



# 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)

## Reminder Dates:

**Subject to Change**

**FREE Movie & Popcorn ~**  
 July 26~ "The Boys in the Boat"  
 Aug. 30 "The Color Purple"

**Two Day Singing Camp at COA~ August 1 &2 Pg. 3**

## REMEMBER TO VOTE

**TUESDAY, AUGUST 6**  
 See Articles Pages 3, 6

**Tai Chi in the Park ~**  
 August 7 & 21 See Page 5  
 for Tai Chi Info & Dates

**Caregiver Support Group**  
 Monday, Aug. 19 Page 3

## Page 4 Events ~

**Medication Management~**

**Thursday, August 22**

**Red Cross Blood Drive ~**  
 Thursday, August 29

**Lung Cancer Screening~**  
 See Page 12

**Senior Dance ~ See Page 3**  
 October 29

## TRIPS ~ See Page 7

**Frederik Meijer Garden**  
 Trip is Full ~ August 14

**Turkeyville ~ October 15**

**Frankenmuth & Bronner's ~**  
 November 13

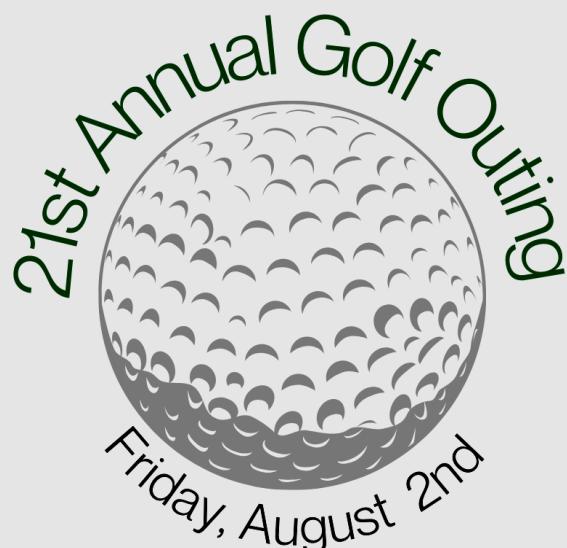


8:00AM Check-In  
 9:00AM Shotgun Start-Scramble

\$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



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

## 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



**Call COA at 989-772-0748 for Team Availability!**  
**Sponsorship Opportunities are Still Available!**  
**Your Support is Greatly Appreciated!**

## COA Director's Comments



Happy August! My goodness ~ our summer has just flown by. By the end of this month, many of our area schools will be back in session, so please use extra caution when out and about to keep all of the little people in our community safe and sound. In case you are wondering if, or when, you need to stop for school buses, here is a recap of our **Michigan School Bus Traffic Safety Law:**

**When a school bus comes to a stop and activates its red flashing lights, drivers traveling in both directions are required to come to a complete stop at least 20 feet away from the school bus. Drivers must remain stopped until the school bus resumes moving down the road or turns off its red flashing lights. The only exception to these rules is for drivers traveling in the opposite direction of a school bus when the lanes of traffic for motorists traveling in different directions are separated by a physical barrier or “intervening space,” such as a boulevard, which serves as a barrier between traffic traveling in opposite directions.**

So – as an example, if you are traveling on Pickard Road (M20) there is no physical barrier dividing the lanes, which means that traffic must stop on **both sides of the road** when a bus activates its red flashing lights. Please use extra care, and if you are not certain, err on the side of caution and just stop.

Summertime brings many different events that are always fun, but I was most excited to see that **Wednesday, August 21** is **National Senior Citizens Day!** What an amazing day to celebrate! I can tell you that all of us here at the Isabella County Commission on Aging appreciate each and every one of you every day of the year, but how wonderful to have a day to officially recognize all of our amazing senior citizens throughout Isabella County!

***We want you to know how much we care about you and just how thankful we are for all of you! Your presence and contributions to our community, make it the most wonderful place to live and work.***

Do something extra special for yourself on August 21 – we hope that you will plan a day to come in for lunch or an activity here at the Commission on Aging. We would love to see you!

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

## Mission Moments



Our Foster Grandparent and Senior Companion programs have had quite the year so far! Foster Grandparents had another great school year! We heard so many wonderful things from teachers and school staff on how wonderful their Foster Grandparent volunteer is and what a big help they are with the students! Teachers share how valuable they are to the students, and how they love to see the relationships grow! We have a few Foster Grandparent

volunteers serving in short summer school programs, but most of them have been enjoying their time off until they school returns in August!

Senior Companions are just as busy, unfortunately they do not get the Summers off. They serve with their clients or residents all year round! We again hear over and over how much clients and residents love their Senior Companions! Many clients report they wouldn't be able to maintain their level of independence without them! Senior Companions are very busy taking their in-home clients to doctor's appointments, grocery shopping and as well as assisting them to pick up prescriptions! Nursing home residents love that their Senior Companion comes and visits with them in their room, or encourages them to get out and do some of the nursing home activities.

