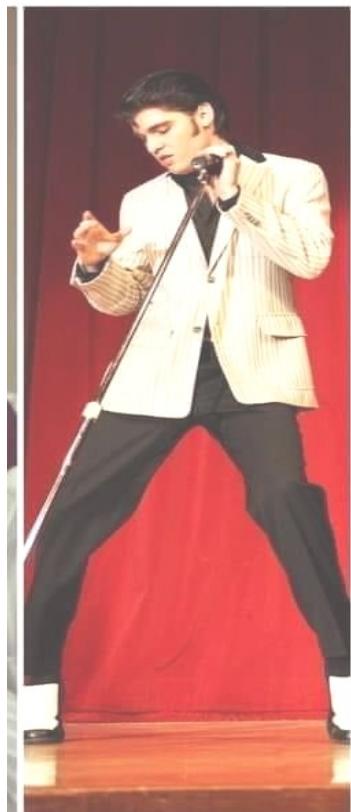


Active LIVING

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



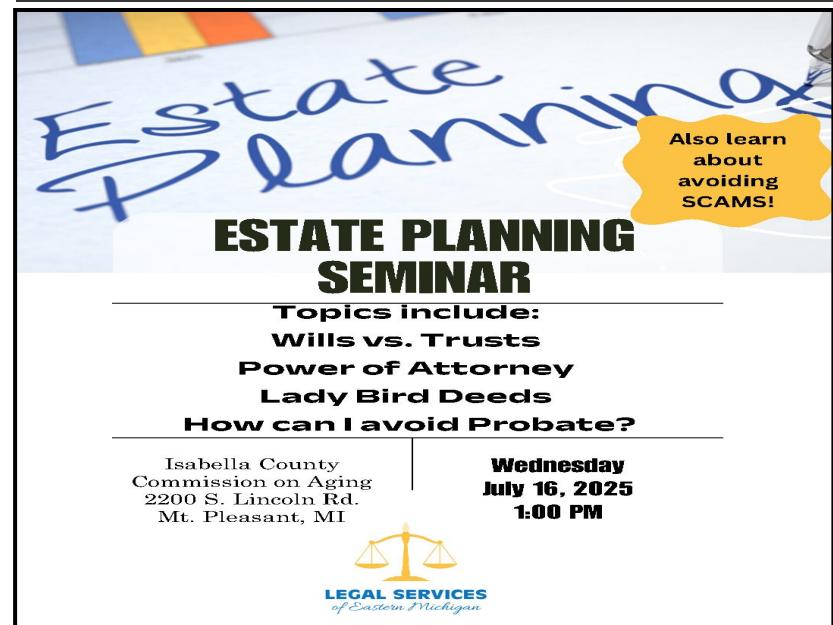
**Commission on Aging and
 Friends of Isabella Seniors
 are happy to
 Present :
 Elvis Tribute Artist
 Jake Slater!
 On
 Thursday, June 5.
 This event is to celebrate
 the use of our new pavilion!
 A boxed lunch will be served at
 Noon. *\$2.50 for 60+
 *\$5.00 for under 60
 Call 989-772-6395
 for reservations.**

**This event will be held outside, so please
 dress accordingly.**

Things to bring:

- *A chair for outdoor seating
- *An umbrella in case of rain or shine
- *Money for the 50/50 Drawing
- *A classic car! This is a "Cruise In" event!

**Please drive your Classic Car if
 you have one!**



COA Director's Comments



Are we ever excited to kick off the summer here at the COA! If you have not been out here in a while, you need to visit us and enjoy the beauty that surrounds our amazing facility! We have the most incredible volunteers and staff who have created the most beautiful atmosphere with flowers and decorative trees! It truly is spectacular! In addition to our great walking path, our outdoor recreation area is open and ready for you, including the pavilion with seating, and the shuffleboard and pickleball courts! We are especially excited to be officially kicking off the summer on Thursday, June 5 with our

King of Rock & Rides event, including vintage cars and an amazing Elvis tribute artist at our pavilion area (look for more details about the event in this paper). We hope to see you here!

During the month of June, we also have the opportunity to celebrate all of the great dads in our lives as we recognize them on Father's Day, which takes place on June 15. I consider myself and our kids to be especially Blessed to have the most wonderful dads. I am forever grateful to have an incredible dad who is always there, supporting and loving us in everything we do! He has provided a great example to me and my family through his faithful service to our community and tremendous work ethic. In addition to my own dad, it has been great teaming up with my husband in parenthood, seeing him continue to grow into the great dad that he is to our boys – last month marked 23 years that we have been parents, and we continue to learn and grow together every day! Along with my dad and my hubby, I am also so fortunate to have a wonderful father-in-law, who is always there supporting our family in everything we do! In recognition of Father's Day, please take some time to reach out, recognize, and show appreciation and love for those special dads in your life.

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

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: June 17, July 15, August 19, September 16.**

Please call (989) 772-0748 to register.

MEDICARE



HEALTH INSURANCE

"Be the change that you wish to see in the world." Mahatma Gandhi

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, June 16 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**.

