

Volume 124 Issue 5

MAY 2024

# 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](http://isabellacounty.org/active-living-newspaper)



**Commission on Aging**  
**HEALTH FAIR**

**Thursday, May 16th**  
**2:00-5:00pm**  
**Free Entry**

Isabella County Commission on Aging  
2200 S. Lincoln Rd. Mt. Pleasant

**Get Free Screenings & Info:**

- Hearing Screenings
- COVID Vaccines
- Shingles Vaccines
- Therapy Dogs
- Medication Take Back
- Volunteer Opportunities
- OTC Take Home Covid Tests

**FRIENDS OF ISABELLA SENIORS**

## Senior Prom

Join us for a night of celebration!

**MAY 30, 2024**  
**5:00 PM UNTIL 8:00 PM**  
**ISABELLA COUNTY COMMISSION ON AGING**  
**2200 S. LINCOLN RD. MT. PLEASANT**

Join us for fun, friendship and dancing  
Free entry  
Pizza and pop provided  
In-a-snap photobooth  
Music provided by:  
"The Holiday Ramblers aka The Louisell Family"

### Reminder Dates:

Subject to Change

Don't Get Burned ~  
Avoiding Scams ~ May 6

Turkeyville *Oklahoma* ~  
May 7 ~ TRIP IS FULL

MidMichigan Chorus ~  
May 10

*"Fantastic Fungi"*  
Movie ~ May 15

Mushroom Hunts ~  
May 16 & May 30

Red Cross Blood Drive ~  
May 17

Practice Mindfulness ~  
May 20

Lung Cancer Screening  
Research ~ May 23

Chippewa Nature Center:  
"Spring Wildflowers" ~  
May 24

CLOSED/Memorial Day ~  
May 27

FREE Movie & Popcorn ~  
May 31 "Dog"

Detroit Tigers Game ~  
June 13 ~ TRIP IS FULL

Fit Feet Walking Club  
Returns ~ June 24

COA / FOIS Annual Golf  
Outing ~ August 2

Frederik Meijer Garden  
Trip ~ August 14

## COA Director's Comments



May is certainly one of my most favorite months of the year. Mother Nature is encouraging us to get outside and enjoy everything that spring has to offer. If you are looking for a safe place to walk outside, please come out to the Commission on Aging. We have a great, paved, 1/3-mile walking path that surrounds our facility. Along the path

we have benches where you can take a break or just sit and enjoy the beauty of nature – you will love seeing the many different types of trees and flowers greeting you along the way. The pavilion is coming along nicely, so you can watch the progress as you walk around as well. If you are looking for more than just walking, we do have outdoor exercise equipment at the west end of the building always ready for use. Put on your comfortable shoes, grab a walking buddy, and come out and enjoy the beauty surrounding our amazing facility.

In addition to the wonderful world outside, we draw our attention to and celebrate the many wonderful mothers in our lives on **Sunday, May 12**. My sisters and I are so blessed to have the most amazing mom, and I am fortunate to also have a wonderful Mother-in-Law. I am so lucky to have such incredible role models. I am especially fond of the month of May because that is the month that I first became a mom, twenty-two years ago this year! I still do not understand how time flies so fast, but I am so very thankful and continue to enjoy every stage of motherhood with our boys. Happy Mother's Day to all!

On **Monday, May 27**, our nation will be observing **Memorial Day**, a day to remember and honor the many military men and women who have so bravely given the ultimate sacrifice so that we can enjoy the many freedoms afforded to us on a daily basis. There are no words to adequately express the thanks and love for their selfless act.

***In their honor, let us all intentionally perform an act of kindness this Memorial Day.***

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

## Mission Moments



One of the strongest predictors of health and happiness in old age is good relationships. Relationships impart a sense of purpose and meaningful connection with each other and society. It can actually bolster your health. Amazing, right?! Here at the Commission on Aging, we strive to promote the health, independence and fulfillment of older adults through diverse services and opportunities. I recently read an article that states; some of the strongest evidence to date, comes from the decades-long Harvard Study of Adult Development.

"The people who were the happiest, who stayed the healthiest as they grew old, and who live the longest were the people who had the warmest connections with other people," (Waldinger, Robert. 2023) If you have ever stepped foot into our facility, you know that's true. If you haven't, please do. For some it can be difficult to step out of your comfort zone and try something new. With that said, I can assure you that our active living services has something for everyone. The Senior Prom is sure to be a big hit with lots of fun and laughter. Come, invite your friends and meet new ones!