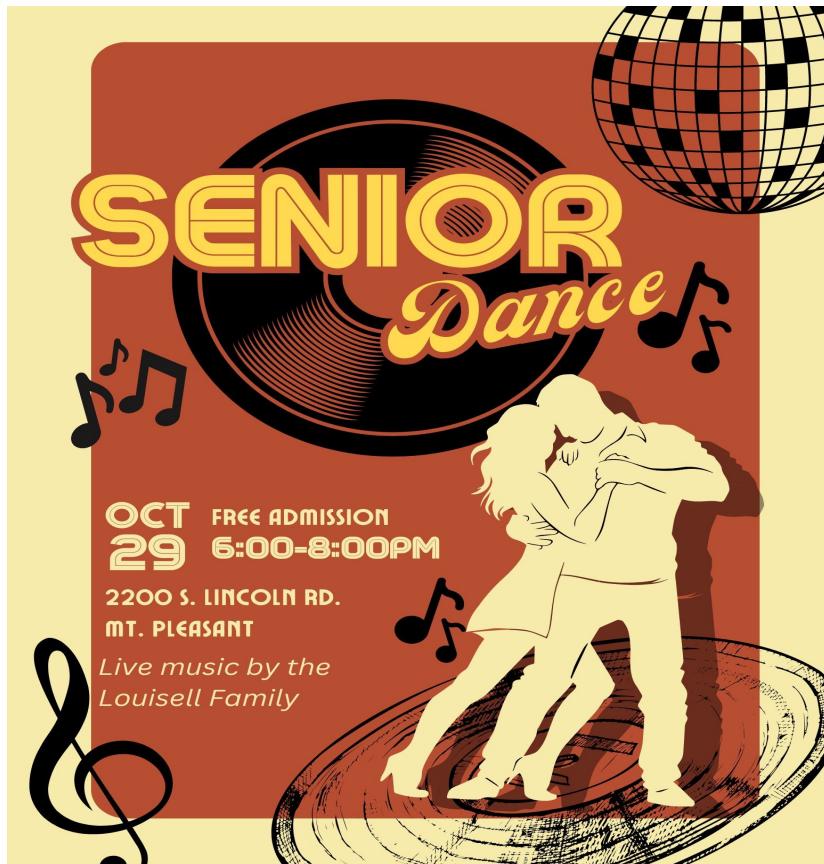
We had a very successful volunteer recognition in May! We had a 50's themed celebration where volunteers and staff dressed up in their favorite 1950's outfits! We had a special congratulations go to Senior Companion Jack Eaton, who has been a volunteer with our program for 20 years! Jack serves at the Mt. Pleasant Mid-Michigan Industries, where he loves to share his stories and jokes to the persons served he works with! Jack loves to make people laugh, and they love Jack just as much there!

In closing, I want to give a quick shout out to Jodi Onstott, Foster Grandparent Supervisor, and Anne Acles, Senior Companion Supervisor! Anne and Jodi have also had a great year, and did an amazing job planning our recognition event! Anne and Jodi do an amazing job coordinating volunteer schedules, matching new volunteers, and being a great listener and supporter to their volunteers! Commission on Aging is blessed to have them, and all that they do for their programs and volunteers! Enjoy the rest of your Summer!

*Brandi Knivila, Foster Grandparent/Senior Companion Programs Manager*

**Caregiver Support Corner** *By Brandise Leonard, Caregiver Support Specialist/Trainer at COA. Contact: (989)772-0748 or bleonard@isabellacounty.org*

**Caregiver Support Group** is Monday, August 19 from 1:00 p.m. to 2:30 p.m. at the COA building. All caregivers are welcome! No pressure to be on time or leave early. Support is important to Caregivers, please come as you are.



**The Care Store** ~ Serving people in need through access to essential items that bring dignity to homes in our community.

**Top Ten Needs:** 1. Toilet Paper 2. Laundry Detergent 3. Feminine Hygiene Products 4. Trash Bags 5. Cleaning Products 6. Shampoo 7. Conditioner 8. Paper Towels 9. Body Lotion 10. Brooms/Mops. Our guests enjoy using the same brands of products you use.

**Donations Can Be Brought To:** The Care Store located at The Strickler Nonprofit Center, 1114 West High St., Mt. Pleasant, on Tuesday: 9 a.m. to 2p.m. , Wednesday: 2 p.m. to 6 p.m., Thursday: 9 a.m. to 2 p.m. Check out our website or like us on Facebook for more information: f: TheCareStoreHelpsPeople or thecarestore.org Questions: Call 989-444-5203

## Be An Informed Voter

Primary elections are elections where political parties select candidates for an upcoming general election. The August 6 Primary Election is also an opportunity to support or oppose ballot measures.

Three county-wide proposals on your primary ballot:

- Renewal of the Fixed Operational Millage
- Renewal of the Parks and Recreation Millage
- Renewal of Isabella County Transportation Commission Millage

These proposals are for renewal of millages previously approved by the voters. They are NOT new taxes. If the proposals are approved, current levels of service are expected to be maintained. If the proposals are rejected, a decline in service is anticipated.

Also on the ballot are candidates for county offices. There are contested races for County Road Commission and for County Commission districts 1, 2, and 4. Those we elect will make decisions that impact our daily lives.

**Your vote is important. Equally important is to be an informed voter.** Detailed information about candidates, ballot measures, and voter registration status can be found by visiting **VOTE411.org** and entering your home address. If you do not have access to the internet, contact your county, city or township clerk for assistance.