Home Health Care VS In Home Care

You might have heard about In Home care and Home Health Care. As a caregiver, you may need or want additional services in your home while caring for your loved one. We will be discussing the difference between In Home Care and Home Health Care. In Home Care, encompasses a variety of services that are non-medical in nature. It would be appropriate for someone who needs assistance with activities of daily living, such as eating, dressing, showering, walking with assistance, getting in and out of bed, to and from appointments. This person could live alone and could benefit from a companion or other supportive services. The person could possibly be challenged by the effects of dementia or experiencing specialized care need. It may also be becoming unsafe in their current living arrangements, whether for fall risks, medication management or they can no longer live by themselves anymore. However, they may want to continue to live in their home. Some of the services a in home care provider would include are planning or preparing meals, light housekeeping, laundry, running errands such as the grocery store or picking up prescriptions, helping with transportation, helping with medication, reminders and personal care with baths or showers or getting dressed. Those home care services are typically paid out of pocket and not covered by Medicare. The services are typically hired independently or they could choose a professional homecare agency.

Home Health Care unlike In Home Care is normally covered by insurance, skilled medical care and at the direction of a referring physician. Home Health Care would most likely assist someone recovering from a surgical procedure or hospitalizations especially, if they want to remain at home. The patient may also avoid staying at a rehab facility or nursing home for convenience, comfort or cost savings. Home Health Care is provided by a nurse, therapist or other skilled professional. Within those services the providers can include a care plan consisting of infusions and injections, physical, occupational or speech therapy. Vitals may be monitored, wound therapy, and pain and medication management. Home Health Care is often recommended when someone is recovering from a hip replacement surgery, stroke, or possibly a fall. Usually, these people are licensed RN, social workers, physical therapist, or occupational therapist and it is a medical approach to care in the home. If you have additional questions about In Home Care like what COA offers verses In Home Health Care, please contact me at the above phone number or talk with your physician.

Mission Moments



It's been a busy year so far, and our hard-working Foster Grandparent and Senior Companion Volunteers are just getting started! Since October 1, Senior Companions have volunteered over 6,400 hours, and Foster Grandparents have volunteered over 13,600 hours. We are halfway through the year, and the difference they have already made is invaluable.

Foster Grandparents are mentors, assisting with increasing a student's academic needs in reading, writing and math. They are building relationships with their students, and bring smiles, positivity, love to the schools they serve in.

Senior Companions are providing companionship and socialization to isolated homebound older adults. They are a friendly warm face to nursing home residents who might not get a lot of visitors, or giving a caregiver a break from caring for their loved one. Senior Companion volunteers are kind, and bring sunshine to older adults who may need a little sunshine.

But wait there's more... with all the wonderful things our Foster Grandparents and Senior Companions do for their communities, the real lives that are changing are the lives of the volunteers themselves. We hear time and time again on how these programs have saved the volunteers' life. Volunteers share how they have purpose, and they feel they get more out of the program than what they are giving.

Lastly, our programs wouldn't be successful without the help of our partners. We collaborate with Senior Service Agencies, Senior Centers, Schools and Head Start Centers! Whether they have a Foster Grandparent in their classroom, or provide a client referral for a Senior Companion, our volunteers wouldn't be able to make a difference in their communities without these partnerships. We are grateful for them, and it truly does take a village to make an impact in the lives of others!

Brandi Burns, Foster Grandparent/Senior Companion Programs Manager

Upcoming Events

American Red Cross Blood Drive

We are again partnering with the American Red Cross to host a blood drive on **Thursday, May 29 from 11:00 a.m. to 3:45 p.m.** If you are able, please consider donating blood to help save a life! **To schedule an appointment, please log in to RedCrossBlood.org and enter sponsor code: ISABELLA. Or call 1-800-RED-CROSS at (1-800-733-2767).**

COA / FOIS Annual Golf Outing on Friday, August 1



Volunteers Needed

QUALIFICATIONS:

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

BENEFITS:

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

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

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



Snap/EBT Benefits

The Commission on Aging is proud to announce the new Electronic Balance Transfer process for those receiving SNAP benefits (food stamps). We now have an electronic machine located at the front office of the Commission on Aging for use of SNAP benefit cards. You can stop in from 8 to 4:30 and purchase meal tickets to utilize at the 5 locations in Isabella County. The suggested donation is currently \$2.50 for those over 60 years of age. The cost for meals for anyone under the age of 60 is \$5.00. We are not offering the 'Cash Back' option at this time. If you are interested in using your SNAP benefits for meal donations or purchases, please stop by the office.

If you have questions regarding the process, please contact Carmel Slebodnik, COA Nutrition Program Manager at 989-772-0748.

Events & Classes at COA

Computer/Tech Class at COA

Tuesday, June 3 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*

"Early Passage"

Wednesday, June 4, from 4:00 p.m. to 6:00 p.m.

\$25 per person (supplies included)

Let award winning television artist Steve Wood help develop the "artist" in you to create "*Early Passage*." You don't have to be "born with the gift" to be a great painter. Remember "Anyone Can Paint" these pieces of art. Steve's methods are applicable to the beginner as well as the advanced painter. Create an 11" x 14" acrylic landscape painting in class. Contact COA at (989) 772-0748 to register. **Money and reservations are due by Monday, June 2!** Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.

