

MISSAUKEE COUNTY

COMMISSION ON AGING



SUMMER 2021



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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 SUMMER 2021 EDITION

Hello my friends!

Warmer temperatures are here! I love having the windows open, the smell of fresh cut grass, sunshine on my face and the all around feel of summer in the best little city ever, don't you? Our team spent the winter & spring months working on painting and new vinyl flooring along with other little enhancements and upgrades to make our space safer for our guests. Even though our office has not been open for public entry in over a year, and aside from pausing our Volunteer Transportation Program, I am proud to say that we have remained fully operational and on the ready to serve those who need us.

MCCOA is here to provide supporting services to the people of Missaukee county age 60 & older. It is because of our taxpayers believing in the importance of quality care for our older loved ones that makes this possible.

I am proud and blessed to share that we have served just over 1,000 residents of the county just since the start of our fiscal year last October 1st. This staff has stayed true to our mission during the pandemic ensuring that our seniors remain in their *own* homes & living independently.

With Michigan reopening July 1st, we now plan for an opening date of September 1st to allow public entry back into our facility. Our official Open House will take place Spring 2022.

I encourage you to follow our Facebook page or visit our website for updates.

I am always looking for feedback & ideas to better our services, please don't hesitate to contact me at: h.bryant@missaukeeco.org. Have a wonderful summer, be safe & kind! -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
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TERI DICK LPN
Nursing Coordinator
T.Dick@missaukeeco.org

Like us on Facebook!
www.missaukeeco.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.

MCCOA NEWS

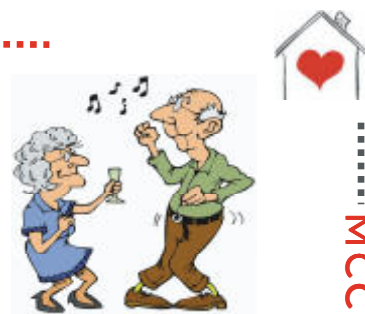
Tentative Reopen Date Set for September 1st!

The state of Michigan is set to release restrictions put in place by COVID-19 on July 1st. Folks that have completed their vaccination series no longer are required to wear a mask indoors. We anticipate our reopening to public entry on September 1st. Since it is our goal to provide engaging activities along with educational opportunities to our county's aging population, we will do so in a safe & cautious manner.

Join our team of Volunteer Drivers! Since our County does not have a public transit system, MCCOA receives grant dollars every year from the Michigan Department of Transportation to provide reimbursement to volunteer drivers who help out by taking seniors to non-emergent medical appointments. Now that we are able to resume those services, we need to grow our network of drivers to reach more seniors.

Volunteers earn a \$0.50 reimbursement for gas mileage & the schedules are flexible. Want to learn more?

Call 839-7839 & ask for Shannon or email: s.scarbrough@missaukeeco.org



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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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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

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AREA HAPPENINGS

CHECK OUT OUR WEBSITE! www.missaukeecoa.org



ENJOY SUMMER 2021!

LAKE CITY AREA SENIOR CENTER PRESENTS

Coffee, Donuts, & Disc Golf

DONATIONS APPRECIATED

Every Thursday from 8a-10a
Disc Golf at Maple Grove Disc following (weather permitting)

LAKE CITY EAGLE'S FAMOUS

MONDAY BURGER NIGHT

530-730P EVERY MONDAY

LAKE CITY EAGLES 3884

6240 W. HOUGHTON LAKE ROAD, LAKE CITY, MI 49601
FIND US ON FACEBOOK FOR MORE EVENTS

Missaukee County
Recycling Center

Saturday 9 to 1
Tuesday 9 to 3
Wednesday 9 to 3
Closed July 3

www.missaukeeco.org
231.839.7193
#MissaukeeRecycles

6240 W. SANBORN ROAD, LAKE CITY

AREA SUMMER EVENTS

- CLASSIC CAR & MOTORCYCLE SHOW
- GREATEST 4TH IN THE NORTH
- Craft Show & Farmer's Market
- EVP Men's Fellowship Garage Sale
- Vendor & Craft Show
- Junk in the Trunk
- Grand Parade
- 5K/10K Run
- LCAFD Bounce Houses
- Children's Day

FALMOUTH 4TH CELEBRATION

Outdoor Worship Service

CELEBRATE INDEPENDENCE DAY

Racing ALL summer at Merritt Speedway!

CADILLAC MARKET DAYS

CADILLAC ORCHESTRA LIVE

SENIOR CELEBRATION DAY

MANTON BLUEGRASS FESTIVAL

LAKE CITY CAR CRUISE & SHOW

Have a fall event coming up to share? Let us know!

