

MISSAUKEE COUNTY

COMMISSION ON AGING



FALL 2021

Building Closed to Public Entry

WHAT'S INSIDE

- Message From Our Director
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PHONE NUMBER: (231) 839-7839

WEBSITE: www.missaukeecoa.org

FACEBOOK: <https://www.facebook.com/MissaukeeSeniors>

BOARD MEETINGS
3RD TUESDAY OF THE MONTH
10A
PUBLIC WELCOME!

NEW ADDRESS! 2170 S. MOREY ROAD, LAKE CITY, MI 49651

MESSAGE FROM OUR DIRECTOR HEATHER HARRIS-BRYANT MA BAHA

MCCOA FALL 2021 EDITION

Friends:

Welcome Fall in Northern Michigan, my favorite time of the year! It's hard to believe that I have just marked my 2nd anniversary as the Director here at the COA, I feel so blessed to serve my hometown seniors. I really look at it as 730 days of getting to do my dream job. In July we attended a small version of Senior Celebration Day, it was so much fun we went back on September 9th! What a blast we had and it was so nice getting to interact with our area seniors who came out to enjoy the festivities.



Congratulations to Shannon Scarbrough on 20 years of dedicated service to our residents! She was also just recognized as the Person of the Week on MiNews26. I feel so blessed and honored to work with someone that carries such a true passion for our mission. It is a true blessing and I sincerely look forward to spending the next 20 years along side of her!

There has been a significant rise in requests for service, Brenda sure has been busy with new client assessments. We have hired a new part time provider, but are still looking to fill more positions. If you are looking for flexible hours with no nights, weekends, or holidays, come see us! Positions for Volunteer Drivers available too. Enjoy your Fall season and make some great memories.!



OUR MISSION

It is the mission of the Missaukee County Commission on Aging to keep seniors of the county safe, engaged, and independent through education, advocacy and services.

OFFICE STAFF & CONTACT INFORMATION

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Nursing Coordinator
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Like us on Facebook!
www.missaukeecoa.org

839-7839 PHONE NUMBER ISSUE



There are issues with our main phone line since switching carriers. At this time they cannot offer us a resolution, we apologize for any confusion, we are open!

You can also reach us on our 2nd or 3rd lines listed below,

(231) 839-7839 839-7010 (2nd Line) 839-7011 (3rd Line)

Know a senior that could use a hand while staying independent and at home? We can help & assist on so many levels,

MCCOA NEWS

Reopen Date Postponed

OPENING POSTPONED



Our plan for a September 1st opening date has been postponed. We will remain closed to public entry for the time being. We had a delay in our construction schedule and with the uprise of COVID19 cases in our area, we remain cautious and will continue to follow the advice of our medical colleagues.

Medicare Open Enrollment will not be held in person this year, appointments will be required and take place over the phone, via email, teleconference or by mail as we did last year.

We were fortunate to receive a forgiveness loan from the SBA early summer along with a tax credit from the IRS. Those dollars have allowed us to put in new deck ramps with an hands free door at the front entrance and will get our building up to ADA standards. Our repaired parking lot should be completed by month end along with the addition of a garage. There will be an Open House for the public sometime next Spring or early Summer.

MAIN RECEPTION
AREA



BEFORE



AFTER

MCCOA FALL 2021 EDITION

Missaukee County Commission on Aging

02



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Hall-Holdship Funeral Home | 309 W. Main St. PO Box A, Manton, MI 49663 • 231-824-3433

Young - Holdship Funeral Home | 403 S. Pine St., Lake City, MI 49651 • 231-839-4334

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GET AFTER IT!

MICHIGAN AREA AGENCIES ON AGING

ONLINE WORKSHOPS

SIGN UP

EVIDENCE BASED PROGRAMS

- CANCER PATH
- CHRONIC PAIN PATH
- DIABETES PATH
- PERSONAL ACTION TOWARD HEALTH
- WORKPLACE PATH - LEARN HOW TO USE ZOOM!
- AGING MASTERY PROGRAM
- CREATING CONFIDENT CAREGIVERS
- DEVELOPING DEMENTIA DEXTERITY
- A MATTER OF BALANCE
- POWERFUL TOOLS FOR CAREGIVERS
- ARTHRITIS FOUNDATION EXERCISE PROGRAM
- SILVERSNEAKERS STABILITY

TO REGISTER VISIT:
WWW.AAANM.ORG/CAREGIVER-WORKSHOPS
WWW.AAANM.ORG/WELLNESS-WORKSHOPS

Missaukee County Area

REOCCURRING EVENTS

Socialize!
Get Involved!
Make Friends!

