



Active LIVING

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging
 Friends of Isabella Seniors - 2200 S Lincoln Rd., Mt. Pleasant, MI 48858 - (989) 772-0748 - isabellacounty.org/activeliving-newspaper

2025 Active Living Campaign *Submitted by Kathy House, FOIS Board Member*

Active Living, the monthly, 16-page newspaper produced by Friends of Isabella Seniors (FOIS), a 501c3 non-profit organization that supports the programs and services of the Isabella County Commission on Aging (COA), is mailed to over 3,300 homes in and around Isabella County. The newspaper showcases the programs and services of the COA and also promotes activities and events planned for the month, such as exercise classes, special events, educational programs, and the Food with Friends menu and meal site activities, in addition to so much more.

When distribution of the monthly newspaper first began in 1972, it was titled Isabella Senior News, and it was mailed to approximately 950 residents. At that time, the paper was a 4-page, mimeographed newspaper. In 1974 the publication was increased to 12 pages, and at the time, the mailing list increased to approximately 3,200 homes. Isabella Senior News transitioned to the current Active Living that is still in production.

For more than 50 years, this informative monthly publication has been delivered to the homes of older adults throughout the county and beyond. From the very beginning, the cost of the production and delivery of the newspaper has been supported by donations of Active Living recipients and supplemented by funds of Friends of Isabella Seniors. With increases in both printing and postage, the cost to produce the monthly paper has increased drastically throughout the past several years, and unfortunately, the donations received annually to support Active Living are no longer keeping pace with the cost of printing and mailing. **In 2024, the total annual cost for postage and printing of the paper was \$27,822.92, while the donations received to support Active Living, totaled \$16,956, a deficit of \$10,866.92.** Friends of Isabella Seniors is requesting your help in supporting the cost of Active Living for 2025 – the suggested annual donation amount is \$25.



Thank you for your support!

YES, I Want to Support Active Living!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

I would like to donate in the amount of \$_____

Please keep my donation anonymous.

Please make checks payable to: FOIS – Active Living

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

COA Director's Comments



Spring is on its way... it might not quite feel like it yet, but I trust that it is coming! I do love all of our seasons, but spring most definitely has a special place in my heart. If you have gotten to know me over the past several years, you probably know by now that I love baseball. Our oldest son is now a senior on the Northwood University Baseball Team, so we are starting the last season of college baseball with him. We have been so fortunate to have so many years to cheer him on doing what he loves! It is just so exciting, but oh so bittersweet - we are going to enjoy every moment of it!

When it comes to baseball, I will not just be cheering on the Northwood Timberwolves, because my Detroit Tigers will also be back in action. I am excited to see what our Boys of Summer will do this year! In addition to baseball, Spring time is also the season for boys high school golf, and our youngest son has found his passion in golf. He will be starting his sophomore season, so we are so excited for him to get back on the course and do what he really loves! What a great season spring is!

For those who might not know, **February 21 is Caregiver Appreciation Day**. I would like to take this opportunity to recognize and show our sincere appreciation to all of the Caregivers in our community. Caregivers are family members, volunteers, or paid helpers who regularly assist individuals with daily living activities. Caregivers are essential for those who want to remain in their homes but are unable to care for themselves. It is so important for Caregivers to find balance, understanding that taking care of oneself is just as important as taking care of someone else. Did you know that we have a Caregiver Trainer Program that provides resources and support to Caregivers here at the Isabella County Commission on Aging? See next column. We have a monthly Caregiver Support Group, which provides a support system for Caregivers, letting them know that they are not alone. The schedule for the support group can be found in this issue of Active Living. In addition to the Caregiver Trainer Program, we also have a Respite Care Program through our In-Home Services Program that provides relief for Caregivers by having a trained Commission on Aging staff member spend time with the individual in need of care, allowing the Caregiver to participate in an activity or simply rest and recharge. For more information on either the Caregiver Trainer Program or Respite Care, please call the Commission on Aging at **989-772-0748**.

Last, but certainly not least, I would like to point out that **Friday, March 7 is Employee Appreciation Day!** I would like to take this opportunity to express my sincere and utmost appreciation to our entire Isabella County Commission on Aging Team. Your passion and dedication to those we serve is an inspiration, and I am honored to have the opportunity to work with each and every one of you.

THANK YOU FOR ALL THAT YOU DO!

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

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, Monday, March 17 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**.