- June 20 Cadillac Moose
- *Bolded Events are hosting Fireworks**
- July 2 & July 3—10a-6p City Park
- July 2 — 8a-4p Next to Roger's
- July 3—10a-3p Countryside Grill
- July 3—12p Merritt
- July 3 — 10a Downtown
- July 3rd — 730a Corner 55-66
- July 3rd—12p-? LC Taphouse
- July 3rd—10a **Falmouth**
- July 3rd—530p** Next to Roger's
- July 4 **Merritt Speedway**
- Tues, Fri, Sat Cadillac
- July 16—6p Cadillac Pavilion
- July 22—11a-2p Cadillac Farm Market
- August 6—2-9p Manton City Park
- August 13 & 14 Downtown

STEAK-O!

1st & 3rd Saturdays
3-5p

BINGO

LAKE CITY EAGLE'S 3884
6240 W. HOUGHTON LAKE ROAD
LAKE CITY, MI

AMERICAN LEGION POST #300

THURSDAYS EUCHRE NIGHT

7P

114 N. MAIN STREET
LAKE CITY, MI
(231) 839-4675

LAKE CITY EAGLE'S 3884

FISH FRY

Good eats made by good people!

2nd & Last Friday of the Month
430p to 730p

4154 W. Houghton Lake Road
Lake City, MI

DINNER INCLUDES
BAKED POTATO OR FRIES
CORNBREAD
ROLL

Dancing at the Merritt Golden Agers

MONDAY EVENINGS
5p-8p

Round & Square Dancing
Bring A Snack
5853 E. Lotan Road
Falmouth, MI

Questions? Call Rosie (231) 392-5156

Life is long if you know how to use it

03

HEALTH & SAFETY



MCCOA SUMMER 2021 EDITION
04

STAY SAFE THIS SUMMER

- KEEP COOL** —Seniors are vulnerable to dangerous illnesses like heat exhaustion and heat stroke brought on by scorching summer heat. Don't stay in the sun for more than 1-2 hours at a time, run the AC when in the home.
- TAKE BREAKS DURING PHYSICAL ACTIVITY** —Summer is such a great time to get outside, but seniors must be aware that the high temps and humidity wear your body out a lot quicker.
- DRINK WATER**—Since older adults naturally feel less thirsty than young people, it makes it even more important to remember to drink plenty of water to avoid dehydration. Keep it nearby for frequent drinks.
- WEAR SUNGLASSES**—Dust off the Blue Blockers! Not only will you look like the coolest grandparent ever, as we age, our eyes become more susceptible to vision loss so don't forget those shades!
- APPLY PLENTY OF BUG SPRAY** —Summer bugs can carry diseases that pose a heightened risk to seniors. Coat your skin and reapply to stay protected.
- MAINTAIN COMMUNICATION** — Before doing activities like gardening or exercise, let a loved one or caregiver know where you'll be and for how long.

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MCCOA PROGRAM INFO

SENIOR PROJECT FRESH 2021

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



TURNING 65 SOON?

Did you know the COA has a secret weapon when it comes to navigating Medicare for Missaukee County residents? Whether you are new to Medicare or it's Open Enroll time, we can help! Since we don't sell insurance or you can be assured that you will receive honest information with your best interest in mind. Shannon has helped hundreds of folks in her almost 20 years with COA.

MEDICARE OPEN ENROLLMENT

We have received notification that we will not be able to meet in person with people again this year for Open Enrollment. Appointments will be held over the phone or via Zoom. Forms are being simplified for easier reading & understanding. More updates to come as we get closer to October.

TRANSPORTATION SERVICES

Residents(60 & up) can get rides to non-emergent medical appointments in our area. Clients requesting rides will also have to prove vaccination & sign 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!

SUPPLIES AVAILABLE

Call 839-7839

- Laundry Soap Dryer Sheets
- Bleach Dish Soap
- Bar Soap Shampoo Conditioner
- Toilet Paper
- Lotion Vinegar Depends

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

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

WHAT WE DO



MCCOA SUMMER 2021 EDITION

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, or at the COA office.

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.

Medicare & Medicaid Assistance

Certified Counselor on staff to help navigate the waters of 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.

Senior Project Fresh

Seasonal program for low income seniors to buy locally grown produce from farm markets.

Reopen to Public Entry

September 1st!

(231) 839-7839 PHONE (231) 839-7630 FAX

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

Susan L. Vignola, DDS

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

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northernhealthcare.org

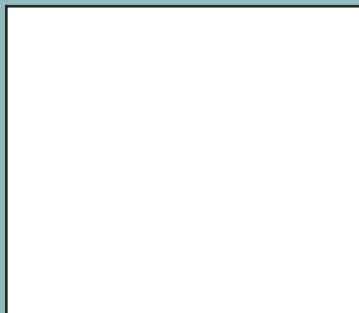
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www.missaukeecoa.org

Want to Subscribe?
 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.



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- Counseling
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- Medicaid Eligibility Specialist
- Transportation
- Respite

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