

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

Medicare Part D Open Enrollment Is Approaching

The Commission on Aging will begin taking calls to schedule Medicare Part D appointments on **October 1**. Each year from **October 15 through December 7**, Medicare beneficiaries should review their existing prescription drug plans.

The Commission on Aging will be meeting with Isabella County residents, who are 60 years of age or older, by **appointment only** during open enrollment. If you would like to schedule an appointment through the Commission on Aging please call (989)772-0748, **beginning October 1**. You may also review and enroll in the Medicare prescription drug plans by going to www.medicare.gov or calling **1-800-MEDICARE**. If you or someone you know is under 60, or from another county, you may call Region 7 Area Agency on Aging at **1-800-858-1637** for assistance.

Please note that if you or your loved one has employer or retiree health benefits, you should contact your benefits department as these appointments are geared for those without retiree benefits.



Why Review Your Medicare Part D Prescription Plan?

This is the only time each year that all people with Medicare can join or change their Medicare prescription drug plan. Even if you like your current Medicare drug plan, it is strongly recommended that you review your plan for the upcoming year. You may be able to save time, money and frustration by choosing a plan with possibly lower premiums and fewer restrictions. Here are a few frequently asked questions that may be able to answer your specific concerns.

How may my plan have changed?

Your current plan may have changed:

1. The monthly premium
 2. The annual deductible
 3. The co-payments to your pharmacy
- The formulary (list of covered medications)

What do I have to do if I decide I want to stay in my current plan for 2025? You are not required to do anything. You will stay enrolled in your current Part D plan unless you sign up for a new plan. If your plan is no longer renewing its Medicare contract, you will receive a letter from your plan stating that it is no longer being renewed and to review other plan options.

What if I change plans and decide I do not like my new plan?

Changes can only be made during Open Enrollment October 15th – December 7th for most people. You will not be able to cancel the plan until the next Open Enrollment. Low-income beneficiaries meeting certain criteria may change their plan throughout the year.

What if I did not join a Part D plan when I was first eligible, but would like to join now?

You can enroll in a plan during the Annual Open Enrollment. You may have to pay a penalty for enrolling late.

How do I receive help to compare plans for 2025?

You can call the Commission on Aging at 772-0748, **beginning October 1st** to schedule an appointment with one of our trained volunteers. Sessions are available for Isabella County residents, 60 years of age and older, and are by **Appointment Only**. There is no cost to the sessions, although donations to the agency are welcomed. You can also call 1-800-MEDICARE or go to www.Medicare.gov during the Open Enrollment Period. If you are under the age of 60 or a resident of another county, you may contact the Michigan Medicare/Medicaid Program (MMA) at **1-800-858-1637** to also have your plan reviewed.

COA Director's Comments



We are always looking for a reason to celebrate here at the COA, and we get to kick off October with a doozie: International Coffee Day! If you enjoy a great cup of coffee, like many of us do, join us in celebrating International Coffee Day on Tuesday, October 1st! What a great way to kick off the month! Whether you prefer it black or loaded with all sorts of goodness, I hope you enjoy that cup (or two) to the fullest! If you really like coffee, I also found out that National Coffee Day is Sunday, September 29 here in the U.S., so why not celebrate both! We have the coffee pot brewing all day here at the COA (Monday-

Friday: 8:00 a.m.-4:30 p.m.), so come on in and have a cup with us! I have a quick and serious question for all of you... **have you checked your smoke alarms lately?** **National Fire Prevention Week begins October 6, and this year's theme is "Smoke Alarms: Make Them Work for You!"** It is so important to have working smoke alarms throughout your home. Please check them now! Something so simple can truly be lifesaving!

October kicks off a very busy time here at the COA with Medicare Open Enrollment, which begins October 15 and runs through December 7. Our staff and volunteers provide one-on-one assistance, helping individuals choose the plan that best suits their needs and financial situation. Navigating the Medicare system can be incredibly overwhelming and confusing. Please do not feel like you are alone and have to figure this out by yourself. We are so fortunate to have incredibly knowledgeable staff and volunteers who are here to help guide you through the process. Be sure to call our office to schedule an appointment to ensure that you have the best plan for you. Even if you feel confident with the system and your selections, I would encourage you to still schedule an appointment to have our experts review your plan to see if there might be better options for you.

As always there is so much happening here at the COA this month! Check out all of the activities and programs advertised in this month's paper. We would love it if you pick something new, and join in on the fun! You might walk away with a new hobby and/or some new friends! We would love to see you here!

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

Mission Moments



I love driving to work and noticing the leaves changing on the trees. There's just something about fall or autumn, whichever you prefer. This is the season when the duration of daylight becomes noticeably shorter and the temperature starts cooling down. Sweater weather, comes to mind. Oranges, burnt browns, dark reds and yellows. All my favorite colors, since I'm a Fall kinda' girl!

As you are reading this, think about your favorite things to do in Autumn. No, I don't mean raking! That is, of course, unless you love to rake. Think about what is happening around you. The familiar changes that make living in Michigan never boring. Do you like the sound when many bird species make their way to the warmer climates in preparation for the chilly winter months? Do you get excited when the full moon is noticeably brighter and rises earlier than a typical full moon and becomes a "Harvest Moon" that appears almost orange? A bit like a giant pumpkin in the sky. Speaking of pumpkins are you a pumpkin carver or a pumpkin pie baker? Anyone try a pumpkin spice latte lately? So yummy! Autumn, just like other seasons, is ageless. Young or old, it doesn't matter. I looked up some key takeaways that senior citizens can enjoy and participate in tailored to your own interests: Fall-themed coloring pages provide a relaxing and creative outlet, Working on fall-themed jigsaw puzzles...good for the brain, Preparing homemade treats adds to a sense of accomplishment, Involvement in Halloween preparations can provide seniors with opportunities for creativity and community engagement, Enjoying nature and the fresh air is a wonderful way to embrace the beauty of fall, Indoor fall activities, such as digital games and knitting, can keep seniors entertained and mentally active. My grandmother used to say, "...there's always something to do..." Sitting in your comfortable chair by the fire with a hot drink gives time for reflection, letting go, and preparing for the quieter, more still days ahead. There's something about autumn that's simply captivating. The colors that paint the landscape create a breathtaking scene, reminding us there is beauty in change and every new season of life. I'm challenging you to savor these moments and enjoy the season we are embarking on. There's always something to be thankful for. Look in the mirror and be thankful for the person in your reflection. Smile a lot. Be Kind. Enjoy wisdom gained and the age we are.

