

# 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)



Commission on Aging

# HEALTH

# FAIR

Thursday, May 14th  
2:00-4:30pm  
Free Entry

Isabella County Commission on Aging  
2200 S. Lincoln Rd. Mt. Pleasant



 FRIENDS OF  
ISABELLA SENIORS

## Dance the Night Away!

Join us for a fun FREE night of dancing and live music by the Louisell Family

Thursday  
May 21st  
6-8 PM  
Isabella County  
Commission on Aging



## COA Director's Comments

Happy April! We have definitely had some beautiful spring days already – what a gift! It is still early spring, though, so let's be sure to take advantage of the nice days when we have them and take some time to get outside and enjoy the fresh air and sunshine! If you are looking for a safe place to walk, come out to the Commission on Aging and take a stroll along our 1/3-mile, paved walking path that surrounds our building and grounds. While doing so, enjoy the beautiful spring flowers that adorn the pathway.

April 19th-25th is National Volunteer Week, and here at the Isabella County Commission on Aging, we are so fortunate to have hundreds of amazing volunteers who give so much of their time, talents, and love to make a positive impact on the older adults throughout Isabella County. I would like to take this opportunity to recognize and show our utmost appreciation for our volunteers who are truly the backbone of the COA! Without our volunteers, we would not be able to provide the magnitude of the programs and services that are offered through our organization. Our volunteers do so very much - from greeting guests at the door or on the telephone to packing and delivering meals, transporting older adults to medical appointments, assisting with insurance questions, and so much more... they help us to help others in so many ways. While this is the designated week to show our appreciation for our volunteers and their service, we appreciate them every day of the year and are so very thankful for all that they do for us and our community!

We are always in need of volunteers, so if you are thinking that you might have some time that you could give, please reach out to Kelly Lee or Mary Fremin in our Gold Key Volunteer Program at 989-772-0748. They would be happy to talk with you about the many opportunities that we have.

Finally, as a lifelong resident of the village of Shepherd, "The Sweetest Little Town Anywhere Around," I would be remiss if I didn't make a plug for our annual festival. If you are looking for something fun, and delicious, to do, be sure to pay a visit to the Shepherd Maple Syrup Festival, which takes place during the last full weekend in April (April 23rd-26th). There are always so many fun activities scheduled, including the carnival, tractor pulls, craft shows, concerts, classic car show, quilt show, parades, and so much more. Be sure to save your appetite for the amazing pancake and sausage meals! For more information and the full schedule of events, visit the festival website: [www.shepherdmaplesyrupfest.org](http://www.shepherdmaplesyrupfest.org).

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

## Mission Moments

### The Benefits of Being a Foster Grandparent or Senior Companion Volunteer

Many older adults 55 or better have the desire to stay active, connected to people and live a continued purposeful life. Senior volunteer programs like our Foster Grandparent and Senior Companion provide meaningful opportunities that enhance active, engaging and content lives, all while making a lasting difference in children, older adults, and their community.

Volunteering is not only good for a community, but good for an individual. Our Foster Grandparents and Senior Companions report feeling healthier, emotionally fulfilled, and engaged. Regular social interaction integrated with a meaningful activity reduces feelings of isolation, and loneliness or even depression. The healthy interactions they have with their students and older adults they serve, provide a healthier outlook on a volunteer's life.

In addition to the physical advantages to volunteering, the renewed sense of purpose is just as empowering to the Foster Grandparent and Senior Companion volunteers. For Foster Grandparent volunteers, the one-on-one support they provide to at-risk students who need that extra attention is life changing. They are able to witness their impact firsthand when the student increases their reading skills or retained strategies to solve a math problem. Senior Companion volunteers understand their value of companionship or socialization they provide to an isolated older adult who wants to remain independent in their home, and the excitement the client feels when the volunteer arrives for a visit. The weekly consistency these volunteers provide to their students and clients builds trust and stability, and in turn the volunteers feel purposeful in their service.

We all learned how crucial social connection is for everyone's health during the pandemic. Both of these programs not only provide connections to the individuals they serve, but for the volunteers themselves. Between the connections with program staff, they also build new relationships with fellow volunteers to create new friendships in their volunteerism.

Being a Foster Grandparent or Senior Companion volunteer is truly a two-way gift. Volunteers strengthen communities while enhancing their own quality of life. Through their service, seniors remain active, valued, and engaged-proving that giving back has no age limit.

If you are interested in becoming a Foster Grandparent or Senior Companion volunteer, please call the Isabella County Commission on Aging office at (989) 772-0748.

*Brandi Burns,  
Foster Grandparent/  
Senior Companion  
Program Manager*



## COA Caregiver Support Corner

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

Caregiver Support Group - April 20<sup>th</sup> 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.

### April Is Stress Awareness Month: Caring for Seniors and Caregivers

April is National Stress Awareness Month—a timely reminder to recognize the heavy emotional and physical demands faced by seniors and the caregivers who support them. For many families, caregiving is a daily act of love, but it can also be one of the most stressful roles a person will ever take on.

Research shows that caregiving stress is especially high for those caring for loved ones with dementia. In fact, 59% of Alzheimer's and dementia family caregivers report their emotional stress as high or very high. These caregivers often manage medications, appointments, safety concerns, and changing behaviors—all while trying to maintain their own jobs, families, and personal health. Over time, this level of responsibility can lead to exhaustion, anxiety, depression, and social isolation.

