

Active LIVING

Volume 124 Issue 7

JULY 2024

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

Reminder Dates:

Subject to Change

FREE Movie & Popcorn ~

June 28~ "Mission Impossible
Dead Reckoning"

July 26~ "The Boys in the Boat"

Fit Feet Walking Club

June 24 to July 29

NEW Times: Mondays
3 to 4 p.m.

Tai Chi in the Park ~

See Page 5 for all dates

Country Quilters Show ~

July 12 & 13 at Weidman
Community Center pg. 6

Two Day Singing Camp at

COA August 1 & 2

See page 3

COA / FOIS Annual Golf

Outing ~ August 2

You can Sign Up Below!

Frederik Meijer Garden

Trip ~ August 14 See pg. 7

Turkeyville ~ October 15



ISABELLA COUNTY
COMMISSION ON AGING

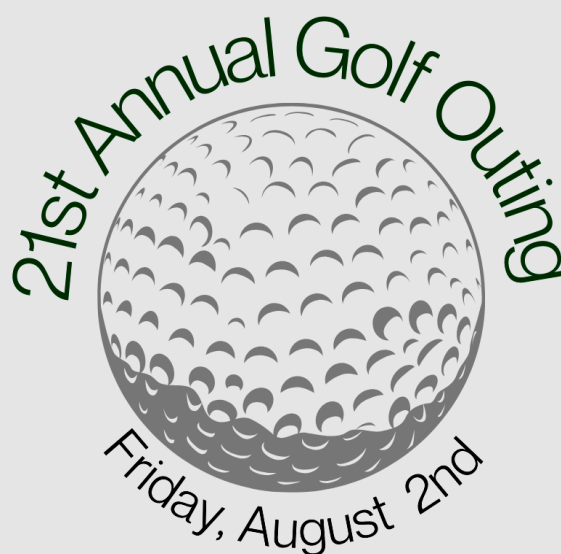
8:00AM Check-In

9:00AM Shotgun Start-
Scramble

\$300 total, \$75 per person
DUE July 12th

Includes:

- ✓ 18 holes of golf with cart
- ✓ Cash prizes for flights
- ✓ Snacks and Buffet lunch
- ✓ 50/50 & Contest Holes
- ✓ \$10,000 Hole-in-One
- ✓ Golfer gift



Pleasant Hills Golf Course

4452 E Millbrook Rd, Mount Pleasant, MI 48858

For more information or to become a sponsor,
please call the **Commission on Aging** at 989.772.0748

Sponsored by:



Supporting Isabella County Commission on Aging

Our mission is to promote health,
independence, and fulfillment of Older
Adults through the coordination and
provision of diverse services and
opportunities



Registration:

Player 1: _____

Player 2: _____

Player 3: _____

Player 4: _____

Payment Today:

Yes / No

Yes / No

Yes / No

Yes / No

Email or Phone: _____ *Need at least 1 contact per team

COA Director's Comments



Summer is officially here – time for barbecues and summertime fun! If you are looking for a safe place to enjoy the great outdoors, remember that we have a beautiful walking path at the Commission on Aging, surrounded by amazing flowers and trees that are maintained by some of our incredible volunteers. Out near the path, we also have some outdoor fitness equipment just waiting for you to take advantage of. There are also benches along the path, giving you the opportunity to take a break and enjoy the beautiful scenery.

If you have been out here lately, you have seen the construction taking place of our beautiful pavilion and recreation area. We are hoping to have it ready to enjoy by the end of summer. In addition to the pavilion, we will also have a pickleball court and a shuffleboard court available for use. We are so excited to provide new outdoor recreation opportunities for our community's older adults! Both activities have become very popular, especially pickleball. Our intent for the new space is to provide a safe place for older adults to try something new and have so much fun, while being active. When the heat of the summer makes its way here, remember that we also have many indoor activities that are offered on a daily basis – there is something for everyone! Be sure to check out all of the activities listed in the paper so that you do not miss out on the fun! ***This 4th of July marks the 248th birthday of our great nation! I hope that your Independence Day is filled with family, BBQ, fireworks, and all good things that symbolize our freedom.***

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

Mission Moments



It's been 4 years since the lockdown of Covid and our doors were closed to the public. Since we have re-opened, the Food with Friends program has grown by leaps and bounds! We take pride in the meals that are created and our goal is to satisfy our clients and participants to provide a positive dining experience in a congregate setting or at home.

When the doors re-opened in July of 2021, we had just started to rebuild programs that had been dormant for too long. The Congregate sites opened, however had 0, 1 or 2 participants attending. Even the Activity Center at our main office had fewer than 10 participants attending. Many were afraid to return to a normal routine of seeing others in person.

Since that time, the sites have been busy planning and growing! It has been a journey, but we are seeing a great increase returning to our new 'normal.' It is exciting to hear the conversation and the connections our community members are making! Now we see larger groups ranging from 10 to over 100! ***If you have not attended a meal site post-Covid, please consider attending! The meals are delicious and nutritious, and connecting with friends is even better! The Commission on Aging and Food with Friends have so much to offer Isabella County. I encourage you to take advantage of these great services.***

Carmel Slebodnik, Nutrition Program Manager

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

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

Caregiver Support Group is Monday, July 15 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.

Coping with Caregiving Sometimes caregiving is a job of necessity and it's definitely a labor of love. About 43 million U.S. adults provide unpaid care for someone with a serious health condition each year. These caregiving heroes provide hours of assistance to others. It's not uncommon for the stress and strain of caregiving to take a toll on your own health. These caregivers are at risk and do face burn out as well as health issues. Not just physical health but emotional health as well. Studies have shown some people can thrive when caring for others. Caregiving may help strengthen connections to a loved one.