Chrystal Marshall, Program Manager, In Home Services

- Food With Friends
- Gold Key Volunteer Program
- In-Home Services
- Activity Center
- Foster Grandparent & Senior Companion Program



We would like to extend our deepest gratitude to Clark Funeral Home! They sponsored a billboard for the year in which they choose different organizations around to highlight for a month at a time. They graciously chose Commission on Aging to highlight in the month of August and we love the way the billboard turned out!

Thank you, Clark Funeral Home!

Proudly
Supported by



CLARK family
FUNERAL CHAPEL & CREMATION SERVICE

Caregiver Support Corner

By Brandise Leonard, Caregiver Support Specialist/Trainer at Isabella County Commission on Aging
bleonard@isabellacounty.org (989)772-0748 ext: 237

Caregiver Support Group- Is located in the COA Library, Monday, October 21 from 1:00 p.m. to 2:30 p.m. All caregivers are welcome! No pressure to be on time or leave early. Support is important to caregivers please come as you are.

End of Life Doula

You may be asking what is an end-of-life Doula (EOLD)? The definition of an end-of-life Doula is a non-medical companion to the dying and their families. Doulas do not take the place of Hospice personnel rather they complement other services that the dying person and their family may be receiving, including Hospice or palliative care. They provide a wide range of holistic services, including physical, emotional, spiritual and practical support. EOLD's may work with families from initial diagnosis through bereavement. The typical tasks of an end-of-life Doula is to spend time with the families, reinforcing palliative care concepts and providing emotional support. They may assist in

advance care planning, coordinating family caregiving, life review, vigil planning, respite care in bereavement support. EOLD's are most useful in providing the additional support of setting with a family during the intimate dying, as well as during high need situations. https://www.nhpc.org/wp-content/uploads/Doulas_NHPCO-info.pdf

End-of-life Doulas are a great option to have if you're looking for additional support. A doula can work in your home, in a hospital setting, or a hospice house. As it may be expected it is a newer profession in America and a new concept to have death support in this aspect. As the caregiver trainer of Isabella County, I see how having an end-of-life Doula could positively affect the family members as well as the dying individual with added support. A EOLD does not take place of doctors or other medical care services but they bring added support and peace of mind to overwhelmed families caring for their dying loved ones in whatever setting they find most comfortable.

If you would like more information about end-of-life Doula's family members or the individual can complete a Google search of doulas in your area who will provide the services.



Fall CAREGIVER TRAINING OCTOBER 24, 2024

Save the Date

Session One: 9:00 am- 10:00 am

Speaker: Julie Robinson: Director of Alma College Counseling Department.

Title: It Is Not Just Child's Play: The Use Of Play Activities With The Aging Population

Discussing Play Therapy in regards to Dementia and Alzheimer's, caregiver burnout, acceptance of change.

Session two: 10:00 am- 11:45 am

Speaker: Amy Perschbachner, LPC, NCC, ASC , Owner and Director of Ronan Psychological

Amy is presenting on Trauma Informed Care in older adults with Dementia, she understands first hand what trauma can do in the older population.

Lunch 11:45 am- 12:45 pm

Attendees may request a meal by RSVP. COA will be providing a free lunch to those who make a request.
 Cranberry Chicken Salad, Bread, Cottage Cheese, Watermelon, Strawberry Short Cake

Session Two: 1:00-2:30

Speaker: Dawn Duffield, RN, & Dawn Hermann, MSW with MyMichigan Home Care and Hospice which includes Woodland Hospice House.

Hospice services will be reviewed including the Woodland Hospice House, End of Life Care, grief support and Hospice Care versus Palliative Care.

RSVP TO BRANDISE LEONARD BY EMAIL BLEONARD@ISABELLACOUNTY.ORG

OR CALL 989-772-0748 BY OCTOBER 4TH 2024.

Isabella County Commission on Aging

2200 S. Lincoln Rd.

Mt. Pleasant, MI 48858

Events & Classes

Computer/Tech Class at COA

Tuesday, October 1, 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

Flu and COVID Vaccine Clinic

Central Michigan District Health Dept. (CMDHD) will be offering the **Flu shot and COVID boosters** at the **Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant, Wednesday, October 2 from 9:00 a.m. to 3:00 p.m. in COA Room A/B. Please bring your ID and insurance card. You must be over 18 years old.**

"Fall Farm" Wednesday, October 2, 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 **"Fall Farm."** 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, September 30! Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858. NOVEMBER CLASS IS CANCELLED. Next class Wednesday, Dec. 4.**

COA is closed on Thursday, October 3 for Staff Development Day. NO congregate meals or activities that day!

Veterans Support Group at COA



The Veterans Support Group will meet on **Thursday, October 10 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 our local State Employee Retiree Association (SERA) will be the annual pizza party on **Thursday, October 17, 2024 starting at NOON.** There will be a 50/50 drawing and card bingo. Everything will be supplied by the board. This will probably be our last pizza party, so come join us for fellowship and fun. If there are any questions, please feel free to contact Jackie Curtis at 989-772-0597 or jacurtis46irish@gmail.com.

