

# 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/active living-newspaper

## COA Retiree Earns Prestigious Award

On October 10, 2018 Barbara Frankenfield, retiring COA In Home Services Director, was honored with a Blue Cross Blue Shield Michigan Annual Community Service Award at the Kellogg Conference Center in Lansing. The Claude D. Pepper award is given to two outstanding senior citizen advocates whose work or volunteer activities have a positive effect on the lives of older adults.

Barbara has worked to support seniors for more than 34 years. Along with managing her staff, she is an employee the entire agency can depend on to step in whenever needed. She is one of the top volunteers among COA employees and is often willing to give up her evenings and holidays to work so others can be home with their families. To say Barbara is resourceful is an understatement! She ensures her staff has what they need to complete their work. Regardless of retirement on the horizon, Barbara has already offered to volunteer after her departure. She has shown great leadership ability as a mentor to the COA interns and college students interested in caring for the elders in their future careers as social workers.

The impact that Barbara's work had on the lives of older adults and their families is immeasurable. Barb's caring heart is displayed every day from personally taking them to nursing home visits, helping to complete Medicare insurance forms to sitting with hospitalized individuals until immediate family arrives. She goes above and beyond to meet the needs of our senior community.

Congratulations, Barb! You've joined a long history of outstanding individuals across the state of Michigan who are exceptional advocates for Michigan's older adults.



Dr. Claudia Douglass

## Thank You and Best Wishes Dr. Claudia Douglass

We would like to extend our sincere appreciation and well wishes to Dr. Claudia Douglass, who served on the Isabella County Commission on Aging Advisory Board from 2001-2018. Claudia, we are so grateful for your leadership and support throughout the years, and we wish you the very best as you embark on your new adventure.

## Holiday Craft Show & Quilt Raffle



Saturday, November 10

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

Commission on Aging

2200 S. Lincoln Rd., Mt. Pl.

Featuring many unique collections of handmade items by local artisans. The Holiday Craft Show is the perfect place to purchase your holiday gifts!

Hot dogs, chips, beverages will be available for purchase from 11:00 a.m. to 2:00 p.m.

## Quilt Raffle



**Tickets: \$1 Each or 6 for \$5**

*Need not be present to win*

**Proceeds benefit Friends of Isabella Seniors**

Buy your tickets at the COA Holiday Craft Show before the 2:00 p.m. drawing, or pre-purchase at: Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant

**your VOTE  
is your VOICE**

**Remember to Vote!  
Tuesday, November 6  
Polls are Open:  
7:00 a.m. to 8:00 p.m.**

## Director’s Comments



### Gratitude

grat·i·tude gradə, t(y)ood *noun*  
*the quality of being thankful; readiness to show appreciation for and to return kindness*

Thankfulness . . . gratefulness, appreciation . . . Earlier this week I read a phrase that has just stuck with me. It read “Gratitude allows us to see what we HAVE, not what we don’t have” ~ author unknown. This is something that I need to practice more – I bet a lot of us could practice gratitude

more. There is so much to be thankful for in our lives, and it just takes little reminders like this to help us switch our focus and actually see them. Being truly grateful for what we have helps to put life in perspective by showing appreciation for the little things, which truly end up being the big things... it isn’t the latest gadget, car, etc. It is the love and support of family, friends, and neighbors, a hug, a smile, a kind gesture, contentment, peace, and the service of a veteran.

As we enter the month of Thanksgiving, I wish you all a heart full of gratitude. Let us show our appreciation for others through acts of kindness, our time, and love.

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

## FREE Thanksgiving Dinners

### Immanuel Lutheran Church in Mt. Pleasant

Immanuel Lutheran Church is again hosting its annual FREE Thanksgiving Dinner. It will be held on **Thanksgiving Day, November 22, at Immanuel Lutheran Church, 320 S. Bradley St., Mt. Pleasant. Plan to arrive between noon and 1:00 p.m.**

The dinner is also especially designed for anyone in the community who does not have family in town or will be alone on Thanksgiving Day. The church has traditionally served up to 180 people for the buffet style dinner.

The meal features home roasted turkey with all the trimmings, wonderful salads and desserts. This annual dinner has become a special event hosted by the congregation. There is no charge, and the dress is casual. Donations are accepted.

### United Methodist Church in Shepherd

A local family is also again sponsoring a FREE Turkey Dinner complete with all the side dishes including salads and desserts on **Thanksgiving Day, November 22, from 1:00 p.m. to 3:00 p.m. at the United Methodist Church, 107 Wright Avenue in Shepherd.** This Thanksgiving Dinner is especially designed for anyone in the community who does not have family in town or will be alone on Thanksgiving Day.

If you plan to attend, please call **(989)828-5866** or **(989)828-5150** and let them know how many people to expect for dinner.

## Why Review Your Medicare Part D Prescription Plan?

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

Here are a few frequently asked questions that may be able to answer your specific concerns.

### How may my plan have changed?

- Your current plan may have changed:
- The monthly premium
- The annual deductible
- The co-payments to your pharmacy
- The formulary (list of covered medications)

### What do I have to do if I decide I want to stay in my current plan for 2019?

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

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

Changes can only be made during Open Enrollment October 15 – December 7 for most people. You will not be able to cancel the plan until the next Open Enrollment. Low income beneficiaries meeting certain criteria may change their plan throughout the year.

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

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

### How do I receive help to compare plans for 2019?

You can call the Commission on Aging at **772-0748, beginning October 1** to schedule an appointment with one of our trained volunteer counselors. **Sessions are available for Isabella County residents 60 years of age and older and are by Appointment Only.** There is no cost to the sessions, although donations to the agency are welcome. You can also call 1-800-MEDICARE or go to [www.Medicare.gov](http://www.Medicare.gov) during the Open Enrollment Period. **If you are under the age of 60 or a resident of another county, you may contact the Michigan Medicare/Medicaid Program (MMA) at 1-800-858-1637 to also have your plan reviewed.**

*This page is sponsored by: **Crestwood Village Assisted Living***

## Mission Moments

As we are quickly approaching the holiday season, I want to wish everyone a happy November! It has been about four months since I transitioned from the Foster Grandparent Supervisor to my new position of Gold Key Volunteer Coordinator. I am absolutely loving working with our Gold Key Volunteers! I have also really enjoyed getting to know so many of our volunteers and look forward to meeting many more of you in the upcoming months!

Our Needle Craft Volunteers have been working very hard to prepare for the upcoming winter distribution as well as the Holiday Craft Show, where items will be available for purchase on Saturday, November 10 from 9:00 a.m. to 3:00 p.m. I would encourage you to stop by and check out the sales. Whether you are looking for a gift for yourself, or just to see the talented craft work, we hope to see you there!