Dementia caregiving brings unique challenges. Memory loss, confusion, and personality changes can make everyday tasks unpredictable. Sleep disruptions and constant worry are common. The result is often declining physical health for the caregiver as well as emotional burnout. Stress Awareness Month encourages caregivers to pause and acknowledge these realities instead of pushing through them alone.

April is also the season of spring cleaning—and that idea can apply to caregiving routines, too. This is a good time to reassess what is working and what is not. Are there tasks that could be simplified? Could appointments be grouped together? Are there responsibilities that could be shared? Small changes can create a better balance and reduce daily pressure.

Most importantly, caregivers must remember that self-care is not selfish—it is essential. Just like the airplane safety rule about putting on your own oxygen mask first, caregivers need to protect their own health in order to care for others. Regular medical checkups, healthy meals, exercise, rest, and time with friends are critical parts of staying well.

Seeking support is another powerful form of stress prevention. Respite care, adult day programs, and help from family or community services can provide much-needed breaks. Even a few hours away to recharge can make a tremendous difference. Organizations such as the Caregiver Action Network offer education, online communities, and practical tools to help caregivers feel connected and supported.

Technology can also help lighten the load. Medication reminder apps, virtual support groups, online grocery ordering, and health-tracking tools can simplify daily tasks and reduce worry. Using these resources allows caregivers to work smarter, not harder.

Above all, caregivers should practice patience—with their loved ones and with themselves. Some days will be easier than others. Progress is more important than perfection. Asking for help is a sign of strength, not failure.

This April, let Stress Awareness Month be a reminder to check in on both seniors and the caregivers who care for them. Take time to reassess routines, seek support, and make personal well-being a priority. By caring for yourself, you ensure that you can continue to care for those who depend on you.

### Eagle Award Winner

We had such a great time celebrating long-time volunteer Debbie Barker at the Eagle Awards in February! Debbie was awarded with the Shirley M Decker Award for her volunteerism at the Commission on Aging.

Debbie is extremely dedicated to helping our community through multiple programs at the COA, volunteering with AARP, and serving on the Friends of Isabella Seniors board. You will see her smiling face often at our front desk and assisting clients in the office.

Help us congratulate Debbie on her well-deserved Eagle award! Thank you for helping residents of Isabella County soar!



## Events & Classes at COA

### Coffee Hour with An Attorney

This group will meet on the 4<sup>th</sup> Wednesday of ALTERNATE months. **May 27th 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.**

### Computer/Tech Class at COA

**Tuesday, April 7 and 21 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>

### Connecting With Cards

**Tuesday, April 28th from 2:00-4:00p.m.**

Sign-ups begin on April 1 for this months 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 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 Movie and Popcorn

**"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.**

**"The Last Rodeo"**

1 hr 58 min PG

To save his grandson, a retired rodeo star enters a high-stakes bull-riding competition. Along the way, he confronts his past, discovers faith, and proves that true courage lies in family.

**Friday, April 24 at 1:00 p.m. in COA Room C.**

*Call Rhonda to make your reservation*

### God's Beauty Photography Presentation

Join us on **Wednesday, April 15 at 12:30pm** to explore the beauty of Michigan with Linda Prentice, God's Beauty Photography that specializes in nature and wildlife images. Her aim is to unveil the splendor of God's creation by capturing breathtaking images of landscapes, stunning wildlife, vibrant birds and intricate insects and other wonders of nature. She invites you to experience this captivating journey as she showcases these unique moments that will be evident in her presentation.

*Linda Prentice, God's Beauty Photography*

### 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.

### Ice Cream Social

Join us on Wednesday, April 15 at 12:15 p.m. in Room C for Root Beer Floats!

### Birthday Celebration

Join us on Thursday, April 30 at 12:15 p.m. in Room C to celebrate those with birthdays in March!

## FREE Fitness Classes

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

### 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.**

**No class April 22nd**

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!*

### 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*

### Yoga

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

*Instructor: Catherine Tobin*

### 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.

To sign up: contact Marcy Huntoon (989) 772-0748 or [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org)

*Instructor: Judi Swartz*

### 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 April 2-3 or May 8. The pool will be closed for a large maintenance project June 1 - September 7**

### Water Aerobics

**Mon., Wed., Thurs.  
9:05-10:05a.m.**

*Instructor: Mary Alsager*

### Aqua Zumba

**Tuesday & Friday  
9:05-10:05 a.m.**

*Instructor: Angela McGuirk*

### 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!

### 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.

### Line Dancing

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

### 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](mailto: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.

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

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

## Travel with COA

### Detroit Tigers vs LA Angels-FULL, call for waitlist 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, and all tips.

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

#### 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.*

# PICNIC

IN THE PAVILLION

Isabella County  
Commission on Aging  
presents:  
**Jake Slater: Elvis Tribute  
Artist**

Thursday June 4, 2026

11:00 a.m. Music by DJ John Kniffen

Lunch served at Noon

Performance starts at 1:00 p.m.

Reservations starting May 1<sup>st</sup>, 2026

Call Rhonda to reserve!

989-772-0748



## NEW Community Singing Group

I am pleased to announce the launch of a community singing group open to all residents. This program will be similar in style and repertoire to the work I have previously done with the Vibrant Voices group for those who are familiar, but a little bit different and more group singing will be involved! Each session will include guided vocal exercises, song learning, and group singing in a welcoming and supportive environment. You don't need to have any prior musical knowledge at all to join! This is a wonderful opportunity to connect with others through music, regardless of prior singing experience.

