

# MISSAUKEE COUNTY Commission on Aging SUMMER 2023 NEWSLETTER



**Keeping Seniors of Our County Safe, Informed, & Independent at Home**

## COA OPEN HOUSE IS A HUGE SUCCESS!

The community sure showed up to help us celebrate our official opening! We had a few hundred guests tour the building, meet our team, and enjoy some delicious sandwiches and cookies made by Gail Stahl. Our very own celebrity Chairman Pat Smith entertained us with some beautiful piano. A great time was had by all and we appreciate the support of our mission that is dedicated to the well-being of our Senior population. Our doors are officially open and we are looking to host Senior related events, if you have an idea of something you would like to see, or if your business provides services directed for older folks, please reach out! We want to provide events that people will find important and show up to., so community feedback really helps! Email suggestions to: [info@missaukeecoa.org](mailto:info@missaukeecoa.org) or call 231-839-7839.



## WE'RE HIRING!

CNA'S & HOMEMAKERS  
PART-TIME FLEX HOURS  
NO NIGHTS, WEEKENDS, HOLIDAYS  
COMPETITIVE WAGES  
EMAIL RESUME TO:  
[INFO@MISSAUKEECO.A.ORG](mailto:INFO@MISSAUKEECO.A.ORG)

[www.missaukeecoa.org](http://www.missaukeecoa.org)

## JOIN OUR TEAM!

Looking for a rewarding career with flexibility?  
Like making your own schedule?  
Don't like working nights or weekends?  
Have a strong work ethic & good morals?  
We want to talk to you!

- UP TO 35 HOURS PER WEEK
- MON-FRI
- 401K WITH UP TO 4% MATCH AT 1 YEAR
- ADVANCEMENT OPPORTUNITIES
- COMPETITIVE WAGES
- MILEAGE REIMBURSEMENT

MCCOA average employee longevity is 7.8 years.  
Email resume to: [info@missaukeecoa.org](mailto:info@missaukeecoa.org)

## MCCOA CONTACT INFORMATION

(231) 839-7839 PHONE

(231) 839-7630 FAX

EMAIL: [info@missaukeecoa.org](mailto:info@missaukeecoa.org)

WEBSITE: [www.missaukeecoa.org](http://www.missaukeecoa.org)

FOLLOW US ON FACEBOOK!



211 N. Pine St.  
McBain  
231-825-8191

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

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Assisted Living & Memory Care  
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**McBain**  
117 N. Roland  
(231) 825-2643

**AD SPACE AVAILABLE! EMAIL: [INFO@MISSAUKEECO.A.ORG](mailto:INFO@MISSAUKEECO.A.ORG) OR CALL (231) 839-7839**



# COA NEWS

## MESSAGE FROM OUR DIRECTOR

Summer has officially arrived and our parking lot is running full more days than now and I couldn't be happier about it! Thank you so much to everyone who attended our Open House. Wow! I am humbled and grateful for the continued support from this community, it is truly a culture of looking out for one another. Special thanks to The Grove Church, Ken & Gail Stahl, Pat Smith, our Board and amazing staff for the contributions that helped make it such a success. In May I did a ride along with Roger and Meals on Wheels, many thanks to our Community Action Agency in Cadillac for the opportunity, it was great getting to meet some new folks and understanding the importance of the program.

With our doors officially open, we will start planning and hosting events here at the COA at least on a once a month minimum. But, we would like your input! What programs would you like to see? For a list of our upcoming events, you can visit our website homepage, there is a calendar there that we update for anything a senior may find of interest? If you have a program of offering, please reach out and I will happily help spread the word! We also have a very active Facebook page, please like and follow us! The Senior Center is selling raffle tickets with a drawing to be held on August 12th at 6p. You can enter to win a 2 night stay at The Fish Inn at the Missaukee County Park & \$50 Gift Certificate to the LC Taphouse! Every ticket they sell is a profit in their pockets thanks to their amazing sponsors, please buy a ticket or 10 (\$5 each) and show them some love, they are working so hard to enhance our local senior living. I am just loving this new format of our newsletter, the freedom with creativity has really made this so much fun to share our information with you all. But, we want to grow it! Your 1 year commitment gets your ad listed in 4 issues distributed with the seasons and are mailed out to over 400 Seniors. Along with your logo on our website, we'll brag about all you on social media too! Call or Email for pricing! [info@missaukeeco.org](mailto:info@missaukeeco.org) -*Heather*

## COA PARTNERS IN EDUCATION PROGRAM

Each year, a business or non-profit organization is given the opportunity to "partner" with a Lake City Schools Elementary classroom. This year, we were fortunate to make some great new friends in Mrs. Nolan's class. Our senior clients were treated to special Valentine's Day cards, and our office is happily decorated with some pretty great poster sized thank you love sent back by the kiddos. At the end of the school year, we visited the classroom, bringing delicious Don's pizza, cookies, cool summer shades, and topped it off with a big ole pinata! It was so much fun, we can't wait to see what the upcoming school year brings!



