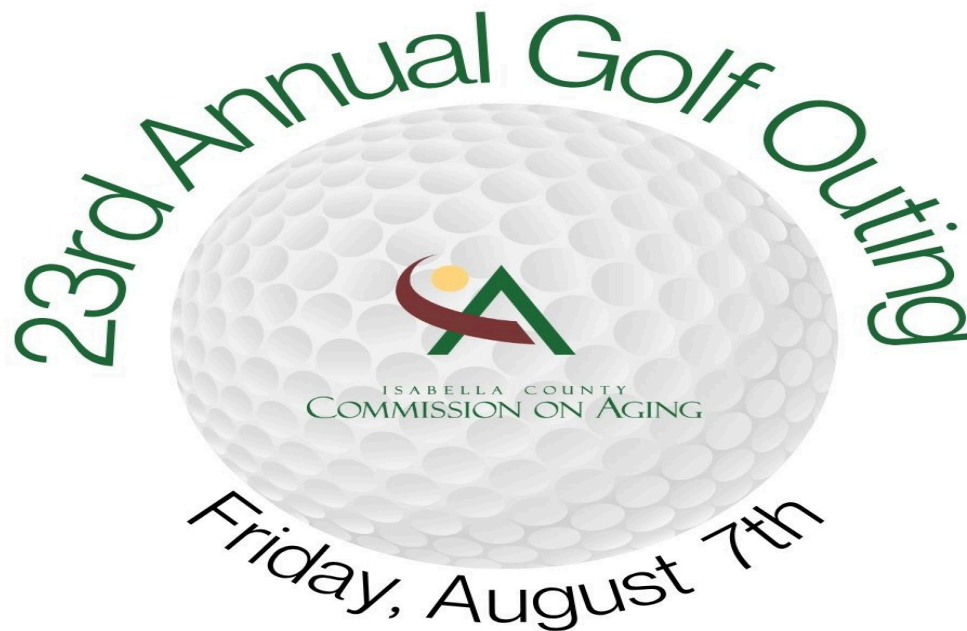


# Active LIVING

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



Organized by:



-  18 holes of golf with cart
-  Cash prizes for flights
-  Hot dog lunch & buffet after golf
-  Golfer gifts
-  Contest Holes & Raffle prizes

## Pleasant Hills Golf Course

4452 E Millbrook Rd, Mount Pleasant, MI 48858



<p>8:00AM Check-In 9:00AM Shotgun Start- Scramble</p>
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\$300 total, \$75 per person  
**DUE July 24th**

SCAN CODE, CLICK LINK  
OR EMAIL KELLY  
TO REGISTER:



<https://forms.gle/QbYUoKPyNmg7sfu37>

### Supporting Isabella County Commission on Aging

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

For more information, please call **Commission on Aging** 989.772.0748

**Registration:** Kelly Lee | klee@isabellacounty.org

**Sponsorship:** Marcy Huntoon | mjerome@isabellacounty.org

## COA Director's Comments

Summer means sunshine and happy times! It seems like we pack as much fun stuff in as we can, soaking up every bit of it while it is here! I hope that you take time to enjoy the beautiful sunshine and fresh smells of summer!

While I am not wishing away summer, I do want to take some time to talk about a very important issue for all of us here at the COA. August is a big month here for the Commission on Aging. On August 4th, our Senior Millage is up for renewal on the ballots of Isabella County residents. While I cannot ask you to support the renewal, I can encourage you to vote and share some information with you about the importance of the Senior Millage to the Isabella County Commission on Aging and all those who we serve.

### What is the Senior Millage, and Why is it Important to the Commission on Aging?

The purpose of the Senior Millage is to fund the continuation of programs and services provided by the Isabella County Commission on Aging along with the operation and maintenance of the organization and its facilities. It directly supports programs and services that positively impact the lives of thousands of older adults throughout Isabella County.

The first millage was passed by Isabella County voters in 2006. It was renewed in 2016, and is now up for renewal again. The 2026 millage renewal request will go before voters on Tuesday, August 4, 2026 and is a straight renewal of the existing millage, which is up to 1.00 mill (\$1.00 per \$1,000 of taxable value) for a period of ten years (2026-2035).

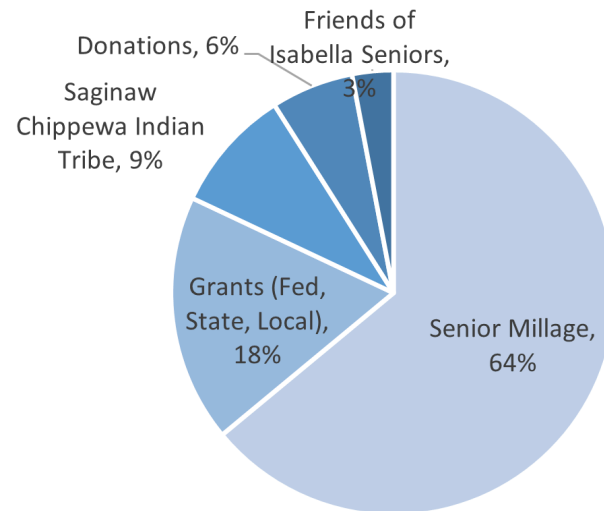
The importance of the Senior Millage cannot be overstated. It is the largest revenue source of the total Isabella County Commission on Aging (COA) budget by far. It supports all of the programs and services of the COA with the exception of the Unmet Needs Program, which is supported only through donations and grant funding.

As each year passes, the availability of the Senior Millage will continue to become increasingly more important. The growth of the needs of older adults will continue to expand proportionately to the growth in our 60 and older population. According to the U.S. Census, in 2000 the 60 and older population was 7,639; in 2010 it was 9,672, and in 2020 it was approximately 13,500. By the year 2030, our older adult population is estimated to be 19,500.