Some find joy and fulfillment while in the caregiver role. Rewards also come in the caregiving role. It's a way we can give back to others who gave to us. However, there can be long-term health issues such as heart disease, cancer, diabetes, arthritis, excessive weight gain or weight loss depression or anxiety. It's so important you take care of yourself while also caring for your loved one.

The challenge this month and moving forward I would like you to focus on a few things listed: Healthy nutrition, taking a break each day to spend some time with your friends or doing hobby, join a caregiver support group, drink water, and focus on your own physical and emotional health. Make sure you're seeing a doctor and talking with others if you're feeling overwhelmed with the caregiver role. I'm only a call away and would be happy to talk with you about your caregiving role. Commission on Aging also has several services that could assist you in keeping your loved one in your home or their home longer. Call **989-772-0748** and ask to speak to a case manager about COA services.

MountainTown Harmony 2-Day Singing Camp

No singing experience necessary. Beginners welcome!

10:00 AM - 4:30 PM

Thursday, August 1st & Friday, August 2nd
6:30 PM Friday Showcase Performance

Isabella County Commission on Aging | 200 S. Lincoln Rd. | Mt. Pleasant

Cost per person is \$40. Includes music, lunches both days, and a camp T-shirt.
A Program from the Mt Pleasant, MI Chapter of SPEBSQSA, Inc.

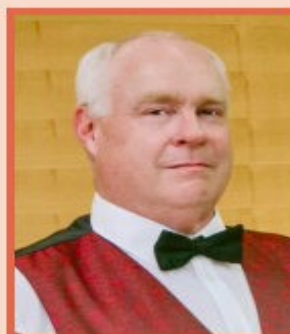
Teen Track | ages 13-19



Holli Houtz
Teen Chorus
Director

Deke Sharon once called barbershop singers the "black belts" of a cappella singers. Join Holli Houtz to develop or build on your skill sets as singers and listeners. She has extensive experience as a music educator and onstage, having grown up in a barbershop singing family. She currently directs a respected mixed barbershop chorus, sings in two award-winning quartets and makes a living teaching vocal music and making custom learning tracks. "Singing four part harmony is exhilarating and just plain fun" says Houtz. Please come see what it is about.

Senior Track | 55 & up



Dr. Bob Lindahl
Senior Chorus
Director

Recently retired after 41 years as a music teacher, Dr. Bob Lindahl grew up in a barbershop family. As a member of the Mt. Town Family Singers he is looking forward to meeting new friends and introducing singers to a variety of folk tunes, Sea Chanties, and American popular music from the 1940s through the 1980s in two, three, and four-part harmonies. Experience reading music is not necessary, all who enjoy singing are welcome!

Grandparent/Grandchildren
Encouraged!



Register by July 15:

Have questions?

mtfamilychorus@gmail.com
mountaintownharmony.org

Advanced Registration Required.
Registration closes July 15, 2024.



Events & Classes

Computer/Tech Class at COA

Tuesday, July 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

“Up in the Mountains”

Wednesday, July 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 *“Up in the Mountains.”* 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, July 1. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.** Next class, Wednesday, August 7

Veterans Support Group at COA



The Veterans Support Group will meet on **Thursday, June 13 from 1:00 p.m. to 2:00 p.m.** Veterans can eat lunch **FREE** on meeting days, please make your lunch reservation at least 24 hours in advance by calling **(989) 772-0748**.

State Employee Retiree Assoc. (SERA)

The meeting for the State Employee Retiree Association (SERA) for **July 18, 2024 will be at the Commission on Aging at 1:00 p.m.** The presentation will be Alexis Hansen, new director for Parks and Recreation of Isabella County. She will explain the upcoming mileage proposal and what it will mean to maintaining our parks. The presentation is open to the public. Following the presentation there will be our regular members meeting. We have several issues facing our chapter, and the board would like input from our members. I cannot stress the importance of your input. If any questions, please feel free to contact Jackie Curtis at **989-772-0597** or jacurtis46irish@gmail.com.

“Connecting with Cards” Card Making Classes

NEW: Last Thursday, (July 25) and Last Tuesday, (July 30) of the month from 2:00 p.m. to 4:00 p.m. in COA Room A. Volunteer will teach the class. Send someone some love by making 8 greeting cards, 2 of each design. This class is for beginners. All supplies are provided, but you may bring your own tape runner or adhesive if you prefer. There is a limit of 10 participants. Call **989-772-0748** to sign up for this **FREE** class. *****You may only sign up for one class per month.**

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!

Healthy Lifestyles Group at COA

Healthy Lifestyles meets **every Tuesday from 12:45 - 1:30p.m.** The group’s main focus is on senior health including weight management, understanding our bodies, reviewing vitamins and minerals required for health, the role of exercise, and diets best for seniors. No charge to attend. Volunteer Led by Karen Norman

Jam Session returns after Labor Day. Dulcimer Group and Ukulele Group are on hold July to Labor Day.

FREE Movie and Popcorn at COA

“The Boys in the Boat” PG-13 2hr 4min

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin. **Friday, July 26 at 1:00pm in COA Room C**

Call Rhonda (989) 772-0748 to register.

MOVE! For Health at COA~ NO class July 3

Summer II Session: began June 26 and goes until 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**.