We also have our Annual Quilt Raffle Tickets for sale. Tickets are 1 for \$1.00 or 6 for \$5.00. The 1st place prize is a 77" x 84" Zephyr Quilt. 2nd Prize is a 65" x 50" Snowmen Quilt. 3rd Prize is a Malinda Dalton Doll with Clothing. Winners will be drawn at the Craft Show on November 10 at about 2:00pm. Tickets are available for purchase at the Commission on Aging and the craft show.



Kelly Herrmann, Gold Key Volunteer Program Coordinator

**Help Support our  
25th Annual**

*Have-A-Heart Project*

Commission on Aging and Friends of Isabella Seniors would like to ask you to "have-a-heart" and make a donation to support the 2019 Have-A-Heart Project.

The "Have a Heart" project depends solely on the generosity of Isabella County residents. There are no federal, state or local funds used for this program. As in the past, the COA expects to assist between 75 to 100 older adult residents in Isabella County with the high costs of prescription medications, warm winter clothing, and/or food.

If you have questions or would like more information, please contact the Commission on Aging at **(989) 772-0748**. Thank you in advance for your willingness to help our friends and neighbors.

**Help Us Reach Our Goal**

By filling out and returning the form on the right. Every dollar helps us reach our goal.

**YES, I Want To Help.....**

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

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

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

I would like to donate to the Have-A-Heart in the amount of \$ \_\_\_\_\_

**Make checks payable to: FOIS - Have-a-Heart**

My donation is in memory of:

in honor of:

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Please keep my donation anonymous.

**Mail to:**  
 Friends of Isabella Seniors  
 Attn: Have-A-Heart  
 2200 S. Lincoln Rd.  
 Mt. Pleasant, MI. 48858

*All contributions are tax-deductible.*

## Happy Thanksgiving from everyone at COA!

### Ask a COA Specialist

**Question:** My mother is having difficulty paying her Blue Cross Blue Shield Legacy Plan C Medigap Supplement premium. The monthly payment increased substantially several years ago and she is considering dropping the coverage. The benefits have been excellent as she has never paid out of pocket for any of her medical care. Is there any help with paying her monthly premium?

**Answer:** The Michigan Medigap Subsidy is a program of the Michigan Health Endowment Fund that is designed to assist qualified individuals with their supplement cost. The fund is set to exhaust in 2021. To be eligible the applicant must be a Michigan resident; qualify for Medicare; have Medicare Supplement coverage from Blue Cross Blue Shield of Michigan, Blue Care Network, Priority Health or United Healthcare AARP. They must have a household income of \$27,315 or less for one person or \$37,035 or less for two people.

If eligible, the subsidy pays a portion of the individual's monthly premium. If you are 65-74 years old you pay \$40 less, 75 or older \$65 less, under 65 years old with disability \$125 less. For more information or to apply call **1-866-824-9772** or go to MichiganMedigapSubsidy.com

**Mail your questions to:**

**Ask a COA Specialist**  
**Isabella County Commission on Aging**  
**2200 S. Lincoln Rd., Mt Pleasant, MI 48858**  
**Call: (989)772-0748 ext. 236 or Fax: (989)773-0514**

This page is sponsored by: **McLaren Central Michigan Hospital**

## Events and Classes at COA

### “Lookin’ Out My Front Door” Wednesday, November 7



**4:00 p.m. to 6:00 p.m. in COA Room C.**  
**\$25 per person due by Monday, November 5 (supplies included)**

Let award winning television artist Steve Wood help develop the “artist” in you to create “*Lookin’ Out My Front Door.*” 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.

### Mid Michigan Quilt Guild String Quilts Workshop

The Mid Michigan Quilt Guild invites you to participate in their **String Quilts Workshop on Monday, November 19 at COA in Room B.** The workshop will be from 8:30 a.m. to 5:00 p.m. There will be a potluck lunch, so please bring a dish to pass. Paper products will be supplied. If you are able, please bring your sewing machine and supplies along with white or cream thread. Some sewing machines will be supplied if you do not have one. All quilts that are made during these workshops will be donated for charity. For additional questions or to sign up, please call **Linda Craig at (989) 773-0838.**

### Mt Pleasant Garden Club - invites you to attend their meeting on

**Monday, November 19 at 1:00 p.m. in COA Room A.** Elly Maxwell, entomologist at Dow Gardens, will speak on the identification of pests and beneficial insects in the garden. Members should bring an unwrapped \$10 gift for their Toys for Tots collection. No stuffed toys or any that have batteries. December Potluck is at noon.

### iPad and iPhone Class at COA in Room B

**On Tuesday, November 20 at 2:00 p.m.,** this month’s class will be an open discussion/question and answer session. *Sponsored by Veterans Memorial Library*

### FREE Movie & Popcorn

The movie, *The Jungle Book (2016)*, will be shown on **Tuesday, November 27 at 12:45 p.m. in COA Room B.** The movie and popcorn are **FREE** but donations are always welcome. After a threat from the tiger, Shere Khan, then the tiger forces Mowgli to flee the jungle. The man-cub named Mowgli embarks on a journey of self-discovery with the help of panther Bagheera and free-spirited bear Baloo. *(rated PG, 1 hour and 46 minutes)* **Call Katie 989-772-0748 AT LEAST 24 HOURS IN ADVANCE to register for the movie.**

### Beginner Basket Weaving



**Join us for a beginner workshop to make a Christmas Card Holder Basket Tuesday, November 27 from 9:00 a.m. to 12:00 p.m. in the COA Craft Room.** Cost \$5 per person includes all supplies. **Reservation and payment due by Tuesday, November 20.** 12 participants maximum. Please call Marcy Jerome at (989) 772-0748 to register.

### SilverSneakers Yoga Stretch

*SilverSneakers® Yoga Stretch* is a version of yoga designed for older adults. It is part of the SilverSneakers program of group exercise classes that offer ways for adults who are retirement age and beyond to stay physically active and improve their physical fitness levels.

*SilverSneakers® YogaStretch* classes offer a variety of stretching exercises in both seated and standing positions. The positions involve stretching and reaching your limbs and gently bending your body into easy to reach positions that are designed to target specific muscle groups and joints within the body.

The yoga positions are designed with SilverSneakers® participants' needs in mind and are easy to perform no matter your fitness level. To ensure the safety and enjoyment of SilverSneakers® yoga participants, chairs are provided to hold onto for additional support for standing exercises if you should need it. SilverSneakers is covered by some insurances. If you are covered, please contact Marcy Jerome (989) 772-0748 before starting class.

**Wednesdays**

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

**COA Room A**

**Must purchase a fitness punch card:**

**12 classes for \$36**

*Instructor: Judy Swartz*

### Legal Services

Lakeshore Legal Aid provides legal advice to people over the age of 60.

Legal Services offers appointments at COA Activity Center. For an appointment call :

**1-866-552-2889**

## Fitness Classes

For more information or to register contact Marcy Jerome at COA (989) 772-0748

### Aqua Zumba

Splash your way into shape with an invigorating, low-impact aquatic workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning, toning and exhilarating!

