

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

Save the Dates:

Subject to Change

**Fabric Easter Egg
Workshop ~ March 7**

**Navigating Downsizing
~ March 12**

**St Patrick's
Celebration ~ March 15**

**CMU Music
Performance ~ March 18
& March 25**

**Movie & Popcorn ~
March 22**

**FREE Hearing Aids
Cleaning Clinic ~ March 28**

**Earth Day Planting
Event ~ April 12**

**Polio Support Group ~
Returns April 17**

**AARP Smart Driver
Course ~ April 25**

**Turkeyville Presents:
Oklahoma ~ May 7**

**Health, Wellness &
Volunteer Expo ~
May 16**

Senior Prom ~ May 30

2024 Active Living Campaign

Submitted by Kathy House, FOIS Board Member

Active Living, the monthly, 16-page newspaper produced by Friends of Isabella Seniors (FOIS), a 501c3 non-profit organization that supports the programs and services of the Isabella County Commission on Aging (COA), is mailed to over 3,300 homes in and around Isabella County. The newspaper showcases the programs and services of the COA and also promotes activities and events planned for the month, such as exercise classes, special events, educational programs, and the Food with Friends menu and meal site activities, in addition to so much more.

When distribution of the monthly newspaper first began in 1972, it was titled Isabella Senior News, and it was mailed to approximately 950 residents. At that time, the paper was a 4-page, mimeographed newspaper. In 1974 the publication was increased to 12 pages, and at the time, the mailing list increased to approximately 3,200 homes. Isabella Senior News transitioned to the current Active Living that is still in production.

For more than 50 years, this informative monthly publication has been delivered to the homes of older adults throughout the county and beyond. From the very beginning, the cost of the production and delivery of the newspaper has been supported by donations of Active Living recipients and supplemented by funds of Friends of Isabella Seniors. With increases in both printing and postage, the cost to produce the monthly paper has increased drastically throughout the past several years, and unfortunately, the donations received annually to support Active Living are no longer keeping pace with the cost of printing and mailing. **In 2023, the total annual cost for postage and printing of the paper was \$24,462, while the donations received to support Active Living, totaled \$9,803, a deficit of \$14,659.** Friends of Isabella Seniors is requesting your help in supporting the cost of Active Living for 2024 – the suggested annual donation amount is \$20.



Thank you for your support!

YES, I Want to Support Active Living!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

I would like to donate in the amount of \$ _____

Please keep my donation anonymous.

Please make checks payable to: FOIS – Active Living

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

COA Director's Comments



Spring is so close... while it might not feel like it quite yet, March 20 marks the official first day of spring. Over the last several years, you have seen me write about my love for spring and all that comes with it... especially baseball! Our oldest son is now in his junior year of college, playing baseball at Northwood University! We are so excited to cheer on those Timberwolves, and of course, I will not forget about my Detroit Tigers! This spring we also have a new spring sport in our family that we are very excited about – our youngest son, who is a freshman in high school, will be competing in his first year of golf! We are thrilled and are bursting with pride for both of our boys! What a busy, but super fun spring we will have!

In addition to my home family, I am also so fortunate to have a work family! I am so blessed to work alongside an amazing team at the Isabella County Commission on Aging. Every member of our team is vital to our success, bringing unique qualities, experience, knowledge, and above all else a genuine passion for helping others. The staff at the COA truly care about those we serve and go above and beyond to provide the best service possible.

Friday, March 1 is Employee Appreciation Day! I would like to take this opportunity to express my sincere appreciation to our entire Isabella County Commission on Aging Family. Your passion and dedication to those we serve is an inspiration, and I am honored to have the opportunity to work with each and every one of you. **THANK YOU FOR ALL THAT YOU DO!**

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

Lunch and Learn Medicare Seminars are at COA in the 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, Case Manager for 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: March 19, April 16, May 21, June 18, July 16, August 20, September 17.



Meet Chrystal Marshall



Hi! I'd like to introduce myself. My name is Chrystal, and I am the new **Program Manager for In-Home Services, here at the COA.** I'm very excited to be a part of such an amazing organization!

Last April, I took a leap of faith and moved here from Northern California to be closer to my grandchildren. I've worked in the medical field for many years earning my Master's Degree in Health Administration along the way. I applied and was hired in August as a Personal Aide. I enjoyed working in the field and helping clients with their needs. I took another leap of

faith and applied for the position of In-Home Program Manager. I was offered the position and began February 1. I am very grateful to be working with like-minded people who are committed to serving this community and those in need. I look forward to continue my passion for caring for families and their loved ones in this capacity.

Chrystal Marshall, In Home Services Program Manager

SENIOR PARTNERS NEEDED!

Calling all Seniors interested in helping
at Central Michigan University!

Serve at the Student Activity Center as a Senior Partner through Commission on Aging to assist with facility access, monitor IDs, or perform clerical projects.