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: July 16, August 20, September 17.**



Coffee Hour with An Attorney

4th Wednesday of every month (June 26, July 24) 10:30 a.m. to 11:30 a.m. at COA. We will have an attorney from Sarah's Law Firm available to chat with you about general legal questions you may have. Join us for coffee and light conversations!

FREE Fitness Classes ~

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

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

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

NO Tai Chi on July 2, July 4, July 11, July 23, July 25.

Tai Chi in the Park sessions will meet at 10:00 a.m. at the Island Park Arts Pavilion on these Wednesdays: July 3, 10, 17, 31.

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*

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

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

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: July 4 – July 19 – 4th of July Holiday and Pool lighting project (pool closed), August 5 to 9 – Annual Facility Shutdown.

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 ~ NO YOGA until Labor Day ~ Class 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*

- **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

Smart911 is for Everyone

Smart911 is an emergency mass notification system used to contact Isabella County residents and businesses via phone messages, text messages, and/or E-mail messages in case of emergency. The Smart911 system alerts is used by Isabella County 9-1-1 to notify residents of emergencies or critical situations and provide information regarding necessary actions, such as evacuation and shelter-in-place. If an answering machine or voicemail picks up the call, the system will leave a recorded message. If the number called is busy or does not answer, the system will redial the number in an attempt to deliver the message. The system is also TTY/TDD compatible.

The **Smart911** system requires users to register. All cellular, voice-over IP, landline numbers, and email addresses you would like to be notified at can be registered within your **Alerts** profile when you register with **Smart911**. **Smart911** is available in the App. store. It's **FREE** and easy to download onto your device. Download the **Smart911** app today. *You can also sign up on the Isabella County Central Dispatch home page.*

Isabella County Parks Proposal for Renewal of Millage Funding to Appear on August 2024 Ballot

The Isabella County Board of Commissioners has approved ballot language for a proposal to renew a dedicated millage for parks and recreation operations and programs of up to .35 mills for six years, 2024 through 2029 inclusive. A property owner with a home valued at \$100,000 would pay an estimated \$17.50 in taxes toward this millage in a year. This will be an exact continuance of the parks tax that property owners have paid over the last 12 years. The proposal will be placed on the ballot for the state primary election, which takes place on Tuesday, August 6th, 2024. Isabella County Parks and Recreation is not a part of the Isabella County General Fund, and receives its funding solely through revenues from park user fees and, over the last decade, from millage and grant support.

The Parks Fund millage was initially proposed for a six-year term to levy up to .35 mills and was first passed in August 2012 with 55% voter approval. In August 2018, this millage was brought back to the voters for renewal for up to .35 mills for another six-year term, and successfully passed with 65% voter approval. This approval set in motion an era of financial stability for the Isabella County Parks System that fostered development and improvement of park infrastructure and opened the door for proactive park management. Over the past 12 years, the citizens of Isabella County have invested in their park system, and have seen a return on that investment from a park system that can be considered a highlight for our community. To learn more about the 2024 Isabella County Parks Millage Renewal Proposal, visit isabellacounty.org/parksrenewal.



ISABELLA COUNTY
COMMISSION ON AGING

VOLUNTEERS NEEDED

Seeking Home-Delivered Meal Volunteer Drivers:

- ✕ Run routes in the area of your choice throughout
- ✕ Isabella County on Monday, Wednesday, or Friday.

Pick up routes during lunch-time hours on days you are available! Mileage reimbursement offered.

 **TO SIGN UP, CALL KELLY OR MARY**
989-772-0748

2024 Country Quilters ~ Quilt Show
Friday, July 12, Saturday July 13~10:00 a.m. to
4:00 p.m. at Weidman Community Center,
5918 W. Bridge St., Weidman

RAFFLE QUILT
9 Patch
Medallion
Hand Quilted by
Country Quilters

**TICKETS ARE
AVAILABLE FROM
ALL MEMBERS!**

**HOPE TO SEE YOU
THERE!**



QUILT RAFFLE TICKETS 1 FOR \$1.00 OR 6 FOR \$5.00
DRAWING JULY 13, AT 4:00 PM.

Fit Feet Walking Club Has Returned! Please Note: Changed Time

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, 3:00 p.m. to 4:00 p.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

FREE 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.

Mushroom Hunts ~ Deerfield Nature Park mushroom field experience to learn about early summer mushrooms is **Thursday, July 11 at 10:00 a.m.** Meet at the **Fussman Pavilion**. Make sure to tell the gate attendant that you are there for the mushroom class, and you will get into the park free that day!

Coffee & Conversation

Join old friends and make new friends every **Monday, Thursday and Friday at 10:00 a.m. in COA Room C**. Have some coffee and enjoy great conversations!

Travel with COA

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.**

Turkeyville Presents: *Million Dollar Quartet* Tuesday, October 15

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: \$85 per person includes motorcoach transportation, buffet style turkey dinner, show ticket, and all tips. **Money and reservations due Friday, September 13.**

On December 4, 1956, a twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together at Sun Records for one of the greatest jam sessions ever. This smash-hit sensation features an incredible score of rock, R&B and country hits, including "Blue Suede Shoes," "Walk the Line," "Sixteen Tons," "Great Balls of Fire," "Folsom Prison Blues," "Whole Lotta Shakin' Goin' On," "Hound Dog," and more. **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.**

*****To make a reservation, please contact: Marcy Huntoon (989) 772-0748 or email 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.

