

Active LIVING

Volume 125 Issue 2

FEBRUARY 2025

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/activeliving-newspaper

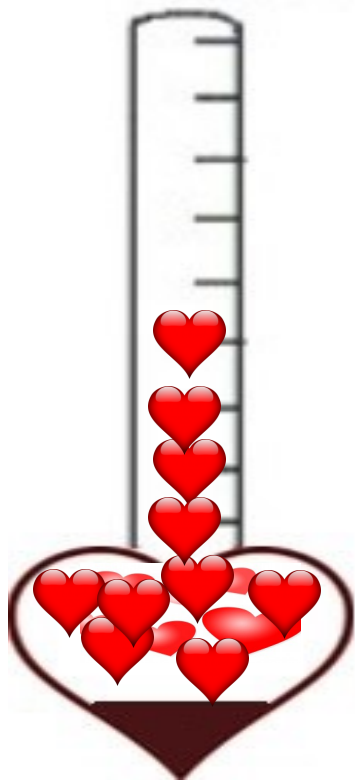
Have-A-Heart Project Still Needs Your Help!

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



Warm winter wishes to all of you as we enter into the month of February... the month where we recognize and show our love to our special Valentines and cheer on our favorite football team in the Super Bowl! As you all know already, I am a Detroit sports fan, so of course, I am over-the-moon excited for our Lions!! As I am typing this, we just became the NFC North Champions and are working our way to the big game! I am so hopeful and excited for the chance to see our team in the Super Bowl this year! Later this month, our Tigers will be gathering in Lakeland, starting spring training. Wouldn't it be amazing if we could have both teams make it all the way this year?! It can happen! I

believe!

This month, which can tend to have more gray days than blue, I encourage you to pause and reflect upon everything that brings love and joy to your life. While we all have dreary days where we might not be able to see through the glum, especially this time of year, it is important to recognize those gems in our life... people, hobbies, pets, special places, beloved memories, chocolate (it is the month of Valentine's Day after all), etc. The temperatures can be frigid right now, and we want to be sure that all of our older adults throughout Isabella County are able to stay warm. If you, or someone you know, is in need, please do not hesitate to reach out to one of our social workers, who are so knowledgeable in available resources, not only within our programs and funds, but also throughout the community. There is help available!

With the winter weather upon us, we hope to be the warm place that you look forward to visiting for coffee or a great lunch. There are so many different types of activities to take part in as well, such as playing cards, billiards, chess, line dancing, music/jam sessions, sewing/quilting, and participating in a variety of fitness classes for starters. Be sure to look at all of the wonderful activities that will be taking place this month – you can find them advertised throughout this paper. We would love for you to join in on the fun and enjoy your facility here at the Isabella County Commission on Aging!

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. ***Note: 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 (989)772-0748 ext: 237

Caregiver Support Group- Is located at the **COA Building, Tuesday, February 18 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 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 or call the **24/7 Helpline at (800) 272-3900**.

Love is in the Air

Human beings naturally crave intimacy, and as we get older, this does not have to diminish. Having positive intimate relations is linked with numerous health benefits, such as lowering blood pressure and reducing stress. However, aging can bring barriers to intimacy. There are steps you can take to create a deeper connection with your partner or the loved one you were taking care of. Emotional intimacy happens when we care deeply about someone and feel a sense of trust. While also sharing similar values, and we are able to express our feelings freely.

As people age, there is much more need for emotional intimacy. This could mean connection with your spouse or connection with an aging parent. Simple things like holding your loved one's hand, giving hugs, snuggling all boost bonding and trust. This also lower stress levels, and promotes better healing after surgeries. It's also known to ward off depression. Physical affection has been linked to lower resting blood pressure and releases higher levels of oxytocin in the body.

Some things to try to increase your emotional intimacy would include sharing more, learning to discover your loved one by disclosing your deepest thoughts and feelings. Shaking up your routine can aid in intimacy. Plan a candlelight dinner while also unplugging from phones, computers or television. Turning on the music and dancing in the living room, buying flowers for your love. Finding an activity, you both like to do such as putting together a puzzle or working on a new project together. Those can help foster a deeper bond and cherished memories.