Did you know that May Day, usually celebrated on the 1<sup>st</sup>, involves dancing around a May Pole, crowning a May Queen, and celebrating the oncoming summer? This tradition dates back to the Roman era, and in dozens of countries around the world, it is recognized as a public holiday! As time has evolved, we associate May with glorious sunshine, blooming flowers; such as daffodils, lily of the valley, hawthorn, and scores more of beautiful plants and flowers. My appreciation of flowers and plants has grown as I have gotten older. In fact, thanks to many of my wonderful clients when I was an in-home caregiver, who encouraged me to "get my hands in the dirt and plant something...anything! It's good for the soul!" still rings in my ears. I can recall how fun it was to head to the nursery, pick out the most colorful of plants and watch them grow and produce the most amazing colors. Though that experience, I can now identify different flowers and bring up fond memories of my past clients. What are your favorite flowers? Do you immediately immerse yourself with the smell or color? Do you grow your own or pick up a bouquet at the store? Do yourselves a favor and treat yourself by creating your own bouquet and placing them in your favorite vase in your home, or if you have a garden, leave a bunch on your neighbor's doorstep or just bundle some up and give them away. Think of the impact this could have on someone's day, not to mention your own! Flowers bring joy and calm. Good medicine.

*Chrystal Marshall, Program Manager, In-Home Services*

*Waldinger, Robert. The Good Life: Lessons from the World's Longest Scientific Study of Happiness (Simon & Schuster, January 2023)*



## COA Receives the CMU 2024 Outstanding Community Partner Award

On April 3, COA Executive Director, Jennifer Crawford and Activity Program Manager, Marcy Huntoon attended the CMU College of Health Professionals awards ceremony to accept the 2024 Outstanding Community Partner Award. COA and CMU College of Health Professionals have partnered on a number of projects involving the Doctor of Physical Therapy Program, the Doctor of Audiology Program and the Residential College.

We are so appreciative to have received this award and cannot thank the students and faculty of the CHP for all their hard work and dedication to our organization and helping us grow our programs and services!

**Pictured at right: Marcy Huntoon and Jennifer Crawford.**

***Thank you!!***



**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!**

**Active LIVING still needs support. To keep Active LIVING a part of our communities we need your support. Please consider donating to Active LIVING. You may use the Donation Form on Page 15 or 16.**

**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, May 20 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.

### Medication Awareness

Medication management can be complicated especially if you're taking several prescription drugs that are treating different conditions. The following are strategies that can make managing multiple medications easier and safer.

**Follow medication schedules and dosages ~** Understand your medication routine. The pharmacist can confirm the exact dose and timing as prescribed by your physician. Double check information with the pharmacist each time you fill or start a new prescription.

**Consider a pill organizer ~** A weekly or daily organizer can be especially helpful. Commission on Aging can assist with medication management boxes. It's extremely helpful for those who are struggling with Alzheimer's or dementia who would like to live independently as long as possible. Or a caregiver who is wanting to make sure their loved one practices safe medication management. Some medication management machines can be especially requested I have an alarm and a verbal reminder. If client

does not take medication, the medication machine will notify the company to contact the client via phone call. If client does not answer their emergency contact will be notified. This is helpful in the event a true emergency has occurred in the home while your loved one is by themselves.

**Make sure all clinicians know about medications you are on ~** Use a medication wallet card. Your pharmacist may be able to get one for you. Make sure your pharmacy has a record of all the medications you take. This is an extra layer of protection. That's why it's helpful if all your prescriptions are at one pharmacy. However, it's understandable if certain medications are not in pharmaceutical network.

**Make sure you talk with the pharmacy about any allergies to medication.**

**Store them in the proper location ~** Medication should always be stored in a cool dry place. Avoid keeping them in the bathroom.

**Keep medication in childproof place ~** If children are around keep medication containers out of reach. Some medications have bright colors that children may mistake as candy.

**Take medication safely ~** Never take medication in the dark or if you're distracted or tired. It's possible you could take the wrong medication.

## Events & Classes

### Computer/Tech Class at COA

**Tuesday, May 7, 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 “Beginning of Morning”

**Wednesday, May 1, 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 “*Beginning of Morning*.” 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 29. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.** Next class, Wednesday, June 5

### 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.

### MOVE! For Health at COA

**Summer I Session: May 16 to June 20 on Thursdays from 2:30 p.m. to 3:30 p.m.** (May 16 class will be outdoors, so plan accordingly)

**Summer II Session: June 26 to July 24 Wednesdays 4:00 p.m. to 5:00 p.m.**

**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**.

### Downsizing Seminar

We are still working on a reschedule date with our speaker for this event. Please keep an eye out in our June issue for more information!

### Coffee Hour with An Attorney

**4th Wednesday of every month (April 24, May 22) 10:30 a.m. to 11:30 a.m. at COA.** We will have an attorney from Sarah’s Law Firm available to chat with you about general legal questions you may have. Join us for coffee and light conversations!

