

# Active LIVING

Volume 125 Issue 1

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Friends of Isabella Seniors - 2200 S Lincoln Rd., Mt. Pleasant, MI 48858 - (989) 772-0748 - [isabellacounty.org/activeliving-newspaper](http://isabellacounty.org/activeliving-newspaper)

## Please Help Support our Annual *Have-A-Heart Project*

The Commission on Aging and Friends of Isabella Seniors are asking you to “Have-a-Heart” and make a donation to support the 2025 Have-A-Heart Project. The “Have a Heart” project depends solely on the generosity of Isabella County residents. There are no federal, state or local funds used for this program. As in the past, the COA expects to assist up to 115 older adult residents in Isabella County with

the high costs of prescription medications, warm winter clothing, and food. If you have questions or would like more information, please contact the Commission on Aging at (989) 772-0748.

Please fill out and return the form below. Every dollar helps us reach our goal. **Thank You** in advance for your willingness to help our friends and neighbors.

**GOAL**

**\$11,500**



### YES, I Want To Help Have a Heart

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I would like to donate the amount of \$ \_\_\_\_\_

My donation is:

☐ In Memory of: \_\_\_\_\_

or

☐ In Honor of: \_\_\_\_\_

☐ Please keep my donation anonymous.

***Please Make checks payable to: FOIS - Have-a-Heart***

Mail to: Friends of Isabella Seniors

Attn: Have-A-Heart

2200 S. Lincoln Rd.

Mt. Pleasant, MI. 48858

## COA Director's Comments



Happy New Year! As we enter 2025, it is great to look back upon 2024 and all of the meaningful moments that we were fortunate to experience.

On a personal level my family certainly had some excitement – our oldest son got engaged to the most amazing gal, so my husband and I are thrilled that we will be officially gaining a daughter in September! In addition to that, our youngest son turned 16 in December, so we have a new driver, which is scary but so very exciting for him! So many

wonderful milestones!

Here at the COA, our wonderful team worked so hard serving more older adults last year than we have by quite a margin, and we are so very proud of that. It most definitely takes a team effort, and while I am certainly biased, I would argue that we have the very best. Looking ahead at 2025, we are so excited to FINALLY be able to host a grand opening of our new pavilion and recreation area when the weather warms up! That was quite a lengthy project, but it sure is beautiful and will provide wonderful opportunities for our team to provide some new, fun activities. Once spring rolls around, we are so excited to see people out there playing pickleball and shuffleboard, and taking advantage of the shade under the pavilion to relax, visit, and spectate!

*As always, we thank you for allowing us the opportunity to serve you! We wish you the Happiest New Year, filled with good health, fun and friendship!*

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

## A Friend is only a Phone Call away!

With the colder months ahead of us, it is especially easy to feel lonely and long for a friend on the other end of the line. The Isabella County Commission on Aging offers a **FREE** Friendly Caller service to Isabella County older adults and their families. The Friendly Caller program is available to any older adult who would like or benefit from a scheduled telephone call. Calls can be temporary while recuperating from an illness or calls can be arranged on a permanent basis around your schedule.

**To sign up for the Friendly Caller Program, please talk with your Case Manager or call Kelly Lee, Gold Key Volunteer Manager, at (989) 772-0748.**

\*A trained Gold Key Volunteer will make regular telephone contact with a program participant. If the older adult does not answer his/her telephone, the Volunteer will contact COA staff who will try to reach an established emergency contact. Emergency services (9-1-1) may be contacted if necessary.\*

## COA Caregiver Support Corner

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

**Caregiver Support Group-** Is located at the COA Building, Tuesday, January 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.

This group is a **partnership with the Alzheimer's Association**. If you plan to attend and need complimentary care onsite for your person living with dementia, please contact Susan at (231) 267-6119 or [slevans@alz.org](mailto:slevans@alz.org) by the Friday before the meeting. If you have specific questions or concerns about care during the meeting, call Asona Home Health Care at (989) 546-4269.

For more information about the Alzheimer's Association, visit [alz.org/gmc/helping\\_you](http://alz.org/gmc/helping_you) or call the 24/7 Helpline at (800) 272-3900.

### Four R's of Dementia Care: Reassure, Routine, Reminisce, and Redirect.

**Reassure-** Stay in constant communication make sure you're speaking calmly and using a soothing tone. Having this consistency in your voice and actions can help build trust. Use of physical comfort, simple things like holding hands are offering a hug or a general touch can provide reassurance. Positive reinforcement, praise and encouraging their efforts and accomplishments. Even if it is or seems small it will help their confidence and self-esteem. Creating a safe environment, reducing clutter, and providing adequate lighting, can help minimize confusion and lessen anxiety.

**Routine-** A structured routine provides predictability and security. Familiar activities and schedules, reduce confusion and anxiety. Daily schedules that include regular times for activities and meals, as well as rest stick to it as closely as possible. Simple tasks, breakdown daily tasks into more simple, manageable steps. This makes it easier for the person to follow and participate. Consistency, maintaining consistency this involves caregivers of the loved one or client you are serving. Being familiar with people and surroundings help reduce stress. Also, being flexible and establishing calming routines that might include a favorite breakfast or a nice activity and don't forget the power of listening to music.

