



# Active LIVING

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging  
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## Reminder Dates:

### Subject to Change

FREE Movies and Popcorn~  
 Friday, August 29~  
 "Lincoln"

Friday, September 26~  
 "Hotel Rwanda"

MOVE for Health ~ Sept. 10

Advance Care Planning ~

Your Health, Your Wishes  
 Wednesday, August 27

Red Cross Blood Drive  
 Thursday, August 28

COA CLOSED Mon., Sept 1

4 Pillars of New Retirement  
 Thursday, September 4

FREE Foot Care Clinic

Tuesday, September 23

Fall Dance at COA Tues.  
 September 30 6 to 8 p.m.

Fall Caregiver Training  
 Wednesday, October 1

COA CLOSED Thurs, Oct 2

Flu/Covid Vaccine Clinic  
 Wednesday, October 29

TRIPS :Detroit Tigers Game

Thursday, September 18

Turkeyville call for wait list  
 Thursday, November 13

"Naughty List"

COA Craft Show

Saturday, November 8

## Isabella County Commission on Aging & Friends of Isabella Seniors 22<sup>nd</sup> Annual Golf Outing



*Thank you sponsors, donors, golfers, volunteers, Joe Recker and staff at Pleasant Hills Golf Club for making our 22<sup>nd</sup> annual Commission on Aging & Friends of Isabella Seniors Golf Outing such a great success! Proceeds will benefit Commission on Aging programs and services to area older adults.*

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 Course • Raby's Golf  
 Central • Isabella Bank •

**Thank  
 You  
 All!**

## COA Director's Comments



It is so hard to believe that September is here already! What a great summer we have had – lots of beautiful, sunny days and lots of great activities here at the COA! There is certainly a lot more fun in store for this month, and the weather will be wonderful, so be sure to get out and enjoy it if you are able. If you happen to be one of the lucky ones going on the

Detroit Tigers trip, cheer loud for me, too! I really do love fall – I love the cooler nights, football, and of course the apple cider.

On a personal note, our family has been so looking forward to this month – our oldest son and his wonderful fiancé are getting married on September 27. It is going to be such a fantastic day – I am so looking forward to enjoying every moment of it. Our family is growing, and we couldn't be happier!

While September is filled with so many great things, it is also World Alzheimer's Month, which is very important to me after losing my beautiful grandma to this terrible disease. According to [www.nationaltoday.com](http://www.nationaltoday.com), Alzheimer's disease is the most common form of dementia, affecting about 6 percent of people 65 and older. Although it may seem like just a typical disease for older people — it is, in fact, not a normal part of aging. According to Alzheimer's Disease International, researchers are still in the stages of developing drugs that can slow down the progression of the disease. However, they still do not know how to prevent different types of dementia from occurring or how to reverse its effects. With more research invested into the causes of dementia, it is hoped that more effective treatments may become possible over time.

One of the best ways you can reduce your risk of developing Alzheimer's disease or dementia is by engaging in healthy behaviors, both mentally and physically. An important mantra to remember is this: **what is good for your heart is good for your brain.**

If you, or someone you care for, has Alzheimer's disease, or a dementia diagnosis, we have resources to help you at the Isabella County Commission on Aging. Please do not feel like you are alone. We have monthly support groups for caregivers and one-on-one support to help identify resources and tools that will help you and your loved one. Call us at **989-772-0748** and ask to speak to Brandise Leonard, our amazing Caregiver Trainer/Support Specialist.

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

## COA Caregiver Support Corner

By Brandise Leonard, Caregiver Support Specialist/Trainer at Isabella County Commission on Aging, contact [bleonard@isabellacounty.org](mailto:bleonard@isabellacounty.org) **(989)772-0748 ext: 237**. Caregiver Support Group- Is **Monday, September 15 from 1:00 p.m. to 2:30 p.m. at the COA building**. All caregivers are welcome! No pressure to be on time and feel free to leave early. Support is important to caregivers please come as you are. **NEW EXCITING NEWS!!!**

If you would like to attend the support group, but need care for your loved one while you attend the support group, we have the solution for you! You will need to **RSVP with Brandise 989-772-0748 and Rick Bole of Asona (989)-621-3159 or (989) 546-4269**. COA is allowing Asona to use the COA facility during the support group. COA will provide activities and water.

### **Now You're Over 65 And Getting Those Senior Discounts**

Aging can come with a whole different set of problems than when you were in your 20's, 30's and 40's raising a family. Now you're over 65 and getting those senior discounts. That's a perk of age and who doesn't like a good discount? Yeah, I know discounts aren't everything; sometimes you'd rather go backwards. Here are some ways, moving forward, that you can embrace the age number increasing every year. You know what the alternative is to not adding to your age is, six feet under. So, the moral is enjoy the life you have now as much as possible, even in the bad. There is always something good to experience.