AARP Smart Driver Course

Friday, June 20 from 8:30 a.m.-4:30 p.m. in Room B

\$20 for AARP members/\$25 for non-members. You will pay the day of class. Older Adults with United Healthcare Medicare health insurance are able to take the course for FREE. Participation in the course could result in a possible discount on auto insurance – be sure to check with your agent for confirmation. There will be a 30-minute lunch break: we offer lunch at COA, \$2.50 for those over 60, \$5.00 for those under. Please indicate when you sign up whether you plan to have lunch at COA. To Register please call or email **Marcy Huntoon at (989) 772-0748 or mjerome@isabellacounty.org**

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 is provided.

COA Groups on Break until Fall: Dulcimer group is on break until fall. **Jam Session** group meets thru May 30 then on break until September 5. **Ukulele** group also meets thru May 30 then on break until September 5.

Coffee Hour with An Attorney

4th Wednesday of ALTERNATE months, (May 28, July 23) 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 meets on **Thursday, June 12 at 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**.

COA Volunteer Needlecrafters

If you want to give back to the community, then come and join the COA Needlecraft Group. This volunteer group meets one time monthly on the 2nd Tuesday of the month, June 10, from 10:00-12:00. We make items in our own homes, on our own time which we then donate to around 42 different agencies and organizations including hospitals, nursing facilities, and Veterans organizations. We would love to have you join us! **If interested in more information or learning how to become a volunteer, please contact our Gold Key Volunteer department (989) 772-0748.**

"Connecting with Cards" Card Making Classes

Last Tuesday, June 24 and Last Thursday, June 26 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.**

1 FREE Movie and Popcorn at COA Call Rhonda (989) 772-0748 to register.

***** May movie has been Cancelled.**

"The Butler" 2hr 12min PG-13

After leaving the South as a young man and finding employment at an elite hotel in Washington, D.C., Cecil Gaines (Forest Whitaker) gets the opportunity of a lifetime when he is hired as a butler at the White House. Over the course of three decades, Cecil has a front-row seat to history and the inner workings of the Oval Office. However, his commitment to his "First Family" leads to tension at home, alienating his wife (Oprah Winfrey) and causing conflict with his anti-establishment son.

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

FREE Fitness Classes ~

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

Tai Chi in the Park: 10 sessions, all Fridays, this year: June 6, June 13, June 20, June 27, July 18, July 25, August 8, August 22, August 29, September 5. These are all at the Arts Pavilion on the west side of Island Park in Mt. Pl--10:00 to 11:00 a.m.

Tai Chi for Arthritis ~ Tai Chi is a gentle, slow moving exercise designed to improve balance, flexibility, muscle strength, coordination, energy, and overall wellbeing. 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* No Tai Chi Tues. June 3, Thurs. June 5, Thurs. June 19

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. Classes occasionally switch days depending on instructor availability - instructors will do their best to inform class participants in advance when changes occur.

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

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

Pool Closures: . NO SWIM

Mon. - May 26, Fr. - May 30, Thurs. - June 19, Fri, July 4

Yoga ~ on hold until Tuesday. September 23.

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, Wednesdays, and Fridays 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

Otaga Exercise Class~ No Otaga dates: June 17, 18 and August 6, 7

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: 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.!