**Reminisce-** People of all ages loved to reminisce, looking through old photo, albums, and talking about people, places and events in the picture. Listening to music from the persons past can even evoke memories and positive emotions. Storytelling can encourage the person to share their past and even prompt memories. Creating a memory box could also hold sentimental value, such as letters or souvenirs.

**Redirect-** Often times a person with dementia can become agitated or fixed on a particular thought. Redirection techniques to something like their favorite activity snack or a walk will divert their attention. Calm the environment to reduce stimuli that may be causing the. Then engage in activities like folding laundry or playing with a pet. A general suggestion can also shift their focus and avoids arguing or confronting or escalating the behavior.

## Mission Moments

Looking back at 2024, it was a busy and fun filled year!! It's hard to believe that we are starting another new year, but I look forward to seeing what 2025 will bring!



**Pictured above:** Anne Acles, Marcy Huntoon, Jen Crawford, Brandi Burns, and Jack Eaton, Senior Companion Volunteer

I'm happy to announce that on Monday, December 9, The Commission on Aging was awarded the Community Partner of the Year award from one of our amazing community partners, Mid-Michigan Industries.

We've had our Senior Companion Volunteer, Jack, doing his volunteer hours at MMI for about 15 years now! I can say with confidence that Jack is making a difference in so many lives by his presence at MMI and his compassion, he also loves to write and share his jokes, which are always sure to brighten someone's day! MMI also brings participants to different programs that we offer here at Commission on Aging, such as Jam Session on Friday mornings, watching this relationship blossom over the years between those who attend the session week after week to play and the participants who come to listen and interact, it is so heartwarming!

I know you've heard me say it a million times, but we truly are so blessed with a number of amazing community partners to help us to broaden our programs and services and expand our reach in the community, MMI is no different! We are proud and excited to continue this partnership for many more years to come. ***Thank you MMI for selecting our organization for this award!***

As a reminder, I will be on maternity leave from mid-January through mid-April as my husband and I welcome our second child in the coming weeks!!

*Marcy Huntoon, Activity Program Manager*

## Free Tax Preparation Available

The Isabella County Commission on Aging is again working with the AARP Foundation Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing. **This service is provided to low- and middle-income taxpayers with emphasis on seniors.**

Tax preparation volunteers at these tax clinics are required to pass an IRS test before they can prepare returns. The tax preparers will be handling Federal and Michigan tax returns that are within the scope of their training which includes Homestead Property Tax and Home Heating credits as well as most Federal and State 1040 returns. Individuals who are self-employed (business owners), have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

AARP Tax Aide Foundation is also offering a Virtual Tax Preparation free service. The taxpayer will prepare their own return with assistance from a certified AARP tax volunteer using reputable online service. A computer with internet access, an email address and a printer are required for this service. Go to [Taxaide.aarp.org](http://Taxaide.aarp.org) if interested in this service to request an appointment.

**FREE tax preparation at the Isabella County sites is BY APPOINTMENT ONLY.** The Commission on Aging will begin taking appointments for the following sites on **Monday, January 6, 2025**

### Commission on Aging - Activity Center

**Most Wednesdays & Thursdays, February 5 thru April 10 from 9:30 a.m. - 3:00 p.m. Call to check the schedule.**

**Weidman Food with Friends Site / Weidman Library on February 4, March 4, & March 18 12:30 p.m. - 4:00 p.m.**

### Coe Township Library, Shepherd

**February 4 & March 11**

**12:30 p.m. - 4:00 p.m.**

**Call COA - 989-772-0748**

**Taxpayers MUST bring Picture ID, Social Security cards (NOT Medicare cards) and a paper listing bank routing number and bank account number if direct deposit is desired.**



## Events & Classes at COA

### Computer/Tech Class at COA

**Tuesday, January 7** 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*

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

**2025 dates: January 21, February 18, March 18, April 15, May 20, June 17, July 15, August 19, September 16.**

**Please call (989) 772-0748 to register. You may also sign up for lunch when you call or bring your own.**



**Mahjongg at COA~** Join our Mahjongg group on **Mondays at 12:30 p.m.** and make new friends! Bring your 2025 card and Mahjongg set if you have them. Instruction provided.

### Stroke Awareness Presentation

"Do you know how to recognize the signs of a stroke? Join us on **Monday, January 13 at 11:00 a.m.** for a Stroke Awareness Presentation led by pre-health students from Central Michigan University's Health Professions Residential College. We will learn about what a stroke is, its risk factors, healthy habits to minimize risk, how to recognize signs and symptoms, and what actions you should take if you or someone else is experiencing a stroke."

