



# 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](http://isabellacounty.org/activeliving-newspaper)

## Reminder Dates:

Subject to Change

FREE Movies and Popcorn~

Friday, September 26 ~

*"Hotel Rwanda"*

Friday, October 17~

*"War Horse"*

Fall Dance Party

Tuesday, Sept 30

6:00 to 8:00 p.m.

Fall Caregiver Training

Wednesday, October 1

Social Security Concerns

Wednesday, October 1

COA CLOSED

Thursday, Oct 2

NO Meals,

NO Activities

Hearing Aid Cleaning

FREE Tuesday, Oct. 7

Ganiard West Side Reunion

Wednesday, October 15

Treatment Options for Hip

and Knee Arthritis

Friday, October 17

Scams Presentation

Thursday, October 23

Flu/Covid Vaccine Clinic

Wednesday, October 29

9:00 a.m. to 3:00 p.m.

Halloween Party

Friday, October 31

COA Craft Show

Saturday, November 8

Turkeyville call for wait list

Thursday, November 13

*"Naughty List"*

Thanksgiving Lunch

Thursday, November 20

Christmas Lunch, Dec. 18

## MEDICARE PART D OPEN ENROLLMENT IS APPROACHING

The Commission on Aging will begin taking calls to schedule Medicare Part D appointments on **October 1**. Each year from October 15 through December 7, Medicare beneficiaries should review their existing prescription drug plans. The Commission on Aging will be meeting with Isabella County residents, who are 60 years of age or older, by **appointment only** during open enrollment. If you would like to schedule an appointment through

the Commission on Aging please call (989)772-0748, **beginning October 1**. You may also review and enroll in the Medicare prescription drug plans by going to [www.medicare.gov](http://www.medicare.gov) or calling 1-800-MEDICARE. If you or someone you know is under 60, or from another county, you may call Region 7 Area Agency on Aging at 1-800-858-1637 for assistance. **Please note that if you or your loved one has employer or retiree health benefits, you should contact your benefits department** as these appointments are geared for those without retiree benefits.

## Why Review Your Medicare Part D Prescription Plan?

**This is the only time each year that all people with Medicare can join or change their Medicare prescription drug plan.** Even if you like your current Medicare drug plan, it is strongly recommended that you review your plan for the upcoming year. You may be able to save time, money and frustration by choosing a plan with possibly lower premiums and fewer restrictions. Here are a few frequently asked questions that may be able to answer your specific concerns.

### How may my plan have changed?

Your current plan may have changed:

1. The monthly premium
2. The annual deductible
3. The co-payments to your pharmacy
4. The formulary (list of covered medications)

### What do I have to do if I decide I want to stay in my current plan for 2026?

You are not required to do anything. You will stay enrolled in your current Part D plan unless you sign up for a new plan. If your plan is no longer renewing its Medicare contract, you will receive a letter from your plan stating that it is no longer being renewed

and to review other plan options.

### What if I change plans and decide I do not like my new plan?

Changes can only be made during Open Enrollment October 15th – December 7th for most people. You will not be able to cancel the plan until the next Open Enrollment.

### What if I did not join a Part D plan when I was first eligible, but would like to join now?

You can enroll in a plan during the Annual Open Enrollment. You may have to pay a penalty for enrolling late.

### How do I receive help to compare plans for 2026?

You can call the Commission on Aging at 772-0748, **beginning October 1st** to schedule an appointment with one of our trained volunteers. Sessions are available for Isabella County residents, 60 years of age and older, and are by **Appointment Only**. There is no cost to the sessions, although donations to the agency are welcomed. You can also call 1-800-MEDICARE or go to [www.Medicare.gov](http://www.Medicare.gov) during the Open Enrollment Period. If you are under the age of 60 or a resident of another county, you may contact the State Health Insurance Program (SHIP) at 1-800-803-7174 to also have your plan reviewed.

## COA Director's Comments



We are big fans of coffee here at the COA, and what better way to kick off the month of October than with International Coffee Day! If you enjoy a great cup of coffee, like many of us do, join us in celebrating International Coffee Day on Wednesday, October 1!

Whether you prefer it black or loaded with all sorts of goodness, I hope you enjoy that cup (or two) to the fullest! We have the coffee pot brewing all day here at the COA (Monday-Friday: 8:00 a.m. to 4:30 p.m.), so come on in and have a cup with us!

October kicks off a very busy time here at the COA with Medicare Open Enrollment, which begins October 15 and runs through December 7. Our staff and volunteers provide one-on-one assistance, helping individuals choose the plan that best suits their needs and financial situation. Navigating the Medicare system can be incredibly overwhelming and confusing. Please do not feel like you are alone and have to figure this out by yourself. We are so fortunate to have incredibly knowledgeable staff and volunteers who are here to help guide you through the process. Be sure to call our office to schedule an appointment to ensure that you have the best plan for you. Even if you feel confident with the system and your selections, I would encourage you to still schedule an appointment to have our experts review your plan to see if there might be better options for you.