ADVERTISE WITH US!

CALL 231-839-7839 OR EMAIL [INFO@MISSAUKEECO.ORG](mailto:info@missaukeeco.org) FOR PRICING!

## NEED HELP WITH YOUR RX COSTS?

MONTHLY INCOME  
\$1,823 - 1 Person Household  
\$2,465 - 2 Person Household

HOUSEHOLD ASSETS BELOW:  
\$16,600 - 1 Person Household  
\$33,240 - 2 Person Household

WE HAVE PUT OVER 2 MILLION DOLLARS BACK INTO AREA SENIORS POCKET.



CALL  
839-7839



## Share Your History



Here's some tips to get started. This is a perfect opportunity to grab a younger family member and have them be your scribe!

- Start with your name. Where did it come from? What does it mean?
- When and where were you born?
- Write about your Dad & Mom. What would you want people to know about them?
- Write about your family - children, siblings, grandparents, cousins, aunts, uncles, anyone that was/is an important person to you.
- Where did you grow up? What do you remember about it?
- What was your favorite activity as a child?
- What did a typical day look like for you as a kid?
- What world events were significant to you?
- What was your favorite subject in school? Talk about your schooling.
- First job. Did you become what you wanted to be growing up?
- What advice would you give your younger self?
- Do you have a "bucket list"?

## Stroke Warning Signs: **B.E.F.A.S.T.** & CALL 911

**B E F A S T**



**BALANCE**

Trouble walking, dizziness, loss of balance or coordination



**EYES**

Sudden Vision Trouble seeing in one or both eyes.



**FACE**

Sudden numbness with unknown cause or face feels uneven



**ARMS**

Sudden numbness or weakness of face, arms, legs, especially on one side of the body



**SPEECH**

Confusion, trouble speaking or understanding, or slurred speech



**TIME**

Make note of time the symptoms started. If any of these symptoms are present, time to call 911.

# 50 YEARS AGO...

# Vintage 1973

- Birth of the First Cell Phone
- Oreos cost 59 cents
- Watergate Scandal
- Women can "officially" run the Boston Marathon
- White House says no new draftees will be sent to Vietnam
- Kids played with Shrinky Dinks
- Bad, Bad Leroy Brown Made Good Music
- Secretariat Wins the Triple Crown
- Top Baby Names - Jennifer & Michael



Best Picture: The French Connection

Top TV Shows: All in The Family, The Walton's, Sanford & Son

Top Song: "Tie a Yellow Ribbon Round the Ole Oak Tree" Dawn & Tony Orlando

## Average Prices in 1973

- New Car \$3,200
- Minimum Wage \$1.60
- Gallon of Gasoline \$0.39
- Gallon of Milk \$1.40
- New Washing Machine \$188.88
- Average Cost of a home \$32,500
- Movie Ticket \$1.70
- Inflation Rate 8.7%

## POPULAR EATS

Hamburger Helper  
Carrot Cake  
Jello Salad  
Deviled Eggs  
Cheese Balls  
Quiche  
SPAM  
Tab



# WISHING ALL THESE "KIDS" A VERY HAPPY BIRTHDAY!



**JULY**

**AUGUST**

**SEPTEMBER**

- Roger-01
- Kay-01
- Rhonda-01
- Jackie-03
- Randy-04
- Ray-05
- Paul-05
- Carol-06
- Joan-06
- Belinda-08
- Dolores-09
- Donald-09
- Shari-11
- Darlene-11
- Stephanie-11
- Ruth-12
- Don-12
- Esther-13
- Darlene-14
- Lola-14
- Arlene-14
- Irene-15
- Betty-17
- Paul-17
- Jack-17
- Pat-17
- Hilda-17
- Karla-17
- Shirley-18
- Steve-19
- Shirley-22
- Chester-24
- Allen-24
- Linda-25
- Gary-26
- Ivan-26
- Deb-27
- Betty-28
- Pat-29
- Kathleen-30