Enjoy interacting with college students while making a difference at CMU.

Commitment of 4 hours per week includes access to Student Activity Center.



UNIVERSITY RECREATION
CENTRAL MICHIGAN UNIVERSITY

&

**COA
Gold Key
Volunteers**

Volunteer Program

APPLY NOW!



Contact Kelly at Commission on Aging:
2200 South Lincoln Road Mt. Pleasant, MI 48858
989-772-0748
klee@isabellacounty.org

Mission Moments



The Foster Grandparent and Senior Companion programs had a great 2023! We had 33 Foster Grandparents, who served over 30,000 hours, and mentored over 180 students. As for our Senior Companions, in 2023 we had 22 volunteers who served over 15,000 hours and socialized 122 clients. We oriented 8 new volunteers and 3 new community partners. Our in-service trainings were educational with the help of community speakers, and our volunteer recognitions fun with great entertainment!

One of our biggest highlights of the year was Foster Grandparent Volunteer, Eleanor Lopez who received the Governor Service Award for Older Adult Volunteer of the Year! Eleanor has been a Foster Grandparent volunteer since 2009, and she has served over 15,000 volunteer hours. Currently, she is serving at Victory Child Care & Learning Center. Grandma

Eleanor provides unconditional love, and support to the children and assists in building social-emotional skills, language development and motor skills. We are so proud of Grandma Eleanor for this accomplishment! We expect 2024 to be another wonderful year, and look forward to all the success our volunteers bring to their communities!

Brandi Knivila, Foster Grandparent/Senior Companion Programs Manager



Fabric Easter Egg Workshop

Make a fabric covered Styrofoam egg, decorated with ribbon. No sewing involved. All materials will be provided. **Your Leader is Karen Norman on Thursday, March 7 from 1:00 p.m. to 3:00p.m. in the COA Craft Room. \$10 per person** which covers material costs. **Call Marcy Huntoon to register: (989) 772-0748. Must be paid in advance – checks made payable to FOIS.** Max number of participants is 10, so please reserve your spot early!

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.

Caregiver Support Corner

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

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

Spring into Fun in Michigan

Spring can be a lot of fun! However, here in Michigan sometimes we call it mud season. We're all happy to see the sunshine, the flowers and those robins. Take time to shake off your winter blues and enjoy some relaxation time by getting outside and watching for those beautiful robins. They let us know spring has officially arrived.

If you can't get outside this is something you can do from your window. Get yourself some birdseed and feed the birds off your front or back porch. You can even find some cute window birdfeeders that can be placed right up against your window so you can get a closer look at the birds while they enjoy their feeding time.

Below is an example of a window birdfeeder. They can be purchased at your local hardware store or Amazon for around \$10.



Happy Spring!

Let's all watch for those North American red breasted robins to make their 2024 appearance.

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.

Join Healthy Lifestyles Group on **Tuesday, March 5 from 12:30 p.m. to 1:30 p.m.** for a presentation by Dr. Tamara Slusher, Chiropractor at Mission Family Chiropractic Center. Dr. Slusher will be here to speak on and demonstrate exercises and Ergonomics for seniors."

Chippewa Valley Audubon Club

The Chippewa Valley Audubon Club will meet on **Wednesday, March 13, 7:00 p.m., at the Veterans Memorial Library.**

Ryan Dziedzic, ornithologist, will explore the breeding warblers of Michigan including their habitats, distribution and places to observe them. Refreshments served.

Events & Classes

Computer/Tech Class at COA

Tuesday, March 5, at 2:00 to 3:00 p.m. in Craft Room

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

Sponsored by Veterans Memorial Library

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 Noon 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 60.

Mt. Pleasant Garden Club The Mt. Pleasant Garden Club will host author Sally Wenzel on **Monday, March 18 at 1:00 p.m. at COA** for her presentation titled "Let's Build a Rain Garden!" She will use her book to illustrate building a rain garden, followed by a deeper dive into Great Lakes Region native plants, green infrastructure and stormwater management. Everyone is welcome! It's a perfect opportunity to think spring!

"Connecting with Cards" Card Making Class

Tuesday, March 26 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.

MOVE! For Health ***NO CLASS March 4

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 (February 28, March 27) 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!

Anyone Can Paint

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

Veterans Support Group at COA



The Veterans Support Group will meet on **Thursday, March 14 from 1:00 p.m. to 2:00 p.m. in the COA Craft Room.** Veterans can eat lunch **FREE** on meeting days, please make your lunch reservation at least 24 hours in advance by calling (989) 772-0748.

Mahjonn at COA ~ Join our Mahjonn group on **Mondays at 12:30 p.m.** and make new friends! Bring your 2024 card and Mahjonn set if you have them. Instruction provided for newcomers!