MONDAYS Dancing At The Golden Agers
Shake your tailfeather 8P-8P
5833 E. Loten Road, Falmouth (231) 292-6158

TUESDAYS Burger Night at The Eagle's
Burgers made to order with sides available 530P-730P
4154 W. Houghton Lake Road

THURSDAYS Coffee & Donuts at The Center
Enjoy coffee & donuts 8A-10A
130 E. John Street

MONTHLY Euchre at The Legion
All Skill Levels Welcomed! 630P
114 N. Main Street

CONSERVATION CLUB BREAKFAST 7A-11A
1st Saturday of the Month

FISH FRY AT THE EAGLES 490P-730P
2nd & Last Friday of the Month

LEGION BREAKFAST 8A-11A
2nd Saturday of the Month

STEAK-O AT THE EAGLES 3P-6P
1st & 3rd Saturday

GENEOLOGY AT THE LIBRARY 1P-4P
2nd Monday of the Month

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RETIRED BUT NOT TIRED?

We are seeking volunteers to help answer phones & perform basic office functions for a few hours a day every week. Interested? Contact Heather (231) 839-7839 or email h.bryant@missaukeecoa.org for more details.



One Ring A Dingy

UPCOMING EVENTS

- FESTIVAL OF THE PINES-Downtown**
September 17-18
- PASTY ORDER PICK UP-Senior Center**
September 18 10a-3p
- LUMBERJACK CHICKEN FRY-Eagle's**
September 17 @ 5P
- NATIVE TREE SALE-115 W. John Street**
September 18 9a-12p
- HORSESHOE TOURNEY-LC Eagle's**
September 18 1p
- PUMPKIN GROW & WEIGH IN-Library**
September 18
- TRAIL BLAZERS ORV FUN RUN-4045 W. Phelps**
October 9—REGISTRATION OPENS AT 8A
- FAMILY FARM FEST-7710 S. 7 Mile, McBain**
October 14 @ 4p

- STRIP CLUB-Cardinal Creations**
October 14 1-3p
- COUNTY BOWL A THON-Pines Cadillac**
October 16
- COMMUNITY CELEBRATION**
November 1 @ 6p Four Seasons Event
- HOLIDAY CRAFT MARKET-LC School**
November 20



HEALTH & SAFETY



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FALL TIME SAFETY TIPS

GET YOUR VACCINES! Seniors are at the highest risk for serious complications from the Flu & COVID19, which can result in hospitalization and even death. Vaccinations are proven to lessen the severity of diseases. Consult with your doctor and make sure you are up to date on recommended shots.

CHECK SMOKE DETECTORS & REPLACE BATTERIES—Fall is the perfect time to check and replace batteries in your smoke & carbon monoxide detectors. Replace any light bulbs and keep your house properly lighted to prevent possible falls.

WEAR GOOD SHOES—Use waterproof, non-slip shoes, Autumn is notorious for slippery leaves and icy rain.

MAINTAIN YOUR VEHICLE—Get your car into the shop for a regular tune-up. Having a vehicle in proper working condition makes it less likely for you to get into an accident or breakdown in dangerous weather conditions. Make sure tires are in good shape and all headlights, taillights, and signals are working properly.

DON'T LEAVE CANDLES UNATTENDED—During Autumn, there is a noticeable uptick in fires caused by improper candle use. Never leave a candle burning if you leave the house or may fall asleep. Be sure to keep candles away from high traffic areas, pets, & anything flammable.

Sources: <https://www.comfortkeepers.com/info-center/category/senior-health-and-wellbeing/article/autumn-safety-for-seniors>

<https://seniordirectory.com/articles/info/8-autumn-health-and-home-safety-tips-for-seniors>

<https://www.logicmark.com/post/10-autumn-safety-tips-for-seniors>



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gladhandschirooflakecity@gmail.com



MCCOA PROGRAM INFO

MEDICARE OPEN ENROLLMENT

October 15th—December 7th

Medicare has a period of time every year where you can review your current coverage or look at other options.

Our COA has a certified counselor on staff that can help you through this process and at no charge to you.