#### **Choose what you pay attention to.**

You're standing at the mirror, and you see your physical body declining or the deep lines in your face. Or you're feeling anger or sadness over age related loss of capabilities. Turn attention into something pleasurable. Sure, you may have gray hair and wrinkles, but you can look at them saying "I have smiled and earned every wrinkle with good memories and now I have wisdom to share with my loved ones." Show and teach them all you have learned in life. One of my favorite things to do as the Caregiver Trainer is visit and listen to the older population. There is so much wisdom that comes with age. If the younger generations pay attention and listen, we can heed that wisdom.

#### **Don't battle your discomfort.**

This definitely applies to getting older. If you can approach aging with awareness, acceptance, and affection, you'll be better at flowing with the changes of life. Accepting the things you can't change and mastering it over time at least to some extent will lead to more peace. So, you might've forgot to buy the milk at the grocery store, but be grateful for the other things that you did remember. You might be losing ability to see or hear or even drive but be grateful for the people in your life who can help you drive. Consider yourself blessed if you have family around to be there with you. We know you don't need a babysitter, we're there because we love you.

#### **Be kind to yourself.**

You cannot have acceptance without compassion. Compassion and kindness are often skills that are difficult to learn. We tend to be our own worst critics. But give self-compassion for yourself when you make a mistake or do something you didn't mean to do. Don't waste time beating yourself up for being older or feeling inadequate; this only forms a negative opinion of yourself. Even with aging, you still have lots of worth and value you can bring to the people around you. Remember, it's the world that tries to tell you age matters. Don't let age define who you are!

#### **Learn to adapt.**

With age, you will need to learn to adapt to your new body! Bodies are not bionic and they are not machines. They are going to break down through wear and tear. Your life has been a constant flow of transactions. Your 20's brought different challenges than your 30's and your 30's brought different challenges than your 40's. Focus on what matters to you! **At this point focus on what is working instead of what isn't working as well as it used to.** When it comes to age related pain or illness and decline, realize you're not broken or dysfunctional. You just have to find yourself in a new reality; there's still ways to change and grow. ***Find your ways.***

## Mission Moments



I hope everyone is enjoying the heat as we get ready to transition into fall! I am excited to be back from maternity leave after welcoming a wonderful baby boy named Brooks in April. Baby Brooks and proud older brother Bryce love being outside together and I look forward to enjoying the outdoors with them while watching them grow!

While I was out, Mary made sure the Gold Key Program continued running strong. She put on a fabulous recognition event in May where we honored all of the work our volunteers put in throughout the year. The Cinco de Mayo themed celebration was complete with a mariachi band that played and danced for all. Volunteers had a great time celebrating and enjoying a nice dinner together. Mary also orientated many new volunteers into our programs. **As we get ready to head into the fall, we are looking to recruit new volunteers who would love to get involved with the community. We are especially searching for home-delivered meal drivers and friendly visitors in all areas of the county.** The clients in these programs are growing rapidly and we appreciate any and all help that you are willing to give! **To get involved, please call Kelly or Mary: 989-772-0748.** Have a spectacular September!

*Kelly Lee, Gold Key Volunteer Program Manager*

### The Four Pillars of 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 at COA on Thursday, September 4 at 12:30 p.m. to 1:30 p.m. to learn about these essentials and other eye opening insights that can help you get ready for the next chapter in your life.

COA will be closed Monday, September 1 for Labor Day. NO congregate or home delivered meals that day! COA will also be closed on Thursday, October 2 for a Staff Development Day. NO congregate meals or activities that day!

## American Red Cross Blood Drive at COA ~

COA 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](http://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 the 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. **Final 2025 date: September 16. Please call (989) 772-0748 to register. You may also sign up for lunch when you call or bring your own.**



Sunflowers always turn in the direction of light because they instinctively know it's a source of strength and renewal. Take a lesson from the sunflower and look for the light in your world.

### Reminder: Be Vigilant!

Area schools are back in session. Please watch out for school buses and students on the roads, at bus stops and crosswalks. Please drive with caution. Reduce your speed when driving in designated school zones, near bus stops, residential neighborhoods, and on county roads, across highways especially during early morning pickup and afternoon return trips.

## Events & Classes at COA

### Computer/Tech Class at COA

**Tuesday, September 2 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~ "For Mar Par"

**Wednesday, September 3, at 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 **"For Mar Par (County Park)."** 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 Tuesday, September 2!**

Checks made out to COA can be mailed to:

**2200 S. Lincoln Rd. Mt. Pleasant, 48858.**

Next class, Wednesday, October 1

### 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.

### 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!



### COA Groups Returning in September:

**Dulcimer** group starts **September 8 on Mondays at 10:00 a.m. to 12:00 p.m. in Craft Room.** **Jam Session** starts **September 5 on Fridays at 9:30 a.m. to 11:45 a.m. in Craft Room.** **Ukulele** group starts **September 5 on Fridays at 1:00 p.m. to 3:00 p.m. in Craft Room.**

### 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, September 11 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 2<sup>nd</sup> Tuesday of the month, September 9, from 10:00 a.m. to 12:00 p.m.** 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.**

**Mahjongg at COA~** Join our Mahjongg group on **Mondays at 1:00 p.m.** and make new friends! Bring your 2025 card and Mahjongg set if you have them. Instruction is provided.