State Employee Retiree Assoc. (SERA)

The meeting for State Employee Retiree Association (SERA) is scheduled for **Thursday, March 21, at 1:00 p.m. at the Commission on Aging.** The presentation will be a representative from ICRH (Isabella County Restoration House) that was originally scheduled for last November. The board hopes everyone had a great Christmas and a safe New Year. Due to the weather our January meeting was cancelled at the last minute, because the representative from BC/BS could not get here from Detroit. I am sorry for the confusion. If there is a program that you plan on attending, please feel free to contact me and let me know. Several of those presenting programs would like to know how many are coming so they know how many booklets to bring for that presentation. Enjoy and hope to see you all on **March 21 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.

FREE Movie and Popcorn in Room C

Mission impossible: Dead Reckoning

Ethan Hunt and the IMF team must track down a terrifying new weapon that threatens all of humanity if it falls into the wrong hands. With control of the future and the fate of the world at stake, a deadly race around the globe begins. Confronted by a mysterious, all-powerful enemy, Ethan is forced to consider that nothing can matter more than the mission -- not even the lives of those he cares about most. **PG-13 2hr 43min Friday, March 22 at 1:00p.m. COA Room C Call Rhonda (989) 772-0748 to register.**

FREE Hearing Aids Cleaning Clinic

Provided by CMU Students:

Thursday, March 28, 11:00 a.m. to 1:00 p.m. at COA

Cost: None Services Provided: Basic hearing aid cleanings

Are you having difficulty with your hearing aids? Would you like to have your hearing aids checked and cleaned? Do you need some tips on how to care for your hearing aids at home? Come to the Commission on Aging to have your hearing aids cleaned by Central Michigan University Doctor of Audiology student volunteers! The students will be supervised by a licensed audiologist during the duration of the event. Any recommendations for further hearing aid services will be referred back to each participant's practicing audiologist. A consent form will be provided for each participant to sign acknowledging all services are voluntary and are performed by students.

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 Thurs., March 7**

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. *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: March 4 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

**NO CLASS
MARCH 4 TO 8**

Thanks, Everyone for Having a Heart!

The Commission on Aging and Friends of Isabella Seniors are excited to announce that with the help of your monetary donations and donations of time and talent, we were able to give Have a Heart packages to **115** older adult residents in Isabella County!



DONORS

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 Royal & Eleanor Baker
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*Isabella County Register
 of Deeds* – Betty Wright,
 Trudi Shattuck,
 Alice Harris &
 Karen Jackson

In Honor of..

Norman Donnini
 Anonymous
Mike Foust
 Fran Foust
**All in Need of Help in
 the County**
 Marilyn Landane
Our Family
 Greg & Carole Merwin

In Memory of..

Greg Baderschneider
 Pattie Baderschneider
Gene Battjes
 Richard & Diana Moreau
Lynn Bragg
 Kathy Fransted
**Mary Jane &
 Don Brown**
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Leila Butler
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 Jennifer Caldwell
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 Mary Lou Duffy**
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Ann Keenan
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 Joan Whitmore
Joe Kelso
 Joan Whitmore
Darcy Lapham
 Neil & Linda Hopp
Harry Leonard
 Dawn Quidort
Max & Joanne Lovejoy
 Janet Graham
Helen Miller
 Mt. Pleasant Arbor of
 Gleanors
Martha Mogg
 Dan & Roni Howard
 Mt. Pleasant Arbor of
 Gleanors
Mary L Molson
 Francis Molson
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Rose Neff
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Denny Waggoner
 Agnes Waggoner

Ronald Wawersik
 Dale & Mary Ann
 Wawersik
Jack Westbrook
 Sharron Dodge
Gary Whitmore
 Joan Whitmore
Carolyn Wilson
 William Wilson
Our Parents
 Rick & Linda Schudiske

Along with the generous community donations, we also have many community members and volunteers who graced our packages with great handmade Valentines, cards, and needle-crafted items. We would like to extend a big **THANK YOU** to the following groups and individuals who helped us make the packages extra special this year:

- *Gold Key Volunteers
- *Aim High 4H-Club
- *Beal City Students
- *CMU Students
- *Illuminate Homeschool Co-op/
 Teacher Miss Julia
- *Sacred Heart Students
- *Shepherd Elementary Students
- *Edward Jones



Free Tax Preparation

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 Isabella County sites are BY APPOINTMENT ONLY.
For an appointment, call COA at 989-772-0748.

COA is taking appointments for 3 sites:

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

REMINDER:

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.