Medication Take Back is Thursday, October 17. See article on Page 7.

"Connecting with Cards" Card Making Classes

NEW: Last Thursday, (Sept. 26, Oct. 31) and Last Tuesday, (Sept. 24, Oct. 29) of the month from 2:00 p.m. to 4:00 p.m. 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.**

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.

2 FREE Movies and Popcorn at COA

"Call Rhonda (989) 772-0748 to register.

"Ezra" R 1hr 40min Divorced stand-up comedian Max Bernal struggles to raise his autistic son, Ezra. Forced to confront difficult decisions about the boy's future, Max and Ezra embark on a cross-country road trip that has a transcendent impact on both of their lives. **Friday, September 27 at 1:00p.m. in COA Room C.**

"Hit Man" R 1hr 55min A professor moonlighting as a hit man of sorts for his city police department, descends into dangerous, dubious territory when he finds himself attracted to a woman who enlists his services. **Friday, October 25 at 1:00pm COA Room C.**

Coffee Hour with An Attorney ~ Changes

4th Wednesday of month (Oct. 23) 10:30 a.m. to 11:30 a.m. at COA. Attention: The Sept. 25 coffee is CANCELLED. We will hold the Oct. 23 coffee hour and then cancel November and December for the holidays. 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!

Ganiard School/ West Side Reunion at The COMMISSION ON AGING



2200 South Lincoln Road
Phone: 989-772-0748



**Wednesday
October 16, 2024
10:00 a.m. to 2:00 p.m.**

***Morning Coffee and Tea** Hope you are
***Refreshments & LUNCH** Free for this
***Come and go as you can!** Free Event!!
***MAKE PLANS TO COME and BRING A FRIEND!!**

**Neighbors,
Friends, Alumni,
Retired School Staff!**

*****Historical Information
(Do you have photos?)
Old West Side Businesses
+ Interesting Home Construction**

***Ganiard History Project DVD (20 minutes) will be shown at
11:00a.m. and 1:00p.m. in 1/2 of the room
Scholarship Update will make you proud!**

**Sponsored by : Area Businesses
: Ganiard History Project**
**Questions? Ganiardhistory08@gmail.com
Vai Wolters, Coordinator
4795 East Broadway, Mt. Pleasant, MI 48858**



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 mjermome@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 CLASS Thursday, October 3.**

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 **No CLASS Thursday, Oct. 3.**

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

Pool Closures: Monday, Oct. 7, Tuesday, Oct. 8 (fall break), No class Monday, Nov. 11 (Veterans Day), Thursday, Nov. 28, Friday, Nov. 29 (Thanksgiving break), Friday, Dec. 13 (Commencement), Winter Break- December 15-January 11

Yoga ~ **Classes on Tuesdays at 3:00 p.m. to 4:00 p.m.**

Instructor: Catherine Tobin

Chair Yoga Returns ~ Virtual

Starting October 2: Wednesdays 12:05 - 12:50 p.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: Stacey Graham

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~ CMU No class Oct 3

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

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

COA Needs Volunteer Site Assistants


You would assist the Meal Site Manager with a variety of tasks such as meal preparation, serving and cleanup from 11:00 a.m. to 1:00 p.m. **The Shepherd site needs someone on Monday, Wednesday or Friday. The Winn site needs someone on Wednesday.** Please contact Kelly Lee at COA to sign up: 989-772-0748, or klee@isabellacounty.org

Hearing Aid Cleanings Provided by CMU Doctor of Audiology Students Monday, October 7, 11:00 a.m. to 1:00 p.m.

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

VML Book Sale ~ The Friends of Veterans Memorial Library will be holding a **Book Sale October 3, 4, 5, 2024.** Location is the **Veterans Memorial Library Annex, 301 S. University, Mt. Pleasant.** The sale opens to the public on **Thursday, October 3 from 10:00 a.m. until 6:30 p.m. On Friday, October 4 the sale will be open from 10:00 a.m. until 5:00 p.m. On Saturday, October 5 the sale will be from 10:00 a.m. to 2:00 p.m. Saturday is "Bag" Day** in which shoppers can purchase a bag of books for \$2 dollars. Bags will be provided.

Book donations for the sale may be brought to Veterans Memorial Library Annex during the week prior to the sale. Donations will be accepted from 10 a.m. until 4 p.m. on Monday September 23 through Friday September 27. Final day for donations is Saturday, Sept. 28 from 10:00 a.m. to 1:00 p.m.


MICHIGAN STATE UNIVERSITY | Extension

National Diabetes Awareness Month

Join us for lively, interactive sessions during November!

Fridays
November 1, 8, 15 & 22
11:00 am-Noon




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

No cost

To register:

Marcy Huntoon
989-772-0748

Follow MI Health Matters from Michigan State University Extension on social media!

DIABETES

SESSION TOPICS

- Diabetes Simplified: A Deeper Understanding
Friday, November 1, 11:00 am-noon
- Diabetes Basics: Using Diet to Control Blood Glucose
Friday, November 8, 11:00 am-noon
- Smart Food Choices: To Help Prevent and Manage Type 2 Diabetes
Friday, November 15, 11:00 am-noon
- Keep Moving: To Prevent Health Problems
Friday, November 22, 11:00 am-noon

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

Understanding the November 5 Ballot Proposal for Isabella County

By Michael Main, Isabella County Sheriff

This November, residents of Isabella County will be asked to consider a proposal on the ballot for a property tax increase of 1.45 mills, which would last for six years. This measure is designed to provide essential funding to the Isabella County Sheriff's Deputies, who plays a critical role in ensuring public safety across our community and entire County.

