

MISSAUKEE COUNTY

Commission on Aging SPRING 2022



WHAT'S INSIDE

- Message From Our Director
- News
- Winter Things To Do
- Health & Safety
- Program Info
- Services Information



2022 NEWSLETTER SCHEDULE!

WINTER 2022

January February March

SPRING 2022

April May June

SUMMER 2022

July August September

FALL 2022

October November December

PHONE NUMBER: (231) 839-7839 OR 839-7010

WEBSITE: www.missaukeecoa.org

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

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

2170 S. MOREY ROAD, LAKE CITY, MI 49651

MESSAGE FROM OUR DIRECTOR HEATHER HARRIS-BRYANT MA BAH

MCCOA SPRING 2022 EDITION

Welcome back Spring! We had a busy winter here at the office; we added an Administrative Assistant to our team, please welcome Haley Troon. Haley has been with us since June 2017 as a Service Provider and recently completed a Bachelor's Degree in Health Care Administration. Haley started her new role officially on January 24th. She is also a Medicare Counselor, giving us yet another person in office that can help folks navigate that system. She will most likely be the first voice you hear when you call our office and also has taken over our client billing. I see a bright future for Haley and look forward to her contributions.

Our COA and Community lost a beloved member in February. Wendy Musselman-Prehn was such an advocate for our seniors and the greatest lover of animals. May prayers of comfort surround her husband Jim, family & friends, She will surely be missed by many.

We have a new program that started on April 1st in a collaboration with a grant received by the County. Senior residents will be able to arrange for a free pick up of old electronics to be taken away for recycle. This is wonderful news and hopefully many will take the opportunity to clear our any broken or outdated electronics. Call our office to arrange for pick up (#'s below). Congratulations to our Senior Center, their building is receiving a complete remodel and we cannot wait to watch them grow their membership and expand senior offerings. Many blessing being bestowed on our wonderful seniors; they are so deserving. I am planning for an early summer opening here at our new building that we will commemorate with an Open House, a date will be announced later. Our next edition will print early July, if you would like to continue to receive this newsletter, give us a call or email: info@missaukeeco.org. Thanks! Heather

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

HEATHER HARRIS-BRYANT
MA BAH
Executive Director
H.Bryant@missaukeeco.org



HOLLY DAVIS
Operations Coordinator
H.Davis@missaukeeco.org



SHANNON SCARBROUGH
Support Services Coordinator
S.Scarbrough@missaukeeco.org

HALEY TROON
BAHA
Administrative Assistant
H.Troon@missaukeeco.org

Welcome Haley!

BRENDA STRICKLAND
RN
Clinical Supervisor
B.Strickland@missaukeeco.org



TERI DICK
LPN
Nursing Coordinator
T.Dick@missaukeeco.org

Like us on Facebook!
www.missaukeeco.org





SPURGEON ASSUMES VICE CHAIR

Our Board of Directors voted unanimously in January to elect member Bill Spurgeon to assume the position of our Vice Chair. Bill's extensive professional background along with his attention to detail make him a superb choice to help lead our organization towards our vision.

COA WELCOMES A NEW VOLUNTEER DRIVER

Please welcome Keith Lott to our team of volunteer drivers! A retired police officer, Mr. Lott has been a great addition and with him, we have been able to help give more seniors rides to non-urgent medical appointments. We can always use more faces as we grow, and even though this is a volunteer program, we do reimburse gas mileage at \$0.58. You could potentially make a few hundred dollars a month extra. Interested? Give us a call.

FIRST EVENT SCHEDULED—TAI CHI FOR ARTHRITIS & FALL PREVENTION STARTS JUNE 24TH

We have scheduled our first event! Tai Chi will be held here in our conference center starting June 24th and run through August 26th from 11a-Noon. This is a gentle exercise combining slow movement, deep breathing and focused attention; it provides so many benefits for our seniors. You need to register for this FREE class and can do so by calling (231) 839-7839 or email: info@missaukeecoa.org.

Missaukee County Commission on Aging

www.missaukeecoa.org

02



Exceptional Family Care... Guaranteed

At Holdship Family of Funeral Homes & Cremation Services we help families who are faced with the loss of a loved one. Whether choosing a traditional funeral or a creative ceremony, our team will work hand-in-hand with you to plan and conduct a personalized memorial event that reflects your values and honors the story of a lifetime.

