

# 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


***April is National Volunteer Month. If you see a Foster Grandparent, Senior Companion or Gold Key Volunteer, please Thank Them for everything they do!***

## Save the Dates:

Subject to Change

**Anyone Can Paint ~**  
Returns April 3

**Earth Day Planting**  
**Event ~ April 12**

**CMU Music**   
**Performance ~ April 15, 22**

**Polio Support Group ~**  
Returns April 17

**AARP Smart Driver**  
**Course ~ April 25**

**Don't Get Burned ~**  
Avoiding Scams ~ May 6

**Turkeyville Presents:**  
**Oklahoma ~ May 7**

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

**Mushroom Hunts ~**  
May 16 & May 30

**Senior Prom ~ May 30**

**Detroit Tigers Game ~**  
June 13

**COA / FOIS Annual**  
**Golf Outing ~ Aug. 2**

## 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.

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



Happy Spring – what a great time to get outside and enjoy the fresh air and warm sunshine. If you are looking for a safe place to walk, come out to the Commission on Aging and take a stroll along our 1/3-mile, paved walking path that surrounds our building and grounds. Please note that we do have multiple benches spread out along the path, great for resting, relaxing and/or enjoying the sights and sounds of the many birds, and sometimes ducks, as well as the beautiful spring flowers that adorn the pathway. I would like to extend a

special thank you to Roy Burlington and the many CMU students who volunteer their time working on the flower beds along the walking path – it is always beautiful!

**April 21-27, 2024 is National Volunteer Week**, and here at the Isabella County Commission on Aging, we are so fortunate to have hundreds of amazing volunteers who give so much of their time and love, helping our staff to provide programs and services for the older adults throughout Isabella County. I would like to take this opportunity to recognize and show our utmost appreciation for our volunteers! Without you, we would not be able to provide the extensive programs and services that are offered through our organization... from greeting guests at the door or on the telephone to delivering meals or transporting guests to medical appointments, you help us to help others in so many ways. While this is the designated week to acknowledge our volunteers and their service, we appreciate them every day of the year and are so thankful for all that they do for us and our community!

We are always in need of volunteers, so if you are thinking that you might have some time that you could give, please reach out to Kelly Lee or Mary Fremin in our Gold Key Volunteer Program at **989-772-0748**. They would be happy to talk with you about the many opportunities that we have.

Finally, as a lifelong resident of the village of Shepherd, “The Sweetest Little Town Anywhere Around,” I would be remiss if I didn’t make a plug for our annual festival. If you are looking for something fun, and delicious, to do, be sure to pay a visit to the Shepherd Maple Syrup Festival, which takes place during the last full weekend in April (April 25<sup>th</sup>-28<sup>th</sup>). There are always so many fun activities scheduled, including the carnival, tractor pulls, craft shows, concerts, classic car show, quilt show, parades, and so much more. Be sure to save your appetite for the amazing pancake and sausage meals! For more information and the full schedule of events, visit the festival website: [www.shepherdmaplesyrupfest.org](http://www.shepherdmaplesyrupfest.org).

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

## Mission Moments



**April is National Volunteer Month.** As you’re probably aware we have some pretty incredible volunteer programs here at Commission on Aging. The hours served and money saved blows my mind every I see it. We truly could not do what we do without our wonderful, dedicated and compassionate volunteers. Did you know many of our programs are volunteer led? From fitness classes, to

music and arts programs, to educational groups, etc. the Activity Program is so lucky to be able to utilize volunteers to help broaden our programs here at Commission on Aging. Thank you from the bottom of my heart, to each and every one of our current and past volunteers, the difference you make in the lives of others is monumental! If you are looking to give back and are interested in finding out ways to volunteer, I encourage you to give us a call and speak with someone within our Gold Key Volunteer program!

Interested in volunteering, but not sure we are the right fit? We will be hosting our **Annual Health, Wellness and Volunteer Expo on Thursday, May 16 from 2:00 p.m. to 5:00 p.m.** This is a great opportunity to come learn about the amazing businesses in our community and what they have to offer. Look for the booths with the gold star if you’re specifically looking for local volunteer opportunities! These local organizations will be offering some great free services this day as well as tons of educational materials and fun giveaways. Past services have included balance screenings, otoscopes, blood pressure readings, hearing screenings, eye glass cleanings, zyto scans, etc. We will also have healthy snacks available! We’d love to have you join us at this free, one stop shop event that has something for everyone! *Happy Spring!!*

*Marcy Huntoon, Activity Program Manager*

### *Active Living Online*

*Are you interested in receiving an electronic version of our monthly Active Living?*

*If so, Please email Marcy Huntoon at: [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org) to be added to our email list!*

**Lunch & Learn Medicare Seminars** are at COA in the Craft Room 12:00 p.m. to 2:00 p.m. During the third Tuesday of each month, you can expect to see a presentation regarding (MMAP) Michigan's Medicare / Medicaid Assistance Program.

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:** April 16, May 21, June 18, July 16, August 20, September 17.



## 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.

## For Earth Day

Join us on Friday, April 12 from 11:00 a.m. to 1:00 p.m. in COA Room C for a fun day Earth Day Planting event. We will have seeds for vegetables and herbs available as well as small pots and dirt for individuals to make their own starters that can be transplanted to your garden later in the spring!



