



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

Reminder Dates:

Subject to Change

FREE Movies and Popcorn~
 July 25 ~"Hidden Figures"
 August 29~ "Lincoln"

Caregiver Support Group
 Monday , August 18

Tai Chi in the Park~
 July 25, August 8, August 22,
 August 29, September 5.

Red Cross Blood Drive
 Thursday, August 28

Advance Care Planning ~
 Your Health, Your Wishes
 Wednesday, August 27

4 Pillars of New Retirement
 Thursday, Sept 4

Fall Dance at COA
 Sept 30 6 to 8 p.m.

Fall Caregiver Training
 Wednesday, October 1

TRIPS :Detroit Tigers Game
 Thursday, September 18

Turkeyville
 Thursday, November 13
 "Naughty List"

COA Craft Show
 Saturday, November 8



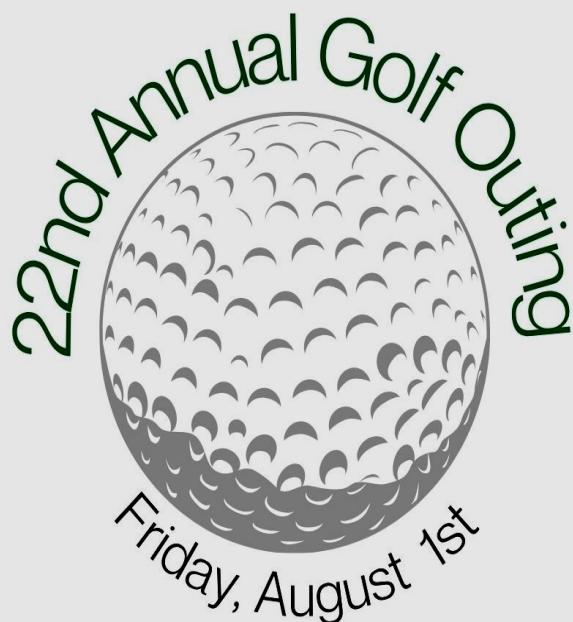
ISABELLA COUNTY
 COMMISSION ON AGING

8:00AM Check-In
 9:00AM Shotgun Start-
 Scramble

\$300 total, \$75 per person
 DUE July 18th

Includes:

- ✓ 18 holes of golf with cart
- ✓ Cash prizes for flights
- ✓ Snacks and Buffet lunch
- ✓ 50/50 & Contest Holes
- ✓ \$10,000 Hole-in-One
- ✓ Golfer gift



Sponsored by:

 FRIENDS OF
 ISABELLA SENIORS

Supporting Isabella County
 Commission on Aging

Our mission is to promote health,
 independence, and fulfillment of Older
 Adults through the coordination and
 provision of diverse services and
 opportunities

Pleasant Hills Golf Course

4452 E Millbrook Rd, Mount Pleasant, MI 48858

For more information or to become a sponsor,
 please call the **Commission on Aging** at 989.772.0748



Sponsorship Opportunities are Still Available!
Call 989-772-0748 Your Support is Greatly Appreciated!

COA Director's Comments



Happy August! It sure does not seem that summer should be winding down, but here we are. By the end of this month, many of our area schools will be back in session, so please use extra caution when out and about to keep all of the little people in our community safe and sound.

I continue to share the following each year because I feel that it is so

important. In case you are wondering if, or when, you need to stop for school buses, here is a recap of our Michigan school bus traffic safety law:

When a school bus comes to a stop and activates its red flashing lights, drivers traveling in both directions are required to come to a complete stop at least 20 feet away from the school bus. Drivers must remain stopped until the school bus resumes moving down the road or turns off its red flashing lights. The only exception to these rules is for drivers traveling in the opposite direction of a school bus when the lanes of traffic for motorists traveling in different directions are separated by a physical barrier or “intervening space,” such as a boulevard, which serves as a barrier between traffic traveling in opposite directions. So – as an example, if you are traveling on Pickard Road (M20) there is no physical barrier dividing the lanes, which means that traffic must stop on **both** sides of the road when a bus activates its red flashing lights. Please use extra care, and if you are not certain, err on the side of caution and just stop.

Summertime brings many different events that are always fun, but I am excited to share that **Thursday, August 21 is National Senior Citizens Day!** What an amazing day to celebrate! I can tell you that all of us here at the Isabella County Commission on Aging appreciate each and every one of you every day of the year, but how wonderful to have a day to officially recognize all of our amazing senior citizens throughout Isabella County! We want you to know how much we care about you and just how thankful we are for all of you!

