

# MISSAUKEE COUNTY

## COMMISSION ON AGING



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**PHONE NUMBER:** (231) 839-7839

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

MCCOA SPRING 2021 EDITION

Hello Friends of the COA!

It's an understatement to say this last year was like no other and honestly, I really hope we don't ever have to repeat it. I know that I would never want to do it with a different team. We have had to make many adaptations and adjustments to the way that we our provide care, I am proud to say we have embraced it and accomplished it safely.

We also received a very generous grant that provided us with a large amount of Personal Protection Equipment (PPE). Employees that wanted the COVID vaccination, have received their doses, along with all of our volunteer drivers. We look to reopen the transportation services in the near future and an official announcement will be issued once we have a date. The new building is coming along quite nicely, fresh paint and some amazing volunteer donations will really help make things more inviting for seniors once we are able to open our doors back up to the public. The current regulations in place state that we cannot reopen until 60 days *after the end of Phase 6* in the reopen plan. The months of February & March we worked directly with the Health Department scheduling COVID vaccines for our residents age 65 & older. Almost 700 of them!

Thank you Lake Township for providing us with a contract so we could bring in a dedicated person to help us with the outreach of calls. The snow is leaving, the birds are singing, so get outside, take a walk, feel the sun on your face, and remember to count your blessings, they are everywhere!

*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 BAHA  
**Executive Director**  
H.Bryant@missaukeecoa.org

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S.Scarbrough@missaukeecoa.org

BRENDA STRICKLAND RN  
**Clinical Supervisor**  
B.Strickland@missaukeecoa.org

TERI DICK LPN  
**Nursing Coordinator**  
T.Dick@missaukeecoa.org

Like us on Facebook!  
www.missaukeecoa.org  
NEW REFRESHED SITE!



**(231) 839-7839**

*The great thing about getting older is that you don't lose all the other ages you've been.*



## COA & District Health #10 Vaccinate Senior Residents

While we were so happy to hear COVID-19 vaccines would be available for our senior population, we also knew that many would be faced with difficulties trying to schedule for an appointment online, ultimately only adding to the already present frustration. Fortunately, that was a short lived issue as we were able to coordinate directly with our local Health Department and directly schedule folks for their shots.

Lake Township provided us with a contract so we were able to bring in a dedicated person for about 2 weeks to call area seniors to schedule for their vaccine. It has been a huge success, we were able to schedule almost 700 people! We are still able to help schedule, if you are interested in receiving the COVID-19 vaccine, please call us at (231) 839-7839.



**THANK YOU** Lake Township, Rob Hall, Korinda Winkelman, & Nicole Colecchio!

## Missaukee County Commission on Aging

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## 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.

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# PROGRAMS, ACTIVITIES, & INFO



CHECK OUT OUR NEW REFRESHED WEBSITE! [www.missaukee.coa.org](http://www.missaukee.coa.org)

MCCOA SPRING 2021 EDITION

## What's Prescription for Health & How do I Sign Up?

A nutrition program where you can learn skills to make healthy eating & regular physical activity a part of your lifestyle. Six lessons, each lasting around 1 hour.

**Attend all 6 classes, return a survey, then you will receive \$100 in fruits & veggies.**

**For More Details & to Register, email: [swilliams4@mhc.net](mailto:swilliams4@mhc.net) or call (231) 352-2976**

### Lessons Include:

- Enjoy healthy food that tastes great!
- Eating healthy on a budget
- Making healthy your lifestyle
- Quick Meals & Snacks
- Tips for losing weight
- Physical Activity—The Key!

### My Way to Wellness!

New online nutrition program for low-income residents offered by MSU Extension. It's self-paced, so you can do it anytime & anywhere! Learn how to make healthy food choices that work for you.

**Check it out for yourself at: [canr.msu.edu/my\\_way\\_to\\_wellness/](http://canr.msu.edu/my_way_to_wellness/)**



The Department of Health and Human Services has launched virtual classes on **GetSetUp** to help older adults stay social during the pandemic.

Join social groups with like minds on all kinds of topics.

Make New Friends!

A computer, laptop, smartphone, or tablet is required along with internet access.