## Friends of Isabella Seniors on Facebook

Please like and follow our Facebook page to stay up to date with Friends of Isabella Seniors News!

**Facebook.com/  
friendsofisabellaseniors**

## Caregiver Support Corner

By Brandise Leonard, Caregiver Support Specialist/Trainer at COA.

Contact: (989)772-0728 or [bleonard@isabellacounty.org](mailto:bleonard@isabellacounty.org)

**Caregiver Support Group-** Is Monday April 15 from 1:00 p.m. to 2:30p.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.

**SAVE THE DATE: Thursday, April 18 is our FREE Caregiver Spring Training. Mark your calendars for 10:30 a.m. to 2:00 p.m. at the COA building in Rooms A and B. Presenter: Attorney Mark Pasquali of Pasquali Law Offices, PLLC.**

*"Laughter is the sun that drives winter for the human face"- Victor Hugo*

*How excited was the gardener about spring? – So excited he wet his plants.*

*What kind of socks does a gardener wear? – Garden hose.*

*How did the egg cross the road? – He scrambled across.*

*What has 18 legs and catches flies? – A baseball team*

*What bow can't be tied? – A rainbow.*

*What type of bird should you never take to the bank? – A Robin.*

*What do you call a rabbit with fleas? – Bugs bunny*

**Short-term benefits of laughter:** A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can: **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling. **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress. **Long-term effects:** Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may: **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses. **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers. **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people. **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem.

**Improving your sense of humor:** Are you afraid that you have an underdeveloped or nonexistent sense of humor? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think. **Put humor on your horizon.** Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office, or collect them in a file or notebook. Keep funny movies, TV shows, books, magazines or comedy videos on hand for when you need an added humor boost. Look online at joke websites or silly videos. Listen to humorous podcasts. Go to a comedy club. **Laugh and the world laughs with you.** Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good. Consider trying laughter yoga. In laughter yoga, people practice laughter as a group. Laughter is forced at first, but it can soon turn into spontaneous laughter. **Share a laugh.** Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you. **Knock, knock.** Browse through your local bookstore or library's selection of joke books and add a few jokes to your list that you can share with friends. **Know what isn't funny.** Don't laugh at the expense of others. Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad or hurtful one.



## Events & Classes

### Computer/Tech Class at COA

**Tuesday, April 2, at 2:00 to 3:00 p.m. in Craft Room**

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

*Sponsored by Veterans Memorial Library*

### Anyone Can Paint “Sunset Silhouette”

**Wednesday, April 3, from 4:00 p.m. to 6:00 p.m.**

**\$25 per person (supplies included)**

Let award winning television artist Steve Wood help develop the “artist” in you to create “*Sunset Silhouette*.” You don’t have to be “born with the gift” to be a great painter. Remember “Anyone Can Paint” these pieces of art. Steve’s methods are applicable to the beginner as well as the advanced painter. Create an 11” x 14” acrylic landscape painting in class. Contact COA at **(989) 772-0748** to register. **Money and reservations due by Monday, April 1<sup>st</sup>. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.**

Next class, **Wednesday, May 1**

### Mount Pleasant Garden Club, Inc.

Whether you’re a beginner or a pro, we would love for you to join the Mount Pleasant Garden Club. We usually meet at **1:00 p.m. on the third Monday of each month (except this April and January and February) at the Isabella County Commission on Aging in Mt Pleasant. April meeting is elsewhere.** Membership dues are \$15.00 per year. You can find our posts on Facebook.

### MOVE! For Health 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 (March 27, April 24) 10:30 a.m. to 11:30 a.m. at COA.** We will have an attorney from Sarah's Law Firm available to chat with you about general legal questions you may have. Join us for coffee and light conversations!

### 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**

### Veterans Support Group at COA



The Veterans Support Group will meet on **Thursday, April 11 from 1:00 p.m. to 2:00 p.m. in the COA Craft Room.** Veterans can eat lunch **FREE** on meeting days, please make your lunch reservation at least 24 hours in advance by calling **(989) 772-0748.**

**Mahjongg at COA** ~ Join our Mahjongg group on **Mondays at 12:30 p.m.** and make new friends! Bring your 2024 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 **Thursday, April 18, will be at the Commission on Aging.** The presentation will be a representative from Blue Cross/Blue Shield, which was originally scheduled for January. Due to weather they were unable to attend and the meeting was cancelled at the last minute. 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. Just a reminder, that if the public schools are closed due to weather, the COA will also be closed for activities and SERA will cancel their meeting. Enjoy and hope to see you all on **Thursday, April 18, 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](mailto:jacurtis46irish@gmail.com).

### FREE Movie and Popcorn in Room C

**“About My Father” PG-13 1hr 29 min**

A man's fiancée encourages him and his father to spend the weekend with her wealthy and exceedingly eccentric family. The gathering soon develops into a cultural clash, allowing father and son to discover the true meaning of family.

**Friday, April 26 at 1:00 p.m. in COA Room C. Call Rhonda (989) 772-0748 to register.**

### “Connecting with Cards” Card Making Class

**Tuesday, April 30 from 2:00 p.m. to 4:00 p.m. in the COA Craft Room. Volunteer will teach the class**

Send someone some love by making 8 greeting cards, 2 of each design. This class is for beginners. All supplies are provided, but you may bring your own tape runner or adhesive if you prefer.