### Veterans Support Group at COA



The Veterans Support Group will meet on **Thursday, May 9 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 the State Employee Retiree Association (SERA) for May 16, has been cancelled. This would usually be our potluck, but the Commission on Aging will be having their health and wellness program, and we would like to give our members the opportunity to participate. **There will be a meeting on June 20, 2024 at 1 p.m.** The presenter at that time will be our County Administrator, Nichole Frost. She will be giving an update on the programs and issues facing our County. Once again all presentations are opened to the public. If there are any questions, please feel free to contact Jackie Curtis at **989-772-0597** or [jacurtis46irish@gmail.com](mailto:jacurtis46irish@gmail.com).

### American Red Cross Blood Drive

We will again be partnering with the American Red Cross to host a blood drive on **Friday, May 17 from 12:00 to 4:45p.m.** If you are able, please consider donating blood to help save a life! To make an appointment, log in to [RedCrossBlood.org](http://RedCrossBlood.org) and enter sponsor code: ISABELLA. Or call 1-800-RED-CROSS (1-800-733-2767)

**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 (May 20) at the Isabella County Commission on Aging in Mt Pleasant.** Membership dues are \$15.00 per year. You can find our posts on Facebook.

### “Connecting with Cards” Card Making Class

**Tuesday, April 30 and May 28 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.

### FREE Movie and Popcorn in Room C

**Friday, May 31 at 1:00 p.m. in COA Room C. “Dog”**

PG-13 1hr 41min With a dog named Lulu by his side, Army Ranger Briggs races down the Pacific Coast to make it to a soldier’s funeral on time. Along the way, Briggs and Lulu drive each other completely crazy, break a handful of laws, narrowly evade death, and learn to let down their guards to have a fighting chance of finding happiness. Call Rhonda **(989) 772-0748** to register.



## 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.* \* **NO TAI CHI Thursday, May 16**

**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.

**In person:** Tuesday, May 21, 9:00 a.m. to 10:00 a.m.  
Thursday, May 23, 4:00 p.m. to 5:00 p.m.  
*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:** Friday, May 3 – Commencement, Monday, May 27 – Memorial Day, Friday, May 31 – Special Olympics

### 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 ~** Mondays at 3:00 p.m. to 4:00 p.m. in COA Fitness Room Zen Yoga, with gentle range of motion movements, includes gentle holding positions for hips, lower back and shoulders. \*\* **NO YOGA from Memorial Day to Labor Day ~ Last class will be Monday, May 20 and will resume on Monday, September 9.**

*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](mailto:njenders@yahoo.com) **by Friday, May 10** with your reservation for lunch and/or seat for just the meeting.



**Thank You** to everyone who contributed the red dresses for our community's **No More Stolen Sisters** MMIP events. And thank you to our collection sites. Red Dress exhibits will be featured throughout the

community starting the end of April, until the end of May to bring recognition to this powerful movement.

### Exhibit locations include:

- \* Ziibiwing Center: 6650 E. Broadway Rd., Mt. Pl.
- \*CMU Libraries: 250 E. Preston, Mt. Pl.
- \*Veterans Memorial Library: 301 S. University Ave. Mt. Pl.
- \*Mt. Pl. McLaren Central Michigan Hospital: 1221 South Dr.
- \*Central Michigan Univ. Museum: 103 Rowe Hall Mt Pl.
- \*Mid Michigan College: 2600 S. Summerton Rd., Mt. Pl.
- \*Art Reach of Mid Michigan: 111 E. Broadway St., Mt. Pl.

**This Red Dress exhibit will run from April 29 until May 7, with Gallery Reception and Speaker on May 2 from 5:00 p.m. to 6:30 p.m.**

Join the coalition members on **Tuesday, May 16, from 4:30 to 6 p.m. at Broadway Park, 2451 Nish Na Be Among Dr. Mt. Pl.** This will be a time to gain awareness of the Missing and Murdered Indigenous People Movement and hear from guest speakers. Coalition members include SCIT Behavioral Health Victim Services, the Zonta Club of Mt Pleasant, RISE Advocacy, McLaren Central Michigan, and the CMU Museum of Cultural and Natural History. **For more information, contact: Behavioral Health Victim Services at 989.775.4400 or [BHvictimservices@sagchip.org](mailto:BHvictimservices@sagchip.org).**

## 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](mailto:klee@isabellacounty.org)  
989-772-0748



## Fit Feet Walking Club Returns!

Come join us for this FUN, ENERGETIC walking group! This group will help you improve not only your walking distance, but speed, agility, balance and confidence. We incorporate many different 'walking' activities to boost your confidence and energy! This is an outdoor walking class (unless it rains, but we will work indoors in those cases). This class is open to anyone; however, if you have significant balance issues, we ask that you bring someone along who can walk alongside you and assist. Taught by Doctor of Physical Therapy students and faculty from CMU.