If approved, the millage would generate funds necessary for maintaining current services offered by the Sheriff's Office, such as patrols, investigations, crime prevention efforts, and community notifications. Additionally, it would support the recruitment and retention of staff, which is a costly but necessary part of sustaining a highly trained and stable workforce.

To put the proposal into perspective, the owner of a home valued at \$100,000 would see an increase of approximately \$145 per year in property taxes. The funds generated by this millage would go directly toward ensuring that the Sheriff's Office Deputies can continue to provide the level of service that residents have come to expect. The funds are designated for and can only be used for Sheriff's Deputy patrols by the County.

In the event that the millage does not pass, the Sheriff's Office would face significant budget cuts. This will lead to the elimination of services, including road patrols, marine and dive team operations, K9 unit activities, accident investigations, participation in emergency response teams, and community events. Additionally, support for other local law enforcement agencies will be affected.

The potential impact of these cuts underscores the importance of the funding provided by this millage. By maintaining adequate staffing levels and operational capabilities, the Sheriff's Office is able to effectively protect the safety of the community, respond to emergencies, and support local municipalities in creating a secure environment for all residents and businesses. On average the Isabella County Deputies respond to over 18,000 incidents each year.

Residents are encouraged to learn more about this proposal and consider how it will affect the safety and services in our community. For additional information, the Isabella County Sheriff's Office is available to answer any questions or provide further details on how this funding will be utilized. You can send any questions to isabellasheriff@isabellacounty.org or by phone. For more information about the millage proposal and how it will affect our community, please visit www.isabellacounty.org/sheriff-millage.

Fall Mushroom Hunts

Saturday, October 12, from 9:30 a.m. to 12:30 p.m. at Halls Lake CWC. Meet at East Entrance.

Friday, October 18, from 10:00a.m. to 1:00 p.m. at Bundy Hill CWC. Meet NW of M20.

Contact Sister Marie Kopin for specific driving directions and meeting locations **(989) 621-7940** or email mkopin@icloud.com



Medication Take Back ~ Have any old, unwanted or expired medications at home? We will be partnering with the Isabella County Substance Awareness Coalition to host a **Medication Take Back Event** here at **Commission on Aging** in Room C on **Thursday, October 17 from 11:00 a.m. to 1:00 p.m.** The goal is to provide a safe, convenient and responsible means of disposing of over the counter and prescription excess or unwanted drugs. **You may return:**
Liquids Creams Films Tablets Capsules

No Medicare Seminars October to December due to Open Enrollment



Travel with COA

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

*****Trip is Full.** 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 ~ Wed., 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

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.

Page 8 Monday	Tuesday	Wednesday
<div data-bbox="112 178 628 519" style="border: 2px solid black; padding: 10px;"> <p>Food with Friends Lunch Monday thru Friday at 12:00 p.m. in Activity Room C. See our Menu on pg. 10</p> <p>Lunch Activities in bold—Rm C</p> </div>	<div data-bbox="1172 157 1196 183" style="text-align: right;">1</div> <p>10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 12:45 Healthy Lifestyle Group 1:00 Cards 2:00 Computer/Tech Class 3:00 Yoga 5:30 Board of Commissioners Meeting</p>	<div data-bbox="1740 157 1765 183" style="text-align: right;">2</div> <p>9:00 Video Exercise Group 9:00 Flu/Covid Vaccine Clinic 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:30 Word Search/Trivia 12:00 COA Advisory Board Meeting 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 4:00 Anyone Can Paint 5:30 Broadway Theater Rehearsal</p>
<div data-bbox="596 545 620 571" style="text-align: right;">7</div> <p>8:00 Med D Volunteer Training 9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee and Conversation 11:00 Hearing Aid Cleaning Clinic 11:00 Gentle Exercise 11:30 Monday Trivia/Word Search 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers 5:15 Human Rights Committee Meeting 6:00 Alzheimer's Caregiver Support Group</p>	<div data-bbox="1149 545 1174 571" style="text-align: right;">8</div> <p>8:00 Commission Committee Mtgs 10:00 Line Dancing 10:00 Needlecraft Meeting 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 12:00 MARSP 12:30 League of Women Voters 12:45 Healthy Lifestyle Group 1:00 Cards 3:00 Yoga 5:00 PEO 7:00 Mid Michigan Woodcrafters</p>	<div data-bbox="1740 545 1765 571" style="text-align: right;">9</div> <p>9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:30 Word Search/Trivia 11:30 PEO 12:00 McLaren CVI Presentation 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 1:00 Between the Covers Book Club</p>
<div data-bbox="605 933 643 959" style="text-align: right;">14</div> <p>9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee & Conversation 11:00 Monday Trivia/Word Search 11:00 Gentle Exercise 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 2:30 Insurance Committee Meeting</p>	<div data-bbox="1159 933 1196 959" style="text-align: right;">15</div> <p>8:30 FOIS Meeting 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 12:45 Healthy Lifestyle Group 1:00 Cards 3:00 Yoga 5:30 Board of Commissioners Meeting</p>	<div data-bbox="1731 933 1769 959" style="text-align: right;">16</div> <p>9:00 Zoning Board of Appeals 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 10:00 Ganiard History Project 11:30 Word Search/Trivia 12:30 CMU Otaga Exercise Class 12:30 Root Beer Floats 1:00 Cards 1:00 Happy Rippers 1:00 Second Hand Book Club</p> <div data-bbox="1665 1110 1759 1207" style="float: right;">  </div>
<div data-bbox="605 1300 643 1325" style="text-align: right;">21</div> <p>9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee & Conversation 11:00 Monday Trivia/Word Search 11:00 Gentle Exercise 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 1:00 Caregiver Support Group</p>	<div data-bbox="1159 1300 1196 1325" style="text-align: right;">22</div> <p>8:00 Sewing Peeps 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 12:45 Healthy Lifestyle Group 1:00 Cards 3:00 Yoga 6:00 Mid Michigan Quilt Guild</p>	<div data-bbox="1731 1300 1769 1325" style="text-align: right;">23</div> <p>9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 10:30 Coffee Hour with an Attorney 11:30 Word Search/Trivia 12:30 CMU Otaga Exercise Class 12:30 October Birthday Celebration 1:00 Cards 1:00 Happy Rippers 5:00 Parkinson's Support Group</p>
<div data-bbox="605 1677 643 1703" style="text-align: right;">28</div> <p>9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee & Conversation 11:00 Gentle Exercise 11:00 Monday Trivia/Word Search 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 6:00 Orchard Glen Home Owners Assoc.</p>	<div data-bbox="1159 1677 1196 1703" style="text-align: right;">29</div> <p>8:00 Commission Committee Mtgs 10:00 Line Dancing 10:00 Beginner Tai Chi. 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 12:45 Healthy Lifestyle Group 1:00 Cards 2:00 Connecting with Cards 3:00 Yoga 6:00-8:00 Senior Dance</p>	<div data-bbox="1731 1677 1769 1703" style="text-align: right;">30</div> <p>8:00 Happy Rippers 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 11:30 Word Search/Trivia 12:30 CMU Otaga Exercise Class 1:00 Cards 7:00 Nancy Carey Cancer Support Group</p>