With the fastest growing population in Isabella County being those 60 and older, we are seeing and feeling the impacts already. Baby Boomers just began turning 80 years old in January of 2026, and with many older adults living longer, we will continue to see an increase in requests for service for many years to come. Over the past ten years, we have seen a 26% increase in clients, and within the first quarter of FY2026 we served 2,000 more meals compared to the first quarter in FY2025.

## How is the Commission on Aging Funded?

### Revenue Sources for the Commission on Aging



### What does the Commission on Aging do for Older Adults in Isabella County?

The Isabella County Commission on Aging has been serving the needs of older adults since 1973. It is our mission to promote the health, independence and fulfillment of older adults through the coordination and provision of diverse services and opportunities which are provided through the following programs:

**In-Home Services Program** - Case Management, Homemaking, Personal Care, Respite Care, Caregiver Training, Unmet/Emergency Needs Assistance, Medicare/Medicaid Assistance, Housing Information

**Food with Friends** - Home Delivered Meals Program, Congregate Meal Program (COA, Shepherd, Winn, Weidman and Rosebush)

**Gold Key Volunteer Program** - Opportunities for older adults and those of all ages to volunteer in a variety of ways and settings.

**Foster Grandparent and Senior Companion Programs** - Volunteer opportunities for low-income adults 55 and older in a variety of settings. Non-taxable stipends are provided.

**Activities Program** - Community focal point for older adults providing a variety of recreational, social, cultural, nutritional, and educational opportunities.

If you have any questions about the Isabella County Commission on Aging or the Senior Millage that supports our programs and services, please feel free to reach out to me. Thank you!

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

## Mission Moments

We had a wonderful time celebrating with all of our home-run Gold Key Volunteers in early May! A great time was had by all with a baseball theme, cheering on the Tigers and baseball teams in our area. The Mount Pleasant High School Varsity & Freshman teams joined us to help serve and visit with everyone during the event. We were grateful to hear some history of Mount Pleasant baseball, and updates on their current season, from coaches Luke Epple Sr. & Luke Epple Jr. The freshmen team even led us in their great rendition of “Take Me Out to the Ballgame!”.

Volunteer champions swing for the stars – and our COA volunteers are truly champions! We are always looking for more team players that would like to get in the game. We have many different positions, but are especially looking for:

**Home-Delivered Meal Drivers** – Deliver warm & frozen meals to clients in the area of your choosing throughout our county. Even subbing on a route once in a while is SO helpful! Volunteers deliver meals Monday, Wednesday, and Fridays beginning between 10:30-11:00am.

**Transportation Drivers** – Utilize your vehicle to transport clients who are unable to drive themselves to pre-scheduled medical appointments. Work around your schedule (stay local or do longer distances). Run quick errands while waiting for an appointment, or grab a bite to eat. It’s a fun way to get to know others and help fellow community members.

**Meal Site Assistants** – Assist with serving lunch or lunchtime activities at our satellite meal sites near where you live! We have meal sites open Monday, Wednesday, and Fridays in Rosebush, Weidman, Shepherd, and Winn.

To volunteer with the COA, call Mary or Kelly at: 989-772-0748.

*Kelly Lee,  
Gold Key Volunteer Program Manager*



### COA Caregiver Support Group

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

Caregiver Support Group - July 20<sup>th</sup> 1:00-2:30pm. All caregivers are welcome; please come as you are. If you would like to attend the support group but need care for your loved one, 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.

## Events & Classes at COA

### Coffee Hour with An Attorney

This group will meet on the 4<sup>th</sup> Wednesday of ALTERNATE months. **July 22<sup>nd</sup> 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, July 7<sup>th</sup> and 21<sup>st</sup> from 2:00-3:00 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

#### "Frozen Creek"

**Wednesday, July 1st, from 4:00-6:00 p.m.**

**\$25 per person** (supplies included)

Let award winning television artist Steve Wood help develop the "artist" in you to create "**Frozen Creek**". 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 are due by Monday, June 29<sup>th</sup> - NO EXCEPTIONS, must be paid prior to class to attend. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.**

Next class, Wednesday, August 5th

### Connecting With Cards

**Tuesday, July 28<sup>th</sup> from 2:00-4:00 p.m.**

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.*

### Mahjongg

Join our Mahjongg group on **Mondays at 1:00 p.m.** and make new friends! Bring your 2026 card and Mahjongg set if you have them. Instruction is provided.

### Ice Cream Sundaes

Join us on **Wednesday, July 15<sup>th</sup> at 12:15 p.m.** in Room C

### Birthday Celebration

Join us on **Thursday, July 30<sup>th</sup> at 12:15 p.m.** in Room C to celebrate those with birthdays in July!

### FREE Movie and Popcorn

*"The Glass Castle"*

**2hrs 7mins PG-13**

The Glass Castle follows journalist Jeannette Walls as she reflects on her unconventional, often harsh upbringing with her free-spirited mother and brilliant but deeply flawed father. Moving between her childhood in poverty and her adult life of stability, the film explores resilience, family bonds, and reconciliation. Strong performances, especially from Brie Larson and Woody Harrelson, anchor this poignant yet uneven adaptation that some find emotionally moving but narratively softened.

**Friday, July 31<sup>st</sup> at 1:00pm in COA Room C.**

*Call Rhonda to make your reservation*

### COA Groups on Break until Fall

Dulcimer group is on break until Monday, September 14<sup>th</sup>

Jam Session group is on break until Friday, September 11<sup>th</sup>

Ukulele group is on break until Friday, September 11<sup>th</sup>

### How to Protect Yourself from Financial Exploitation

Join Huntington National Bank on **Thursday, July 23rd from 10:30-11:30 a.m.** for a presentation on how to protect yourself from financial exploitation. We will cover types of financial exploitation, tips for recognizing scams, and strategies for avoiding identity theft.