**Anyone Can Paint** Next class, Wednesday, April 2.

### Coffee Hour with An Attorney

**4th Wednesday of ALTERNATE months, (January 22, March 26 ) at 10:30 a.m. to 11:30 a.m. at COA.**

We once again 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, January 9 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.**

### 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!



### The Happy Rippers ~ Come Join Us!

**Meetings: Wednesdays in COA Craft Room 1:00 p.m. to 3:00 p.m. (or longer some days)**

**We help each other with Fiber Projects**

### "Connecting with Cards" Card Making Classes

**Last Tuesday, January 28 and Last Thursday, January 30 of the month from 2:00 p.m. to 4:00 p.m. in COA Craft Room. 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.**

### 2 FREE Movies and Popcorn at COA

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

#### "Oppenheimer" R 180 minutes (3 hours)

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb.

**Friday, December 27 at 1:00 p.m. in COA Room C**

**"Twisters" PG-13 2hrs 2min** Haunted by a devastating encounter with a tornado, Kate Cooper gets lured back to the open plains by her friend, Javi, to test a groundbreaking new tracking system. She soon crosses paths with Tyler Owens, a charming but reckless social-media superstar who thrives on posting his storm-chasing adventures. As storm season intensifies, Kate, Tyler and their competing teams find themselves in a fight for their lives as multiple systems converge over central Oklahoma.

**Friday, January 24, 1:00p.m. in COA Room C.**

## 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](mailto: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 Classes Dec. 24, 26, 31, Jan. 1.**

**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 **NO Class Mon. Jan. 20** 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*

**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: NO CLASS ~ Winter Break-**  
December 16 to January 12.

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

### Chair Yoga ~ Virtual

**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~ No Otago Winter break:**  
December 16 – January 12

**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:**

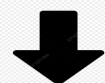
CMU College of Medicine, 600 E. Preston St, Suite 028, Mt. Pl. Call: (989)774-1350 Fax: (989)774-7658

Email: [fallprevention@cmich.edu](mailto:fallprevention@cmich.edu)

**Line Dancing Addition:** Tuesdays 9:30-10:00 a.m. for Basic Line Dancing Instructions Are you New to line dancing? Join us to learn the basic line dancing steps prior to joining us on Tuesdays and Wednesdays morning 10:00-11:30 a.m.!

**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

## Can You Help Deliver Meals? See Below




ISABELLA COUNTY  
COMMISSION ON AGING

# VOLUNTEERS NEEDED

**Seeking Home-Delivered Meal Volunteer Drivers:**

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

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

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

## MOVE! For Health at COA ~

Returns Thursday, January 16 for Thursdays at 4:00 p.m. to 5:00 p.m. **Your Reasons to Join:** Exercise has proven to slow down the progression of Parkinson's and improve quality of life. It's a Fun, supportive environment, promoting empowerment. It's for people with Parkinson's, Multiple Sclerosis, and anyone that wants to improve their daily function and activities. This class is taught by second year Doctor of Physical Therapy students under the supervision of **Dr. Jamie Haines, PT, DScPT, NCS.** Contact her at (989) 774-2533.

## Have you signed up for Smart911 yet?

*Smart911* is an emergency mass notification system used to contact County residents and businesses via phone messages, text messages, and /or E-mail messages ...

**You can sign up for FREE at:**

**[www.isabellacounty.org/911](http://www.isabellacounty.org/911)** or

**[www.smart911.com](http://www.smart911.com)** or on the Smart911 app.

## How To Communicate In A Disaster Situation

Share this information with family and friends.

**Change your cellphone settings to use wifi for calls.** You can also use Facebook Messenger, Skype and WhatsApp for wifi calls.

**Change your voicemail welcome ASAP.** If calls aren't going through, friends and family will know you're safe.

**Send text messages instead of phone calls whenever possible.** Texts require less demand from often overloaded active cell towers.

**Update your social media profiles: Facebook Instagram, WhatsApp.** Tell people if you're okay, where you are and what you need.

## Clean &amp; Bright Laundry Services

*Sponsored by*

*St. Johns Episcopal Church*

- **FREE OF Charge!**
- **Laundry supplies provided!**
- **Limited to 1 to 3 loads per appointment!**

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

You Can Get a FREE *IRide* Gold Pass at Age 80

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 get a pass.

## Chippewa Valley Audubon

The Chippewa Valley Audubon Club will be having Stan Lilly share pictures and stories of his trip to Thailand in January 2024 including pictures of birds, butterflies, and mammals. **Meeting to be held at Veterans Memorial Library, 301 S. University, Mt. Pleasant starting at 7:00 p.m. on Wednesday, January 8.**



## Jack Slater or Elvis???



Back in November, we had a great Elvis Impersonator, Jake Slater perform for us after our wonderful Thanksgiving lunch. We had such a great crowd join us that day!

We certainly do look forward to welcoming Jake Slater back to COA in the future!



## What is Women Who Care Isabella?

Are you interested in making a positive impact within the Isabella County community? Do you have limited time and resources to give? If so, then Women Who Care Isabella might be for you!

Founded in 2022, Women Who Care Isabella is one of more than 350 similar groups located worldwide that focus on coordinating funding for local, community charitable organizations. We gather at quarterly meetings for one hour to hear three short presentations on local nonprofits in need. Members vote and each person writes their check for \$100 directly to the winning nonprofit chosen for a collective, impactful donation.