Your presence and contributions to our community, make it the most wonderful place to live and work. ***Do something extra special for yourself on August 21 – we hope that you will plan a day to come in for lunch or an activity here at the Commission on Aging. We would love to see you!***

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 [\(989\)772-0748 ext: 237](mailto:bleonard@isabellacounty.org)

Caregiver Support Group is located at the **COA Building, Monday, August 18 from 1:00 p.m. to 2:30 p.m.** All caregivers are welcome! No pressure to be on time or leave early. Support is important to caregivers; please come as you are.

This group is a **partnership with the Alzheimer's Association**. If you plan to attend and need complimentary care onsite for your person living with dementia, please contact **Susan at (231) 267-6119** or slevans@alz.org by the Friday before the meeting. If you have specific questions or concerns about care during the meeting, call Asona Home Health Care at **(989) 546-4269**. For more information about the Alzheimer's Association, visit aaic@alz.org or call the 24/7 Helpline at **(800) 272-3900**.

Friendships

Keeping good friendships is important while continuing to be a caregiver. As you go through your caregiving role, it's important to openly and honestly explain you are in the midst of caregiving and it's become a significant part of your life. Talk to friends let them know your time may be limited. You may need to explain to your friends you are unable to socialize as you did in the past due to your caregiving responsibilities. It's also important to discuss your needs and expectations and explain you may not be able to handle certain topics based on your emotional availability. If you're feeling overwhelmed emotionally or physically, talking to a friend may help your caregiving situation and stress levels. Your friends may notice you're not your normal self- they may ask if they can help support you on your caregiving journey.

An easy way to stay connected is quick phone calls or texts.. You can also modify activities such as watching a movie at home, playing board games, enjoying a meal together, or talking over a hot cup of tea or coffee. It's important while you're with your friend to put aside some caregiving concerns and focus on enjoying the one-on-one time. This will also help you relax with giving yourself a break even if you're still at home.

Speaking from experience it's often a nice thought if you're a secondary caregiver to allow the primary caregiver to get out with a friend. You could offer to sit with your loved one while they get out. You may even need to reach out on the primary caregiver's behalf. With burn out, loneliness and depression that sets in, the primary caregiver may be so far down into caregiver burnout or grieving they can't begin to think about getting out of the house. Calling one of their really close friends for them and scheduling a date is a very nice gesture. Now be aware of the push back. They may try to tell you “No!” but stand strong and tell them they are getting out. Let's face it - sometimes you just have to push the primary caregiver out the door. Say something like “You've got it, go have fun. I've got this.” That is being a good friend to the caregiver as well.

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.

Mission Moments



Greetings! Welcome to our monthly edition of Active Living. I am excited to share what's been happening in our In-Home Services Program. Our staff has been busy with a few aide transitions and higher intake calls allowing us to help more of the population in Isabella County. Our scheduler, Kirestheon, does her magic with scheduling times with both aides and clients so everyone gets the care they need. Our Case Managers are always out and about on home visits and assessments to provide the needed resources for our clients.

Upcoming we have **Kinship Family Day which is scheduled, Monday, August 4, 2025**. Kinship Family Day is dedicated to students up to the age of 18, who are currently being raised by grandparents or other family members ages 55 or older. A fun-packed movie day is planned, and students will receive a free gift. This is an amazing yearly event put on by Region VII Area Agency on Aging which does so much for the COA. A big "Shout Out" to them for their generosity!

Another event to look forward to is the **Fall Caregiving Training on October 1, 2025**. Our Caregiver Trainer, Brandise, has lined up two great speakers for an all-day session. These trainings are always informative, thrown in with a valuable question and answer period. Please keep your eyes peeled for a flyer; which will be sent out by August with more information.

As Program Manager of In-Home Services, I continue to be blessed by everyone involved in our wonderful agency. The amount of people that the Commission on Aging helps and supports is phenomenal. If you know of anyone, 60 or over, who hasn't heard of our Agency and is seeking comradery, among other things, please don't be shy and share all the activities that we offer year-round. You, the community, are our highest priority and without you there would be no us! So, until next time...be kind to each other.

Chrystal Marshall, In Home Services Program Manager

Gold Key Volunteers Needed!

The Gold Key Volunteer Program is looking for volunteers in the following areas:

Transportation Drivers: Transport seniors to medical appointments using your own vehicle. Based on preference, can be local or out of town appointments. Flexible schedule ~ help as you can! Mileage reimbursement is available.

Meal Site Assistants: Assist Meal Site Managers with tasks such as meal preparation, serving, and clean-up. 11a.m.-1p.m.