All services are backed by our Holdship Exceptional Family Care™ Guarantee.
Now offering Memorial Meals & Receptions.

Hitesman-Holdship Funeral Home | 620 N. Mitchell St., Cadillac, MI 49601 • 231-775-3433

Fosnaught-Holdship Funeral Home | 406 E. Main St. PO Box G, Marion, MI 49665 • 231-743-2411

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

Holdship Family of Funeral Homes and Cremation Services | 212 E. Maple St. PO Box 67, McBain, MI 49657 • 231-825-2361

HOLDSHIP

FAMILY OF FUNERAL HOMES
AND CREMATION SERVICES

www.Hitesman-Holdship.com

 **Curry House**
Assisted Living & Memory Care
Schedule a Tour Today!

231-876-0611

Genesis Rehab Services located onsite for PT, OT & Speech
5858 S. 47 Rd., Cadillac, MI 49601
curryhousecadillac.com

**Secure Memory Care
Rooms Now
Available!**



Northern Mobility
Sales and Service

Northern Michigan's Mobility Scooter and E-Bike Outlet
2215 Tower Hill Rd., Houghton Lake, MI 48629

Pride
Mobility Products Ltd.
— LIVE YOUR BEST —

989-302-8036
www.northernmobility.net





SPRING INTO ACTION!

Missaukee County Area
REOCCURRING EVENTS
Socialize! Get Involved! Make Friends!

MONDAYS Dancing At The Golden Agers
Shake your tailfeather 6P-8P
5833 E. Lotan Road, Falmouth (231) 392-5158

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

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

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

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

FISH FRY AT THE EAGLES 430P-730P
2nd & Last Friday of the Month

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

STEAK-O AT THE EAGLES 3P-5P
1st & 3rd Saturday

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

Missaukee County
Recycling Center
Saturday 9 to 1
Tuesday 9 to 3
Wednesday 9 to 3
Closed July 3
www.missaukeecc.org
231.839.7193
#MissaukeeRecycles
6240 W. SANBORN ROAD, LAKE CITY

Thank You!

IT IS BECAUSE OF OUR SUPPORTING ADVERTISERS, THE COA IS ABLE TO PUBLISH THIS NEWSLETTER FOR ONLY THE COST OF POSTAGE. WE ASK YOU TO PLEASE PATRONIZE THEIR BUSINESSES & KEEP OUR NEWSLETTER IN PRINT!

Baldwin Family Health Center
Curry House Assisted Living
Neal Soenkens with Edward Jones
Samaritas Senior Living
Holdship Family of Funeral Homes
Smith & Associates
Burkholder Funeral Home
REMAX Central Lake City
Joyce Outman - Shaklee Representative
Northern Lakes Community Mental Health

MISSAUKEE COUNTY
VETERANS OFFICE
MONDAY-FRIDAY 9A-1P
CLOSED HOLIDAYS
(231) 839-7264 EXT. 305
CALL AHEAD OR SCHEDULE A MEETING
105 S. CANAL STREET
www.missaukee.org/departments/veterans_office

Alzheimer's
Support Group
Fridays at Noon
St. Stephen Church
506 Union Street
Lake City, MI

Dancing at the Merritt Golden Agers
MONDAY EVENINGS
5p-8p
Round & Square Dancing
Bring A Snack
5833 E. Lotan Road
Falmouth, MI
Questions? Call Rosie (231) 392-5158

LAKE CITY EAGLE'S FAMOUS
MONDAY BURGER NIGHT
530-730P EVERY MONDAY
LAKE CITY EAGLES 3884
4154 W. HOUGHTON LAKE ROAD, LAKE CITY, MI 49651
FIND US ON FACEBOOK FOR MORE EVENTS

STEAK-O!
1st & 3rd Saturdays
3-5p
BINGO
2 21 32 46 66
15 30 44 58 70
5 29 48 74
6 16 33 52 68
10 26 45 53 73
A fun spin on traditional BINGO
Win delicious steaks!
LAKE CITY EAGLE'S 3884
4154 W. HOUGHTON LAKE ROAD
LAKE CITY, MI

LOCAL UPCOMING EVENTS
Intended as a Quick Overview Check with Organizers for More Details.....