### "Connecting With Cards"

**Tuesday, September 30, from 2:00 p.m. to 4:00p.m.**  
**Sign ups will begin on September 1 for this class.**

Send someone some love by making 4 greeting cards. 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. Please call if you need to cancel so we can open your spot to others.

**2 FREE Movies and Popcorn at COA**  
**Call Rhonda (989) 772-0748 to register.**

**"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**

**"Hotel Rwanda"** 2hr 1min PG-13

Paul Rusesabagina, a hotel manager, houses over a thousand Tutsi refugees during their struggle against the Hutu militia in Rwanda, Africa. **Friday, September 26 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:** 2 sessions left, both Fridays 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 September 4, 23, 25.

**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](mailto: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** ~ returns Tuesday, September 2, 3:00 p.m. In Fitness Room, *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 ~ 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](mailto:fallprevention@cmich.edu)*

## Chippewa Valley Audubon Meeting

Please join us on **Wednesday, September 10, at 7:00 p.m.** for our meeting at **Veterans Memorial Library, 301 S. University St., Mt. Pleasant.**

Mike Bishop, ornithologist, will discuss the birds he's seen and missed in his two winters spent on the Iberian Peninsula (Spain and Portugal) and the differences and similarities between North American and European birds. Treats available.

### 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 info, or to make an appointment, call Listening Ear at (989)-772-2918.**

**Upcoming CWC Events:** **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 at: <https://cwc-mi.org/events/>**

Questions? Give Sister Marie Kopin a call at (989) 621-7940.

### 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](https://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 you send email to [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org)

### Turkeyville : “Naughty List” ~ Trip is Full. Call for wait 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](mailto: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.

### 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](http://www.mymichigan.org/CDSMP) or if you need assistance, call MyMichigan Health Line at (800) 999-3199.

**M** My Michigan Health  
UNIVERSITY OF MICHIGAN

Want to learn practical tools for well-being?

Want to feel more uplifted?

#### TRY OUR FREE ONLINE PROGRAM, TAILORED FOR ADULTS 50+



#### Empower@Home

is a **mood-boosting program** designed to lift your spirits and enhance your quality of life.

- No travel required
- No computer experience needed
- Free tablet and internet provided
- Get personalized support from a trained coach

Earn up to \$140 for participating!



Scan the QR code  
to see if you may  
be eligible!

To learn more:  
Call 734-215-5090 or  
visit [empower-at-home.com](http://empower-at-home.com)

**M** UNIVERSITY OF MICHIGAN

**H** HANNAN CENTER  
LEARN | CONNECT | CREATE

Study managed by University of Michigan School of Social Work in collaboration with the Hannan Center, located in Detroit, MI

Study ID: HUM00254688 IRB: Health Sciences and Behavioral Sciences, Date Approved: 06/23/2025