### Medicare Seminar

Join Andrea Sneller, State Health Insurance Assistance Program Coordinator with Region VII Area Agency on Aging, on **Wednesday, July 22nd from 12:00-2:00 p.m.** 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.**

### Fit Feet Walking Club

Come join us for this FUN, ENERGETIC walking group! This group will help you improve not only your walking distance, but speed, agility, balance and confidence. We incorporate many different 'walking' activities to boost your confidence and energy! This is an outdoor walking class (unless it rains, but we will work indoors in those cases). This class is open to anyone; however, if you have significant balance issues, we ask that you bring someone along who can walk alongside you and assist. Taught by Doctor of Physical Therapy students and faculty from CMU.

**Mondays 4-5pm June 29 - August 3**

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

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

## 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 Wednesday, July 1<sup>st</sup>*

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 class Thursday, July 2<sup>nd</sup>*

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.**

*No class Thursday, July 2<sup>nd</sup>*

Some Tai Chi experience recommended.

### Tai Chi in the Park

**Fridays 10:00 to 11:00 a.m. July 3<sup>rd</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>**

These are all at the Arts Pavilion on the west side of Island Park in Mt. Pleasant

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

### Gentle Exercise

**Mon, Wed & Fri 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.

### 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

*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!

### 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*

### Line Dancing

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

**Wednesday mornings 9:30-10:30 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.

**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 4:00-5:00 p.m. July 1<sup>st</sup> through July 29<sup>th</sup>**

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

## Travel with COA

### Turkeyville ~ Trip full, call for waitlist

Wednesday, September 23<sup>rd</sup>

Motorcoach will depart the COA at 9:30 a.m. Buffet style turkey dinner served at noon. The show will start at 2:00 p.m. We should arrive back to COA around 6:00 p.m.

Price: \$95 per person includes motorcoach transportation, buffet style turkey dinner, show ticket, and all tips. Money and reservations due Friday, August 21. To make a reservation, please contact: Marcy Huntoon (989) 772-0748 or email at [mjerome@isabellacounty.org](mailto:mjerome@isabellacounty.org)

Experience this heartfelt and intimate portrayal of one of country music's greatest voices. This captivating retrospective traces Patsy's rise to stardom from small town Virginia to Carnegie Hall. Featuring her greatest hits, including "Walkin' After Midnight," "Crazy" and "I Fall To Pieces," this production will transport you back in time!

### Frankenmuth - Bronner's and Bavarian Inn

Thursday, October 22

Kick off your Christmas shopping at Bronner's Christmas Wonderland, then finish the day with the World Famous All-You-Can-Eat Frankenmuth Style Chicken Dinner!! We will depart COA at 8:30 a.m. We will have about 2 hours to shop at Bronner's before departing for Bavarian Inn. We will start out with a pretzel rolling experience at noon followed by German wine tasting at 12:30 p.m. Our all-you-can-eat lunch will be served at 1:00 p.m. After lunch, we will collect our pretzels and have a little time to visit the Castle Shops before departing around 3:00 p.m. We should arrive back to COA around 4:30 p.m. \$100 per person. Money and reservation due Friday, September 18.

Price Includes: Motorcoach Transportation, World Famous All-You-Can-Eat Frankenmuth® Style Chicken Dinner, German Wine Tasting, Pretzel Rolling Experience, and all gratuities.

To make a reservation, please contact: Marcy Huntoon (989) 772-0748 or email [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.*

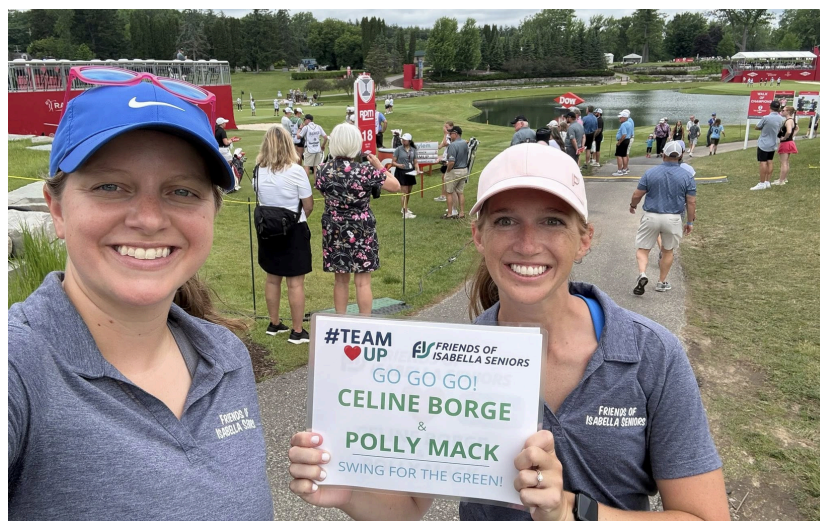
*Minors are welcome on certain trips but must be accompanied by an adult. Persons who need assistance are welcome; however, they must be accompanied by an adult who can assist them. Both parties must purchase a seat for trip.*

## LPGA Team Up



Friends of Isabella Seniors was chosen through a grant-writing process to participate in the 2026 LPGA Dow Great Lakes Bay Invitational charitable giving program. Non-profits from around the area were selected to receive a grant to instill positive community impact. We plan to utilize this grant for a health initiative that we will launch later this year, more details to come soon!