- Yvonne-02
- Sandra-03
- Karl-04
- Jane-04
- Mary-07
- Johnny-07
- Gail-07
- Malinda-12
- Lois-14
- Alice-15
- Mark-15
- Tom-15
- Joan-15
- Diane-17
- Sarah-17
- Dan-18
- Beverly-21
- Mary Lou-21
- Bonnie-21
- Bruce-22
- Marie-24
- Sharon-25
- George-25
- Richard-27
- Carol-28
- Felicia-28
- Dawn-29
- Loralyn-31

- James-01
- James-02
- Oscar-03
- Elda-03
- Lucia-03
- Judy-03
- Betty-03
- Susan-05
- Carl-07
- Bob-10
- Sherri-10
- Dorothy-11
- Dave-12
- Pat-13
- Lynn-18
- Emilie-21
- Douglas-21
- Katie-22
- Joanne-22
- Linda-23
- Ann-24
- Judy-25
- Richard-25
- Kay-26
- Vickey-28
- Dale-29
- Jack-29
- Ron-30



## OUR WEBSITE HAS A SOCIAL EVENTS CALENDAR.....

[www.missaukeecoa.org](http://www.missaukeecoa.org)

**On Facebook or the Internet? Most businesses or organization use social media to promote events.**  
**Not tech savvy, but willing to learn? Schedule a time to come in, we'll help you navigate the web and that darn smart phone!**

**PARTY!  
PARTY!  
PARTY!**



**MARK YOUR CALENDARS!  
SENIOR EXPO  
"ALL AROUND THE WORLD"  
SEPTEMBER 28TH!  
10A-2P  
THE WEX**

### 5 Skills For Making Everyday Activities Easier

There's often an easier way to do many everyday activities if they're causing fatigue. Pause first and think if energy could be used more efficiently. These 5 skills will help conserve energy, balance activities, and avoid overexertion during everyday tasks.

#### 1. Plan It Out

Help your care recipient plan a new way of doing tasks. This can be hard if they have done things a certain way for a long time. Gently remind them that new approaches can conserve energy and reduce breath shortness so they can do things they want.

#### 2. Slow Down, Stop Rushing

If an activity is difficult or makes them out of breath, it may be tempting to rush to get it over with. For example, going up all of the stairs quickly. However, this makes us more out of breath. Instead, try slowing down and breaking the activity into smaller chunks. For example, do a few stairs at a time.

#### 3. Offload Your Legs

Save energy by finding opportunities to sit, so the body doesn't work as hard.

#### 4. Take Time To Rest

#### 5. Change The Activity Or Equipment

Some activities can be harder for people with lung health conditions—especially when carrying heavy objects or bending over—these can affect their breathing. Think about ways the activity can be changed or made easier with equipment.



# INFORMATION

## MEDICARE OPEN ENROLLMENT PACKETS MAILING OUT IN SEPTEMBER

From October 15th to December 7th folks on Medicare can review their plan and make sure it's still the best option for them. If you have met with Shannon or Haley at our office in the past for a plan review; we have your information on file and you can expect to receive a packet of information sometime in September. We love to see new folks too! If you have Medicare or will be going on Medicare, give us a call and we can help you navigate the process. Important to remember, we never receive any compensation from insurance carriers, so you know you are getting a unbiased opinion. Our team has saved Medicare recipients over 2 million dollars in out of pocket costs, just by comparing plans! We can most likely save you money too!

## MEDICAID ELIGIBILITY REDETERMINATIONS

If you receive Medicaid; you will have to renew your coverage to comply with federal legislation beginning in June and will continue through next May. The Michigan Department of Health and Human Services (MDHHS) will be reviewing all recipients, those who are no longer eligible for benefits must take action to maintain healthcare coverage to protect yourself. Make sure your contact information is up to date with the state, we recommend setting up a MI Bridges account if you don't currently have one. If you get a renewal packet in the mail, be sure to fill it out, sign and return it by the due date along with any proof requested.

For questions or help submitting documents, call us and ask for Shannon or Haley.