With both my dad and husband serving our community as firefighters, fire prevention is very important to our family. I grew up celebrating National Fire Prevention Week, so it always comes to mind when October rolls around – this year it begins October 5. I cannot stress enough just how important it is to have working smoke alarms throughout your home. Please check them now! Something so simple can truly be lifesaving! If you are in need of smoke detectors, many local fire departments provide and install them for free. You can also reach out to us for assistance.

*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, October 20 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.

## TO MOVE OR NOT TO MOVE

A lot of caregivers struggle with the question, “Should I move my loved one to assisted living or nursing home”? As the caregiver trainer, most of the time, I hear people want to age in place. Or they want to honor their loved ones wishes about not going into a nursing home or assisted living. However, there comes a point in time where evaluation and much thought are of the upmost importance not only for you as a caregiver but for your loved one.

Part of this is the internal struggle; is the feeling like you gave up on your loved one if you place them in the nursing home or assisted-living. Feeling like a failure and you’re not doing enough. Or you might feel like you’re not doing a good enough job. These are all common thoughts that run through the minds of the caregivers. It can be emotionally taxing and also part of grieving. Especially if you knew the person did not want to go into assisted living or nursing facility and you are trying to honor your loved one.

I’m here to give you a friendly reminder; sometimes people who go into a nursing home thrive quite well with the loving support of CNA’s, RN’s, social workers, activity directors, new friends, and administrators. Nursing facilities and assisted-living have wonderful activities and there are good relationships that can be built with others who are the same age. This can bring a great social life to your loved one.

While the decision can also be very hard as it’s a step towards a new phase of life. Keep in mind a few things when making the decision. You will want to look into safety concerns. Does your loved one have frequent falls? Is your house capable of accommodating their abilities? Do you have the means to update a bathroom to make it handicap accessible for easier and safe showers? Does your loved one have medical or kind of conditions like wandering or up all night unable to sleep?

Evaluate your capacity and well-being. Consider your own health, your financial ability as well as caregiver burnout and extreme anxiety with exhaustion. Sometimes people have a change in health and it becomes so difficult to care for them that you can’t take care of yourself. At that point, there are a few options: hiring private duty short term because this is a small season of life would be the alternative; or deciding to place your loved one where they have 24/7 care.

Consider involving your loved one in the decision. Communicate and listen to understand their wishes and preferences. You can also talk with a doctor or hospital discharge planner for expert medical advice, and possible recommendations. You can receive a list of nursing homes and assisted living in your area, and do what I call is house shopping. Just like if you were going shopping for a new house. You would want to look at what the facilities are going to provide your loved one.

Whatever choice you make know you are doing the best you can for your loved one. Do not become over critical of yourself. Do not let doubt get to you. Do not rush into a decision. Find answers that comforts, encourages and calms you. Here you will find the right path. There are no wrongs when you love yourself and your loved one.



## Mission Moments



As Fiscal Year 2025 comes to a close, I reflect on the many great things Commission on Aging and the Food with Friends program has accomplished over the past 12 months. We have brought so much joy to so many and helped in ways we might not even realize.

Here are highlights from the past year:

October brought Halloween Parties across the county. Each meal site enjoyed their version of Halloween fun: Fall crafts, Halloween Bingo, cider and donuts, scary movies; so much fun to have, even a caramel apple bar!

In November, we celebrated our Veterans and thanked them for their service! We have many veterans attending our sites. This is a great opportunity to stay connected with those who may have served at a similar time. Our Thanksgiving celebration was with Elvis Tribute Artist, Jake Slater! This was a great hit with 230 participants at a delicious lunch and a great performance! I heard so many positive comments about this event for months to follow. The meal sites had great musical entertainment this month, with ice cream socials and pumpkin pie socials!

Another Holiday celebration featured The Holiday Ramblers! It was a great performance and great attendance for the holiday meal. We had fun dancing and enjoyed a wonderful meal. Meal sites hosted Holiday Bingo, cookie decorating, eggnog and holiday crafts!

Valentine's Day celebration brought the Louisell Band! It was another great day of dancing and taking fun pictures with the Photo Booth! Sites had Valentine crafts, Red and White Bingo and many entertainers including Tom Ciganick and Greg Merwin!

March and April brought the Luck of the Irish with the St. Patty's Day parties and Green Bingos! April was a great month to start planting seedlings! There were also many spring crafts!

May and June brought fun outside. We started June off with a bang and another performance from Elvis Tribute Artist, Jake Slater! COA opened the new pavilion and all enjoyed a picnic lunch and great entertainment. All meal sites had excellent entertainment and presentations such as "Spring Cleaning and Downsizing!"

July and August brought on the hot weather, but all of our sites have air conditioning to keep cool! In summer we celebrate the warm weather by taking things outside for games of corn hole or walking groups. There are always games to play inside where it is cool as well. September was filled with entertainment, crafts, movies and fun as we welcomed cooler temperatures and the fall colors. As you can see, there are so many things happening at our meal sites, besides the delicious and nutritious meal! Come join our fun! You won't regret it!