The GLBI also paired us with two teams of professional golfers to cheer on throughout the tournament week at the Midland Country Club. We were so fortunate to be paired with amazing teams: Minami Katsu & Hinako Shibuno and Celine Borge & Polly Mack. Commission on Aging Staff went to the tournament to cheer them on and promote our organization. We had a blast supporting them throughout the week while in turn they supported Friends of Isabella Seniors!





## Isabella County Commission on Aging

The mission of the Isabella County Commission on Aging is to promote the health, independence and fulfillment of older adults through the coordination and provision of diverse services and opportunities.

### FY25 Annual Statistics

#### In-Home Services Program



- Over 8,000 hours of direct care: personal care, homemaking, & respite care
- Over 4,000 hours of case management to clients
- Over 800 hours of caregiver training
- Over 205 unmet needs requests to assist low-income households
- Medicare Part D Volunteer Counselors provided 375.75 hours of service to 417 area residents, a total savings of over \$235,731

#### Food with Friends Program



- Served 63,790 meals total for FY 2025
- Volunteers delivered 47,911 of those meals to 459 clients
  - Over 4,364.5 hours and over 75,155 miles
- 5 congregate meal sites serve over 300 meals per week to 410 individuals.
- Kitchen Volunteers served over 2,286 hours preparing, packing, & serving participants

#### Gold Key Volunteer Program



- 274 dedicated Gold Key individuals and 31 student and group volunteers collectively served over 33,096 hours
- Transportation Volunteers transported 73 clients to 504 medical appointments & grocery shopping for over 17,423 miles and 945.25 hours
- AARP Tax Aide Volunteers served over 3,025.25 hours to assist 803 clients with tax returns
- Receptionists served 3,922.75 hours at the COA front desk
- Needlecrafters served 15,688.5 hours and donated more than 2,608 handmade items

#### Activity Program & Trips



- We continue to offer about 25 FREE exercise classes per week, with at least 150 participants taking part in on-site and virtual exercise programs
- We collaborated with about 55 community partners last year to be able to offer FREE education seminars, clinics, events and activities providing the community valuable, free information on health care, finances, legal assistance, recreation, etc.

#### Foster Grandparent & Senior Companion Programs



**AmeriCorps**  
Seniors

- 30 Foster Grandparents provided over 27,000 hours of service to 104 children in need in childcare/classroom settings
- 18 Senior Companions provided over 13,000 hours of companionship to 86 older adults

Monday

Tuesday

Wednesday




		<p>1</p> <p>9:00 Video Exercise Group            9:30 Beginner Line Dancing            10:00 Chess Club            10:00 Coffee and Conversation            10:45 Gentle Exercise            11:30 Trivia/Word Search            12:45 Cards            1:00 Happy Rippers            4:00 MOVE! For Health            4:00 Anyone Can Paint</p>
<p>6</p> <p>9:00 Video Exercise Group            10:00 Coffee and Conversation            10:00 Quilts of Valor            10:45 Gentle Exercise            11:30 Trivia/Word Search            12:45 Cards            1:00 Faith Weavers 1:00 Mahjongg            1:00 Hand Sewing Group            4:00 Fit Feet Walking Club            5:15 Human Rights Committee Meeting</p>	<p>7</p> <p>10:00 Line Dancing            10:00 Beginner Tai Chi            11:30 Tai Chi Next Level            11:30 Trivia/Word Search            12:45 Cards            2:00 Computer/Tech Class            7:00 Isabella County Historical Society</p>	<p>8</p> <p>9:00 Video Exercise Group            9:30 Beginner Line Dancing            10:00 Chess Club            10:00 Coffee and Conversation            10:45 Gentle Exercise            11:30 PEO            11:30 Trivia/Word Search            12:45 Cards            1:00 Between the Covers Book Club            1:00 Happy Rippers 2:00 Simple Tai Chi            4:00 MOVE! For Health</p>
<p>13</p> <p>9:00 Video Exercise Group            10:00 Coffee and Conversation            10:00 Quilts of Valor            10:45 Gentle Exercise            11:30 Trivia/Word Search            12:45 Cards            1:00 Faith Weavers            1:00 Mahjongg            4:00 Fit Feet Walking Club            6:00 Orchard Glen Homeowners Board Mtg</p>	<p>14</p> <p>10:00 Commission Committee Meetings            10:00 Line Dancing            10:00 Beginner Tai Chi            10:00 Needlecraft Meeting            11:30 Tai Chi Next Level            11:30 Trivia/Word Search            12:45 Cards            4:00 League of Women Voters            5:00 PEO</p>	<p>15</p> <p>9:00 Video Exercise Group            9:30 Beg Line Dancing 10:00 Chess Club            10:00 Second Sight Art. 10:00 Coffee &amp; Convo            10:45 Gentle Exercise 11:30 Trivia/Search            12:15 Sundaes 12:45 Cards            12:30 WCMU Presentation            1:00 Second Hand Book Club            1:00 Happy Rippers 2:00 Simple Tai Chi            4:00 MOVE! For Health            5:00 Parkinson's Support Group            6:30 NAMI Support Group</p>
<p>20</p> <p>9:00 Video Exercise Group            10:00 Coffee and Conversation            10:45 Gentle Exercise            11:30 Trivia/Word Search            12:45 Cards            1:00 Mt. Pleasant Garden Club            1:00 Caregiver Support Group            1:00 Faith Weavers 1:00 Mahjongg            2:30 Insurance Committee Meeting            4:00 Fit Feet Walking Club</p>	<p>21</p> <p>8:30 FOIS Board Meeting            10:00 Line Dancing            10:00 Beginner Tai Chi            11:30 Tai Chi Next Level            11:30 Trivia/Word Search            12:45 Cards            2:00 Computer/Tech Class            5:00 Board of Commissioners Meeting</p>	<p>22</p> <p>8:00 Happy Rippers            9:00 Zoning Board of Appeals            9:00 Video Exercise Group            9:30 Beginner Line Dancing            10:00 Chess Club 10:00 Coffee &amp; Convo            10:30 Coffee Hour with an Attorney            10:45 Gentle Exercise            11:30 Trivia/Word Search            12:00 Medicare Seminar            12:45 Cards 2:00 Simple Tai Chi            4:00 MOVE! For Health</p>
<p>27</p> <p>9:00 Video Exercise Group            10:00 Coffee and Conversation            10:45 Gentle Exercise            11:30 Trivia/Word Search            12:45 Cards            1:00 Faith Weavers            1:00 Mahjongg            4:00 Fit Feet Walking Club            6:30 Mountain Town Family Chorus</p>	<p>28</p> <p>10:00 Line Dancing            10:00 Commission Committee Meeting            10:00 Beginner Tai Chi            11:30 Tai Chi Next Level            11:30 Trivia/Word Search            12:45 Cards            2:00 Connecting with Cards            4:00 Isabella County Child Advocacy            6:00 Mid Michigan Quilt Guild            6:30 4H Committee Meeting</p>	<p>29</p> <p>8:00 Mid-Michigan Quilt Guild            9:00 Video Exercise Group            9:30 Beginner Line Dancing            10:00 Chess Club 10:00 Coffee &amp; Convo            10:45 Gentle Exercise            11:30 Trivia/Word Search            12:45 Cards            1:00 Happy Rippers            2:00 Simple Tai Chi            7:00 Nancy Carey Cancer Support Group</p>