AARP Smart Driver Course

Thursday, April 25 from 8:15 a.m. to 4:30 p.m., in Room B at COA. \$20 for AARP members / \$25 for non-members You will pay the day of class. There will be a 30-minute lunch break, we offer lunch at COA. \$2.50 for those over 60, \$5.00 for those under. Please indicate when you sign up whether you plan to have lunch at COA. To Register call or email Marcy Huntoon (989) 772-0748 or mjerome@isabellacounty.org

Travel with COA

Turkeyville Presents: *Oklahoma* Tuesday, May 7

Motorcoach will depart the COA at 9:15 a.m. Buffet style turkey dinner served at noon. The show will start at 2:00 p.m. Price: \$80 per person includes motorcoach transportation, buffet style turkey dinner, show ticket, and all tips. **Money and reservations due Friday, April 5.** To make a reservation, please contact: Marcy Huntoon (989) 772-0748 or email at mjerome@isabellacounty.org

Set in the western territory of Oklahoma as it was aspiring to statehood, this beloved musical that changed Broadway forever tells the story of cowhands and farmers struggling to build a future, and find love, in a hard world. Featuring favorites such as "Oh, What a Beautiful Mornin'," "I'm Just a Girl Who Cain't Say No," and of course the boot-stompin', show-stoppin' title number, this is a show you do NOT want to miss!

There will be some time when we first arrive and before the start of the show to browse the gift shop. We should arrive back to COA around 6:00 p.m.

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

Red Dress Day

A coalition of representatives from the Saginaw Chippewa Indian Tribe, the Zonta Club of Mt Pleasant, RISE Advocacy, and McLaren Hospital are joining together to recognize the **National Day of Remembrance for Missing and Murdered Indigenous Women**, also known as **Red Dress Day**, on **Sunday, May 5**. In order to create several Red Dress Day displays in our community we need to collect over 150 red dresses. We are seeking clean, new or gently used, dresses. They can be any size, any length, and any design. They can be homemade or store purchases. If you, or someone you know, has a red dress that is no longer needed, or is willing to sew a simple dress, please consider donating it to this project.






Donations can be dropped off at Trillium Fine Clothing at 125 E Broadway, the ICDC Thrift Shop at 1008 W. High Street, the Commission on Aging at 2200 S Lincoln Rd., the Saginaw Chippewa Indian Tribe Behavioral Health Center at 2800 S Shepherd Rd., or McLaren Hospital at 1221 S. Drive, Mt. Pleasant.

Joint Fundraiser

The Zonta Club of Mt Pleasant and the Friends of Veterans Memorial Library will hold a joint fundraiser on Saturday, April 13, from 9:00 a.m. to 3:00 p.m. This rummage and book sale will take place in the Veterans Memorial Library Annex at 301 S. University. Clothing, household items, books, and more will be for sale. Proceeds benefit the service projects of the Zonta Club and the Friends of Veterans Memorial Library. **Donations for the sale can be dropped off on Friday, April 12 from noon until 5:30 p.m. in the library annex.** Books may be donated to the library any time prior to the event. For questions regarding donations or the sale, contact Ruth Helwig at 989-773-9813 or email zontamtpleasant@gmail.com.