Doing something nice for your partner can be as easy as complementing them or taking on a household chore. Getting to know your partners love language is also important. I suggest the book *The Five Love Languages* by Gary Chapman. This would be a really fun and exciting time in February to discuss and getting to know your partner or loved one on a deeper level.

Mission Moments



Our Foster Grandparent and Senior Companion programs had a great 2024! We recruited two new Senior Companion volunteers and five new Foster Grandparent volunteers. From October 1, 2023 to September 30, 2024, there were 20 total Senior Companion volunteers who socialized and loved 126 clients, and served a total 14,974 hours. For the Foster Grandparent program we had 35 total volunteers, 144 students mentored and loved, with 32,395 total hours served. We serve in Clare, Gratiot, Isabella counties.

One of the great benefits of our programs is the training our volunteers receive. Last year we had community partners share their resources from 8Cap, and Mid-Michigan Community Action Agency. Dennis Bryant came to talk to our volunteers about scams, and keeping themselves aware of how to avoid scammers. 9 & 10 news meteorologist, Tom O'Hare came and talked about being prepared for Michigan weather. We love it when community partners come and inform our volunteers on resources, information and community events!

Our yearly volunteer recognition event in May was another great success! Our theme was 50's! We celebrated Senior Companion volunteer Jack Eaton who has been volunteering for 20 years! As for 2025, we hope our volunteers to stay safe and



healthy, so they can continue to make a difference in the lives of their students and clients! I know volunteering brings so much joy to their lives as it brings them purpose and keeps them active! We are still recruiting for new volunteers, so if anyone is interested, please call the Commission on Aging office at (989) 772-0748 and ask for one of the staff in the Foster Grandparent and Senior Companion Department.

Brandi Burns, FG/SC Programs 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 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 is taking appointments for the following sites :

Commission on Aging - Activity Center
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
10:30 p.m. - 2:30 p.m. (Updated Time)

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, February 4 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: 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.

American Red Cross Blood Drive

~ We will again be partnering with the American Red Cross to host a blood drive on **Monday, February 24 from 11:00 a.m. to 3:45 p.m.** If you are able, please consider donating blood to help save a life!

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

Valentine's Day Party, Friday, Feb. 14. See Page 7 for details.

Anyone Can Paint Next class, Wednesday, April 2.

Coffee Hour with An Attorney

4th Wednesday of ALTERNATE months, (January 22, then 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, February 13 from 1:00 p.m. to 2:00 p.m.**

Veterans can eat lunch **FREE** on meeting days, please make your lunch reservation at least 24 hours in advance by calling **(989) 772-0748.**

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!

Meeting Most Wednesdays in COA Craft Room at 1:00 p.m. to 3:00 p.m. (or longer some days) Also plus Saturday, Feb. 8 and Sunday Feb. 9 at 9:00 a.m.

"Connecting with Cards" Card Making Classes

Last Tuesday, February 25 and Last Thursday, February 27 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.

"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, 1:00 p.m. in COA Room C.

"The Boy in the Woods" 1hr 40min Struggling to survive alone in the haunting and deadly woods of eastern Europe, Max's life changes when he meets another young Jewish boy, Janek. Together they embark on remarkable adventures and save the life of an abandoned infant.

Friday, February 28, 1:00 p.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

Tai Chi for Arthritis ~ Tai Chi is a gentle, slow-moving exercise designed to improve balance, flexibility, muscle strength, coordination, energy, and overall well-being. Regular practice may also reduce the incidence and fear of falling in the elderly. *This program is supported in part, by the Administration for Community Living, the Michigan Aging and Adult Services Agency and Region VII Area Agency on Aging.* **NO Tai Chi: Feb. 25 and Feb. 27**

Beginner Tai Chi Exercise (Tai Chi for Health and Balance) Tuesday & Thursday at 10:00 to 11:00 a.m. in COA Fitness Room No experience necessary. New participants are welcome.

Next-Level Tai Chi (Yang 24 and Tai Chi for Energy) Tuesday & Thursday at 11:30 a.m. to 12:30 p.m. in COA Fitness Room. Some Tai Chi experience recommended.