### Lots of activities!

#### Most are FREE!

- You can take classes on things like:
- Facebook—What it is & How it Works
- Healthy Lifestyle with Yoga
- How to Use Email
- Dementia Support Groups
- Shop Online— Order Groceries!
- Maximize that Smart Phone!
- Read (And Record!) Stories for your loved ones—LOVE THIS!
- Go to: [getsetup.io](http://getsetup.io)



**Prescription for Health**  
Earn **\$100** in fruits and vegetables

**How:** attend 6 interactive sessions  
To receive \$100 you must attend all classes and return all lesson surveys

**Cost:** **FREE** There is no cost to you!  
This grant is a courtesy of Crawford, Huron, Missaukee or Washtenaw Counties and is for those 60 and over

**Register:** Crawford County Residents: (313) 452-3983 or [spokane@msu.edu](mailto:spokane@msu.edu)  
Huron, Missaukee & Washtenaw Residents: (313) 452-3976 or [msu@msu.edu](mailto:msu@msu.edu)

Upcoming Sessions	
March 9-April 28 Tue 10:00am - 11:00am Wednesdays, 1 PM	June 7-July 12 (skip July 8) Tue 10:00am - 11:00am Wednesdays, 1 PM
March 22-April 30 Tuesday 10:00am - 11:00am Tuesdays, 10 AM	June 17-July 21 Tuesday 10:00am - 11:00am Tuesdays, 10 AM
April 5-May 20 Tue 10:00am - 11:00am Wednesdays, 1 PM	July 19-August 26 Tue 10:00am - 11:00am Tuesdays, 10 AM
April 18-August 7 (skip 5/18) Tuesday 10:00am - 11:00am Tuesdays, 10 AM	August 2-September 9 Tuesday 10:00am - 11:00am Tuesdays, 10 AM
May 18-June 14 Tue 10:00am - 11:00am Wednesdays, 1 PM	August 23-September 20 Tue 10:00am - 11:00am Tuesdays, 10 AM

Michigan Health Department | Extension | Michigan Healthcare



## TRANSPORTATION UPDATE

Our Volunteer Based Driver Program will be restarting services in the near future.

Our Transportation offers residents of the county (60 & older) rides to non-emergent medical appointments in the surrounding area. Due to COVID-19, this program has been closed for the past year. All of our current volunteer drivers have received their vaccinations.

Clients requesting rides will also have to prove vaccination & sign our policy as an acknowledgement.

Minimum of 48 hours notice prior to your appointment is kindly requested.

### SEEKING VOLUNTEER DRIVERS!

This is a volunteer position where you use your own personal vehicle and are reimbursed \$0.50 for every mile.

### Great retiree opportunity!

### REQUIREMENTS

- Pass a background check
- Clean driving record
- Valid Michigan Driver License
- Reliable Vehicle
- Proof of Insurance
- COVID-19 Vaccination

**Contact Us for More Info!**





# HEALTH & SAFETY

MCCOA SPRING 2021 EDITION  
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## SPRING TIPS

- CHECK YOUR MEDICINES & UPDATE YOUR MEDICATION LIST**—Get rid of expired meds, make sure your med list is up to date & accessible for emergency personnel
- REMOVE EXCESS CLUTTER**—Keep things picked up from the floor, use rugs that offer a grip on one-side to avoid slipping. Identify & move any potential walking hazard.
- GET HELP WITH SPRING CLEAN UP**—Ask a relative or friend to help or hire a teenage to help with Spring time cleanup.
- WALK AS MUCH AS POSSIBLE**—Sitting for a long period of time is really bad for your health on many levels, get up and get moving. Even if it's laps around the house every hour. The less you do, the more you lose.
- GET YOUR COVID-19 VACCINE**—If you need help scheduling an appointment to receive a shot, give us a call, we can help get you scheduled.
- DRINK WATER**—It's no secret! Not drinking enough water every day can lead to many other issues, make it a challenge or set a reminder timer. Your vital organs will thank you!
- ADD SEASONAL FOODS INTO YOUR DIET**— Fresh fruits & veggies help boost your immune system! Some may qualify for Project Fresh Vouchers to purchase from participating farmers & markets throughout the summer. Contact us for more details.