### Don’t Get Burned ~ Avoiding Scams

Criminals want to take your money. Don’t Get Burned teaches us how to recognize and battle cybercrime. This class will provide you with the tools needed to recognize scams that are an unavoidable part of today’s technological world. We will explore how to protect yourself and family from scams from e-mail to snail mail, social engineering to text messaging and more. From simple hoaxes to those designed to separate you from your money and property. Join us on **Monday, May 6 from 12:30 p.m. to 2:00 p.m. in Room B** for a presentation and workshop by IT Specialist, Dennis Bryant. No reservation required.

## FREE Fitness Classes ~

All participants **MUST** have a membership and signed liability form on file **BEFORE** starting classes. For questions

or to sign up for Zoom classes, please contact Marcy Huntoon (989) 772-0748 or [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org)

**Tai Chi for Arthritis** ~ Tai Chi is a gentle, slow-moving exercise designed to improve balance, flexibility, muscle strength, coordination, energy, and overall well-being. Regular practice may also reduce the incidence and fear of falling in the elderly. *This program is supported in part, by the Administration for Community Living, the Michigan Aging and Adult Services Agency and Region VII Area Agency on Aging.*

**Beginner Tai Chi Exercise (Tai Chi for Health and Balance)** Tuesday & Thursday at 10:00 to 11:00 a.m. in COA Fitness Room No experience necessary. New participants are welcome.

**Next-Level Tai Chi (Yang 24 and Tai Chi for Energy)** Tuesday & Thursday at 11:30 a.m. to 12:30 p.m. in COA Fitness Room. Some Tai Chi experience recommended. *Instructor: Jim VanderMey, Board Certified Instructor, Tai Chi for Health Programs \**

**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.

### 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](mailto:fallprevention@cmich.edu)**

## Mushroom Hunts

Everyone at the Commission on Aging and their families are invited to the following educational field experiences at our Isabella County Chippewa Watershed Conservancy and our county parks. Sister Marie Kopin will be leading these experiences.

Thursday, May 16, 11:00 a.m. at Sylvan Solace

Thursday, May 30, 11:00 a.m. at Halls Lake

## MARSP MEETING (Michigan Association of Retired School Personnel)

The Isabella County Retired School Personnel chapter of MARSP will meet at Noon on Tuesday, May 14, at the Commission on Aging, 2200 S. Lincoln Rd., Mount Pleasant. Lunch will be served first, (\$7.00) with the annual meeting to follow.

Please contact Nancy Enders, (989) 772-0783, (leave a message), or by email: njenders@yahoo.com by Friday, May 10 with your reservation for lunch and/or seat for just the meeting.

## Writers Corner ~ Do you have poetry or other writings to share?

*Yesterday* Submitted by Lloyd Landon

Yesterday so quietly came and spoke to me  
As I sat unmoving within the passage of time  
A day that will always live in my memory  
Of a moment that you were destined to be mine

Yesterday is a remembrance that will always be there  
A picture that will never fade from my view  
Each single minute that we spent together is precious  
When I dream, I am always back again with you

Yesterday is a glimpse of life as it passes by  
Softly murmuring of time receding like an ebbing tide  
It does not release or mend a broken heart  
Or ease the pain of not having you by my side

Yesterday is a time that will never be seen again  
Covered by an enigmatic veil of infinity so deep  
It was hard watching your life slip slowly away  
My eyes moisten when thinking of yesterday  
and I always weep

Happy birthday,  
Love Lloyd

# SEEKING VOLUNTEERS!



## MEAL SITE ASSISTANTS NEEDED

Assist Meal Site Manager with tasks such as:  
meal preparation, serving, and clean-up.  
11am-1pm

**SHEPHERD:** MONDAY, WEDNESDAY, OR FRIDAY

**WINN:** WEDNESDAYS

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



## National Alliance Mental Illness (NAMI) Support Groups

NAMI Midland is proud to announce the commencement of **free monthly mental health support groups** in Mt. Pleasant, starting January 17th from **6:30 to 8:00 p.m.** These gatherings will take place at **Summit Club House**, located at **2120 E. Remus Rd (High St)** in Mt. Pleasant. Going forward, these meetings will occur on the **3rd Wednesday of each month.**

**Two distinct groups** will be available to provide support. The first is dedicated to **Friends and Family of individuals coping with a mental health condition**, while the second is tailored for **adults who are personally navigating through a mental health challenge.**

For additional information, please reach out via phone or text at **(989) 948-3273** or by emailing [Namimidlandmi@gmail.com](mailto:Namimidlandmi@gmail.com).

**Your mental well-being matters to us, and we look forward to fostering a supportive community in Mt. Pleasant.**



## 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](http://Taxaide.aarp.org) if interested in this service to request an appointment.