The group is run entirely by volunteers with no administrative fees solicited from members. We welcome guests to our quarterly meetings, but only members may vote.

Feel free to join us at our next Giving Circle meeting on January 8, 2025 at Cheers on High Street. We start promptly at 7:00 p.m. and meetings last no longer than an hour. You can also get more information, including meeting location, and to register at our website:

[bitly.com/wwcisabella](https://bitly.com/wwcisabella).



## Preparing for Winter Power Outages

- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing.
- Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Have supplies on hand in case you need to stay home for several days without power. Include enough medications. Do not forget the needs of pets.
- Talk to your medical provider and power company about a power outage plan for medical devices powered by electricity and refrigerated medicines.
- Keep cell phones charged and gas tanks full.
- Never use your oven as a heat source and keep generators outdoors.
- Have multiple blankets on hand to layer for warmth.
- Check on friends and neighbors.
- Sign up for local alerts through Smart911 from the App store and monitor weather reports.
- **If shelter is needed, call 2-1-1 or Central Dispatch at 989-773-1000 for assistance.**

## Opening Day for Isabella County Campground Reservations

The opening day for 2025 camping reservations at Isabella County Parks is **Tuesday, February 11, 2025 at 9:00 a.m.** Reservations can only be made online at: [isabellacounty.goingtocamp.com](https://isabellacounty.goingtocamp.com).

Reservations must be made [online](#).

If you're unable to secure the campsite you want, don't forget that the "Notify Me" feature lets you sign up for an email notification when a site becomes available for selected dates.

Page 8 Monday	Tuesday	Wednesday
		<div>1</div> <div>Closed</div> 
<div>6</div> 9:00 Video Exercise Group 10:00 Quilts of Valor 10:00 Low-Impact Aerobics 10:00 Dulcimer Group <b>10:00 Coffee and Conversation</b> 11:00 Gentle Exercise <b>11:30 Monday Trivia/Word Search</b> 12:30 Mahjongg <b>1:00 Cards</b> 1:00 Faith Weavers & Hand Sewing 5:15 Human Rights Committee Meeting	<div>7</div> <b>9:30 Basic Line Dancing Instruction</b> <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level <b>11:30 Word Search/Trivia</b> 12:45 Healthy Lifestyle Group <b>1:00 Cards</b> 2:00 Computer/Tech Class 3:00 Yoga 5:00 Board of Commissioners Meeting 5:30 Isabella Co Historic Society	<div>8</div> 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics <b>11:30 Word Search/Trivia</b> 11:30 PEO 12:00 COA Advisory Board Meeting <b>1:00 Cards</b> 1:00 Between the Covers Book Club 1:00 Happy Rippers
<div>13</div> 8:00 Tax Training 9:00 Video Exercise Group 10:00 Low-Impact Aerobics <b>10:00 Coffee and Conversation</b> 10:00 Dulcimer Group / 11:00 Gentle Exercise 11:00 Stroke Presentation by CMU <b>11:30 Monday Trivia/Word Search</b> 12:30 Mahjongg , <b>1:00 Cards</b> 1:00 Faith Weavers 2:30 Insurance Committee Meeting	<div>14</div> 8:00 Commission Committee Mtg <b>9:30 Basic Line Dancing Instruction</b> <b>10:00 Line Dancing</b> 10:00 Needlecraft Mtg & Beg Tai Chi 11:30 Tai Chi Next Level <b>11:30 Word Search/Trivia</b> 12:30 League of Women Voters 12:45 Healthy Lifestyle Grp <b>1:00Cards</b> 2:30 Huntington's Disease Support Grp 3:00 Yoga      5:00 PEO 7:00 Mid Michigan Woodcrafters	<div>15</div> 8:00 Tax Training 9:00 Zoning Board of Appeals 9:00 Video Exercise Group 10:00 Second Sight Artists 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics <b>11:30 Word Search/Trivia</b> 12:30 CMU Otaga <b>1:00 Cards</b> 1:00 Happy Rippers 1:00 Second Hand Book Club
<div>20</div> 	<div>21</div> 8:30 FOIS Board Meeting <b>9:30 Basic Line Dancing Instruction</b> <b>10:00 Line Dancing &amp; Beg Tai Chi</b> 11:30 Tai Chi Next Level <b>11:30 Word Search/Trivia</b> 12:45 Healthy Lifestyle Group 12:00 Medicare Seminar 1:00 Alzheimer's & Caregiver Support <b>1:00 Cards</b> 3:00 Yoga 5:00 Board of Commissioners Meeting	<div>22</div> 8:00 Tax Training & 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>11:30 Word Search/Trivia</b> 12:30 CMU Otaga <b>1:00 Cards</b> 5:00 Parkinson's Support Group
<div>27</div> 8:00 Tax Training 9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Dulcimer Group <b>10:00 Coffee &amp; Conversation</b> 11:00 Gentle Exercise <b>11:30 Monday Trivia/Word Search</b> 12:30 Mahjongg <b>1:00 Cards</b> 1:00 Faith Weavers Group	<div>28</div> 8:00 Commission Committee Mtg 8:00 Sewing Peeps <b>9:30 Basic Line Dancing Instruction</b> <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level <b>11:30 Word Search/Trivia</b> 12:45 Healthy Lifestyle Grp <b>1:00 Cards</b> 2:00 Connecting with Cards 3:00 Yoga 4:00 Isabella Co Child Advocacy Center	<div>29</div> 8:00 Tax Training 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Low-Impact Aerobics <b>11:30 Word Search/Trivia</b> 12:30 CMU Otaga <b>1:00 Cards</b> 1:00 Happy Rippers 7:00 Nancy Carey Cancer Support Group