Page 8 Monday	Tuesday	Wednesday
		<p>Food with Friends Lunch Monday thru Friday at 12:00 p.m. in Activity Room C. See our Menu on pg. 10</p> <p>Lunch Activities in bold—Rm C</p>
<p>9:00 Video Exercise Group 4 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 12:00 CMDHD 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 5:00 Human Rights Committee Meeting 6:00 Alzheimer's Support Group</p>	<p>5 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>6 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 1:00 Cards 1:00 Happy Rippers</p>
<p>11 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 Monday Trivia 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>12 8:00 Commission Committee Mtgs 10:00 Needlecraft Meeting 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:30 Downsizing Presentation 12:45 Healthy Lifestyle Group 1:00 CMU Otaga Exercise Class 1:00 Cards 1:30 Mid Michigan Woodcrafters 5:00 PEO 5:30 Huntington Support Group</p>	<p>13 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 1:00 Cards 1:00 Happy Rippers 1:00 Between the Covers Book Club</p>
<p>18 8:00 Sheriff's Department 9:00 Video Exercise Group 10:00 Dulcimer Group & Low-Impact 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 Caregiver Support Group 1:00 Mt. Pleasant Garden Club 1:00 Faith Weavers Group 3:00 Yoga 3:30 MOVE! For Health</p>	<p>19 8:30 FOIS Meeting 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group 12:00 Medicare Seminar 1:00 Cards 1:00 CMU Otaga Exercise Class 5:30 Board of Commissioners Mtg</p>	<p>20 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 Root beer floats 1:00 Cards 1:00 Happy Rippers 1:00 Second Hand Book Club 5:00 MMARA 6:00 Faith Weavers</p> <div style="text-align: right;"> <p>First Day Of Spring</p>  </div>
<p>25 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 MOVE! For Health 3:00 Yoga</p>	<p>26 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>27 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 March 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>Build someone up. Put their insecurities to sleep. Remind them they're worthy. Tell them they're incredible. Be a light in a too often dim world.</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 Music with Kevin Bendele 1:00 Ukulele Group 1:00 Bingo 2:00 Cards</p>	<p>9:00 Community Church Group 10:00 Line Dancing</p>
<p>9:00 Tax Preparation 10:00 Coffee and Conversation 11:00 Word Search 11:30 Nutrition Education 1:00 Fabric Easter Egg Workshop 1:00 Cards 3:00 Hula 6:30 Isabella County Democratic Party</p>	<p>10:00 Coffee and Conversation 10:00 Jam Session 10:00 Low-Impact Aerobics 10:30 MRF Ad Hoc Committee 11:00 Gentle Exercise 1:00 Ukulele Group 1:00 Bingo 2:00 Cards</p>	<p>8:00 Mid Michigan Quilt Guild 10:00 Line Dancing</p> <p>Don't forget to set your clocks ahead one hour before you go to bed. Daylight Savings Time begins on Sunday, March 10 at 3:00 a.m.</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 Veterans Support Group 1:00 Cards 3:00 Hula 4:00 VA Committee Meeting 4:00 FGSPSCP Advisory Board Meeting 6:00 Planning Commission 6:30 Community Cancer Services 6:30 Mt Pleasant Citizens Climate Lobby</p>	<p>9:30 FGP/SCP In-Service 10:00 Coffee and Conversation 10:00 Jam Session 10:00 Low-Impact Aerobics 11:00 St. Patrick's Day Celebration 11:00 Gentle Exercise 1:00 Ukulele Group 1:00 Cards</p>	<p>10:00 Line Dancing</p>
<p>8:30 CMU Otaga Exercise Class 9:00 Tax Preparation 10:00 Coffee and Conversation 10:00 Learn to Crochet 10:00 Beginner Tai Chi 11:00 Word Search 11:30 Tai Chi Next Level 1:00 Cards 1:00 SERA Meeting 3:00 Hula</p>	<p>9:00 Happy Rippers 10:00 Coffee and Conversation 10:00 Jam Session 10:00 Low-Impact Aerobics 11:00 Music with Greg Merwin 11:00 Gentle Exercise 1:00 Ukulele Group 1:00 Movie & Popcorn: <i>"Mission Impossible: Dead Reckoning"</i></p>	<p>9:00 Happy Rippers 10:00 Line Dancing</p>
<p>8:30 CMU Otaga Exercise Class 9:00 Tax Preparation 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Hearing Aids Cleaning Clinic 11:00 Word Search 1:00 Cards 3:00 Hula</p>	<p>10:00 Low-Impact Aerobics 11:00 Gentle Exercise</p> <p style="text-align: center;">COA Closes at Noon for Good Friday No Meals</p>	<p>10:00 Line Dancing</p>  <p style="text-align: center;">If we all do one random act of kindness daily, we just might set the world in the right direction. Martin Kornfeld</p>

Please direct all meal reservations to the COA Main office 989-772-0748, and ask for the Meals Line. Please indicate which site you are referring to when leaving a message. Please call 24

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

FWF Eat Smart Menu

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				
4 Sloppy Joe/Bun Mixed Vegetables Sweet Potato Fries Peaches and Pears	5 Corn Chowder Biscuit Tossed Salad Oatmeal Apple Crisp Strawberry Yogurt	6 Chicken Broc. Cheese Bread Baked Potato Broccoli Berry Fruit Cup	7 Italian Meatloaf Company Potatoes Peas & Carrots Strawberries Strawb. Cr. Cheese Brownie	1 Macaroni and Cheese Bread California Blend Peas Chocolate Chip Cookie
11 Chili Cornbread Baked Potato Mixed Fruit Cup	12 Chinese Pepper Steak Brown Rice Brussels Sprouts Peaches Goldfish Grahams	13 Turkey Loaf Bread / Squash Green Beans & Mush- rooms Berry Fruit Cup	14 Lemon Baked Chicken Dinner Roll Au gratin Potatoes Seasoned Broccoli Berry Pear Crisp	15 Tuna Salad Baby Carrots Cabbage slaw Strawberries String Cheese
18 Pork Chop Bread Scalloped Potatoes Spinach Cinn. Applesauce	19 Spanish Chicken Bread Yellow Beans Whipped Potatoes Cherry Crisp	20 Beef Stew Dinner Roll Malibu Vegetable Blend Pineapple Tidbits	21 Veal Parmesan Rotini Garlic Bread Knot Italian Blend Mandarin Oranges	22 Lemon Baked Cod Bread Peas & Carrots Cheesy Potatoes Fruit Cocktail
25 White Chicken Chili Cornbread Peas Pineapple & Oranges	26 Baked Spaghetti Cheese Breadstick Tossed Salad Tropical Fruit	27 BBQ Chicken Breast Bread Parsley Potatoes Winter Blend Peas	28 Harvest Stew Biscuit Spinach side salad Apricots Gingersnap Cookie	29 French Toast Bake Redskin Potatoes Strawberry Yogurt Fresh Orange

Menus are Subject to Change Without Notice
 Reservations are Required 24 Hours in Advance

Milk provided with all meal
 Suggested Donation \$2.5

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 March with warmer weather on the way!
 Bingo is returning this month! The month of March is
 packed with entertainment and a St. Patrick's Day
 celebration! Don't forget to wear your green! We will
 have our regular activities with a few specials each
 week.