Shepherd Site: Monday, Wednesday, or Friday

Winn Site: Wednesday

Friendly Visitors: Visit a senior in their home once a week, depending on your schedule.

Please Contact **Mary Fremin** at the COA to sign up!
mfremin@isabellacounty.org or 989-772-0748.

American Red Cross Blood Drive at COA ~

We will again be partnering with the American Red Cross to host a blood drive on **Thursday, August 28 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).

Medicare Seminar 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: 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.**



Enjoy Summer at Isabella County Parks

Enjoy our beautiful summer days at **Coldwater Lake Family Park** or **Herrick Recreation Area**. For pavilion and camping information, utilize our online reservation system at <https://www.isabellacounty.org/departments/parks-recreation/reservations/>. You can also call the County Parks Main Office **989.317.4083** or call the parks directly; Coldwater Lake Family Park – **989.644.2388**, Deerfield Nature Park – **989.772.2879** and Herrick Recreation Area – **989.386.2010**.

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!

Events & Classes at COA

Computer/Tech Class at COA

Tuesday, August 5 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*

Anyone Can Paint "Summer Retreat"

Wednesday, August 6, 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 "Summer Retreat." You don't have to be "born with the gift" to be a great painter. Remember "Anyone Can Paint" these pieces of art. Steve's methods are applicable to the beginner as well as the advanced painter. Create an 11" x 14" acrylic landscape painting in class. Contact COA at (989) 772-0748 to register. **Money and reservations due by Monday, August 4!** Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.

Next class, Wednesday, September 3

Advance Care Planning ~ Your Health, Your Wishes

On Wednesday, August 27 at 12:30 p.m. in Room B, please join us for a presentation by Kelly Perry from MyMichigan Health on Advanced Care Planning.

We can't honor your wishes if we don't know what they are. People don't like to think about unforeseen illnesses or injuries. They often wait for a medical crisis to make important decisions – but by then it may be too late to make their wishes known. Join us to learn how to avoid this situation and make sure that **your** wishes are respected.

Mahjongg at COA~ Join our Mahjongg group on **Mondays now at 1:00 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, Jam Session and Ukulele groups are on break until September 5.

Coffee Hour with An Attorney

4th Wednesday of ALTERNATE months, (September 24) 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, August 14 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 Needlecrafter

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, August 12, 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 are **ON HOLD** until September. Sign ups for each month will start after the first of each month.

2 FREE Movies and Popcorn at COA

Call Rhonda (989) 772-0748 to register.

"Hidden Figures" 2hr 7min PG

Three brilliant African American women at NASA -- Katherine Johnson, Dorothy Vaughan and Mary Jackson -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

Friday, July 25 at 1:00 p.m. COA Room C

"Lincoln" 2hr 30min PG-13

With the nation embroiled in still another year with the high death count of Civil War, President Abraham Lincoln brings the full measure of his passion, humanity and political skill to what would become his defining legacy: to end the war and permanently abolish slavery through the 13th Amendment. Having great courage, acumen and moral fortitude, Lincoln pushes forward to compel the nation, and those in government who oppose him, to aim toward a greater good for all mankind.

Friday, August 29 at 1:00 p.m. in COA Room C

FREE Fitness Classes ~

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

Tai Chi in the Park: 10 sessions, all Fridays, this year: 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. Pleasant at 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 July 29, 31, August 12, 14.

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 ~ Updated Time: Monday and Friday at 10:45 a.m. to 11:30 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*

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

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.!

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

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

Pool Closures: Monday, September 1.

Yoga ~ on hold until Tuesday, September 2.

Instructor: Catherine Tobin

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 on 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 Otaga 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

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 2: Mondays 3:00 to 4:00 p.m., until August 4

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

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

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.

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
- ◆ Wheel Chairs



Zonta Applefest

The Zonta Club of Mt. Pleasant is hosting its 36th annual Applefest event on **Saturday, September 27, 2025, at Papa's Pumpkin Patch 3909 S. Summerton Road, Mt. Pleasant from 9:30 a.m. to 4:00 p.m.** There will be fun activities for the whole family, including children's games, hayrides, crafters, and of course homemade apple pie, Apple Delight, apple cider and donuts.

You can enjoy pizza from Falsetta's on Fire, food from Far Out Food Truck, and treats from Kona Ice. Bring seating for a fall themed story time by Miss Christie of the Chippewa River District Library.

Please Follow us on Facebook for more information www.facebook.com/zontamtpleasant. This year we partner with the **Unplug and Play Day** for a full day of family activities in our community.