**Tuesdays & Thursdays**

**7:15 a.m. - 8:15 a.m. - CMU SAC Pool \***

**Requires purchase of Non-expiring**

**Fitness Punch Card:**

**12 classes for \$36**

**MUST** have a liability form on file with COA to attend the class. Forms and punch card available for purchase at COA

*Instructor: Judi Swartz*

### Zumba Gold

Designed for beginners and older adults using modified, low-impact, easy to follow moves. An energizing workout that burns calories and tones muscles.

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

**COA Fitness Room**

**Requires purchase of Non-expiring**

**Fitness Punch Card:**

**12 classes for \$36**

**Drop-in Fee \$5**

Punch card available for purchase at COA

*Instructor: Judi Swartz*

### Water Aerobics

**Mondays, Wednesdays, Fridays**

**9:00 a.m. - 10:00 a.m. CMU SAC Pool \***

**Requires purchase of Non-expiring**

**Fitness Punch Card:**

**12 classes for \$36**

**MUST** have a liability form on file with COA to attend the class. Forms and punch cards available at COA.

*Instructor: Mary Alsager*

### Line Dancing

**Beginner**

**Wednesdays**

**9:00 a.m. to**

**11:00 a.m.**

**COA Room C**

**No Charge**

*Instructor:*

*Echo Godwin*

**Intermediate**

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays**

**2:00 p.m. to**

**4:00 p.m.**

**COA Room C**

**No Charge**

*Instructor:*

*Ardith Gloden*

### Yoga

Zen Yoga, with gentle range of motion movements, includes gentle holding positions for hips, lower back and shoulders.

**Tuesdays 1:30 p.m. - 2:30 p.m.**

**COA Fitness Room**

**Requires purchase of Non-expiring**

**Fitness Punch Card:**

**12 classes for \$36**

**Drop-in Fee \$5**

Please bring your own mat

Punch card available for purchase at COA

*Instructor: Catherine Tobin*

### Hula Class

Come learn the hula as well as other Polynesian dances. The music and movements are fun to do. All ages and levels of ability are welcome. Wear comfortable clothing (barefoot optional).

**Thursdays, 5:30 p.m. - 7:00 p.m.**

**COA Fitness Room**

**No Charge**

*Instructor: Sue Courington*

### Peer Led

#### Low-Impact Exercise

**Mondays, Wednesdays, Fridays**

**10:15 a.m. COA Fitness Room**

**No Charge**

### Tai Chi for

#### Health and Balance

Tai Chi for Health and Balance is a research-based tai chi form created by Dr. Paul Lam, retired family physician, and his team of health care professionals. It is a gentle, slow-moving exercise designed to improve balance, flexibility, muscle strength, and a sense of well-being. Regular practice may also reduce the incidence and fear of falling in the elderly.

#### **Beginner Tai Chi**

**(Tai Chi for Health and Balance)**

**(Most) Tuesdays & Thursdays**

**10:00 - 11:00 a.m.**

**Thru November 27**

**November 1, 6, 8, 13, 15, 20, 27**

**No experience necessary**

#### **Intermediate Tai Chi**

**(Yang 24)**

**(Generally) Mondays & Wednesdays**

**3:00 p.m. - 4:00 p.m.**

**Thru November 28**

**Tuesday, October 30**

**November 5, 7, 14, 19, Tuesday Nov. 27,**

**Wednesday Nov. 28**

#### **Advanced Tai Chi**

**(Sun 73)**

**(Most) Tuesdays & Thursdays**

**11:30 a.m. - 12:30 p.m.**

**Thru November 27**

**November 1, 6, 8, 13, 15, 20, 27**

**Requires purchase of Non-expiring**

**Fitness Punch Card:**

**12 classes for \$36**

Punch card available for purchase at COA

**Loose Clothing and Supportive Shoes**

**Is Recommended**

*Ann FitzGerald,*

*Board Certified Instructor*

*Tai Chi for Health Programs*

## COA Travel Activities

### Frankenmuth Trip Wednesday, November 14

Motorcoach will depart COA at 7:30am. \$80 per person

Reservations and money due by October 24

Cost includes Motorcoach transportation, breakfast snack, lunch, pretzel rolling, wine tasting, and city tour. Tentative Itinerary includes:

- 9:00 a.m. - Arrive for shopping at Bronner's Christmas Wonderland
- 11:00 a.m. - Depart Bronner's for Bavarian Inn
- 11:30 a.m. - German Wine Tasting at Bavarian Inn
- 12:00 p.m. - Family Style Chicken Dinner at Bavarian Inn
- 1:30 p.m. - Pretzel Rolling at Bavarian Inn
- 2:00 p.m. - Guided bus tour of Frankenmuth
- 3:00 - 3:30 p.m. - Depart for home
- 5:00 p.m. - Arrive back to COA



## Pizza Party & Christmas Light Tour



When: Wednesday, December 12

Reservations and money due by Monday, December 3

Cost \$10 includes bus ride, pizza, drinks, and dessert

Pizza party starts at 5:00 p.m. in Room C

Bus arrives for light tour at 6:00 p.m.

Back to COA at 7:30 p.m.

### RESERVATIONS & PAYMENTS

Send payments to: COA Activity Center Attn: Marcy Jerome  
2200 South Lincoln Road, Mt. Pleasant, MI 48858  
www.isabellacounty.org/dept/coa Click on COA Trips or  
Call (989)772-0748 for information!

## Events / Classes

### Can We Prevent Osteoporosis?

Have you or your spouse appear to have gotten shorter since age 25? It may be a result of osteoporosis which is thought to affect 44 million Americans. It's not only women at risk; but one out of five with osteoporosis is a man. Join Endocrinologist Sethu S. Reddy, MD, Rheumatologist Maria Laynes, MD and Kimberly Jeffrey, NP-C and get some answers to: Who is at risk? How can we prevent it? Are there any treatments and advances?

Wednesday, November 7

12:45 to 2:00 p.m. in Room B


Isabella County Commission on Aging  
2200 S. Lincoln Rd., Mt. Pleasant  
Call (989) 779-5606 to register.



Pictured: Covered Bridge at Deerfield Nature Park

Visit your local County Parks to enjoy the scenic views of fall.



989.317.4083 

### Do You Enjoy Dominos?

The COA Dominos group meets on Mondays in Room C at 1:00 p.m. If you enjoy Dominos, come out to COA! The group is currently seeking additional new members.

## Retaining the Tax Benefit of Charitable Contributions under the New Tax Law

Our society is very generous in helping the needy, and our government supports this outreach through our tax laws. The Internal Revenue Service allows you to deduct your charitable gifts in determining your taxable income. This is usually done by reporting your charitable gifts as itemized deductions on your tax return. But, this does not apply, if you use the standard deduction. There is a way for you to get the tax benefit of charitable gifts when you use the standard deduction.