Page 8 Monday	Tuesday	Wednesday	
9:00 Video Exercise Group 10:00 Coffee and Conversation 10:00 Quilts of Valor 11:00 Gentle Exercise 11:30 Trivia/Word Search 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers 1:00 Hand Sewing Group 4:30 Human Rights Committee	2 9:30 Basic Line Dancing Instruction 10:00 Line Dancing (NO Tai Chi) 11:30 Word Search/Trivia 1:00 Cards 2:00 Computer/Tech Class 2:30 Fit Feet Walking Club 5:00 Board of Commissioners Meeting 5:30 Isabella Co Historical Society	3 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 11:30 Word Search/Trivia 11:30 Nutrition Education 12:00 COA Advisory Board Meeting 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 4:00 Anyone Can Paint 4:00 CMU DPT MOVE! For Health	4
9:00 Video Exercise Group 10:00 Coffee and Conversation 10:00 Quilts of Valor 11:00 Gentle Exercise 11:30 Trivia/Word Search 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers 2:30 Insurance Committee Meeting 6:00 Orchard Glen Homeowners Board Mtg	9 9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Commissioner Committee Mtg 10:00 Needlecrafters Meeting 10:00 Beginner Tai Chi 11:30 Tai Chi Next 11:30 Word Search/Trivia 12:30 League of Women Voters 1:00 Cards 2:30 Huntington's Support Group 2:30 Fit Feet Walking Club 5:00 PEO 7:00 Mid Michigan Woodcrafters <i>No Lunch—Kitchen Training Day</i> <i>6:00-8:00pm Prom Night!!</i>	10 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 11:30 PEO 11:30 Word Search/Trivia 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 1:00 Between the Covers Book Club 4:00 CMU DPT MOVE! For Health	11
9:00 Video Exercise Group 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:30 Trivia/Word Search 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers 1:00 Caregiver Support Group	16 8:30 FOIS Meeting 9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Beg Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 12:00 Medicare Seminar 1:00 Cards 2:30 Fit Feet Walking Club 5:00 Board of Commissioners Meeting	17 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Second Sight Artists 11:00 Polio Support Group 11:30 Word Search/Trivia 12:30 CMU Otaga Exercise Class 12:30 Root Beer Floats 1:00 Cards 1:00 Happy Rippers 1:00 Second Hand Book Club 4:00 CMU DPT MOVE! For Health	18 
9:00 Video Exercise Group 10:00 Coffee & Conversation 11:00 Gentle Exercise 11:30 Trivia/Word Search 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 2:30 Insurance Committee Meeting	23 9:30 Basic Line Dancing Instruction 10:00 Commissioner Committee Meetings 10:00 Line Dancing 10:00 Beg Tai Chi 11:00 Gold Key Kitchen Training 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 1:00 Cards 2:00 Connecting with Cards 2:30 Fit Feet Walking Club 6:00 Mid Michigan Quilt Guild	24 8:00 Happy Rippers 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 11:30 Word Search/Trivia 12:30 CMU Otaga Exercise Class 1:00 Cards 4:00 CMU DPT MOVE! For Health 5:00 Parkinson's Support Group 7:00 Nancy Carey Cancer Support Group	25
9:00 Video Exercise Group 10:00 Coffee & Conversation 11:00 Gentle Exercise 11:30 Trivia/Word Search 12:30 Mahjongg 1:00 Cards 1:00 Faith Weavers Group	30 	<div style="border: 1px solid black; padding: 10px; background-color: yellow;"> 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>	

Thursday	Friday	Saturday Page 9
<p>8:30 CMU Otaga Exercise Class 10:00 Community Church Craft Group 10:00 Old Car Show (NO Tai Chi) 1:00 Elvis Tribute Artist 3:00 Hula 6:30 Isabella County Democratic Party</p> <p>Pavilion Kick Off Day with Elvis and Car Show!</p>	<p>5 8:00 Happy Rippers 9:00 Collaborative Meeting 9:00 Video Exercise Group 10:00 Coffee and Conversation 11:30 Trivia/Word Search 11:00 Gentle Exercise 1:00 Bingo w/ PACE 2:00 Cards</p>	<p>6 9:00 Community Church Care Team 9:00 Happy Rippers (Sat & Sun)</p> <p></p> <p>Try to be a Rainbow in someone else's Cloud. Maya Angelou</p>
<p>8:30 CMU Otaga Exercise Class 9:00 Jerolyn's Sewing Group 9:00 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 1:00 Vet Support Group 3:00 Hula 4:00 FGPSCP Advisory Board Meeting 4:30 VA Comm. Mtg 6:30 Community Cancer Services</p>	<p>12 9:00 Video Exercise Group 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:30 Trivia/Word Search 1:00 Sacred Heart Book Club 1:00 Bingo w/ Prestige 2:00 Cards</p>	<p>13 9:00 Mid Michigan Quilt Guild 9:00 Wild Foraged Mushroom Workshop</p> <p>Happy Father's Day, Sunday, June 15 to All Dads Everywhere!</p>
<p>Closed</p> <p></p>	<p>19 8:30 AARP Smart Driver Course Room B 9:00 Video Exercise Group 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:30 Trivia/Word Search 1:00 Cards</p> <p>Summer Solstice First Day of Summer</p>	<p>20 </p>
<p>8:00 Stitchin Gals 8:30 CMU Otaga Exercise Class 9:00 Community Church Craft Group 10:00 Coffee and Conversation 10:00 Beg Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 12:30 June Birthday Celebration 1:00 Cards 2:00 Connecting with Cards 3:00 Hula</p>	<p>26 9:00 Video Exercise Group 10:00 Coffee and Conversation 11:00 Gentle Exercise 11:00 Music with Barb and Greg 11:30 Trivia/Word Search 12:00 McLaren Hip & Knee Arthritis Presentation 1:00 Movie & Popcorn: "The Butler"</p>	<p>27 8:00 Lions Club Officer Training</p> <p></p>
<p>June!</p> <p></p>		

CMU DPT MOVE! For Health Exercise Class For Summer Semester: On Wednesdays at 4:00 p.m. to 5:00 p.m. from May 28 to July 30

Your Reasons to Join: Exercise has proven to slow down the progression of Parkinson's and improve quality of life. **MOVE For Health** 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.

Fit Feet Walking Club

Come join us for this **FUN, ENERGETIC** walking group! This group will help you improve not only your walking distance, but speed, agility, balance and confidence. We incorporate many different 'walking' activities to boost your confidence and energy!

This is an outdoor walking class (unless it rains, but we will work indoors in those cases). This class is open to anyone; however, if you have significant balance issues, we ask that you bring someone along who can walk alongside you and assist. Taught by Doctor of Physical Therapy students and faculty from CMU. This group will run for 12 weeks during the summer. We will have incentive prizes throughout!