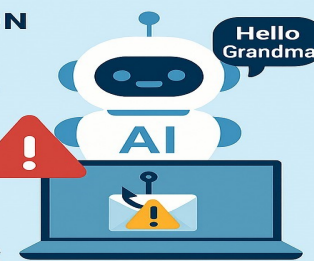
*Carmel Slebodnik, Nutrition Program Manager*

## A TRIBUTE To ALL VETERANS In November

We are inviting all Veterans (**both men and women**) of all branches of service to bring in a **framed photo of yourself in uniform no larger than an 8x10 by Oct. 15 to the COA receptionist**. Please include a note listing your name, service info: enlistment years, rank, when and where you were stationed. and your duties/job. Include a phone number in case we need to contact you. If you had participated previously we have your information unless there is something you'd like to add such as a picture of you in action of your duties. *Thank you for participating and letting us honor you.*

### SCAM PREVENTION

**PROTECT YOURSELF FROM AI SCAMS AND DATA BREACHES**



**Don't get burned!**

BE SUSPICIOUS OF UNSOLICITED MESS AGES AND PHONE CALLS

VERIFY THE SOURCE OF INFORMATION

DO NOT CLICK ON SUSPICIOUS LINKS

USING STRONG, UNIQUE PASSWORDS IS NOT ENOUGH



**OCTOBER 23RD  
12:30 – 1:30PM  
COMMISSION ON AGING**



ISABELLA COUNTY  
COMMISSION ON AGING

**VOLUNTEERS  
NEEDED**



**Seeking Home-Delivered Meal Volunteer Drivers:**  
Run routes in the area of your choice throughout Isabella County on Monday, Wednesday, or Friday. Pick up routes during lunch-time hours on days you are available! Mileage reimbursement offered.



**TO SIGN UP, CALL KELLY OR MARY  
989-772-0748**

## Events & Classes at COA

### Computer/Tech Class at COA

**Tuesday, October 7 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 "Autumn Field"

**Wednesday, October 1 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 "*Autumn Field*." 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, September 29. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.**

Next class, Wednesday, November 5

**FREE Hearing Aid Cleaning Clinic at COA**  
**on Tuesday, October 7 from 11:30 a.m. to 1:30 p.m.**  
**Performed by CMU Student Academy of Audiology.**  
**Happening right after Line Dancing in Room C!**

### MARSP MEETING (Michigan Association of Retired School Personnel)

The Isabella County Retired School Personnel chapter of MARSP will meet at **Noon on Tuesday October 14** at the COA 2200 S. Lincoln Rd., Mt. Pleasant. **Sara's Law Firm** will be presenting. Lunch will be available at noon. The cost will be \$7.00.

### Are you concerned about Social Security? Do you have questions in these uncertain times?

Come listen to Jaymie Petronzi, a 35-year employee of the SSA, now retired. She will talk about the current state of Social Security on **Wednesday, October 1 at 6:30 pm at COA**. Hear an insider discuss the facts about Social Security, clarify common misconceptions, and answer your questions about this 90-year-old program. *This talk is hosted by Indivisible Central Michigan and Indivisible Genesee County.*

### Coffee Hour with An Attorney

**4th Wednesday of ALTERNATE months, (September 24, November 26 ) at 10:30 a.m. to 11:30 a.m. at COA.**

We once again have an attorney from **Sarah's Law Firm** available to chat with you about general legal questions you may have. **Join us for coffee and light conversations!**

### Veterans Support Group at COA



The Veterans Support Group meets on **Thursday, October 9 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, October 14 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"

**October 28 from 2:00 p.m. to 4:00p.m.**  
*Sign ups first of October 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.**

**"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.**

**"War Horse"** 2hr 26 min PG-13 Albert (Jeremy Irvine) and his beloved horse, Joey, live on a farm in the British countryside. At the outbreak of World War I, Albert and Joey are forcibly parted when Albert's father sells the horse to the British cavalry. Against the backdrop of the Great War, Joey begins an odyssey full of danger, joy and sorrow, and he transforms everyone he meets along the way. Meanwhile Albert, unable to forget his equine friend, searches the battlefields of France to find Joey and bring him home.

**Friday, October 17 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

or to sign up for Zoom classes, please contact Marcy Huntoon (989) 772-0748 or [mjermome@isabellacounty.org](mailto:mjermome@isabellacounty.org)

**Tai Chi for Arthritis** ~ Tai Chi is a gentle, slow moving exercise designed to improve balance, flexibility, muscle strength, coordination, energy, and overall 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 Sept. 25. Oct. 2 COA Closed, No meals and No activities.**

**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 Days & Time:** **Monday, Wednesday 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*

**Yoga ~ Tuesday, 3:00 p.m. In Fitness Room**  
*Instructor: Catherine Tobin*

**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). **NO class Oct.2 COA Closed.** *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, 10:00~ 11:30 a.m.!**

**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*

**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, 9:00 a.m. ~ 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. **Tues., Oct.7 & Thurs. Oct. 9 Judy will be in town. Class on Zoom and in person at COA!**

*Instructor: Judi Swartz*

**Otago Exercise Class ~ Location: COA Fitness Room** *Instructor: CMU Students*

**NO class OCT. 2 COA Closed. No meals or activities**

- **Wednesdays at 12:30 p.m. to 1:30 p.m.**
- **Thursdays at 8:30 a.m. to 9:30 a.m.**

The Otago Exercise Program provides a safe and healthy environment where participants work alongside student exercise trainers to improve their balance and reduce their risk of falls. Together we can create a healthier and happier community. Due to increased interest and reaching maximum capacity in the exercise room, we added an additional session. This program is designed to be attended once weekly.