*Instructor: Jim VanderMey, Board Certified Instructor, Tai Chi for Health Programs **

Gentle Exercise ~ Monday and Friday at 11:00 a.m. to 11:45 a.m. in COA Fitness Room This class improves movement and flexibility. Many exercises will be done from a chair or standing behind a chair and will also incorporate resistance bands. Must have a signed liability form on file to begin classes. *Instructor: Volunteer Led*

Hula Class ~ Thursday at 3:00 p.m. to 4:30 p.m. in COA Fitness Room Come learn the Hula as well as other Polynesian dances. The music and movements are fun to do. All ages and levels of ability are welcome. Wear comfortable clothing (barefoot optional).

Instructor: Sue Courington

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, February 17 and Monday, March 10 to Friday, March 14

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. This is 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~

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 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 **Tuesday and Wednesday mornings from 10:00 to 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 Please Help COA Deliver Meals?




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 ~

On 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 or

www.smart911.com or on the Smart911 app.

Introducing COA Intern,
Stephanie Stone

Hello everyone! My name is Stephanie Stone, I am a new intern here at the Commission on Aging. This is my final semester of my Bachelor of Science in Health Administration degree. I am also applying to physician assistant programs this spring. I chose health administration so that if I decide not to pursue a provider role, I could be involved in public health or the business side of healthcare.

I have been volunteering in the kitchen here at the activity center for the last few months and have loved meeting the staff and fellow volunteers. I will primarily be involved in the volunteer and nutrition programs. I love the work and the clients here and am grateful to be interning for the next few months. Thank you for having me, I hope to see you around!

Be well

How To Report Scams and
Frauds

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

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.

Clean & 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.

Join us for the
2025
**Valentine's
Day Party!**

Friday

February 14, 2025

11:00 until 2:00 p.m.

Featuring:

The Holiday

Ramblers, A.K.A.

Louisell Family

Photo Booth 11:30 to
1:30

**Wear Red and
White!**



happy
Valentine's
day



RSVP to Rhonda Burke
by

Monday February 10, 2025

989-772-0748

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

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.

Cardiovascular Health Presentation

Join us on **Friday, February 7 at 11:15 a.m. in Room C** for a Cardiovascular Health Presentation by Nursing student Michelle Diamond. My project will be a presentation on cardiovascular health. I will discuss cardiovascular disease and some statistics related to it, such as it being the leading cause of death in our community and globally. I will go over some negative factors like stroke and heart attack. I will discuss risk factors for heart disease and plan to include ways to reduce modifiable risks associated with cardiovascular disease, including a heart-healthy diet, smoking cessation, and regular exercise.

I also plan to go over other health issues that can increase risks and the importance of maintaining cholesterol and taking prescribed medications for cholesterol. I will also educate on maintaining blood pressure and the importance of blood pressure monitoring. I will also include some heart-healthy food choices.

In Case of 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.**


Chippewa Valley Audubon Club

Chippewa Valley Audubon Club will present Karen Green, nature photographer, on **Wednesday, February 12, 7:00 p.m. at Veterans Memorial Library, 301 S. University, Mt. Pleasant.** Karen will share highlights and stories from her Nature Shot a Day Challenge during the pandemic of 2020.




Zonta Club & Library Fundraiser

The Zonta Club of Mt Pleasant and the Friends of Veterans Memorial Library will hold a joint fundraiser on **Saturday, April 5, 2025, from 9:00 a.m. to 3:00 p.m.** This rummage and book sale will take place in the **Veterans Memorial Library Annex at 301 S. University.** Clothing, household items, books, and more will be for sale. Proceeds benefit the service projects of the Zonta Club and the Friends of Veterans Memorial Library. **Donations for the sale can be dropped off on Friday, April 4 from Noon until 5:30 p.m. in the Library Annex.** Books may be donated to the library any time prior to the event. For questions regarding donations or the sale, please contact Ruth Helwig at **989-773-9813** or email zontamtpleasant@gmail.com. **We cannot pick up items.**