**Thursday**

**Friday**

**Saturday**


<p>2</p> <p>10:00 Coffee and Conversation          10:30 Music w/ Midnight Express          11:00 Nutrition Education          11:30 Trivia/Word Search          3:00 Hula          6:30 Isabella County Democratic Party</p>	<p>3</p> <p>Closed</p>	<p>4</p> 
<p>9</p> <p>9:00 Gerolyn's Sewing Group          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 Planning Commission          6:30 Community Cancer Service</p>	<p>10</p> <p>8:00 Happy Rippers          9:00 Video Exercise Group          10:00 Coffee and Conversation          10:45 Gentle Exercise          11:30 Trivia/Word Search          1:00 Bingo          2:00 Cards</p>	<p>11</p> <p>Saturday &amp; Sunday</p> <p>8:00 Happy Rippers</p>
<p>16</p> <p>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          7:00 Mt. Pleasant Citizens Climate Lobby</p>	<p>17</p> <p>9:00 Video Exercise Group          10:00 Coffee and Conversation          10:45 Gentle Exercise          11:30 Trivia/Word Search          12:00 McLaren Hip &amp; Knee Presentation          12:45 Cards          1:00 Sacred Heart Book Club</p>	<p>18</p> <div style="border: 1px solid black; padding: 5px; background-color: yellow;"> <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> </div>
<p>23</p> <p>8:00 Stitchin' Gals          10:00 Coffee and Conversation          10:00 Beginner Tai Chi          10:30 Finan Exploitation Presentation          11:30 Tai Chi Next Level          11:30 Trivia/Word Search          12:45 Cards          3:00 Hula</p>	<p>24</p> <p>8:00 Gerolyn's Sewing Group          9:00 Video Exercise Group          10:00 Coffee and Conversation          10:45 Gentle Exercise          11:30 Trivia/Word Search          1:00 Bingo          2:00 Cards</p>	<p>25</p> <p>8:00 Mid Michigan Quilt Guild</p>
<p>30</p> <p>10:00 Coffee and Conversation          10:00 Beginner Tai Chi          11:30 Tai Chi Next Level          11:30 Trivia/Word Search          12:15 July Birthday Celebration          12:45 Cards          3:00 Hula</p>	<p>31</p> <p>9:00 Video Exercise Group          10:00 Coffee and Conversation          10:45 Gentle Exercise          10:30 Music with Barb and Greg          11:30 Trivia/Word Search          12:45 Cards          1:00 Movie &amp; Popcorn: "The Glass Castle"</p>	<div style="border: 1px solid black; border-radius: 25px; padding: 10px;"> <p><b>Food with Friends Lunch</b>              Monday thru Friday at <b>11:45 a.m.</b>              in <b>Activity Room C</b>              See our Menu on page 10</p> </div>

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.

# July

# 2026

Milk Provided with each meal Suggested Donation \$3.00 Congregate, \$3.50 Home Delivered