Absentee voting is already underway. **Early in-person voting begins July 27 and ends August 6.** Early voting for Mt. Pleasant and Union Township residents will be at Powers Hall on the Central Michigan University campus. Early voting for all other Isabella County townships will be at the Commission on Aging on Lincoln Road.

*Submitted by: League of Women Voters of the Mt. Pleasant Area, a nonpartisan political organization that encourages informed and active participation in government. [www.lwvmpmi.org](http://www.lwvmpmi.org) .*

**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**

## Events & Classes

### Computer/Tech Class at COA

Tuesday, August 6, at 2:00 to 3:00 p.m. in Craft Room

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

*Sponsored by Veterans Memorial Library*

### “Daisies” Anyone Can Paint

Wednesday, August 7, 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 “**Daisies**.” 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, August 5 – no exceptions!** Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858. Next class, Wed. September 4.

**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.

### “Connecting with Cards” Card Making Classes

**NEW: Last Thursday, (Aug. 29) and Last Tuesday, (Aug. 27) 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. Class is for beginners. All supplies are provided, but you may bring your own tape runner or adhesive if you prefer. 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.**

**National Senior Citizen Day ~ Root Beer Floats on**   
**Wednesday, August 21 at 12:30 p.m.**

**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: August 20, September 17.

**MEDICARE**



**HEALTH INSURANCE**

### Coffee Hour with An Attorney

**4th Wednesday of every month (July 24, Aug. 28) 10:30 a.m. to 11:30 a.m. at COA.** We will have an attorney from Sarah's Law Firm available to chat with you about general legal questions you may have. Join us for coffee and light conversations!

### Veterans Support Group at COA



The Veterans Support Group will meet on **Thursday, August 8 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 local SERA will be **Thursday, August 15 at the Commission on Aging starting at 1:00 p.m.** There will be no presentation as a representative from the Coordinating Council from Lansing will be attending. At this time, we will be discussing the future of Chapter 20. They will inform us as to the procedure for our chapter dissolving. Once again, I extend an invitation to all members for their input. If you have insurance benefits or other dealings with Hantz, those benefits will be terminated as you have to be a member of a SERA chapter to receive those discounts. If our chapter should dissolve, our chairman has recommended joining another chapter to keep Hantz benefits. I hope those who have paid their dues for the year try to attend this meeting and give your input. I cannot stress the importance of your input. There are several chapters that you can join to keep you Hantz benefits. If there are any questions, please feel free to contact **Jackie Curtis at 989-772-0597 or jacurtis46irish@gmail.com**.

### Medication Management

Our team of medical students from Central Michigan School of Medicine is seeking to empower groups of older adults by providing them with the tools and skills necessary to confidently interact with their healthcare providers regarding their medications. This empowerment encompasses teaching individuals to ask critical questions about their prescriptions, understand potential risks, and effectively utilize medication organization and collation lists. Additionally, the initiative aims to create a welcoming and open dialogue environment where older adults can engage actively by employing educational techniques and interactive sessions that encourage questions and clarification. Join us **Thursday, Aug. 22 at 11:15a.m. in Room C** for this great presentation and discussion!

**American Red Cross Blood Drive** ~ We will again be partnering with the American Red Cross to host a blood drive on **Thursday, August 29 from 11:00 a.m. to 3:45 p.m.** If you are able, please consider donating blood to help save a life!

**To schedule an appointment, log in to RedCrossBlood.org and enter sponsor code: ISABELLA. Or call 1-800-RED-CROSS at (1-800-733-2767).**

### FREE Movie and Popcorn at COA

**“The Color Purple” (New Release) PG-13 2hr 20min**

The Color Purple is a story about an abused Black woman learning her worth in the company of other women, then Celie’s relationship with Shug, which is a key component in her evolution.

**Friday, August 30 at 1:00 p.m. in COA Room C**  
**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

**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.*

**Tai Chi in the Park** sessions will meet at **10:00 a.m.** at the **Island Park Arts Pavilion** on these Wednesdays: **August 7 and 21.**

### **NO Tai Chi at COA on August 13, 15, 27.**

**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.

**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

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

### **Aqua Classes Location: SAC Pool at CMU**

When open, Participants will be allowed into the SAC after 8:45 a.m. to get ready for class.

#### **Water Aerobics**

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

#### **Aqua Zumba**

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

**Yoga ~ NO YOGA until Labor Day ~ Class will resume on Monday, September 9.**

*Instructor: Catherine Tobin*

**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!

**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*

### **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**

## Central Michigan Area Concert Band Performance



On Monday, August 12, 2024, at 7:00 p.m., at the Clare Municipal Airport, 10725 Eberhart Avenue, Clare, the *Central Michigan Area Concert Band* will perform as part of the annual Clare Pilots Association Ice Cream Social. *The public is welcome to attend this event! Bring Your Chairs & Enjoy Music and Ice Cream!*

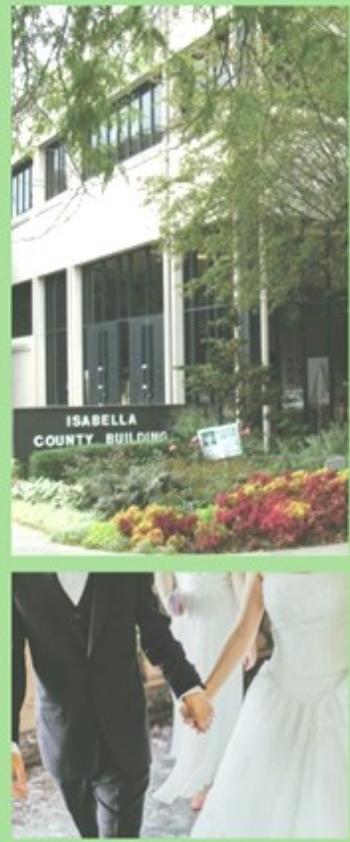
Do you enjoy helping people? Do you enjoy Driving? See Below for a Great Volunteer Opportunity! 



