



# 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

## 2026 Active Living Campaign

*Submitted by Kathy House, FOIS Board Member*

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

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

For more than 50 years, this informative monthly publication has been delivered to the homes of older adults throughout the county and beyond. From the very beginning, the cost of the production and delivery of the newspaper has been supported by donations of Active Living recipients and supplemented by funds of Friends of Isabella Seniors. With increases in both printing and postage, the cost to produce the monthly paper has increased drastically throughout the past several years, and unfortunately, the donations received annually to support Active Living are no longer keeping pace with the cost of printing and mailing. In 2025, the total annual cost for postage and printing of the paper was \$28,565.68, while the donations received to support Active Living, totaled \$17,732.50, a deficit of \$10,833.18. Friends of Isabella Seniors is requesting your help in supporting the cost of Active Living for 2026 – the suggested annual donation amount is \$25.

Thank you for your support!

***YES, I Want to Support Active Living!***

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**I would like to donate in the amount of \$ \_\_\_\_\_**

Please keep my donation anonymous.

*Please make checks payable to: FOIS*

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

## COA Director's Comments

The first day of spring is fast approaching, and honestly, I would be ok if it got here a little quicker! I love all of the seasons, but I am feeling ready for everything that spring brings with it! This year spring will certainly look and feel a little different for my family with our calendars not filled up with college baseball, but that's ok – we are enjoying every chapter of this life! We will still be sure to go cheer on Northwood University Baseball, and we will be rooting for our Detroit Tigers for sure! Do you think this is our year? I am going to say it is! We will also be cheering on our youngest son in his junior year of high school golf, so that will be so fun! I hope that you also look at each new season with excitement and the joy of what is to come.

For those who might not know, March 3rd is Caregiver Appreciation Day. I would like to take this opportunity to recognize and show our sincere appreciation to all of the caregivers in our community. Caregivers are family members, volunteers, or paid helpers who regularly assist individuals with daily living activities. Caregivers are essential for those who want to remain in their homes but are unable to do so without the extra help. It is so important for caregivers to find balance, understanding that taking care of oneself is just as important as taking care of someone else. Did you know that we have a Caregiver Trainer Program that provides resources and support to caregivers here at the Isabella County Commission on Aging? We have a monthly Caregiver Support Group, which provides a support system for caregivers, letting them know that they are not alone. The schedule for the support group can be found in this issue of Active Living. In addition to the Caregiver Trainer Program, we also have a Respite Care Program through our In-Home Services Program that provides relief for caregivers by having a trained Commission on Aging staff member spend time with the individual in need of care, allowing the caregiver to participate in an activity or simply rest and recharge. For more information on either the Caregiver Trainer Program or Respite Care, please call the Commission on Aging at 989-772-0748.

Last, but certainly not least, I would like to point out that Friday, March 6th is Employee Appreciation Day! I would like to take this opportunity to express my sincere and utmost appreciation to our entire Isabella County Commission on Aging team. Your passion and dedication to those we serve is truly an inspiration, and I am honored to have the opportunity to work alongside each and every one of you. THANK YOU ALL FOR ALL THAT YOU DO!

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

## Mission Moments

The Food with Friends Program continues to evolve as the needs of our community change. We have seen an increase with Home Delivered Meal delivery and the Congregate meals program continues to grow, especially in the last 5 years. The Site Facilitators work hard to bring exercise, educational speakers, crafts, games, events, fun and camaraderie to each meal site. If you haven't visited one of our meal sites, please do. It's a great way to create a new routine and have something to look forward to each week.

One of the changes for the program in the past few months is new Nutrition Requirements. The Food with Friends menus are created each month and have to be approved by the Area Agency on Aging. In order to be approved, each meal must meet the standard meal requirements. The meals have to follow a low sodium, low saturated fat diet. We work very hard to meet the guidelines and provide meals that are enjoyable. We currently have a 14-week cycle for meals. Occasionally, we have a meal that is repeated during that time; however, we aim for as much variety as possible.

Food with Friends takes pride in the meals we produce. Seeing the enjoyment and hearing the positive comments is worth all of the planning and effort it takes to create these meals. We hope to see you soon!



*Carmel Slobodnik  
Nutrition Program Manager*

### Save-the-Date

- Thursday, May 14<sup>th</sup> - COA Health, Wellness and Volunteer Expo
- Thursday, May 21<sup>st</sup> - Senior Dance w/ Louisell Family
- Thursday, June 4<sup>th</sup> - Picnic in the Pavillion and Elvis Tribute Artist (*reservations begin May 1*)

## COA Caregiver Support Corner

By Brandise Leonard, Caregiver Support Specialist/Trainer  
bleonard@isabellacounty.org (989)772-0748

Caregiver Support Group - March 16th 1:00pm-2:30pm at the CoA building. All caregivers are welcome; support is important to caregivers please come as you are. If you would like to attend the support group but need care for your loved one, we have the solution for you! You will need to RSVP with Brandise 989-772-0748 and register your loved one with Rick Bole owner of Asona at (989)-621-3159 or (989) 546-4269.

### Ageism in Everyday Care: How Caregivers and Older Adults Can Recognize It—and Respond with Confidence

Ageism doesn't always show up as outright disrespect. More often, it appears quietly, in rushed conversations, dismissive tones, assumptions about ability, or medical concerns being minimized as "just getting older." For caregivers and older adults alike, recognizing ageism is the first step toward advocating for respectful, effective care.

#### What Does Ageism Look Like?

Ageism is prejudice or discrimination based on age. In healthcare settings and public spaces, it can sound like: "That's normal at your age", speaking to a caregiver instead of the older adult who is present and capable, assuming confusion, weakness, or inability without assessment, rushing appointments or withholding explanations, or dismissing pain, memory concerns, or emotional distress. In the community, ageism may appear when older adults are ignored, spoken down to, or treated as an inconvenience rather than as individuals with autonomy and experience. These moments may seem small—but over time, they can affect confidence, health outcomes, and willingness to seek care.

#### Why It Matters

When age-related concerns are dismissed, real medical issues can be missed. Older adults may stop asking questions, minimize symptoms, or feel embarrassed advocating for themselves. Caregivers may feel frustrated, unsure when to speak up, or worried about being labeled "difficult." Respectful care is not a favor—it's a right.