You may be able to make withdrawals from your IRA for charitable gifts. Normally withdrawals from an IRA are taxed as income, but withdrawals for charitable gifts are an exception. An individual may make up to \$100,000 per year in charitable distributions from their IRA without recognizing income on the distribution. That is, withdrawals from your IRA for charitable gifts are not reported as income on your tax return.

Reducing reported income has the same effect as taking a deduction. This will allow you to capture the tax incentive for charitable giving while using the standard deduction on your tax return.

Individuals who are over 70 ½ years old are required to make annual withdrawals from their IRAs. The minimal amount a person must withdraw is their Required Minimum Distribution (RMD). Charitable gifts from your IRA will also apply toward your RMD. So you can reduce your reported income while satisfying a portion of your RMD with your charitable gifts.

There are criteria, e.g. you must have a certain type of IRA, to qualify for this tax treatment, and there are rules to follow in making your charitable gift. For example, the gift must come from the trustee of your IRA and given to the charitable organization. This is an important rule. If the payment is not structured in this way, the IRS will not allow this tax treatment. You should consult your tax advisor to guide you through the process.

Hopefully this article helps you structure your charitable gifts to get the tax benefit of charitable giving while using the standard deduction on your tax return.

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### Attention Current Gold Key Volunteers:

Our **Annual Holiday Breakfast** is scheduled for **Friday, December 7 from 8:30 a.m. to 10:30 a.m.** Please mark your calendars as we look forward to celebrating the season and everything you do for Isabella County with all of you! Invitations have been sent out. We ask that **RSVP's be returned by Friday, November 16.**

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### State Employee Retirement Assoc. SERA

On **Tuesday, November 20**, the presentation will be by **Ms. Kim McBryde from the Care Store**. The Care Store is located in the Non Profit Center on High Street. The store is a vital supply for home care and personal items. Kim will explain how they receive donations and distribute supplies. The meeting will begin **at 1 p.m. in Room A of the Commission on Aging**. Following the presentation we will have our business meeting. Afterwards we will have the 50/50 drawing and door prize. Remember the Christmas party is coming up on December 13th at noon at the VFW hall. We would like to have a tentative count for the VFW crew. If there are any questions, please feel free to contact Jackie Curtis at (989) 772-2917 or [jace62irish@yahoo.com](mailto:jace62irish@yahoo.com).

## Gold Key Volunteer Opportunities

### Meal Site Assistants

We are searching for volunteers to work with our Food with Friends Program at our **Winn and Weidman Sites on Wednesdays**. Meal Site Assistants help with preparing the kitchen, serving meals and cleaning afterward. An important piece is also welcoming participants and helping them feel comfortable. Meal Site Assistants usually serve between the hours of 10:30 a.m. to 2:30 p.m.

### Home Delivered Meal Drivers

Become a friendly face delivering warm lunchtime meals to homebound older adults throughout Isabella County. We are searching for volunteers to deliver on the **Winn area route on Thursdays and Route 21 (Mt. Pleasant Area) on Thursdays**. Route pickup times are between 10:30 a.m. – 11:00 a.m. and typically take 1 to 2 hours. Duties include the pick-up and delivery of meals, checking the wellness of the recipient and providing a friendly smile. Volunteers use their own vehicle, should be able to lift 15 pounds and climb stairs as necessary. Mileage reimbursement is available.

### Reception Ambassadors

If you enjoy a professional office atmosphere which includes greeting visitors and performing general clerical duties, the Commission on Aging needs you! Reception Ambassador duties may include: referring calls to appropriate staff members, taking messages, answering general inquiries and other general office work. Office experience and the ability to handle multi-line phones is preferred; computer skills are helpful. Volunteers may serve shifts Monday through Friday mornings from 8:00 a.m. to 12:15 p.m. or afternoons from 12:15 p.m. to 4:30 p.m.

**For more information or to register as a Gold Key Volunteer, contact Kelly Herrmann at (989) 772-0748 or by email at [kherrmann@isabellacounty.org](mailto:kherrmann@isabellacounty.org).**

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*This page is sponsored by:* **Clark family Funeral Chapel and Cremation Service**

Monday	Tuesday	Wednesday			
<p><b>Food with Friends Lunch</b> Served Monday thru Friday at <b>12:00 p.m.</b> in <b>Activity Room C.</b> See our Menu on pg. 12</p> <p><b>Calendar Key:</b> ◆ = Reservation Required \$ = Fee for Activity</p>			<p style="text-align: center;"><b>COA Room Guide</b></p> <p style="text-align: center;"><i>The room or location for each activity is listed on the calendar for reference. Codes for rooms and locations are as follows:</i></p> <p><b>A</b> - Activity Room A    <b>Craft</b> - Arts &amp; Crafts Room    <b>CF</b> - Conference Room  <b>B</b> - Activity Room B    <b>F</b> - Fitness Room    <b>BR1</b> - Board Room  <b>C</b> - Activity Room C    <b>Lab</b> - Computer Lab    <b>Library</b> - Library</p>		
<p>5</p> <p>10:00 Dulcimer Practice (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:00 Community Service Council (A) 12:00 FGP/SCP Orientation (Craft) 1:00 Dominos &amp; Pinochle (C) 1:00 Mahjong (Craft) 3:00 Intermediate Tai Chi \$◆(F)</p>	<p>6</p> <p>7:00 Elections (A/B) 8:00 FGP/SCP Orientation (Craft) 10:00 Beginner Tai Chi \$◆(F) 11:00 Music Makers (C) 11:30 Advanced Tai Chi \$◆(F) 1:30 Yoga \$ (F) 7:00 Evening Bloomers Garden Club (Craft)</p> <p><b>Election Day - Be Sure to Vote!</b></p>	<p>7</p> <p>8:00 FGP/SCP Orientation (Craft) 9:00 Beginner Line Dancing (C) 9:00 SilverSneakers Yoga Stretch (A)\$ 10:15 Peer Led Low-Impact Exercise (F) 12:00 COA Advisory Board (Craft) 12:30 Osteoporosis Pres (B) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft) 3:00 Intermediate Tai Chi \$◆(F) 4:00 Anyone Can Paint \$◆(C) 6:30 Friends of the Broadway (A)</p>			
<p>12</p> <p style="text-align: center;"><b>CLOSED IN OBSERVANCE OF VETERANS DAY  NO LUNCHESES SERVED</b></p>	<p>13</p> <p>8:00 Legal Aid (CF) 10:00 Needle Crafters (Craft) 10:00 Beginner Tai Chi \$◆(F) 11:00 Bingo (C) 11:30 Advanced Tai Chi \$◆(F) 1:00 Second Hand Book Club (Library) 1:30 Yoga \$ (F) 2:00 Intermediate Line Dancing (C) 7:00 Mid Michigan Wood Crafters (Craft)</p>	<p>14</p> <p>9:00 Beginner Line Dancing (C) 9:00 SilverSneakers Yoga Stretch (A)\$ 9:00 Second Sight Artists (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Between the Covers Book Club (Library) 3:00 Intermediate Tai Chi \$◆(F)</p>			
<p>19</p> <p>8:30 Mid Mich Quilt Guild Strings Wks (B) 10:00 Dulcimer Practice (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Mt. Pleasant Garden Club (A) 1:00 Dominos &amp; Pinochle (C) 1:00 Mahjong (Craft) 3:00 Intermediate Tai Chi \$◆(F)</p>	<p>20</p> <p>8:30 Friends of Isabella Seniors (Craft) 10:00 Beginner Tai Chi \$◆(F) 11:30 Advanced Tai Chi \$◆(F) 12:45 Ice Cream Social w/Masonic (C) 1:00 State Retirees Meeting (A) 1:30 Yoga \$ (F) 2:00 iPad / iPhone Class (B)</p>	<p>21</p> <p>9:00 Beginner Line Dancing (C) 9:00 SilverSneakers Yoga Stretch (A)\$ 10:15 Peer Led Low-Impact Exercise (F) 11:00 Mt. Pleasant Clergy Association (A) 11:00 Riddles (C) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>			
<p>26</p> <p>10:00 Dulcimer Practice (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos &amp; Pinochle (C) 1:00 Mahjong (Craft)</p> <p><b>Food With Friends Participants FREE Tour of Ziibiwing Center - see page 13 for details.</b></p>	<p>27</p> <p>9:00 Beginner Basket Weaving (Craft) \$◆ 10:00 Beginning Tai Chi \$◆(F) 11:30 Advanced Tai Chi \$◆(F) 12:45 Movie: <b>The Jungle Book</b> (A&amp;B) 1:30 Yoga \$ (F) 2:00 Intermediate Line Dancing (C) 3:00 Intermediate Tai Chi \$◆(F) 5:30 Mid Michigan Quilt Guild (A/B/C)</p>	<p>28</p> <p>9:00 Beginner Line Dancing (C) 9:00 Second Sight Artists (Craft) 9:00 SilverSneakers Yoga Stretch (A)\$ 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft) 3:00 Intermediate Tai Chi \$◆(F)</p>			