**Free Tax Preparation at Isabella County COA are BY APPOINTMENT ONLY.**

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

**COA is taking appointments for :**

**Commission on Aging - Activity Center Bldg.  
2200 S. Lincoln Rd Mt. Pleasant**

**Most Wednesdays & Thursdays, thru April 11  
9:30 a.m. - 3:30 p.m. Call to check the schedule.**

**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.**

## 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](mailto:zontamtpleasant@gmail.com).**

## 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](mailto: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.

**Detroit Tigers Game Thursday, June 13**

**We will depart COA at 9:00 a.m. Game starts at 1:10 p.m.**

Price: \$85 per person - includes motorcoach transportation, ticket, food voucher (hot dog, chips and drink), tips, and breakfast snack.

**Money and reservations due Friday, May 17.** To make a reservation, please contact: **Marcy Huntoon (989) 772-0748 or [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org)**

**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.

## What is Women Who Care Isabella?

In a nutshell, we are a group of local women interested in supporting local charities. We are currently looking to grow our membership so we can have an even bigger impact with our donations. Since its founding in 2022, Women Who Care Isabella has awarded a grand total of over \$15,000 to six different charities!

**Women Who Care Isabella is for You if:**

- \*You want to be part of a caring group of women making an immediate and positive impact in Isabella County communities.
- \*Your time is limited, but you have a heart for giving.
- \*You want to give back on a bigger scale than you could do on your own.
- \*You are willing to commit to 1 hour every 3 months to learn about the magnificent work our local charities are doing in the community.
- \*You want 100% of your donation to go directly to a local charity.

If you're interested in becoming a member or learning more, you can find us at

**<https://tinyurl.com/wwcisabella>.**

If you have questions, you can reach us

at **[womenwhocareisabella@gmail.com](mailto:womenwhocareisabella@gmail.com).**

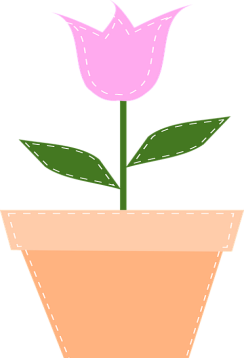


Or follow us on Facebook

**<https://www.facebook.com/WWCIsabella>** to stay up-to-date with events and activities.



Page 8 Monday	Tuesday	Wednesday
9:00 Video Exercise Group 1 10:00 Low-Impact Aerobics 10:00 Dulcimer Group <b>10:00 Coffee and Conversation</b> 11:00 Gentle Exercise <b>11:00 Monday Trivia</b> 12:30 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	<b>10:00 Line Dancing</b> 2 10:00 Beginner Tai Chi <b>11:00 Word Search</b> 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group <b>1:00 Cards</b> 1:00 CMU Otaga Exercise Class 2:00 Computer/Tech Class 5:00 Board of Commissioners Mtg  <i>National Reconciliation Day</i>	9:30 Tax Preparation 3 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics 12:00 COA Advisory Board Meeting 12:30 CMU Otaga Exercise Class <b>1:00 Cards</b> 1:00 Happy Rippers 4:00 Anyone Can Paint
9:00 Video Exercise Group 8 10:00 Low-Impact Aerobics 10:00 Dulcimer Group <b>10:00 Coffee and Conversation</b> 11:00 Gentle Exercise <b>11:00 Monday Trivia</b> 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 2:30 Insurance Committee Meeting 3:00 Yoga 3:30 MOVE! For Health	8:00 Commission Committee Mtg 9 <b>10:00 Line Dancing</b> 10:00 Begin Tai Chi 10:00 Needlecraft <b>11:00 Word Search</b> 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group <b>1:00 Cards</b> 1:00 CMU Otaga Exercise Class 1:30 Mid Michigan Woodcrafters 5:00 PEO 5:30 Huntington's Support Group	9:00 Video Exercise Group 10 9:30 Tax Preparation 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics 12:30 CMU Otaga Exercise Class <b>1:00 Cards</b> 1:00 Happy Rippers 1:00 Between the Covers Book Club 5:00 MMARA <i>National Hug Your Dog Day</i>
9:00 Video Exercise Group 15 10:00 Dulcimers & Low-Impact Aerobics <b>10:00 Coffee &amp; Conversation</b> <b>11:00 CMU Music Performance</b> 11:00 Gentle Exercise <b>11:30 Monday Trivia</b> 12:30 Mahjongg 1:00 Caregiver Support Group 1:00 Faith Weavers Group <b>1:00 Cards</b> 3:00 Yoga 3:30 MOVE! For Health	8:30 FOIS Meeting 16 <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi <b>11:00 Word Search</b> 11:30 Tai Chi Next Level 12:00 Medicare Seminar 12:45 Healthy Lifestyle Group 1:00 CMU Otaga Exercise Class <b>1:00 Cards</b> 5:00 Board of Commissioners Mtg	9:00 Zoning Board of Appeals 17 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics 11:00 Polio Support Group 12:30 CMU Otaga Exercise Class <b>12:30 Ice Cream Sundaes 1:00 Cards</b> 1:00 Happy Rippers 1:00 Second Hand Book Club 7:00 4H Leader Meeting
9:00 Video Exercise Group 22 10:00 Dulcimer Group & Low-Impact <b>10:00 Coffee &amp; Conversation</b> 11:00 Gentle Exercise <b>11:00 CMU Music Performance</b> <b>11:30 Monday Trivia</b> 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 3:00 Yoga 3:30 MOVE! For Health 6:00 Orchard Glen Home Owners	8:00 Sewing Peeps 23 <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi <b>11:00 Word Search</b> 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group 12:00 Medicare Seminar 1:00 CMU Otaga Exercise Class <b>1:00 Cards</b> 4:30 PEO 6:00 Mid Michigan Quilt Guild	9:00 Video Exercise Group 24 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics 10:30 Coffee Hour with an Attorney 12:30 CMU Otaga Exercise Class <b>1:00 Cards</b> 1:00 Happy Rippers 5:00 Parkinson's Support Group 7:00 Nancy Carey Cancer Support Group
9:00 Video Exercise Group 29 10:00 Dulcimer Group 10:00 Low-Impact Aerobics <b>10:00 Coffee &amp; Conversation</b> 11:00 Gentle Exercise <b>11:30 Monday Trivia</b> 12:30 Mahjongg <b>1:00 Cards</b> 1:00 Faith Weavers Group 3:00 Yoga	8:00 Commission Committee Mtg 30 <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi <b>11:00 Word Search</b> 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group <b>1:00 Cards</b> 1:00 CMU Otaga Exercise Class 2:00 Connecting with Cards	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>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</b></p> </div>