Spring is on its way. March is here and spring is approaching. Soon we will see the tulips and the daffodils make their way through the top of the soil. The smell of the fresh air and the feel of the sun will begin to feel a bit warmer. However, we all know with spring, comes spring cleaning. As you go through your caregiving role, we know cleaning or downsizing is often on our to-do list. As you know, it may be difficult if you are caring for someone who is not quite ready to get rid of their things yet. However, downsizing and decluttering can help your loved one to de-stress and live in a more peaceful environment; especially if they have an Alzheimer's diagnosis.

Go through your loved one's closets to inventory what spring and summer clothes they have. Often being ready to swap out clothing makes things a bit easier for your loved one to dress independently with what is provided in their closet. This also aids in their ability to dress themselves appropriately with what is provided. Going through each room, getting rid of used items you have not used in the last year and starting a get rid of pile for donation or garage sale. While you are a caregiver and possibly home most of the time, depending on your situation, a garage sale might be something fun you can prepare for as well as getting rid of your unused items. This might work as a social activity for you and the loved one you're caring for. Who knows what conversations might be had during a garage sale or the people you could meet?

Finally, here is your friendly reminder to check your smoke detectors and carbon monoxide detectors and talk about a fire safety plan. I also recommend checking your basement or crawl spaces for water as the rains come and the snow melts. If you find water damage, please seek a home restoration company as water damage can lead to many health risks.

A Friend is only a Phone Call away!

To sign up for the FREE 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.

Mission Moments



It's cold. I expect it will be cold until it's not; since Michigan weather is so unpredictable. I have noticed my routine changes with the weather. The weather seems to control almost everything I do, including determining what I wear because what I wear affects my mood. Anyone with me, here? In November, I actually invested in a solid winter jacket with a hood. This has turned out to be one of the best investments I have ever made! Some may think this is obvious. For anyone born and raised in California it is not. Just trust me on that one. Now, I'm into sweaters; but I'll leave that saga for another day.

Another routine I have developed is coffee. Now, to be clear, I do not like coffee. By that I mean "regular" coffee. I have become proficient in making up my own concoction which includes a dab of coffee. Since I don't have a Starbucks around the corner, I had no choice. So, I invested in a frothier. This has turned out to be one of the best investments I have ever made! I even went one step further and bought one (a frothier) for the break room here at the COA. Total game changer on these frigid mornings. Now I'm into natural syrups; but I'll leave that saga for another day.

Stay with me, I have a point here ... besides the two routines I mentioned above that keep me warm and happy and may seem a little frivolous, I feel blessed that I have a warm coat and a hot drink to get me through these cold winter days. But what about the people who aren't as fortunate? Things can change in a blink of an eye. We are all susceptible to unforeseen circumstances and problems. In Isabella County, any older adult, 60 and over, can walk into the Commission on Aging, during business hours, and get a hot cup of coffee, a good lunch, and sit in our library by the fire with a good book. Our county is so blessed to have this agency as a place of refuge where people need people. All of our programs are geared to help older adults manage in their older years. Every employee, volunteer and social gathering is dedicated to our community's older population. Spread the word!

I have been in this position for a year now, and I wish I could convey the joy I have working with like-minded people. So, I get up each morning and come into work on these cold winter days, and I am thankful to be a part of this "big picture" we call the Commission. I implore any older adult, if you haven't already, to make it a routine to walk through our doors and join the team. We welcome you.

Chrystal Marshal, In-Home Services Program Manager

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.

Save the Date ~ *Brothers Bound* author Bruce K Berger, PhD will give a talk and reading on **Saturday, April 26 at 3:30 p.m. at COA, 2200 S. Lincoln Rd., Mt. Pleasant**. He served in the US Army from 1969 to 1971, including one year in Viet Nam where he worked in the Casualty Branch of the 101st Airborne Division in Phu Bai. **Please invite any friends who may be interested.**

Free Tax Preparation Available at COA

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, 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 March 4, & March 18

10:30 p.m. - 2:30 p.m. (Updated Time)

Coe Township Library, Shepherd 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, March 4 at 2:00 p.m. 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: 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.

MEDICARE



HEALTH INSURANCE

Student Academy of Audiology

Central Michigan University

No-Cost Hearing Aid Cleanings

1. **When:** March 27th
11:00 am- 1:00 pm.

2. **Where:** Isabella
County Commission
on Aging

3. **Services Provided:**
Basic hearing aid
cleaning



The students will be supervised by a licensed audiologist during the duration of the event. Any recommendations for further hearing aid services will be referred back to each participant's practicing audiologist.

Coffee Hour with An Attorney

4th Wednesday of ALTERNATE months, (March 26, May 28) 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, March 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) Plus Saturday. Mar. 8 and Sunday Mar. 9 at 9:00 a.m.**

“Connecting with Cards” Card Making Classes

Last Tuesday, March 25 and Last Thursday, March 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.