Thursday	Friday	Saturday Page 9
<div>2</div> 9:00 Community Church Craft Group <b>10:00 Coffee and Conversation</b> <b>11:30 Word Search/Trivia</b> <b>11:30 Nutrition Education</b> <b>1:00 Cards</b> 3:00 Hula 6:30 Isabella County Democratic Party	<div>3</div> 8:00 Happy Rippers <b>10:00 Coffee and Conversation</b> 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Gentle Exercise <b>11:30 Trivia/Word Search</b> 1:00 Ukulele <b>1:00 Bingo with PACE</b> <b>2:00 Cards</b>	<div>4</div> 9:00 Community Church Care Team  9:00 Happy Rippers
		<div>5</div> 9:00 Happy Rippers
<div>9</div> 9:00 Community Church Craft Group <b>10:00 Coffee and Conversation</b> 10:00 Beginner Tai Chi <b>11:30 Word Search/Trivia</b> 11:30 Tai Chi Next Level 1:00 Veterans Support Group <b>1:00 Cards</b> 3:00 Hula 4:30 VA Comm. Mtg 6:00 Planning Commission 6:30 Community Cancer Services	<div>10</div> <b>10:00 Coffee and Conversation</b> 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Gentle Exercise <b>11:30 Trivia/Word Search</b> <b>1:00 Cards</b> 1:00 Ukulele	<div>11</div> <div> <b>Food with Friends Lunch</b>            Monday thru Friday at <b>12:00 p.m.</b>            in <b>Activity Room C.</b>            See our Menu on pg. 10  <b>Lunch Activities in bold—Rm C</b> </div>
<div>16</div> 8:30 CMU Otaga <b>10:00 Coffee and Conversation</b> 10:00 Beginner Tai Chi 10:00 Learn to Crochet <b>11:30 Word Search/Trivia</b> 11:30 Tai Chi Next Level <b>1:00 Cards</b> 3:00 Hula 4:00 MOVE! For Health Class	<div>17</div> 8:00 Tax Training <b>10:00 Coffee and Conversation</b> 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Gentle Exercise <b>11:30 Word Search/Trivia</b> 1:00 Ukulele <b>1:00 Bingo</b> <b>2:00 Cards</b>	<div>18</div> 8:00 Mid Michigan Quilt Guild 9:00 Charlene's Quilting Group
<div>23</div> 8:30 CMU Otaga 8:30 COA Staff Meeting 9:00 Community Church Craft Group 10:00 Beginner Tai Chi <b>10:00 Coffee and Conversation</b> <b>11:30 Word Search/Trivia</b> 11:30 Tai Chi Next Level <b>1:00 Cards</b> 3:00 Hula 4:00 MOVE! For Health Class	<div>24</div> 8:30 Tax Training <b>10:00 Coffee and Conversation</b> 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Gentle Exercise <b>11:30 Word Search/Trivia</b> 1:00 Ukulele <b>1:00 Cards</b> <b>1:00 Movie &amp; Popcorn: "Twisters"</b>	<div>COA Closing Information:</div> <p>Once again, it is that time of year with snow falling and roads becoming snow covered or icy. The Commission on Aging takes our volunteers into consideration during bad weather. As a basic rule, if Mt. Pleasant schools are closed due to weather, we will be closed.</p> <p>If you see that meals are running late or haven't looked outside, we post our closings / cancelations on the following TV stations: ABC 12 , NBC 25, CBS WNEM 5, CBS 9&amp; 10 News.</p> <p>All meals – congregate and home delivered, as well as all COA sponsored activities, events, and fitness classes will be Cancelled.</p> <p>We usually get the information out as early as possible, however sometimes schools close without much notice. If you have any questions about meal delivery, please call <b>989-772-0748</b>.</p>
<div>30</div> 8:30 CMU Otaga 9:00 Community Church Craft Group <b>10:00 Coffee and Conversation</b> 10:00 Beginner Tai Chi <b>11:30 Word Search/Trivia</b> 11:30 Tai Chi Next Level <b>12:30 January Birthday Celebration!</b> <b>1:00 Cards</b> 2:00 Connecting with Cards 3:00 Hula 4:00 MOVE! For Health Class	<div>31</div> 8:00 Tax Training <b>10:00 Coffee and Conversation</b> 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Gentle Exercise <b>11:00 Music with Barb &amp; Greg</b> <b>11:30 Trivia/Word Search</b> 1:00 Ukulele <b>1:00 Cards</b>	