Spend Your Summer With Isabella County Parks and Recreation



Enjoy the hot summer days at one of the swimming beaches at Coldwater Lake Family Park or Herrick Recreation Area. For pavilion and camping information, utilize our online reservation system at <https://www.isabellacounty.org/departments/parks-recreation/reservations/reservations/>.

You can also call the County Parks Main Office **989.317.4083** or call the parks directly: Coldwater Lake Family Park – **989.644.2388**, Deerfield Nature Park – **989.772.2879** and Herrick Recreation Area – **989.386.2010**.

Page 8 Monday	Tuesday	Wednesday
9:00 Video Exercise Group 1 10:00 Low-Impact Aerobics 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers 3:00 Fit Feet Walking Program 5:00 Human Rights Committee Meeting 6:00 Alzheimer's Caregiver Support	2 10:00 Line Dancing 12:45 Healthy Lifestyle Group 1:00 Cards 2:00 Computer/Tech Class	3 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 12:30 CMU Otago Exercise Class 1:00 Cards 1:00 Happy Rippers 4:00 Anyone Can Paint NO MOVE CLASS TODAY
8 9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers 2:30 Insurance Committee Meeting 3:00 Fit Feet Walking Program	9 8:00 Commission Committee Mtg 10:00 Line Dancing 10:00 Needlecraft Meeting 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group 1:00 Cards 5:00 PEO	10 8:00 Basket Guild 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:30 PEO 12:30 CMU Otago Exercise Class 1:00 Cards 1:00 Happy Rippers 1:00 Between the Covers Book Club 4:00 MOVE Class
15 9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Coffee & Conversation 11:00 Monday Trivia 11:00 Gentle Exercise 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 1:00 Caregiver Support Group 2:30 Insurance Committee Meeting 3:00 Fit Feet Walking Program	16 8:30 FOIS Meeting 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:00 Medicare Seminar 12:45 Healthy Lifestyle Group 1:00 Cards 5:00 Board of Commissioners Mtg	17 9:00 Zoning Board of Appeals 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:00 Polio Support Group 12:30 CMU Otago Exercise Class 12:30 Ice Cream Sundaes 1:00 Cards 1:00 Happy Rippers 1:00 Second Hand Book Club 4:00 MOVE Class
22 9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Coffee & Conversation 11:00 Monday Trivia 11:00 Gentle Exercise 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 2:30 Insurance Committee Meeting 3:00 Fit Feet Walking Program	23 8:00 Sewing Peeps 9:00 United Way 10:00 Line Dancing 12:45 Healthy Lifestyle Group 1:00 Cards 4:00 Isabella County Child Advocacy 6:00 Mid Michigan Quilt Guild	24 8:00 Mid Michigan Quilt Guild 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 10:30 Coffee Hour w/ an Attorney 12:30 CMU Otago Exercise Class 1:00 Cards 1:00 Happy Rippers 4:00 MOVE Class 5:00 Parkinson's Support Group
29 9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Coffee & Conversation 11:00 Gentle Exercise 11:00 Monday Trivia 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 2:30 Insurance Committee Meeting 3:00 Fit Feet Walking Program	30 8:00 Commission Committee Mtg 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:45 Healthy Lifestyle Group 1:00 Cards 2:00 Connecting with Cards	31 8:00 Happy Rippers 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 12:30 CMU Otago Exercise Class 1:00 Cards 7:00 Nancy Carey Cancer Support Group

Thursday	Friday	Saturday	Page 9
<div>Closed</div> <div>HAPPY 4th of July</div> <div></div>	<div>10:00 Coffee and Conversation</div> <div>10:00 Low-Impact Aerobics</div> <div>11:00 Gentle Exercise</div> <div>1:00 Cards</div> <div>1:00 Bingo</div> <div>No Home Delivered Meals</div>	<div>9:00 Community Church Group</div> <div>10:00 Line Dancing</div>	
<div>8:30 CMU Otaga Exercise Class</div> <div>9:00 Community Church Craft Group</div> <div>10:00 Coffee and Conversation</div> <div>11:00 Word Search</div> <div>1:00 Veteran Support Group</div> <div>1:00 Cards</div> <div>3:00 Hula</div> <div>3:30 VA Committee Meeting</div> <div>6:00 Planning Commission</div> <div>6:30 Community Cancer Services</div>	<div>8:00 Happy Rippers</div> <div>10:00 Coffee and Conversation</div> <div>10:00 Low-Impact Aerobics</div> <div>11:00 Trivia</div> <div>11:00 Gentle Exercise</div> <div>11:30 Nutrition Education</div> <div>1:00 Bingo</div> <div>2:00 Cards</div>	<div>9:00 Happy Rippers</div> <div>10:00 Line Dancing</div> <div>9:00 Happy Rippers</div>	
<div>8:30 CMU Otaga Exercise Class</div> <div>10:00 Beginner Tai Chi</div> <div>10:00 Learn to Crochet</div> <div>10:00 Coffee and Conversation</div> <div>11:00 Word Search</div> <div>11:30 Tai Chi Next Level</div> <div>12:30 SERA Board Meeting</div> <div>1:00 SERA Meeting</div> <div>1:00 Cards</div> <div>3:00 Hula</div> <div>7:00 Mt. Pleasant Citizens Climate Lobby</div>	<div>10:00 Coffee and Conversation</div> <div>10:00 Low-Impact Aerobics</div> <div>11:00 Word Search</div> <div>11:00 Gentle Exercise</div> <div>2:00 Cards</div>	<div>8:00 Mid Michigan Quilt Guild</div> <div>10:00 Line Dancing</div> <div>If we all do one Random Act of Kindness Daily, we just might set the world in the right direction. <i>Martin Kornfeld</i></div>	
<div>8:30 CMU Otaga Exercise Class</div> <div>10:00 Coffee and Conversation</div> <div>10:30 Community Church Craft Group</div> <div>10:30 Rendeвер Virtual Reality Program with Prestige Center</div> <div>11:00 Word Search</div> <div>12:30 July Birthday Celebration</div> <div>1:00 Cards</div> <div>2:00 Connecting with Cards</div> <div>3:00 Hula</div>	<div>10:00 Coffee and Conversation</div> <div>10:00 Low-Impact Aerobics</div> <div>11:00 Music with Barb & Greg</div> <div>11:00 Gentle Exercise</div> <div>1:00 Movie & Popcorn: <i>“The Boys in the Boat”</i></div>	<div>10:00 Line Dancing</div> <div>Come out to COA and enjoy our beautiful Walking Trail! The trail is completely ADA accessible from the parking lot. Enjoy exercise equipment, benches and greenery. Hope to see You!</div>	
<div>Food with Friends Lunch</div> <div>Monday thru Friday at 12:00 p.m.</div> <div>in Activity Room C.</div> <div>See our Menu on pg. 10</div> <div>Lunch Activities in bold—Rm C</div>		<div>July</div> <div></div>	