This page is sponsored by: **Charles R. Lux Family Funeral Home (Stinson Helms Rowley Chapels)**



**Activity Center - NOVEMBER Activities**

Thursday	Friday	Saturday
1	2	3
10:00 Learn to Knit (Craft) 10:00 Beginner Tai Chi (F) \$◆ 11:00 Word Games (C) 11:30 Advanced Tai Chi (F) \$◆ 1:00 Pepper (C) 4:00 Zumba Gold \$ (F) 5:30 Hula Class (F)	8:00 Happy Rippers (A) 9:00 Isabella County Collaborative (B) 10:00 Jam Session (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo (Woodland Hospice) (C) 2:30 Pepper (C) 3:00 League of Women Voters Board (Craft)	7:30 Mid Michigan Quilt Guild (C/Craft)  8:00 Happy Rippers (A/B)  _____ Sunday 4 8:00 Happy Rippers (A/B) <b>Daylight Savings Time ends. Set clocks back one hour.</b>
8	9	10
10:00 Learn to Knit (Craft) 10:00 Beginner Tai Chi \$◆(F) 11:15 Poppy Craft (C) 11:30 Advanced Tai Chi \$◆(F) 1:00 Pepper (C) 4:00 Zumba Gold \$ (F) 5:00 ICRH (A) 5:30 Hula (F) 7:00 Genealogical Society Meeting (B)	10:00 Jam Session (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:00 NovaCare Discussion (C) 2:30 Pepper (C)	<b>Holiday Craft Show</b> <b>9:00 a.m. to 3:00 p.m.</b>
15	16	17
10:00 Learn to Knit (Craft) 10:00 Beginner Tai Chi \$◆(F) 11:30 Advanced Tai Chi \$◆(F) 1:00 Pepper (C) 4:00 Zumba Gold \$ (F) 5:30 Hula Class (F) 7:00 Mt. Pleasant Citizens Climate Lobby (B)	8:30 FG/SC In-Service (A & B) 10:00 Jam Session (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo (Prestige) (C) 2:30 Pepper (C)	9:00 Central MI Daylily Society (A)  9:00 Charlene’s Quilting Group (Craft)
22	23	24
 <b>CLOSED</b> <b>IN OBSERVANCE OF</b> <b>THANKSGIVING</b>  <b>NO LUNCHESES SERVED</b>	<b>CLOSED</b> <b>IN OBSERVANCE OF</b> <b>THANKSGIVING</b>  <b>NO LUNCHESES SERVED</b>	<b>“Start each day with a positive thought and a grateful heart.”</b>  <i>Roy T. Bennett, The Light in the Heart</i>
29	30	
10:00 Learn to Knit (Craft) 11:15 Jeopardy (C) 1:00 Pepper (C) 4:00 Zumba Gold \$ (F) 5:30 Hula (F)	8:30 Senior Companion Quarterly Training (B) 10:00 Jam Session (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo (Laurels) (C) 2:30 Pepper (C)	

This page is sponsored by: **Your Organization or Family**

### Stroke Support Group

Stroke survivors and caregivers will be able to connect with others who may have had similar successes or struggles, in an environment that fosters emotional support, empowerment and educational opportunities.

**Meets the 2<sup>nd</sup> Monday of each month, 3:00 p.m. to 4:30 p.m. McLaren Central Michigan Hospital Conference Room E, 1221 South Drive, Mt. Pleasant**

Call Rehabilitation Services Dept. at (989) 779-5604 to register.

### Joint Replacement: The Next Step

McLaren Central Michigan offers an all-inclusive joint replacement program for individuals planning or considering a total joint replacement. If you would like to learn more about the joint replacement process, join us at one of our educational seminars on:

**Thursday, November 8 and Wednesday, November 21 from 1:30 p.m. – 4:30 p.m. at McLaren Wellness Central, 2600 Three Leaves Drive, Mt. Pleasant.** Call our Joint Replacement Coordinator at (989) 779-5651 to register.

### Community Cholesterol Screening

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

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

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

Walk-in cholesterol screenings will be offered on **Wednesday, November 21 from 7:00 a.m. to 10:00 a.m.** Cost \$25. No appointment is necessary; however registration is needed the day of your screening. The registration desk is located inside the East entrance of the hospital (**the old Emergency Department entrance**). McLaren Central Michigan, 1221 South Drive, Mt. Pleasant.

### Free Balance Screenings

This 20 minute screening may be helpful for anyone wanting to check their balance or for those with loss of balance, weakness or decreased coordination. Our licensed Physical or Occupational Therapist performs the screening and provides a consult. You will also receive a copy of your screening results and results will be sent to your physician, if requested.