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					January 2025				
Monday	Tuesday	Wednesday	Thursday	Friday					
									
1 Closed No Meals	2 Southwest Chicken Black Beans and Rice Corn Cherry Crisp	3 Pizza Casserole Cheesy Breadstick Italian Blend Michigan Fruit Cup							
6 Hawaiian Pork Brown Rice Key West Vegetables Fruit	7 Chicken Salad Croissant Broccoli Cauli Salad Strawberries	8 Smothered Chicken Bread Whipped Potatoes Capri Blend Mandarin Oranges	9 Beef Taco Bowl Cilantro-Lime Rice Corn Oatmeal Apple Crisp	10 Autumn Chicken Bread Cheesy Potatoes Spinach Pumpkin Custard					
13 Swiss Chicken Bread Parslied Potatoes Harvest Blend Applesauce	14 Turkey Reuben Cabbage Slaw Banana Peanut Butter Brownies	15 Chili Cornbread Baked Potato Mixed Fruit	16 Baked Potato Soup Ham & Cheese Slider Apple Pineapple Gelatin	17 Goulash Garlic Toast Italian Blend Fruit Cocktail Juice					
20 Closed No Meals Martin Luther King Jr Day 	21 Hot Dog Potato Wedges Coleslaw Strawberry Shortcake	22 Corn Chowder Breadstick Brussels Sprouts Blueberry Crisp Yogurt	23 Cranberry Chicken Salad Cottage Cheese Peaches Cookie	24 Beef Stroganoff Dinner Roll Succotash Mixed Fruit					
27 Beef Mozzarella Melt Bread Redskin Potatoes Green Beans Pears Juice	28 Sweet & Sour Meatballs Bread Brown Rice Mixed Vegetables Citrus Fruit	29 Cabbage Roll Casse- role / Dinner Roll Peas & Carrots Pineapple Tidbits Mozzarella Stick Chocolate Chip Cookie	30 BBQ Meatloaf Bread Squash Brussels Spouts Pineapple Tidbits	31 Turkey Stew Biscuit California Blend Applesauce 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](mailto:rburke@isabellacounty.org)  
 COA Building OPEN Monday thru Friday  
 from 8:00 a.m. to 4:30 p.m.  
 Happy New Year! I hope you all had a wonderful Christmas and New Year! We have a great menu planned for January. Come on in for a great lunch with your favorite activity or group. Come join in on our Line Dancing group on Tuesday's and Wednesday's at 10:00 am. I look forward to seeing you all!  
**JANUARY Dates to Remember**  
 1 Closed / New Year's Day  
 3 1:00 Bingo with Emma from Pace  
 9 1:00 Veterans Support Group  
 17 1:00 Bingo  
 20 Closed—Martin Luther King Jr. Day  
 24 1:00 Movie with popcorn: "Twisters"  
 Please call to reserve  
 31 11:00 Music with Barb & Greg!

**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)  
 Winter is always fun with FWF at Rosebush Manor. Great food, music, activities and laughter are guaranteed to brighten every day. I hope that you will join us.  
**Rosebush JANUARY Calendar**  
 1 Closed / New Year's Day  
 3 Music/TBA/Nutrition Ed  
 6 Manicures  
 8 Sing-A-Long with Brian  
 10 Music/Mark Bauman/Ice Cream Social  
 13 Red Hat Strutters  
 15 Bingo with Prizes  
 17 Music/Greg Merwin  
 20 Closed—Martin Luther King Jr. Day  
 22 Music/Kevin Bandele  
 24 Laugh-In Hour  
 27 Music/Sam Lee  
 29 Penny Bingo  
 31 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**

**shepherdfoodwithfriends@gmail.com**

It's cold outside, but Shepherd Meal site is nice and warm inside! We have coffee and conversation every morning starting at 10:00 a.m. Shepherd has a nice group that loves to chat about things going on in the community. I can't wait to see what 2025 has in store for all of us!

### Shepherd JANUARY Calendar

**1 Closed / New Year's Day**  
3 Nutrition Education, Veterans Group at 11:00, Bingo at 12:30  
6 11:00 Otago Exercise, New Year's Resolutions, Games  
8 11:00 Movie :  
"The Red Badge of Courage"  
13 11:00 Otago Exercise, 12:30 Yahtzee  
15 Wii Bowling, Bagel Day!  
17 New Year's Bingo!  
**20 Closed—Martin Luther King Jr. Day**  
22 Wii Games  
24 12:30 Bingo  
27 11:00 Exercise,  
January Birthday Celebration!  
29 11:00 Movie  
31 12:30 Bingo

## 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**

**weidmanfoodwithfriends@gmail.com**

It is a new year and if you are making any New Year resolutions this year, think about health and strength! We have Sit and Get Fit every morning. It is a set of chair exercises that build strength and balance. Join us for a healthy lunch after exercise!