Session 1: Tuesdays 2:30 to 3:30 p.m., May 20 to June 24

Session 2: Mondays 3:00 to 4:00 p.m., June 30 to Aug. 4

If you are interested in joining the group, please contact:

**Marcy Huntoon (989) 772-0748 or
mjerome@isabellacounty.org**

Isabella County Commission on Aging Durable Medical Equipment Storage Closet

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

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

Durable Medical Equipment Available:

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



Senior Project Fresh 2025

This year, the Michigan Department of Health and Human Services (MDHHS) will transition to a new online enrollment and payment system. In place of paper coupons and a paper application, all participants and farmers will use an electronic system managed through the vendor, Healthy Together. If you participated in Senior Project Fresh in 2024, you should receive a post card with information and instructions on how to register.

What has changed:

- Paper coupons will no longer be available.
- Registration will be completed on a website. The nutrition education portion of this process will also be completed through the website.
- You will need an email address to create an account and a password to access your account.
- Access to the coupons will be either via a cell phone with a QR code, or with a plastic card similar to a credit card.
- To use the funds, farmers will need a way to scan or swipe your code or card. They are being encouraged to register with Healthy Together.
- When using the funds, there will be a two-step authentication process that will text you a code to enter. This is done with a phone that can receive text messages.

We understand that this is very different than in years past. We are hoping to become a partner agency so that we can assist with registration and provide technical support to those who do not have access. If you have questions regarding the process, please reach out to the number on your post card or call the Commission on Aging at **989-772-0748**. We understand these changes might be frustrating or difficult to navigate, but we will be available to assist. Appointments can be scheduled for assistance after the program's availability date which has not been determined at the time I am writing this. Unfortunately, we are unable to manage walk-in questions, so please call for an appointment if needed.

Thank you for participating in this great program!

Carmel Slobodnik, Nutrition Program Manager

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

Hope to see You there!

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.

ALLIYAH MARTIN

Intern



FERRIS STATE
UNIVERSITY

Hello! My name is Alliyah Martin; I am interning at Isabella County Commission on Aging for the summer! I'm a student at Ferris State University and am studying to get my bachelor's in social work. I chose social work as my degree after my mother because she's the most helpful and smart person I know, and one day I hope to be like her. Once I graduate college I plan to become a firefighter. In my free time I enjoy working out, baking, making lattes, reading books, and spending time with my family and friends!



Summer Mushroom Hunting

Are you interested in Mushroom Hunting this summer? Give Sister Marie Kopin a call at **(989) 621-7940**. She has sessions planned at both Deerfield Park and Chippewa Nature Preserve.

Upcoming CWC Events:

Spring Mushroom Hunt at Hall's Lake Natural Area, May 30, 2:00 p.m.

Summer Mushrooms at Audubon Woods Preserve, August 8, 9:00 a.m.

Summer Mushrooms at Sylvan Solace Preserve August 28, 9:00 a.m.

End of Summer Mushroom Hunt at Weting Preserve, Sept. 19. at 11:00 a.m.

Fall Mushrooms at Hall's Lake Natural Area, October 11, 9:30 a.m.

Fall Mushrooms at Bundy Hill Preserve, October 17, 9:30 a.m.

Details of each event, along with directions, can be found here:

<https://cwc-mi.org/events/>

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!



A Friend is only a Phone Call away! COA Friendly Callers 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.

Travel with COA

Detroit Tigers Game

Thursday, September 18

We will depart COA at 9:00 a.m. Game starts at 1:10 p.m.

Price: \$85 per person - includes motorcoach transportation, ticket, food voucher (hot dog, chips and drink), and tips.

Money and reservations due Friday, August 22. To make a reservation, please contact: **Marcy Huntoon (989) 772-0748 or mjerome@isabellacounty.org**

TRAVEL POLICY For cancellations, payment is non-refundable, unless there is a waiting list. If a ticket has been purchased from a vendor, payment is not refundable. You will be notified at least one week prior to departure if trip is cancelled because of low numbers. A full refund will be honored should this occur. In the event of unforeseen circumstances, we reserve the right to cancel for safety reasons. We will do our best to reschedule should this occur. Minors are welcome on certain trips but must be accompanied by an adult. Persons who need assistance are welcome, however they must be accompanied by an adult who can assist them. Both parties must purchase a seat for trip.

Isabella County
Commission on Aging

Call for Meal Driver Volunteers

Deliver warm
meals to older
adults
throughout
Isabella
County



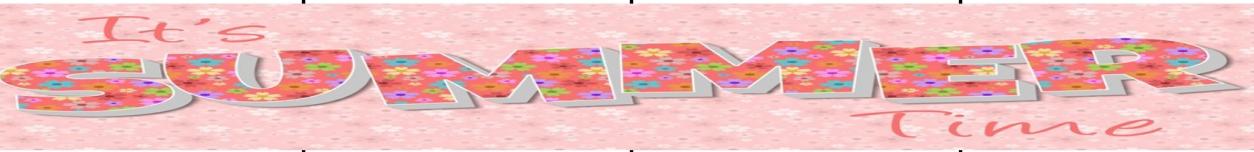
Route pickup
times are
around
10:30am.
Takes 1-2hrs