This group will run for 6 weeks during the summer: **Mondays, 10:30 a.m. to 11:30 a.m., June 24 to July 29.** We will have incentive prizes throughout! If you are interested in joining the group, please contact: **Marcy Huntoon at (989) 772-0748 or [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org)**

## Community Listening Session on Lung Cancer Screening Research Study

If you are an adult age 50 to 80 years or older, with a current or recent smoking history (quit within 15 years), you are asked to share your expertise and experience in a Community Listening Session hosted by the Office for Cancer Health Equity and Community Engagement at Karmanos Cancer Institute. The session will take place on **Tuesday, May 23 from 11:00 a.m. to 2:00 p.m. at the Isabella County Commission on Aging.** During this 2-3 hour session, we want to hear what you think about lung cancer screening. You will receive a \$120 gift card to thank you for your time and input.

All information and discussion that is shared during this session will be confidential and only shared as a summary without any identifiers.

The study is funded, in part, by the Michigan Department of Health and Human Services and Karmanos Cancer Institute. This work is led by Kristin Maki, Ph.D., Assistant Professor, Department of Oncology, Wayne State University School of Medicine and Community Outreach and Engagement Scientist, Office for Cancer Health Equity and Community Engagement, Karmanos Cancer Institute.

To find out more about this study, please contact Zainab Ahmed at [ahmedz@karmanos.org](mailto:ahmedz@karmanos.org) or 313-576-9699.

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



## Brief Practices in Mindfulness

**Mindfulness is:**

- Paying attention
- On purpose
- In the present moment, here and now
- With a non-judgmental attitude

But how do we practice mindfulness? Join us to learn several ways to practice mindfulness that are free and can be done in the comfort of your home. No special clothing, equipment or shoes are required.

**Monday, May 20, 11:00 a.m. to 11:45 a.m. at Isabella County Commission on Aging, 2200 S. Lincoln Rd. Mt. Pleasant**

## "Fantastic Fungi" Movie

This is a movie giving viewers a thrilling time with wonderful and gorgeous artistic time-lapse photography by Louie Schwartzberg with a wisdom that will give you chills. It presents "cutting-edge" wisdom which will instill you with a newfound sense of wonder, plus filling the viewer with hope for the future.

We mycologists want to share our appreciation of this centuries old vast network of fungi all around us which can hold the keys to human health, happiness, and quite possibly the survival of life on our planet.

**Wednesday, May 15 at 1:30 p.m. in COA Room B. Film is about 1 hour and 21 minutes long. There will be time for discussion and questions afterward.**

## Travel with COA

### Turkeyville Presents: *Oklahoma* ~ TRIP IS FULL

Motorcoach will depart the COA on Tuesday, May 7 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 Can'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 ~ TRIP IS FULL

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.**

### Frederik Meijer Garden Wednesday, August 14

The motorcoach will be departing COA at 9:00 a.m. We should arrive to the gardens about 10:30 a.m. Upon arrival we will be split into two groups. At 11:00 a.m. group 1 will start with walking indoor tour while group 2 starts with an outdoor tram tour. At noon, group 1 will depart for their tram tour while group 2 embarks on their indoor walking tour. Lunch will be from 1:00 p.m. to 2:00 p.m. on your own at the Cafe on site (**lunch price is not included in the price of the trip**). From 2:00 p.m. to 3:00 p.m. you will have free time to wander the gardens on your own and/or visit the gift shop on site. **We will depart around 3:15 p.m. and should arrive back to COA around 4:45pm.**

Price Includes: Motorcoach Transportation, Big Picture Walking Tour, Tram Tour Breakfast Snack/Water, and Gratuities. \$60 per person - **Money and reservation due Friday, July 12.**