#### How to Recognize Ageism in the Moment

Caregivers and older adults should trust their instincts. A red flag may be present if: Questions are brushed off without explanation, the older adult is excluded from decisions, concerns are attributed solely to aging without evaluation, or the tone feels patronizing, rushed, or dismissive. Not every uncomfortable interaction is intentional ageism—but intent does not erase impact.

#### Advocating for Yourself or Someone You Care For

Advocacy does not have to be confrontational. Calm, clear communication is often the most effective tool. Helpful phrases include: "I'd like that explained in more detail, please", "can you tell us what other possibilities you've ruled out?", "this symptom is new and concerning—what are the next steps?", or "please speak directly to them; they want to be involved." Caregivers can support by reinforcing the older adult's voice, taking notes, asking follow-up questions, and requesting clarification when needed.

## Caregiver Support Corner Continued..

### Know When to Escalate

If concerns continue to be dismissed: ask to speak with a charge nurse or patient advocate, request a second opinion, document concerns, dates, and responses, or bring a written list of symptoms and questions to appointments. Advocacy is not disrespect—it is participation in care.

### Reframing the Narrative

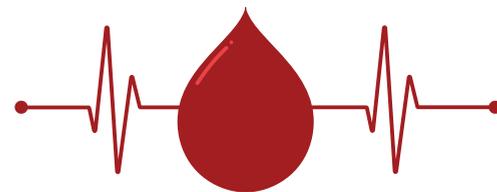
Older adults are not "less than." They are not invisible. They are not defined by age alone. Healthcare and community spaces work best when experience is honored, voices are heard, and individuals are treated as partners in their own lives. By recognizing ageism, speaking up with confidence, and supporting one another, caregivers and older adults help create a culture of dignity, respect, and truly active living—for every age.



## Severe Blood Shortage Alert Help Can Not Wait

The American Red Cross is facing a severe blood shortage as requests from hospitals exceed the available supply of blood. Without immediate action, patients face serious risk. Act now to help save lives.

[www.redcrossblood.org](http://www.redcrossblood.org) to schedule a donation  
[www.redcross.org/donate/](http://www.redcross.org/donate/) to make a financial gift



## American Red Cross Blood Drive

We will again be partnering with the American Red Cross to host a blood drive on Tuesday, March 24 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).

## Events & Classes at COA

### Coffee Hour with An Attorney

This group will meet on the 4<sup>th</sup> Wednesday of ALTERNATE months. **March 25th from 10:30-11:30 a.m.** We will 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 conversation.**

### 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!

### Computer/Tech Class at COA

**Tuesday, March 3 and 17 from 2 - 3 p.m.**

The Veterans Memorial Library IT Department will be at COA on the **first and third 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

**"Light After the Storm"**

**Wednesday, April 1st, 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 **"Light After the Storm"**. 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, March 30th. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.**

Next class, Wednesday, May 6<sup>th</sup>

### Ice Cream Social

Join us on Wednesday, March 18 at 12:15 p.m. in Room C for Ice Cream Sundaes

### Birthday Celebration

Join us on Thursday, March 26 at 12:15 p.m. in Room C to celebrate those with birthdays in March!

### FREE Movie and Popcorn

**"Mission Impossible: The Final Reckoning"**

2hr 50 min PG-13

Hunt and the IMF pursue a dangerous AI called the Entity that's infiltrated global intelligence. With governments and a figure from his past in pursuit, Hunt races to stop it from forever changing the world.

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

**"Eleanor The Great"**

1 hr 38 min PG-13

After the death of her oldest friend, 94-year-old Eleanor Morgenstein moves from Florida to New York City for a fresh start. Wandering into a support group for Holocaust survivors, she tells a tale that takes on a dangerous life of its own.

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

*Call Rhonda to make your reservation*

### FREE Footcare Clinic w/ Dr. Girada

Please join me on **Tuesday, March 31<sup>st</sup> from 10am-2pm** in Craft Room at the COA for a walk-in foot care clinic. Services include: Diabetic Foot Checks, Wound Assessments, Foot Pain Evaluations, and Nail and Callus Debridements.

### FREE Hearing Aid Cleaning Clinic

Join us on **Thursday, April 2nd from 10am-2pm** in Room C for basic hearing aid cleanings, which will be provided for free by CMU Doctor of Audiology students under the supervision of licensed Audiologist. Any recommendations for further hearing aid services will be referred back to each participant's practicing Audiologist.

### Mahjongg

Join our Mahjongg group on **Mondays at 1:00 p.m.** and make new friends! Instruction is provided.

### Connecting With Cards

**Tuesday, March 31st from 2:00-4:00p.m.**

Sign-ups begin on March 1 for this month 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.*

## 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 mjerome@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 Bureau of Aging, Community Living, and Supports and Region VII Area Agency on Aging.*

### Simple Tai Chi for Health

**Wednesday 2:00-3:00 p.m. in Fitness Room.**

A once-a-week class featuring basic Tai Chi movements you can easily learn and do at home, even in small spaces.

New class. No experience needed.

### Beginner Tai Chi (Tai Chi for Health and Balance)

**Tuesday & Thursday 10:00-11:00 a.m. in Fitness Room.**

No experience necessary, new participants welcome!

### Next Level Tai Chi (Yang 24 and Tai Chi for Energy)

**Tuesday & Thursday 11:30 a.m.-12:30 p.m. in Fitness Room.**

Some Tai Chi experience recommended.

*Instructor: Jim VanderMey, Board Certified Instructor, Tai Chi for Health Programs*

*We have had an influx in new Tai Chi participants; we ask that you pick one level of Tai Chi practice to attend! Thank you!*

### Gentle Exercise

**Monday, Wednesday & Friday 10:45-11:30 a.m. in 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.

### Video Exercise Group

**Monday, Wednesday & Friday at 9:00 a.m. in Fitness Rm**

Join this group in getting together and working out to different fitness videos on the TV. All are welcome to join!