### 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



## REMEMBER TO VOTE AUGUST 6<sup>TH</sup>!



Your participation in the upcoming election on August 6th is vital! This year on the ballot, you will see a **RENEWAL** of the Fixed Operational Millage for the County, Townships, and Intermediate School District. This millage rate has been consistently restored since 1978.

### Renewal of Fixed Operational Millage:

- This renewal is not an increase.
- This millage helps fund current services throughout our community.
- This millage is a renewal of the current millage rates.

Mark your calendars for August 6th and take part in shaping the future of Isabella County. Your vote makes a difference!

Thank you for being an active and informed voter.

**See Article Below:** 



Learn more at [www.isabellacounty.org](http://www.isabellacounty.org)

## 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 6, 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, please visit [isabellacounty.org/parksrenewal](http://isabellacounty.org/parksrenewal).

**Impact** ~ You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or

deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it. *Nicki Banas*

## Report Scams and Frauds

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

## Summer With Isabella 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**.

## 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.

**Have You Tried the COA Walking Trail? Come out to COA and enjoy our beautiful Walking Trail! The trail is completely ADA accessible from the parking lot. You can enjoy exercise equipment, benches and greenery. Hope to see You!**

## Travel with COA

### Frederik Meijer Garden ~ Wednesday, August 14 ~ Trip is Full!

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 4:45p.m.**

Price Includes: Motorcoach Transportation, Big Picture Walking Tour, Tram Tour, Breakfast, Snack/Water, and Gratitudes. \$60 per person - **Money and reservation were 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.**

### Frankenmuth – Bronner's and Bavarian Inn ~ Wednesday, November 13

Kick off your Christmas shopping at Bronner's Christmas Wonderland, then finish the day with the World Famous All-You-Can-Eat Frankenmuth Style Chicken Dinner!! **We will depart COA at 8:00 a.m.** We will have about 2 hours to shop at Bronner's before departing for Bavarian Inn. We will start out with a pretzel rolling experience at noon followed by German wine tasting at 12:30 p.m. **Our all-you-can-eat lunch will be served at 1:00 p.m.** After lunch, we will collect our pretzels and have a little time to visit the Castle Shops before departing around 3:30 p.m. **We should arrive back to COA around 5:00 p.m. \$100 per person Money and reservation due Friday, October 11.**

Price Includes: Motorcoach Transportation, World Famous All-You-Can-Eat Frankenmuth® Style Chicken Dinner, German Wine Tasting, Pretzel Rolling Experience, and all gratuities.

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

**Food with Friends Lunch**

Monday thru Friday at 12:00 p.m.

in Activity Room C.  
See our Menu on pg. 10**Lunch Activities in bold—Rm C**

9:00 Video Exercise Group 10:00 Low-Impact Aerobics <b>10:00 Coffee and Conversation</b> 11:00 Gentle Exercise <b>11:00 Monday Trivia</b> 12:30 Mahjongg <b>1:00 Cards</b> 1:00 Faith Weavers 5:15 Human Rights Committee Mtg. 6:00 Alzheimer's Caregiver Support	5 <b>Be Sure to VOTE Today!</b> <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level <b>11:30 Nutrition Education</b> 12:45 Healthy Lifestyle Group <b>1:00 Cards</b> 2:00 Computer/Tech Class 5:30 Board of Commissioners Meeting	6	9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics <b>11:30 Trivia</b> 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	7
9:00 Video Exercise Group 10:00 Low-Impact Aerobics <b>10:00 Coffee &amp; Conversation</b> <b>11:00 Monday Trivia</b> 11:00 Gentle Exercise 12:30 Mahjongg <b>1:00 Cards</b> 1:00 Faith Weavers Group 2:30 Insurance Committee Meeting	12 8:00 Commission Committee Meetings 9:00 Drain Commission Meeting <b>10:00 Line Dancing</b> 10:00 Needlecraft Meeting 12:45 Healthy Lifestyle Group <b>1:00 Cards</b> 5:00 PEO	13	9:00 FGP Back to School Training 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics 11:30 PEO <b>11:30 Trivia</b> 12:30 CMU Otaga Exercise Class <b>1:00 Cards</b> 1:00 Happy Rippers 1:00 Between the Covers Book Club	14
9:00 Video Exercise Group 10:00 Low-Impact Aerobics <b>10:00 Coffee &amp; Conversation</b> <b>11:00 Monday Trivia</b> 11:00 Gentle Exercise 12:30 Mahjongg <b>1:00 Cards</b> 1:00 Faith Weavers Group 1:00 Caregiver Support Group	19 <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> 5:30 Board of Commissioners Meeting	20	<b>National Senior Citizen Day!</b> 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	21 
9:00 Video Exercise 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> 1:00 Faith Weavers Group	26 8:00 Commission Committee Mtgs 8:00 Sewing Peeps <b>10:00 Line Dancing</b> 12:45 Healthy Lifestyle Group <b>1:00 Cards</b> 2:00 Connecting with Cards 6:00 Mid Michigan Quilt Guild	27	8:00 Happy Rippers 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics 10:30 Coffee Hour w/ an Attorney <b>12:30 August Birthday Celebration</b> 12:30 CMU Otaga Exercise Class <b>1:00 Cards</b> 5:00 Parkinson's Support Group 7:00 Nancy Carey Cancer Support	28