Call COA
989-772-0748

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

June 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak Bread Whipped Potatoes Succotash Mixed Fruit	3 Lemon Baked Cod Honey Wheat Roll Green Bean Casserole Herbed Baby Potatoes Pears	4 Italian Herb Chicken Bread Scalloped Potatoes Broccoli Mandarin Oranges	5 Elvis Event! Ham or Turkey Sandwich Pickle Chips Fruit Cookie	6 Roast Turkey Bread Whipped Potatoes Peas & Carrots Pumpkin Custard
9 Baked Spaghetti Bread Stick Italian Green Beans Peaches	10 No Meals Today Cook's Training	11 Beef with Sweet Peppers Bread Cheesy Mashed Potatoes Spinach	12 Turkey Reuben Sandwich Broccoli Cauli salad Apple Peanut Butter Brownies	13 Chicken Broc/Cheese Bread Baked Potato Berry Pear Crisp
16 Cabbage Roll Cass. Bread Carrots Mandarin Oranges Cookie	17 White Chicken Chili Bread Stick Capri Blend Citrus Fruit	18 Pizza Casserole Garlic Toast Yellow Wax Beans Fruit Cocktail	19 Closed No Meals Juneteenth 	20 Hawaiian Pork Bread Brown Rice Mixed Vegetables Tropical Fruit
23 BBQ Meatloaf Dinner Roll Peas & Carrots Whipped Potatoes Fruit Cocktail	24 Chicken Burrito Bowl Bread Apple Slices Yogurt Cherry Crisp	25 Potato Crunch Fish Bread Au gratin Potatoes Stewed Tomatoes Pineapple & Oranges	26 Reuben Casserole Bread Broccoli Strawberry Shortcake	27 Marinated Chicken Bread Parslied Potatoes Harvest Blend Veggies Cinnamon Applesauce Cookie
30 Meatballs and Gravy Bread Whipped Potatoes Green Beans Orange Goldfish Grahams				

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.

What a Great way to start June with the Grand Opening of our Pavilion on June 5 with a Vintage Car Showcase and a performance with Elvis Tribute Artist Jake Slater! We all are so looking forward to this wonderful event. Jake was here in November and we had a great turnout and he gave us a great performance! I am looking forward to seeing you all again!

Our Senior Prom Night will be on June 10 from 6:00 – 8:00 p.m. We have Line Dancing every Tuesday & Wednesday at 10:00 a.m. No Line dancing on June 18.

Bingo with Emma from Pace is on June 6 at 1:00 p.m. and Megan from Prestige on June 13 at 1:00 p.m.

Music performance with Barb & Greg on June 27 at 11:00 a.m. and the movie "The Butler" with Jeff Daniels at 1:00 p.m. Come on in and enjoy our great lunches M-F at noon and all of our other great activities!

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. Pleasant.**

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

Viva Las Vegas and Elvis! Jake Slater, an Elvis tribute artist, will perform at Rosebush Manor on Friday, June 13 at 2:00 p.m. Weather permitting, the event will be held in the gazebo on the east side of the property. Don't forget to check our schedule for other favorite activities. You're always welcome here.

rosebushfoodwithfriends@gmail.com

Rosebush June Calendar

- 2 Manicures/Nutrition Ed
- 4 Pot flowers
- 6 Music/Paul Wilkinson
- 9 Bingo/Prizes
- 11 Music/Kevin Bendele
- 13 ELVIS!!!
- 16 Music/Just the 2 of Us
- 18 Music/Marty Miller
- 20 Music at 11/Flobone
Music at 1/ Make & Brian/Ice Cream Social / Birthdays
- 23 Sing-A-Long with Brian
- 25 Music/Mark DeNoyelles
- 27 Music/David Smith
- 30 Laugh-In Hour

SHEPHERD

UNITED METHODIST CHURCH,
107 W. Wright Ave., Shepherd
Meals M, W, F, 10:00a.m.-2:00p.m.
Leann Vanacker, Site Facilitator

989-828-5106

“June is proof progress needs sunshine.”
~Maude Hart Lovelace ~ We have plenty of fun at the Shepherd site! June is full of classes and entertainment! Join the fun!

shepherdfoodwithfriends@gmail.com

Shepherd June Calendar

- 2 Otago/Healthy Living, Nutrition Ed.
- 4 12:30 Music: Kevin Bendele, June Birthday Celebration
- 6 11:00 Veterans Group, 12:30 Price is Right
- 9 11:00 CMU Otago and a presentation from Heather from MyMichigan
- 11 Music: Greg Merwin and Barb
- 13 Father’s Day Celebration 12:30 Summer Bingo!
- 16 11:00 CMU Otago Exercise/Healthy Living class
- Special Presentation: 12:30 Ramblings of an Old Puppet Farmer**
- 18 11:00 Wii Games
- 20 12:30 1st Day of Summer Celebration and Bingo!
- 23 11:00 Heather from MyMichigan 12:30 Music: Al Bartholomew
- 25 11:00 Movie: Twister
- 27 11:00 Games, 12:30 Bingo!
- 30 Closed**

Weidman Friend of the Month

Submitted by Volunteer Sue Preuss

This month the Weidman Senior Activity Center introduces Mike Whaley as the Friend of the Month. Mike is a resident of Weidman and has lived in the Lake Isabella, Weidman area for twenty+ years. He came to the center quite some time ago when he brought his mom Donna in to see what the food program and planned activities were all about. They both enjoyed their visit and quickly became regulars, with each stopping by even when the other can't come. Mike's hobby is feeding and caring for all the wildlife that come by daily for the food that he provides. It's rumored that the deer may even come to the door or window if the food isn't out when they wander in.