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 at the phone number or email listed for each site.

FWF Eat Smart Menu			July 2024	
Monday	Tuesday	Wednesday	Thursday	Friday
1 Hawaiian Pork Bread Rice Key West Vegetables Tropical Fruit	2 Southwest Steakhouse Chicken Black Beans & Rice Corn Cherry Crisp	3 Swedish Meatballs Bread Whipped Potatoes Mixed Vegetables Citrus Fruit Cup	4 Closed No Meals 	5 No Home Delivery Fish Sandwich Green Beans Coleslaw Sugar Cookie
8 Smothered Chicken Bread Whipped Potatoes Capri Blend Veg Mandarin Oranges	9 Pizza Casserole Bread Stick Tossed Salad Michigan Fruit Cup	10 Tuna Salad Croissant Broccoli Citrus Salad Strawberries	11 Beef Taco Bowl Cilantro-Lime Rice Corn Oatmeal Apple Crisp	12 BBQ Meatloaf Bread Squash Brussels Sprouts
15 Beef Stroganoff Dinner Roll Succotash Mixed Fruit Juice	16 Turkey Reuben Sand. Cabbage Coleslaw Banana Peanut Butter Brownies	17 Creamy Swiss Chicken Bread Parsley Potatoes Harvest Veg Blend Applesauce	18 Baked Potato Soup Ham and Cheese Slider Pineapple Gelatin Apple	19 Unstuffed Peppers Dinner Roll Spinach Pears
22 Cabbage Roll Cass. Dinner Roll Peas & Carrots Pineapple Tidbits Cookie	23 Autumn Chicken Bread Cheesy Potatoes Spinach Pumpkin Custard	24 Goulash Garlic Toast Italian Blend Fruit Cocktail Juice	25 Spinach & Chicken Salad Bread Cottage Cheese Watermelon Strawberry Shortcake	26 Turkey Stew Biscuit California Blend Peaches Juice
29 Sweet & Sour Chicken Bread Carrots Fresh Clementine Cookie	30 Corn Chowder Breadstick Tossed Salad Blueberry Crisp Yogurt	31 Beef Mozz. Melt Bread Redskin Potatoes Green Beans Peaches and Pears Juice		

Menus are Subject to Change Without Notice
Reservations are Required 24 Hours in Advance
Milk provided with all meals
Suggested Donation \$2.50

COA ACTIVITY CENTER
2200 S. Lincoln Rd., Mt. Pl., Room C
Meals: M thru F at Noon
Rhonda Burke, Site Facilitator
989-772-0748 or rburke@isabellacountytv.org
COA Building OPEN Monday thru Friday from 8:00 a.m. to 4:30 p.m.
It's so nice to welcome the sunshine and warmer weather! Come on in, we would love to see you here to enjoy our great food and also enjoy our many activities here at the COA. It may be warm outside, but it is nice and cool at COA.

Keep these July dates in mind:
Line Dancing Tuesdays, Wednesdays at 10:00
5 Bingo at 1:00
11 Veterans Support Group at 1:00
12 Bingo at 1:00
25 Rendever Virtual Reality Program with Prestige Center at 10:30
25 July Birthday Celebration at 12:30
26 Music with Barb & Greg from 11-12
26 Movie with Popcorn: "The Boys in the Boat"

FOOD WITH FRIENDS PUNCH CARDS!
\$10.00 FOR 5 MEALS
\$20.00 FOR 10 MEALS
You can ask your Site Facilitator for more information!
The Punch Cards are purchased at the Commission On Aging Bldg., 2200 S. Lincoln Rd., Mt. Peasant.
Great for holidays and birthday gifts!