Monday	Tuesday	Wednesday
9:00 Video Exercise Group 3 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee and Conversation 10:00 Quilts of Valor 11:00 Gentle Exercise 11:30 Monday Trivia/Word Search 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers 1:00 Hand Sewing Group 5:15 Human Rights Committee Meeting	9:30 Basic Line Dancing Instruction 4 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 5:00 Board of Commissioners Meeting 5:30 Isabella Co Historical Society	9:00 Video Exercise Group 5 9:30 Tax Preparation 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
9:00 Video Exercise Group 10 9:30 FGSPCP Orientation 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:30 Monday Trivia/Word Search 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers 2:30 Insurance Committee Meeting 6:30 Orchard Glen Board Meeting	9:30 Basic Line Dancing Instruct 11 9:30 FGSPCP Orientation 10:00 Commission Committee 10:00 Line Dancing Needlecraft Mtg 10:00 Beg. Tai Chi ,11:30 Tai Chi Next L 11:30 Word Search/Trivia 12:30 League of Women Voters 12:45 Healthy Lifestyle Group 1:00Cards 2:30 Huntington's Disease Support 3:00 Yoga 5:00 PEO 7:00 Mid Michigan Woodcrafters	9:00 Video Exercise Group 12 9:30 Tax Preparation 9:30 FGSPCP Orientation 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 1:00 Between the Covers Book Club 1:00 Happy Rippers
Closed ~ NO Meals 17 	8:30 FOIS Meeting 18 9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Beginner Tai Chi, 11:30 Tai Chi N 11:30 Word Search/Trivia 12:00 Medicare Seminar 12:45 Healthy Lifestyle Group 1:00 Caregiver Support Group 1:00 Cards 3:00 Yoga 5:00 Board of Commissioners Meeting	9:00 Video Exercise Group 19 9:30 Tax Preparation 10:00 Second Sight Artists 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 1:00 Happy Rippers 1:00 Second Hand Book Club
9:00 Video Exercise Group 24 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee & Conversation 11:00 Red Cross Blood Drive 11:00 Gentle Exercise 11:30 Monday Trivia/Word Search 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group	8:00 Sewing Peeps 25 9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Commission Committee Mtg 11:30 Word Search/Trivia 12:45 Healthy Lifestyle Group 1:00 Cards 2:00 Connecting with Cards 3:00 Yoga	8:00 Happy Rippers 26 9:00 Video Exercise Group 9:30 Tax Preparation 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 5:00 Parkinson's Support Group 7:00 Nancy Carey Cancer Support Group
Peace is not something you wish for. It's something you make, something you do, something you are, and something you give away. <i>John Lennon</i>	 Try to be a Rainbow in someone else's Cloud. <i>Maya Angelou</i>	 GIVE PEACE A CHANCE

Thursday	Friday	Saturday
8:30 CMU Otaga Exercise Class 6 9:00 Community Church Craft Group 9:30 Tax Preparation 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Nutrition Education 11:30 Word Search/Trivia 11:30 Tai Chi Next Level 1:00 Cards 3:00 Hula 4:00 MOVE! Class 6:30 Isabella County Democratic Party	8:00 Happy Rippers 7 9:00 Collaborative Meeting 10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Gentle Exercise 11:15 Cardiovascular Health Presentation 11:30 Trivia/Word Search 1:00 Ukulele 1:00 Bingo 2:00 Cards	8 and 9 9:00 Happy Rippers (Sat & Sun)
8:30 CMU Otaga Exercise Class 13 9:00 Community Church Craft Group 9:30 Tax Preparation 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Word Search/Trivia 11:30 Tai Chi Next Level 1:00 Veterans Support Group 1:00 Cards 3:00 Hula 4:00 MOVE! 4:30 VA Comm. Mtg 6:30 Community Cancer Services	9:00 Gerolyn’s Sewing Group 14 10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Gentle Exercise 11:30-2:00 Valentine’s Party Music with Holiday Ramblers 1:00 Ukulele  <i>Wear Red & White</i>	8:00 Mid Michigan Quilt Guild 15 9:00 Charlene’s Quilting Group
8:30 CMU Otaga Exercise Class 20 9:30 Tax Preparation 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 10:00 Learn to Crochet 11:30 Word Search/Trivia 11:30 Tai Chi Next Level 1:00 Cards 3:00 Hula 4:00 MOVE! Class	21 10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Music with DJ Talaga 11:30 Trivia/Word Search 11:00 Gentle Exercise 1:00 Ukulele 1:00 Bingo 2:00 Cards	COA Closing Information: 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. If you see that meals are running late or haven’t looked outside, we post our closings / cancelations on these TV stations: CBS WNEM 5, ABC 12, NBC 25. All meals – congregate and home delivered, as well as all COA sponsored activities, events, and fitness classes will be cancelled. 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 989-772-0748.
27 8:30 CMU Otaga Exercise Class 9:30 Tax Preparation 10:00 Coffee and Conversation 11:30 Word Search/Trivia 1:00 Cards 2:00 Connecting with Cards 3:00 Hula 4:00 MOVE! Class	28 9:00 Gerolyn’s Sewing Group 10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Music with Barb & Greg 11:00 Gentle Exercise 1:00 Ukulele 1:00 Movie & Popcorn: “The Boy in the Woods” 1:00 Cards	
<div>Food with Friends Lunch Monday thru Friday at 12:00 p.m. in Activity Room C. See our Menu on pg. 10 Lunch Activities in bold—Rm C</div>		