Known for his wry sense of humor and his stories of the fun and memorable experience he had while growing up in the Baby Boomer generation during the hippie era, he's proof that diverse age groups can gather, and find many things in common. Age is only a number. Friendships are forged by enjoying and appreciating each other's company... plain and simple. Mikes favorite thing about the center is the food! He loves to eat and he enjoys the variety in the menu. The center is located at the south end of the library building and is open M, W & Fri. 10-2. Sandy Hunter is the site facilitator and can be reached at **989-644-5238**. Stop by and meet Mike and the group soon! You will have a good time.

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

June and summer are here. We are celebrating Flag Day on June 13 so wear your red, white and blue! Painting with Marilyn is June 18. We make fresh baked muffins or cookies twice this month to enjoy! Warmer weather means corn hole can be played outside! Exercise is always scheduled at 10:00 a.m. Come join us!

weidmanfoodwithfriends@gmail.com

Weidman June Calendar

- 2 Cards
- 4 Nutrition Education
- 6 Music: Greg Merwin
- 9 Board Games
- 11 Coffee, conversation and muffins!
- 13 Flag Day celebration! Wear Red, White and Blue **Flower Bingo** prizes
- 16 Cards and dice
- 18 Painting with Marilyn (call early to reserve your spot!)
- 20 Corn Hole!
- 23 Coffee and conversation and fresh baked cookies!
- 25 Board Games-Yahtzee/Domino's/Checkers!
- 27 June Birthday Celebration! Ice-cream Social!
- 30 Cards/Dice



can be completed online at <https://midwestmycology.org/>. Registration to attend the workshop must be received by June 11, 2025; walk-in registrations cannot be accepted.

Questions? Email Heather Johnson, MAMI Program Administrator, at mamimycology@gmail.com. Special thanks to Sister Marie Kopin for coordinating this event between the Isabella County COA, Isabella County Parks and MAMI!

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

“June is the pearl of summer, shining with warmth and joy” ~L.M. Montgomery. June brings many fun craft classes! Where are all of my crafty people??? We have a great time with laughter and crafting on Mondays. Wednesdays are filled with music and camaraderie. Come join us!

winnfoodwithfriends@gmail.com

Winn June Calendar

- 2 Crafts: Bird Houses
- 4 Music: Midnight Express and Nutrition Education
- 9 Crafts: Center Pieces
- 11 Closed
- 16 Craft Class (10-11) Stamps and Cards
- Special Performance: Puppet Show (11-12)**
- 18 Music: Justin Judge and Father's Day Celebration!
- 23 Crafting: Learn how to make Burlap Wreaths
- 25 Music: Kevin Bendele
- 30 Crafting: Learn how to make Flower Pot People!



**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, June 4	2 p.m. - 6 p.m.
Thursday, June 5	9 a.m. - 1 p.m.
Saturday, June 7	9 a.m. - Noon
Wednesday, June 11	2 p.m. - 6 p.m.
Thursday, June 12	9 a.m. - 1 p.m.
Wednesday, June 18	2 p.m. - 6 p.m.
Thursday, June 19	9 a.m. - 1 p.m.
Saturday, June 21	9 a.m. - Noon
Wednesday, June 25	2 p.m. - 6 p.m.
Thursday, June 26	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.

Do You Have a Bunion?

A bunion is an enlargement of the joint at the base of the big toe. It forms when the bone or tissue at the big toe joint moves out of place. **Symptoms include:**

- * A growth at the base of your big toe that you can see and feel
- * Pain or stiffness in your big toe
- * Swelling
- * Discoloration or redness
- * Inability to move or bend your big toe or a burning feeling when you bend your toe
- * Difficulty wearing certain types of shoes, or pain that gets worse wearing shoes

If you are experiencing any of these symptoms, join Podiatric Surgeon **Vincent Lefler, DPM, FACFAS** to learn about an all new, Minimally Invasive bunion correction.

Wednesday, June 11 from 5:30 p.m. to 6:30 p.m.

McLaren Central Michigan in FDJ Conference Room, 1221 South Drive, Mt. Pleasant
Call (989) 779-5606 to register. A light meal will be provided.

Free Hernia Screening

Are you experiencing nausea, groin pain or a lower abdomen bulge? Surgeons **PJ Persson, MD** and **Muhammad Usman, MD** are providing free consultations to determine if you have a hernia including a discussion about treatment options.

Thursday, June 12 from 4:00 p.m. to 6:00 p.m.