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Happy Independence Day!</b>	1 Swedish Meatballs Bread / Whipped Potatoes Green Beans Apricots / Goldfish Graham	2 Breakfast Pizza Citrus Fruit Yogurt	3 <b>Closed No Meals</b>
6 Tuna Salad Croissant Multi Bean Salad Strawberries	7 Tomato Basil Soup Grilled Cheese Sandwich Fresh Clementine Spinach Side Salad Cranberry Juice	8 Autumn Chicken Garlic Bread Whipped Potatoes Brussels Sprouts Cinnamon Applesauce	9 Chicken & Stuffing Casserole Carrots Pineapple Gelatin	10 Pork Chop Bread Garlic Mashed Potatoes Green Beans Pineapple Tidbits / Juice
13 Turkey Burger Creamy Coleslaw Succotash Tropical Fruit	14 Cranberry Chick/Spinach Salad Cantaloupe & Honeydew Bread \ Yogurt Figaroo Cookie	15 Chop Suey Brown Rice Broccoli Bread Pineapple & Oranges	16 Beef Stroganoff Bread Prince Charles Blend Apple Crisp	17 L Lemon Baked Chicken Cheesy Mashed Potatoes Brussels Sprouts Bread Pears
20 Hawaiian Pork Bread Brown Rice Kyoto Vegetable Blend Apricots	21 Mesquite Chicken Bread Mixed Vegetables Baked Sweet Potato Citrus Fruit Cup	22 BBQ Meatloaf Bread Parslied Potatoes Stewed Tomatoes Peaches and Pears	23 Hot Turkey Sandwich Whipped Potatoes Peas & Carrots Baked Apples	24 Beef with Sweet Peppers Bread Scalloped Potatoes Corn Fruit Cocktail
27 Cabbage Roll Cass. Bread Peas Mandarin Oranges Gingersnap Cookie	28 Roast Pork Bread Company Potatoes California Blend Chocolate Pudding	29 Creamy Swiss Chicken Bread Whipped Potatoes Peas Applesauce	30 Beef Noodle Soup Biscuit Banana String Cheese Cranberry Juice	31 Corn Chowder Cheese Stuffed Breadstick Carrots Mixed Fruit Cup Yogurt

## COA Activity Center

2200 S. Lincoln Rd. Mt. Pleasant

Meals M - F at 11:45 a.m.

Rhonda Burke, Site Facilitator 989-772-0748

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

COA Building OPEN M-F 8:00 a.m.-4:30 p.m.

Hello July! I would like to start out with a HUGE thank you to all staff and volunteers who were here to help with the June 4<sup>th</sup> Picnic and also to ETA Jake Slater for another fantastic performance! He definitely knows how to make everyone feel special! He will be back next year. We appreciate you all!

Starting in July we will have the band "Midnight Express" performing at the COA on the first Thursday of each month starting at 10:30 am.

We will be closed on 7/3 for the holiday.

Line Dancing Tuesday's at 10am & Wednesday's at 9:30 am.

Bingo will be on 7/10 & 7/24 at 1:00 pm

Ice Cream Sundaes on 7/15 at 12:15

Barb and Greg here on 7/31 at 10:30 am and a thank you for their time and great music!

July Birthday Celebration on 7/30 at 12:15 pm

The movie this month will be "The Glass Castle" at 1:00 pm.

## Weidman Friend of the Month

By: Volunteer, Sue Preuss

The friends at the Weidman Senior Activity Center hope that everyone is enjoying their long-awaited summer. It was quite the Spring that Mother Nature gave us this year. The July calendar for the center has some noteworthy activities the friends hope will be attended and enjoyed by many. On July 10<sup>th</sup>, Greg Merwin, our local one-man band will be entertaining us with his musical talent. This event often turns into a sing-along as Greg plays many familiar and favorite songs. On July 11<sup>th</sup>, there will be an open house of the recently expanded and updated Sherman Twp library and since the WSAC shares the same building, we are hosting an informal open house from 11-2 where you can stop in and meet the site facilitator Sandy Hunter, enjoy some light refreshments, learn more about the Food with Friends program, see where the activities take place, plus check out the community bulletin board where local events and information about helpful agencies and resources area listed. July 15th is "birthday cake day". This is where a tasty, homemade treat will be served in celebration of all of the activity center friends that have July birthdays. July 31st is a new activity. Everyone will be able to show their creative skills by painting rocks. All supplies will be provided so just bring your ideas and create your own, one-of-a-kind art piece. And also of note, the center will be closed July 3rd so that everyone can enjoy a long holiday weekend as we celebrate 250 years of our country and our freedoms. If you have any questions or would like to pre-order a Food with Friends meal, call Sandy at 989 644-2538, M, W and F for 10-2. So, mark your calendars and plan to come join in the fun, we are looking forward to seeing you.

**WINN**

Community Center

2583 W. Blanchard Rd., Winn

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

Tammi Foltz, Site Facilitator

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

At Winn, we love our flowers! We incorporate them into many crafts! This month we are starting corn hole! There is always something fun to do at Winn!

**Winn July Calendar**

- 1 Music: Midnight Express, Nutrition Education
- 3 Closed in observance of Independence Day
- 6 Craft: Tree Branch Love Hangers
- 8 Christmas in July with Hula Dancing! Wear your Hawaiian shirts!
- 10 Craft: Flower basket arrangement Day
- 13 Craft: Crosses out of pop tabs
- 15 Music: Steve, Becky and Jack
- 17 Craft: Making Angels out of wallpaper
- 20 Craft: American Flags
- 22 Puppets! and cards
- 24 Craft: Table cloth cutting day
- 27 Craft: Picnic Wreath
- 29 Music: Greg Merwin
- 31 Craft Make-up day: Finish wreaths

**WEIDMAN**

Library

3453 N. School Rd., Weidman

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

Sandy Hunter, Site Facilitator

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

Wow! 250 Years Old ~ Happy Birthday America! The library will have their Grand Opening on Saturday, July 11<sup>th</sup> - we will be open from 11-1 with punch and cookies! Please come check us out! That weekend is also Weidman Days! There are many events around the town, including a parade!

**Weidman July Calendar**

- 1 Nutrition Education
- 3 Closed in Observance of Independence Day
- 6 Cards and Dice
- 8 Coffee, Conversation and Cookies
- 10 Music: Greg Merwin
- 11 OPEN HOUSE 11:00 a.m. to 1:00 p.m. Cookies/Punch (no meal)
- 13 Cards and Dice
- 15 July's Birthday Celebration! Cake and Ice Cream
- 17 Corn Hole Toss
- 20 Cards and Dice
- 22 Coffee, Conversation and Muffins
- 24 Hot Summer Bingo!
- 27 Cards and Dice
- 29 July's Bingo
- 31 Rock Painting

**SHEPHERD**

United Methodist Church

107 W. Wright Ave., Shepherd

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

Leann Vanacker, Site Facilitator

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

Hello from Shepherd! We have so much fun at our meal site! We have a great group that is growing and we are always ready to meet new friends! Come join us and bring some sunshine to your day!