Page 8	Monday	Tuesday	Wednesday	
	<b>Closed for Labor Day</b> 	1 <b>9:30 Basic Line Dancing Instruction</b> <b>10:00 Line Dancing</b> 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level <b>1:00 Cards</b> 2:00 Computer/Tech Class 3:00 Yoga 5:00 Board of Commissioner Meeting 5:30 Isabella County Historical Society	2 9:00 FGPSCP Orientation 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> <b>11:30 Word Search/Trivia</b> 12:00 COA Advisory Board Meeting 12:30 CMU Otaga Exercise Class <b>1:00 Cards</b> 1:00 Happy Rippers 4:00 Anyone Can Paint 6:00 4H Leader Meeting	3
	9:00 Video Exercise Group <b>10:00 Coffee and Conversation</b> 10:00 Quilts of Valor 10:00 Dulcimer Group 10:45 Gentle Exercise <b>11:30 Trivia/Word Search</b> 1:00 Mahjongg <b>1:00 Cards</b> 1:00 Faith Weavers 1:00 Hand Sewing Group 5:15 Human Rights Committee Meeting 6:30 Mountain Town Family Chorus	8 <b>9:30 Basic Line Dancing Instruction</b> <b>10:00 Line Dancing</b> 10:00 Commissioner Committee Meetings 10:00 Healthy Living Series 10:00 Needlecraft Meeting 10:00 Beg. Tai Chi    11:30 Tai Chi N Level <b>11:30 Trivia/Word Search</b> 12:00 MARSP <b>1:00 Cards</b> 2:30 Huntington Support Group 3:00 Yoga 4:00 League of Women Voters 7:00 Mid Michigan Woodcrafters	9 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 11:30 PEO <b>11:30 Word Search/Trivia</b> 12:30 CMU Otaga Exercise Class <b>1:00 Cards</b> 1:00 Happy Rippers 1:00 Between the Covers Book Club 4:00 CMU DPT Move For Health	10
	9:00 Video Exercise Group <b>10:00 Coffee and Conversation</b> 10:00 Quilts of Valor 10:00 Dulcimer Group 10:45 Gentle Exercise <b>11:30 Trivia/Word Search</b> 1:00 Mahjongg <b>1:00 Cards</b> 1:00 Faith Weavers 1:00 Caregiver Support Group 2:30 Insurance Committee Meeting 6:30 Mountain Town Family Chorus	15 8:30 FOIS Meeting <b>9:30 Basic Line Dancing Instruction</b> <b>10:00 Line Dancing</b> 10:00 Healthy Living Series 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level <b>11:30 Word Search/Trivia</b> 12:00 Medicare Seminar <b>1:00 Cards</b> 3:00 Yoga 5:00 Board of Commissioner Meeting	16 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:00 Second Sight Artists <b>11:30 Word Search/Trivia</b> <b>12:30 Ice Cream Sundaes</b> 12:30 CMU Otaga Exercise Class <b>1:00 Cards</b> 1:00 Happy Rippers 1:00 Second Hand Book Club 4:00 CMU DPT Move For Health	17 
	9:00 Video Exercise Group <b>10:00 Coffee &amp; Conversation</b> 10:00 Dulcimer Group 10:45 Gentle Exercise <b>11:30 Trivia/Word Search</b> 1:00 Mahjongg <b>1:00 Cards</b> 1:00 Faith Weavers Group 6:30 Mountain Town Family Chorus	22 <b>9:30 Basic Line Dancing Instruction</b> <b>10:00 Line Dancing</b> 10:00 Foot Care Clinic 10:00 Healthy Living Series <b>11:30 Word Search/Trivia</b> <b>1:00 Cards</b> 3:00 Yoga 6:00 Mid Michigan Quilt Guild	23 8:00 Mid Michigan Quilt Guild 8:00 Happy Rippers 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:30 Coffee Hour with an Attorney <b>11:30 Word Search/Trivia</b> 12:30 CMU Otaga Exercise Class <b>1:00 Cards</b> 4:00 CMU DPT Move For Health 5:00 Parkinson's Support Group 7:00 Nancy Carey Cancer Support Group	24
	9:00 Video Exercise Group <b>10:00 Coffee &amp; Conversation</b> 10:00 Dulcimer Group 10:45 Gentle Exercise <b>11:30 Trivia/Word Search</b> 1:00 Mahjongg <b>1:00 Cards</b> 1:00 Faith Weavers Group 6:30 Mountain Town Family Chorus	29 <b>9:30 Basic Line Dancing Instruction</b> 10:00 Commissioner Committee Meetings <b>10:00 Line Dancing</b> 10:00 Healthy Living Series 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level <b>11:30 Word Search/Trivia</b> <b>1:00 Cards</b> 2:00 Connecting with Cards 3:00 Yoga 6:00-8:00 Senior Dance	30 <b>Food with Friends Lunch</b> <b>New Time</b> Monday thru Friday at <b>11:45 a.m.</b> in <b>Activity Room C.</b> See our Menu on pg. 10 <b>Lunch Activities in bold—Rm C</b>	1

Thursday	Friday	Saturday	Page 9
8:30 CMU Otaga Exercise Class 9:00 FGPSCP Orientation 10:00 Community Church Craft Group <b>10:00 Coffee and Conversation</b> <b>11:00 Nutrition Education</b> <b>11:30 Word Search/Trivia</b> <b>12:30 to 1:30 Four Pillars of Retirement with Edward Jones and Age Wave</b> <b>1:00 Cards</b> 3:00 Hula 6:30 Isabella County Democratic Party	4 9:00 FGPSCP Orientation 9:00 Collaborative Meeting 9:00 Video Exercise Group 9:30 Jam Session <b>10:00 Coffee and Conversation</b> 10:45 Gentle Exercise <b>11:30 Trivia/Word Search</b> <b>1:00 Bingo</b> 1:00 Ukulele Group <b>2:00 Cards</b>	5 9:00 Community Church Care Team	6
8:30 CMU Otaga Exercise Class 9:00 Community Church Craft Group <b>10:00 Coffee and Conversation</b> 10:00 Beginner Tai Chi <b>11:30 Word Search/Trivia</b> 11:30 Tai Chi Next Level 1:00 Veterans Support Group <b>1:00 Cards</b> 3:00 Hula 6:30 Community Cancer Services	11 9:00 SCP Quarterly Training 9:00 Video Exercise Group 9:30 Jam Session <b>10:00 Coffee and Conversation</b> <b>10:45 Music with Keven Bendele</b> 10:45 Gentle Exercise <b>11:30 Trivia/Word Search</b> <b>1:00 Cards</b> 1:00 Sacred Heart Book Club 1:00 Ukulele Group	12 8:00 Mid Michigan Quilt Guild	13
8:30 CMU Otaga Exercise Class 10:00 Learn to Crochet <b>10:00 Coffee and Conversation</b> 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level <b>11:30 Word Search/Trivia</b> <b>1:00 Cards</b> 3:00 Hula 4:00 FGPSCP Advisory Council 6:00 Broadway Players Club 7:00 Mt. Pleasant Citizens Climate Lobby	18 9:00 Jerolyn's Sewing Group 9:00 Video Exercise Group 9:30 Jam Session <b>10:00 Coffee and Conversation</b> 10:45 Gentle Exercise <b>10:45 Lise White</b> <b>11:30 Trivia/Word Search</b> <b>1:00 Bingo</b> 1:00 Ukulele Group <b>2:00 Cards</b>	19 9:00 Central Michigan Daylily Society 9:00 Charlene's Quilting Group	20
8:00 Stitchin Gals 8:30 CMU Otaga Exercise Class 9:00 Community Church Craft Group <b>10:00 Coffee and Conversation</b> <b>11:30 Word Search/Trivia</b> <b>12:15 September Birthday Celebration</b> <b>1:00 Cards</b> 3:00 Hula	25 9:00 FGPSCP In-Service 9:00 Video Exercise Group 9:30 Jam Session <b>10:00 Coffee and Conversation</b> 10:45 Gentle Exercise <b>10:45 Music with Barb &amp; Greg</b> <b>11:30 Trivia/Word Search</b> 1:00 Ukulele Group <b>1:00 Cards</b> <b>1:00 Movie &amp; Popcorn: "Hotel Rwanda"</b>	26 Union Township Clean-Up Day 8:00-11:00am	27