## THE IMPORTANCE OF WORDS OF ENCOURAGEMENT FOR OLDER ADULTS

Depression is the most common mental health concern among older folks. As they reflect on their lives, seniors are likely to identify many reasons to be grateful, such as friends and family relationships, career success, and personal life achievements. Positive memories of vacations, leisure activities, hobbies, and special interests are great topics of discussion. As people age, many of the relationships, successes, and memories mentioned above become just that-memories. Friends, spouses, even children pass away. Retirement brings new freedom, but also boredom. Some seniors that retire feel they have lost their purpose in life. As relationships and careers meet their natural ends, the body also ages. This means that hobbies, vacations, and leisure activities become more difficult for seniors.

Encouragement for older adults needs to be genuine, realistic, and personal. It also needs to be heard, and sometimes, repeated. Personal words of encouragement include simple messages of "I love you". Those three words aren't the only way of showing you care though. No one ever wants to be forgotten and we know that seniors experience a heightened sense of this fear. Reminding them you think of them often assures them that they are still important to you. Starting a conversation or visit with "I was thinking about you, so I thought I would say hi" shows them that they are on your mind. It also invites further conversation. A simple "How are you" goes a long way. Whatever the specific words, most important is for these personal conversations to really happen. Show your love and care for the seniors in your life by making time to talk to them.

Source: [www.michigan.gov/words-of-encouragement-for-seniors-012614/](http://www.michigan.gov/words-of-encouragement-for-seniors-012614/)

## DON'T WAIT UNTIL YOU ARE IN CRISIS! GET PREPARED!

Do your loved ones know your wishes if you couldn't tell them? Have you completed a Power of Attorney (POA) for your financial and medical matters? Did you know that we can help you do just that here at our office and at no charge for Seniors. Please call ahead so we can expect you and be ready. The best advice we tell all families is that having a plan in place and knowing your options beforehand can alleviate a lot of stress on everyone when the time comes, and it will come whether you are ready or not. These simplified forms are a great starting point to make your own plan.



Being Prepared a great gift you can give your Family. Start a plan today!



### MI Choice Medicaid Waiver Program

MI Choice Medicaid Waiver program is a home and community-based care option for low-income older adults and adults with disabilities that need nursing home level of care and prefer to live at home or in a setting of their choice.

Services and support you may qualify for:

- Supports Coordination
- Personal Care / Homemaking services
- Community Living Supports
- Private Duty Nursing
- Respite Care / Adult Day Services
- Home Delivered Meals
- Personal Emergency Response Units
- Environmental Adaptations and more

Phone: 800-442-1713 or 231-947-8920

Email: [info@aanm.org](mailto:info@aanm.org)  
Website: [www.aanm.org](http://www.aanm.org)



MI Choice services can be provided in:

- Your own home.
- The home of a caregiver or family member.
- A residential setting such as an assisted living facility, adult foster care home or home for the aged.

You may qualify if:

- You are age 65 or older.
- You are age 18 or older with a disability.
- You live in Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee or Wexford County.
- You meet income guidelines
- You have multiple medical and service needs.
- You need the MI Choice Medicaid Waiver program to prevent having to move into a nursing home.

For more information and to see if you may qualify please contact our Access and Eligibility staff.

The Area Agency on Aging of Northwest Michigan receives funding through the Bureau of Aging, Community Living, and Supportive Services of government and donations from local citizens, companies and the general public. Services through the MI Choice Medicaid Waiver Program are paid for by the Michigan Department of Health and Human Services and the Division for Medicare and Medicaid Services.

Missaukee County Commission on Aging

## Snow Program

ENROLLMENT BEGINS OCTOBER 11TH, 2022

**(231) 839-7839** Program Requirements

Must be 60 years or older  
Full-Time WINTER Missaukee County Resident/Homesowner  
Proof of Income Required to Participate in Cost-Share Program  
Applications Need to be Completed Annually  
Any Previous Snow Balances Must be Paid in Full

SEASON STARTS DECEMBER 1ST & ENDS MARCH 31ST  
Or visit the budget form here: [link](#)

## Kinship Caregiver Grant

Do you or someone you know qualify?

Are you 55 or older and caring for a relative under the age of 18?

Do you live in one of our covered counties?

Do you have financial needs requiring assistance?

For more information or to see if you qualify please call 231-716-6320 or visit [www.aanm.org/kinship-caregiver](http://www.aanm.org/kinship-caregiver)

Child & Family Services

## Senior PROJECT FRESH

is a program that provides Senior residents (60 & older) \$25 worth of vouchers to purchase Michigan grown produce from participating local farm markets and produce stands. Purchasing limitations do apply.