### Yoga

**Tuesdays 3:30 - 4:30 p.m. in Fitness Room.**

*Instructor: Catherine Tobin*

### Hula Class

**Thursday 3:00-4:30 p.m. in Fitness Room**

Come learn the Hula as well as other Polynesian dances. All ages and levels of ability are welcome. Wear comfortable clothing (barefoot optional).

*Instructor: Sue Courington*

### Aqua Classes: SAC Pool at CMU

When open, participants will be allowed into the Student Activity Center 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.

**No class February 27, March 9-13, April 2-3**

### Water Aerobics

**Mon., Wed., Thurs.**

**9:05-10:05 a.m.**

*Instructor: Mary Alsager*

### Aqua Zumba

**Tuesday & Friday**

**9:05-10:05 a.m.**

*Instructor: Angela McGuirk*

### Line Dancing

**Tuesday and Wednesday mornings 10:00-11:30 a.m. in Room C.**

Are you new to line dancing? Join us to learn the basic line dancing steps on **Tuesdays 9:30-10:00 a.m.**

### Otaga Exercise Class

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. This program is designed to be attended once weekly.

**Wednesdays 12:30 to 1:30 p.m.**

**Thursdays 8:30 to 9:30 a.m.**

**To sign up call or email: CMU College of Medicine**

**Call: (989)774-1350 Email: fallprevention@cmich.edu**

### CMU DPT MOVE For Health!

For people with Parkinson's Disease, MS, or anyone who wants to improve their daily activities. Join us for group and one-on-one exercise session led by second year CMU Doctor of Physical Therapy students under team of licensed PT supervision. **No class Wednesday, March 11.**

**Wednesdays 4:00-5:00pm through April 29th**

**To sign up call: Frances Wenzel, DPT (989)774-2941 or email: MoveForHealth@cmich.edu**

### Zumba Gold - Virtual on Zoom

**Tuesdays 9:00-10:00 a.m.**

**Thursdays 4:00-5:00 p.m.**

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*

## Travel with COA

### Detroit Tigers vs LA Angels

Thursday, May 28th

We will depart COA at 8:30 a.m., game starts at 1:10 p.m.

Seats in section 112 and 113

Cost: \$120 per person includes motorcoach transportation, game ticket, all you can eat buffet (located upstairs), and all tips.

**Money and reservations due by Friday, May 1st.**

To make a reservation, please contact: Marcy Huntoon (989) 772-0748 or [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org)

#### **TRAVEL POLICY**

For cancellations, payment is non-refundable, unless there is a waiting list. If a ticket has been purchased from a vendor, payment is not refundable. You will be notified at least one week prior to departure if trip is cancelled because of low numbers. A full refund will be honored should this occur. In the event of unforeseen circumstances, we reserve the right to cancel for safety reasons. We will do our best to reschedule should this occur.

Minors are welcome on certain trips but must be accompanied by an adult. Persons who need assistance are welcome; however, they must be accompanied by an adult who can assist them. Both parties must purchase a seat for trip.

*If you need accessible seating at the ballpark this MUST be coordinated at time of reservation, change of seating arrangements may not be guaranteed after. Lots of walking and some stairs are required for this trip.*

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### What is Women Who Care Isabella?

Are you interested in making a positive impact within the Isabella County community? Do you have limited time and resources to give? If so, then Women Who Care Isabella might be for you!

We meet four times a year, donate each time to 1 of 3 presenting local charities, all within 60 minutes. That's it. So simple. Small commitment. Big impact.

We welcome guests to our quarterly meetings, but only members may vote. Feel free to join us at our next Giving Circle meeting on April 8, 2026, at Cheers on High Street. We start promptly at 7:00pm and meetings last no longer than an hour.

You can also get more information, including meeting location, and to register at our website: [bitly.com/wwcisabella](http://bitly.com/wwcisabella).

### Free Tax Preparation Available

The Isabella County Commission on Aging is again working with the AARP Foundation Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing. This service is provided to low- and middle-income taxpayers with emphasis on seniors.

Tax preparation volunteers at these tax clinics are required to pass an IRS test before they can prepare returns. The tax preparers will be handling Federal and Michigan tax returns that are within the scope of their training which includes Homestead Property Tax and Home Heating credits as well as most Federal and State 1040 returns. Individuals who are self-employed (business owners), have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

AARP Tax Aide Foundation is also offering a Virtual Tax Preparation free service. The taxpayer will prepare their own return with assistance from a certified AARP tax volunteer using reputable online service. A computer with internet access, an email address and a printer are required for this service. Go to [Taxaide.aarp.org](http://Taxaide.aarp.org) if interested in this service to request an appointment.

**Free tax preparation at the Isabella County sites is BY APPOINTMENT ONLY.** The Commission on Aging will be taking appointments for the following sites:

**Call 989-772-0748 to schedule**

**Commission on Aging - Activity Center**

**Most Wednesdays & Thursdays, through April 9 from 9:30 a.m. - 3:00 p.m. Call to check the schedule.**

**Weidman Food with Friends Site / Weidman Library**

**March 3, & March 17**

**Coe Township Library, Shepherd**

**March 10**

**12:30 p.m. - 4:00 p.m.**

**Taxpayers MUST bring Picture ID, Social Security cards (NOT Medicare cards) and a paper listing bank routing number and bank account number if direct deposit is desired.**

## Thank you, for Having-a-Heart!

The Commission on Aging and Friends of Isabella Seniors are excited to announce that with the help of your monetary donations and donations of time and talent, we were able to give Have a Heart packages to 120 older adult residents in Isabella County!