Please direct all meal reservations to the COA Main office 989-772-0748, and ask for the Meals Line. Please indicate which site you are referring to when leaving a message. Please call 24 hours in advance for reservations. All other questions can be directed to the site Facilitator at the phone number or email listed for each site.

FWF Eat Smart Menu				February 2025	
Monday	Tuesday	Wednesday	Thursday	Friday	
3 Chicken Parmesan Cheesy Breadstick Rotini Broccoli Citrus Fruit	4 Pulled Pork / Bun Oven Roasted Potatoes Carrots Clementine	5 Beef w/Peppers Bread Brown Rice Kyoto Veggies Pineapple Tidbits	6 Lasagna Soup Garlic Toast Mixed Vegetables Berry Fruit Cup	7 Swedish Meatballs Dinner Roll Whipped Potatoes Capri Blend Veggies Mixed Fruit	
10 Chicken Teriyaki Bread Brown Rice Spinach Pineapple & Oranges	11 Harvest Stew Biscuit Succotash Fruit Cocktail	12 Egg & Cheese Cass. Cinnamon Roll Redskin Potatoes Sausage Links (2) Ambrosia Fruit Salad	13 Smothered Chicken Bread / Squash Brussels Sprouts Applesauce Juice	14 Valentine's Day Salisbury Steak Whipped Potatoes Italian Green Beans Strawberries	
17 Closed No Meals President's Day 	18 Spanish Rice Bread Peas & Carrots Peaches Peanut Butter Brownies Cranberry Juice	19 Sausage & Veg Penne Bread Salad Mandarin Oranges	20 Turkey Chef Salad Cottage Cheese Banana Chocolate Pudding	21 Potato Crunch Fish Bread Au Gratin Potatoes Stewed Tomatoes Apricots	
24 Macaroni and Cheese Bread Carrots Tropical Fruit	25 Spaghetti Breadstick Brussels Sprouts Peach Crisp	26 Gold Coast Pork Chops Honey Wheat Roll Baked Potato Key West Blend Cinnamon Apple Sauce	27 Reuben Casserole Mixed Vegetables Oven Rstd Potatoes Clementine Cookie	28 Turkey Loaf Bread Sweet Potatoes Harvest Blend Veg. Fresh Apple	
					

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.

February sure has gotten here fast! Hope you all had a safe and wonderful holiday season. We have some great events happening this month for all to enjoy! We will be having some great music three times this month as well has a Valentine's Day Party. Call ahead to reserve your meal. Also, we are hosting a Blood Drive on February 24, 2025.

FEBRUARY Dates to Remember

7 Bingo 1:00

13 Veterans Support Group

14 Valentine's Day Party/ Music:
The Holiday Ramblers aka The Louisell's
11:00-2:00

17 Closed: President's Day NO Meals

21 Music with D. J. Talaga 11:00

21 Bingo 1:00

28 Music: Barb & Greg 11:00
Movie: *"The Boy in The Woods"* 1:00

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

Winter can be long, take a break from the usual routine and try something new! Our Rosebush site at Rosebush Manor is warm, inviting and full of activities! Try something new. Join us at Rosebush Manor for food, fun and activities.