**To sign up call or email: CMU College of Medicine, 600 E. Preston St, Suite 028, Mt. Pl. Call: (989)774-1350 Fax: (989)774-7658 Email: [fallprevention@cmich.edu](mailto:fallprevention@cmich.edu)**

### CMU DPT MOVE! For Health Exercise Class ~ Wednesdays, at 4:00 p.m. Your Reasons to

**Join:** Exercise has proven to slow down the progression of Parkinson's and improve quality of life. **MOVE For Health** is a fun, supportive environment, promoting empowerment. It's for people with Parkinson's, Multiple Sclerosis, and anyone that wants to improve their daily function and activities. This class is taught by second year Doctor of Physical Therapy students under the supervision of **Dr. Jamie Haines, PT, DScPT, NCS.** Contact her at (989) 774-2533.

## Chippewa Valley Audubon Meeting

Please join us on **Wednesday, October 8, at 7:00 p.m. for our meeting at Veterans Memorial Library, 301 S. University St., Mt. Pleasant.**

Joanne Dannenhoffer, Emeritus Biology Professor, from CMU, will discuss how vegetation changed with the arrival of European settlers. Learn what it replaced through time.

### 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.**

**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.**

**Upcoming CWC Events:** **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.

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

ISABELLA COUNTY  
COMMISSION ON AGING

# CRAFT Show

**SATURDAY, NOVEMBER 8TH  
9:00AM-3:00PM**

Featuring a unique collection of hand-made items by local artisans. The perfect place to purchase your holiday gifts!

Also featuring  
Quilt Raffle

Food items available for purchase from  
11 am - 1 pm

2200 S. LINCOLN RD.  
MT. PLEASANT



## Travel with COA

**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 [mjeronme@isabellacounty.org](mailto:mjeronme@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.



### Ganiard School/ West Side Reunion at The COMMISSION ON AGING



2200 South Lincoln Road  
Phone: 989-772-0748



Wednesday  
**October 15, 2025**  
10:00 a.m. to 2:30 p.m.

**\*Morning Coffee and Tea**

Hope you are

**\*Refreshments & LUNCH**

Free for this

**\*Come and go as you can!**

Free Event!!

**\*MAKE PLANS TO COME and BRING A FRIEND!!**

Neighbors,  
Friends, Alumni,  
Retired School Staff!

\*\*\*Historical Information ???

(Do you have photos?)

Old West Side Businesses

+ Interesting Home Construction

\*Ganiard History Project DVD (20 minutes) will be shown at  
11:00 a.m. and 1:00 p.m. in 1/2 of the room

Scholarship Update will make you proud!

Sponsored by : Area Businesses

: Ganiard History Project

Questions? [Ganiardhistory08@gmail.com](mailto:Ganiardhistory08@gmail.com)