### Weidman JANUARY Calendar

**1 Closed / New Year's Day**  
3 Music: Greg Merwin  
6 Author Club, Nutrition Education  
8 Coffee and Fresh Baked Muffins  
10 Bring your craft day!  
13 Cards: Trash, Rummy and Uno  
15 Board Games: Yahtzee, Checkers etc.  
17 January Birthday Celebration—Ice Cream Sundaes  
**20 Closed—Martin Luther King Jr. Day**  
22 Coffee and Conversation with cookies  
24 Movie and Popcorn  
27 Cards: Trash, Rummy and Uno  
29 Coffee and Conversation with fresh Muffins  
31 Board Games: Chinese Checkers, Yahtzee, etc.

## 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**

**Winnfoodwithfriends@gmail.com**

Happy New Year! January is here with new beginnings and fresh starts! Come on over to Winn and join us for great food, crafts, music and so much more!

### Winn JANUARY Calendar

**1 Closed / New Year's Day**  
6 Tea Party, Cards and Uno  
8 Music: Midnight Express and Nutrition Education  
13 Cards, Bingo and Scrapbooking Club  
15 Music: Justin Judge (rescheduled from November 2024) Ice Cream Social  
**20 Closed—Martin Luther King Jr. Day**  
22 Music: Greg Merwin and Barb  
27 Craft using materials from outside.  
29 Music: Steve Johnson, Becky Perdil and Jack and Dixie



## Weidman Senior Center Friends *By Sue Preuss*

Happy New Year from the friends at the Weidman Senior Activity Center (WSAC). Hopefully everyone had a blessed holiday season and will enjoy a happy, healthy 2025. This year we are looking forward to seeing more friends come to the center and enjoy a meal or an activity just like Paul Mack did shortly before Christmas. A full-time resident of Lake Isabella since 2022, Paul is a retired teacher. He taught high school math for 32 years in Livonia. He's the father of 2 and grandfather of 7. He lives with his son and enjoys golfing as a hobby. He'd known about the WSAC for some time and decided it sounded good and needed to be looked into.

And, just like Paul, hopefully more community members will come and make use of this vital, fun local resource. Also, this year we hope that the Christmas cards for active military project will grow even more than the very successful campaign we wrapped up just prior to Thanksgiving. A nice number of cards were donated and quite a few volunteers participated in writing a personal note in each card that went out to the distribution center. We were extremely thankful for the donations and for the volunteers writing the cards. It's what made this civic minded project such a success.

And as always, if you have any projects, activities, or meal suggestions that you'd enjoy having at the center, please come share your and ideas. **If you have any questions call Sandy Hunter at 989 644-2538 on Monday, Wednesday & Friday from 10:00 a.m. to 2:00 p.m.**

## COA Closing Information:

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## 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, Jan. 8 2 p.m. - 6 p.m.  
Thursday, Jan. 9 9 a.m. - 1 p.m.  
Saturday, Jan. 11 9 a.m. - 12 noon

Wednesday, Jan. 15 2 p.m. - 6 p.m.  
Thursday, Jan. 16 9 a.m. - 1 p.m.

Wednesday, Jan. 22 2 p.m. - 6 p.m.  
Thursday, Jan. 23 9 a.m. - 1 p.m.  
Saturday, Jan. 25 9 a.m. - 12 noon

Wednesday, Jan. 29 2 p.m. - 6 p.m.  
Thursday, Jan. 30 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

**We are Seeking Volunteers! You**  
**Can Sign up at**  
**CCNFEEDS.ORG**



## Foster Grandparent & Senior Companion Program

Serving Clare, Gratiot & Isabella Counties



## Volunteers Needed

### QUALIFICATIONS:

- Ages 55 or Better
- Meet Income Requirements
- Pass Background Checks
- In Good Standing Health
- Ready to Make a Difference

### BENEFITS:

- Earn a Non-Tax Stipend
- Mileage Reimbursements
- PTO/Holiday Pay
- Training
- Socialization

Call Brandi,  
Jodi or Anne  
(989) 772-0748

AmeriCorps  
Seniors  
volunteers work  
countless hours  
to bring out the  
best in people  
across the  
country.



## 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



National Alliance on Mental Illness

## 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.

## Caregiver Support Group

Please see full article on Page 2.

## Nancy Carey Cancer Support Group

Our regular monthly meetings are always on the **last** Wednesday of the month in the Craft room of the Commission on Aging. You are invited to come to our next meeting on **Wednesday, Jan. 29, 2025 at 7:00 p.m.**

Our support group is committed to helping women in our community who are survivors or currently dealing with cancer. Since its inception in 1991, we have shared our experiences, provided friendship, compassion and information with other women touched by cancer. Our meetings are informal and upbeat. All shared information is confidential.

Our policy for inclement weather is that we will not meet if the Mt. Pleasant schools are closed. If in doubt, call **989-513-7827**. For more information contact: [ncarey.cancer.group@gmail.com](mailto:ncarey.cancer.group@gmail.com) Or you may call: (989)-773-7990.