“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

“Sound of Hope: The Story of Possum Trot” 2hrs 15 min

The true story of Donna and Reverend WC Martin and their church in East Texas, in which 22 families adopted 77 children from the local foster system, igniting a movement for vulnerable children everywhere.

Friday, March 28, 1:00 p.m. in COA Room C

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 .

FREE Fitness Classes ~

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

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

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, March 10 to Friday, March 14, and Friday, April 18.

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

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

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. *Led by Volunteer Karen Norman*

Thanks, Everyone for Having a Heart!

The Commission on Aging and Friends of Isabella Seniors are excited to announce that with the help of your monetary donations and donations of time and talent, we were able to give Have a Heart packages to 115 older adult residents in Isabella County!

Have a Heart Donations

12 Anonymous Donors
 Frank Benn
 Gail Bowerman
 John & Sue Bradac
 Jane Butcher
 Harold & Beverly Crawley
 DFB Charitable Fund
 Ron & Donna Franzen
 John Frisch
 Larry & Kathy Fussman
 John Dinse &
 Laura Gonzales
 Donna & Michael Hackett
 Ed & Ruth Helwig
 Linda Hopp
 Jean Jones
 Virginia Judge
 Bonnie E Levitan
 Ron & Carolyn Lutz
 Martha McClure
 Elizabeth Miller
 Marilyn Palmer
 Joyce Petro
 Joyce Riley
 Alice Spayd
 Priscilla Thompson
 Joan Trinklein
 John & Mary Walsh

In Honor of

Our Beautiful Family
 Bob & Janet Roberts

Our Family
 Greg & Carole Merwin

Gary Fockler - Veteran
 Don & Scherry Brown 

Rick Fockler - Veteran
 Don & Scherry Brown

Harry Leonard
 Dawn & Darryl Quidort

The Staff, Volunteers, and
 Supporters of The COA &
 Active Living
 Steven F. Smith

In Memory of
 James Bauer - Air Force
 Veteran
 Nancy Bauer 

**Harvey Blackmer &
 Daughter Geaneen Olger**
 Anonymous

Ken Block
 Vickie Block

Gene Brown - 
 Veteran
 Don & Scherry Brown

Pansy & Louis Thaller
 Bill & Louanna Burch

Pat & Dorothy Burch
 Bill & Louanna Burch

Matthew Byers
 Laura Plachta

Tom Cashen
 Janet Cashen

Doug Collins
 Anonymous

Orlin Curtis
 Jacqueline E. Curtis

Robert A. David
 Tammy David

Janet & Jeff Murray
 Ray Davies

Peter Dollard
 Joan Dollard

Susan A. Dziengelewski
 Andrew J. Dziengelewski

Lyle & Verna Eisenberger
 Judy Cornell

Ann Edgar
 Gerry Edgar

Phil Fockler Sr. - 
 Veteran
 Don & Scherry Brown

Mike Foust
 Fran Foust

Ruth & Lawrence Fransted
 Kathy Fransted

Floyd & Gary Hauck
 Mary Beth Hauck

John J. Hovey - 
 Veteran
 Beth Hovey

Don & Lucille Cotter (Sr.)
 Dan & Roni Howard

Martha & Junior Mogg
 Dan & Roni Howard

Bruce Johnston
 Brenda Johnston

Gary D. Keefer
 Shelby Jean Keefer

Ann Keenan
 Dave & Margie Swayze

Kelso Family
 Joan Whitmore

Betty Larrance
 Bob & Marianne McJames

Judy & Denny Layfield
 Marsha Layfield

Hedge Marshall
 Francis & Darlene Fedewa

Katherine Martin
 Bill Martin

Ronald W. McDonald
 Anne McDonald

Helen Miller
 Mt Pleasant Arbor of
 Gleanors

Mary Lois Molson
 Francis Molson

John B. Moran
 Bernyce Moran

Earl & Rose Neff
 Shirley Neff

Rose Neff
 Joyce Seeley

Gene Ohms
 Mary & Julie Ohms

Lori Otto
 Larry Sheets

Our Parents
 Rick & Linda Schudiske

**Our Parents, Brothers &
 Sisters**
 Richard & Sharlene Wilson

Donna Parr
 Patricia Podoll

Arthur Peterson
 Janet Cashen

Barb Pitts
 Mt Pleasant Arbor of
 Gleanors

Bill Pung
 Thomas & Mary McQuillan

Betty Rossi
 Cheryl Moe

Liz & Andy Tschappat
 Harry Schafer

**Eugene Michael
 Moutsatson**
 Rick & Linda Schudiske

Willard Seeley
 Joyce Seeley

Clarence Smalley
 Gary & Lynn Pohl

Winifred Sponseller
 Kirk Sponseller & Nancy
 Priestap

Glenn & Donna Stacy
 Cliff & Joyce Stacy

Bill & Doris Hawkins
 Marilyn Sweeney

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 Mt Pleasant Arbor of
 Gleanors