Eggstravaganza at Maple Grove 04/16

Easter Brunch at Evergreen 04/17

Kalkaska Trout Fest 04/20-04/24

Cadillac Earth Day Celebration 04/24

Up North Arts Show 04/28-05/01

Mesick Mushroom Fest 05/06-05/08

Military/Vet Expo at The Wex 05/21

Marion Fair 06/12-06/18

Greatest 4th in the North 07/01-07/04

LeRoy Razzasque Days 07/08-07/09

Senior Oriented Workshop
WHERE DO WE GO & WHAT SHOULD WE KNOW?
Snacks & FACTS
WEDNESDAY JUNE 15TH
2p-4p
Cadillac Farmer's Market
117 W. Cass
RIDES AVAILABLE
SNAG Senior Networking Advocacy Group

MICHIGAN STATE UNIVERSITY Extension
Tai Chi for Arthritis and Falls Prevention

DATES: Fridays
11:00 am-Noon
June 24-August 25, 2022

LOCATION: Missaukee County Commission on Aging
2170 S. Moray Rd.
Lake City, MI 49651

COST: FREE

REGISTER TODAY CALL (231) 839-7839

PROGRAM SUMMARY:
Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention.

- Increases strength
- Increases balance and posture
- Prevents falls
- Improves mind, body, and spirit
- Reduces stress and increase relaxation
- Moves can be done seated or standing

Participants must use a device with a camera and keep the video on at all times.
We encourage participants to attend all sessions, because each session builds on the last one.



GREAT ACTIVITIES & IDEAS FOR SPRING

GO FOR A WALK Even the shortest stroll has benefits to a healthy mind & body!

TAKE A DRIVE Lots of beauty to be hold in the state we call home, take the grandkids and explore, maybe show them where you grew up or your hometown.

VISIT THE PLANT NURSERY We are lucky enough to have your choice and right near by. Start up a garden or just freshen up your entry way with some pop of color!

GO FISHING Pack a picnic and go fishing! Lots of docks and water options to suite everyone's needs.

FEED THE BIRDS Fill up those feeders and enjoy watching the different birds you can attract.

EXERCISE Riding a bike or swimming are great ways to exercise as long as it is done safely. Plan a beach day with your family or hike through one of our beautiful scenic trails.

CHECK THOSE SMOKE ALARMS Always a great idea to do a "post-winter" smoke alarm check and replace batteries if needed. Write a reminder on your calendar to check again in the Fall.

ATTEND SEMINARS FOR PLANNING Most of the time, you can find free & local opportunities where you can to learn about topics like Estate Planning, funeral planning, medical directives. Most seminars are advertised on Facebook too. Need help finding one? Call us! We have great resources.

KEEP YOUR MEDICATION LIST UP-TO-DATE & EASY TO ACCESS FOR EMS Things happen fast, being ready can help lessen the stress a call to 911 can make. Keep your medication list and other medical directives close and ready to grab in the event of an emergency. Being prepared helps those who are coming in to assist you provide quick and accurate medical care.

TAKE A CLASS OR JOIN A GROUP Ever want to try Yoga? How about a drum circle? There are a lot of classes right here in our area to expand your horizons. Call us if you want help locating some fun!

STAY ACTIVE The most important tip! The time is now, get out of the house and get active. Exercise your body & brain to stay stimulated and involved. It's free and easy!

Samaritas
Senior Living

Rehabilitation | Memory Care | Skilled Nursing

460 Pearl Street | Cadillac
Samaritas.org/seniors
(833) 505-CARE

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community

LPi Contact us at careers@4lpi.com
www.4lpi.com/careers

GARY GEIGER CONSTRUCTION, INC.

Licensed and Insured Contractor
The Builder Who Performs The Work

(231) 839-8289

info@geigerconstructionlcmi.com

- NEW HOMES • REMODELING
- ROOFING • SIDING • POLE BARNs
- CONCRETE & MORE!

Lic#2101195406

ADVERTISE HERE to reach the senior market

Call (800) 477-4574

231-839-7248

705 S. Lakeshore Dr., P.O. Box 747
Lake City, MI 49651

SMITH & ASSOCIATES, C.P.A., P.C.