**\*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.

## 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.





Page 8      Monday	Tuesday	Wednesday
		<div>1</div> 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics 11:00 McLaren Peripheral Arterial Disease 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
<div>6</div> 9:00 Video Exercise Group 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 Don't Get Burned 12:30 Mahjongg <b>1:00 Cards</b> 1:00 Faith Weavers Group      3:00 Yoga 5:00 Human Rights Committee Meeting 6:00 Alzheimer's Caregiver Support Group	<div>7</div> <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 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 5:30 Board of Commissioners Mtg	<div>8</div> 9:00 Video Exercise Group 10:00 Basket Guild 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics 11:30 PEO 12:30 CMU Otaga Exercise Class <b>1:00 Cards</b> 1:00 Happy Rippers 1:00 Between the Covers Book Club
<div>13</div> 9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Low-Impact Aerobics <b>10:00 Coffee &amp; Conversation</b> 11:00 Gentle Exercise <b>11:00 Monday Trivia</b> 12:30 Mahjongg <b>1:00 Cards</b> 2:30 Insurance Committee Meeting 3:00 Yoga 5:30 Faith Weavers Group	<div>14</div> 8:00 Commission Committee Mtg <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 10:00 Needlecraft Meeting 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group 12:00 MARSP 1:00 CMU Otaga Exercise <b>1:00 Cards</b> 5:00 PEO 5:30 Huntington's Support Group	<div>15</div> 9:00 Zoning Board of Appeals 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 Root Beer Floats</b> <b>1:00 Cards</b> 1:00 Happy Rippers 1:00 Second Hand Book Club 1:30 Fantastic Fungi      3:00 Faith Weavers 5:00 MMARA      7:00 4H Leader Meeting
<div>20</div> 9:00 Video Exercise Group 10:00 Dulcimer Group & Low-Impact <b>10:00 Coffee &amp; Conversation</b> <b>11:00 Brief Practices in Mindfulness</b> 11:00 Gentle Exercise <b>11:30 Monday Trivia</b> 12:00 Mt. Pleasant Garden Club 12:30 Mahjongg <b>1:00 Cards</b> 1:00 Caregiver Support Group 1:00 Faith Weavers Group 3:00 Yoga	<div>21</div> 8:30 FOIS Meeting 9:00 Zumba Gold <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:00 Medicare Seminar 12:45 Healthy Lifestyle Group <b>1:00 Cards</b> 1:00 CMU Otaga Exercise Class 5:30 Board of Commissioners Mtg	<div>22</div> 9:00 Video Exercise Group 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
<div>27</div> <b>Closed for Memorial Day</b> 	<div>28</div> 8:00 Commission Committee Mtg 8:00 Sewing Peeps <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 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 3:30 Isabella County Child Advocacy 6:00 Mid Michigan Quilt Guild	<div>29</div> 8:00 Mid Michigan Quilt Guild 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics 12:30 CMU Otaga Exercise Class <b>12:30 May Birthday Celebration</b> <b>1:00 Cards</b> 1:00 Happy Rippers 7:00 Nancy Carey Cancer Support Group