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 Sandra Trombley

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 Agnes Waggoner

Mary Ann Wawersik
 Dale Wawersik

Robert Wedding
 Jeanette Wedding

Judy Welch
 Roy & Alice Burlington

Jack Westbrook
 Mary Lou Westbrook

Dennis White
 Janet Cashen

Gary Whitmore
 Joan Whitmore

Mark E. Wilson
 Alice J. Wilson

Caroyn Lee Wilson
 William Wilson

Along with community donations, we also have many community members and volunteers grace our packages with handmade Valentines, cards, and extra treats. We would like to extend a big **THANK YOU** to the following groups and individuals who helped us make the packages extra special this year:

***Aim High 4-H of Mount Pleasant**

***CMU Students**

***GI-RESD Students**

***Mount Pleasant High School Students**

***Renaissance PSA Students**

***Sacred Heart Academy Students**

***Shepherd Schools – Pre-K & Kindergarten**

***Individual Community Members**



CMU DPT MOVE! For Health Exercise Class ~ On Thursdays at 4:00 p.m. to 5:00 p.m., except March 13. Your Reasons to Join: Exercise has proven to slow down the progression of Parkinson's and improve quality of life. MOVE is 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.

Chippewa Valley Audubon Club

Chippewa Valley Audubon will present Autumn Baker, the Program Coordinator for the Chippewa Watershed Nature Conservancy for our March meeting, taking place on **Wednesday, March 12 at 7:00 p.m. at Veterans Memorial Library, 301 S. University, Mt. Pleasant**. She will discuss vernal pool ecology, current conservation efforts taking place and opportunities to participate. She will share some highlights about vernal pools within Isabella County. Refreshments provided.

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, zontampleasant@gmail.com**

Note: We cannot pick up items.

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.

Red Dress DONATIONS NEEDED

Red Dress Day: May 5, 2025
National Day of Remembrance for Missing and Murdered Indigenous People

No More Stolen Sisters Event: Coming May 2025

**Donations accepted until:
March 21, 2025**

Drop off donations to:

• **SCIT Behavioral Health**
2800 S. Shepherd Rd., Mt. Pleasant, MI 48858

• **ACFS**
2585 S. Leaton Rd., Mt. Pleasant, MI 48858

• **Tribal Police Department**
6954 E. Broadway, Mt. Pleasant, MI 48858

• **Trillium Fine Clothing**
125 E. Broadway St., Mt. Pleasant, MI 48858

• **ICDC Thrift Shop**
1008 W. High St., Mt. Pleasant, MI 48858

• **McLaren Central Michigan**
1221 South Dr., Mt. Pleasant, MI 48858

• **Isabella County
Commission on Aging**
2200 S. Lincoln Rd., Mt. Pleasant, MI 48858



For more information, please contact:

Behavioral Health Victim Services

Phone: 989.775.4400 | Email: BHVictimServices@sagchip.org



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

7500 Soaring Eagle Blvd.
Mount Pleasant, MI 48858
989-775-4000
www.sagchip.org

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

Page 8 Monday	Tuesday	Wednesday	
9:00 Video Exercise Group 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 6:00 Mountain Town Family Chorus Rehearsal	3 9:30 Basic Line Dancing Instruction 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	4 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 12:00 COA Advisory Board Meeting 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers	5
9:00 Video Exercise Group 10:00 Quilts of Valor Sew In 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 6:00 Orchard Glen Board Meeting	10 8:00 Commission Committee Mtgs 9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Needlecraft Meeting 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 12:30 League of Women Voters 12:45 Healthy Lifestyle Group 1:00 Cards 2:30 Huntington's Disease Support Group 3:00 Yoga 5:00 PEO 6:00 Mid Michigan Woodcrafters	11 8:00 Happy Rippers 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 1:00 Between the Covers Book Club	12
9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Coffee and Conversation 10:00 Dulcimer Group 11:00 St Patty's Celebration!!! 11:00 Gentle Exercise 11:30 Monday Trivia/Word Search 12:00 Mt Pleasant Garden Club 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers 1:00 Caregiver Support Group	17 8:30 FOIS Board Meeting 9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 12:00 Medicare Seminar 11:30 Word Search/Trivia 12:45 Healthy Lifestyle Group 1:00 Cards 3:00 Yoga 5:00 Board of Commissioners Meeting	18 9:00 Video Exercise Group 9:30 Tax Preparation 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 10:00 Second Sight Artists 11:30 Word Search/Trivia 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 1:00 Second Hand Book Club	19
9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee & Conversation 11:30 Monday Trivia/Word Search 11:00 Gentle Exercise 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group	24 8:00 Commission Committee Mtgs 9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 12:45 Healthy Lifestyle Group 1:00 Cards 2:00 Connecting with Cards 3:00 Yoga	25 9:00 Video Exercise Group 9:30 Tax Preparation 10:00 Chess Club 10:00 Line Dancing 10:00 Low-Impact Aerobics 10:30 Coffee Hour with an Attorney 11:30 Word Search/Trivia 11:30 Happy Rippers 12:30 CMU Otaga Exercise Class 1:00 Cards 4:30 Parkinson's Support Group 7:00 Nancy Carey Cancer Support Group	26
9:00 Video Exercise Group 10:00 Low-Impact Aerobics 10:00 Dulcimer Group 10:00 Coffee & Conversation 11:00 Gentle Exercise 11:30 Monday Trivia/Word Search 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group	31 Recommended Practices for People with Disabilities Register with your local Police Department. Remind them to keep a record of the help you may need during an evacuation, power outage or other emergency. If you have a Personal Care Attendant, work with that person to decide how you will communicate with each other, such as by cell phone, if you are separated during an emergency. Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency. Most alert systems require a working phone line, so have a back up such as a cell phone or pager if the landlines are disrupted. Learn about devices such as personal digital assistants (PDAs), text radio, pagers, etc. that can help you receive emergency instructions and warnings from local officials. Tip: Learn about NOAA Weather Radio for the hearing impaired. Visit Federal Emergency Management Agency's (FEMA) website for more information.		

Thursday		Friday	Saturday Page 9
	6	8:00 Happy Rippers 9:00 Collaborative Meeting 10:00 Music Makers 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Gentle Exercise 11:30 Trivia/Word Search 1:00 Ukulele 1:00 Bingo With Megan/Medilodge 2:00 Cards Employee Appreciation Day	7 8 9:00 Happy Rippers (Sat & Sun) 9 1:30 Mountain Town Family Chorus Performance (Sun)
8:30 CMU Otaga Exercise Class 9:30 Tax Preparation 10:00 Community Church Craft Group 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Word Search/Trivia 11:30 Tai Chi Next Level 1:00 Cards 3:00 Hula 4:00 MOVE Exercise Class 6:30 Isabella County Democratic Party	13	9:30 FGPSCP In-Service 10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 10:00 Jam Session 11:00 Gentle Exercise 11:30 Trivia/Word Search 1:00 Cards 1:00 Ukulele 1:00 Sacred Heart Book Club	14 15 8:00 Lions Club 9:00 Charlene's Quilting Group 9:00 Central Michigan Daylily Society
8:30 CMU Otaga Exercise Class 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 12:00 Stitchin' Girls 2:00 Cards 3:00 Hula 4:00 MOVE! Exercise Class	20	10:00 Coffee and Conversation 10:00 Low-Impact Aerobics 10:00 Jam Session 11:30 Trivia/Word Search 11:00 Gentle Exercise 1:00 Ukulele 1:00 Bingo 2:00 Cards	21 22 8:00 Mid Michigan Quilt Guild
8:30 CMU Otaga Exercise Class 9:30 Tax Preparation 10:00 Coffee and Conversation 10:00 Community Church Craft Group 10:00 Beginner Tai Chi 11:00a-1:00p Free Hearing Aid Cleaning 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 12:30 March Birthday Celebration 1:00 Cards 2:00 Connecting with Cards 3:00 Hula 4:00 MOVE! Exercise Class	27	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 Movie: "Sound of Hope: The Story of Possum Trot" 1:00 Cards	28 29 Peace is our gift to each other. Elie Wiesel
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			