Thursday		Friday	Saturday Page 9		
8:30 CMU Otaga Exercise Class 10:00 SPEBSQSA, Inc. <b>10:00 Coffee and Conversation</b> 10:00 Beginner Tai Chi 11:00 Word Search 11:30 Tai Chi Next Level <b>1:00 Cards</b> 3:00 Hula 6:30 Isabella Co Democratic Party	1	9:00 Collaborative Meeting 10:00 SPEBSQSA, Inc. <b>10:00 Coffee and Conversation</b> 10:00 Low-Impact Aerobics <b>11:00 Word Search</b> 11:00 Gentle Exercise <b>1:00 Bingo</b> <b>2:00 Cards</b>	2	10:00 Line Dancing   <b>GIVE PEACE A CHANCE</b>	3
8:30 CMU Otaga Exercise Class 9:00 Michigan Dept. of Agriculture <b>10:00 Coffee and Conversation</b> 10:00 Beginner Tai Chi <b>11:00 Word Search/Trivia</b> 11:30 Tai Chi Next Level 1:00 Veterans Support Group <b>1:00 Cards</b> 3:00 Hula 3:30 VA Committee Meeting 6:00 Planning Commission 6:30 Community Cancer Services	8	<b>10:00 Coffee and Conversation</b> 10:00 Low-Impact Aerobics <b>11:00 Word Search/Trivia</b> 11:00 Gentle Exercise <b>1:00 Cards</b>	9	10:00 Line Dancing	10 
8:30 CMU Otaga Exercise Class 9:00 FGP Back to School Training <b>10:00 Coffee and Conversation</b> 10:00 Learn to Crochet 11:00 Gold Key Reception Training <b>11:00 Word Search/Trivia</b> 1:00 SERA Meeting <b>1:00 Cards</b> 3:00 Hula 5:00 Isabella County Republican Party 7:00 Mt. Pleasant Citizens Climate Lobby	15	9:30 FGPSCP In-Service <b>10:00 Coffee and Conversation</b> 10:00 Low-Impact Aerobics <b>11:00 Word Search/Trivia</b> 11:00 Gentle Exercise <b>1:00 Bingo w/ Prestige</b> <b>2:00 Cards</b>	16	8:00 Mid Michigan Quilt Guild 10:00 Line Dancing	17 
8:30 CMU Otaga Exercise Class 9:00 DHHS <b>10:00 Coffee and Conversation</b> 10:00 Beginner Tai Chi 10:30 Community Church Craft Group 11:00 Nutrition Council <b>11:00 Word Search/Trivia</b> <b>11:15 CMU College of Medicine Medication Presentation</b> 11:30 Tai Chi Next Level <b>1:00 Cards</b> 3:00 Hula	22	9:00 Happy Rippers <b>10:00 Coffee and Conversation</b> 10:00 Low-Impact Aerobics 11:00 Gentle Exercise <b>11:30 Piano Music with Alexandra</b> <b>1:00 Cards</b>	23	9:00 Happy Rippers 10:00 Line Dancing	24 25 9:00 Happy Rippers
8:30 CMU Otaga Exercise Class 11:00 Blood Drive <b>10:00 Coffee and Conversation</b> 10:00 Beginner Tai Chi 10:30 Community Church Craft Group <b>11:00 Word Search/Trivia</b> 11:30 Tai Chi Next Level <b>1:00 Cards</b> 2:00 Connecting with Cards 3:00 Hula 5:00 PEO Picnic	29	<b>10:00 Coffee and Conversation</b> 10:00 Low-Impact Aerobics 11:00 Gentle Exercise <b>11:00 Music with Barb &amp; Greg</b> <b>1:00 Movie &amp; Popcorn:</b> “ <i>The Color Purple</i> ” New Release	30	10:00 Line Dancing	31 <b>Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.”</b> — Desmond Tutu