Val Wolters, Coordinator

4795 East Broadway, Mt. Pleasant, MI 48858







## Activity Center - October Activities

<h2>Activity Center - October Activities</h2>		9:00 Video Exercise Group 1 10:00 Chess Club 10:00 Line Dancing 10:00 Caregiver Training 10:45 Gentle Exercise <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 CMU DPT Move For Health 4:00 Anyone Can Paint 6:30 Indivisible Central Michigan <b>International Coffee Day</b>
8:00 Med D Volunteer Training 6 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 1:00 Cards 1:00 Faith Weavers 1:00 Hand Sewing Group 5:15 Human Rights Committee Meeting 6:30 Mountain Town Family Chorus	9:00 Zumba Gold with Judi 7 <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>11:30-1:30 Hearing Aid Cleaning Clinic</b> <b>11:30 Trivia/Word Search</b> <b>1:00 Cards</b> 2:00 Computer/Tech Class 3:00 Yoga 5:00 Board of Commissioners Meeting 5:30 Isabella County Historical Society	9:00 Video Exercise Group 8 10:00 Chess Club <b>10:00 Line Dancing</b> 10:45 Gentle Exercise 11:30 PEO 11:30 Word Search/Trivia 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 6:30 Isabella County Dem Socialists
9:00 Isabella Bank 13 9:00 Video Exercise Group <b>10:00 Coffee and Conversation</b> 10:00 Quilts of Valor 10:00 Dulcimers 10:45 Gentle Exercise <b>11:30 Trivia/Word Search</b> 1:00 Mahjongg 1:00 Cards 1:00 Faith Weavers 6:00 Orchard Glen Homeowners Assoc. 6:30 Mountain Town Family Chorus	9:30 Basic Line Dancing Instruction 14 <b>10:00 Line Dancing</b> 10:00 Commission Committee Meetings 10:00 Needlecraft Meeting 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level <b>11:30 Word Search/Trivia</b> 12:00 MARSP 1:00 Cards 2:30 Huntington Support Group 3:00 Yoga 4:00 League of Women Voters 5:00 PEO 7:00 Mid Mi Woodcrafters	9:00 Video Exercise Group 15 9:00 Zoning Board of Appeals 10:00 Chess Club 10:00 Line Dancing 10:00 Second Sight Artists 10:00 Ganiard History Project 10:45 Gentle Exercise <b>11:30 Word Search/Trivia</b> <b>12:30 Root Beer Floats</b> 12:30 CMU Otaga Exercise Class 1:00 Cards 1:00 Happy Rippers 1:00 Second Hand Book Club 4:00 CMU DPT Move For Health
8:00 Heartland Basket Weavers 20 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 Caregiver Support Group 1:00 Mahjongg 1:00 Cards 1:00 Faith Weavers Group 2:30 Insurance Committee Meeting 2:30 Garden Club	8:30 FOIS Meeting 21 <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>11:30 Word Search/Trivia</b> <b>1:00 Cards</b> 3:00 Yoga 5:00 Board of Commissioners Meeting	8:00 Happy Rippers 22 9:00 Video Exercise Group 10:00 Chess Club <b>10:00 Line Dancing</b> 10:45 Gentle Exercise <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
9:00 Video Exercise Group 27 <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 6:00 Orchard Glen Homeowners Meeting 6:30 Mountain Town Family Chorus	9:30 Basic Line Dancing Instruction 28 10:00 Commissioner Committee Meetings <b>10:00 Line Dancing</b> 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 4:00 Isabella County Child Advocacy 6:00 Mid Michigan Quilt Guild	9:00 Video Exercise Group 29 9:00-3:00 Flu & Covid Vaccine Clinic 10:00 Chess Club <b>10:00 Line Dancing</b> 10:45 Gentle Exercise <b>11:30 Word Search/Trivia</b> 12:30 CMU Otaga Exercise Class <b>1:00 Cards</b> 1:00 Happy Rippers 4:00 CMU DPT Move For Health 7:00 Nancy Carey Cancer Support Group




# Thursday




# Friday

# Saturday

# Page 9

<p><b>Closed for Staff Development Day</b></p> 	<p>2 8:00 Happy Rippers 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>11:00 Nutrition Education</b> <b>11:30 Trivia/Word Search</b> 1:00 Ukulele Group <b>1:00 Bingo</b>                      <b>2:00 Cards</b></p>	<p>3 4 Saturday &amp; Sunday 9:00 Happy Rippers <div><b>National Fire Prevention Week</b> <b>October 5 to 12</b> <b>Check Your Smoke Detectors</b></div></p>
<p>8:30 CMU Otaga Exercise Class <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 Veteran Support Group <b>1:00 Cards</b>                      3:00 Hula 4:00 Zumba Gold with Judi 6:00 Planning Commission 6:30 Community Cancer Services</p> 	<p>9 10 9:00 Gold Key Volunteer Breakfast 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> 12:00 Sacred Heart Book Club <b>1:00 Cards</b> 1:00 Ukulele Group</p>	<p>11 8:00 Mid Michigan Quilt Guild  <b>GIVE PEACE A CHANCE</b></p>
<p>8:30 CMU Otaga Exercise Class 9:00 Jerolyn's Sewing Group <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 7:00 Mt. Pleasant Citizens Climate Lobby</p> 	<p>16 17 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> 12:00 McLaren Hip &amp; Knee Presentation <b>1:00 Movie &amp; Popcorn: "War Horse"</b> 1:00 Ukulele Group <b>1:00 Cards</b></p>	<p>18 9:00 Charlene's Quilting Group</p>
<p>8:00 DHHS 8:30 COA Staff Meeting 8:30 CMU Otaga Exercise Class <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>12:15 October Birthday Celebration</b> 12:30 Scams Presentation: AI &amp; Data Breaches <b>1:00 Cards</b>                      3:00 Hula</p> 	<p>23 24 9:00 FGP/SCP 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 Bingo with Meagan</b> <b>2:00 Cards</b></p>	<p>25 9:00 Central Michigan Day Lily Society</p>
<p>8:00 Stitchin' Gals 8:30 CMU Otaga Exercise Class <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</p> 	<p>30 31 9:00 Video Exercise Group 9:30 Jam Session <b>10:00 Coffee and Conversation</b> <b>10:30-1:00 Halloween Party</b> 10:45 Gentle Exercise <b>11:30 Trivia/Word Search</b> 1:00 Ukulele Group <b>1:00 Cards</b></p> 	<div><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></div>