### Have a Heart Donations

9 Anonymous  
Debbie & Steve Amidon  
Darwin Bain  
Roy & Lavonne Balcom  
Debbie Barker  
Al & Gail Bowerman  
John & Sue Bradac  
Joe & Sharon Brickner  
Peggy Brisbane &  
Robert Barclay  
Ray Davies  
Beth Evans  
Ed & Ruth Helwig  
Jessica Lapp  
Ron & Carolyn Lutz  
Martha McClure  
Sue Moeller  
Bob & MaryAnn Mooradian  
Bernyce Moran  
Marilyn Palmer  
Alice Spayd  
David Travis  
Dale Wawersik  
Sandra Wilson

### In Honor of **Jane Butcher** Linda Darrow

**George Rauman**  
Greg & Maureen Starry

**My Warrior Husband, Bob**  
Janet Roberts

### In Memory of **Carl Baxter** Jeanette Wedding

**Dwight Carpenter**  
Martha Carpenter

**Patrick Clevenger**  
Joe & Cinda Clevenger

**Orlin Curtis**  
Jackie Curtis

**Charles Dodge**  
Sharron Dodge

**Don & Mary Lou**  
**Duffy**  
Nora Shively

**Mercia J. Foster**  
David Foster

**Ruth & Lawrence**  
**Fransted**  
Kathy Fransted

**Clark French**  
Shirley E. French

**David French**  
Shirley E. French

**Irene Gerow**  
Jackie Curtis

**Ben Gonzales**  
John Dinse &  
Laura Gonzales

**Brigid Hinkley**  
Christa Clare

**Kenneth Haggart**  
Suzanne Grim

**Bill & Doris Hawkins**  
Marilyn Sweeney

**Jake & Julia Hovey**  
Tod & Mary Hovey

**Dorothy Kowallic**  
Barbara Kowallic

**Joseph W. Kowallic**  
Barbara Kowallic

**Connie Kushmaul**  
Samuel Kushmaul

**Elmer Lemon**  
Ellie Lemon

**Kay Hafer Love**  
Harry Love

**Ron McDonald**  
Anne McDonald

**Lois J. Meyers**  
James D. Meyers

**Helen Miller**  
Mt. Pleasant Arbor  
of Gleanors

**David L. Mogg**  
Rita Mogg

**Moreau Children –**  
**Mary, Rick & Stephen**  
Anonymous

**Earl & Rose Neff**  
Shirley Neff

**Ralph & Barb Pitts**  
Mt. Pleasant Arbor  
of Gleanors

**Our Parents**  
Rick & Linda  
Schudiskey

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

**Ray & Annabelle Recker**  
Bruce & Debbie Hubble

**Betty Rossi**  
Cheryl Moe

**Gary Rubingh**  
Cindy Rubingh

**Winnie Sponseller**  
Kirk Sponseller &  
Nancy Priestap

**Glenn & Donna Stacy**  
Cliff & Joyce Stacy

**Robert Tatro**  
Anonymous

**Suzi Tengen**  
Clyde & Ann Taylor

**Vergie Thorn**  
Mt. Pleasant Arbor  
of Gleanors

**Martin Trombley**  
Sandra Trombley

**Denny Waggoner**  
Agnes Waggoner

**Mary Walsh**  
John Walsh

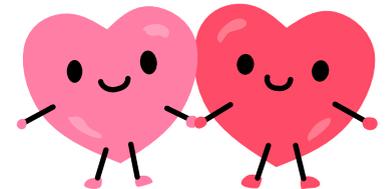
**Judy Welsh**  
Roy & Alice Burlington

**Ruth Wentworth**  
Bob & Marianne McJames

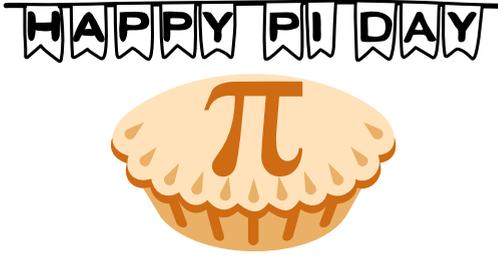
**Gary Whitmore &**  
**Kelso Family**  
Joan Whitmore

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

- CMU Students
- GI-RESD Students
- Renaissance PSA Students
- Beal City Students
- Aim High 4H Club
- Mid-Michigan Industries
- Individual Community Members