COA March Calendar

- 1 Bingo!
- 7 Nutrition Education
- 8 Bingo!
- 12 Navigating Downsizing-a Special Presentation
- 14 Veterans Support Group
- 15 St. Patrick's Day Celebration! Wear Green!
- 18 CMU Music Performance
- 20 Root Beer Floats
- 22 Music with Greg Merwin and Movie Day!
- 25 CMU Music Performance
- 27 Birthday Celebration!
- 28 Hearing Aids Cleaning Clinic
- 29 Good Friday: Close at Noon / No Meals

FOOD WITH FRIENDS PUNCH CARDS!

\$10.00 FOR 5 MEALS

\$20.00 FOR 10 MEALS

You can ask your Site Facilitator for more information!

The Punch Cards are purchased at the Commission On Aging Bldg., 2200 S. Lincoln Rd., Mt. Peasant.

Great for holidays 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 March. Come join us!

Rosebush MARCH Calendar

- 1 Music/TBA/ Nutrition Ed
- 4 Manicures
- 6 Music/Amanda Armstring
- 8 Music/ Kevin Bendele/Ice Cream Social/ Birthdays
- 11 Red Hat Strutters
- 13 Music/Mark DeNoyelles
- 15 St Patrick's Day Party/Music/ Greg Merwin
- 18 Music/Just the 2 of Us
- 20 Laugh-In Trivia
- 22 Music/TBA
- 25 Music/Sam Lee
- 27 Dancing Dogs
- 29 Closed / Good Friday

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

Can you believe it is almost spring! Time to start planting your seeds indoors. We have to start your seeds indoors. We have some great music scheduled for the month. Don't forget to spring forward on March 10. Come out for our Easter craft. Or bring your own to make here. Please call to reserve your supplies and lunch!

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

- 1 Music: Greg Merwin
- 4 Cards: Various
- 6 New! Book Club and Nutrition Education
- 8 Bingo and Brownies!
- 11 Dominos
- 13 Music: Kevin Bendele
- 15 Craft Day—Open Crafts!
- 18 Spring Time Movie and Popcorn
- 20 Ice Cream Social!
- 22 Cards: Golf and Euchre
- 25 Music: Michelle Rand
- 27 Planting Spring Seeds
- 29 Good Friday: No Meals**

SHEPHERD

UNITED METHODIST CHURCH,

107 W. Wright Ave., Shepherd

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

Leann Vanacker, Site Facilitator

989-828-5106

"Spring is when life's alive with everything," Christina Rossetti Please join us for Coffee and Conversation each morning from 10 a.m. until noon.

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

- 1 Veterans Group, Bingo 12:30
- 4 Healthy Living, Nutrition Education and Card Games
- 6 12:00 Guest Speaker: 10 Warning Signs of Alzheimer's Disease
- 8 Birthday Celebration and Bingo 12:30
- 11 Healthy Living-chair exercises
- 13 Music: Kevin Bendele
- 15 Bingo 12:30
- 18 Healthy Living with exercise, Cards
- 20 12:30 Music: Greg Merwin
- 22 12:30 Spring Bingo
- 25 11:00 Music: Al Bartholemew
- 27 12:30 Therapy Dogs
- 29 Good Friday: No Meals**

WINN

COMMUNITY BUILDING

2583 W. Blanchard Road, Winn

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

Tammy Foltz, Site Facilitator

989-866-2520

Spring is in the air and Winn is ready to share new activities and new entertainment! Join our group and start your spring with a smile!

Winnfoodwithfriends@gmail.com**Winn MARCH Calendar**

- 1 St. Patrick's Bingo and Treat
- 4 Movie Day: Field of Dreams, Green Popcorn Day
- 6 Music: Midnight Express, Nutrition Education
- 8 Cards, Planting Spring Flowers
- 10 Bingo, Craft Day Puzzle Shamrock Wreath
- 13 Music: Greg Merwin
- 15 Movie: Far and Away, Shamrock Milk Shake Day
- 18 Elvis Presley Day: Games, Music and More
- 20 New Music Group: Play N Folk, starring Bill and Jane
- 22 National Goof Off Day: Cards, Bingo and Corn Hole
- 25 Easter Craft: Make and Easter Basket
- 27 Music: Kevin Bendele
- 29 Good Friday: No Meals**



Meal Closing Information: 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.

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

Donna Whaley is the Weidman Sr Activity Center friend of the month. A resident of the Weidman area for approximately 24 years, Donna currently lives in what she describes as a total rural setting just north of town where the deer come daily for a treat. Before that she had 17 years of being in a waterfront home that she had built at Lake Isabella. Born in W. Dearborn at her parent's home, she lived there until she was about 13. At that point her family moved to Plymouth where they stayed until she graduated. Upon completing high school, Donna returned to the Dearborn area where she met and married her husband. Shortly after getting married, they started their family, with her giving birth to their 4 children in 5 years. At that point she became a stay-at-home mom and homemaker.