The group will meet on **Friday, April 17 and April 24, from 4:00–5:00 PM at Commission on Aging.** Students from CMU will also be assisting during these sessions. Our repertoire will include well-loved classics from The Beatles, selections by Neil Diamond, and additional familiar favorites. I am looking forward to sharing this enjoyable musical experience with everyone. Please feel free to reach out with any questions. You can contact me at my email robin7t@cmich.edu. Thank you and I am looking forward to this experience!



Celebrating Isabella County's 167th Birthday!  
**Isabella County History Day**  
**Saturday, April 25, 2026**

Isabella County  
1859-2026  
~167 Years~

FREE  
ADMISSION  
JOIN US!!

MORE DISPLAYS!  
Many vintage items on display



Join us @  
**Commission on Aging**  
2200 S. Lincoln Rd., Mt. Pleasant

**Can you HELP?**  
Would you like to  
Display your Quilt?  
or other Historic Materials...  
Feature Your Farm...  
Feature Your Business...

**Historical Displays**  
10:00 a.m. to 3:00 p.m.  
7:30-10:00 a.m.-Display setup  
3:00 p.m.-Display removal

**Quilt Show**  
10:00 a.m. - 2:00 p.m.  
8:30-9:30 a.m.-Quilt Drop-off & Registration  
2:30-2:45 p.m.-Quilt Pick-up & Check-Out

Sponsored by:  
Isabella County Historical Society  
Genealogical Society of Isabella County  
Clarke Historical Library, CMU  
Museum of Cultural/Natural History, CMU

**Contact**

Historical/Display Questions?  
Reserve a Table or Volunteer...  
Loren Anderson 989-560-7022  
aloren9898@gmail.com

Quilt Show Questions?  
Valerie Walters 989-773-9571  
ganiardhistory08@gmail.com



**8:30 - 9:30 a.m. Quilts Drop-off**

**10:00 - 3:00 p.m. Historical Displays**

**10:00 - 2:00 p.m. Quilt Show**  
Lovingly overseen by Quilt Committee  
members wearing white gloves!

**2:00 p.m. Presentations and Awards**

- Central Michigan University's  
Clarke Historical Library  
John Cumming Historical  
Preservation Award
- Genealogical Society  
- "First Family" Certificate Award
- Isabella County Historical Information  
Centennial Farms of Isabella County  
- new displays
- Quilt Display Committee Awards

**\*\* Show Your Quilts! \*\***  
**See Local History**  
**\*\* Please Spread the Word \*\***

### Why Hearing Aids Age Quickly & When to Replace Them

No product lasts forever, including your hearing aids. Most will function well for three to seven years, so you'll likely need to replace them every five years on average.

Wondering why they have such a short lifespan? Several factors cause hearing aids to age quickly—here are a few.

1. Hearing aids get a lot of daily wear and tear—Hearing aids are exposed to moisture, heat, dirt and earwax for hours a day. Even though they are made of durable material, this prolonged exposure to a harsh environment eventually causes damage.
2. Hearing aids need proper storage—To extend your hearing aids' lifespan, keep them in a safe, dry place when you're not wearing them. A storage case with a dehumidifier will help dry out any built-up moisture inside them.
3. Hearing aids require regular maintenance and cleaning—Bringing your hearing aids to your audiologist for routine checkups helps keep your hearing devices going strong. Your audiologist will check and replace any poorly performing parts and professionally clean them.
4. Certain hearing aid styles fade faster—Behind-the-ear styles typically last longer than in-the-ear designs because more of the electronic elements are outside the moist environment of your ear canal.
5. Hearing aid technology becomes obsolete—Finding replacement parts to repair hearing aids older than five years can be challenging, as the manufacturer might not make them anymore. Similarly, the software used to program old hearing aids may no longer work, so if your prescription changes, reprogramming them could be impossible.

### When to Buy New Hearing Aids

Consider purchasing new hearing devices when:

- Your current hearing devices are five or more years old.
- Your hearing devices have visible damage.
- Your hearing devices have already been repaired previously.
- Your hearing loss worsens, or your current devices no longer sufficiently help it.
- Better technology for your type/extent of hearing loss and lifestyle is available.

Think it may be time to retire your current hearing aids? Our expert audiology team can help you find new devices that fit your unique needs. To schedule audiology services at the Central Michigan University Carls Center for Clinical Services and Education, ask your primary care provider to send a referral to our clinic or contact us at 989-774-3904 and we can assist you with the next steps.



CARLS CENTER FOR  
CLINICAL CARE AND EDUCATION  
**AUDIOLOGY CLINIC**  
CENTRAL MICHIGAN UNIVERSITY

### Medicare Seminar

Join Andrea Sneller, State Health Insurance Assistance Program Coordinator with Region VII Area Agency on Aging, on **Wednesday, April 22nd from 12-2pm** for a Medicare presentation on the State Health Insurance Assistance Program (SHIP). Attendees can learn the different parts of Medicare, as well as, when and how to enroll.

Isabella County Commission on Aging  
2200 S. Lincoln Rd., Mt. Pleasant, MI. 48858  
Please call (989) 772-0748 to register.

### Rummage & Book Sale

Joint fundraiser of the Zonta Club of Mt Pleasant and the Friends of Veterans Memorial Library. Saturday, April 18, 2026, from 9am to 3pm. This rummage and book sale will take place in the Veterans Memorial Library Annex at 301 S. University. Clothing, household items, books, and more will be for sale. Proceeds benefit the service projects of the Zonta Club and the Friends of Veterans Memorial Library. Donations for the sale can be dropped off on Friday, April 17th from 10am until 5:30 pm in the library annex. For questions email [zontamtpleasant@gmail.com](mailto:zontamtpleasant@gmail.com).