**Shepherd July Calendar**

- 1 Independence Day Celebration- Live Music TBA
- 3 Closed in Observance of Independence Day
- 6 11:00 a.m. Exercise, Nutrition Education
- 8 Raspberry Popsicle Day- 11am- Movie: "Christmas in July"
- 10 Hawaiian Luau! Christmas in July
- 13 11am Chair Exercise- Wii Bowling/Puzzles
- 15 11am Games 12pm- Musical Guest: Kevin Bendele
- 17 Closed
- 20 11:30am- Pianist: Al Bartholomew -July Birthday Celebration
- 22 11am- Games 12:15pm- Christmas in July Puppet Guest: Hirman with Dawn
- 24 11am- Cards- 12 Christmas in July Bingo
- 27 11am Chair Yoga- Guest Speaker Elliot w/ Amigo Mobility Center
- 29 Games, Puzzles and Wii Bowling
- 31 National Avocado Day- Christmas in July Bingo 12pm

**ROSEBUSH**

Village of Rosebush Manor

4210 E. Rosebush Rd., Rosebush

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

Jennie Brussow, Site Facilitator

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

It's a hot summer afternoon. What could be better than visiting with friends, enjoying a meal and then relaxing to music or joining us in other activities.

You're always welcome and we would love to see you.

**Rosebush July Calendar**

- 1 - Craft/ Patriotic Art
- 3 - Closed in Observance of Independence Day
- 6 - Manicures
- 8 - Make Cards
- 10 - Music/Mark & Scott/Ice Cream Social
- 13 - Bingo with Prizes
- 15 - Music/Mark DeNoyelles
- 17 - Music/Greg Merwin
- 20 - Music/Just the 2 of Us
- 22 - Music/Kevin Bendele
- 24 - Music/Steve Troyer
- 27 - Sing - Along with Brian
- 29 - Music/TBA
- 31 - Bean Bag Toss

### 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, July 8	2 p.m. – 6 p.m.
Thursday, July 9	9 a.m. – 1 p.m.
Saturday, July 11	9 a.m. – 12 noon
Wednesday, July 15	2 p.m.– 6 p.m.
Thursday, July 16	9 a.m. – 1 p.m.
Wednesday, July 22	2 p.m. – 6 p.m.
Thursday, July 23	9 a.m.– 1 p.m.
Saturday, July 25	9 a.m. – 12 noon
Wednesday, July 29	2 p.m. – 6 p.m.
Thursday, July 30	9 a.m. – 1 p.m.

**MUST LIVE IN ISABELLA COUNTY**  
**ZIP CODES WE SERVE:**

**48617, 48618, 48622, 48632, 48858, 48859, 48878, 48883,**  
**48893, 48896, 49305, 49310, 49340**

**We're Seeking Volunteers! Sign up at [CCNFEEDS.ORG](http://CCNFEEDS.ORG)**

### Project Fresh 2026

If you signed up on the Health Together website last year, it is the same process. You can go to <https://www.healthytogether.co/onboarding/michigan-sfmnp> to sign up for the farmer's market coupons. In order to access the coupons, you will need a valid email address or a telephone number that is able to receive text messages at the location you are doing business. If you have your Project Fresh card from last year, please use that again this year. The amount will re-load on that same card.

If you are brand new to the program or need assistance signing up, please call 989-772-6395 and leave a message. Unfortunately, we will not be able to take walk-ins, so an appointment time is necessary for assistance. We can also provide assistance over the phone by appointment.

### Rural Life and Agriculture with WCMU

Join Emma George-Griffin, Rural Life and Agriculture Reported with WCMU Public Media on **Wednesday, July 15th from 12:30-1:30 p.m.** I will do a very brief presentation (10-15 minutes) about WCMU, who we are, what we do and how we interact with the community. I will also talk about what I do at the station as the Rural Life and Agriculture Reporter, how I interact with the community, and how they can interact with us. I'll talk about some recent projects I've done and make everyone aware of how they can contact me or WCMU. Then I'll answer any questions as a group or one-on-one. I'd also like the chance to stick around and just chat with anyone who is interested — I like to connect with the community and hear what issues matter to them most.

### Safe Drivers, Smart Options

Join Patricia Heiler, Michigan's Aging Driver Analyst with the Secretary of State, on **Monday, August 24th from 12:30-1:30 p.m.** for a presentation on Safe Drivers, Smart Options. As we age, we experience changes that can impact the way we drive. But you don't have to compromise your independence or mobility – there are smart options for safe drivers. 1) stay active and safe behind the wheel, 2) decide when it may be time to transition to non-driving, and 3) find alternative transportation options.

### Zonta Club Applefest

The Zonta Club of Mt. Pleasant is hosting its 37th annual Applefest event on **Saturday, September 26, 2026, at Papa's Pumpkin Patch 3909 S. Summerton Road, Mt. Pleasant from 9:30 a.m. - 4:00 p.m.** Fun activities for the whole family, including children's games, hayrides, crafters, homemade apple pie, Apple Delight, apple cider and donuts. Enjoy pizza from Falsetta's on Fire, food from Far Out Food Truck and treats from Kona Ice. Fall themed story time by Miss Christie of the Chippewa River District Library. Follow us on Facebook for more information [www.facebook.com/zontamtpleasant..](http://www.facebook.com/zontamtpleasant..)

**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, July 29<sup>th</sup> at 7:00 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.