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

March 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Chinese Pepper Steak Brown Rice Broccoli Peaches Goldfish Grahams	4 Hot Turkey Sandwich Whipped Potatoes Green Beans Cherry Crisp	5 Spanish Chicken Bread Redskin Potatoes Yellow Beans Pears Cookie	6 Veal Parmesan Rotini Garlic Bread Peas & Carrots Peaches	7 Roast Pork Bread Whip Sweet Potatoes Brussels Sprouts Cinnamon Applesauce
10 Goulash Cheesy Breadstick Succotash Fruit Cocktail	11 Turkey Reuben Fruited Coleslaw Banana Peanut Butter Brownies	12 Sloppy Joe / Bun Mixed Vegetables Tri-color potatoes Strawberries	13 Lemon Baked Chicken Dinner Roll Au Gratin Potatoes Harvest Blend Veg. Berry Pear Crisp	14 Chop Suey Bread Brown Rice Broccoli Pineapple Tidbits
17 BBQ Chicken Breast Bread Cheesy Potatoes Green beans Leprechaun Fluff	18 Fish Sandwich Roasted Potatoes Macaroni Salad Pineapple Gelatin	19 Chicken Salad Croissant Multi Bean Salad Citrus Fruit	20 White Chicken Chili Cornbread Peas Pineapple & Oranges	21 Beef Stew Biscuit Malibu Blend Berry Fruit Cup
24 Meatballs Dinner Roll Whipped Potatoes Spinach Oranges	25 Pork Chop Bread Parslied Potatoes Green Beans Mandarin Oranges Cookie	26 Spaghetti & Meatballs Bread Stick Carrots Mixed Fruit	27 Cabbage Beef Soup Biscuit Tossed Salad Clementine	28 Creamy Swiss Chicken Bread Whipped Potatoes Beets Peaches
31 BBQ Meatloaf Company Potatoes Italian Blend Tropical Fruit Cookie Cheese Stick		 Everyone's Irish On March 17th.		

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.

Happy St. Patrick's Day! How do you celebrate? Here in Room C on Monday, March 17 we will be having some St. Paddy's Day treats. Come on in to enjoy some good snacks and a great meal! Please call ahead to reserve your meal. We had a great time at our Valentines Day Party. The music was provided by the Holiday Ramblers (aka) The Louisell's. They were wonderful and the photo booth was a big hit! Fun was had by all! If you are interested in something new, come on in and learn to Line Dance with some wonderful dancers on Tuesdays and Wednesdays at 10:00 a.m.

March Dates to Remember:

- 3/7 & 3/21 1:00 p.m. Bingo
- 13 1:00 Veterans Support Group
- 17 11:00 St. Patrick's Day Celebration
- 27 12:30 Our March Birthday Celebration
- 28 11:00 Music with Barb & Greg
- 1:00 Movie: "Sound of Hope: The Story of Possum Trot" based on a true story.

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

Irish music comes to Rosebush FWF every March. We have several musicians who play a variety of Irish music throughout the month. Come join us for a Great St Patty's Day Party! We are here Monday, Wednesday and Friday! Come and join us for good food and fun.

rosebushfoodwithfriends@gmail.com

Rosebush March Calendar

- 3 Manicures /Nutrition Ed
- 5 Penny Bingo
- 7 Music/David Smith
- 10 Red Hat Strutters
- 12 Bingo/Prizes
- 14 Music/Mark Bauman/Ice Cream Social/ Birthday Celebration
- 17 St. Pat's Day Party/Music/Just the 2 of Us
- 19 Music/Mark DeNoyelles
- 21 Music/Greg Merwin
- 24 Sing-A- Long with Brian
- 26 Music/Kevin Bendele
- 28 Karaoke with Faith
- 31 Memory Games

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

Shepherd March Calendar

- 3 11:00 Otaga Exercise
- 12:30 Nutrition Education
- 5 12:30 March Birthdays and Games
- 7 11:00 Veterans Group
- 12:30 Think Spring BINGO!
- 10 11:00 Otaga Exercise
- 12:30 Wii Games
- 12 12:00 Kevin Bendele
- 14 12:30 Bingo and Natl Potato Chip Day
- 17 11:00 St. Patrick's Day Gathering!
Wear your Green! Games/Trivia
- 19 11:00 Spring Movie and National Chocolate and Caramel Day
- 21 11:00 Wii Games 12:30 Spring Bingo!
12:00 Special Performance by West Michigan Puppetry Guild
- 24 11:00 a.m. Lite Exercise 11:30 Music:
Al Bartholemew and Chocolate Covered Raisin Day
- 26 Cholesterol Discussion and Education,
Wii Bowling
- 28 12:30 Spring Bingo!
- 31 11:00 Otaga Exercise
12:30 Wii games and National Tater Day, come celebrate the potato!!

**After All**

Written by Sandy Wilson

After the last Christmas toy is lost,
After the snow is more than flurries
And trees are bare against a white sky,
And the earth hard as steel
And nights cold and long.