ROSEBUSH
VILLAGE OF ROSEBUSH MANOR
4210 E. Rosebush Rd., Rosebush
Meals M, W, F, 10:00 a.m.-2:00 p.m.
Jennie Brussow, Site Facilitator
989-433-0151
rosebushfoodwithfriends@gmail.com
We have many exciting Rosebush activities for July. Come and join us!
Rosebush July Calendar

1 Manicures/Nutrition Ed
3 Music/Amanda Armstrong
5 Music/Paul Wilkinson
8 Red Hat Strutters
10 Music/Mark DeNoyelles
12 Music/Greg Merwin
15 Music/Just the 2 of Us
17 Music/Kevin Bandele/ Ice Cream Social
19 Penny Bingo
22 Music/Sam Lee
24 Bingo/Prizes
26 Penny Bingo
29 Laugh-In Hour
31 Sing-A-Long

SHEPHERD

UNITED METHODIST CHURCH,
107 W. Wright Ave., Shepherd
Meals M, W, F, 10:00a.m.-2:00p.m.

Leann Vanacker, Site Facilitator

989-828-5106

Please join us for Coffee and Conversation each morning at 10:00 a.m. We love to talk about new topics to keep our minds sharp!

shepherdfoodwithfriends@gmail.com

Shepherd July Calendar

- 1 Closed
- 3 Independence Day Celebration,
Trivia, 11:00 a.m. Movie:
"Independence Day"
- 5 Christmas in July Luau! National
Hawaiian Day—Special Guests
Hula Dancers
(no veterans group today)
- 10 MSU Extension Project Fresh
Presentation (Must be registered
ahead, space is limited)
- 12 July Birthday Celebration, 12:30 p.m.
Bingo and Cards
- 15 10:30 a.m. CMU Fall Prevention
Exercise Class, Cards
- 17 National Peach Ice Cream Day
celebration
- 19 Bingo/Games
- 22 10:30 -11:30 CMU Exercise Class,
Healthy Living Club
- 24 12:30 Music: Greg Merwin
- 26 12:30 Bingo
- 29 11:30 Music: Al Bartholemew
- 31 11:00 Group Pick Christmas Movie
Come in and see which
movie was chosen!



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: 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 SENIOR CENTER

3453 N. School Rd, Weidman
Meals M, W, F, 10:00a.m.-2:00p.m.
Sandy Hunter, Site Facilitator
989-644-2538

Come join us and get moving to chair exercises for any fitness level! We are getting stronger as a team! We start exercising each morning at 10:00 a.m. Come join us for a healthier, stronger body and mind! Lunch is served at noon with great conversation each day! Our center is really growing! Stop in on Monday, Wednesday or Friday 10-2 and meet our group! It only takes one small step through our door to find new connections and find your purpose at our community.

weidmanfoodwithfriends@gmail.com

Weidman July Calendar

- 1 Cards: Rummy, Gin,
Euchre and Golf
- 3 Nutrition Education and Book Club
featuring Lee Childs
- 5 Music: Greg Merwin
- 8 Board Games with Snacks
- 10 Coffee and Conversation and
Baking Day!
- 12 Cards, Golf, Rummy and Trash
- 15 July Craft Day—make and take
- 17 12:15 Presentation: Psychic Reading
and Tarot Cards
- 19 Movie and Popcorn: "The Sandlot"
- 22 Cards: Uno, Racko and Rummy
- 24 Corn Hole Toss
(outside weather permitting)
- 26 Uno, Chinese Checkers, Kerplunk
and Snacks!
- 29 July Birthday Celebration
with Cake and Ice Cream
- 31 Coffee, Donuts and Conversation!

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

Happy Independence Day! Enjoy the summer weather with camping, picnics and family reunions! We welcome you to Winn Community Center where we always bring the sunshine to the day! **Scrapbooking Club starts on Fridays beginning July 12 from 10:00 a.m. to 2:00 p.m.** Do you have old pictures laying in a box? We have plenty of space to spread out and work on pages.

Call Tammy to sign up.

Winnfoodwithfriends@gmail.com

Winn July Calendar

- 1 Closed
- 3 Closed
- 5 Closed
- 8 Flower Arrangement Class I (vases)
- 10 Music: Midnight Express
- 12 Independence Bingo! Red, White
and Blue prizes!
Scrapbooking Club
- 15 Flower Arrangement Class II
(hanging baskets)
- 17 National Peach Ice Cream Day
Music: Greg Merwin and Barb
- 19 Movie and Popcorn: Independence Day
Scrapbooking Club
- 22 Flower Arrangement Class III
(real flowers/vases)
- 24 Music: To be announced
- 26 Bingo and Movie
Scrapbooking Club
- 29 Flower Arrangement Class IV
(centerpiece/fresh)
- 31 Music: To be announced

Weidman Senior Center Friend of the Month

Gene Faulman of Lake Ojibwe, just north of Weidman is the Weidman Sr. Activity Center friend of the month. Born in Saginaw and raised in the small community of Shields, just outside of town. Gene is the father of 5 children, 6 grandkids and 2 great grandkids. He has lived in this area since 2000, and is a retired Morbark employee. His hobbies include oil painting and fishing, plus he is a former hunter. In talking with Gene, he shared that he lost his wife and best friend of 62 years fairly recently so he truly enjoys his time he spends at the Weidman center. He said it's a great place to visit with others, or to play one of the many games they have available. He also appreciates the meals served at such a reasonable cost. He encourages others to "Please come and be a part of the good times we have, you can never have enough friends!" The center is located on School Rd at the south end of the library building, and is open M, W, & Fri from 10-2. Stop in, meet Gene and Sandy, the site facilitator and share in the fun that's available so close to home. You will be glad you did. *Submitted by Sue Preuss*

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, July 10 2 p.m. - 6 p.m.
Thursday, July 11 9 a.m. - 1 p.m.
Saturday, July 13 9 a.m. - 12 noon

Wednesday, July 17 2 p.m. - 6 p.m.
Thursday, July 18 9 a.m. - 1 p.m.