Rosebush FEBRUARY Calendar

3 Manicures/Nutrition Ed

5 Game Day / David Smith

7 Music TBA/Ice Cream Social

10 Penny Bingo

12 Craft

14 Valentine's Day Party/Music TB

17 Closed: President's Day NO Meals

19 Music/Marty Miller

21 Bingo/Prizes

24 Laugh-In Hour

26 Music/Kevin Bendele

28 Penny Bingo

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

In February, nature reminds us that even in the coldest moments, beauty can still flourish. Things are happening at the Shepherd Site! Please come join us for a change in scenery from your living room! The meals are nutritious and delicious and we have warm, welcoming smiles for you!

Shepherd FEBRUARY Calendar

- 3 11:00 Otago Exercise, February Birthday Celebration and Games
- 5 11:00 Movie: *The Notebook*
- 7 11:00 Veterans Group, 12:30 Bingo, Send a Card to a Friend Day
- 10 11:00 Otago Exercise, Cards and Games
- 12 Valentine Craft and Games
- 14 Valentine Party with music by Al Bartholemew
- 17 Closed: President's Day NO Meals**
- 19 11:00 Wii Bowling
- 21 12:30 Bingo
- 24 11:00 Otago Exercise, Cards/Games
- 26 11:00 Cards, 12:30 Music: *Tom Ciganick*
- 28 12:30 Bingo

Weidman Senior Center Friends

Greetings from the Weidman Senior Activity Center. It might be cold outside, but on Monday, Wednesday and Friday from 10am-2pm it's warm, toasty and fun inside with all the friends gathered enjoying a meal, listening to the scheduled entertainer, playing games or just sitting with a cup of coffee and visiting with each other while enjoying a few laughs. Also, each day that the center is open, **Sit and Get Fit** exercise takes place from 10-11. The group uses a number of different tapes, so there are a variety of exercises and routines that they do. If getting healthy and fit was part of your new year plan, stop by and join in the fun but effective activity. There is no equipment required and everyone moves at their own pace. The menu for the Food with Friends is available on the COA web page under the Active Living newspaper. If you'd like to join the group for a meal, just call Sandy Hunter, Site Facilitator at **989-644-2538** the day before to place your order. Also, if you have any questions, she can answer these too. So come on in out of the cold for some fun, food and friendship, we look forward to seeing new faces! Happy Valentine's Day from the whole gang! *By Sue Preuss*

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's February! We plan to make Valentine gnomes for our Valentine Craft! Come join us for exercise and lunch! Call for reservations!

Weidman FEBRUARY Calendar

- 3 Cards, Uno, Trash and Rummy
- 5 Nutrition Education and Baking
- 7 Music: Greg Merwin
- 10 Valentine Craft
- 12 Board Games, Jenga and Yahtzee
- 14 Valentine Party! Ice cream social
- 17 Closed: President's Day NO Meals**
- 19 Cookies and Conversation
- 21 Movie and snacks
- 24 Cards, Uno, Trash and Racko
- 26 Dominoes and Mahjong
- 28 Board Games: Chinese Checkers and Yahtzee



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 Valentine's Day! Love is in the air and spring is on the way! Come to Winn and feel the love and support of friends each day! The Winn craft classes continue with cardstock flower making. We have plenty of space to work on any crafting if you would like to join us and have a great lunch too!

FEBRUARY Calendar

- 3 Craft Class: Cardstock flowers
- 5 Music: Midnight Express and Nutrition Education
- 10 Craft Class: Wreath with Tulle and scrapbooking cards
- 12 Valentine's Party! Wear Red and White! Music: Greg Merwin and Barb
- 17 Closed: President's Day NO Meals**
- 19 Music: To Be Announced
- 24 Craft Class: Burlap Hearts
- 26 Music: *Tom Ciganick* Acoustic Music of the 70's



COA Closing Information:

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.

If you see that meals are running late or haven't looked outside, we post our closings / cancelations on these TV stations: CBS WNEM 5, ABC 12, NBC 25.

All meals – congregate and home delivered, as well as all COA sponsored activities, events, and fitness classes will be cancelled.