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

FWF Eat Smart Menu		October 2025		
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Breaded Cod Bread Baked Potato Creamy Coleslaw Brownies	<b>2</b>  No Meals Today	<b>3</b> Beef w/Peppers Bread Brown Rice Carrots Pineapple & Oranges
	<b>6</b> Pork Chop Dinner Roll Garlic Mashed Potatoes Capri Blend Veg Pineapple Tidbits	<b>7</b> Beef Cabbage Soup Biscuit Tossed Salad Fresh Clementine String Cheese	<b>8</b> Autumn Chicken Bread Cheesy Potatoes Spinach Cinnamon Applesauce	<b>9</b> Reuben Casserole Bread Beets Citrus Fruit Cup
	<b>13</b> Lemon Baked Chicken Dinner Roll Whipped Potatoes Peas Apricots	<b>14</b> Lasagna Soup Cheesy Breadstick Italian Blend Michigan Fruit Cup	<b>15</b> Chicken & Stuffing Cas. Bread Mixed Vegetables Baked Apples Pudding	<b>16</b> Spinach Chicken Salad Bread Cottage Cheese Grapes Cookie
	<b>20</b> American Goulash Garlic Toast Italian Green Beans Peaches Cookie	<b>21</b> Hot Turkey Sandwich Whipped Potatoes Succotash Fresh Apple	<b>22</b> Tuna Salad Croissant Multi Bean Salad Strawberries	<b>17</b> Chop Suey Bread Brown Rice Broccoli Mandarin Oranges
	<b>27</b> Mesquite Chicken Bread Scalloped Potatoes Mixed Vegetables Citrus Fruit Cup	<b>28</b> Ham & Cheese Slider Potato Soup Tossed Salad Blueberry Crisp	<b>23</b> Sweet and Sour Meatballs Rice Bread Peas Tropical Fruit	<b>24</b> Creamy Swiss Chicken Bread Parslied Potatoes Brussels Sprouts Baked Apples
		<b>29</b> Mac and Cheese Bread Carrots Pears	<b>30</b> Fish Sandwich Carrot & Raisin Salad Pineapple Gelatin	<b>31</b> Happy Halloween! Hot Dog Cole Slaw Apple Slices Lemon Poke Cake 

Menus are Subject to Change Without Notice  
Reservations are Required 24 Hours in Advance

Milk provided with all meals  
Suggested Donation: Congregate \$3.00, Home Delivered \$3.50

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.**

Hello Fall! Time to reflect on another great year. We have had some really good activities as well as some great entertainment! I would like to express my gratitude and thanks to you all who have come out to support us by either coming in for lunch or all other activities. Starting this month, our meal punch cards will be \$ 15.00 for 5 punches and \$30.00 for 11 punches! We will still honor cards already purchased at old price.

COA October Calendar

- 10:00 Line Dancing/ Tuesday & Wednesday's  
2 **Closed /Staff Retreat**  
3 1:00 Bingo  
9 1:00 Veterans Support Group  
17 1:00 Movie: "War Horse"  
23 12:15 October Birthday Celebration  
24 10:45 Music with Barb & Greg  
1:00 Bingo with Megan  
31 10:30 – 1:00 Halloween Costume Party  
With Photo Booth!

**\*NEW\***

**FOOD WITH FRIENDS PUNCH CARDS!**

**\$15.00 FOR 5 MEALS**

**\$30.00 FOR 11 MEALS**

**You can ask your Site Facilitator for more information!**

**The Punch Cards are purchased at the COA 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**  
Fall equals FUN! Cider and donuts, an Octoberfest and a Halloween party! Plus so many other activities! Come and join us for food, music and laughter!  
[rosebushfoodwithfriends@gmail.com](mailto:rosebushfoodwithfriends@gmail.com)

**Rosebush October Calendar**  
1 Penny Bingo! Nutrition Education  
3 Music: Paul Wilkinson  
6 Manicures  
8 Music: Marty Miller  
10 Music: Mike Scutt and Ice cream Social  
13 Paint Pumpkins! Jack O' Lanterns, Cider and Donuts!  
15 Music: Mark Denoyelles  
17 Music: To Be Announced  
20 Music: Just the 2 of Us, Octoberfest!  
22 Music: Kevin Bendele  
24 Music: To Be Announced  
27 Sing-a-Long with Brian  
29 Bingo with Prizes!  
31 Halloween Party!



## 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**

[shepherdfoodwithfriends@gmail.com](mailto:shepherdfoodwithfriends@gmail.com)

We have so many things happening for October at Shepherd. We would love to expand our group! Please join us! We are having our **2nd annual Health Fair on October 31!** If you didn't make it last year, there were great vendors providing free services for our area seniors! Come check it out and while you are here enjoy a great lunch!

### Shepherd October Calendar

- 1 National spice cake day, Celebration of October Birthdays
- 3 Bingo! (12:00)
- 6 11:00 Light Exercise, Nutrition Education
- 8 Games(10-12pm) Music: Kevin Bendele
- 10 Bingo! (12:00)
- 13 11:00 Otago Exercise; Fall Trivia (12:30)
- 15 National "I love Lucy" day  
Movie: "I love Lucy" 11:00)
- 17 Fall Bingo! (12:00)
- 20 11:00 a.m. Heather from MyMichigan, Games. Wii bowling
- 22 11:00 a.m. Movie: "Beautiful Day in the Neighborhood"
- 24 11:00 Wii Bowling;  
12:15p.m. Pumpkin Bingo
- 27 11:00 -30-minute Exercise;  
11:30a.m. Music: Al Bartholomew
- 29 11:00 National Cat Day Movie:  
*Garfield Thanksgiving*
- 31 Halloween Senior Health Fair  
11:00 to 1:30p.m. Costume Party!