You Can Report Scams and Frauds

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

Isabella County Commission on Aging

FALL DANCE Party

9/30/2025

6:00-8:00pm

LIVE MUSIC

FREE ENTRY

PIZZA & POP

Music provided by the Holiday Ramblers

Isabella COA
2200 S. Lincoln Rd.
Mt. Pleasant

Travel with COA

Detroit Tigers Game ~

Trip Is Full

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

Turkeyville Presents: "Naughty List"

Motorcoach will depart the COA on Thursday, November 13 at 9:30 a.m. Buffet style turkey dinner served at noon. The show will start at 2:00 p.m. Price: \$90 per person includes motorcoach transportation, buffet style turkey dinner, show ticket, and all tips. **Money and reservations due Friday, October 10.** To make a reservation, please contact: **Marcy Huntoon (989) 772-0748 or email at mjerome@isabellacounty.org**

Sparkle the Elf dances like a snowflake and has the voice of a snow angel, and she is always the star of the annual Christmas Pageant at Santa's Workshop. But when a new and talented elf comes onto the scene and threatens to steal the spotlight, Sparkle is overwhelmed with feelings of jealousy that threaten to land her on... the naughty list!

There will be some time when we first arrive and before the start of the show to browse the gift shop. We should arrive back to COA around 6:00 p.m.

COA 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.

Bring Your Chairs and Relax for Musical Evenings This Summer!

FREE CONCERTS FOR THE ENTIRE COMMUNITY!



SUMMER CONCERT SERIES

JUNE 5 - JULY 31, 2025

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

Kids Activities
Pet adoptions

M·M·I

Leading the way to inclusive communities

Pet Adoptions

**2 Final Thursday
Concerts**

Food Trucks

7/24 NATIVE FIREBALL

Kids Activities

7/31 THE COPY KATZ

FREE Outdoor Concerts Continue for August in Mt. Pleasant with Max & Emily's Summer Series

The Max & Emily's FREE concerts are open to all ages and will be held outdoors at 125 E. Broadway in front of Max & Emily's. The shows start at 6:00 p.m. with local openers. Then at 7:00 p.m. the headliner will perform. Hope to see you there on **THURSDAY, August 14** for

Joe Hertler and the Rainbow Seekers!

Then on **SATURDAY, August 23**, **Jeff Daniels** returns to Mt. Pleasant! Bring your lawn chairs and blankets.

Food will be available for purchase.

Upcoming CWC Events: **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. **Summer Wildflower Walk** at Peterson

Natural Area on August 9 at 1:00 p.m. **Summer Mushrooms** at Sylvan Solace Preserve on August 28 at 9:00 a.m. **End of Summer Mushroom Hunt** at Weting Preserve on September 19 at 11:00 a.m. Questions??? Please give Sister Marie Kopin a call at **(989) 621-7940**.



<p>9:00 Video Exercise Group 10:00 Coffee and Conversation 10:00 Quilts of Valor 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Mahjongg 1:00 Cards 1:00 Faith Weavers 1:00 Hand Sewing Group 5:15 Human Rights Committee</p>	<p>4 9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 1:00 Cards 2:00 Computer/Tech Class 5:00 Board of Commissioner Meeting 5:30 Isabella County Historical Society</p>	<p>5 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 11:30 Word Search/Trivia 12:00 COA Advisory Board Meeting 1:00 Cards 1:00 Happy Rippers 4:00 Anyone Can Paint</p>	<p>6</p>
<p>9:00 Video Exercise Group 10:00 Coffee and Conversation 10:00 Quilts of Valor 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Mahjongg 1:00 Cards 1:00 Faith Weavers 6:00 Orchard Glen Board Mtg</p>	<p>11 9:00 Jerolyn's Sewing Group 9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Commissioner Committee Mtgs 10:00 Needlecraft Meeting 11:30 Word Search/Trivia 1:00 Honors Flight Meeting 1:00 Cards 4:00 League of Women Voters</p>	<p>12 9:00 FGP Back to School Training 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 11:30 Word Search/Trivia 11:30 PEO 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 1:00 Between the Covers Book Club</p>	<p>13</p>
<p>9:00 Video Exercise Group 10:00 Coffee & Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 1:00 Caregiver Support Group 2:30 Insurance Committee Meeting</p>	<p>18 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 1:00 Cards 1:00 Medicare Seminar 5:00 Board of Commissioner Meeting</p>	<p>19 9:00 Video Exercise Group 10:00 Chess Club 10:00 Line Dancing 10:00 Second Sight Artists 11:30 Word Search/Trivia 12:15 to 12:45 Root Beer Floats  12:30 CMU Otaga Exercise Class 1:00 Happy Rippers 1:00 Cards 1:00 Second Hand Book Club 2:30 Union Township</p>	<p>20</p>
<p>9:00 Video Exercise Group 10:00 Coffee & Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Mahjongg 1:00 Cards 1:00 Faith Weavers Group</p>	<p>25 9:30 Basic Line Dancing Instruction 10:00 Commissioner Committee Mtgs 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 1:00 Cards 6:00 Mid Michigan Quilt Guild 6:30 Broadway Theatre</p>	<p>26 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 12:30 Advanced Care Planning Seminar 1:00 Cards 5:00 Parkinson's Support Group 6:30 Broadway Theatre 7:00 Nancy Carey Cancer Support Group</p>	<p>27</p>