**KEEP YOUR LOVED ONES SAFE WITH THE SMART911 APP**

Smart911 is a free service that allows you to share valuable information with 9-1-1 during an emergency. You can also receive important alerts from your community so you can prepare for any situation. Your profile can include:

- EMERGENCY ALERTS
- HOUSEHOLD INFO
- MEDICAL HISTORY
- PETS & SERVICE ANIMALS
- EMERGENCY CONTACTS
- VULNERABLE NEEDS

Scan QR Code To Sign Up Now! OR Go to [www.smart911.com](http://www.smart911.com) For Further Assistance Please Contact **211** If You Need Assistance Registering

**MAKE THE RIGHT CALL**

- Emergency 911**
  - Fire
  - Severe injury or medical problem
  - Criminal Activity
  - Life threatening situation
- Mental Health Crisis 988**
  - Suicidal thoughts
  - Emotional Distress
  - Concern for a friend or family member
- Social Services 211**
  - Food
  - Housing
  - Utility Assistance
  - Healthcare services
  - Transportation
  - Legal services
  - Counseling & Support
- Poison Control 800-222-1222**
  - Poison exposure from:
    - Medications
    - Household Cleaners
    - Plants
    - Bites/Stings
    - Lead
    - Pesticides
    - Recreational Drugs

**All numbers are available 24 hours a day- 7 days a week**

Monday

Tuesday

Wednesday

			
			<p>9:00 Video Exercise Group 1</p> <p>10:00 Chess Club</p> <p>10:45 Gentle Exercise</p> <p>11:30 Trivia/Word Search</p> <p>12:00 COA Advisory Board Meeting</p> <p>12:30 CMU Otaga</p> <p>12:45 Cards</p> <p>1:00 Happy Rippers</p> <p>2:00 Simple Tai Chi</p> <p>4:00 Anyone Can Paint</p> <p>4:00 CMU DPT MOVE For Health</p>
<p>9:00 Video Exercise Group 6</p> <p>10:00 Dulcimer Group</p> <p>10:00 Coffee and Conversation</p> <p>10:00 Quilts of Valor</p> <p>10:45 Gentle Exercise</p> <p>11:30 Trivia/Word Search</p> <p>12:45 Cards</p> <p>1:00 Faith Weavers 1:00 Mahjongg</p> <p>1:00 Hand Sewing Group</p> <p>5:15 Human Rights Committee Meeting</p> <p>6:00 Mountain Town Family Chorus</p>	<p>10:00 Line Dancing 7</p> <p>10:00 Beginner Tai Chi</p> <p>11:30 Tai Chi Next Level</p> <p>11:30 Trivia/Word Search</p> <p>12:45 Cards</p> <p>2:00 Computer/Tech Class</p> <p>3:30 Yoga</p> <p>5:00 Board of Commissioners Meeting</p> <p>5:30 Isabella County Historical Society</p>	<p>8:30 Heartland Basket Weavers 8</p> <p>9:00 Video Exercise Group</p> <p>10:00 Chess Club</p> <p>10:45 Gentle Exercise</p> <p>11:30 Trivia/Word Search</p> <p>12:30 CMU Otaga</p> <p>12:45 Cards</p> <p>1:00 Happy Rippers</p> <p>1:00 Between the Covers Book Club</p> <p>2:00 Simple Tai Chi</p> <p>4:00 CMU DPT MOVE For Health</p>	
<p>9:00 Video Exercise Group 13</p> <p>10:00 QOV Sew-In</p> <p>10:00 Dulcimer Group</p> <p>10:00 Coffee and Conversation</p> <p>10:45 Gentle Exercise</p> <p>11:30 Trivia/Word Search</p> <p>12:45 Cards</p> <p>1:00 Faith Weavers 1:00 Mahjongg</p> <p>6:00 Mountain Town Family Chorus</p> <p>6:00 Orchard Glen Homeowners Meeting</p>	<p>9:00 Gerolyn's Sewing Group 14</p> <p>10:00 Line Dancing</p> <p>10:00 Beginner Tai Chi</p> <p>10:00 Commissioner Committee Meeting</p> <p>10:00 Needlecraft Meeting</p> <p>11:30 Tai Chi Next Level</p> <p>11:30 Trivia/Word Search</p> <p>12:45 Cards</p> <p>2:00 Huntington's Support Group 3:30 Yoga</p> <p>4:00 League of Women Voters</p> <p>5:00 PEO 7:00 Mid Mich Woodcrafters</p>	<p>9:00 Video Exercise Group 15</p> <p>9:00 Zoning Board of Appeals</p> <p>10:00 Chess Club 10:00 Second Sight Artist</p> <p>10:45 Gentle Exercise</p> <p>11:30 Trivia/Search 12:15 Root beer Floats</p> <p>12:30 Photography Pres. 12:30 CMU Otaga</p> <p>12:45 Cards 1:00 Secondhand Book Club</p> <p>1:00 Happy Rippers 2:00 Simple Tai Chi</p> <p>4:00 CMU DPT MOVE For Health</p> <p>5:00 Parkinson's Support Group</p> <p>6:30 NAMI Support Group</p>	
<p>9:00 Video Exercise Group 20</p> <p>10:00 Dulcimer Group</p> <p>10:00 Coffee and Conversation</p> <p>10:45 Gentle Exercise</p> <p>11:30 Trivia/Word Search</p> <p>12:45 Cards</p> <p>1:00 Caregiver Support Group</p> <p>1:00 Faith Weavers</p> <p>1:00 Mahjongg</p> <p>6:00 Mountain Town Family Chorus</p>	<p>8:30 FOIS Board Meeting 21</p> <p>10:00 Line Dancing</p> <p>10:00 Beginner Tai Chi</p> <p>11:30 Tai Chi Next Level</p> <p>11:30 Trivia/Word Search</p> <p>12:45 Cards</p> <p>2:00 Computer/Tech Class</p> <p>3:30 Yoga</p> <p>5:00 Board of Commissioners Meeting</p>	<p>8:00 Happy Rippers 22</p> <p>9:00 Video Exercise Group</p> <p>10:00 Chess Club</p> <p>10:45 Gentle Exercise</p> <p>11:30 Trivia/Word Search</p> <p>12:00 Medicare Seminar</p> <p>12:30 CMU Otaga</p> <p>12:45 Cards</p> <p>4:00 CMU DPT MOVE For Health</p>	
<p>9:00 Gerolyn's Sewing Group 27</p> <p>9:00 Video Exercise Group</p> <p>10:00 Dulcimer Group</p> <p>10:00 Coffee and Conversation</p> <p>10:45 Gentle Exercise</p> <p>11:30 Trivia/Word Search</p> <p>12:45 Cards</p> <p>1:00 Faith Weavers 1:00 Mahjongg</p> <p>6:00 Mountain Town Family Chorus</p> <p>6:00 Orchard Glen Homeowners Meeting</p>	<p>9:30 CMU Audiology Presentation 28</p> <p>10:00 Line Dancing</p> <p>10:00 Commission Committee Meeting</p> <p>10:00 Beginner Tai Chi</p> <p>11:30 Tai Chi Next Level</p> <p>11:30 Trivia/Word Search 12:45 Cards</p> <p>2:00 Connecting with Cards 3:30 Yoga</p> <p>4:00 Isabella County Child Advocacy</p> <p>6:00 Mid-Michigan Quilt Guild</p> <p>6:30 4H Committee Meeting</p>	<p>9:00 Video Exercise Group 29</p> <p>10:00 Chess Club</p> <p>10:45 Gentle Exercise</p> <p>11:30 Trivia/Word Search</p> <p>12:30 CMU Otaga</p> <p>12:45 Cards</p> <p>1:00 Happy Rippers</p> <p>2:00 Simple Tai Chi</p> <p>4:00 CMU DPT MOVE For Health</p> <p>7:00 Nancy Carey Cancer Support Group</p>	