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

August 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Turkey Chef Salad Cottage Cheese Banana Chocolate Pudding	<b>2</b> Pulled Pork / Bun Roasted Tri-color Potatoes / Carrots Fresh Clementine
<b>5</b> Beef & Sweet Peppers Bread / Brown Rice Kyoto Vegetables Pineapple Tidbits	<b>6</b> Hot Dog / Bun Potato Wedges Green Beans Strawberry Short-cake	<b>7</b> Meat Balls Dinner Roll Whipped Potatoes Capri Veggies Mixed Fruit	<b>8</b> Chicken Parmesan Cheesy Bread Stick Rotini / Broccoli Citrus Fruit	<b>9</b> Potato Crunch Fish Bread Au gratin Potatoes Stewed Tomatoes Apricots
<b>12</b> Spanish Rice Bread Peas & Carrots Peaches Cranberry Juice	<b>13</b> Turkey Cranberry Sandwich Multi Bean Salad Gala Apple Assorted Yogurt	<b>14</b> Chicken Teriyaki Dinner Roll Brown Rice Cauliflower Pineapple & Oranges	<b>15</b> Cabbage Roll Cass Dinner Roll Succotash Fruit Cocktail	<b>16</b> Lasagna Garlic Toast Mixed Vegetables Berry Fruit Cup
<b>19</b> Smothered Chicken Squash Brussels Sprouts Applesauce Juice	<b>20</b> Egg & Cheese Cass Cinnamon Roll Sausage Links Ambrosia Salad	<b>21</b> Chicken Salad Croissant Macaroni Salad Baby Carrots Watermelon / Cookie	<b>22</b> American Goulash Garlic Knots Tossed Salad Pineapple Tidbits	<b>23</b> Salisbury Steak Bread Whipped Potatoes Peas Peach Crisp
<b>26</b> Macaroni and Cheese Bread Winter Blend Tropical Fruit Salad	<b>27</b> Gold Coast Pork Chops Honey Wheat Roll Baked Potato Key West Vegetables Oatmeal Apple Crisp	<b>28</b> Turkey Loaf Bread Whipped Swt Potatoes Harvest Vegetables Michigan Fruit Cup	<b>29</b> Cheeseburger Pasta Breadstick Tossed Salad Mandarin Oranges	<b>30</b> Chicken/Broc/ Cheese Bread Scalloped Potatoes Spinach Pineapple Tidbits

## 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.**

It's hard to believe that August is already here! I hope you all are having a great summer filled with love and adventure! We are all having a great time here at the Activity Center. Line dancing is on every Tuesday & Wednesday @ 10:00am If you have not been to our site, please come in and check us out. We would love to meet you!

**August Dates to Remember:**

- 4 1:00 Bingo
- 8 1:00 Veterans Support Group
- 16 1:00 Bingo with Megan from Prestige
- 21** 12:30 **National Senior Citizen Day**  
Root Beer Floats
- 23 11:30 Music with Alexandra
- 30 11:00 Music with Barb & Greg  
1:00 Movie: "The Color Purple"  
(New Release)

**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 August. Come and join us!

**Rosebush August Calendar**

- 2 Music/Pul Wilkinson/Nutrition Ed
- 5 Manicures
- 7 Name that Tune/Amanda Armstrong
- 9 Music TBA/ Ice Cream Social/Birthday Celebration
- 12 Music/ Kevin Bendele
- 14 Bingo/Prizes
- 16 Music/Greg Merwin
- 19 Music/Just the 2 of Us
- 21 National Senior Citizen Day**  
Music: Mark DeNoyelles
- 23 Music/David Smith
- 26 Music/Sam Lee
- 28 Music/Marty Miller
- 30 Music/Jim Gilmore

## 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**

August is a time of reflection and gratitude for the beauty that surrounds us. Come spend the last of the warmer days at the Shepherd Meal Site.

[shepherdfoodwithfriends@gmail.com](mailto:shepherdfoodwithfriends@gmail.com)

### Shepherd August Calendar

- 2 Veterans Group, Bingo
- 5 11:00 a.m. Free CMU Otago Exercise Class
- 7 12:15 Nutrition Ed by MSU Extension: "How Food Choices Affect Chronic Illness."
- 9 CLOSED
- 12 Vinyl Record Day, bring your favorite vinyl record to share and play
- 14 August Birthdays, Orange Creamsicle Day Movie: *"Sweet Pecan Summer"*
- 16 Bingo and Games
- 19 11:00 Free CMU Otago exercise class
- 21 **National Senior Citizen Day**, Music TBA, Root Beer Floats
- 23 Bingo, Games
- 26 Music: Al Bartholemew
- 28 Remember Your Pets Day, Bring pictures of your beloved fur babies and stories to share
- 30 Campfire Bingo with S'mores!

## 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 Prog Mgr.*

## 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**

The Dog Days of Summer ... August. If it is hot outside, we are cool at Weidman Senior Center! Acrylic painting classes will begin this month on August 12th. This will be a 6-week class. Please call for more information on dates and times. Reservations are required for the classes. Please call a day advance to reserve a meal and join our fun group!

[weidmanfoodwithfriends@gmail.com](mailto:weidmanfoodwithfriends@gmail.com)

### Weidman August Calendar

- 2 Greg Merwin and Ice Cream Social
- 5 Cards: Rummy, Racko, Golf, Trash
- 7 Nutrition Education and Author Club
- 9 Coffee, Conversation and Fresh Baked Muffins
- 12 Learn to Paint with Acrylics with Sandy Ellis
- 14 Movie and Popcorn
- 16 Coffee, Conversation and Cookies
- 19 Corn Hole outside weather permitting
- 21 **National Senior Citizen Day**  
Cards: Uno, Racko, Trash, Rummy
- 23 August Birthday Celebration with Cake and Ice Cream
- 26 Board Games: Yahtzee, Chinese Checkers and Kerplunk
- 28 Coffee Conversations and Fresh Baked Muffins
- 30 Cards: Racko, Uno, Gin and Golf

## 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 August! I hope this month brings many pleasant surprises and joyful moments for you! We have started a card group on Mondays! If you are interested, please call and sign up for a meal. We are also starting our Scrapbooking Club on Fridays. Come join this creative group!