## 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**

We have some fun things scheduled for the month of October! For the 4th year in a row, we are writing Christmas Cards for Soldiers! We will begin October 10th and continue through the end of November on most Fridays. We would love your help! We supply the cards and pens! Come join us!

[weidmanfoodwithfriends@gmail.com](mailto:weidmanfoodwithfriends@gmail.com)

### Weidman October Calendar

- 1 Nutrition Education
- 3 Music: Greg Merwin
- 6 Cards and Dice
- 8 Coffee, Conversation and Muffins
- 10 Christmas Cards for Soldiers
- 13 Cards and Dice
- 15 Coffee, Conversation and Cookies
- 17 Halloween Bingo! Wear Black and Orange!
- 20 Cards and Dice
- 22 October Birthday Celebration with Cake!
- 24 Christmas Cards for Soldiers
- 27 Craft Day: Making Ghosts!
- 29 Dice and Cards
- 31 Halloween Movie: "Hocus Pocus" and Snacks!



## 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**

Boo! As we fall into October it means ghosts, goblins, pumpkins and Food with Friends! Come out and have some fall fun with Halloween crafts and great musical guests. You won't be disappointed!

[Winnfoodwithfriends@gmail.com](mailto:Winnfoodwithfriends@gmail.com)

### Winn October Calendar

- 1 Music: Midnight Express, Nutrition Education
- 6 Craft Day: Outdoor Pumpkins
- 8 Music: Lise White (Country Music)
- 10 Craft Day: Fall Décor
- 13 Music: Kevin Bendele
- 20 Craft Day: Pumpkin books
- 22 Music and Bingo!
- 25 Craft Day: Halloween Decorating
- 27 Craft Day: More Halloween Décor
- 29 Halloween Party and Music and Dancing: Holiday Ramblers and Costume Contest!!

## 2025 Nutrition Council Meeting

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

Wednesday November 5, 2025

All Meetings Start at  
11:00 a.m. at Commission on Aging

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

## COA Closing Information:

Once again, it is that time of year with snow falling and roads becoming snow covered or icy. The Commission on Aging takes our volunteers into consideration during bad weather. As a basic rule, if Mt. Pleasant schools are closed due to weather, we will be closed. If you see that meals are running late or haven't looked outside, we post our closings / cancelations on the following TV stations: **ABC 12 , NBC 25, CBS WNEM 5.** All meals – congregate and home delivered, as well as all COA sponsored activities, events, and fitness classes will be canceled. We usually post the information as early as possible, however sometimes schools close without much notice or later in the day. If you have any questions about meal delivery, please call **989 772-0748.**

## 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 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, Oct. 1	2 p.m. - 6 p.m.
Thursday, Oct. 2	9 a.m. - 1 p.m.
Wednesday, Oct. 8	2 p.m. - 6 p.m.
Thursday, Oct. 9	9 a.m. - 1 p.m.
Saturday, Oct. 11	9 a.m. - 12noon
Wednesday, Oct. 15	2 p.m. - 6 p.m.
Thursday, Oct. 16	9 a.m. - 1 p.m.
Wednesday, Oct. 33	2 p.m. - 6 p.m.
Thursday, Oct. 23	9 a.m. - 1 p.m.
Saturday, Oct. 25	9 a.m. - Noon
Wednesday, Oct. 29	2 p.m. - 6p.m.
Thursday, Oct. 30	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**

## 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.**

## Weidman Friend of the Month

by: Volunteer, Sue Preuss

Mary Dunn is the Weidman Senior Activity Center friend of the month. Mary lives in Weidman with her daughter and family, who remodeled their home in order to create a mother-in-law suite just for her. She has lived here for about one year. Prior to moving to Weidman Mary lived in Millbrook for 36 years where she had worked at the Remus dime store for about 6 years. Mary has 2 children and 2 grandkids.