**McLaren Central Michigan Rehabilitation Services  
2600 Three Leaves Drive, Mt. Pleasant  
Call (989) 779-5604 to schedule an appointment.**

**Sign-up Today for Home Health Visits  
Contact the Healthy Aging  
Initiative to sign-up at  
(989) 774-1350**

### HEALTHY AGING

- Live safer, healthier and longer
- In-home health assessment
- Follow-up with Central Michigan University doctors
- Help train doctors of the future

### FALL PREVENTION

- Free weekly workout program
- Reduce risk of falling by improving health and balance
- Transportation available



### Women Battling Cancer Can Look Good ... Feel Better

Discover hands-on instruction on makeup, skin care, nail care, and suggestions for using wigs, turbans and scarves. This program is facilitated by trained licensed cosmetologists.


**On Monday, November 12 from 9:30 a.m. to 11:30 a.m. you can join Headliners Salon Stylists at the Karmanos Cancer Institute at McLaren Central Michigan, Morey Cancer Center, 1221 South Drive in Mt. Pleasant.** Contact the American Cancer Society at 1-800-227-2345 to register for this free program.

### Memory Screenings

Are You Concerned About Memory Loss in a Loved One or Yourself? If you notice an interference with daily activities, and avoidance of tasks, hobbies, or social events, and memory loss seems to be getting worse, consider a memory screening. The memory screening helps determine whether problems are a normal part of aging or due to a condition that should be treated. The screening consists of questions and tasks that take about 20 minutes to complete, and is an initiative of the Alzheimer's Foundation of America.

**Malathy Tharumarajah, MD  
Thursday, November 1 from 1:00 p.m. to 3:00 p.m.  
2935 Health Parkway, Mt. Pleasant  
Call (989) 779-5606 to schedule an appointment.**

*This page is sponsored by: **The Laurels and Maplewood of Mt. Pleasant***



**Central Michigan Area Concert Band  
Presents a FREE Veterans Celebration  
Sunday, November 11, at 3:00 p.m.  
Plachta Auditorium in Warriner Hall, CMU Campus  
Complimentary Admission  
Donations are appreciated and benefit Community  
Cancer Services of Isabella County.**

### VA National Cemeteries

Did you know that there are 136 VA National Cemeteries in the United States? VA National Cemeteries provide burial and mausoleum services as well as a headstone or marker to any qualified veteran. This also includes honor guard services as well. The National Cemeteries provide these services at no cost.

The eligibility criteria are as follows:

- Any member of the Armed Forces of the United States who dies on active duty.
- Any active duty veteran who was discharged under conditions other than dishonorable. (Less than honorable character of service will require a determination before eligibility is granted.)
- Reservists or National Guard who at the time of death were entitled to retired pay under Chapter 1223, title 10 USC or would have been entitled at age 60.
- Reservists and National Guard who die as result of performing active duty for training or inactive duty for training.
- A current or surviving spouse of a veteran that meets the above criteria is also eligible for internment at the National Cemeteries.

Michigan has two facilities which are the Great Lakes National Cemetery in Holly and the Fort Custer National Cemetery in Battle Creek. You may choose any facility in the country provided there is availability.

To schedule a burial at the VA National Cemetery you may either inform the funeral home handling final services or call **1-800-535-1117** to schedule a burial. You can also submit a pre-need eligibility application by visiting the Isabella County VA. Please bring a copy of your military discharge papers (DD214, Report of Separation, etc.) to apply.

For those that wish to be buried in the Arlington National Cemetery, it is not a VA National Cemetery. Arlington is a military cemetery operated by the Department of Defense and has separate and unique criteria for internment.

***Remember that Sunday, November 11 is Veterans Day so be sure to thank a veteran for your continued freedom.***

Isabella County VA  
200 N. Main St., Room 120, Mt. Pleasant, MI 48858  
(989) 317-4093

### Genealogical Society Honors Military Ancestors

The Genealogical Society meets the second Thursday of each month at **7:00 p.m.** at the Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant, in Room B. Visitors are welcome!

The **November 8** program will be “Honoring Military Ancestors” with many Genealogical members sharing their ancestor’s personal military experiences. **Please feel welcome to come and listen to these amazing military people or even share a story of a military person from your life with our members.**

An informal gathering of individuals interested in genealogy meet for lunch at **Veterans Memorial Library Annex Room in Mt. Pleasant** on the **3rd Tuesday of each month at 11:30 a.m.** Bring your own lunch. Discuss family history, get help. Open to the public; hope you can join us. Please visit our website at: <http://isbellagenealogy.org>

**Shepherd Public Schools  
Presents  
A Salute to Veterans  
Monday, November 12  
At 9:15 a.m.  
(arrive at 9:00 to be seated)  
Shepherd High School Gym  
321 S. 4th St., Shepherd  
Cake reception immediately following  
the program for all veterans and guests  
This event is open to the community.  
*All veterans are  
encouraged to attend!***

### Reminders:

- Daylight Savings Time ends on Sunday, November 4. Turn your clocks back one hour.
- Tuesday, November 6 is Election Day. Be sure to vote.

### Holiday Closings: No Meals Served

- Monday, November 12 in observance of Veterans Day
- Thursday November 22 for Thanksgiving
- Friday, November 23 day after Thanksgiving

**FWF Eat Smart Menu**

**November 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 SLOPPY JOE HAMBURGER BUN OVEN ROASTED POTATOES CARROTS LEPRECHAUN FLUFF SKIM MILK	2 POLLOCK FISH STICKS BREAD SWEET POTATO FRIES EUROPEAN VEG BLEND FRESH ORANGE SKIM MILK
5 BAKED CHICKEN BREAD AUGRATIN POTATOES SPINACH MIXED FRUIT CUP SKIM MILK	6 SWEDISH MEATBALLS BREAD WHIPPED POTATOES PEAS APRICOTS SKIM MILK	7 HAMBURGER/BUN LETTUCE & TOMATO REDSKIN POTATOES STEAMED CABBAGE PEACHES SKIM MILK	8 TURKEY LOAF BREAD COMPANY POTATOES PEAS & CARROTS TAPIOCA PUDDING SKIM MILK	9 CHICKEN NUGGETS BREAD POTATO ROUNDS YELLOW WAX BEANS CLEMENTINE SKIM MILK
12 CLOSED FOR VETERANS DAY	13 ROASTED VEGETABLE & SAUSAGE PENNE BREAD 24 HR CABBAGE SLAW BAKED APPLES SKIM MILK	14 SLICED TURKEY DINNER ROLL WHIP POTATOES/GRAVY GREEN BEANS PUMPKIN CUSTARD SKIM MILK	15 CHICKEN A LA KING BISCUIT BROCCOLI STRAWBERRIES SKIM MILK	16 CHILI CORN BREAD BAKED POTATO PINEAPPLE TIDBITS SKIM MILK
19 GOULASH GARLIC TOAST MIXED VEGETABLES AMBROSIA FRUIT SALAD SKIM MILK	20 CHICKEN STEW BISCUIT CAPRI VEGETABLE BLEND APPLESAUCE SKIM MILK	21 MEATLOAF BREAD WHIP SWEET POTATOES BROC/CAUL SALAD FRUIT COCKTAIL GELATIN SKIM MILK	22 CLOSED FOR THANKSGIVING	23 CLOSED FOR THANKSGIVING
26 BEEF & NOODLES DINNER ROLL CALIFORNIA BLEND MICHIGAN FRUIT CUP SKIM MILK	27 ROAST PORK BREAD SWEET POTATO HALVED STEWED TOMATOES CITRUS FRUIT CUP SKIM MILK	28 CHICKEN PATTIE HAMBURGER BUN REDSKIN POTATOES WINTER BLEND VEG FRESH ORANGE SKIM MILK	29 SPANISH RICE BREAD CORN/BEAN FIESTA BLEND BERRY FRUIT CUP SKIM MILK	30 BAR-B-Q CHICKEN BREAD COMPANY POTATOES CORN PEACHES & PEARS SKIM MILK