[winnfoodwithfriends@gmail.com](mailto:winnfoodwithfriends@gmail.com)

### Winn August Calendar

- 2 Scrapbooking Club, Bingo
- 5 Card Group and Games
- 7 Music: Midnight Express, Nutrition Education Program
- 9 Movie and Popcorn:  
*Frankie & Annette*
- 12 Cards and Frog Bingo
- 14 Music: Greg Merwin and Barb
- 16 Scrapbooking Club, Corn Hole
- 19 Cards and Bingo
- 21 **National Senior Citizen Day**  
Celebration! Picnic Day
- 23 Scrapbooking Club
- 26 Cards and Bingo
- 28 Music: The Holiday Ramblers
- 30 Movie and Popcorn: Westerns with John Wayne!

**Happy Summer!**

## Weidman Senior Center Friend of the Month *By Sue Preuss*

Marilyn Lapham is the Weidman Sr. Activity Center friend of the month. She comes to us from the Blanchard area. In sharing stories about her life, she told me a very interesting fact. She is the oldest of a set of twin girls by just a few minutes, and that they have that unique, intuitive connection that many offspring of multiples experience. No matter how far apart they are, they can have the same thought, they can have the same medical complaints, or finish each other's sentences, and they have done it all their lives. Marilyn was born and raised the Mt. Pleasant/Shepherd area and that is where she started her work resume as a young girl. She's worked for numerous employers in her 50+ year job history, including 20 years at Tender Care and 22 years at PCA of Edmore. When she married her 2nd husband Harold, he brought 7 children to the relationship, she had 1 and then together they added a daughter- thus creating their own expanded version of the Brady Bunch. Today as a retiree and widow, she enjoys shopping, time with family, travel, playing her saxophone and LOVES to paint all types of pictures. The art samples she showed truly reflected her passion for creating her pieces. Marilyn said a friend was the one who shared with her how much he enjoyed his time socializing at the Weidman Center, and encouraged her to check it out. Ever since her 1st visit, she's made it a regular part of her social calendar, because the people are fun and friendly and the Food with Friends program has such a variety of good food at such a reasonable price. She encourages everyone to stop by and join in the comradery. She said she really looks forward to meeting new friends. The center is located on School Rd. and is situated at the south end of the library building. The hours are **M, W and Fri. from 10-2**. If you have any questions, contact Sandy Hunter the site facilitator at **989 644-2538**. Everyone looks forward to seeing new faces soon!

**Community Compassion Network  
FOOD PANTRY**  
Located at the Strickler Center  
1114 W High St., Mt Pleasant  
~ NO Walk-ins ~

Call 989-863-4449, Option 3 to schedule  
Your Appointment REQUIRED

Wednesday, July 31 2 p.m. - 6 p.m.  
Thursday, August 1 9 a.m. - 1 p.m.

Wednesday, August 7 2 p.m. - 6 p.m.  
Thursday, August 8 9 a.m. - 1 p.m.  
Saturday, August 10 9 a.m. - 12 noon

Wednesday, August 14 2 p.m. - 6 p.m.  
Thursday, August 15 9 a.m. - 1 p.m.

Wednesday, August 21 2 p.m. - 6 p.m.  
Thursday, August 22 9 a.m. - 1 p.m.  
Saturday, August 24 9 a.m. - 12 noon

Wednesday, August 28 2 p.m. - 6 p.m.  
Thursday, August 29 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 Are  
Welcome! Sign up at  
CCNFEEDS.ORG**

**Isabella County Commission on Aging  
Durable Medical Equipment Storage Closet**

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

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

**Durable Medical Equipment Available:**

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



Scan here  
to register!



**Recruiting  
Participants**

**COMMUNITY  
LISTENING SESSION:  
LUNG CANCER  
SCREENING**

- You are asked to participate in a research study utilizing community listening session to talk about lung cancer screening
- During the session, you will hear a panel presentation and provide input on needs and concerns about lung cancer screening
- Participants will receive a \$120 gift card for their time
- Each session is limited to first 20 registrants

**You are eligible if:**

- You are 50 to 80 years old
- Currently smoke or quit within 15 years
- Live in, or near, Isabella County, MI

07.05.2024

For more information  
contact:

**Study Coordinator**  
Zainab Ahmed  
ahmedz@karmanos.org  
313-576-9699

**Principal Investigator**  
Kristin Maki, PhD  
kmaki@wayne.edu  
313-576-8703  
IRB # 22-11-5180

**Other details**

Session dates: August 15 & 20, 2024 | 11am-1pm  
Location: Online (Zoom), hosted in partnership with Isabella County Commission on Aging

**Save the Date: Saturday,  
Sept. 28 for the Zonta Applefest  
at Papa's Pumpkin Patch.**



**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, Aug. 5, 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/](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 at the Commission on Aging. You are invited to come to our next meeting on **Wednesday, July 31, August 28 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.**

## 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](mailto:galenvoss@yahoo.com)

Phone: **(989)-245-5725**

## COA Polio Support Group

Are you interested in meeting other polio survivors in your area? Are you in need of post-polio resources for yourself or a loved one? Are you interested in sharing your polio story? **Polio Support Group is third Wednesday, August 21, 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](mailto:mjerome@isabellacounty.org)

## Central Michigan Area Parkinson's Support Group

Time: 4th Wednesday of each month July 24, August 28) 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)

## 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 (Aug. 20) 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](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.