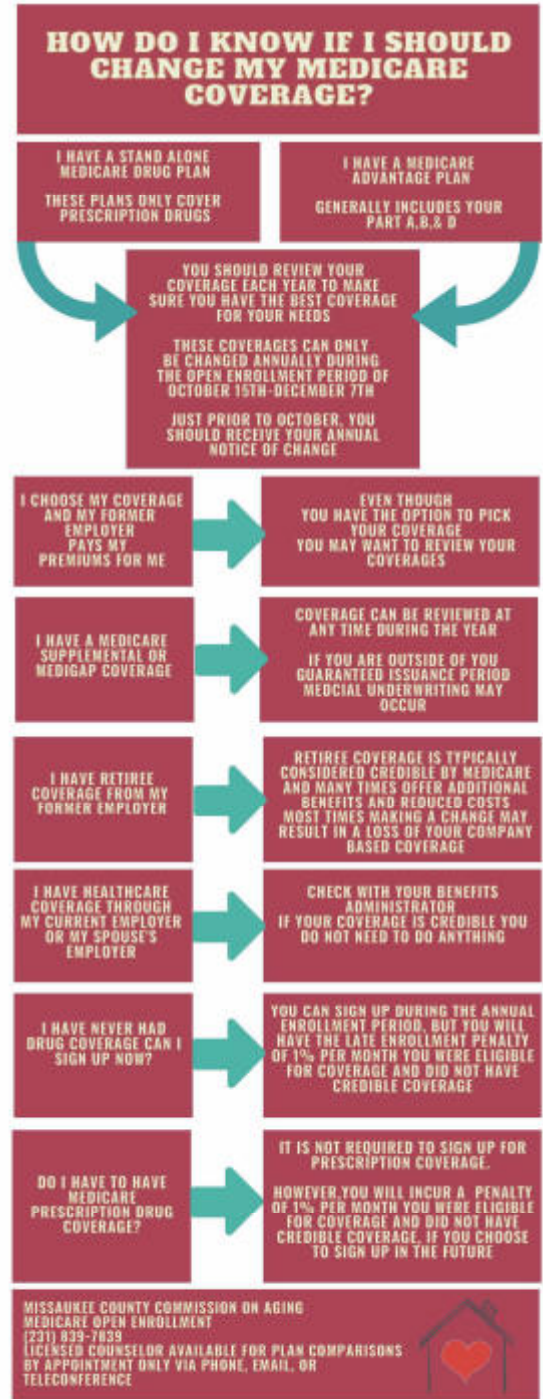
Reminder, we do not receive commissions for any kind of financial incentive from any insurance provider.

This chart is intended to help you decide if it's time to review or change coverage.

ALL APPOINTMENTS WILL BE HELD BY PHONE, EMAIL OR BY TELECONFERENCE (SUCH AS ZOOM)

There is a secure lock box outside our office where paperwork can be dropped off 24/7.

Requests for plan review will be scheduled in the order they are received.



There are programs to help with your Medicare costs
You *may* qualify for Prescription drug assistance:

Household Income Below	Assets Below
1 Person - \$1,630	\$14,790
2 Person - \$2,198	\$29,520

Or/and qualify for assistance with Part B premiums:

Household Income Below	Assets Below
1 Person - \$1,456	\$7,860
2 Person - \$1,900	\$11,800

MCCOA FALL 2021 EDITION

BOARD OF DIRECTORS

- Patrick Smith, Chair
- Virginia Keelean, Vice Chair
- Marcia Zimmerman, Treasurer
- Helen "Taddy" Keeler, Secretary
- Bill Mosher, Member
- Bill Spurgeon, Member
- Star Hughston, County Commissioner Liaison

MEETINGS 3RD TUESDAY OF THE MONTH

- Executive Meeting @ 930a
- General Meeting @ 10a
- Missaukee Commission on Aging Meeting Room

PUBLIC IS WELCOME!
SEEKING 1 NEW BOARD MEMBER!

For More Information
Email: h.bryant@missaukeecoa.org

COA SERVICES AVAILABLE



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IN HOME SERVICES

Homemaking

Laundry, meal prep, sweeping, dusting, mopping, & vacuuming.

Personal Care

Trained personal care attendant for bathing, dressing, & grooming.

Respite Care

Trained caregivers stay with your loved one while you take care of you.

Foot Care

In the privacy of your own home, performed by a nurse.

Medication Set-Up

Medication set-up by our nurse.

Home Chore

4 Hours Available Once Annually
Call for more details

Cleaning walls, windows, refrigerator, carpet cleaning, etc.

SUPPORT SERVICES

Transportation

Rides for non emergent transportation for medical appointments.

Riders must be vaccinated.

Medicare & Medicaid Assistance

Certified Counselor on staff to help with Medicare & Medicaid Insurance.

Information & Assistance

Guiding you to resources in Missaukee County & beyond.

SEASONAL

Snow Removal

Sign-up opens October 1st
Plowing
December 1—March 31

911 Address Signs

Reflective Green address sign to help emergency personnel locate your home. FREE for 65 & older. \$35 for under age 65.

Our office remains closed to public entry

(231) 839-7839 * 839-7010 * 839-7011 PHONE

(231) 839-7630 FAX

www.missaukeecoa.org email: info@missaukeecoa.org 06

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The Online Directory of Senior Centers
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Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

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MISSION STATEMENT

It is the mission of the Missaukee County Commission on Aging to keep seniors of the county safe, engaged, and independent through education, advocacy and services.



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