After the occasional hour of sunshine,
After you spot the first crocus,
The delicate snowdrop
And your heart is uplifted.

And you are humbled once again
To realize the natural world
Goes round and round,
And we are only here for the ride.
After all.

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

It's almost here....spring is on the way! It may be chilly outside but is always warm and friendly at the Weidman Senior Center. This month we have music by Greg Merwin, fresh baked muffins and an ice cream social! We have a great group of exercisers each morning starting at 10:00 a.m. This month we are holding BINGO! There will be a fun special St. Patrick's Day Bingo on Monday March 17, wear your green and come on in! We have great prizes, especially for the overall at the end of the game! We are also scheduling a new painting class in the near future! There is always a puzzle too. Come join the fun!

weidmanfoodwithfriends@gmail.com

Weidman March Calendar

- 3 Cards-UNO and Trash
- 5 Nutrition Education and Muffins
- 7 Music: Greg Merwin
- 10 Board Games
- 12 Coffee/Conversation and fresh baked goods!
- 14 Craft: St. Patrick's Day Gnomes
- 17 St Patrick's Day BINGO!! with the Birthday celebrations and cake!
- 21 Movie with snacks!
- 24 Cards: Trash and Rummy
- 26 Ice Cream Social! *Invite a friend to join us!*
- 28 Board Games: Checkers, Yahtzee and Jenga
- 31 Coffee and Conversation with muffins!



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

COA Closing Information:

It's still 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 can see that meals are running late or you haven't yet looked outside, we post our closings / cancelations on the following 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.**

WINN COMMUNITY BUILDING

2583 W. Blanchard Road, Winn
Meals M, W, F, 10:00 a.m.-2:00 p.m.
Tammy Foltz, Site Facilitator

989-866-2520

Happy St Patrick's Day! We would love to have you join us for our Monday Craft Club. We have a great group of ladies that have so much fun! Wednesdays we bring in many different musicians to entertain us!

winnfoodwithfriends@gmail.com

Winn March Calendar

- 3 Learn how to make bowls and Scrapbooking.
- 5 Music: Midnight Express and Nutrition Education
- 10 Learn how to make a turtle and Card Making
- 12 Music: Greg Merwin and Barb
- 17 St. Patrick's Day Door Hangers and Cards
- 19 Music: Kevin Bendele and Chocolate Caramel Day
- 24 Closed
- 26 Music: Steve Johnston, Jack and Dicky and Becky, Wear Purple for National Purple Day
- 31 How to make crayon candles, tea and cookies and conversation!

2025 Nutrition Council Meetings

Please join us to provide feedback and ideas for future meals and activities!

Wednesday April 30, 2025

Wednesday November 5, 2025

All Meetings Start at

11:00 a.m. at

Commission on Aging

**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, Mar. 5 2 p.m. - 6 p.m.

Thursday, Mar. 6 9 a.m. - 1 p.m.

Saturday, Mar. 8 9 a.m. - noon

Wednesday, Mar. 12 2 p.m. - 6 p.m.

Thursday, Mar. 13 9 a.m. - 1 p.m.

Wednesday, Mar. 19 2 p.m. - 6 p.m.

Thursday, Mar. 20 9 a.m. - 1 p.m.

Saturday, Mar. 22 9 a.m. - noon

Wednesday, Mar. 26 2 p.m. - 6 p.m.

Thursday, Mar. 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**



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.**

Savings for Isabella County Medicare Beneficiaries

As we leap into the New Year, I would like to take a moment to reflect on all the hard work of our staff and volunteers, who spent countless hours providing accurate and objective information, to Medicare beneficiaries, during the most recent Open Enrollment Season. During the Open Enrollment season, the Commission on Aging was fortunate enough to have 12 amazing volunteers and 4 case managers, to help Medicare beneficiaries review their insurance plans. Their hard work contributed to the reviewal of 417 plans during the Open Enrollment season. Our volunteers and staff undergo training each year; in order to prepare for the Open Enrollment season and they dedicate many hours serving clients in our county to make sure that their insurance needs are met. Medicare Open enrollment runs from October 15 to December 7 each year. Our agency invites people during this time to make an appointment, to be sure they are on the lowest cost plans. Each Medicare Part D appointment takes between 30 – 45 minutes, whereas Medicare Advantage plans generally range from an hour to an hour and a half. This is to ensure that the participant is given enough time to assess any possible changes with their current plan, or to see lower cost alternatives.