Thursday	Friday	Page 9
Activities At COA	8:00 Happy Rippers 9:00 Collaborative Meeting 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Cards	1 Saturday & Sunday 9:00 Happy Rippers
7 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 6:00 Building Bridges 6:30 Isabella County Democratic Party	8 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Bingo 1:00 Sacred Heart Book Club 2:00 Cards	9 "We are having some work done on our COA parking lot, therefore there will be NO access to our parking lot on Saturday, July 26 or Sunday, July 27. If you are planning to use our walking trail, pavilion or outdoor recreation equipment that weekend, please plan to park at McDonald Park next door for that weekend only. Thank you!"
14 8:30 CMU Otaga Exercise Class 9:00 Community Church Craft Group 9:00 FGP Back to School Training 10:00 Coffee and Conversation 11:30 Word Search/Trivia 1:00 Cards 1:00 Veterans Support Group 3:00 Hula 4:30 VA Committee Meeting 6:00 Building Bridges 6:30 Community Cancer Services	15 9:00 Video Exercise Group 9:30 FGPSCP In-Service 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Cards	16 "We are having some work done on our COA parking lot, therefore there will be NO access to our parking lot on Saturday, July 26 or Sunday, July 27. If you are planning to use our walking trail, pavilion or outdoor recreation equipment that weekend, please plan to park at McDonald Park next door for that weekend only. Thank you!"
21 National Senior Citizens Day 8:00 Stitchin Gals 8:30 CMU Otaga Exercise Class 10:00 Learn to Crochet 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Gold Key Reception Training 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 1:00 Cards 3:00 Hula 3:00 Faith Weavers 6:00 Building Bridges 7:00 Climate Lobby	22 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Bingo with Prestige 2:00 Cards	23 8:00 Mid Michigan Quilt Guild Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people. ROY T. BENNETT
28 8:30 CMU Otaga Exercise Class 9:00 Community Church Craft Group 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Red Cross Blood Drive 11:30 Tai Chi Next Level 11:30 Word Search/Trivia 12:30 August Birthday Celebration 1:00 Cards 3:00 Hula 6:00 Building Bridges 6:30 Broadway Theatre	29 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:00 Music with Barb and Greg 11:30 Trivia/Word Search 1:00 Movie & Popcorn: "Lincoln" 1:00 Cards	30 Food with Friends Lunch New Time Monday thru Friday at 11:45 a.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					August 2025
Monday	Tuesday	Wednesday	Thursday	Friday	
					
4 Spanish Chicken Au gratin Potatoes Yellow Beans Peaches & Pears	5 Turkey Cran Sandwich Cottage Cheese Carrots Apple Crisp	6 Roast Pork Bread Scalloped Potatoes Harvest Blend Michigan Fruit Cup	7 Ham & Cheese Breakfast Casserole English Muffin Mandarin Oranges Juice	8 Chili Corn Bread Baked Potato Apricots	1 Harvest Stew Biscuit Green Beans Pears
11 Sloppy Joe Bun Mixed Vegetables Pineapple & Oranges	12 Baked Italian Chicken Bread Cheesy Mashed Potatoes Key West Blend Tropical Fruit	13 Mac and Cheese Bread Succotash Pineapple Tidbits	14 Gold Coast Pork Chop Bread Whipped Potatoes Carrots Fruit Cocktail	15 Smothered Chicken Bread Whipped Potatoes Beets Mixed Fruit Cup	
18 Sweet & Sour Meat-balls Bread Brown Rice Kyoto Vegetables Pears	19 Lemon Baked Chicken Bread Squash Brussels Sprouts Applesauce Cookie	20 Corn Chowder Bread Stick Italian Green Beans Strawberries	21 Pulled Pork Bun Broccoli Macaroni Salad Cherry Crisp	22 Italian Meatloaf Bread Company Potatoes Corn Mandarin Oranges	
25 Baked Ham Dinner Roll Whipped Potatoes Winter Blend Michigan Fruit Cup	26 Egg & Cheese Casserole Cinnamon Roll Redskin Potatoes Sausage Links (2) Citrus Fruit Cup	27 BBQ Chicken Breast Bread Sweet Potatoes California Blend Peaches	28 Barb's Sweet and Sour Chicken Bread Peas & Carrots Berry Fruit Cup	29 Burger Bun Succotash Broccoli Cauliflower Salad Tropical Fruit String Cheese	