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 989-772-0748.**

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, Feb. 5	2 p.m. - 6 p.m.
Thursday, Feb. 6	9 a.m. - 1 p.m.
Saturday, Feb. 8	9 a.m. - 12 noon
Wednesday, Feb. 12	2 p.m. - 6 p.m.
Thursday, Feb. 13	9 a.m. - 1 p.m.
Wednesday, Feb. 19	2 p.m. - 6 p.m.
Thursday, Feb. 20	9 a.m. - 1 p.m.
Saturday, Feb. 22	9 a.m. - 12 noon
Wednesday, Feb. 26	2 p.m. - 6 p.m.
Thursday, Feb. 27	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**

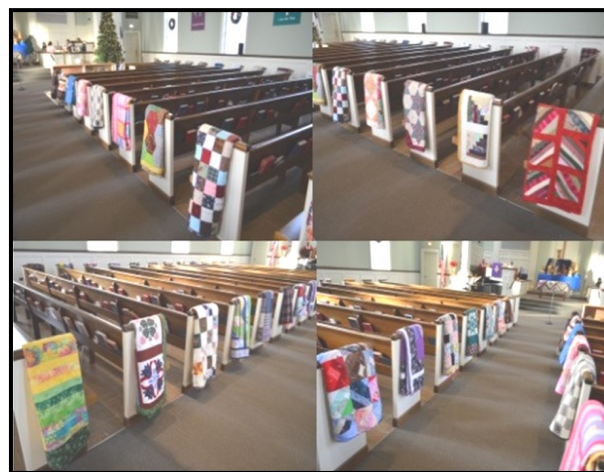
**We are Seeking Volunteers! You
Can Sign up at
CCNFEEDS.ORG**

54 Homeless Shelter Quilts Made by Happy Rippers

When the Isabella County Restoration House's (ICRH) long sought permanent shelter opens in Jan. 2025, it will be a warm, inviting, and welcoming place thanks to the bunk bed size quilts on every one of the 45 beds in the shelter. The quilts were made by the "Happy Rippers", a local quilters group, who chose this task as their 30th anniversary project.

Last March when "Happy Rippers" learned of the need for quilts at the new permanent shelter, they were not sure that they could finish 45 twin bed length quilts in 7 months. But they were determined to try. Construction delays delayed the opening of the shelter. In the end, "Happy Rippers" assembled 54 quilts, which were dedicated and blessed on Dec. 8, 2024, at the First Presbyterian Church in Mt. Pleasant. FPC's minister Andrew Miller also serves on the board of the shelter.

The Happy Rippers began at the Isabella County Medical Care Facility, where the physical and occupational therapists, who both liked to quilt, invited employees, patients, and family to join them. The goal was for everyone to work on projects of their own choosing and to learn more about quilting. Meetings took place in the facility. When the facility under went remodeling the COA let the Happy Rippers meet in their facility. When the COA opened in 2008, the Happy Rippers were invited to meet in the new facility where they still meet weekly. See article on Page 4.



Throughout the years, the Happy Rippers have taken on community projects in addition to working on their own projects. Some of these community projects include bibs, burpers, receiving blankets, soft toys, cloth books and baby quilts for the Baby Pantry at the Strickler Center and the Alma Baby Pantry; mittens and fleece throws for Christmas Outreach; Christmas stockings for Veterans 4 USA and mittens for Agnes's Mitten Tree outside of Downtown Drugs, to name a few.

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.**

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, February 26, 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

Huntington's Support Group at COA

Tuesday, February 11

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

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 (January 22, February 26) 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 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 3rd Tuesday of each month (February 18) from 3:00 p.m. to 4:00 p.m. at McLaren Central Mich. In FDJ Conf. Rm, 1221 South Drive, Mt. Pl. Call (989) 779-5604 to register.**

Grief Share Support Group

~ The Grief Share Support Group meets on **Thursdays 10:00 a.m. to 12:00 p.m. at Mt Pleasant Community Church, 1400 W. Broomfield, 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. If it's your first time coming to the church, call Claudia when you get there and she will meet you at the front door. 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, February 19 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

Carl Baxter – Army Veteran

Jeanette Wedding



Tom Corradi

Randy & Carol Baldwin

For Activity Center

Donna Parr

Patricia Schultz

Janice Sutton

Rick & Linda Schudiske

For Gold Key Program

Joe Epple

Jeanne Epple

In Memory of...