<p>9:00 Video Exercise Group 2                  10:00 Dulcimer Group                  10:00 Coffee and Conversation                  10:00 Quilts of Valor                  10:45 Gentle Exercise                  11:30 Trivia/Word Search                  1:00 Faith Weavers                  1:00 Hand Sewing Group                  1:00 Cards 1:00 Mahjongg                  5:15 Human Rights Committee                  6:00 Mountain Town Family Chorus</p>	<p>9:30 Basic Line Dancing Instruction 3                  10:00 Line Dancing                  10:00 Beginner Tai Chi                  11:30 Tai Chi Next Level                  11:30 Trivia/Word Search                  1:00 Cards                  2:00 Computer/Tech Class                  3:30 Yoga                  5:00 Board of Commissioners Meeting                  7:00 Isabella County Historical Society</p>	<p>9:00 Video Exercise Group 4                  10:00 Line Dancing 10:00 Chess Club                  10:45 Gentle Exercise                  11:30 Trivia/Word Search                  12:00 COA Advisory Board Meeting                  12:30 CMU Otaga                  1:00 Cards                  1:00 Happy Rippers                  2:00 Simple Tai Chi                  4:00 CMU DPT MOVE For Health</p>
<p>9:00 Video Exercise Group 9                  10:00 Dulcimer Group                  10:00 Coffee and Conversation                  10:45 Gentle Exercise                  11:30 Trivia/Word Search                  1:00 Faith Weavers                  1:00 Cards                  1:00 Mahjongg                  4:00 MPACF Scholarship Meeting                  6:00 Mountain Town Family Chorus                  6:00 Orchard Glen Homeowners Board Mtg</p>	<p>9:30 Basic Line Dancing Instruction 10                  10:00 Line Dancing                  10:00 Commission Committee Meeting                  10:00 Needlecrafters 10:00 QOV Sew-In                  10:00 Beg Tai Chi 11:30 Tai Chi Next Level                  11:30 Trivia/Word Search                  1:00 Cards                  2:00 Huntington's Support Group                  3:30 Yoga                  4:00 League of Women Voters                  5:00 PEO 7:00 Mid Mich Woodcrafters</p>	<p>8:00 Happy Rippers 11                  9:00 Video Exercise Group                  10:00 Line Dancing 10:00 Chess Club                  10:45 Gentle Exercise                  11:30 Trivia/Word Search                  12:30 CMU Otaga                  1:00 Between the Covers Book Club                  1:00 Cards                  2:00 Simple Tai Chi</p>
<p>9:00 Video Exercise Group 16                  10:00 Dulcimer Group                  10:00 Coffee and Conversation                  10:45 Gentle Exercise                  11:30 Trivia/Word Search                  1:00 Faith Weavers                  1:00 Cards                  1:00 Mahjongg                  1:00 Caregiver Support Group                  6:00 Mountain Town Family Chorus</p>	<p>8:30 FOIS Meeting 17                  9:30 Basic Line Dancing Instruction                  10:00 Line Dancing                  10:00 Beginner Tai Chi                  11:00 St. Paddy's Celebration                  11:30 Tai Chi Next Level                  11:30 Trivia/Word Search                  1:00 Cards                  2:00 Computer/Tech Class                  3:30 Yoga                  5:00 Board of Commissioners Meeting</p>	<p>9:00 Video Exercise Group 18                  10:00 Line Dancing 10:00 Chess Club                  10:00 Second Sight Artist                  10:45 Gentle Exercise                  11:30 Trivia/Word Search                  12:15 Ice Cream Sundaes                  12:30 CMU Otaga 1:00 Cards                  1:00 Secondhand Book Club                  1:00 Happy Rippers 2:00 Simple Tai Chi                  4:00 CMU DPT MOVE For Health                  5:00 Parkinson's Support Group</p>
<p>9:00 Gerolyn's Sewing Group 23                  9:00 Video Exercise Group                  10:00 Dulcimer Group                  10:00 Coffee and Conversation                  10:45 Gentle Exercise                  11:30 Trivia/Word Search                  1:00 Faith Weavers                  1:00 Cards                  1:00 Mahjongg                  6:00 Mountain Town Family Chorus</p>	<p>9:30 Basic Line Dancing Instruction 24                  10:00 Line Dancing                  10:00 Beginner Tai Chi                  11:00 Red Cross Blood Drive                  11:30 Tai Chi Next Level                  11:30 Trivia/Word Search                  1:00 Cards                  3:30 Yoga                  6:00 Mid-Michigan Quilt Guild                  6:30 4H Committee Meeting</p>	<p>9:00 Video Exercise Group 25                  10:00 Line Dancing                  10:00 Chess Club                  10:30 Coffee Hour with an Attorney                  10:45 Gentle Exercise                  11:30 Trivia/Word Search                  12:30 CMU Otaga                  1:00 Cards 1:00 Happy Rippers                  2:00 Simple Tai Chi                  4:00 CMU DPT MOVE For Health                  7:00 Nancy Carey Cancer Support Group</p>
<p>9:00 Video Exercise Group 30                  10:00 Dulcimer Group                  10:00 Coffee and Conversation                  10:45 Gentle Exercise                  11:30 Trivia/Word Search                  1:00 Cards                  1:00 Mahjongg                  6:00 Mountain Town Family Chorus</p>	<p>9:00 Gerolyn's Sewing Group 31                  9:30 Basic Line Dancing Instruction                  10:00 Line Dancing                  10:00 Commission Committee Meeting                  10:00 Beginner Tai Chi                  10:00 FREE Foot Care Clinic w/ Dr. Girada                  11:30 Tai Chi Next Level                  11:30 Trivia/Word Search                  1:00 Cards 2:00 Connecting with Cards                  3:30 Yoga</p>	

<p>5</p> <p>8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Nutrition Education 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 3:00 Hula 6:30 Isabella County Democratic Party</p>	<p>6</p> <p>9:00 Collaborative Meeting 9:00 SCP Quarterly Training 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Ukulele Group 1:00 Bingo      2:00 Cards</p>	<p>7</p> 
<p>12</p> <p>8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 3:00 Hula 4:00 FGSPSC Advisory Council 6:30 Community Cancer Service</p>	<p>13</p> <p>9:00 FGSPSC In-Service 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Cards 1:00 Ukulele Group</p>	<p>14</p> <p>8:00 Mid-Michigan Quilt Guild</p> 
<p>19</p> <p>8:00 Stitchin' Gals 8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 3:00 Hula</p>	<p>20</p> <p>8:00 FGSPSC Director's Training 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:00 McLaren Hip and Knee Presentation 1:00 Ukulele Group 1:00 Sacred Heart Book Club 1:00 Bingo      2:00 Cards</p> 	<p>21</p> <p>8:00 Central Michigan Daylily Society 9:00 Charlene's Quilting Group</p>
<p>26</p> <p>8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:15 March Birthday Celebration 1:00 Cards 3:00 Hula</p>	<p>27</p> <p>8:00 Happy Rippers 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:30 Music with Barb &amp; Greg 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Ukulele Group 1:00 Movie &amp; Popcorn: "Eleanor the Great"</p>	<p>28</p> <p>Saturday &amp; Sunday</p> <p>9:00 Happy Rippers</p>

March 

**Food with Friends Lunch**  
Monday thru Friday at 11:45a.m.  
in Activity Room C  
See our Menu on page 10

Please direct all meal reservations to the COA main office at 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 Facilitators at the phone number or email address listed for each site.