**Please Note: Oct. 2**  
COA will be closed on  
Thursday, October 2 for  
Staff Development Day.  
**NO Meals & NO Activities**



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**

<b>September 2025</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Closed No Meals Labor Day</b> 	<b>2</b> <b>Beef Taco Bowl</b> Cilantro Lime Rice Corn Apple Crisp	<b>3</b> <b>Italian Herb Chicken Bread</b> Rice Pilaf Prince Charles Blend Mandarin Oranges	<b>4</b> <b>Turkey Reuben Sandwich</b> Broccoli/Cauli Salad Banana Split Poke Cake Apple	<b>5</b> <b>Lasagna Dinner Roll</b> Italian Blend Pineapple Tidbits
<b>8</b> <b>Turkey Loaf Bread</b> Cheesy Potatoes Spinach Apricots	<b>9</b> <b>BBQ Chicken Breast Bread</b> Parslied Potatoes Harvest Blend Cinnamon Applesauce	<b>10</b> <b>Baked Spaghetti Bread Stick</b> Italian Green Beans Peaches	<b>11</b> <b>Chicken/Broc/Cheese Bread</b> Baked Potato Berry Pear Crisp	<b>12</b> <b>Cabbage Roll Cass. Bread</b> Peas Pears Cookie
<b>15</b> <b>Salisbury Steak Bread</b> Whipped Potatoes Succotash Blend Mixed Fruit Cup	<b>16</b> <b>Potato Crunch Fish Bread</b> Steamed Cabbage Stewed Tomatoes Pineapple & Oranges	<b>17</b> <b>Pizza Casserole Garlic Toast</b> Yellow Beans Berry Fruit Cup Cookie	<b>18</b> <b>Turkey Chef Salad Dinner Roll</b> Cottage Cheese Banana	<b>19</b> <b>Hawaiian Pork Bread</b> Brown Rice Mixed Vegetables Tropical Fruit
<b>22</b> <b>White Chicken Chili Bread Stick</b> Capri Blend Citrus Fruit Cup	<b>23</b> <b>Spanish Rice Bread</b> Peas & Carrots Mixed Fruit Cup Pudding	<b>24</b> <b>Beef Stew Biscuit</b> Carrots Peaches & Pears	<b>25</b> <b>Smothered Chicken Bread</b> Scalloped Potatoes Spinach Pineapple Gelatin Juice	<b>26</b> <b>BBQ Meatloaf Dinner Roll</b> Whipped Sweet Potatoes Peas & Carrots Fruit Cocktail
<b>29</b> <b>Swedish Meatballs Bread</b> Whipped Potatoes Green Beans Orange Goldfish Grahams	<b>30</b> <b>Chicken Burrito Bowl Bread</b> Apple Strawberry Yogurt Cherry Crisp			

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

COA Building OPEN Monday thru Friday  
from 8:00 a.m. to 4:30 p.m.

**1 Closed Labor Day**

Can you believe it? We are almost done with summer and it feels like it was just June!

Time and summer are going by way to fast! I hope you all have had a great summer with family and vacations, now is the time to come in to the COA for lunch and some fun activities.

Bingo will be on 9/5 and 9/19 at 1:00 p.m. Music with Kevin Bendele on 9/12 at 10:45 a.m. and Barb & Greg on 9/26 at 10:45 a.m. Lise White to perform on Friday, 9/19 at 10:45 a.m.

Line Dancing is on Tuesday and Wednesday at 10:00 a.m. Basic Line Dancing is on Tuesday at 9:30 a.m. September Birthday Celebration is on 9/25 at 12:15 p.m. Our movie this month is "Hotel Rwanda" on 9/26 at 1:00 p.m.