**Thursday**

**Friday**

**Saturday**

<p>2</p> <p>8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Hearing Aid Cleaning Clinic 10:00 Beginner Tai Chi 11:00 Nutrition Education 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 3:00 Hula 6:30 Isabella County Democratic Party</p>	<p>3</p> <p>9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise Closed at Noon - No Meals</p> <p><i>Good Friday</i></p>	<p>4</p> <p>8:00 Mid-Michigan Quilt Guild</p> <p><i>Happy Easter!</i></p> 
<p>9</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 12:45 Cards 3:00 Hula 4:30 VA Committee Meeting 6:00 Isabella County Planning Commission 6:30 Community Cancer Service</p>	<p>10</p> <p>8:00 Happy Rippers 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:30 Music with Midnight Express 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Ukulele Group</p>	<p>11</p> <p>Saturday &amp; Sunday</p> <p>9:00 Happy Rippers</p>
<p>16</p> <p>8:30 CARE Group 8:30 CMU Otaga 10:00 Department Head Meeting 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 3:00 Hula    3:00 Faith Weavers 7:00 Mt. Pleasant Citizens Climate Lobby</p>	<p>17</p> <p>9:00 FGSPCP In-Service 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:00 Seed Planting w/ CMU Students 11:30 Trivia/Word Search 1:00 Ukulele Group 1:00 Sacred Heart Book Club 1:00 Bingo    2:00 Cards 4:00 Community Singing Group</p>	<p>18</p> <p>8:00 Central Michigan Daylily Society 9:00 Charlene's Quilting Group</p>
<p>23</p> <p>8:00 Stitchin' Gals 8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Gold Key Driver Training 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 3:00 Hula</p>	<p>24</p> <p>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 12:45 Cards 1:00 Ukulele Group 1:00 Movie &amp; Popcorn: "The Last Rodeo" 4:00 Community Singing Group</p>	<p>25</p> <p>Saturday</p> <p>9:00 Historical Society</p>
<p>30</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 April Birthday Celebration 12:45 Cards 3:00 Hula</p>	<p><b>Food With Friends Punch Cards \$15.00 for 5 meals \$30.00 for 11 meals The punch cards can be purchased at COA</b></p>	<p><b>Food with Friends Lunch</b> Monday thru Friday at <b>11:45a.m.</b> in <b>Activity Room C</b> See our Menu on page 10</p>

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.