# March

# 2026

Milk Provided with each meal

Suggested Donation \$3.00 Congregate, \$3.50 Home Delivered

Monday	Tuesday	Wednesday	Thursday	Friday
2 Corn Chowder Bread Stick California Blend Strawberries	3 Taco Bowl Cilantro-Lime Rice Corn / Fruit Cocktail Apple Crisp	4 Pizza Casserole Garlic Toast Yellow Beans Mandarin Oranges / Juice	5 Baked Italian Chicken Bread / Broccoli Scalloped Potatoes Lemon Poke Cake	6 Salisbury Steak Bread Whipped Potatoes Succotash / Mixed Fruit
9 Baked Spaghetti Bread Stick Italian Green Beans Peaches	10 Chicken/Broc/Cheese Dinner Roll Baked Potato Mixed Vegetables Berry Fruit Cup	11 Beef w/Sweet Peppers Bread Cheesy Mashed Potatoes Spinach Applesauce	12 Turkey and Cheese Sliders Baked Potato Soup Tossed Salad Blueberry Crisp	13 Potato Crunch Fish Dinner Roll Au Gratin Potatoes Stewed Tomatoes Pineapple & Oranges
16 White Chicken Chili Bread Stick Capri Blend Vegetables Citrus Fruit Cup / Juice	17 St. Patrick's Day 🍀 Lasagna Bread Stick Broccoli / Tossed Salad Strawberries	18 Spanish Rice Dinner Roll Green Beans Peaches / Yogurt	19 Ham & Cheese Casserole Redskin Potatoes Fresh Orange	20 Cabbage Roll Casserole Bread / Carrots Tropical Fruit Gingersnap Cookie
23 Beef Mozzarella Melt Bread / Scallop Potato Brussels Sprouts Pineapple / Juice	24 Chicken Burrito Bowl Bread Apple Slices Yogurt / Cherry Crisp	25 Swedish Meatballs Bread / Whipped Potatoes Stewed Tomatoes Apricots / Goldfish Grahams	26 Chicken Salad Croissant Multi Bean Salad Michigan Fruit Cup Cottage Cheese	27 Turkey Loaf Dinner Roll / Peas & Carrots Whipped Potatoes Fruit Cocktail
30 BBQ Chicken Breast Sweet Potatoes Corn & Lima Beans Cookie	31 Gold Coast Pork Chops Honey Wheat Roll Baked Potato Key West Blend Apple Crisp / Cheese			

## COA Activity Center

2200 S. Lincoln Rd. Mt. Pleasant

Meals M - F at 11:45am

Rhonda Burke, Site Facilitator 989-772-0748

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

COA Building OPEN M-F 8:00am-4:30pm

March into S-P-R-I-N-G! Is it Spring yet?

I know that all of us here at the COA are very much looking forward to warmer weather! Some snowbirds will be heading back soon. We are looking forward to their return. Soon we will be planting and mowing and bringing new life to our homes.

Tax season is upon us and we have some great tax volunteers here to help our seniors get their taxes done. You need to schedule an appointment to receive that help. Shout out to all of our volunteers who give so much of their time and generosity, we thank you!

### March Calendar

Tuesday and Wednesday at 10:00 is Line Dancing

3/6 & 3/20	1:00	Bingo
3/17	11:00	St Patrick's Day Celebration!
3/18	12:15	Ice Cream Sundaes
3/26	12:15	March Birthdays
3/27	10:30	Music with Barb & Greg
	1:00	Movie: "Eleanor the Great!" w/ June Squibb

### Food With Friends Punch Cards

**\$15.00 for 5 meals**

**\$30.00 for 11 meals**

The punch cards can be purchased at COA

## 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, our meals will be canceled. We post our closings/cancelations on the following TV stations: **ABC 12, NBC 25, CBS WNEM TV5** so please make sure to check there for confirmation.

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 our office at **(989) 772-0748**

**WINN**

Community Center

2583 W. Blanchard Rd., Winn

**Meals M, W, F 10:00a.m. - 2:00p.m.**

Tammy Foltz, Site Facilitator

**989-866-2520****winnfoodwithfriends@gmail.com**

Happy March at Winn! In March we look forward to new crafts and music to enjoy! Come see us, we always welcome new participants. We have a lot of fun and laughs!

**Winn March Calendar**

2 Crafts: Little chair with flower pots

4 Music: Midnight Express, Nutrition Education

6 Craft: Make Up Craft and Bingo

9 Craft: Wooden Bunnies

11 Music: Kevin Bendele

13 Craft, Bingo, Socializing

16 Craft: Moon and Flowers

18 Music: Al Bartholemew—Wear Green

20 Craft: Butterflies

23 Craft: Cardboard Bunnies, National Chips and Dip Day

25 Music: Old Records

27 Craft: Animals made with jars

30 Craft: Buzz Blocks

**ROSEBUSH**

Village of Rosebush Manor

4210 E. Rosebush Rd. Rosebush

**Meals M, W, F 10:00am - 2:00pm**

Jennie Brussow, Site Facilitator

**989-433-0151****rosebushfoodwithfriends@gmail.com**

Tired of winter? Why not come to Rosebush Manor, have a good meal and join in our activities? We always have something planned from 1-2 each Monday, Wednesday and Friday. Call us for reservations and more details! We hope to see you soon.

**Rosebush March Calendar**

2 Manicures/Nutrition Ed

4 Dancing Dogs

6 Penny Bingo

9 Red Hat Strutters

11 Bingo with Prizes

13 Music/Mark &amp; Scott/Ice Cream Social

16 Music/Just the 2 of Us

18 Music/Mark DeNoyelles

20 Music/Greg Merwin

23 Sing-A-Long with Brian

25 Music/Kevin Bendele

27 Music/Jim Gilmore

30 Laugh-In Hour

**SHEPHERD**

United Methodist Church

107 W. Wright Ave., Shepherd

**Meals M, W, F 10:00a.m. - 2:00p.m.**

Leann Vanacker, Site Facilitator

**989-828-5106****shepherdfoodwithfriends@gmail.com**

Welcome to March! Shepherd has a great group that love to chat and enjoy being together. This is a group that gives us purpose! We would love to have you join us!

**Shepherd March Calendar**

2 11am Exercise – National Old Stuff Day (conversation &amp; coffee)

4 Games/Puzzle 12pm Movie: “The Wizard of Oz”

6 Games/ Puzzle- Bingo, National Oreo Cookie Day

9 11am-Chair Yoga 12:15pm guest speaker Michelle- MyMich  
“Mental Health Moment”

11 Johnny Appleseed Day - 11am Movie: “Hop”

13 12pm Bingo - Coconut Pie Day

16 11am St. Patty Celebration. Guest speaker Heather w/ Heartland

18 Puzzle/Games - Nat. Awkward Moments Day (conv. &amp; coffee)

20 Cards/Puzzle St. Patty’s Bingo

23 11am Chair Exercise 11:30am Music by AL Bartholomew - Chips  
and Dip Day

25 11am Music with Greg Merwin

27 Scribble Day

30 11am-Lite Exercise, Games/Puzzle

**WEIDMAN**

Library

3453 N. School Rd., Weidman

**Meals M, W, F 10:00a.m. - 2:00p.m.**

Sandy Hunter, Site Facilitator

**989-644-2538****weidmanfoodwithfriends@gmail.com**

Happy St. Paddy’s Day! Join us for Greg Merwin on the 6<sup>th</sup>! We have a great group attending this site! Come join us and make new friends!