Donnas' husband was a Carpenter by trade, and in following his jobs to various locations in a number of states across the country, their family lived what she describes as a rather adventurous, nomadic lifestyle. But once her children were grown and she wasn't needed at home as much, she hired in and started her career at AAA. Over the

course of the next 33 years, she filled various positions within the company by starting as a file clerk and ultimately becoming a commissioned agent.

Retirement brought her to this area where she fell in love with the slower pace and the peace and quiet of northern Michigan. She's been here ever since. As a retiree, she said her hobbies include house cleaning, baking, a bit of gardening, as she loves flowers, reading and at one point was even as avid camper. Donna has also done a bit of volunteering over the years, including making coffee and handing out snacks at the BINGOS's that were held at the Weidman Community Center.

In talking with her about what she enjoys about the Weidman Sr. Center, she said she finds everyone so friendly, there is a large variety of activities for everyone to enjoy or participate in, plus she also really likes the Food with Friends meals that they offer. She highly recommends that people make use of and enjoy all these things that are so close to home! So, stop by, meet Donna, Sandy the site facilitator and all of the other friends that are there having a good time on a regular basis! You will be so glad you did. Hope to see you soon.

**Community Compassion Network
FOOD PANTRY**

**Located at the Strickler Center
1114 W High St., Mt Pleasant**

~No Walk-ins~

**Call 989-863-4449, Option 3 to schedule
Your Appointment (Required)**

Wednesday, March 7 2 p.m. - 6 p.m.
Thursday, March 7 9 a.m. - 1 p.m.
Saturday, March 9 9 a.m. - 12 noon

Wednesday, March 13 2 p.m. - 6 p.m.
Thursday, March 14 9 a.m. - 1 p.m.

Wednesday, March 20 2 p.m. - 6 p.m.
Thursday, March 21 9 a.m. - 1 p.m.
Saturday, March 23 9 a.m. - 12 noon

Wednesday, March 27 2 p.m. - 6 p.m.
Thursday, March 28 9 a.m. - 1 p.m.

MUST LIVE IN ISABELLA COUNTY

ZIP CODES WE SERVE:

**48617, 48618, 48622, 48632, 48858,
48859, 48878, 48883,
48893, 48896, 49305, 49310, 49340**

Grief Share Support Group

~ The 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 more information, call or text Facilitator: Claudia Wood at **989-600-3402** or please 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 (**February 28, March 27**) from **5:00 p.m. to 6:00 p.m.** at **COA 2200 S. Lincoln Rd., Mt. Pleasant in Room B.** **Facilitator:** Dr. Jamie Haines, PT, DScPT, Associate Professor, Department of Physical Therapy, CMU Phone: **989-415-0418** Or you may send an Email to: haine1jj@cmich.edu

**Alzheimer’s Association Caregiver
Support Group**

Meets first Monday (March 4) 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.**

**Nancy Carey Cancer
Support Group:**

Our regular monthly meetings are always on the **last Wednesday of the month in the Craft room of the Commission on Aging.** You are invited to come to our next meeting on **Wednesday, March 27 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 meetings are informal and upbeat. All shared information is confidential.

Our policy for inclement weather is we will not meet if the Mt. Pleasant schools are closed. If in doubt, call **989-513-7827.** For more info contact: ncarey.cancer.group@gmail.com

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 : (Tuesday, March 12)**
Time: Gathering begins at **5:30 p.m.,**
Meeting from 6:00 to 7:30 p.m.

RSVP to Group Leader:
Galen Voss
Email: galenvoss@yahoo.com
Phone: 989-245-5725

**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



Stroke Screening

Strokes don't discriminate; they affect people of all ages, ethnicities, and backgrounds. Fortunately, many strokes are preventable, and you can take steps to reduce your risk. Begin by understanding the risk factors and find out how you stack up. Make your appointment today...it could save your life! You will leave the screening with your results and a plan of action. Screening Includes:

- Diabetes Screening
- Blood Pressure and pulse
- Body Mass Index
- Risk-reduction plan
- Results Counseling
- Full lipid profile, including total cholesterol, HDL, LDL, and triglycerides

A 12 hour fast is required for accurate results. Even though this is a fasting blood test, please take any morning medication as usual with a sip of water.

Tuesday, March 5 from 8:00 a.m. to 11:00 a.m. at McLaren Central Michigan East Lobby Entrance, 1221 South Drive Mt. Pleasant

Cost \$10 payable the day of the screening. Cash/check payment only. Call (989) 779-5606 to schedule an appointment.

Free Colorectal Cancer Screening

This free cancer screening could save your life! Colorectal Cancer: Are You At Risk?