## Huntington's Support Group at COA

**Tuesday, January 14**

**Time: Gathering begins at 2:00 p.m.**

**NEW Meeting time at 2:30 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?*

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

## Central Michigan Area Parkinson's Support Group

**Time: 4th Wednesday of each month (January 22) from 5:00 p.m. to 6:00 p.m. at COA 2200 S. Lincoln Rd., Mt.**

**Pleasant in Room B. No Dec. meeting.**  
**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 MI 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 (Jan. 21) from 3:00 p.m. to 4:00 p.m. at McLaren Central Michigan FDJ Conference Room 1221 South Drive, Mt. Pleasant Call (989) 779-5604 to register.**

## 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.** 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, January 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.

## 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 have trouble 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 Central Michigan Rehabilitation Services**  
**2600 Three Leaves Drive, Mt. Pl.**  
**Call (989) 779-5604 to schedule an appointment.**

## New Tomorrows - Eight Week Grief Education Series

You are not alone in grief! McLaren Hospice offers a free educational support program for any person who is coping with the death of a loved one. In an emotionally supportive peer group setting, participants are offered opportunities to share and heal and are given tools designed to assist them in navigating through the experiences of grief.

**When in session, Every Wednesday, from 9:30 a.m. to 11:30 a.m. at McLaren Central Michigan: 1221 South Dr., Mt Pl.**

Call Amy Kaczmarek, McLaren's Bereavement Coordinator and New Tomorrows Facilitator, at (989) 233-4613 to register at any time during the series or with questions.

## In Memory Of

### For Active Living

**Joseph Babosh**  
Jackie Curtis

**Orlin Curtis**  
Jackie Curtis

**Charles Dodge**  
Sharon Dodge

**Bert Fodor Jr.**  
Nancy Fodor

**Elsie Hahn**  
Jackie Curtis

**Lynn Jones**  
John Frisch

**Connie Kushmaul**  
Samuel Kushmaul

**Hank Prout**  
Jackie Curtis

**Patricia "Patty" Reed**  
Shirley Reed

**Joe Vanas**  
Jackie Curtis

### *In Memory of...*

**James Bauer – Air Force Veteran**  
Nancy Bauer



**Bill Hawkins**  
Walt Schneider

**Martha VanAcker Kemmis**  
Joan Whitmore &  
Bonnie Kelso

**Arlene Landon**  
Lloyd Landon

**Lonnie Lint**  
Naomi Lint

**Mary Mogg**  
Bill & Karen Swetz

**Dean & Evalyn Muterspaugh**  
Bill & Karen Swetz

**William Myler**  
Mary Myler Hunter

**"Art" (Arthur Charles) Peterson**  
Aunt Karen & Uncle Bill Swetz

**Charles Peterson**  
Bill & Karen Swetz

**Herb Rice**  
Janet Rice

**Waldo Sauter**  
Walt Schneider

**Cassandra Tucker**  
Kathy Fransted

**Marinus Verwey – Veteran**  
Bill & Karen Swetz



## Active Living Donors

Anonymous  
Donna Anderson  
Pattie Baderschneider  
Debbie Barker  
John & Bernadette Bland  
Nancy Clark  
Jeff & Arlene Cleveland  
Ford & Pamela Dingman  
Norm Eifler  
Linda Elliott  
Robert & Maxine Finnerty  
Gary & Janet Fockler  
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Bob & Nancy Wheeler

## COA Donors

### COA

Anonymous  
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Margie Henry  
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### Activity Center

Linda Louisell  
Jack Wood  
Keepsake Collection

### Foster Grandparent Program

Brenda & Steven Hoyle

### Food With Friends

Fred Kawka

### In-Home Services

Debbie Barker  
Carrie Schafer

### Durable Medical Equipment

Gary & Ann Silker

**Try to be a Rainbow in  
someone else's Cloud.  
Maya Angelou**



***Thank You All for Your Generous Donations***

### ***Dear Valued Contributors,***

Great news! We are starting a new procedure to help you keep track of your generous, tax-deductible donations. From this point forward, instead of sending you multiple letters for each donation you send throughout the year we will now be able to send you an annual summary at the end of each year upon request. This summary will list each donation you made for the entire calendar year in one document and will prevent you from having to keep track of and file away papers all year long. If you would like for us to mail you this convenient new summary letter, please contact Mallory Fernandez towards the closing of the year to have one sent to you. **We could never thank you enough for all of the gracious donations you give to help us keep our programs up and running to better serve our community.**



**Active LIVING Needs You**  
*Thank You* to everyone who donates to Active LIVING. As of Dec. 9, 2024, we have received **\$15,841.00**. We are still a very long way from our needed goal of **\$28,000.00**. 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 needed is **\$25.00**. **We deeply appreciate your support. “To help combat rising prices on printing and postage, for the first time ever, we must increase our annual donation request in 2025 for the COA Active Living subscription to \$25 per year.”**

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
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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.

## 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**



**REGION VII AREA  
AGENCY ON AGING**

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**Send to:**

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

**Please make checks payable to:**  
**Friends of Isabella Seniors**

Friends of Isabella Seniors  
2200 South Lincoln Road, Mount Pleasant, MI 48858

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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: \$25.00 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.***