Thursday	Friday	Saturday <b>Page 9</b>
8:30 CMU Otaga Exercise Class 4 9:30 Tax Preparation <b>10:00 Coffee and Conversation</b> 10:00 Beginner Tai Chi 10:30 Community Church Craft Group <b>11:00 Word Search</b> <b>11:30 Nutrition Education</b> 11:30 Tai Chi Next Level <b>1:00 Cards</b> 3:00 Hula 6:30 Isabella County Democratic Party	5 9:00 Collaborative Meeting <b>10:00 Coffee and Conversation</b> 10:00 Jam Session 10:00 Low-Impact Aerobics 11:00 Gentle Exercise <b>11:00 Music with Kevin Bendele</b> 1:00 Ukulele Group <b>1:00 Bingo</b> <b>2:00 Cards</b>	6 9:00 CMU PT Research 9:00 Community Church Group 10:00 Line Dancing  <i>National Pajama Day</i>
8:30 CMU Otaga Exercise Class 11 9:30 Tax Preparation 10:00 Beginner Tai Chi <b>10:00 Coffee and Conversation</b> <b>11:00 Word Search</b> 11:30 Tai Chi Next Level 1:00 Veterans Support Group <b>1:00 Cards</b> 3:00 Hula 4:30 VA Committee Meeting 6:00 Planning Commission 6:30 Community Cancer Services	12 9:30 FGP / SCP In-Service <b>10:00 Coffee and Conversation</b> 10:00 Jam Session 10:00 Low-Impact Aerobics 10:30 MRF Ad Hoc Committee <b>11:00 Earth Day Planting Event</b> 11:00 Gentle Exercise 1:00 Ukulele Group <b>1:00 Cards</b> 1:30 CMU PT Research <i>National Grilled Cheese Sandwich Day</i>	13 8:00 Mid Michigan Quilt Guild 10:00 Line Dancing
8:30 CMU Otaga Exercise Class 18 10:00 Beginner Tai Chi <b>10:00 Coffee and Conversation</b> 10:00 Learn to Crochet 10:30 Caregiver Training Event <b>11:00 Word Search</b> 11:30 Tai Chi Next Level 12:30 SERA Board Mtg 1:00 SERA Mtg <b>1:00 Cards</b> 3:00 Hula 7:00 Mt. Pleasant Citizens Climate Lobby	19 9:00 CMU PT Research <b>10:00 Coffee and Conversation</b> 10:00 Jam Session 10:00 Low-Impact Aerobics <b>11:00 Bingo</b> 11:00 Gentle Exercise 12:00 McLaren Hip & Knee Presentation 1:00 Ukulele Group <b>1:00 Cards</b>	20 9:00 Central Michigan Daylily Society 9:00 Charlene's Quilting Group 10:00 Line Dancing
8:15 AARP Smart Driver Course 25 8:30 CMU Otaga Exercise Class <b>10:00 Coffee and Conversation</b> 10:00 Beginner Tai Chi 10:30 Community Church Craft Group 11:00 Nutrition Council <b>11:00 Word Search</b> 11:30 Tai Chi Next Level <b>12:30 April Birthday Celebration</b> <b>1:00 Cards</b> 3:00 Hula	26 9:00 Happy Rippers 9:30 SCP Quarterly <b>10:00 Coffee and Conversation</b> 10:00 Jam Session 10:00 Low-Impact Aerobics <b>11:00 Music with Greg Merwin</b> 11:00 Gentle Exercise 1:00 Ukulele Group <b>1:00 Movie &amp; Popcorn:</b> <i>"About My Father"</i>	27 9:00 Happy Rippers 10:00 Line Dancing  <i>National Tell a Story Day</i>
  <p data-bbox="816 1703 1181 2037"><i>Be kind to as many people as possible</i></p>		 <p data-bbox="1510 1757 1744 1972"><b>GIVE PEACE A CHANCE</b></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**