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 11:45 a.m.
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 August! It sure has been a very warm summer so far and we have been getting some rain to go with it. I hope you all are staying cool and enjoying your summer and your time spent here at the COA Activity Center. I love seeing you all, you are like family to me and I get to see your smiling faces when you gather here for our lunches and activities!

Line Dancing is every Tuesday and Wednesday at 10:00 a.m. Basic Line Dancing is on Tuesdays at 9:30 a.m., if you need that extra help. Bingo this month is on 8/8 and 8/22 at 1:00 p.m. Veterans Support Group will meet at 1:00 p.m. on 8/14. Root Beer Floats on 8/20 at 12:30 p.m. Music with **Barb and Greg** on 8/29 from 10:45 to 11:45 a.m. The Movie this month will be "Lincoln" with Daniel Day-Lewis and Sally Field!

I look forward to seeing you all!

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

Heat getting you down? Come and stay cool with us at Rosebush Manor FWF as we relax and listen to great music, make & eat ice cream or play Penny Bingo. Also, enjoy a meal that you don't need to cook. Hope to see you soon.

rosebushfoodwithfriends@gmail.com

Rosebush August Calendar

- 1 Music/Paul Wilkinson & Nutrition Ed
- 4 Manicures
- 6 Bingo/Prizes
- 8 Music/Mark & Scott/Ice Cream Social
- 11 Music/David Smith
- 13 Music/Marty Miller
- 15 Music /Jim Gilmore
- 18 Music/Just the 2 of Us
- 20 Music/Mark DeNoyelles
- 22 Make Ice Cream
- 25 Sing A Long with Brian
- 27 Music/Kevin Bendele
- 29 Rummage Sale

SHEPHERD

UNITED METHODIST CHURCH,
107 W. Wright Ave., Shepherd
Meals M, W, F, 10:00a.m.-2:00 p.m.
Leann Vanacker, Site Facilitator
989-828-5106 @gmail.com

August is a time of reflection and gratitude for the beauty that surrounds us.

Shepherd August Calendar

- 1 Veterans group - Bingo
- 4 11:00 a.m. Heather from MidMichigan (exercise and discussion)
- 6 **Closed**
- 8 **Closed**
- 11 11:00 a.m. Exercise class (healthy living support). 12:30 p.m.: Wii Bowling
- 13 11:00 a.m.- Movie: "Grease"
- 15 Bingo/ games
- 19 11:00 a.m. CMU Otago exercise class, WII games
- 20 12:00 pm Self-Worth Training with Michelle Lucchesi
- 22 Bingo/ games
- 25 11:00 a.m. Exercise, 11:45a.m.- Music: Al Bartholomew
- 27 Summer stories & beach games, Peach Day
- 29 Closed**

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

Weidman Friend of the Month

Submitted by Volunteer Sue Preuss

Greetings from the friends of the Weidman Senior Activity Center. We hope everyone's summer is going well. Whether you're traveling to a destination vacation spot, puttinger in the yard or simply sitting on the porch taking in some fresh air, hopefully you're enjoying this long-awaited summer weather.

It's been busy at the center these past few weeks. There have been friendly competitive games being played, crafts scheduled, and art classes held, as well as the jig saw puzzle that is always being done, and ready for anyone to work on. There's the sit and get fit exercise group that gathers from 10-11am 3 times a week and as always there is friendship and laughter that goes along with each activity.

As busy as things have been, the group would like to extend an invitation to the community for anyone who has a skill or talent they would like to share, to please consider coming to share it at the center. Do you enjoy singing, play a musical instrument, can perform magic tricks or tell stories of travel and adventure... or are you knowledgeable in computer skills, or the ins and outs of Medicare?? The possibilities are endless. We are always looking for new activities or skills and would love to experience what you have to offer.