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

Milk provided with all meals  
Suggested Donation \$2.50

**ROSEBUSH VILLAGE OF ROSEBUSH MANOR**

4210 E. Rosebush Rd., Rosebush  
Meals M, W, F, 10:00 a.m. - 2:00 p.m.  
Jeanette Brussow, Site Mgr., (989) 433-0151

Autumn is such a beautiful time of year; crisp air, autumn leaves are changing, and many people have thoughts of the upcoming holidays. Thanksgiving is right around the corner. It's easy to get caught up in the hustle and bustle of the season . . . why not take a time out? Join us at the Rosebush Food with Friends site to have a warm, delicious meal, meet new people and enjoy an activity. We look forward to seeing you!

**Rosebush NOVEMBER Calendar**

- 2 Music by Paul Wilkinson
- 5 Manicures
- 7 Penny Bingo
- 9 Music / Ice Cream Social
- 12 CLOSED FOR VETERANS DAY
- 14 Bingo w/prizes
- 16 Music by Dale Haefer
- 19 Music by Just the 2 of Us
- 21 Penny Bingo
- 23 CLOSED FOR THANKSGIVING
- 26 Fall Craft
- 28 Penny Bingo
- 30 Fall appreciation auction

All activities are provided in conjunction with Rosebush Manor \*

This page is sponsored by: **Isabella County Historical Society**

## SHEPHERD

UNITED METHODIST CHURCH  
107 W. Wright, Shepherd  
Meals M, W, F, 10:00 a.m. - 2:00 p.m.  
Cindy Bromell, Site Mgr., (989) 828-5106

The leaves keep falling, are you getting tired of raking? It's time to take a break and head to the Shepherd Food with Friends site for a delicious meal and great company! Please join us for activities or entertainment. We serve lunch at noon. We would love to meet new people!

### Shepherd NOVEMBER Calendar

2	Bingo with Prizes
5	Tri-ominos
7	Tri-ominos ,dominos, cards
9	Music by Dan Kirchner
12	CLOSED FOR VETERANS DAY
14	Music with Greg Merwin & Birthday celebrations
16	Bingo with Prizes
19	Memory Monday-Things & people we're grateful for
21	Cranberries Day
23	CLOSED FOR THANKSGIVING
26	Sweet Potato Awareness Day FREE Ziibiwing Center Tour
24	Beach ball fun
28	Red Planet Day
30	Tri-ominos

## WINN

COMMUNITY BUILDING  
2583 W. Blanchard Road, Winn  
Meals M, W, F, 10:00 a.m. - 2:00 p.m.  
Ingrid Salomov, Site Mgr. (989) 866-2520

Flurries of activity and hopefully, those are the only flurries we'll see this month. On November 26, all Food with Friends people are invited to the FREE day at the Ziibiwing Center museum on the Saginaw Chippewa Reservation. You can make reservations with me at (989)866-2520. Hope to see you there, to meet folks from other sites! As usual, we have some fine music. Stop by and pick up calendar at the Winn site at the beginning of the month to see if there are any changes.

### Winn NOVEMBER Calendar

2	Sit & Get Fit
5	Music by Leon Seiter and Friends
7	Music by Midnight Express/Nutrition Ed
9	Sit & Get Fit
12	CLOSED FOR VETERANS DAY
14	Music by Strictly Country/Birthdays
16	TBA
19	TBA
21	Music by Greg Merwin
23	CLOSED FOR THANKSGIVING
24	Music by Country Kin
26	FREE Ziibiwing Center Tour
28	Music by Country Kin
30	Sit & Get Fit

## COA ACTIVITY CENTER

2200 S. Lincoln Rd, Mt. Pleasant  
Meals: M - F, 8:00 a.m. - 4:30 p.m.  
Katie Showers, Site Mgr., (989) 772-0748

### Activity Center NOVEMBER Calendar

1	11:00	Word Games
2	12:45	Bingo (Woodland)
5	1:00	Dominos & Pinochle
6	11:00	The Music Makers
7	11:00	Riddles
	1:00	Pepper
8	11:15	Poppy Craft
9	11:00	NovaCare Presents NO BINGO
12		CLOSED FOR VETERANS DAY
13	11:00	Bingo B4 Lunch
14	11:00	Riddles
	1:00	Pepper
15		TBA
16	12:45	Bingo (Prestige)
19	1:00	Dominos & Pinochle
20	12:45	Treats w/ Masonic Home
21	11:00	Riddles
	1:00	Pepper
22, 23		CLOSED FOR THANKSGIVING
26	TBA	FREE Ziibiwing Center Tour
26	1:00	Dominos & Pinochle
27	12:45	Movie Day @ COA
28	11:00	Riddles
	1:00	Pepper
29	11:15	Jeopardy
30	12:45	Bingo (Laurels)

**On November 26, all Food with Friends Participants are invited to a FREE day (sack lunch included) at the Ziibiwing Center museum on the Saginaw Chippewa Reservation. A bus will leave from the COA Activity Center in Mt. Pleasant (time still to be determined). Reservations must be made by November 6. You can make reservations with your individual site manager.**

## WEIDMAN SENIOR CENTER

3453 N. School Rd, Weidman  
Meals M, W, F, 10:00 a.m. - 2:00 p.m.  
Karen Kavanaugh, Site Mgr. (989) 644-2538

The holidays are approaching, so that means baking, cooking and entertaining. Why not take a break and check out the Weidman Food with Friends site? It's a great way to enjoy a warm, delicious meal and meet new people. We look forward to seeing you!