**April 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hawaiian Pork Brown Rice Key West Veg. Tropical Fruit	2 Southwest Chicken Black Beans Corn Cherry Crisp	3 Swedish Meatballs Bread Whipped Potatoes Broccoli Citrus Fruit Cup	4 Cranberry Spinach Chicken Salad Bread Cottage Cheese Clementine Strawberry Shortcake	5 Beef Mozzarella Melt Bread Redskin Potatoes Green beans Peaches and Pears Cranberry Juice
8 Smothered Chicken Breast Whipped Potatoes Capri Blend Veg. Mandarin Oranges	9 Turkey Reuben Sand. Cabbage Slaw Fresh Orange Pineapple Tidbits Chocolate Chip Cookie	10 Chicken Salad Croissant Broccolie Citrus Salad Strawberries	11 Beef Taco Bowl Cilantro Lime Rice Corn Oatmeal Apple Crisp	12 BBQ Meatloaf Bread / Squash Brussels Sprouts Fruited Gelatin Apple Juice
15 Beef Stroganoff Dinner Roll Carrots Mixed Fruit Cup Cranberry Juice	16 Pizza Casserole Bread Stick Tossed Salad Michigan Fruit Cup	17 Creamy Swiss Chicken Bread Parsley Potatoes Harvest Vegetables Applesauce	18 Baked Potato Soup Ham and Cheese Slider Apple Pineapple Gelatin	19 Unstuffed Peppers Dinner Roll Spinach Pears
22 Cabbage Roll Casse- role Dinner Roll Peas & Carrots Pineapple Tidbits Cookie	23 Autumn Chicken Bread Cheesy Mashed Pota- toes Spinach Pumpkin Custard	24 American Goulash Garlic Toast Italian Blend Fruit Cocktail Juice	25 Taco Spaghetti Bread Stick Green Beans Berry Fruit Cup	26 Turkey Stew Biscuit California Blend Peaches
29 Sweet & Sour Chicken Bread / Carrots Clementine Choc. Chip Cookie	30 Corn Chowder Breadstick Blueberry Crisp Hard Cooked Egg			

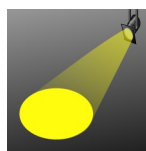
Menus are Subject to Change Without Notice  
Reservations are Required 24 Hours in Advance

Milk provided with all meals  
Suggested Donation \$2.50

**COA ACTIVITY CENTER**  
2200 S. Lincoln Rd., Mt. Pl., Room C  
**Meals: M thru F at Noon**  
Rhonda Burke, Site Facilitator  
989-772-0748 or [rburke@isabellacounty.org](mailto:rburke@isabellacounty.org)

**COA Building OPEN Monday thru Friday**  
from 8:00 a.m. to 4:30 p.m.

Happy April! The month of April has these dates to remember! We will have our regular activities with a few new ones. The Movie this month is a good comedy for you to enjoy!



**COA APRIL Calendar  
Spotlight**

- 5 Kevin Bendele to Perform
- 5 Bingo
- 11 Veterans Support Group
- 12 Earth Day Planting Project
- 15 CMU Music Performance
- 17 Ice Cream Sundaes
- 19 Bingo
- 22 CMU Music Performance
- 25 April Birthday Celebration
- 26 Music with Greg Merwin & Movie Day!

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

**Rosebush APRIL Calendar**

- 1 Manicures/ Nutrition Ed
- 3 Music/Amanda Armstrong
- 5 Laugh In Jokes
- 8 Egg Drop Contest
- 10 Music/Marty Miller
- 12 Music/Chuck Bass  
Ice Cream Social/Birthdays
- 15 Music/Just the 2 of Us
- 17 Music/Mark DeNoyelles
- 19 Music To Be Announced
- 22 Music/Sam Lee
- 24 Appreciation Auction
- 26 Music/Jim Gilmore
- 29 Bingo with Prizes

**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**

April Showers Bring May Flowers! The Music Makers will be back this month on April 17! We have added more music on 5 and 29 also! If you like to play games but need a group to play, we have the group! If you have a game that you enjoy, please let me know. Enjoy the nice, warm weather! Remember that we have an exercise group each morning starting at 10:00 a.m. All levels are welcome.

[weidmanfoodwithfriends@gmail.com](mailto:weidmanfoodwithfriends@gmail.com)**Weidman APRIL Calendar**

- 1 Cards
- 3 Nutrition Education, Book Club and Bring a snack to share
- 5 Music: Greg Merwin, Ice Cream Social
- 8 Euchre/Yahtzee
- 10 Game Day-Bring your favorite game!
- 12 New! Magnet Game, so much fun!!
- 15 Yahtzee!
- 17 Music: Music Makers Coffee / Donuts
- 19 Movie and Popcorn: "Queen Bees"
- 22 Spring Flower Planting
- 24 Music: Michelle Rand
- 26 Activity Planning Committee ~  
**Bring Ideas**
- 29 Open Craft Day! Bring a craft to work on this afternoon

**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**

Happy Spring! "The first of April is the day we remember what we are the other 364 days of the year" Mark Twain. Come join us for Coffee and Conversation from 10 to 11 each day.