Wednesday, July 24 2 p.m. - 6 p.m.
Thursday, July 25 9 a.m. - 1 p.m.
Saturday, July 27 9 a.m. - 12 noon

Wednesday, July 31 2 p.m. - 6 p.m.
Thursday, August 1 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

***Volunteers Welcome!**

Sign up at: CONFEEDS.ORG

How to Communicate in a Disaster Situation

- **Change your cellphone settings to use Wi-Fi for calls. Limit any non emergency phone calls.** You can also use Facebook Messenger, Skype, and WhatsApp for Wi-Fi calls.
- **Change your voicemail welcome message ASAP.** If calls aren't going through, friends and family will know you're safe.
- **Send text messages instead of phone calls whenever possible.** Texts require less demand from often overloaded active cell towers. Try using your landline if you have it.
- **Update profiles: Facebook, Twitter, Instagram, or WhatsApp.** Tell people if you're okay, where you are and what you need. Have charged batteries and car charger adapters for power. If in your vehicle try to place calls when car is stationary. Keep your emergency numbers in phone.

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



FREE Mental Health Support Groups

**Third Wednesday of each month 6:30-
8:00 p.m., 2120 E Remus Rd.
(Summit Clubhouse).**

Family Support Group

– For family and friends

Connections Support Group –

For anyone experiencing mental health challenges For more information please call 989.948.3273.

Alzheimer's Association Caregiver Support Group

**Meets first Monday, July 1, 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. 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.

Isabella County Commission on Aging Durable Medical Equipment Storage Closet



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

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

Durable Medical Equipment Available:

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



Nancy Carey Cancer Support Group:

Our regular monthly meetings 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, June 26, July 31 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 Or
 you may call: (989)-773-7990, or (989)-772-1602, or (989)-828-5476.

Huntington's Support Group at COA

No meeting July or August

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
Phone: (989)-245-5725

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? **Polio Support Group is third Wednesday, July 17 at 11:00 a.m.** This group will be facilitated by Bonnie Levitan and Deborah LaBlance, both polio survivors.

If you ever have any questions, please contact:
Marcy Huntoon
 (Jerome) at (989) 772-0748.
mjerome@isabellacounty.org

New Tomorrows -

Eight Week Grief Education Series

You are not alone in grief! McLaren Hospice offers a free educational support program 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.

Central Michigan Area Parkinson's Support Group

Time: 4th Wednesday of each month (June 26, July 24) from 5:00 p.m. to 6:00 p.m. at COA 2200 S. Lincoln Rd., Mt. Pleasant in Room B.
Facilitator: Dr. Jamie Haines, PT, DScPT, Associate Professor, Department of Physical Therapy, CMU
 Phone: (989)-415-0418 Or you may send an Email to: haine1jj@cmich.edu

Central Michigan Area Stroke Support Group

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

Meets the 3rd Tuesday of each month (July 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.

Grief Share Support Group

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

All questions or for more information, please call or text Facilitator: Claudia Wood at (989)-600-3402 or you may email griefsharemp@gmail.com. Do you need another day or time? Please Visit griefshare.org/findagroup to find a

list of groups in your area. Or find a group meeting online.

Cholesterol Screening

Cholesterol plays a key role in your heart health. A screening test is available that includes information about your

- Total cholesterol Blood Pressure.
- LDL cholesterol HDL cholesterol
- Triglycerides Glucose

Fasting for 10-12 hours before the test is required. Walk-in cholesterol screenings will be offered on: **Wednesday, July 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.**

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.

In Memory Of

Colleen L. Campbell
Bernadette Sunderman

Brenda Curtiss
Wendell Curtiss

Ernestine Curtiss
Wendell Curtiss

Melvin Curtiss
Wendell Curtiss

Bill Hawkins
Walt Schneider

Mary Jo Kyer
Cindy & Joe Clevenger

Joan Loveland
Tax Aide Volunteers

Hildegard Machuta
Thomas & Prudy Carney

Donna Parr
Janet Maar Strickler
Charitable Fund

Joe Vanas
Donna Anderson
Ronald & Karen Gale
Brenda Johnston

For Activity Center
Donna Parr
Patricia Schultz

For Active Living
James Draper
Barbara Draper

For Food with Friends
Wayne Coston
Dolores Cluley-Lockwood

Joe Vanas
Dolores Cluley-Lockwood

Garry Veit
Dolores Cluley-Lockwood

For Home Delivered Meals
Joe Vanas
Mike & Terita Green
Jane Smith

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

Active Living Donors

Anonymous
Gary & Jeanine Bellinger
Carolyn Clare
Earl & Elaine Currie
Marilyn Dewey
Jerry & Joan Doan
Cathy Foster
Fran Foust
Jerry Fuller
Ed & Ruth Helwig
Lou Howard
Linda Lukens

Norma Jean Lux
Martha McClure
Margaret M McDonald
James Meyers
Dave & Rita Mogg
Pat Pifer
Don Schafer
John & Kay Shell
Mary VanDyke
Becki Webb
Doug & Katie Wiora
Basil & Theresa Zimmer

COA Donors

COA
Anonymous
Sharon Bolton
Margie Henry
Martha McClure
Richard Thomas
Roy & Dawn Tubbs

In Honor of...
Robert Howard
Sandra Wood

**Fr. Fred Kawka – 60 years
of service in priesthood**
Gail & Tom Moore

**In Honor of for Gold Key
Volunteer Program –
Tax Prep**
Pat Podoll
Janet Maar Strickler
Charitable Fund

**Gold Key Volunteer
Program – Needlecraft**
Anonymous

**Gold Key Volunteer
Program**
Cathy Foster



MUSIC IN THE PARK 2024 @ ISLAND PARK ARTS PAVILION

331 N. MAIN ST., MT. PLEASANT, MI
BRING YOUR CHAIRS AND RELAX.
THURSDAY EVENINGS ALL SUMMER!

5:30 P.M. – 7:30 P.M.