If you are 45 or older or have a family history of colorectal cancer, the American Cancer Society recommends that you be screened for signs of colorectal cancer. Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. This is why having a screening test is so important.

What Are The Symptoms?

Symptoms of polyps or colorectal cancer may include:

- Blood in or on your stool (bowel movement)
- Stomach pains, aches, or cramps that don't go away
- Unexplained weight loss

A signed consent form is required, and the kit must be picked up in person. Unfortunately, kits cannot be mailed or picked up for family or friends. Pick up your kit at the location listed for your screening time. Follow the directions for completing the simple stool sample test in the privacy of your home. Once finished, mail the kit back in the postage paid envelope. You can expect your results 2-3 weeks after mailing your kit.

How To Participate:

Call toll-free 1-877-411-2762 anytime or register online at www.mclaren.org/CRCscreening.

Friday, March 22, 9:00 a.m. to 12:00 p.m. Karmanos Cancer Institute at McLaren Central Michigan, Morey Cancer Center 1221 South Drive, Mount Pleasant

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, March 20 from 7:00 a.m. to 10:00 a.m. Cost \$25**

payable the day of the screening.

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

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

Central Michigan Area Stroke Support Group

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

Meets the 3rd Tuesday of each month (March 19) 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

Maynard Baldwin –
US Army
 Randy & Carol
 Baldwin



Thomas J. Cashen
 Janet Cashen
 Mary Mars

Lois Doerr
 Lee & Beverly Schepers
 Roselynn Pohl

Jack Domke – US Navy
 Randy & Carol Baldwin



Ann Edgar
 Alisa & Kim Ellertson

Shirley Ellsworth
 SERA Chapter #20

Dale Gatehouse
 Jan Lodes

Mike Kent
 Alisa & Kim Ellertson
 CJ Grabinski

Arlene Landon
 Lloyd Landon

David Ling
 CJ Grabinski

Bob Lodes
 Jan Lodes

Edward McQuaid –
Veteran
 Robin McQuaid



William C. Myler
 Mary Myler Hunter

Dick Parfitt
 Walt Schneider

Jerry D. Paul
 Joanne Paul

Katie Pohl
 Roselynn Pohl

Mel Pohl
 Roselynn Pohl

James Richards
 SERA Chapter #20

Rosie Pohl-Smith
 Roselynn Pohl

Joanne (Jody) Zolty
 Bill & Louise McCracken
 Peg & Ron Verch

For FWF
Gary Cole
 Dolores Cluley-Lockwood

Shirley Decker
 Dolores Cluley-Lockwood

Sue Denman
 Dolores Cluley-Lockwood

Virginia Fox
 Charles Fox

Veronica Schutt
 Dolores Cluley-Lockwood

For FGP & SCP
Mary Jo McCann
 Pattie Baderschneider

For Gold Key
Lois Doerr
 June Powell

For In-Home Services
Larry Carson USMC
Vet
 Alice M. Johnson



Charles W. Johnson
Army Vet
 Ruth Johnson



Lois McCann
 Pattie Baderschneider

In Honor Of

Linda Robinson
 Martha Smith

COA Donors

Joe & Sharon Brickner
 John Frisch
 Margie Henry
 Martha Smith
 Philip Strait
 Retired Mt. Pleasant Fire Fighters

Active Living Donors

Anonymous	Bob & Marianne McJames
Donna Anderson	Sue Moeller
Pattie Baderschneider	Georgean Perry
Randy & Carol Baldwin	Roselynn Pohl
William & Janice Balsler	June Powell
Karen Clark	Theresa Preston
Bill & Pat Daniels	Alice Jean Richardson
Julie Engler	Allan & Martha Riggs
David Foster	Carol Santini
Christine Fowler	Rozi Saunders
Neil & Linda Hopp	Harry Schafer
Mary Myler Hunter	Larry & Donna Sheets
Ruth Jackson	Dwight Simpson
Lynn Jones	Theo Smalley
Vicki Jurka	Kirk Sponseller &
Lois J Klumpp	Nancy Priestap
Gary Kramer &	Alice M. Tatro
Virginia Haight	Agnes Waggoner
Darla Lobert	John & Mary Walsh
William Martin	Sandra Wood
Gary & Julie McBride	Linda Yuncker

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.

Active Living Needs Your Support

Thank You to our readers who donate to Active LIVING. As of February 13, 2024, we have received **\$1,411**. We are still a very long way from our goal of **\$24,000.00**. To keep Active LIVING a part of our communities we need your support.

Please consider donating to Active LIVING. Checks should be payable to **Friends of Isabella Seniors**. You may use the Donation form below. The suggested annual donation amount is \$20.00.

We deeply appreciate your support.

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:

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

Gift is:

- Memorial
- Honorarium

Name: _____

Veteran _____

Please send acknowledgment to:

Name: _____

Address: _____

Thank You for your Support

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

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

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

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

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

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