Thursday	Friday	Saturday Page 9
<div>2</div> <p>8:30 CMU Otaga Exercise Class  <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</p>	<div>3</div> <p>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 Trivia</b>  1:00 Ukulele Group  <b>1:00 Bingo</b>  <b>2:00 Cards</b></p>	<div>4</div> <p>9:00 Community Church Group  10:00 Line Dancing</p> 
<div>9</div> <p>8:30 CMU Otaga Exercise Class  9:00 Community Church Craft Group  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  3:00 Gold Key Volunteer Recognition  3:00 Hula  4:30 VA Committee Meeting  6:30 Community Cancer Services</p>	<div>10</div> <p><b>10:00 Coffee and Conversation</b>  10:00 Jam Session  10:00 Low-Impact Aerobics  <b>11:00 Mid Michigan Chorus</b>  11:00 Gentle Exercise  3:00 FGSPSC Recognition  1:00 Ukulele Group</p>	<div>11</div> <p>8:00 Mid Michigan Quilt Guild  10:30 DAR Luncheon</p> 
<div>16</div> <p>8:30 CMU Otaga Exercise Class  <b>10:00 Coffee and Conversation</b>  10:00 Learn to Crochet  <b>11:00 Word Search</b>  <b>2:00 to 5:00 Health, Wellness and Volunteer Expo</b>  2:30 MOVE for Health—Outside  3:00 Hula  7:00 Mt. Pleasant Citizens Climate Lobby</p>	<div>17</div> <p><b>10:00 Coffee and Conversation</b>  10:00 Jam Session  10:00 Low-Impact Aerobics  <b>11:00 Word Search</b>  11:00 Gentle Exercise  12:00 American Red Cross Blood Drive  1:00 Ukulele Group  <b>1:00 Bingo</b>  <b>2:00 Cards</b></p>	<div>18</div> <p>9:00 Central Michigan Daylily Society  9:00 Charlene's Quilting Group  10:00 Line Dancing</p>
<div>23</div> <p>8:30 Staff Meeting  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 Lung Cancer Screening  Listening Session  <b>11:00 Word Search</b>  11:30 Tai Chi Next Level  <b>1:00 Cards</b> 2:30 MOVE Class  3:00 Hula  4:00 Zumba Gold</p>	<div>24</div> <p><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 Chippewa Nature Center: Spring Wildflowers</b></p>	<div>25</div> <p>10:00 Line Dancing</p> <div> <b>Food with Friends Lunch</b>  Monday thru Friday at <b>12:00 p.m.</b>  in <b>Activity Room C.</b>  See our Menu on pg. 10  <b>Lunch Activities in bold—Rm C</b> </div>
<div>30</div> <p>8:30 CMU Otaga Exercise Class  <b>10:00 Coffee and Conversation</b>  10:00 Beginner Tai Chi  10:30 Community Church Craft Group  <b>11:00 Word Search</b>  11:30 Tai Chi Next Level  <b>1:00 Cards</b>  2:30 MOVE Class  3:00 Hula  <b>5:00 to 8:00 Senior Prom</b></p>	<div>31</div> <p><b>10:00 Coffee and Conversation</b>  10:00 Jam Session  10:00 Low-Impact Aerobics  <b>11:00 Word Search</b>  11:00 Gentle Exercise  1:00 Ukulele Group  <b>1:00 Movie &amp; Popcorn: "Dog"</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					May 2024	
Monday	Tuesday	Wednesday	Thursday	Friday		
		<b>1</b> Pulled Pork/Bun Oven Roasted Potatoes Carrots Fresh Orange	<b>2</b> Turkey Chef Salad Cottage Cheese Banana Chocolate Pudding	<b>3</b> Beef & Peppers Bread Brown Rice Kyoto Vegetable Fruit Cocktail		
	<b>6</b> Meatballs Dinner Roll Whipped Potatoes Garlic green beans Mixed Fruit Cup	<b>7</b> Cod Rice Pilaf Normandy Veg. Blend String Cheese Strawberry Shortcake	<b>8</b> Turkey Loaf Bread Parsley Noodles Broccoli Michigan Fruit Cup	<b>9</b> Cheeseburger Pasta Breadstick Tossed Salad Mandarin Oranges	<b>10</b> Smothered Chicken Bread Squash Brussels Sprouts Applesauce Juice	
	<b>13</b> Tuna Salad Macaroni Salad Baby Carrots Pears	<b>14</b> Cabbage Beef Soup Biscuit Tossed Salad Fruit Cocktail Juice	<b>15</b> Chicken Cordon Blue Casserole / Bread Scalloped Potatoes Winter Blend Cinnamon Applesauce	<b>16</b> Salisbury Steak Bread Whipped Potatoes Peas Peach Crisp	<b>17</b> Lasagna Garlic Toast Mixed Vegetables Pineapple Tidbits	
	<b>20</b> Chicken Teriyaki Dinner Roll Brown Rice Cauliflower Pineapple & Oranges	<b>21</b> Turkey Cranberry Sand. Multi Bean Salad Apple Yogurt	<b>22</b> Egg & Cheese Cass. Cinnamon Roll Redskin Potatoes Sausage links (2) Ambrosia Salad	<b>23</b> Taco Salad Corn/Bean Fiesta Blend Baked Apples Peanut Butter Brownies	<b>24</b> Spanish Rice Bread Peas & Carrots Peaches Juice	
	<b>27</b> Closed No Meals 	<b>28</b> Chicken Parmesan Cheese Breadstick Pasta Rotini Broccoli Citrus Fruit Cup	<b>29</b> Potato Crunch Pollock Bread Au gratin Potatoes Stewed Tomatoes Apricots	<b>30</b> Gold Coast Pork Chops Honey Wheat Dinner Roll Mixed Vegetables Oatmeal Apple Crisp	<b>31</b> Chicken Broc. Cheese Bread Whipped Potatoes Carrots Strawberries	

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 Spring! This month we have some great events taking place here at the COA! Come join in on the fun, with great food M-F and some great music and a wonderful movie! Here are some dates to remember:



- COA MAY Calendar Spotlight**
- 3 Bingo
  - 10 MidMichigan Chorus From 11a.m. to 12p.m.
  - 15 Ice Cream Sundaes
  - 16 Health Fair From 2 p.m. to 5 p.m.
  - 17 Bingo
  - 20 MSU Extension Brief Practices in Mindfulness
  - 24 Music with Barb & Greg
  - 24 Chippewa Nature Center: "Spring Wildflowers"
  - 27 Closed/Memorial Day
  - 30 Senior Prom 5 p.m. to 8 p.m.
  - 31 Movie & Popcorn: "Dog" with Channing Tatum

**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 May. Come join us!  
**Rosebush MAY Calendar**

- 1 Music/Amanda Armstrong/Nutrition Ed
- 3 Music/Paul Wilkinson
- 6 Manicures
- 8 Music/Mark DeNoyelles
- 10 Music/Greg Merwin/Ice Cream Social
- 13 Red Hat Strutters
- 15 Sing-A-Long
- 17 Music/TBA
- 20 Just the 2 of Us
- 22 Bingo/Prizes
- 24 Penny Bingo
- 27 Closed/Memorial Day
- 29 Music/Kevin Bendele
- 31 Laugh-In Hour/Trivia





**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**

In May we will be looking for flowers! We have two great holidays this month, Mother's Day and Memorial Day! to honor our Mothers and Veterans. Join us at the Weidman site! We are growing! Come join our group! We are looking to increase our afternoon activity attendance! We have many laughs, great conversations and Exercise every morning at 10:00.