Certified Public Accountants
Professional Income Tax Preparation
Over 30 Years of Professional Experience

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Terry Sweeney** to place an ad today!
tsweeney@lpicommunities.com
or (800) 477-4574 x6407

Neal F Soenksen
Financial Advisor

200 E Mason Suite A
Cadillac, MI 49601
231-876-2353

Edward Jones
MAKING SENSE OF INVESTING

GLADHANDS CHIROPRACTIC
Where Healing Begins

Applied Kinesiology
Nutritional Counseling
Massage Therapy

Brain Bilyea D.C., C.M.T.

1501 C S. Morey Rd., Lake City, MI 49651
(231) 839-4263 Office | (231) 839-4264 Fax
gladhandschirooflakecity@gmail.com

MCCOA PROGRAMS & AREA INFO



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

Household Income Below	Assets Below
1 Person - \$1,700	\$15,150
2 Person - \$2,289	\$30,950

Ask Us About the Low Income Subsidy & the Medicare Savings Program

SEEKING HOMEMAKERS!

Join our team of dedicated professionals to perform light housekeeping for a senior in Missaukee County. Make your own schedule, work flexible hours, no nights, holiday or weekends.

MARK YOUR CALENDARS!
JULY 28TH
11A-2P
SENIOR APPRECIATION DAY 2022!

STARTS APRIL 1ST

CONTACT US FOR MORE INFO
839-7839

ELECTRONIC PICK UP

FREE PICK UP AVAILABLE TO MISSAUKEE COUNTY RESIDENTS AGE 60 YEARS & OLDER.

MISSAUKEE COUNTY SENIOR ELECTRONIC RECYCLING PROGRAM

MISSAUKEE COUNTY HAS RECEIVED A GRANT UNTIL AUGUST 2023 THAT WILL ENABLE A DIRECT PICK UP OF ANY BROKEN OR OUTDATED ELECTRONICS FROM A SENIOR IN AN EFFORT TO AVOID THESE ITEMS ENDING UP IN A LANDFILL.

STAY SAFE

ARE YOU PREPARED?

911 SIGNS AVAILABLE AT NO COST FOR RESIDENTS AGE 60 & OLDER \$25 CHARGE FOR 60 & UNDER

WWW.MISSAUKEECO.A.ORG

TRY A FREE ONLINE CLASS TODAY!
Learn Anytime, Anywhere

GetSetUp provides free virtual classes for older adults taught by peers - ask questions, make friends, learn new things, and have fun. Visit www.getsetup.org for more information.

Take Classes From the Comfort of Your Home

Internet Computer iPad/Tablet Smartphone

Every Class is Engaging - Choose from 300+ Classes!

Basics of Zoom Google Photos Recipe Swap Meditating Together

For Help Contact GetSetUp: 1-888-550-1614 help@getsetup.io

Senior Project Fresh Vouchers

Available for low income Missaukee County residents 60 or better. Call us in May for more information!

CLIENT SERVICES PERFORMED
JANUARY—MARCH 2022

4,274 TOTAL HOURS

Transportation	270 Trips
Snow Program	391 Plows

IN-HOME FOOT CARE SERVICES

AVAILABLE BY APPOINTMENT
CALL TO SCHEDULE
\$25

BOARD OF DIRECTORS

- Patrick Smith, Chair
- Bill Spurgeon, Vice Chair
- Marcia Zimmerman, Treasurer
- Helen "Taddy" Keeler, Secretary
- Bill Mosher, Member
- Gail Stahl, Member
- Star Hughston—County Liaison

MEETINGS 3RD TUESDAY OF THE MONTH
Executive Meeting @ 930a
General Meeting @ 10a
Missaukee Commission on Aging
Conference Room
2170 S. Morey Road

PUBLIC WELCOME!

OUR SERVICES



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. \$25 for under age 65.

**OPENING EARLY
SUMMER!!!!
OPEN HOUSE WILL BE
ANNOUNCED**

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

(231) 839-7630 FAX

www.missaukeecoa.org


email: info@missaukeecoa.org

MCCOA SPRING 21-22 EDITION

There is no place like home
If you are in need of health care and want to be at home, let us help you be there.



Northern Health Care Management
(231) 933-4917
northernhealthcare.org

Family Health Care
Most insurances accepted.
Discount available to those who qualify.

Providing affordable health care for everyone.