[shepherdfoodwithfriends@gmail.com](mailto:shepherdfoodwithfriends@gmail.com)**Shepherd APRIL Calendar**

- 1 Healthy living, Nutrition education and Card games
- 3 12:30 p.m. Movie: "80 for Brady"
- 5 Veterans group 12:30 p.m. BINGO Caramel Day
- 8 Healthy living group and Card Games
- 10 11 a.m. Movie: "Mama Mia!"
- 12 April birthday celebration 12:30 p.m. Bingo
- 15 Healthy living, Titanic Day: 11:00 a.m. Movie about the Titanic
- 17 11:00 a.m.-1:30 p.m. Sr Health Fair
- 19 12:30 p.m. Bingo
- 22 Healthy living /light exercise- Cards
- 24 12:15 p.m. - Guest speaker, National Wear Denim Day—wear jeans!
- 26 Closed for Maple Syrup Festival**
- 29 12:30 p.m. Music Al Bartholemew

**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**

Hello from Winn Food with Friends! We are looking forward to warmer weather and spending some time outside in our gazebo! Come join us. New this month we are holding Scrapbooking sessions, bring your favorite drink and snacks, lunch is \$2.50. Work on your books 10 a.m. until 2 p.m. We are also starting a baking class! Come in and learn some easy recipes for spring and summer. Join us on Monday, 29 as we welcome special guests from The Eyesite with free eyeglasses cleaning!

[Winnfoodwithfriends@gmail.com](mailto:Winnfoodwithfriends@gmail.com)**Winn APRIL Calendar**

- 1 Bingo and Cornhole games — April Fool's Day Jokes!
- 3 Music: Midnight Express
- 5 Movie and Popcorn: "Where the Crawdads Sing"
- 8 Baking Class and Tea!
- 10 Music: Kevin Bendele and Cards
- 12 Baking Class—cookies!
- 15 Picnic Day! Celebrate warmer weather!
- 17 Therapy Dogs
- 19 Scrapbooking Day! Bring your favorite snacks and drinks, we supply lunch
- 22 Earth Day: Tree Planting! Morning Movie: Beach Blanket Bingo (Frankie and Annette)
- 24 Music: Holiday Ramblers
- 26 Closed for the Maple Syrup Festival**
- 29 Birthday Bingo Celebration! EYESITE presentation + FREE eyeglasses cleaning

**Nutrition Council Meetings**

Do you want to make a difference within our meals program? Do you have great ideas or just want to learn more about how the program works? We would love to have you attend the Nutrition Council Meetings! We hold three meetings per year. The meetings are a chance for participants to provide feedback and suggestions for upcoming meals. The 2024 Nutrition Council Meetings are held on the following **Thursdays at 11:00 a.m. at Commission on Aging: April 25, August 22, October 24.** We would love to see you there and then join us for lunch following the meeting! Call **989-772-0748** to RSVP and to reserve lunch at least 24 hours prior to the meeting. *Carmel Slebodnik, Nutrition Program Manager*

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

Frank and Darlene Bigford are the friends of the month for the Weidman Sr. Activity Center. They have lived here for about 3 1/2 years now, after having moved from the Remus area. In visiting with them, Darlene told me she was born in Clare and raised in Mt. Pleasant, while Frank was born at home and grew up in Marion. When she and Frank first met, she was a single mom with a 3 year-old son and Frank came to the relationship as a father of 4 older children.

After they married and blended their families Frank wanted to adopt Darlene's son and happily raised him as his own. Today their family consists of 12 grandchildren and "Buku" great grand kids. Frank retired out of a shop in Lansing after 30 years of employment and Darlene was a homemaker and stay at home mom. Over the years she occasionally held jobs in various positions in the food service industry, but for the most part was at home with her family. She shared that their

"hobbies" or favorite leisure time activities included fishing and camping. Some of their best memories include staying in remote, isolated areas by Lake Superior and finding the best fishing hot spots. Smelt runs were also on the top of the fun list. Today things are a bit quieter as Franks health issues prevent him from doing quite a bit. Even his love of jigsaw puzzles is no longer an option, but he and Darlene enjoy their visits to the Weidman Center as much as possible, just like they did at the Sr Center when they lived in Mecosta.

Darlene said they really appreciate the fellowship Weidman offers, plus the delicious meals that are so reasonably priced. She also said she truly wishes that more would come to the center as she misses playing card games and group activities like they did before COVID. She wholeheartedly encourages people who have never visited to come and enjoy a meal and socialize. It's a fun spot to meet and eat. So come and join in the comradery, we 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, April 3 2 p.m. - 6 p.m.  
Thursday, April 4 9 a.m. - 1 p.m.  
Saturday, April 6 9 a.m. - 12 noon

Wednesday, April 10 2 p.m. - 6 p.m.  
Thursday, April 11 9 a.m. - 1 p.m.

Wednesday, April 17 2 p.m. - 6 p.m.  
Thursday, April 18 9 a.m. - 1 p.m.  
Saturday, April 20 9 a.m. - 12 noon

Wednesday, April 24 2 p.m. - 6 p.m.  
Thursday, April 25 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

**Chippewa Valley  
Audubon Club**

Chippewa Valley Audubon Club will be meeting **Wednesday, April 10, 7:00 p.m. at Veterans Memorial Library.** Michelle Fournier from Chippewa Nature Center, will discuss “natures untouchables” such as ticks, mosquitos, bed bugs, poison ivy and others. Learn how they adapt to survive and preventive measures we can take to minimize their impact upon us.

**IRide Gold Pass is  
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 must show verification of your age and be an Isabella County resident to obtain a pass.