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

1 Nutrition Education and Book Club

3 Music: Greg Merwin

6 Cards—Golf, Trash and Rummy

8 Coffee and Conversation—Baking Day

10 Board Games, Checkers, Jenga, Kurplunk ...

13 May Birthday Celebration with Cake and Ice-cream!

15 Music: Music Makers

17 Coffee and Conversation—Baking Day

20 Yahtzee and Board Games

22 Music: Michelle Rand

24 Craft Day: Painted Pots

**27 Closed / Memorial Day**

29 Movie and Popcorn

31 Uno, Magnet Game, Chinese Checkers, and Snacks

**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**

Summer is finally here, what are your plans? Stop in and see us in Shepherd! Every day we have Coffee and Conversations and games or puzzles.

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

1 Spring Craft

3 11:00 Veterans group, National Space Day-Movie and Space Snacks

6 Healthy Living Club 10:30 a.m. Yahtzee

8 Guest speaker TBA @12:30 p.m. Cards after lunch

10 Mother's Day Celebration Bingo

13 Healthy Living Club, National Apple Pie Day, Bring your favorite apple pie recipes

15 May Birthdays Celebration, Cards

17 Bingo and Cards

20 10:30 a.m. Healthy Living Club,

Music: Al Bartholemew

22 Music: Greg Merwin, Scavenger Hunt

24 Bingo, games and summer bucket list

**27 Closed / Memorial Day**

29 National Alligator Day, Movie: "Lyle, Lyle Crocodile"

31 Summer Bingo!

**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**

In May we are holding a flower arranging class which is a 4-week course and you will learn basic arrangement skills. Please sign up for the class at **989-866-2520**. The course is a series and signing up will guarantee supplies are available. We are excited to hold this course in May!

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

1 Music: Midnight Express and National Mother Goose Day/

3 Radio Bingo / National Public Radio

6 NEW! Flower Arranging Class 10:30

8 Music: Greg Merwin, Coconut Cream Pie

10 Movie and Popcorn "The Parent Trap," Scrapbooking! Bring your books to work with others!

13 Flower Arrangement Class #2 10:30

15 Music: Kevin Bendele

17 Flower Bingo Celebrating Mothers!

20 Flower Arrangement Class #3 10:30

22 Music: Holiday Ramblers!

24 Movie and Popcorn "Step Mom," Mother's Day Celebration

**27 Closed / Memorial Day**

29 Music

31 Frog Bingo, Green Tea and Cookies

**Project Fresh 2024** is a wonderful program that provides \$25.00 coupons for fresh produce that is purchased from local farmers, such as the Farmer's Market. Project Fresh coupons will be available for distribution again this year in **June**. Commission on Aging will have 125 coupon booklets to distribute. In order to qualify for Project Fresh Coupons, you must be at least 60 years of age, and be considered low income. Due to the limited number of coupons available, we require a scheduled appointment. Please call to schedule your appointment by asking for the **Meals Line**,

leave a message and a Commission on Aging representative will confirm that you are on the schedule. This year we cannot accommodate walk-ins due to the limited number of coupons. There will be two distribution dates in June. Distribution will be held at Isabella County Commission on Aging, 2200 South Lincoln Road, Mt. Pleasant. Please call **989-772-0748** and ask for the **Meals Line**. We will return your call as soon as possible. In 2023, coupons were in high demand and were distributed quickly. Please make sure you call for your appointment time.

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

As we say goodbye to Old Man Winter and tuck away the heavy coats, hats and gloves, our thoughts and focus turns towards Mother Nature's promise of Spring. We see budding tress and we begin to hear birds singing as we enjoy milder temperatures. We open doors and windows for a breath of fresh air. And as we start to go out and about a bit more while we shake off our cabin fever mode and enjoy the changing season, fun events and outings begin to come to mind. The friends of the Weidman Senior Center are eagerly looking forward to Spring activities with things like corn hole games, a walk and perhaps "sprucing up" on the nature path next to the center, or enjoying a musical performance by one of the talented musicians who visit us, like Michelle Rand who recently

added her faith-based music and stories to the entertainment lineup. The friends also look forward to more people coming and sharing what their ideas of fun or informational activities are, as we are always open for suggestions for new or different experiences. The center is located at the south end of the library on School Rd. It is open M, W, F from 10-2. In addition to the activities and friendship, the friends stress how great the Food with Friends program is. It offers a healthy, tasty meal that is available by pre-order for an extremely reasonable price. The menu can be found in the monthly Active Living newspaper or you can call Sandy Hunter, the site facilitator at **(989) 644-2538** with questions or a meal request. Everyone hopes you stop by soon and enjoy the comradery and fun. See you there!