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

## Parkinson's Support Group

Meets 3rd Wednesday of each month.

July 15<sup>th</sup> 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@mclaren.org](mailto:jill.sponseller@mclaren.org).

## FREE Mental Health Support Groups

Third Wednesday of the month 6:30 to 8:00 p.m. at Commission on Aging.

### Family Support Group

For family and friends

### Connections Support Group

For anyone experiencing mental health challenges.

For more information, please call **989-948-3273**

## Huntington's Support Group

*No meeting in July or August*

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

## New Tomorrows - Eight Week Grief Education Series

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

**Call Amy, McLaren's Bereavement Coordinator and New Tomorrows facilitator, at (989) 233-4613 for more information or for any questions you may have.**

## 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. Even though this is a fasting blood test, please take any morning medication as usual with a sip of water. Walk-in cholesterol screenings will be offered on

**Wednesday, July 15 | 7 a.m. - 10 a.m.**

**McLaren Central Michigan (East Lobby Entrance)**

**1221 South Drive, Mt. Pleasant**

**Cost \$26 payable the day of the screening. No appointment is necessary.**

## 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.**

## Explore Treatment Options for Hip and Knee Arthritis

Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join orthopedic surgeon Michael Moutsatson, DO 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, July 17 | 12:00 noon - 1 p.m.**

**Isabella County Commission on Aging**

**2200 S. Lincoln Road, Mt. Pleasant**

**Call (989) 779-5606 to register.**

## Active Living Donors

Anonymous x2	Margaret M McDonald
Cynthia Bobek	Bernyce Moran
Kimberlia Bohl	Ronnie W. Phelps
Kathy Bundy	Roger & Sandy Price
Richard & Linda Cameron	Bill Odykirk
Christy Cotter	Judy Riley
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Cathy Foster	David Smith
Pat Fox	Janet Strickler
Kathy House	Louise Uphold
Deb Kampf	Norman & Betty Volant
Bonnie E. Levitan	Jim & Carol Wojcik
Joan Long	Lorna Wonsej

## COA Donors

Sharon Bolton  
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 Beth Evans & Brian Clark  
 Marilyn Dewey  
 Margie Henry  
 Jerry & Marilyn Morey Family Foundation

### Activity Center

John & Kim Frisch in honor of the MP Foundation  
 Ganiard School Project  
 Mid Mitten Gaming Convention

### Gold Key Volunteer Program

Dawn Orlando

### Have-a-Heart

Anonymous

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

## In Memory Of

<b>Betty J. Hafer</b> Marcy L. Kenny	<b>Dr. William Theunissen</b> Walt Schneider
---	---

<b>Roy Hafer</b> Marcy L. Kenny	<b>Geraldine Travis</b> Jan Trionfi
------------------------------------	--

<b>Jack Little</b> Bernadette Sunderman	<b>Gary Wernette</b> Carol Wernette
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<b>Kitty Looman</b> Alisa & Kim Ellertson	<b>Thomas</b> Thomas Acker Family
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Patricia Pickler June Stalter	<b><u>In Memory of for Active Living</u></b> <b>Orlin Curtis</b> Jackie Curtis
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<b>Kay Hafer Love</b> Marcy L. Kenny Harry L. Love & Family	<b>Larry Galgocci</b> Jackie Curtis
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<b>Marian McDonald</b> Marley Reihl	<b>Irene Gerow</b> Jackie Curtis
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<b>Maithrey, Murthy</b> Vilasini Prasad Dr. P Shankariah	<b>Tom Moffitt</b> Jackie Curtis
--	-------------------------------------

<b>Sue Nothen</b> Holly Bysco Sam T. Hart Jeff Weiss	<b>Gary Yonka</b> Kathryn Yonka
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<b>Wanda K. Odykirk</b> Bill Odykirk	<b><u>In Memory of for Food w/ Friends</u></b> <b>Joyce Connors</b> Ann & Ronny Latham
---	--

<b>Richard "Wiege" &amp; Donna Parr</b> John A. & Kim T. Frisch	<b>Larry Galgocci</b> Dolores Cluley-Lockwood
--	--

<b>Greg Schafer</b> Bernadette Sunderman	<b>Marian McDonald</b> Dolores Cluley-Lockwood
	<b>Geraldine Gerri Travis</b> Dolores Cluley-Lockwood

## 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 June 6, we have received \$9,571. 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

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Veteran \_\_\_\_\_

Keep Donation Anonymous.

**Please send acknowledgment to:**

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

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

\_\_\_\_\_

\_\_\_\_\_

*Thank You for your Support*

## Commission on Aging Advisory Board

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

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Vice President	Eileen Jennings
Finance Officer	David J Karmon
Ex Officio	Jennifer Crawford
Ex Officio Secretary	Kelly Lee
Member	John Obermesik
Member	David Coyne
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Member	Kathy House
Member	Connie Lynch
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Member	Deborah Barker

## Temporarily Away

Active *LIVING* is not "forwarded". If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning 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.



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

**LEGAL SERVICES**  
*of Eastern Michigan*



**PRACTICE AREAS**

Simple Wills   Powers of Attorneys   Ladybird Deeds  
Fair Housing and Reasonable Accommodations  
Consumer Rights   Public Benefits   Eviction Defense  
Assistance with Other Critical Legal Needs Affecting Seniors

**SERVING**      **CALL FOR HELP TODAY**

Bay / Clare / Gladwin /  
Gratiot / Huron / Isabella

Midland / Saginaw  
Sanilac / Tuscola

**1-800-322-4512**


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

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2200 South Lincoln Road, Mount Pleasant, MI 48858

Friends of Isabella Seniors



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

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

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.

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