Thursday	Friday	Saturday	Page 9
			
8:30 CMU Otaga Exercise Class 9:00 Gold Key Volunteer Breakfast 9:00 Community Church Craft Group 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Word Search/Trivia 11:30 Tai Chi Next Level 1:00 Veterans Support Group 1:00 Cards 3:00 Hula 3:30 VA Committee 4:00 MOVE! Class 6:00 Planning Commission 6:30 Community Cancer Services	9:00 Collaborative Meeting 10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Music with D J Talaga 11:00 Gentle Exercise 1:00 Ukulele 1:00 Bingo 2:00 Cards	9:00 Community Church Care Team 9:00 Mountain Dulcimer Players Club 10:00 Line Dancing	
8:30 CMU Otaga Exercise Class 9:00 Gold Key Volunteer Breakfast 9:00 Community Church Craft Group 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Word Search/Trivia 11:30 Tai Chi Next Level 1:00 Veterans Support Group 1:00 Cards 3:00 Hula 3:30 VA Committee 4:00 MOVE! Class 6:00 Planning Commission 6:30 Community Cancer Services	8:00 Happy Rippers 10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Word Search/Trivia 11:00 Gentle Exercise 1:00 Cards 1:00 Ukulele	9:00 Happy Rippers 10:00 Line Dancing “Be the Change you wish to see in the World” Mahatma Gandhi	
8:30 Care Group Meeting 8:30 CMU Otaga Exercise Class 10:00 Learn to Crochet 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Word Search/Trivia 11:00-1:00 Medication Take Back Event 12:00 SERA Meeting 1:00 Cards 3:00 Hula 4:00 MOVE! Class 7:00 Mt. Pleasant Citizens Climate Lobby	10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Word Search/Trivia 11:00 Gentle Exercise 1:00 Ukulele 1:00 Bingo 2:00 Cards	9:00 Central Michigan Daylily Society 9:00 Charlene’s Quilting Group 10:00 Line Dancing	
8:30 CMU Otaga Exercise Class 9:00 Caregiver Training 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 10:30 Community Church Craft Group 11:00 Nutrition Council 11:00 Word Search/Trivia 11:30 Tai Chi Next Level 1:00 Cards 3:00 Hula 4:00 MOVE! Class 6:30 Thin Blue Line	9:30 FGPSCP In-Service 10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 11:00 Music with D J Talaga 11:00 MSU vs UofM Tailgate Party 11:00 Gentle Exercise 1:00 Movie & Popcorn: “Hit Man” 1:00 Ukulele 1:30 Cards	10:00 Line Dancing 3:30 Listening Ear	
8:30 CMU Otaga Exercise Class 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 10:30 Community Church Craft Group 11:00 Halloween Treats 11:00 Word Search/Trivia 11:30 Tai Chi Next Level 1:00 Cards 2:00 Connecting with Cards 3:00 Hula 4:00 MOVE! Class			

