**

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

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

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

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