Janice Balser

William Balser

Ken Block

Howard & Carolyn Rollin

Chris & Doc Bogard

Christina R. Kalmar

Derek Caldwell

Peggy Caldwell

Bonnie Chubb

John & Jane Morey

Don & Lucille Cotter

Jerry Schlorff

Frank & Marguerite Foglesong

Andrea Ackels

Dorothy A. Hedgcock

Sharon Hedgcock

Cheryl Kalmar

Christina R. Kalmar

Doug Kassa

Christina R. Kalmar

Gene Kunst

Terry & Diane Kunst

Betty Larrance

Roy & Lavonne Balcom

Dave & Monica Carroll

Mary Jo Doyle

Dolores Lockwood

Norma Prout

Lois Molson

Francis Molson

Gordon Netzley

Deanne Shetenhelm

The Birthday Group

Al Thomas

Walt Schneider

Jack Westbrook – Navy Veteran

Mary Lou Westbrook

Dennis White

Matthew & Denise Hansen

Active Living Donors

Anonymous x 3

John & Judy Anderson

William Balser

John & Sue Bradac

Jane Butcher

Bill & Pat Daniels

Marilyn & Steven Delo

Larry & Dawn Dennis

Sue & Doug Dodge

Sarah Douglas

Marilyn Drenth

AJ Dziengelewski

Walter & Sandra Ellis

Julie Engler

Jeanne Epple

Edward Grubb

Carole Howard

Vicki Jurka

Patricia Kjolhede

Joanne Lamb

Dolores Cluley-Lockwood

Bill Martin

Gary & Julie McBride

Bob & Marianne McJames

Joyce McNabb

Charles & Ethel McPhall

Marcia Mink

John & Jean Mitchell

John & Jane Morey

Maureen Schmalbach

Rick & Linda Schudiske

Steven F. Smith

Kirk Sponseller &

Nancy Priestap

Forrest Tafreshi

Jim & Carol Wojcik

Mark Young

Marilyn Zerbe

Mt. Pleasant Arbor of

Gleanors

COA Donors

COA

Anonymous

John & Carol Grossa

Margie Henry

Jim & Charlotte Ison

Maxine Kent

Vernon Miller

Rita Ordiway

Linda Schaefer

June Stalter

Food With Friends

Anonymous

In Honor of Marilyn Fraczek

In-Home Services

Eileen Jennings

Activity Center

Jane Bufkin – Bingo Donation

Adrienne & Eric Goffnett

Linda Redfearn

Thank You All for Your Generous Donations

Dear Valued Contributors,

Great news! We have 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 at 989-772-0748 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 communities.**

Active LIVING Needs You

Thank You to everyone who donates to Active LIVING. We begin the year 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
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.

Envisioning an inclusive legal system that ensures every individual, regardless of status or means, has equal access to justice.



LEGAL SERVICES
of Eastern Michigan

**Free Legal Help
for Seniors
Age 60+**



PRACTICE AREAS

Simple Wills Powers of Attorneys Ladybird Deeds
Fair Housing and Reasonable Accommodations
Consumer Rights Public Benefits Eviction Defense
Assistance with Other Critical Legal Needs Affecting Seniors

SERVING

Bay / Clare / Gladwin /
Gratiot / Huron / Isabella
Midland / Saginaw
Sanilac / Tuscola

CALL FOR HELP TODAY

800-322-4512

Between 9:00 am to 5:00 pm
Monday thru Friday

INSIDE FEBRUARY 2025 Issue

Have a Heart Needs Help	1
Director's Comments	2
Mission Moments	3
FREE Tax Preparation	3
Events & Classes	4,5
Help COA Deliver Meals	6
Sign Up for FREE Smart911	6
Cardiovascular Health Info	7
Valentine's Day Party	7
Zonta & Library Fundraiser	7
Activity Center Calendar	8, 9
FWF Menu & Site Activities	10, 11
CCN Food Pantry Dates	12
Happy Rippers Quilts	12
Health Screenings / Groups	12, 13
Memorials & Donations	14
Active Living Needs <i>You</i>	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

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

Active LIVING

PAID

Permit No. 52
Mt. Pleasant, MI 48858

Non-Profit Org.
U.S. Postage

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.