FREE CONCERTS FOR THE WHOLE
COMMUNITY!

JULY

JULY 2:
DUELING PLANOS

♫ CONTEMPORARY

(ON TUESDAY
THIS WEEK
ONLY)

JULY 11:
**THE BOOTSTRAP
BOYS**

♫ 90 PROOF COUNTRY MUSIC

JULY 18:
NATIVE FIREBALL

♫ POPULAR COVERS FROM
THE 70'S TO TODAY

JULY 25:
MONTE PRIDE

♫ VINTAGE JAZZ, CLASSIC
COUNTRY, AMERICANA FOLK

Active LIVING Still Needs YOUR Support

Thank You to everyone who donates to Active LIVING. As of June 11, 2024, we have received **\$9,342.00**

We are a long way from our needed goal of **\$24,000.00**. To keep Active LIVING a part of our communities we need your support.

Please consider donating to Active LIVING. Please use the Donation Form below. The suggested annual donation amount is \$20.00. *We deeply appreciate your support.*

Enclosed is my Donation for \$ _____

Please make check payable to:

Friends of Isabella Seniors

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

Please designate my gift to:

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

Gift is:

- ☐ Memorial
 ☐ Honorarium

Name: _____

- ☐ Veteran _____
 ☐ Keep Donation Anonymous.

Please send acknowledgment to:

Name: _____

Address: _____

Thank You for your Support

COMMISSION ON AGING
ADVISORY BOARD

District 1	Jacqueline Curtis
District 2	Ruth Anne Maniteau
District 3	Kristin LaLonde
District 4	John Dinse
District 5	Alicia Haley
District 6	Larry Fussman
District 7	John Zang
At-Large	Richard Moreau
At-Large	Jessica Lapp

FRIENDS OF
ISABELLA SENIORS
BOARD OF DIRECTORS

President	Jerry Morey
Vice President	Eileen Jennings
Finance Officer	David J Karmon
Ex Officio	Jennifer Crawford
Ex Officio Secretary	Kelly Lee
Member	Roy Burlington
Member	David Coyne
Member	Stephanie Hope
Member	Kathy House
Member	Ray Johnson
Member	Connie Lynch
Member	Barry Trombley

Temporarily Away

Active *LIVING* is not “forwarded.” If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning a vacation or will be away or are moving, call **(989) 772-0748** or use the form on the back page.

Active LIVING Deadline

Each issue of Active *LIVING* is printed and mailed to our readers before the first day of each month. In order to complete the entire process we need to receive information for submission **by the sixth day of the prior month.** Please understand all articles submitted are subject to editing for content and space restrictions.

Isabella County
Commission on Aging

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

Mission Statement

The mission of the Isabella County Commission on Aging (COA) is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities. COA is a leading multi-service agency that provides a community focal point for the needs of our Older Adult population.

The following programs focus on assisting individuals who are sixty (60) years of age and older and live within our geographical service areas:

In Home Services Program

- Case Management
- Caregiver Training
- Information and Referral
- Homemaking
- Medicare / Medicaid Assistance
- Personal Care
- Respite Care

Food with Friends Program

- Congregate Meals
- Home Delivered Meals

Foster Grandparent Program
Senior Companion Program

Activity Center Program

- Activities
- Travel Opportunities
- Fitness

Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

Donations or fees for all programs and services are requested. If we can assist you or someone you know, please call **COA at (989) 772-0748 Monday - Friday, 8:00 a.m. - 4:30 p.m.**

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

Estate Planning Legal Assistance ONLY

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

REGION VII AREA AGENCY ON AGING



INSIDE JULY 2024 Issue

21st COA / FOIS Golf Outing	1
Director's Comments	2
Mission Moments	2
Caregiver Support Corner	2
2 Day Singing Camp at COA	3
Events & Classes	4, 5
Need More Volunteer Drivers	6
Co. Parks Millage Renewal	6
Smart911	6
Travel with COA	7
Activity Center Calendar	8, 9
FWF Menu & Site Activities	10, 11
CCN FOOD Pantry Dates	12
Support Groups	12, 13
Health Screenings	13
Memorials & Donations	14
Active Living Needs Support	15

Non-Profit Org.
U.S. Postage
PAID
Permit No. 52
Mt. Pleasant, MI 48858
Friends of Isabella Seniors
2200 South Lincoln Road, Mount Pleasant, MI 48858

Active LIVING

For Delivery of

Active LIVING

Please check: ☐ New Subscriber ☐ Renewal Contribution: \$ _____

☐ Change of Address (Please attach a label with old address)

☐ Temporarily Away Stop Date _____ Restart Date _____

Temporarily Away - Address

New Subscriber or Change of Address

Full Name _____

Full Name _____

Address _____ Apt. No. _____

Address _____ Apt. No. _____

City _____ Zip _____

City _____ Zip _____

Phone _____

Phone _____

E-mail _____

Send to:

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

Please make checks payable to:
Friends of Isabella Seniors

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

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

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

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