The Commission on Aging case managers and volunteers worked very hard to give enrollees access to their plan's information, including any changes in their premiums, deductibles and copays. Not only are our volunteers and case managers very efficient with the process, but they explain the beneficiary's options in a way that put enrollees at ease. This process helps to ensure that they don't have surprises at the pharmacy, for the upcoming year. I would like to thank all of our volunteers and case managers for their hard work. The Commission on Aging was able to serve 417 Medicare Beneficiaries and help save over \$235,731.39 in overall prescription drug costs! So again, a great, big **THANK YOU** to our wonderful volunteers and case managers for all that was accomplished for the older adults in our community. Thank you to all of you who participated and were patient during this process. We appreciate everything you do to make this agency an amazing place to visit!

Stroke Screening

Strokes don't discriminate; they affect people of all ages, ethnicities, and backgrounds. Fortunately, many strokes are preventable, and you can take steps to reduce your risk. Begin by understanding the risk factors and find out how you stack up. Make your appointment today...it could save your life! You will leave the screening with your results and a plan of action. **Screening includes:**

- Diabetes Screening, Blood Pressure and Pulse, Body Mass Index, Risk-reduction plan, Results Counseling, Full lipid profile, including total cholesterol, HDL, LDL, and triglycerides. **A 12 hour fast is required for accurate results.** Even though this is a fasting blood test, please take any morning medication as usual with a sip of water.

Tuesday, March, 4 from 8 a.m. to 11a.m. At McLaren Central Michigan, East Lobby Entrance, 1221 South Drive, Mt. Pleasant Cost \$10 payable the day of the screening. Cash/check payment only. Call **(989) 779-5606** to schedule an appointment.

FREE Colorectal Cancer Screening

This free cancer screening could save your life! Colorectal Cancer: Are You At Risk? If you are 45 or older or have a family history of colorectal cancer, the American Cancer Society recommends that you be screened for signs of colorectal cancer. Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. This is why having a screening test is so important. **What Are The Symptoms?** Symptoms of polyps or colorectal cancer may include: **Blood in or on your stool (bowel movement), Stomach pains, aches, or cramps that don't go away, Unexplained weight loss**

A signed consent form is required, and the kit must be picked up in person. Unfortunately, kits cannot be mailed or picked up for family or friends. Pick up your kit at the location listed for your screening time. Follow the directions for completing the simple stool sample test in the privacy of your home. Once finished, mail the kit back in the postage paid envelope. You can expect your results 2-3 weeks after mailing your kit.

How To Participate: Call toll-free **1-877-411-2762** anytime or register online at www.mclaren.org/CRCscreening

Friday, March 21 from 9a.m. to 12p.m. at Karmanos Cancer Institute Morey Cancer Center, at McLaren Central Michigan, 1221 South Drive, Mt. Pleasant.

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, March 26, at 7:00 p.m. at COA**.

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, March 11

Time: Gathering time at 2:00 p.m. with 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 (March 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 (March 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 to 12 hours before the test is required. Walk-in cholesterol screenings will be offered on: **Wednesday, March 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.

Every Wednesday, March 5 through April 23 from 9:30 a.m. to 11:30a.m. at McLaren Central Michigan: 1221 South Dr. Mt Pleasant. Call Amy, McLaren's Bereavement Coordinator and New Tomorrows facilitator, at (989) 233-4613 to register at any time during the series or with questions. 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

Bob Canute & Bruce Canute
Tom & Karlene Moomey

Loren Eldred
Jane Eldred

In Memory of Elizabeth VanAcker Butterworth
Joan Whitmore

Margaret Colter Crawford
Sharon Horgan

Jerry D. Paul - Veteran
Joanne Paul



Ralph J. Pitts
Larry & Monica Davis

Dennis White
Conrad & Connie Latuszek
Mark & Janice Davis

Anna Wohlscheid
Sandra Wilson

COA Donors

COA

Anonymous
Marilyn Erickson
Jerry & Joan Hartman
Margie Henry
Carol Himebaugh
Kathleen Lang
Cathy McDuff
Martha Smith

Activity Center

Mid Mitten Gaming

In-Home

Martha McClure

Thank You All for Your Generous Donations

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. 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



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 Donors

Anonymous
Bonnie Anthony
Darwin Bain
Mary Beamish
Gwen Berryman
Dan Buckley
Paula Butler
Tammy Carrier
William Dennis
Kenneth & Betty Eaton
Joy Sue Ecker
Stephen Fedor
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Joan Gornicki
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***FOR INFORMATION ON EQUIPMENT AND SERVICES, PLEASE CALL: (989)-772-0748**

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.

Active LIVING Needs You

Thank You to everyone who donates to Active LIVING. We began 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.

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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.



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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.