## 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, August 21 from 7:00 a.m. to 10:00 a.m. Cost \$25** payable the day of the screening.

No appointment is necessary; however registration is needed the day of your screening. Register with Central Scheduling located through the East entrance of **McLaren Central MI Hospital, 1221 South Drive, Mt. Pl. McLaren Central Michigan Lab Draw Station in the Health Park off of High Street, 2981 Health Pkwy., Suite C, Mt. Pleasant.** Cost \$25 payable the day of the screening. Cash/check payment accepted at this location.

## 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

**Sally Beeson**  
Louise Uphold

**Roseilyn Buschle**  
Fred & Maggie Yuncker

**Colleen Campbell**  
Eleanor Lopez

**Wayne Coston**  
Fred & Maggie Yuncker

**Ned Cuttler**  
Fred & Maggie Yuncker

**Lois Doerr**  
Eleanor Lopez

**Dale Gatehouse**  
Jeanette Gatehouse

**Janice Gross**  
Fred & Maggie Yuncker

**Cal Havekost – Veteran**  
Suzanne Chadwick 

**Arlene Landon**  
Lloyd Landon

**Robert Lodes – Korean Veteran**  
Jan Lodes 

**Kay L. Love**  
Eleanor Lopez

**Ron McDonald – Marine Veteran**  
Agnes McDonald  Thomas & Janice Salchert

**Jerry Merchand**  
Fred & Maggie Yuncker

**Don Paisley**  
Bernadette Sunderman

**Donna Parr**  
Dianna English  
Jan Galgoci  
Lendy & Margo Siefker  
Beech & Leeny Malone  
True Muzynski  
Jane Oggen  
Marge Sheppard

**Henry Prout**  
Sandra Salchert

**Waldo Sauter**  
Walt Schneider

**Tammy Silvey**  
Jan Lodes

**Clarence Smalley**  
Theo Smalley

**Robert "Sam" Thering**  
Howard & Mary Ann Breuer

**Russell Torpey**  
Shirley E. French

**Jack Westbrook – Navy Veteran**  
Mary Lou Westbrook 

**For Active Living**  
Julie Peace  
Tim Peace

Ava Louise Andrews  
Richard & Nancy Beckwith  
Howard & Mary Ann Breuer  
Don & Scherry Brown  
Neva "Jean" Cole  
Tracey Collins  
Sandra Cooke  
Alexandra M. David  
Marji Evans  
Shirley E. French  
Debra Gadde  
Suzanne Grim  
Brooke Harrison

Jim & Karen Kanine  
Charles & Carole Keene  
Bob Krikorian  
Deb Latham  
Tom Miles  
Kathy Neal  
Ron Oswald  
Toni Raymond  
Larry & Judy Schaftenaar  
Ronald & Joyce Trudell  
Susan Weber  
Richard & Sharlene Wilson

## COA Donors

**COA**  
Sue Cotton  
Margie Henry  
Catherine Larson

**Activity Center**  
Ronald & Joyce Trudell

**In Honor of**  
**Fr. Fred Kawka**  
St. Vincent de Paul Parish of  
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**Thank You Everyone for Your  
Generous Donations**

**Coffee & Conversation ~**  
Join old friends and make new  
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and Friday at 10:00 a.m. in COA  
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enjoy great conversations!



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## AUGUST

**AUGUST 1:**  
THE REAL  
INGREDIENTS  
& ACOUSTIC ROCK DUO

**AUGUST 8:**  
WYATT &  
SHARI KNAPP  
& AMERICANA ROOTS CLASSICS

**AUGUST 15:**  
LUKE  
WINSLOW KING  
& MISSISSIPPI DELTA BLUES,  
ROOTS ROCK 'N ROLL

FOOD TRUCKS  
AND MORE!  
EVERY WEEK!

## Active LIVING Still Needs YOUR Support

**Thank You** to everyone who donates to Active LIVING. As of July 9, 2024, we have received **\$10,222.00**

We are still 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**

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## Temporarily Away

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

## Active LIVING Deadline

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

## Isabella County Commission on Aging

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

### Mission Statement

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

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

#### *In Home Services Program*

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

#### *Food with Friends Program*

- Congregate Meals
- Home Delivered Meals

#### *Foster Grandparent Program Senior Companion Program*

#### *Activity Center Program*

- Activities
- Travel Opportunities
- Fitness

#### *Gold Key Volunteer Program*

- Volunteer Opportunities
- Transportation

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

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

## Estate Planning Legal Assistance ONLY

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

### REGION VII AREA AGENCY ON AGING



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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.**

#### New Subscriber or Change of Address

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