So please consider calling Sandy Hunter, the site facilitator at **989 644-2538** and setting up a time to stop by and share your expertise. The center is located at the south end of the library building on School Rd and is open M, W, and Fri from 10-2. Hope to see you soon.

WEIDMAN SENIOR CENTER

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

The weather outside is heating up as we start the Dog Days of Summer, but we stay nice and cool inside with hot food and cool people! The first Friday of the month Greg Merwin joins us for singing entertainment! Join us everyday for exercise, games, movies and so much more! On Monday, August 25 we are celebrating Hawaii with a Luau! Find your flowered shirts and grass skirts! We have a great time at the Weidman Senior Center!
weidmanfoodwithfriends@gmail.com

Weidman August Calendar

- 1 Greg Merwin
- 4 Corn Hole Toss
- 6 Nutrition Education with Cookies
- 8 Board Games
- 11 Cards -Trash and Dice
- 13 Movie with Snacks
- 15 August Birthdays with Cake and Ice Cream!
- 18 Coffee and Donuts
- 20 Bingo! "Summer Fun"
- 22 Corn Hole Toss
- 25 Hawaiian Luau!
- 27 Coffee, Conversation and Muffins
- 29 Cards and Dice

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

Come on in to Winn. We have a great group of crafters every Monday and music on Wednesdays! We have a great group that loves to laugh!!!

Winnfoodwithfriends@gmail.com

Winn August Calendar

- 4 Craft Day-Paintbrush hangers
- 6 Music: Midnight Express, Nutrition Education
- 11 Craft Day-centerpieces
- 13 Music: Justin Judge
- 18 Craft Day-Flower Pot clothes pin, Cards and Scrapbooking
- 20 Music: Al Bartholemew
- 25 Craft Day-Summer time hanging decoration
- 27 To be announced!

Happy August!
May this month
be filled with
sunny days, laughter,
and lots of love.

**Food with Friends Meal Service Changed Time**

Over the past couple of years, we are seeing a wonderful increase of participants enjoying the meals and activities at Commission on Aging. In order to improve the dining experience, **meal service now starts at 11:45 a.m.** This change should allow for more dining time prior to the start of afternoon activities.

As usual, we generally have service available until 12:30, however if you are arriving later than noon, please give us a call. We will make sure there is a meal set aside for you. Thank you all for making COA a great place to be! If you haven't tried our meals, we encourage you to do so! **Thank you, Carmel Slebodnik, Nutrition Program Manager**

**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, Aug. 6 2 p.m. - 6 p.m.

Thursday, Aug. 7 9 a.m. - 1 p.m.

Saturday, Aug. 9 9 a.m. - Noon

Wednesday, Aug. 13 2 p.m. - 6 p.m.

Thursday, Aug. 14 9 a.m. - 1 p.m.

Wednesday, Aug. 20 2 p.m. - 6 p.m.

Thursday, Aug. 21 9 a.m. - 1 p.m.

Saturday, Aug. 23 9 a.m. - Noon

Wednesday, Aug. 27 2 p.m. - 6 p.m.

Thursday, Aug. 28 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**



**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.

Edward Jones

edwardjones.com | Member SIPC

The Four Pillars of the New Retirement

An extensive study by Edward Jones and Age Wave uncovered four essential “pillars” that can impact your quality of life in retirement.

Please join us for “The Four Pillars of the New Retirement” to learn about these essentials and other eye-opening insights that can help you get ready for the next chapter in your life.

Save the date

Thursday, September 4th, 2025
12:30-1:30pm

Commission on Aging
2200 S Lincoln Rd
Mt. Pleasant, MI 48858

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.

Central Michigan Area Concert Band

Upcoming Performance on Monday, August 11

at the Clare Airport , 10841 S. Eberhart Avenue

Ice Cream at 6:00 p.m. Music at 7:00 p.m.

as part of the 27th Annual Clare Area Pilot Association Ice Cream Social. Bring your chairs and enjoy a great time!

Donations are Welcomed.

The public is welcome to attend this event!



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, 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.

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 (August 19) 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

*NO meeting in July or August

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 (July 23, August 27) 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

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, August 20 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.

Possible Ileostomy/ Colostomy Support Group at COA ?

We are looking to gauge interest in starting up a support group for those living with an ileostomy or colostomy. If you feel this may be something you'd be interested in, please reach out to **Marcy Huntoon (989) 772-0748** or mjerome@isabellacounty.org to be put on the list and she will contact you with any information regarding the formation of a local group.