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				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Southwest Steakhouse Chicken Black Beans and Rice Corn Cherry Crisp	2 Pizza Casserole Breadstick Tossed Salad Michigan Fruit Cup	3 No Meals 	4 Sweet & Sour Meatballs Bread Brown Rice Mixed Vegetables Citrus Fruit Cup
7 BBQ Meatloaf Bread Squash Brussels Sprouts Pineapple	8 Smothered Chicken Bread Whipped Potatoes Capri Blend Mandarin Oranges	9 Autumn Chicken Bread Cheesy Potatoes Spinach Pumpkin Custard	10 Beef Taco Bowl Cilantro-Lime Rice Corn Oatmeal Apple Crisp	11 Chili Cornbread Baked Potato Mixed Fruit Cup
14 Swiss Chicken Bread Parslied Potatoes Harvest Blend Applesauce	15 Turkey Rueben Cabbage Slaw Banana Peanut Butter Brownie	16 Hawaiian Pork Brown Rice Bread Key West Blend Tropical Fruit	17 Baked Potato Soup Ham & Cheese Slider Apple Pineapple Gelatin	18 Chicken Salad Croissant Broccoli Cauli Salad Strawberries
21 Unstuffed Peppers Dinner Roll Spinach Pears	22 Corn Chowder Breadstick Tossed Salad Blueberry Crisp Yogurt	23 Beef Stroganoff Dinner Roll Succotash Mixed Fruit Juice	24 Cranberry Chicken Salad Bread Cottage Cheese Watermelon Strawberry Shortcake	25 Beef Mozzarella Melt Bread Redskin Potatoes Green Beans Peaches
28 Turkey Stew Biscuit California Blend Applesauce	29 Cabbage Roll Casserole Dinner Roll Peas & Carrots Pineapple Tidbits Cookie	30 Barb's Sweet & Sour Chicken Bread Carrots Clementine Cookie	31 Happy Halloween! Goulash Garlic Toast Italian Blend Fruit Cocktail 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@isabellacounty.org
COA Building OPEN Monday thru Friday from 8:00 a.m. to 4:30 p.m.
Hello Fall! You know its getter closer to fall when the crops are being harvested and how cool and crisp the mornings are. We will be having a full and festive fall calendar this month, so come on in for all the activities and wonderful food here at the Activity Center!
October Dates to Remember
10:00 Line Dancing Tuesdays and Wednesdays
3 COA Closed NO Meals or activities
4 1:00 Bingo
11:00 Music with D J Talaga
16 12:30 Root Beer Floats
17 11:00 Medication Take Back
18 1:00 Bingo
25 11:00 Music with D J Talaga
11:00 Tail Gate Party MSU & U of M Game
1:00 Movie: “Hit Man” which is a comedy
29 6:00 to 8:00 Senior Dance
31 11:00 Halloween Treats Wear costume if you like!

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 October. Come and join us!
Rosebush October Calendar
2 Make Ice Cream/Nutrition Ed
4 Music/Paul Wilkinson
7 Manicures
9 Music/Marty Miller
11 Music TBA/Ice Cream Social
14 Cards & Scrabble
16 Music/Mark DeNoyelles
18 Music/Greg Merwin
21 October Fest/Just the 2 of Us
23 Music/Kevin Bendele
25 Bingo with Prizes
28 Music/Sam Lee
30 Laugh-In Hour

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

Hello Fall! October is one of my favorite months! The colors are so vibrant and the air is cool and crisp! "My favorite color is October"

shepherdfoodwithfriends@gmail.com

Shepherd October Calendar

- 2 11:00 movie Hallmark "Pumpkin Pie Wars" and Pumpkin Treats
- 4 11:00 Veterans Group- Bingo
- 7 11:00 Free CMU Otago exercise class, Nutrition Education
- 9 12:00 Kevin Bendele
- 11 Bingo/games
- 14 Fall Craft- 11:00 movie "It's The Great Pumpkin Charlie Brown"
- 16 12:30 Music Bill and Jane
- 18 Bingo/games
- 21 11:00 Free CMU Otago Exercise Class
- 23 12:00 Music Greg Merwin Oct Birthdays
- 25 12:00 Special Presentation: Navigation Downsizing: A Guide for Aging Adults
- 28 11:30 Music: Al Bartholemew
- 30 11:30 Halloween Pizza Party & Caramel Apple Bar **COVID Clinic & health dept.**

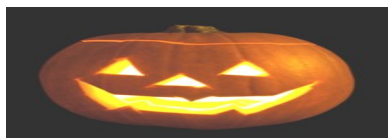
WEIDMAN SENIOR CENTER

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

Halloween is coming! Cooler weather is on the way, start finding your sweaters and also planning your Halloween costume!
weidmanfoodwithfriends@gmail.com

Weidman October Calendar

- 2 Nutrition Education, Author Club
- 4 Music: Greg Merwin and Ice Cream
- 7 Cards: Golf Rummy and Trash
- 9 Coffee and Conversation with Muffins
- 11 Board Games: Jenga, Dominoes, Kerplunk and Yahtzee
- 14 Learn to Play "Push", Card Game
- 16 Cider and Donuts
- 18 Halloween Craft: Scary Signs and Pinecone Witches
- 21 Birthday Celebration with Cake
- 23 Color Walk-Weather Permitting
- 25 Board Games: Checkers, Chinese Checkers
- 28 Cards: Golf, Rummy, Trash
- 30 Halloween Party! Bingo and Muffins!



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 last 2024 Nutrition Council Meeting will be held on **Thursday, October 24 at 11:00 a.m. at Commission on Aging.** We would love to see you there and then join us for lunch following the meeting! Please call to RSVP and to reserve your lunch at least 24 hours prior to the meeting.
Carmel Slebodnik, Nutrition Program Manager

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

Each month when I interview the Weidman Senior Activity Center Friend of the Month, comments about friendship and comradery always seem to be on the top of the list of good things that people appreciate and enjoy as being involved and part of the center. And the past couple of weeks have certainly been a shining example of just that.

Sandy Hunter, the site facilitator, and Gene Faulman a site regular, both experienced incredibly serious medical issues within a couple of days of each other. Sandy ended up hospitalized in Midland for nine days, while Gene was in a Grand Rapids Butterworth affiliated cardiac facility for four days. When news of these two extremely serious medical problems that Sandy and Gene were having was shared, the group that was gathered at the site that day, as well as Michelle, the Food with Friends Site Supervisor, all immediately jumped into action. A plan was quickly devised to keep the Food with Friends program on track, as so many in the community depend on it, and offers to help with their friend's personal concerns with things like lawn mowing, pet care, etc. were also made. One couple volunteered to do a hospital visit and phone numbers were exchanged so that everyone could call or text others with updates. It was beyond heartwarming to see how quickly everyone pulled together and had a plan to do whatever they could to help their friends and keep a viable community resource going - and it worked! Thankfully as of today both Sandy and Gene are out of the hospital and doing much better. Sandy's at work and Gene's back playing cards.