# April

# 2026

Milk Provided with each meal

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Happy Spring!</b>	<b>1</b> Goulash Bread / Spinach Peaches / Cookie	<b>2</b> Reuben Casserole Bread / Beets Citrus Fruit / Yogurt Butterscotch Pudding	<b>3</b> No Meals Good Friday 
<b>6</b> Tuna Salad Croissant Multi Bean Salad Strawberries	<b>7</b> Cabbage Beef Soup Bread / Tossed Salad Clementine Cookie / Juice String Cheese	<b>8</b> Beef Stroganoff Bread Prince Charles Veg. Blend Pears	<b>9</b> Sausage Veg. Penne Bread Green Beans Apple	<b>10</b> Autumn Chicken Garlic Bread Knot Whipped Sweet Potatoes Brussels Sprouts Cinnamon Applesauce
<b>13</b> Turkey Stew / Biscuit Mixed Vegetables Mandarin Oranges Chocolate Pudding	<b>14</b> Chicken Stuffing Cass. Bread / Carrots Pineapple Gelatin	<b>15</b> Lemon Baked Chicken Cheesy Mashed Potatoes Winter Blend Veg Berry Fruit Cup	<b>16</b> Fish Patty Bun Carrot Raisin Salad Banana	<b>17</b> Pork Chop Bread / Garlic Mashed Potatoes Brussels Sprouts Pineapple / Juice
<b>20</b> Burger / Bun Creamy Coleslaw Succotash Tropical Fruit	<b>21</b> Spinach/Chicken Salad Bread / Melon Mix Yogurt / Cookie	<b>22</b> Chop Suey Brown Rice/Zucchini Broccoli / Bread Pineapple and Oranges	<b>23</b> Meatballs and Gravy Bread / Peas Company Potatoes Applesauce	<b>24</b> Mesquite Chicken Breast Bread / Scalloped Potatoes Mixed Vegetables Citrus Fruit
<b>27</b> Hawaiian Pork Bread / Brown Rice Kyoto Vegetables Apricots	<b>28</b> Hot Turkey Sandwich Whipped Potatoes Peas & Carrots Apple	<b>29</b> BBQ Meatloaf Bread Whipped Potatoes Stewed Tomatoes Peaches & Pears	<b>30</b> Beef and Noodle Soup Bread / California Blend Banana Butterscotch Pudding String 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

Is it Spring Yet? We welcome it with open arms.

On April 3, we will be open for half a day due to Good Friday. No Meals and activities for that day.

Hearing Aid Cleaning Clinic with CMU will take place on April 2, from 10am - 2 pm.

On April 10<sup>th</sup> there will be music with Midnight Express from 10:30 – 12 pm. Come on in for some lunch and good music. The Junior National Honor Society from Chippewa Hills will also be here to help with lunch and conversation. Please reserve your lunch 24 hours in advance!

Barb and Greg will be here April 24 from 10:30 -11:30 am.

Bingo will be on April 17<sup>th</sup> at 1:00 pm.

Line dancing on Tuesdays

The Movie this month will be “The Last Rodeo” at 1:00 pm. on Friday, April 24

## Weidman Friend of the Month

By: Volunteer, Sue Preuss

It's said that April showers bring May flowers and the friends at the Weidman Senior Activity Center are anxiously awaiting those blossoms and blooms. It's been a long harsh winter and everyone is ready for it to be a thing of the past. In the meantime, the WSAC calendar for April has a few dates of importance to note. First, with Easter being Sunday, April 5th, the center will be closed on April 3rd in observance of Good Friday. The next day of importance is Wednesday, April 22nd. That day is Earth Day and in honor of that a special Earth Day bingo is scheduled. So, please come and join in on the fun with that. Also, Spring is planting time, so if anyone is knowledgeable about gardening and growing plants, you're invited to come share your expertise. We'd love to learn the dos and don'ts of gardening. And, with the weather breaking, there's been talk of outdoor activity soon with corn hole being played in the side yard. So, if you enjoy tossing the bags, come play a game or two, on M, W or Fri from 10-2. Also, the Food with Friends meals continue. Please let Sandy Hunter, the site facilitator, know the day before if you plan to join us for a meal, by calling her at 989 644-2538. And as always, all the friends encourage and invite residents to come be part of this vital community resource. As they say.. "the more the merrier"!

**WINN**

Community Center

2583 W. Blanchard Rd., Winn

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

Tammi Foltz, Site Facilitator

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

April showers bring May flowers, along with crafts and music! Come join us at Winn Community Center on Monday, Wednesday and Fridays! We have fun with music and being creative! Call Tammi for more information and to sign up for lunch.

**Winn April Calendar**

1 Music: Midnight Express, Nutrition Education

3 Closed for Good Friday

6 Crafts and Snacks (Wagon Flower)

8 Music: Singer; Lise White

10 Craft (Felt Hippos)

13 Craft (Bee Hives)

15 Music: Kevin Bendele

17 Craft (Felt Cow Water Can)

20 Craft (Flowers wreath)

22 Singer: Becky, Steve, and Jack

24<sup>th</sup> Closed due to Maple Syrup Festival

27 Home Hospice Presentation 11-12, Craft day

29 Music: Al Bartholemew

**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**

April showers bring May flowers! We have some fun planned for this month! Greg Merwin will sing on April 10<sup>th</sup>. We celebrate April birthdays on the 15<sup>th</sup>. We will celebrate Earth Day with Bingo on the 22<sup>nd</sup> and if the weather starts to warm up, we will move Corn Hole outside on the 27<sup>th</sup>! Give Sandy a call for more information and to sign up for lunch!

**Weidman April Calendar**

1 Nutrition Education, Dice

3 Closed for Good Friday

6 Cards, Dice

8 Conversation, Coffee and Baking

10 Music: Greg Merwin

13 Cards, Dice

15 April Birthday Celebration!

17 Board Games

20 Cards, Dice

22 Earth Day Bingo!

24 Movie with Snacks

27 Corn Hole Toss

29 Board Games

**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**

"There is nothing impossible to him who will try", by Alexander the Great! In Shepherd, we love to 'try' things all the time! Most of the time we end up laughing and having a great time of 'trying'. If you want to join a great group that loves to chat and try fun things, please join us this April! Call Leann to make a reservation, she would love to see you!