## 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, May 1 2 p.m. - 6 p.m.  
Thursday, May 2 9 a.m. - 1 p.m.  
Saturday, May 4 9 a.m. - 12 noon

Wednesday, May 8 2 p.m. - 6 p.m.  
Thursday, May 9 9 a.m. - 1 p.m.

Wednesday, May 15 2 p.m. - 6 p.m.  
Thursday, May 16 9 a.m. - 1 p.m.  
Saturday, May 18 9 a.m. - 12 noon

Wednesday, May 22 2 p.m. - 6 p.m.  
Thursday, May 23 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

## Clean & Bright Laundry Services

Sponsored by  
St. Johns Episcopal Church

- **FREE OF Charge!**
- **Laundry supplies provided!**
- **Limited to 2 to 4 loads per appointment!**

**For more information, or  
to make an appointment,  
call Listening Ear at  
(989)-772-2918**

## Chippewa Valley Audubon Club

Chippewa Valley Audubon Club will meet May 8 at the Mt Pleasant Mill Pond Park Pavilion at 7:00 p.m. Peter Koper, an avid birder at this birding hot spot, will discuss his favorite locations and birds within the Millpond.

## Chess Club at COA

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

**FREE IRide Gold Pass is Available at COA** If you are 80 or older, you are eligible to receive an *IRide Gold Pass* compliments of the Isabella County Transportation Commission. This Pass enables you to ride the *IRide* bus for **FREE**.

The card is made at COA. You must show verification of your age and be an Isabella County resident to obtain a pass.

## Alzheimer's Association Caregiver Support Group

Meets first Monday, May 6, at 6:00 p.m. 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**. You are invited to come to our next meeting on **Wednesday, May 29, at 7:00 p.m. to 9:00 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.

**For more information contact:**  
[ncarey.cancer.group@gmail.com](mailto:ncarey.cancer.group@gmail.com) Or you may call: (989)-773-7990, or (989)-772-1602, or (989)-828-5476.

## 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





## 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, May 15 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](mailto:mjerome@isabellacounty.org)

## Grief Share Support Group ~

The Grief Share Support Group meets on **Thursdays, 1:00 p.m. to 3:00 p.m. from May 23 to August 29** at the **Mount Pleasant Community Church – 1400 W. Broomfield Rd., Mt. Pleasant.**

“Loss of a Spouse” video will be shared on **May 2 from 1:00 p.m. to 3:00 p.m.** All questions or 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 at COA

**Time: 4th Wednesday** of each month (**April 24, May 22**) 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](mailto:haine1jj@cmich.edu)

## Huntington's Support Group at COA : (Tuesday, May 14)

**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 (May 21) 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.**

## 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, May 15 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

**Luella Allbee**  
Jack E. Allbee Sr.

**Ruth Frick**  
Bernadette Sunderman

**Jan Gross**  
Ron & Evelyn Malish

**Max & Betty Hammond**  
Linda Smith

**Roswell Hart**  
Sam T. Hart

**Arlene Landon**  
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Larry & Linda Sisco

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**Walt Schneider**  
Ted & Ginger Kjolhede

**Clarence Smalley**  
Theo Smalley

**Russell Torpey**  
Richard & Sharlene Wilson

**Irwin Traines –**  
**Korean War Vet**  
Richard & Nancy Beckwith



**For HDM**  
**Esther Brookens**  
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**For Active Living**  
**Orlin Curtis**  
Jackie Curtis

**Keith & Pearl Freeze**  
Roger & Betty Freeze

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***Thank You Everyone for your Generous Donations***

## CMU College of Medicine Older Adult Crisis Preparedness Kit Research Seeking Older Adult Volunteers

The CMU-CARES research team is **recruiting participants** for a **new research project** focusing on empowering rural dwelling older adults through emergency and crisis preparedness. Participants in this study will be asked for their feedback and opinions on the emergency preparedness tool kit, will be given a **free personal kit to review**, and participate in an interview to share insight into its practicality after a six-month period. **It is then yours to keep after!**

Through participation with the CMU-CARES program, you will assist in optimizing the tool kit program and help us improve crisis readiness for older adults within our community.

For more information please contact the CMU Healthy Aging Program via email at [healthvaging@cmich.edu](mailto:healthvaging@cmich.edu) or (989)-774-1350



Funding sources include Client Donations, Memorials, Planned Estate Gifts, Saginaw Chippewa Indian Tribe, Michigan Office of Services to the Aging, Isabella County Senior Millage and Federal, State and Isabella County appropriations.

## Estate Planning Legal Assistance ONLY

Region VII Area Agency on Aging provides legal assistance to older adults in our community for estate planning. If you need legal assistance, you can call 1-(989)-893-4506 and ask for Jamie Wing. After asking some questions of the caller, she will refer the caller to AAA's contracted attorney and that attorney will contact the caller within 7 to 10 business days.

### REGION VII AREA AGENCY ON AGING



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

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

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