Coupons are distributed on a first come first serve basis.

THERE ARE REQUIREMENTS TO PARTICIPATE IN THIS PROGRAM. CALL US FOR MORE DETAILS (231) 839-7839

## IN-HOME FOOT CARE SERVICES

AVAILABLE BY APPOINTMENT  
CALL TO SCHEDULE  
\$25



## 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.

### SERVICES SUMMARY

APRIL—JUNE 2023

#### NUMBER OF CLIENTS SERVED

HOMEMAKING	102	TRANSPORTS
RESPITE CARE	10	4 DIALYSIS
PERSONAL CARE	13	11,369 MILES
FOOTCARE	137	388 HOURS
MED SET UP	14	194 TRIPS

### SUPPORT SERVICES

**TRANSPORTATION**—To non-urgent medical appointments.

**\*APPLICATION & 48 HOUR NOTICE REQUIRED**

**MEDICARE & MEDICAID ASSISTANCE**—Certified Counselors on staff to help you navigate these systems.

**INFORMATION & ASSISTANCE**—Guiding you to senior resources in Missaukee County & beyond. Application for Assistance help.

**BASIC NOTARY SERVICES**—Appointments requested as these services are limited to what we can witness. Call for Details.

### IN HOME SERVICES

**HOMEMAKING** — Laundry, meal prep, sweeping, dusting, mopping, & vacuuming.

**PERSONAL CARE** — Trained attendant for bathing, dressing, & grooming.

**RESPITE** — Caregivers stay with your loved one while you take care of you.

**FOOT CARE** — In your home, with a licensed nurse.

**MEDICATION SET UP** — Set up by a licensed nurse.

### ADVERTISE WITH US!

Not to brag or anything, but this little publication is really gaining some traction! Want your message in front of around 500 seniors? We have multiple sizes available & will list you on our website too!

For more details, contact Heather at: [h.bryant@missaukeeco.org](mailto:h.bryant@missaukeeco.org).

#### Other Services

911 ADDRESS SIGNS HOME CHORE

CLEANING SUPPLY PANTRY

NOTARY SERVICES

PERSONAL ITEM PANTRY

#### Seasonal Programs

PROJECT FRESH (MAY-OCT)

SNOW PROGRAM (DEC-MAR)

#### Call For More Details

LAKE CITY AREA SENIOR CENTER PRESENTS:

WIN A 2 NIGHT GETAWAY

**THE FISH INN**

&

**\$50 FOR DINING AT LC TAPHOUSE!**

DRAWING WILL BE HELD SATURDAY, AUGUST 12TH @ 6P

LAKE CITY SENIOR CENTER

DO NOT NEED TO BE PRESENT TO WIN  
RISKS ONLY

#### FISH INN AMENITIES

Located at Missaukee County Park  
Sleeps 5 Comfortably!  
4 Bedrooms (Includes Bedding)  
Master/Full Guest/Twin Bunk  
2 Full Bathrooms (Includes Towels)  
Smart TV  
High Speed Wi-Fi/Internet  
Full Kitchen  
Laundry Room  
Recliner & Couch

• BOOK DATES MAY BE UNAVAILABLE  
• MUST BE RECEIVED BY MARCH 31, 2024

TICKETS ON SALE AT THE CENTER  
120 JOHN STREET (ACROSS FROM THE POST OFFICE)  
FOR MORE INFO CALL 231-839-4351

RAFFLE TICKET SPONSOR: CLASSIC CHEVROLET  
FISH INN OVERNIGHTS SPONSOR: MISSAUKEE COUNTY PARKS  
GIFT CERTIFICATE DONATED BY: LC TAPHOUSE

TICKETS  
\$5  
EACH

### HEATHER HARRIS-BRYANT MA BAH

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OFFICE  
STAFF

### BOARD OF DIRECTORS

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### MEETINGS 3RD TUESDAY OF THE MONTH

10a in the Missaukee Commission on Aging  
Conference Room

**PUBLIC ALWAYS WELCOME!**

[www.missaukeeco.org](http://www.missaukeeco.org)

### PRINT SCHEDULE

SPRING  
APRIL



SUMMER  
JULY



FALL  
OCTOBER



WINTER  
JANUARY