***I will 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. Peasant.**

**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**

Ready to try something new? Something close to home? Join us at Rosebush Manor for food, laughter and fun. We'll be glad to see you.

**[rosebushfoodwithfriends@gmail.com](mailto:rosebushfoodwithfriends@gmail.com)**

**Rosebush September Calendar**

- 1 Closed Labor Day**
- 3 Manicures/Nutrition Ed
- 5 Music/Paul Wilkinson
- 8 Red Hat Strutters
- 10 Bingo/Prizes
- 12 Music/Mark & Scott/Ice Cream Social/Birthdays
- 15 Music/Just the 2 of Us
- 17 Music/Mark DeNoyelles
- 19 Music/Greg Merwin
- 22 Sing-A- Long with Brian
- 24 Music/Kevin Bendele
- 26 Music/TBA
- 29 Music/TBA

## 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**

Welcome to September! Fall is just around the corner as we finish up a few hot summer days to enjoy the cool, crisp days of Autumn. We have many fun items scheduled for September. Come and join us! We have plenty of room for more. Call us and reserve your meal today!

### Shepherd September Calendar

- 1 Closed Labor Day**
- 3 11:00 Fall Craft, Games
- 5 11:00 National Cheese Pizza Day, 12:15 Pizza Bingo
- 8 11:00 Otago Exercise, Nutrition Education
- 10 1:00 MSU How to Make Freezer Corn At home (must call 1 week before, for supply purposes)
- 12 12:00 Guest Speaker: Fyzical physical therapy
- 15 11:00 Chair Exercise, Brain games
- 17 Music: Greg and Barb- September birthdays
- 19 11:00 Cards, 12:15 Bingo
- 22 11:00 Light exercise, 12:15 Family Feud
- 24 11:00 Movie: "A Dog's Journey"
- 26 National Pancake Day - 12:15 Bingo
- 29 11:30 - Music by Al Bartholomew and Coffee Trivia

## Weidman Friend of the Month

*Submitted by: Volunteer Sue Preuss*

Greetings from your friends at the Weidman Senior Activity Center. We hope you had a good summer. It doesn't seem possible that it's time for it to be over yet, but the calendar shows us that in just a few short days it will officially be Fall. Soon cooler temps will prevail and you'll be looking for a sweater or jacket as you head out and about. And just to make it official, Mother Nature will color our world, with beautiful, vibrant colors as the leaves on the trees change into their Autumn splendor.

Activities at the WSAC will all be inside and the Food with Friends menu will begin to offer more hearty, stick to the ribs meals. It's been a busy summer at the site, the addition to the library at the north end of the building is in full construction mode, but rest assured, that has no impact on the WSAC hours of operation. We're still here M, W, & F from 10-2 enjoying Sit and Get fit exercise time, games, puzzles, conversation and friendship, along with the so very reasonably priced meals. So, if you have any questions, or would like to join us for a meal, call Sandy Hunter at **644-2538**. 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**

Fall is coming and we sure need a reprieve from this heat. We are playing Corn Hole on September 15 and 22. Birthday celebration is on Sept. 26 for cake and ice cream! Join us for Fall Time Bingo on Sept. 24. We always have morning exercise classes as well! Come see all the fun changes happening at the Weidman Library. They are adding on with more opportunities for the Weidman area and things to enjoy! Our parking may be a bit challenging as we move to the school year, but we will do our best to save some space for you!

### Weidman September Calendar

- 1 Closed Labor Day**
- 3 Nutrition Education and Coffee and Conversation
- 5 Music: Greg Merwin
- 8 Cards/Dice
- 10 Coffee and Cookies
- 12 Board Games
- 15 Corn Hole
- 17 Coffee, conversation and Muffins
- 19 Movie and Popcorn
- 22 Corn Hole, Celebrating the first day of Autumn!
- 24 Bingo: Theme "Fall Time"
- 26 Birthday Celebration with Cake and Ice Cream
- 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**

**Winnfoodwithfriends@gmail.com**

Happy back to school and Labor Day!

### Winn September Calendar

- 1 Closed Labor Day**
- 3 Music: Midnight Express, Nutrition Education
- 8 Craft Class: Scarecrow Planters, Cards, Scrapbooking
- 10 Music: Greg Merwin
- 15 Craft Day: Napkin Holders, Scrapbooking
- 17 Music: Kevin Bendele
- 22 Craft Day: Candy Corn
- 24 To Be Determined
- 26 Craft Make Up Day
- 29 Surprise Craft Day! Group Chooses!

## 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 the COA building, 2200 S. Lincoln Rd., Mt. Pleasant. You must show verification of your age and be an Isabella County resident to get a pass.

## Food with Friends Donation Increase Starting October 1, 2025

Over the past five years we have all felt the increase of cost of living in our daily lives. The cost of groceries has risen significantly. At Commission on Aging, we are feeling the increases on all levels. Our food cost has risen significantly since 2020.