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gladhandschirooflakecity@gmail.com



# MCCOA INFO

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

**Household Income Below**

**1 Person - \$1,630**

**2 Person - \$2,198**

**Assets Below**

**\$14,790**

**\$29,520**

Or/and qualify for assistance with Part B premiums:

**Household Income Below**

**1 Person - \$1,456**

**2 Person - \$1,900**

**Assets Below**

**\$7,860**

**\$11,800**

## SENIOR PROJECT FRESH!

Provides low income residents 60 & older with vouchers to buy Michigan grown produce from participating farmers, stands, & markets.



### Eligibility Requirements

Live in Missaukee County  
Household income 185% of poverty  
Call **(231) 839-7839** to be added to the list!

**Comparison of Unlimited Medical Auto No-Fault Insurance to Medicare Only**

Coverage	Unlimited Medical Auto No-Fault	Medicare Only
Emergency Room	Yes-100%	Yes-80% You pay 20% co-insurance (A&O) 80 days \$1,494 deductible
Hospitalization	Yes-100%	Cover 81-90 \$271 a day co-insurance (A&O) 91-180 \$252 a day co-insurance (A&O) Limited to 100 days
Skilled Nursing Facility Care/Post-Acute Care/Respite Rehabilitation	Yes-100% as long as needed	Days 1-20 No deductible Days 21-100, \$180.00 per day co-insurance (A&O)
Long Term Care/Assisted Care	Yes - 20/7 if needed	Not Covered
Respite Treatment Programs	Yes	Not Covered
Case Management Services	Yes	Not Covered
Advanced Care (Assistance with care and supervision) Home Health Services	Yes	Limited home health aide 2 or 3 times per week for 4 hours during hours when receiving skilled services
Guardianship or Conservatorship Transportation Services (Excludes non-emergency Reproductive Services (In some instances))	Yes	Not Covered
Reproductive Services (In some instances)	Yes - Up to 3 years liability	Not Covered

**IMPORTANT!**

**IMPORANT INFO REGARDING AUTO INSURANCE & MEDICARE**  
Recent changes to Auto Insurance now gives Michigan residents an option when it comes to PIP Coverage. This chart will help explain how Medicare works in the event of an auto accident. We suggest to double check with your agent for more details.  
**CHART COPY AVAILABLE**

MCCOA SPRING 2021 EDITION

## THANK YOU JAMES PREHN!

We want to recognize the efforts & contributions of James Prehn during his many years serving our COA; Jim has played a huge role and is one of the reasons that we are looking towards such a bright future here! We are so grateful for Jim and his wife Wendy, they have both been dedicated advocates & a voice for the Seniors of Missaukee County. Jim will be missed and we wish him many blessings!



## 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@missaukee.coa.org](mailto:h.bryant@missaukee.coa.org)



# SERVICES HIGHLIGHT

## SERVICE (December through February)

NEW CLIENT ASSESSMENTS	11
HOMEMAKING/PERSONAL CARE/RESPITE	131
RN VISITS	8
FOOT CARE	71
MEDICATION SET UP	11
SNOW REMOVAL	81
WELLNESS CHECK	4
MEDICARE ASSISTANCE	194
ASSISTANCE—Utilities, Pantry Supplies, Food	75
INSURANCE ASSISTANCE (Non-Medicare)	10
FRESH PRODUCE & FOOD BOXES	140
<b>TOTAL SERVED</b>	<b>736</b>



MCCOA SPRING 2021 EDITION



### CLEANING PANTRY & SUPPLIES ARE AVAILABLE

Call 839-7839

Curbside Pick Up

Laundry Soap  
Bar Soap  
Lotion

Dryer Sheets  
Shampoo  
Vinegar

Bleach  
Conditioner  
Depends

Dish Soap  
Toilet Paper  
Medical Items

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Susan L. Vignola, DDS

**Lake City Family Dentistry**  
(231) 839-2630  
213 Canal Street  
Lake City, MI 49651

**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

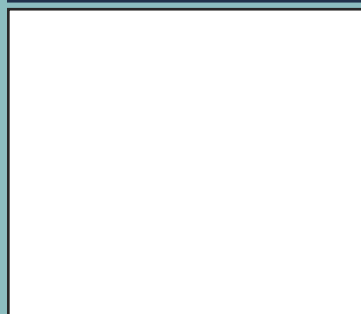
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## MISSION STATEMENT

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.



### 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

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[northernhealthcare.org](http://northernhealthcare.org)



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TUES & THUR 4:30PM	
 SUN 10:00AM	 SUN 11:30AM

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