Cadillac 520 Cobb Street (231) 775-6521	McBain 117 N. Roland (231) 825-2643
--	--

Bostick's Drugstore
117 W. Main St., Manton • (231) 824-6465
bostickdrugstore@yahoo.com
Fax (231) 824-6468

Emergency after hours service
Free Deliveries • Gifts/Cards
Mike Moffit, Pharmacist
Quality hometown care, for a healthier you!
Open Mon.-Fri. 9-5; Sat. 9-1



**support our
ADVERTISERS**



Burkholder
Family Funeral Home, LLC.
211 N. Pine St.
McBain
231-825-8191
burkholderfamilyfuneralhome.com



Schepers Agency Inc.
General Insurance
Since 1917
113 N. Roland Street
McBain, Michigan 49657
Phone: 231-825-2411
Toll Free: 877-251-0727
Office Hours:
Mon. - Fri. 8am-5pm




Greg Bosscher & Co hometown trusted connected
Greg Bosscher, Associate Broker
231.357.2798
Greg@gregbosscher.com




Donna TOMMAS
ASSOCIATE BROKER
41A N. MOREY RD.,
LAKE CITY, MICHIGAN
OFFICE: 231-775-1205
CELL: 231-878-3130
Each office independently owned and operated.

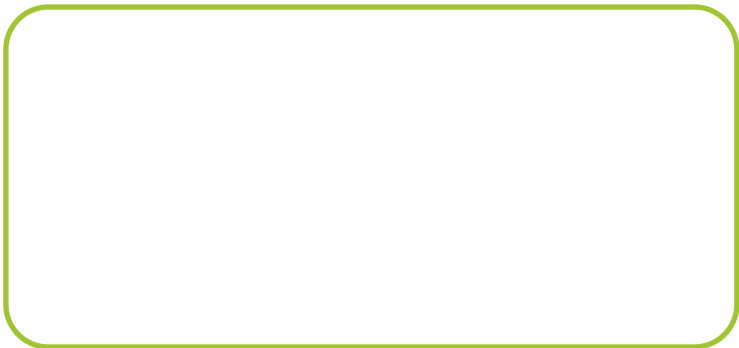



Missaukee County Commission on Aging
 2170 S. Morey Road
 Lake City, MI 49651
www.missaukeecoa.org



Non Profit
 Organization
 U.S. Postage
 PAID
 Lake City, MI
 Permit No. 6

Want to Keep Receiving
 Our Newsletter?
 Call or Email
 (231) 839-7839
info@missaukeecoa.org



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.



Northern Health Care Management

HOME & COMMUNITY BASED SERVICES
 for people who are elderly and/or disabled

- Nursing Facility Transition
- Supports Coordination
- In-home care and assistance
- Home Delivered Meals
- Emergency Response Systems
- Private Duty Nursing
- Counseling
- Environmental Modifications
- Medical Equipment & Supplies
- Housing Assistance
- Medicaid Eligibility Specialist
- Transportation
- Respite

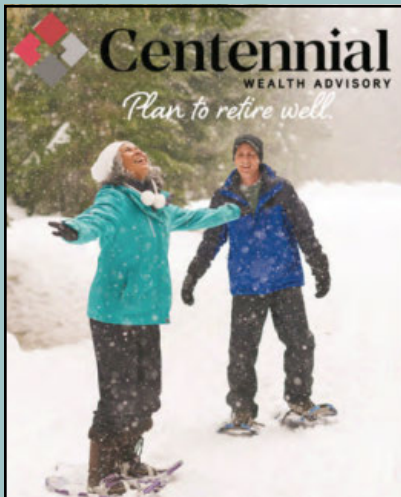
(231) 933-4917 • 1-800-640-7478
northernhealthcare.org



We turn sick care into well care with beyond organic products.
 Shaklee sets the standard with premium nutrition, anti-aging skin care, weight management, and environmentally friendly home care products.

We help make people healthier and the world a better place.

Call Joyce today 231-884-3797! | pws.shaklee.com/joyceoutman



RetiringWell
 WITH CENTENNIAL WEALTH ADVISORY
AIRS WEEKLY ON:

LOCAL 32 SAT 7:30AM	9&10 NEWS SAT 9:00AM
TUES & THUR 4:30PM	
29&38 SUN 10:00AM	9&10 NEWS SUN 11:30AM

YouTube /RETIRINGWELL

Retirement Planning
 Office Now in Cadillac
 Call Us Today 231-995-9575
www.cen-wealth.com