### Weidman NOVEMBER Calendar

2	Sit and Get Fit 10-11 / Music by Greg Merwin 11-12
5	Sit and Get Fit / Yahtzee
7	The Music Makers
9	TBA
12	CLOSED FOR VETERANS DAY
14	The Music Makers / Birthday celebrations
16	Sit and Get Fit 10-11 / Movie / Popcorn "The Book Club"
19	Sit and Get Fit
21	The Music Makers / Nutrition Ed
23	CLOSED FOR THANKSGIVING
26	FREE Ziibiwing Center Tour
26	Sit and Get Fit / cards and Yahtzee
28	The Music Makers
30	Sit and Get Fit / cards

This page is sponsored by: **Kerr Trust & Estate, Elder Law Firm, PLLC**

**IN MEMORY OF**



**U.S. Army SP/4 Carl Clyde Baxter, CO. B 547th Engr., BN Darmstadt, Germany**  
Jeanette Wedding

**Mel Clark**  
Georgean Perry

**Joseph Gepford**  
Sue Gepford



**William Gepford- Veteran**  
Sue Gepford

**Hilary L. Gross**  
Bernadette Sunderman

**Joan Hicks**  
Jackie Curtis

**Robert Kramer**  
Richard Thomas

**Paul Lein**  
Larry Tompkins

**Barbara McLanson**  
Jackie Curtis

**Rose Neff**  
Willard & Joyce Seeley

**Genevieve Nutter**  
Kevan & Karen Stahl Family



**Joseph D. Pepper - Veteran**  
US Marine Corps  
Joe, Cassie & Mom Pepper

**Ellis & Marian Randall**  
Jackie Curtis

**Bob Randall**  
Jackie Curtis

**Andy Tschappat**  
Liz Tschappat

**Mabel A. Vanhorn**  
Pat Bundy  
Coomer U.M. Church  
George & Beverly Morgan

**Doris Zuker**  
Anonymous  
Dave & Alison Coulter  
Bill & Marsha Grace  
Mary Beth Hauck  
Ann Klumpp  
John & Mary Ann Olinger  
Fred & Florence Steffke  
Bernadette Sunderman  
Janice Zeien



**In Honor Of...**  
**Tom Cook, Pearl Harbor Survivor**  
Sandy Wilson

**For Active Living**  
**Betty Berryhill**  
State Employees Retiree Assn

**Sue Lackie**  
State Employees Retiree Assn

**Dale Smalley**  
Donna Smalley

**For Activity Center**  
**Julia Banister**  
Beth Brown

**For Food With Friends**  
**Doris Zuker**  
Bill & Deb Latham  
Marcella Sharrar

**For In-Home Services**  
**Doris Zuker**  
Clayton & Carol Garrett

**ACTIVE LIVING DONORS**

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**COA DONORS**

**Activity Center Donations**  
Richard Thomas

**COA Donations**  
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Pat & Marty Siuda

**End of Tax Year Giving**

Have you donated to Active Living this year? Have you thought about your year end tax planning? If you itemize your deductions, please consider making a donation to Active LIVING.

As of October 12, 2018 we have received \$16,305.10 in donations. We still need funds to meet our annual goal of \$24,000.00. *Thank you for your continued support.*

***Thank You all for your generous donations.***

*This page is sponsored by: **Green Acres Assisted Living, "It's the Place to Be..."***

## Remembering Loved Ones

The holidays often bring fond memories of times past. We remember loved ones who have gone before us, and honor those who share our lives today.

Active *LIVING* offers a way to honor those special people in your life with a Memorial or Honorarium Listing. If you would like a memorial or honorarium included in the December issue, we need to receive the information **by November 10**.

Please use the form below:

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:

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

#### Gift is:

- Memorial
- Honorarium

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

Please send acknowledgment to:

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

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

*Thank You*

## ICTC Gold Pass Available

If you are 80 or older, you are eligible to receive an **ICTC Gold Pass**, compliments of the Isabella County Transportation System. This enables you to ride the I-Ride bus for free. This card is made at the COA Activity Center, 2200 S. Lincoln Rd. in Mt. Pleasant. You will need to show verification of your age, and be an Isabella County resident to obtain a pass.

## COMMISSION ON AGING ADVISORY BOARD

District 1	OPEN
District 2	Ruth Anne Maniteau
District 3	Shirley Decker
District 4	John Dinse
District 5	Alicia Haley
District 6	Larry Fussman
District 7	Sarvjit Chowdhary
At-Large	Jason Alexander
At-Large	OPEN

### Friends of Isabella Seniors Board of Directors

President	Ray Johnson
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Finance Officer	Jerry Morey
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Member	Eileen Jennings
Member	Connie Lynch
Member	Kathy House

## Temporarily Away

Active *LIVING* is not "forwarded." If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning a vacation or will be away or are moving, call **(989) 772-0748** or use the form on the back page.

## Active LIVING Deadline

Each issue of Active *LIVING* is printed and mailed to our readers before the first day of each month. In order to complete the entire process we need to receive information for submission **by the tenth day of the prior month.** Please understand all articles submitted are subject to editing for content and space restrictions.

## Isabella County Commission on Aging

Jennifer A. Crawford, M.S.A.,  
Executive Director

### Mission Statement

The mission of the Isabella County Commission on Aging (COA) is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities. COA is a leading multi-service agency that provides a community focal point for the needs of our Older Adult population.

The following programs focus on assisting individuals who are sixty (60) years of age and older and live within our geographical service areas:

#### *In Home Services Program*

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

#### *Food with Friends Program*

- Congregate Meals
- Home Delivered Meals

#### *Foster Grandparent Program*

#### *Senior Companion Program*

#### *Activity Center Program*

- Activities
- Travel Opportunities
- Fitness

#### *Gold Key Volunteer Program*

- Volunteer Opportunities
- Transportation

Donations or fees for all programs and services are requested. If we can assist you or someone you know, please call COA at **(989) 772-0748** Monday thru 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.

*This page is sponsored by: Stone Lodge Memory Care . . . "A meaningful difference"*

NOVEMBER 2018  
**Active LIVING**

**Save The Dates:**  
**Monday, November 26**  
**Food With Friends Participants**  
**FREE Day at**  
**Ziibiwing Center**  
 See page 13 for details

\*\*\*\*\*



**Holiday Theme**

**Senior Dance**

**Tuesday, December 18**

**5:00p.m. to 8:00 p.m.**

**Live music by: Kick'n Kountry**

**Cover charge: \$5**

**50/50 Raffle**

**Snacks and Refreshments**  
**available for purchase**

**Questions: Contact Marcy**  
**Jerome at (989) 772-0748**

**INSIDE NOVEMBER 2018**

Holiday Craft Show & Quilt Raffle	1
FREE Thanksgiving Dinners	2
Director's Comments	2
Why Review Medicare Part D?	2
Mission Moments, Ask COA	3
Events, Classes	4, 5
Travel Activities	6
Volunteer Opportunities	7
Retaining the Tax Benefit	7
November Activity Calendar	8, 9
To Your Health	11
Veterans Day	11
FWF Menu & Site Activities	12, 13
Memorials, Donations	14
End of Tax Year Giving	14
Remembering Loved Ones	15

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



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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: \$20.00 per year** helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

**Address Changes:** Active *LIVING* is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office. **Please notify COA office using the delivery form at left each time you request a change to assure we record changes correctly.**