McLaren Central Michigan, Medical Arts Building, 1201 South Dr., Suite 371, Mt. Pleasant
Call (989) 779-5606 to schedule an appointment.

Explore Treatment Options for Hip & Knee Arthritis

Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon **Michael Moutsatson, DO** to learn about options for relief. Learning about treatment options can ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee and hip replacement surgery will be discussed.

Friday, June 27 from 12:00 p.m. to 1:00 p.m. at Isabella County Commission on Aging
2200 S. Lincoln Rd., Mt. Pleasant Call (989) 779-5606 to register.

FREE *IRide* Gold Pass

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.

**You can sign up for
Smart911**

Smart911 is an emergency mass notification system that is 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.

**To Follow COA on
Facebook:**

You can get updates and additional information. From your Facebook page, go to Search at top of page and enter Isabella County Commission on Aging. When the page pops up, click Like.

Or from your computer you can type in: **www.facebook.com/Commission on Aging/** Then click on Isabella County Commission on Aging—Home Facebook.

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, June 25, July 30, and August 27 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

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 (June 17) 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.

Huntington's Support Group at COA

Tuesday, June 10

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

Central Michigan Area Parkinson's Support Group

Time: 4th Wednesday of each month (May 28, June 24) 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

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 meet on third Wednesday of each month June to September; June 18, July 16, August 20 and September 17 at 11:00 a.m. This group will be facilitated by Bonnie Levitan, a polio survivor herself. If you have questions, please contact **Marcy Huntoon (Jerome) at (989) 772-0748. mjerome@isabellacounty.org**

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, June 18, or July 16 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.

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.

Next **New Tomorrows Series is now scheduled for September 3 to October 22.**

In Memory Of

William J. (Bill) Beltinck
Doug & Katie Wiora

Ted & Ginger Kjolhede
Walter Schneider

Mary Jo (Leyrer) Kyser
Mike & Judy Florian

Tammy Silvey
Jan Lodes

Martin Trombley – Veteran 
Sandra Trombley

Sharon "Sam" Walker
Anita Havekost
Suzanne Chadwick

Anonymous
Michael Adams
Tim Bailey
Vanda Barker
Richard & Nancy Beckwith
Kimberlia Bohl
Sandy Clare
Julie Clark
Barbara Dixon
Debra Ege
Therese Ellis
Rich & Diane Fleming
Cathy Garrett
Marie Green
Margie Henry
Roderick & Mary Hovey
Terry & Rose Inosencio
Linda Jensen
Matt & Deb Kampf

Ron & Carolyn Lutz
Patricia Moore
Janet Morey
Walter & Marna Nelson
Melissa J. Puvogel
Doris Ramsey
Mike & Jan Schafer
Thomas Schmitz
Barbara Sheperdigian
Dave Smith
Faye Thering
Mountain Town Family Chorus

In Memory of for Active Living

Emily Jackson
Tim & Vickie Hart

Floyd "Pete" Reed – Korea Veteran 
Shirley Reed

Alain Shannon – Veteran 
Carol Shannon

In Memory of for Home Delivered Meals

Sue (Sponseller) Cotton
Kirk Sponseller & Nancy Priestap

In Memory of for Gold Key Volunteer Program

Sandra Chivington
Richard Chivington

Thank
You
All
For
Your
Generous
Donations

In Honor of for Active Living 
Walter Ayers – Veteran
Sue Ayers

COA Donors

2 Anonymous Donors
Carol Conrad
Therese Ellis
Frederick Kawka
The COA Staff
Barbara Sheperdigian

In Honor of for HDM...
Walter Ayers – Veteran 
Sue Ayers

Gold Key Volunteer Program
Beth Evans



SUMMER CONCERT SERIES

JUNE 5 – JULY 31, 2025

5:30 P.M. – 7:30 P.M. 
ISLAND PARK-
MT. PLEASANT

Kids Activities Pet Adoptions Food Trucks

M·M·I
Leading the way to inclusive communities

6/5 SHARI & WYATT KNAPP	7/10 DUELING PIANOS
6/12 KEVIN CHAMBERLAIN	7/17 THE SCHROCK BROS.
6/18 (WEDNESDAY) TWO YOU (CARMEL & TODD)	7/24 NATIVE FIREBALL
6/26 KARI LYNCH BAND	7/31 THE COPY KATZ

Bring Your Chairs and Relax for Thursday Evenings All Summer!

FREE CONCERTS FOR THE ENTIRE COMMUNITY!

Dear Valued Contributors,

As a reminder, we have a 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. As of May 16, we have received \$8,842.50. We are still a 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

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Temporarily Away

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

Active LIVING Deadline

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

Isabella County Commission on Aging

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

Mission Statement

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

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

In Home Services Program

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

Food with Friends Program

- Congregate Meals
- Home Delivered Meals

Foster Grandparent Program Senior Companion Program

Activity Center Program

- Activities
- Travel Opportunities
- Fitness

Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

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

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



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

1-800-322-4512

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

For Delivery of

Active LIVING

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

Full Name _____

Address _____ Apt. No. _____

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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.

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