**Shepherd April Calendar**

1 National Sourdough Bread Day- 12pm Kevin Bendele, Easter Celebration

3 Closed for Good Friday

6 11am- Exercise-Nutrition education, National Carmel Corn Day

12:15pm "How it's Made" 15min games

8 Spring Craft and Games

17 Games/Puzzle 12:30pm Spring Bingo, April Birthday Celebration

20 11am- Heather from MidMichigan speaker,

12:15pm games/puzzle

22 Earth Day 12:15pm Guest Speaker

24 Closed due to Maple Syrup Festival

27 11am- Chair Yoga, Games

29 Poetry Day, bring your favorite poem or quote to share

Games/ Puzzle

**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**

Spring is here! FWF at Rosebush Manor is "bursting" open with music and other activities. Come out for a good meal and join in the fun.

**Rosebush April Calendar**

1 Penny Bingo./Nutrition Ed

3 Closed for Good Friday

6 Manicures

8 Music/Marty Miller

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

13 Dulcimer Music/Kathy Dean

15 Music/Mark DeNoyelles

17 Bingo/Prizes

20 Music/Just the 2 of Us

22 Music/Kevin Bendele

24 Music/Steve Troyer

27 Sing-Along with Brian

29 Appreciation Auction

### 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, April 1	2 p.m. – 6 p.m.
Thursday, April 2	9 a.m. - 1 p.m.
Wednesday, April 8	2 p.m. - 6 p.m.
Thursday, April 9	9 a.m. – 1 p.m.
Saturday, April 11	9 a.m. – 12 noon
Wednesday, April 15	2 p.m. - 6 p.m.
Thursday, April 16	9 a.m. - 1 p.m.
Wednesday, April 22	2 p.m. - 6 p.m.
Thursday, April 23	9 a.m. – 1 p.m.
Saturday, April 25	9 a.m. - 12 noon
Wednesday, April 29	2 p.m. - 6 p.m.
Thursday, April 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**

### AARP Tax Preparation

Tax preparation appointments at all Isabella County sites are full. However, 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.

### MARSP MEETING

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

The Isabella County Retired School Personnel chapter of MARSP will meet at Noon on Tuesday, May 12, 2026 at the Commission on Aging, 2200 S. Lincoln Rd., Mount Pleasant. Lunch will be served first, (\$7.00) with the business meeting to follow. Please contact Nancy Enders, (989) 772-0783, (leave a message), or by email: [njenders2011@gmail.com](mailto:njenders2011@gmail.com) or text me at (989) 506-4708 by Friday, May 8th with your reservation for lunch and/or seat for just the meeting.

### 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 April 7, 2026, Visiting Mackinac: Tourism at the Straits of Mackinac from 1830 to 1990 by Frank Boles.

### Chippewa Valley Audubon Meeting

Cheryl Meyer of the Chippewa Valley Audubon Club, will present “Inspired by Nature: Artist-In-Residence” a Chippewa Watershed Conservancy Artist in Residence summer of 2025. She will discuss the role of the artist in residence for not only the CWC but also parks and wildlife groups throughout the nation. She will include her own work at CWC in that role and her process. Meeting to be at Veterans Memorial Library, April 8 at 7 PM.

### Heartland Basket Weavers

Have you ever wanted to try out basket weaving, or you used to weave baskets? Has it been a while? Heartland Basket Weavers Guild meets on the second Wednesday of each month, and we would love to have you join us to make a basket. Please contact Carol Matthews in advance so that we have adequate materials for you. (989) 289-7948 [CMHappyCamper@aol.com](mailto:CMHappyCamper@aol.com)

### Thank you, Mt. Pleasant Zonta Club

A big shout out to the Mt. Pleasant Zonta Club for their wonderful donation to our Activity Center here at the Commission on Aging. The gifts were provided for our Bingo Games. A few of the items for donation included snacks, personal hygiene items, candy, kitchen towels, storage containers and gift cards. Thank you so much for gifting us with your generosity!

**CLOTHING INC**

# VOLUNTEERS NEEDED

SCAN ME 

**What we need volunteers for**

- Help sort through donations and stock our free clothing store.
- Work with individuals and families shopping in our store.

**SIGN UP ONLINE AT [WWW.CLOTHINGINC.ORG](http://WWW.CLOTHINGINC.ORG)**

989-264-2510 [WWW.CLOTHINGINC.ORG](http://WWW.CLOTHINGINC.ORG) 1114 W. HIGH ST, MT. PLEASANT, MI, 48858

## 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, April 29 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, April 14

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**

## 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.

## Parkinson's Group

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

**April 15 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).

## 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 April 15 from 7-10am. Cost \$26 payable the day of the screening. No appointment is necessary.

McLaren Centra Michigan, East Lobby  
1221 South Drive, Mt. Pleasant

## Free Foot Screening

Despite feet being a very important part of our body, foot pain, soreness, and ulcers are often ignored. Painful feet are not normal and may signify an underlying foot problem, especially for people with diabetes. If you have a foot, ankle, or toe injury, are diabetic, or have concerns about your feet – including poor circulation, limited motion of joints, loss of feeling, lesions, or calluses –this is your chance to have your feet examined by Podiatric Surgeon Vincent Lefler, DPM, FACFAS.