Care and concern like were shown in this situation was a direct result of the bond and friendships that's forged by being a part of a group that gathers regularly, along with the professional but personal concern from the Isabella County COA staff. So, when I write about the friendship at the center, it's not just cliché, but rather a very real feeling that exists. Unfortunately, often time it's that human connection and support system that is lacking as people age, lose partners, etc. So, if this is something missing from your life, you feel isolated please come and be part of a group and an agency that genuinely care for each individual on a personal basis. It's an amazing bonus benefit. **And in closing everyone would like to say - "Sandy and Gene - Welcome Home, we are so glad you're back and on the road to recovery"!**

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

Fall is full of so much color and fun! Come join in with the Winn group! We are starting another month with our Scrapbooking Club! Pull out those boxes of pictures and come join us! If you like a different craft, you are more than welcome to join the group! We are also holding a holiday wreath class this fall. Check the paper for details! We are having a nice group on Mondays for cards. If you like cards and games, please join us! The weather is getting cooler, come warm up in Winn! Please call in advance!

Winnfoodwithfriends@gmail.com

Winn October Calendar

- 2 Music: Midnight Express, Nutrition Ed
- 7 Make and Take: Halloween Spider Class and Cards, Scrapbooking Club 10-2
- 9 Music: Steve Johnson and Becky Pendell
- 14 Make and Take: Ghost Center Piece and Cards, Scrapbooking Club 10-2
- 16 Music: Greg and Barb
- 21 Cards, Baking, Scrapbooking Club 10-2
- 23 Music: Randy and Julie Davis
- 28 Cards and Halloween memories, bring your old pictures of fun Halloween memories
- 30 Halloween Party! Costume contest, Music: Kevin Bendele, Halloween Bingo and treats!



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, Oct. 2 2 p.m. - 6 p.m.
Thursday, Oct. 3 9 a.m. - 1 p.m.
Saturday, Oct. 5 9 a.m. - 12 noon

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

Wednesday, Oct. 16 2 p.m. - 6 p.m.
Thursday, Oct 17 9 a.m. - 1 p.m.
Saturday, Oct 19 9 a.m. - 12 noon

Wednesday, Oct. 23 2 p.m. - 6 p.m.
Thursday, Oct. 24 9 a.m. - 1 p.m.

Wednesday, Oct. 30 2 p.m. - 6 p.m.
Thursday, Oct. 31 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 CCFEEDS.ORG**

Free Prostate Screening

Men 50+, and high-risk men 40-49, can benefit from this simple blood test. Complete a health questionnaire, get your blood drawn, and receive results within two weeks. Test results can be shared with physicians as requested. Pre-registration is required.

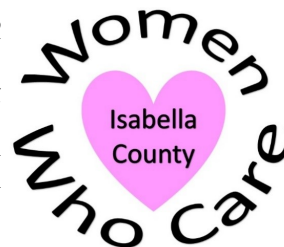
Friday, September 27, from 9:30 a.m. to 11:30 a.m. at Karmanos Cancer Institute at McLaren Central Michigan, Morey Cancer Center 1221 South Drive, Mt. Pleasant

Women Who Care Isabella ~ Fall Meeting

Help us grow this powerful group of women. Together we can make a HUGE difference in our community. Consider coming to the Fall Giving Circle and feel the power of being a part of donating over \$4,5000 to a LOCAL non-profit in need. Bring your friends. Everyone is welcome. **Did you know:**

- ✦ **There is NO COST to join Women Who Care Isabella.**
- ✦ **Meetings are 4 times a year and last only 1 hour.**
- ✦ **Your donation amount can be between \$25 - \$100+ each time.**

Our next meeting is **Wednesday, October 9, 2024, 7:00 p.m. at Cheers Neighborhood Bar & Grill at 1700 W High St.), Mt. Pleasant.** If you're interested in becoming a member or learning more, you can find us at <https://tinyurl.com/wwcisisabella>. If you have questions, you can reach us at womenwhocareisabella@gmail.com. Or follow us on Facebook <https://www.facebook.com/WWCIsabella> to stay up-to-date with events and activities.



Zonta Club Applefest

The Zonta Club of Mt. Pleasant will be hosting its **35th Applefest** event on **Saturday, September 28, 2024 at Papa's Pumpkin Patch 3909 S. Summerton Road, Mt. Pleasant from 9:30 a.m. - 4:00 p.m.** There are fun activities for the whole family. www.facebook.com/zontamtpleasant.

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:

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



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, Oct 7 at 6:00 p.m. to 7:30 p.m. at Commission on Aging, 2200 S. Lincoln Rd, Mt Pleasant. Complimentary care for your person living with dementia provided onsite during the meeting by Asona Home Health Care (call Asona at (989) 546-4269 with any questions or concerns about special needs).

For more information or to register for your first time attending, contact Susan at (231) 267-6119 or slevans@alz.org. Visit alz.org/gmc/helping_you to learn more about caregiver programs and resources or call the 24/7 Helpline at (800) 272-3900.

Nancy Carey Cancer Support Group:

Our regular monthly meetings are always on the last Wednesday of the month at the Commission on Aging. You are invited to come to our next meeting on Wednesday, September 25 and October 30 at 7:00 p.m. at the COA. No regular meetings in November or December. Holiday Party information will be available soon.

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.

Huntington's Support Group at COA

NO OCTOBER MEETING

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

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?