In Memory Of

Lois J Meyers
James Meyers

Dave Mogg
Raymond & Kay Bissett

Arthur Peterson
Ellen Peterson

Sally Pierce
Claudia Joslin

Mary Straight
John Straight

Al Thomas
Walter Schneider

Chum Utterback
Ruth Utterback

For Activity Center
Donna Parr
Dennis McMichael

For In-Home Services
Patrick Clevenger
Lucinda & Joseph Clevenger

For Gold Key Volunteer Program
Joan Loveland
Dennis McMichael

In Honor of...

Doug Falau
Martha Smith

Thank You All For Your Generous Donations

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!



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 Donors

Anonymous
Shirley Blackwell
Diane Burgess
Lucinda & Joseph Clevenger
Cheryl Courser
Joan Dollard
Marji Evans
Denny & Pat Fox
Marilyn Fraczek
Ken Helinski
Lorraine Helminski
Ed & Ruth Helwig

Charles Kapplinger
Clare Myers
Karen Norman
Olivia Ohler
Jonathan Raber
Antionette Raymond
Claudia Roth
James & Teresa Rupert
Annie Shackelford
Ruth Utterback
Kelly Brooks-Wesseler

COA Donors

Marilyn Dewey
Margie Henry
Howard & Mary Lou Jones
Richard Thomas

Ruth Utterback
Dr. Norman & Susan Woerle
Cathy The Winner

Strong & Steady Your Journey to Wellness

FREE 6-Week Program

Tuesdays: September 9th - October 14th, 2025

10 a.m. - 12 p.m.

Isabella Commission On Aging
2200 S Lincoln Rd, Mt. Pleasant, MI 48858
Registration is required

Learn problem-solving, decision-making, and other techniques for managing problems common to people with chronic diseases.

Topics Include

- Working more Effectively with Health Care Providers
- Appropriate Exercise for Maintaining and Improving Strength and Endurance
- Breathing Techniques
- Fall Prevention
- Healthy Eating
- & More



To register, please visit www.mymichigan.org/CDSMP
or if you need assistance, call MyMichigan Health Line at (800) 999-3199.

Active LIVING Still Needs You

Thank You to everyone who donates to Active LIVING. *As of July 8, we have received \$10,637.50. 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.

Enclosed is my Donation for
\$ _____

Please make check payable to:

Friends of Isabella Seniors

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

Please designate my gift to:

- Active LIVING
- COA Activity Center
- Food With Friends
- Foster Grandparent / Senior Companion Program
- Gold Key Volunteer Program
- In Home Services
- Where most needed

Gift is:

- Memorial
- Honorarium

Name: _____

Veteran _____

Keep Donation Anonymous.

Please send acknowledgment to:

Name: _____

Address: _____

Thank You for your Support

COMMISSION ON AGING ADVISORY BOARD

District 1	Jacqueline Curtis
District 2	Ruth Anne Maniteau
District 3	Stacie Keipinger
District 4	John Dinse
District 5	Alicia Haley
District 6	Larry Fussman
District 7	John Zang
At-Large	Ruth Barrett
At-Large	Jessica Lapp

FRIENDS OF ISABELLA SENIORS BOARD OF DIRECTORS

President	Jerry Morey
Vice President	Eileen Jennings
Finance Officer	David J Karmon
Ex Officio	Jennifer Crawford
Ex Officio Secretary	Kelly Lee
Member	Roy Burlington
Member	David Coyne
Member	Stephanie Hope
Member	Kathy House
Member	Ray Johnson
Member	Connie Lynch
Member	Barry Trombley
Member	Deborah Barker

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. _____

City _____ Zip _____

Phone _____

E-mail _____

New Subscriber or Change of Address

Full Name _____

Address _____ Apt. No. _____

City _____ Zip _____

Phone _____

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

Please make checks payable to:
Friends of Isabella Seniors

INSIDE AUGUST 2025 Issue

22nd Annual Golf Outing	1
Director's Comments	2
Mission Moments	3
Red Cross Blood Drive	3
Events & Classes	4,5
Fall Dance Party	6
Zonta Applefest	6
Durable Medical Equipment	6
Travel With COA	7
Free Outdoor Concert Series	7
Activity Center Calendar	8, 9
FWF Menu & Site Activities	10, 11
CCN Food Pantry Dates	12
Central MI Concert Band	12
Health Screenings / Groups	12, 13
Memorials & Donations	14
Active Living Needs You	15

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

Non-Profit Org.
U.S. Postage
PAID
Mt. Pleasant, MI 48858
Permit No. 52

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.