In order to continue providing quality meals and services, we are raising the suggested donation rate to \$3.00 for Congregate meals and \$3.50 for Home Delivered Meals. Commission on Aging strives to keep our costs as low as possible. This was not an easy decision to make, but feel out of necessity to implement the increase.

For congregate meals this increase will be reflected for the new punch cards after October 1, 2025. If you have the current punch cards, we will honor them until they are used.

This change is effective October 1, 2025 and will be reflected in statements dated after that date. This is a donation request change, and of course you can choose to donate for meals at any amount if you are able. As always, we will not deny services based on ability to donate.

*Carmel Slobodnik, 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, Sept. 3	2 p.m. - 6 p.m.
Thursday, Sept. 4	9 a.m. - 1 p.m.
Wednesday, Sept. 10	2 p.m. - 6 p.m.
Thursday, Sept. 11	9 a.m. - 1 p.m.
Saturday, Sept. 13	9 a.m. - 12 noon
Wednesday, Sept. 17	2 p.m. - 6 p.m.
Thursday, Sept. 18	9 a.m. - 1 p.m.
Wednesday, Sept. 24	2 p.m. - 6 p.m.
Thursday, Sept. 25	9 a.m. - 1 p.m.
Saturday, Sept. 27	9 a.m. - Noon

**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**

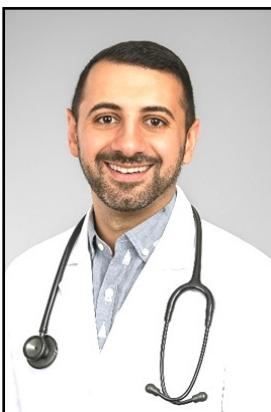
Third Wednesday of each month  
6:30-8:00 p.m., 2120 E Remus Rd.  
(Summit Clubhouse).

**Family Support Group**

- For family and friends

**Connections Support Group –**  
For anyone experiencing mental  
health challenges For more  
information please call 989.948.3273.

**FREE Foot Care Clinic**



Driven by a very strong commitment to health equity, I entered medicine with the goal of serving the underserved and vulnerable populations. From the beginning of my career, I have believed that access to quality care is a right not a privilege and have dedicated myself to bridging that gap through both clinical excellence and compassionate care.

I am a fellowship-trained surgeon, having completed advanced surgical training at Georgetown University, where I further honed my skills in complex foot and ankle reconstruction with a focus on limb preservation.

My clinical interests center around diabetic limb salvage, wound care, and advanced reconstructive techniques. I have authored multiple peer-reviewed publications in prominent diabetic foot and ankle journals, contributing to the growing body of evidence aimed at improving outcomes for patients living with diabetes and related complications.

Whether in the operating room, clinic, or community, I remain committed to delivering patient-centered, evidence-based care with a focus on collaboration, education, and long-term wellness.

**“Please join me on Tuesday, September 23 from 10:00 a.m. to 2:00 p.m. in Room A at the COA for a walk-in Foot Care Clinic. Services will include: Diabetic Foot Checks, Wound Assessments, Foot Pain Evaluations, and Nail and Callus Debridements”**

*Dr. Garada*

**Health Fair at McLaren Central Michigan**

McLaren Central Michigan is hosting its annual Health Fair on **Friday, September 12 from 10:00 a.m. to 1:00 p.m.** This event will be held at the hospital, **1221 South Drive in Mt. Pleasant, in the west parking lot located off of Brown Street.**

Available screenings and tests include glucose reads; blood pressure checks; swallow; speech, language and cognition; and balance and strength. Participants will have the opportunity to talk with physicians and primary care providers, rehabilitation therapists, a registered dietitian, joint program specialist, experts from other areas of the hospital, and representatives from fifteen area companies and agencies will have information available.

Other activities include prize drawings, therapy dogs, food vendors, and Isabella County Medical Care Facility will be hosting craft and bake sale.

**Free Prostate Screening**

Men 50+ and high-risk men 40-49 can benefit from this simple blood test. Complete a health questionnaire, get your blood drawn, and receive results within two weeks. Test results can be shared with physicians as requested. pre-registration is required.

**Friday, September 26 from 9:30 a.m. to 11:30 a.m. at Karmanos Cancer Institute At McLaren Central Michigan, Morey Cancer Center, 1221 South Drive, Mt. Pleasant**

**Become an American Red Cross Bloodbooster**

The American Red Cross asks the country to roll up a sleeve to help ensure people in their communities receive the care they need.