**Chess Club at COA**

The Chess Club **meets 10:00 a.m. on Wednesdays.** All experience levels are welcome!

**Alzheimer’s Association Caregiver  
Support Group**

**Meets first Monday, April 1, 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](mailto:slevans@alz.org). Visit [alz.org/gmc/helping\\_you](http://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.** If you have been diagnosed with cancer or finished your treatments, you are welcome to come to our meetings. Our next one will be on **Wednesday, April 24 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 that we will not meet if the Mt. Pleasant schools are closed. If in doubt, call **989-513-7827.**

**Polio Support Group at COA**

*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?*

**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@isbellacounty.org](mailto:mjerome@isbellacounty.org)

**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



**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, please call or text Facilitator: Claudia Wood at **989-600-3402** or you may email [griefsharemp@gmail.com](mailto:griefsharemp@gmail.com). Do you need another day or time? Please Visit [griefshare.org/findagroup](http://griefshare.org/findagroup) to find a list of groups in your area. Or find a group meeting online.

### Central Michigan Area

#### Parkinson's Support Group

**Time:** 4th Wednesday of each month (March 27, April 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](mailto:haineljj@cmich.edu)

#### Huntington's Support Group at COA : (Tuesday, April 9)

**Time:** Gathering begins at **5:30 p.m.**, Meeting from **6:00 p.m. to 7:30 p.m.**  
**RSVP to Group Leader:**  
Galen Voss  
**Email:** [galenvoss@yahoo.com](mailto:galenvoss@yahoo.com)  
**Phone:** 989-245-5725

#### Central Michigan Area Stroke Support Group

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

**Meets the 3<sup>rd</sup> Tuesday of each month (April 16) 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.

#### Explore Treatment Options for Hip & Knee Arthritis

Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon **Ryan Lilly, MD** to learn about options for relief. Learning about treatment options can ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee and hip replacement surgery will be discussed.

**Friday, April 19 from 12:00 p.m. to 1:00 p.m.** at the **Isabella County Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant.**  
Call (989) 779-5606 to register.

#### Peripheral Arterial Disease Are You At Risk?

Do you or someone you know have leg pain when moving that gets better after rest, swollen legs with smooth shiny skin, sores on legs or feet that don't heal? Could be a sign of peripheral arterial disease (PAD), narrowing or blockage of arteries that carry blood from the heart to the legs. Early treatment is the best way to maintain one's quality of life. Join Interventional Radiologist **Rami Safadi, MD** to find out about peripheral arterial disease and treatment options.

**Wednesday, May 1 at 11:00 a.m. to 12:00 p.m.**

Isabella County Commission on Aging  
2200 S. Lincoln Rd., Mt. Pleasant  
Call (989) 779-5606 to register.

#### 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, April 17 from 7:00 a.m. to 10:00 a.m.** Cost \$25 payable the day of the screening.

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

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

#### 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

**Esther Brookens**

Anonymous  
The Wildlife Gallery, INC

**Lois Clark**

Romaine Mankowski

**Arlene Landon**

Lloyd Landon

**Frieda Lock**

Richard & Sharlene Wilson

**Guy & Phyllis Massick**

Romaine Mankowski

**Lynette Netzley**

James & Cheryl Bradley

Joan Faulkner

Terry & Margaret Foote

Marie K. Green

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Arnie & Merrie Hammel

Jim & Karen Kanine

Don Kenny Family

Michael & Dorothy Natzel

John & Deb Robinson

Shoe Family

Terry Simison

Constance Tripp

Steve & Deb Vanacker

Joan Whitmore

The Birthday Group – Micki, Pat,

Marie, Shirley, Jackie, Sue, Ruth

Ann & Sharron

**Marty Osborn –  
Marine Vet**



Nanci Osborn

**Bill Theunissen**

Walt Schneider

**Irwin Traines –  
Korean War Vet**



Richard & Nancy

Beckwith

**For Food with Friends**

**Patrick Clevenger**

Joe & Cinda Clevenger

**Virginia M. Fisher**

Dolores Cluley-Lockwood

**Nancy Funnell**

Dolores Cluley-Lockwood

**Lynette Netzley**

Ralph Berry & Linda Miller

Shepherd Women's Club

**For Active Living**

**Nancy Funnell**

Rick & Linda Schudiske

**Michael Kent**

Maxine Kent

**Donna Parr**

Rick & Linda Schudiske

**Beverly Wangberg**

Kathy Fransted

**For Activity Center**

**Donna Parr**

Nancy Callender

**For In-Home Services**

**Jim Bohlmann**

Carolyn Bohlmann

**Patrick Clevenger**

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**Gary Cole**

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**Louise Plachta**

Frances Rouman

**Larry Siefker**

Carol Siefker

**The Deceased Members of**

**Vincent Wieferich & Carl**

**Martin Families**

Ruth Martin

*Thanks  
for Having  
a Heart*



**Thank You Everyone for Your  
Generous Donations**

## Active Living Donors

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## Active LIVING Still Needs Your Support

**Thank You** to our readers who donate to Active LIVING. As of March 10, 2024, we have received **\$3,186**. 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

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Veteran \_\_\_\_\_

Please send acknowledgment to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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**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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**Send to:**

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 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.**