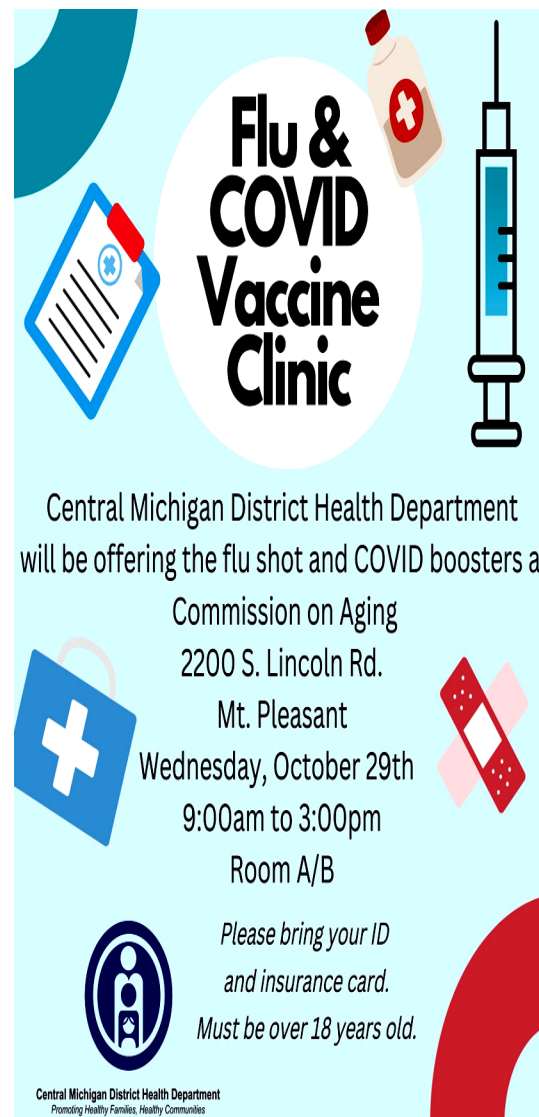
As of today, Mary's life is a bit slower than it had been. Having been diagnosed with glaucoma, her vision is impaired to the point that she spent a month at the BSBP school for the blind in Kalamazoo learning independent living skills. She said it was a wonderful experience and that she would recommend to anyone with any type of serious vision issue to check it out. As part of becoming familiar in her new home and the area Mary enjoys participating in water aerobics at the SAC in Mt Pleasant along with coming to spend time with "the friendliest people" at the WSAC, where she enjoys sharing a meal and having some social time.

The center is open Monday, Wednesday, and Friday from 10-2, and is located at the south end of the newly renovated library building. If you would like to join the group and to meet Mary, stop by and join in the fun. If you are interested in coming for a meal, simply call Sandy Hunter, the site facilitator at **644-2538**, the day before that you plan to come. The menu for the month is available on the Commission on Aging web site.

### 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.**



**Flu & COVID Vaccine Clinic**

Central Michigan District Health Department  
will be offering the flu shot and COVID boosters at

Commission on Aging  
2200 S. Lincoln Rd.  
Mt. Pleasant  
Wednesday, October 29th  
9:00am to 3:00pm  
Room A/B

Please bring your ID  
and insurance card.  
Must be over 18 years old.

Central Michigan District Health Department  
Promoting Healthy Families, Healthy Communities

## Explore Treatment Options for Hip and Knee Arthritis

Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon **Ryan Lilly, MD** to learn about options for relief. Learning about treatment options can ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee and hip replacement surgery will be discussed. **Friday, October 17 at 12:00 p.m. to 1:00 p.m. at COA. Call 989-779-5606 to register.**



## 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 **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 (Oct. 21) 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.**

## FREE Breast Cancer Screening

Screening for breast cancer will give you your best chance to identify cancer early. Women 40 years and older, without health insurance, and who have not had a mammogram in the past 12 months are eligible to participate in our free screening. The screening includes a clinical breast exam conducted by **Stephanie Leslie, FNP or Kristen Carrillo-Kappus, MD** and a free digital Mammogram.

**Friday, October 10 from 9:00 a.m. to 11:00am at McLaren Central Michigan, Mammography, West Entrance, 1221 South Drive, Mt. Pleasant. Call (989) 779-5606 to make an appointment.**

## 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, October 15, November 19, December 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.**

## Central Michigan Parkinson's Support Group

**Time: 4th Wednesday of each month (October 22) 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)**

## 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.**



## Huntington's Support Group at COA Tuesday, October 14

**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**

## 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 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.

Group meets every **Wednesday, 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 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 ?

If interested, please contact Marcy Huntoon at COA **989772-0748.**

## In Memory Of

**Ruth Fransted – Happy  
100<sup>th</sup> Heavenly Birthday**  
Kathy Frandsted

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**Martin Trombley**  
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Sandra Trombley

**For Food With Friends**  
**Wanda Odykirk**  
Sharon Horgan

## 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

Dave Brant  
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***Thank You All For Your  
Generous Donations***

## November ~ The Month of Remembrance

**November is traditionally the Month of Remembrance.** Active LIVING offers a way to honor those special people in your life with a Memorial or Honorarium Listing. If you would like a memorial or honorarium included in the November issue, **please send the information by October 6.** Please indicate if your gift is in Memory or in Honor of a Veteran. For your convenience, please use the form on the next page.

## 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.

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 Really Needs Your Support

Thank You to everyone who donates to Active LIVING. As of September 8, we have received \$12,672.50. 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. You may 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

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☐ COA Activity Center

☐ Food With Friends

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☐ Honorarium

Name: \_\_\_\_\_

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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.



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

**LEGAL SERVICES**  
*of Eastern Michigan*



**PRACTICE AREAS**

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

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Friends of Isabella Seniors

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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.***