Join us for the Upcoming Drive on: **Tuesday, September 30, from 10:00 a.m. to 3:00 p.m. at McLaren Central Michigan FDJ Conference Room, 1221 South Drive, Mt. Pleasant**

## 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, August 27, September 24, and October 29 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](mailto: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 3<sup>rd</sup> Tuesday of each month (Sept. 16) 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](mailto: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](http://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, September 9\*

**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](mailto:galenvoss@yahoo.com)**

**Phone: (989)-245-5725**

## Central Michigan Area Parkinson's Support Group

**Time: 4th Wednesday of each month (August 27, September 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](mailto: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, September 17 from 7:00 a.m. to 10:00 a.m. Cost \$25 payable the day of the screening.**

No appointment is necessary; however registration is needed the day of your screening. Register with Central Scheduling located through the East entrance of **McLaren Central MI Hospital, 1221 South Drive, Mt. Pl. McLaren Central Michigan Lab Draw Station in the Health Park off of High Street, 2981 Health Pkwy., Suite C, Mt. Pleasant. Cost \$25 payable the day of the screening. Cash/check payment accepted at this location.**

## Free Balance Screenings

One in three adults aged 65 or older will fall each year. A fall can drastically change your quality of life, and balance is the key to your independence. This 20-minute screening will include a fall survey, a balance screening and results

counseling with our licensed Physical or Occupational Therapist.

- Have you fallen in the past year or are you afraid of falling?
- Do you have trouble getting around due to weakness or imbalance?
- Do you feel dizzy or unsteady if you move suddenly or if you turn over at night?
- If you answered "Yes" to these questions, this screening is for you!

## McLaren Central Michigan

### Rehabilitation Services

**2600 Three Leaves Drive, Mt. Pl. Call (989) 779-5604 to schedule an appointment.**

## New Tomorrows - Eight Week Grief Education Series

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

**Every Wed., Sept. 10 through Oct. 29 from 9:30 a.m. to 11:30 a.m. at McLaren Central Michigan: 1221 South Dr. Mt Pleasant, MI 48858. Call Amy, McLaren's Bereavement Coordinator and New Tomorrows**

**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.**

## 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](mailto: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

### Donald Drager

Charlie & Dianna Loehr  
Evelyn Maglinger

### Bill Hawkins

Walt Schneider

### Ed Howard

Anonymous  
Chad & Jane Burt  
Pam Fitzpatrick  
Richard & Judy Jakubiec  
Lynn & Veronica Jones  
Janice Klosowski  
Mary Schilling  
Blystone & Bailey CPA's,  
P.C.

### Sue Lackie

Sharon Kasper

### Bonny Lyon

Bob Lyon

### The Moran Family

Bernyce Moran

### "Weige" Richard & Donna Parr

John A. Frisch &  
Kim T. Frisch

### For Activity Center

**Martin Trombley**  
Sandra Trombley

### For Food With Friends

**Marion Ludwig St.**  
Frank & Marilyn Ballard

### Anonymous X2

Cyndy Abbott  
Bob & Deb Andrews  
Louise Andrews  
Vickie Block  
Lynda Brown  
Judi Bohlmann  
Beverly Cole  
Janice Davis  
Sandy Diederich  
Debby Gerish  
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Mary VanDyke  
Sherri Wynn  
John & Mary Anne Zang

## Active Living Donors

## 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.***

## Friends of the Veterans Memorial Library Fall 2025 Book Sale

The annual Friends of the Veterans Memorial Library Book Sale will be held in the Veterans Memorial Library Annex (301 S. University Mt. Pleasant. The sale begins with a FOVML Members only period on Tuesday, September 30 from 4:00 p.m. until 6:30 p.m. and on Wednesday, October 1 from Noon until 2:30 p.m. Forms will be available for anyone interested in joining the Friends group to access the members only sale.

## COA Donors

Roberta (Ann) Brockman  
John & Linda Florian  
Margie Henry  
Dawn Orlando  
Scott & Beth Vogel  
Sue Weber  
Susan Weber  
Marilyn Western

**Food With Friends**  
A & Lori Ohanesian

## In Honor of...

**Father Loren Kalinowski – 50 years of Ordination**

Robert & Jackie Cline

## Thank You All for Your Generous Donations

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

Wednesday, October 1, from 2:30 p.m. until 6:30 p.m. is scheduled for Teacher Appreciation time. The sale will be open to the public Wednesday, October 1, from 2:30 p.m. until 6:00 p.m., Thursday October 2, from 10:00 a.m. until 6:30 p.m., Friday October 3, from 10 a.m. until 4:30 p.m., and Saturday October 4, from 10 a.m. until 2:00 p.m.. Saturday is "Bag Day" with special pricing of \$2.00 per bag of books. Bags will be provided.

Book donations may be brought to Veterans Memorial Library the week prior to the sale. Follow us on Facebook for the latest information. <https://www.facebook.com/FriendsofVML>.

## Active LIVING Still Needs You

**Thank You** to everyone who donates to Active LIVING. As of August 8, we have received **\$11,512.50**. 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**

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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

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

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

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

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The Friends of Isabella Seniors organization is operated exclusively for charitable purposes, within the meaning of Section 501 (c)(3) of the Internal Revenue Code to encourage and assist with the provision of programs and services for older adults in Isabella County operated in cooperation with the Isabella County Commission on Aging.

**Suggested contribution to Active LIVING:** \$25.00 per year helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

**Address Changes:** Active LIVING is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office.

**Please notify COA office using the delivery form at left each time you request a change to assure we record changes correctly.**