**Weidman March Calendar**

2 Cards/Dice

4 Nutrition Education

6 Music: Greg Merwin

9 Board Games

11 Coffee, Conversation and Cookies

13 St. Patrick’s Day Craft

16 March Birthday Celebration, Cake

18 Board Games

20 Cards/Dice

23 Cards/Dice

25 Coffee, Conversation and Muffins

27 Board Games

30 Cards/Dice

### Community Compassion Network Food Pantry

Located at the Strickler Center - 1114 W High St, Mt Pleasant

**Call 989-863-4449, Option 3 to schedule an appointment**

**Appointments required, no walk-ins**

Wednesday, March 4 2 p.m. - 6 p.m.

Thursday, March 5 9 a.m. - 1 p.m.

Saturday, March 7 9 a.m. - 12 p.m.

Wednesday, March 11 2 p.m. - 6 p.m.

Thursday, March 12 9 a.m. - 1 p.m.

Wednesday, March 18 2 p.m. - 6 p.m.

Thursday, March 19 9 a.m. - 1 p.m.

Saturday, March 21 9 a.m. - 12 p.m.

Wednesday, March 25 2 p.m. - 6 p.m.

Thursday, March 26 9 a.m. - 1 p.m.

**MUST LIVE IN ISABELLA COUNTY**

**ZIP CODES WE SERVE:**

**48617, 48618, 48622, 48632, 48858, 48859, 48878, 48883,**

**48893, 48896, 49305, 49310, 49340**

### Chippewa Valley Audubon Meeting

The Chippewa Valley Audubon Club will have Dr. Daelyn Woolnough, CMU-Biology and Institute for Great Lakes Research, provide a hands-on evening about her lab's research on freshwater mussels. She will include a shell collection, and those in attendance can learn about these elusive creatures that live on the bottom of the Chippewa River. Meeting will occur on **March 11th, 7 PM at the Veterans Memorial Library.**

### Isabella County Historical Society

First Tuesday of the month at the Isabella County Commission on Aging at **7:00 p.m. in the Craft Room.** Programs are free and open to the public.

Join us **March 3, 2026**, for a program on the history of the Isabella County jail by Bob Banta.

*Mark your calendars now for Isabella County History Day Saturday, April 25th at the Commission on Aging.*

### Her Story, Her Voice

*Mt Pleasant Celebrates International Women's Day*

Join the Zonta Club of Mt Pleasant for an inspiring time of global connection as we join the Zonta Club of St Sofia Bulgaria in a celebration of resilience, women's stories and leadership. Hear stories from 3 amazing local women and help raise money for RISE Advocacy. Bring your own lunch. Water and cookies will be provided.

**March 5, 2025, from 11:30am - 1:00pm at Mid-Michigan College - 2600 S Summerton Rd Mt Pleasant.**

### Weidman Friend of the Month

*By: Volunteer, Sue Preuss*

The friends at the Weidman Senior Activity Center are eagerly looking forward to a number of events that are on the March calendar. It's been a long, cold winter with quite a few extreme weather events, so seeing that March 21st is the first day of Spring is a welcome note. Everyone is ready for milder weather and warmer temps. March 17th is St Paddy's Day and it's always fun to get your Irish on for a bit. The WSAC isn't in session that day, so it will be celebrated on Monday, the 16th. Come wear your best green as we party and encourage the "Luck of the Irish" weather leprechaun to come soon. Also, as a community service note, don't forget the time change on March 8th. It's spring forward and fall back so don't forget to set your clocks ahead one hour that day. If you don't, you may be late for the sit and get fit exercise group or lunch with the gang. And as always, the longtime friends extend a warm welcome invitation for people to come and be part of this fun, friendly group. If there are any questions, call Sandy Hunter the site facilitator at 989 644-2538. See you soon.

### Explore Treatment Options for Hip & Knee Arthritis

Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon, 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, March 20 from 12 – 1pm**

Isabella County Commission on Aging

2200 S. Lincoln Rd. Mt. Pleasant

Call (989) 779-5606 to register.

### New Tomorrows Eight Week Grief Education Series

New Tomorrows - Eight Week Grief Education Series

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

**Every Wednesday, March 4 through April 22 from 9:30 – 11:30am at McLaren Central Michigan: 1221 South Dr. Mt Pleasant, MI 48858. Call Amy, McLaren's Bereavement Coordinator and New Tomorrows facilitator, at (989) 233-4613 to register at any time during the series or with questions.**

## Nancy Carey Cancer Support Group

Our regular monthly meetings are always on the last Wednesday of the month in the Craft Room at the Commission on Aging. You are invited to come to our next meeting on **Wednesday, March 25<sup>th</sup> at 7 p.m.**

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. *If inclement weather occurs, we will not meet if the Mt. Pleasant schools are cancelled.*

For more information contact: [ncarey.cancer.group@gmail.com](mailto:ncarey.cancer.group@gmail.com) or 989-513-7827

## Huntington's Support Group

**Tuesday, March 10**

Time: Gathering time at 2:00 p.m. with meeting starting at 2:30 p.m. at the COA.

**RSVP to Group Leader: Galen Voss**

**Email: galenvoss@yahoo.com**

## Stroke Screening

Strokes don't discriminate; they affect people of all ages, ethnicities, and backgrounds. Fortunately, many strokes are preventable, and you can take steps to reduce your risk. Begin by understanding the risk factors and find out how you stack up. Make your appointment today...it could save your life! You will leave the screening with your results and a plan of action. Screening includes diabetes screening, blood pressure and pulse, body mass index, risk-reduction plan results counseling  
Full lipid profile, including total cholesterol, HDL, LDL, and triglycerides  
A 12 hour fast is required for accurate results. Even though this is a fasting blood test, please take any morning medication as usual with a sip of water.