The group will be on break until April 2025. Save the date Wednesday, April 16 at 11:00 a.m. When meeting in the spring, this group will be facilitated by Bonnie Levitan and Deborah LaBlance, both polio survivors. If you have questions, please contact Marcy Huntoon (Jerome) at (989) 772-0748. mjerome@isabellacounty.org

Central Michigan Area Parkinson's Support Group

Time: 4th Wednesday of each month (September 25, October 23) 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 (Oct. 15) 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 will meet on Thursdays 10:00 a.m. to 12:00 p.m. starting October 10 through January 2025 at the Christian Counseling Center – 904 E. Preston St., Mt. Pleasant. The October 10 meeting will highlight the loss of a spouse and the November 7 meeting will highlight surviving the Holidays. 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, October 15 from 7:00 a.m. to 10:00 a.m. Cost \$25 payable the day of the screening.

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

New Tomorrows - Eight Week Grief Education Series

You are not alone in grief. McLaren Hospice offers a free, educational support program for any person who is coping with the death of a loved one. In an emotionally supportive peer group setting, participants are offered opportunities to share and heal and are given tools designed to assist them in navigating through the grief experiences. Every Wednesday, September 25 through November 13 from 9:30 - 11:30 am at McLaren Central Michigan; 1221 South Drive, Mt. Pleasant, MI 48858. Call Amy, McLaren's Bereavement Coordinator and New Tomorrows facilitator, at (989) 233-4613 to register at any time during the series.

In Memory Of

Gerald "Jerry" Baumann
Ellen Peterson
Dolores Cluley-Lockwood

Michael Birkam
Mark & Alexa Birkam

Patrick Clevenger
Cindy & Joe Clevenger

Orlin Curtis
Jackie Curtis

Bob Curtiss – Veteran
Ione Loomis 

Elsie Hahn
Jackie Curtis

Pat Himes
Donna Anderson
Leigh Bartholomew
Karen Clark
Judy Emmons
Sherri Hutchins
Jim & Becky Hynes
Linda Louisell
Nancy Priestap

Mary Jo Kyser
Mike & Judy Florian

Arlene Landon
Lloyd Landon

Judy Layfield
Jackie Curtis

John Maul
John & Mary Walsh

Charles Peterson
Ellen Peterson

Henry Prout
Jackie Curtis

Patricia Rau
Ron & Betsy Rau

Tim Recker D.
Ione Loomis

Dixie Sigren
Chris Fowler

Al Thomas
Walt Schneider

Sharon Tilmann
Jackie Curtis

Joseph Vanas
Jackie Curtis

Janet Wilson
Jeff & Jim Bean
Phyllis Carrigan
Jim & Bev Cole
Bob & Julie Gamm
Bryan Cullens
Sue Joyce
Mark & Kathleen Mumford
Craig & Suzanne Pepper
Rick & Kay Pieratt
June Powell
Ron & Betsy Rau
Bob & Kathy Thering
Sally & Dennis Whitford
Elouise Wilson
Mike & Wanda Wilson
Richard & Sharlene Wilson

For Active Living

Janet Payne
Alice M. Tatro

Bob Lodes – Korean Vet
Jan Lodes 

Tammy Silvey
Jan Lodes

For Food With Friends

Ron Finch
Coleen Barz

For Gold Key Volunteer Program

Russell Martin
Ruth Martin

Leora Nelson
Anonymous

Ron Finch
Coleen Barz

Active Living Donors


Shirley Blackwell
Judi Bohlmann
Deborah Bronson
Roy & Alice Burlington
Minghui Chai
Donna Collins
Nancy Enders
Rick W. Fockler
Margie Goffnett
Doug & Louise Harmala
Joan Hogan
Carol A. Kirkpatrick
Nancy Klumpp

Anne Messinger
Patrick Neff
Randy Owen
Joanne Paul
Kelly Revord
Geoffry & Gail Schmidt
Suanne & Wayne Shidler
Murna VanHorn
Agnes Waggoner
John & Mary Walsh
Gary & Carol Wernette
Sandra Wolfe
Steve & Linda Zemko

COA Donors

COA

Larry & Dee Blodgett
Barbara Grajek
Margie Henry
Olivia Ohler
Barbara J. Wells

Anonymous – 
In Honor of Vets

Gold Key Volunteer Program

Dawn Orlando

***Thank You Everyone for Your
Generous Donations***

November ~ The Month of Remembrance

November is traditionally the Month of Remembrance. Active LIVING offers a way to honor those special people in your life with a Memorial or Honorarium Listing. If you would like a memorial or honorarium included in the November issue, please send the information by October 6. Please indicate if your gift is in memory or in honor of a Veteran. For your convenience, please use the form on the next page.



Coffee & Conversation ~

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

Active LIVING Really Needs YOUR Support!

Thank You to everyone who donates to Active LIVING. As of Sept. 9, 2024, we have received \$11,937.00 .

We are still a very 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.

Call Us for Help for You or a Loved One

Our toll-free line will direct you to a **Certified Information and Referral Specialist** who is trained to help connect you to available resources and services for the elderly and disabled. Some services we offer are Estate Planning, MI Choice Waiver Program, Legal Assistance, Medicare/Medicaid Assistance, Elder Abuse, Kinship, Senior Employment Program and so much more. Making the connection is the first step in finding help for you, loved ones, or friends.

PLEASE CALL TOLL FREE
1-800-858-1637



INSIDE **OCTOBER 2024** Issue

Medicare Open Enrollment	1
Director's Comments	2
Mission Moments	2
Caregiver Support /Training	3
Events & Classes	4,5
NEED Meal Site Assistants	6
Hearing Aid Cleanings	6
Medication Take Back	7
Tailgate Party	7
Senior Dance	7
Activity Center Calendar	8, 9
FWF Menu & Site Activities	10, 11
Women Who Care Isabella	12
Support Groups	12, 13
Health Screenings	12, 13
Memorials & Donations	14
Active Living Needs Support	15

For Delivery of



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

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

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.