Tuesday, April 21 from 3 – 6 pm  
McLaren Central Podiatry  
2940 Health Parkway  
Mt. Pleasant, MI 48858  
Call (989) 779-5606 to schedule an appointment.

## Support 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**

## Free Hernia Screening

Are you experiencing nausea, groin pain or a lower abdomen bulge? Surgeons PJ Persson, MD

and Muhammad Usman, MD are providing free consultations to determine if you have a hernia including a discussion about treatment options.

Thursday, April 16 from 3 – 5pm

McLaren Central Michigan - Medical Arts Building

1201 South Dr., Suite 371, Mt. Pleasant

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

## 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.**

## Active Living Donors

Anonymous X12	Rhonda Horton
Betsy Ashbaugh	Kathy House
Tim Bailey	Samuel Kushmaul
Randy Baldwin	Roger & Jean Lintemuth
Mike & Sherry Barnard	Ron & Evelyn Malish
Janet Hartnell Beavers	Blake & Lynn Marr
Geri & Jerry Bierschbach	Kim Martin
Jonn & Bernadette Bland	Karla Martisen
Peggy Brisbane	Susan MacDonald
Roy & Alice Burlington	Robert Mills
Nancy Callender	Bernyce Moran
Charles Campbell	Janet Morey
Martha Carpenter	Kerry & David Noch
Timothy & Brenda Collins	Penny Nugent
Karla Cooper	James Richmond
David & Sherron Curtiss	David & Doreen Sapp
William Dennis	James Schafer
Kenneth & Betty Eaton	Linda Schaefer
Dianna English	Maureen Schmalbach
Fran Foust	Rick & Linda Schudiske
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Rodd & Mary Hovey	Mary Ellen Walsh
Carole Howard	Betty Webber
Barbara Jason	Aileen Wernert
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Gary Kramer & Virginia Haight	Robert & Nancy Wheeler
Arnie & Merrie Hammel	Mary Ruth Williamson

## COA Donors

<b><u>COA</u></b>	<b><u>Have-a-Heart</u></b>
Anonymous	Anonymous X2
Bonnie Anthony	Richard & Nancy Beckwith
Don & Scherry Brown	Neil & Linda Hopp
Bernie & Pat Davison	Jessica Lapp
Bill & Wanda Ferguson	
Carol Griffin	<b><u>Food with Friends</u></b>
Richard Hecksel	Anonymous
Margie Henry	Bill & Wanda Ferguson
Sheree Murray	
Devin Sharrar	<b><u>Foster Grandparent Program</u></b>
	Brenda Hoyle

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

**Gold Key Volunteer Program**  
Larry & Kathy Fussman

## In Memory Of

<b>Irene Chapman</b> Friends & Family of Irene Chapman Crystal Parker I-Ride Nancy Vodicka	<b><u>For Have-a-Heart</u></b> <b>Gene &amp; Betty Brown</b> Don & Scherry Brown <b>Pat &amp; Dorothy Burch</b> Bill & Louanna Burch <b>Norman Burueister</b> Anonymous <b>Derek Caldwell</b> Peggy Caldwell <b>Betty Campbell</b> Charles Campbell <b>Phil Fockler Sr.</b> Don & Scherry Brown <b>Mike Foust</b> Fran Foust <b>John J. Hovey</b> Beth Hovey <b>Shirley Idema</b> Thomas Idema <b>Regina &amp; Virgil Smith</b> Ann Latham <b>Pansy &amp; Louis Thaller</b> Bill & Louanna Burch <b>John Warriner</b> Sandra Warriner <b>Our Parents</b> Rick & Linda Schudiske <b><u>For Active Living</u></b> <b>Irene Chapman</b> Ron & Linda Ruble <b>The Moreau Children</b> Anonymous <b>Melvin Pohl</b> Roselynn Pohl <b>Dan Rahl</b>  Donna Rahl, Dawn Rahl, Katie Vogel & Mary Flowers <b>Gary Rubingh</b> Cindy Rubingh <b>Mary Straight</b> Linda Brown
<b>Larry Cotter</b> Karolyn Cotter	
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<b>Carol Hart-Belloli</b> Tim & Vickie Hart	
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<b>Dr. William Hawkins</b> Walter Schneider	
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<b>Tom McDonald</b> Jan Lodes	
<b>Daniel Joseph Natzel</b> Mary Natzel	
<b>Marty Osborn</b>  Nanci Osborn	
<b>Sherman C. Rowley</b>  David Foster	
<b>Jim Schrot</b> Dawn Orlando	
<b>Tammy Silvey</b> Jan Lodes	
<b>Clarence Smalley</b> Gary & Lynn Pohl Theo Smalley	
<b>Mary Straight</b> John Straight	
<b><u>For In-Home</u></b> <b>Tom Moffit</b> Gisela Moffit	
<b><u>For Food with Friends</u></b> <b>Dorothy Graham McConnell</b> Fred & Maggie Yuncker	
<b>Genny Sobaski</b> Fred & Maggie Yuncker	

## Active LIVING Really Needs Your Support

Thank you to everyone who donates to Active LIVING. As of March 6, we have received \$4,565. 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

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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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- Food With Friends
- Foster Grandparent / Senior Companion Program
- Gold Key Volunteer Program
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Keep Donation Anonymous.

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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 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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Friends of Isabella Seniors

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**Mt. Pleasant, MI 48858**

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

***Suggested contribution to Active LIVING: \$25 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.***