**Tuesday, March 17 from 8 – 11am**

**McLaren Central Michigan**

**East Lobby Entrance**

**1221 South Drive Mt. Pleasant**

**Cost \$10 payable the day of the screening.**

**Cash/check payment only.**

**Call (989) 779-5606 to schedule appointment.**

## Parkinson's Group

**Meets 3rd Wednesday of each month.**

**March 18** from 5:00-6:00 p.m. at COA 2200 S. Lincoln Rd., Facilitator: Jill Sponseller, MA, CCC-SLP, Director of Rehabilitation, Speech-Language Pathologist, McLaren Central Michigan. Phone: 989-779-5604 or email: [jill.sponseller@mcclaren.org](mailto:jill.sponseller@mcclaren.org).

## 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. Pleasant Call (989) 779-5604 to schedule an appointment.**

## Community Cholesterol Screening

Cholesterol plays a key role in your heart health. A screening test is available that includes information about your:

- Total cholesterol
- LDL cholesterol
- HDL cholesterol
- Triglycerides
- Glucose
- Blood Pressure

Fasting for 10-12 hours before the test is required.

Walk-in cholesterol screenings will be offered on **Wednesday, March 18 from 7-10am**. Cost \$26 payable the day of the screening. No appointment is necessary. McLaren Central Michigan, East Lobby 1221 South Drive, Mt. Pleasant

## Support Free Colorectal Cancer Screening

This free cancer screening could save your life!

Colorectal Cancer: Are you at risk?

If you are 45 or older or have a family history of colorectal cancer, the American Cancer Society recommends that you be screened for signs of colorectal cancer. Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. This is why having a screening test is so important.

What are the symptoms?

Symptoms of polyps or colorectal cancer may include:

- Blood in or on your stool (bowel movement)
- Stomach pains, aches, or cramps that don't go away
- Unexplained weight loss

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

**How To Participate:**

**Call toll-free 1-877-411-2762 anytime or register online at [www.mcclaren.org/CRCscreening](http://www.mcclaren.org/CRCscreening).**

**Friday, March 27 from 9am – 12pm**

**Karmanos Cancer Institute at McLaren Central Michigan, More Cancer Center 1221 South Drive, Mt. Pleasant**

## FREE Mental Health Support Groups

Third Wednesday of each month 6:30 to 8:00 p.m. at Commission on Aging. *New location*

**Family Support Group**

For family and friends

**Connections Support Group**

For anyone experiencing mental health challenges.

For more information, please call

**989-948-3273**

## Active Living Donors

Anonymous	Margaret Mitchell
Darwin Bain	Bernyce Moran
Marcelyn Baldwin	Virginia Nelson
Gwen Berryman	June Powell
Carla Birk	Randy & Cheri Recker
Dr. Ray & Mrs. Debra Christie	Thomas & Theresa Recker
Terri Conde	Susan M. Rexford
Bill & Pat Daniels	Alice Jean Richardson
Julie Engler	Allan & Martha Riggs
David Foster	Rozi Saunders
Gayle Gilchrist	Ricky Stephan
Ed & Ruth Helwig	Karen Straus
Brenda Johnston	Alice M. Tatro
Jean Jones	Clyde & Ann Taylor
Mary Ann Judge	Dale Wawersik
Vicki Jurka	Alma Wentworth
Robert & Karen Karcher	Sandra White
Brenda Koch	Richard & Carol Wood
William Martin	Linda Zemko
Jan McGarry	

## COA Donors

Anonymous	<b>For Food with Friends</b>
Joe & Sharon Brickner	Garth & Judy Lawrence
Christine Fauver	
Margie Henry	<b>For Home Delivered Meals</b>
Ruth Jackson	DFB Charitable Fund
Ron & Carolyn Lutz	Dawn Orlando
William Martin	
Jan McGarry	
Olivia Ohler	
Doris Ramsey	
Frank & Sharon Rice	
Esther Spencer	
Barbara Wentworth	

## In Memory Of

**Harold "Mike" Clark**  
Richard & Carol Embrey

**Al Thomas**  
Walt Schneider

**Dwight Dangler**  
Joe & Cinda Clevenger

**Sue Wischmeyer**  
Gladys Shanteau

**Barbara Foster**  
Naomi Lint

**For Active Living**  
**Denny Waggoner**  
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**Lynn Jones**  
Jean Jones

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Mary Lou Westbrook

**Art Meyer**  
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**For Home Delivered Meals**

**Annabelle Recker**

Jo Etta & Terry Ervin  
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**Alvin & Audrey Miller**  
Ann Jarrett

Randy & Cheri Recker  
Kirk Sponseller & Nancy Priestap

**Jerry D. Paul**   
Joanne Paul

**Arthur Peterson**  
Ellen Peterson

**Annabelle Recker**  
William & Debra Balser  
Sharon Haggart  
David & Sharon McDonald  
Lori Recker  
The Officers & Associates of Auto-Owners Insurance Co

**Thank you for all  
your generous  
donations!**

### *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** toward the closing of the year to have one sent to you.

## Active LIVING Really Needs Your Support

Thank you to everyone who donates to Active LIVING. As of February 6, we have received \$1,485. We are still a long way from our needed goal of \$29,500.00.

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

### Please designate my gift to:

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

### Gift is:

- Memorial
- Honorarium

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

Veteran \_\_\_\_\_

Keep Donation Anonymous.

### Please send acknowledgment to:

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

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Thank You for your Support*

## Commission on Aging Advisory Board

District 1	Jacqueline Curtis
District 2	Ruth Anne Maniteau
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Active *LIVING* is not "forwarded". If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning an extended vacation or are moving, please call our office (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 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 years of age and older and live within our geographical service areas:

### *In Home Services Program*

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

### *Food with Friends Program*

- Congregate Meals
- Home Delivered Meals

### *Foster Grandparent Program Senior Companion Program*

### *Activity Center Program*

- Activities
- Travel Opportunities
- Fitness

### *Gold Key Volunteer Program*

- Volunteer Opportunities
- Transportation

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

Funding Sources include client donations, memorials, planned estate gifts, Saginaw Chippewa Indian Tribe, Michigan Office of Services to the Aging, Isabella County Senior Millage and Federal, State and Isabella County Appropriations.



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**Send to: Friends of Isabella Seniors(COA)**  
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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 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 Change:*** Active *LIVING* is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office.

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