

MISSAUKEE COUNTY

Commission on Aging SUMMER 2022



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NEWSLETTER SCHEDULE

WINTER 2022
January February March
SPRING 2022
April May June
SUMMER 2022
July August September
FALL 2022
October November December
Join our Mailing List! Call Today!

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 SUMMER 2022 EDITION

Hello!

There is just something about sunshine and gorgeous weather that just rejuvenates your soul! The smell of fresh cut grass, long line at Tasty Treat, our little town hustling and bustling with friends from near and far, even the fact you can't make a left turn for 2 solid months makes my heart so happy when this time of year comes. I hope you all have had the opportunity to get out and get some celebrating/socializing in, it's so important to stay connected with loved ones and friends. We started offering a Tai Chi for Fall Prevention class on Friday mornings June 24th and the response has been spectacular. Currently the class is full, but we do have a waiting list and are already talking about adding another session, stay tuned for more details. Shannon and I attended the first Snacks & Facts event over in Cadillac with our SNAG (Senior Network Advisory Group) friends in mid-June. Although we didn't have a very large group, it was great conversation and hopefully we were able to answer some questions for folks. There is another session planned for August 17th, we will share details as we get closer and you can always call us here at the office with questions or if you would like to attend but need a ride. We have wrapped up our final upgrades to our building allowing us better energy efficiency and accessibility to those with disabilities. An Open House will be held to share our "refreshed" space sometime soon. Because of some existing restrictions that are still in place due to COVID-19 as it pertains to seniors, we are not open for public entry and continue to perform services curbside, by phone, email, and other creative ways imaginable. I am proud to say that we have continued our work through the pandemic and that MCCOA employs the absolute best of the best.



-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

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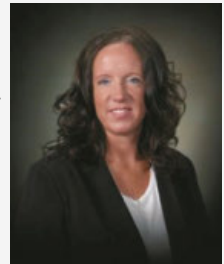
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New Board Member Michelle Geiger/Building/New LPN Vogler/Assisted Devices Grant

Join us in welcoming new Board Member Michelle Geiger! A community minded citizen, she has many years of business experience. Along with a successful real estate and property management career, she also manages the family's construction business. She has also taken a very active role in our Millage Renewal Committee and makes a great addition to our dedicated team. The future is bright for our COA!



Interior work is wrapped up. It looks so nice! We look forward to an Open House soon. Haley has accepted the title of Client Financial Coordinator and will now be handling all client billing (h.tron@missaukeeco.org). Invoices can be expected to arrive right around the 10th of the month *following services*. Credit card payments will be accepted soon!

MCCOA is proud to announce our very own Isaiah Vogler has completed and passed his boards granting him the title of LPN (Licensed Practical Nurse). Isaiah has worked with the COA as a Care Provider for the last few years while also attending college. He will be working alongside of Teri & Brenda doing footcare and assisting in client care management. Nothing makes us happier than watching our employees grow and progress in their careers, promoting from within puts the icing on the cake!

In May the Area Agency on Aging notified us of grant dollars available for our County to help seniors get assistive devices that could help them with mobility and accessibility. Since then, we have been able to purchase new walkers, canes, adaptive silverware, tablets, and such for folks. If you know a senior in the county, please ask them to contact our office, we can check the item's eligibility and if it qualifies, get the said item for the senior and at no cost. It's an amazing opportunity but on limited time! Call Today!

Missaukee County Commission on Aging (231) 839-7839

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02



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THINGS TO DO

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

MONDAYS Dancing At The Golden Agers
Shake your tailfeather 8P-8P
5833 E. Lelan Road, Palmouth (231) 892-6168

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
Bring your lunch and hang out for cards or Bingo
120 E. John Street OPEN 10A-2P

MONTHLY

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

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!

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Holdship Family of Funeral Homes
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REMAX Central Lake City
Joyce Outman - Shaklee Representative
Northern Lakes Community Mental Health

Alzheimer's
Support Group

Frídays at Noon
St. Stephen Church
506 Union Street
Lake City, MI



UPCOMING EVENTS -- Quick Overview
Check with Organizers for More Details.....

MUSIC IN THE PARK STARTS JUNE 30TH
Every Thursday through August 4th (Except 07/07)
Greatest 4th in the North

07/01-07/04
National Cherry Festival—Traverse City
07/02-07/09
McBain Heritage Days
07/15-07/17
Senior Appreciation Day
07/28
AuSable River Festival
07/22-07/30
After 26 Project Music Festival
07/30
Kalkaska County Fair
08/03-08/06
Otsego County Fair
08/03-08/08
Lake City Car Cruise & Show
08/12-08/13
Snacks & Facts
08/17
Northern District Fair
08/14-08/20
Buckley Old Engine Show
08/18-08/21
Festival of the Pines
09/15-09/19

SENIOR APPRECIATION DAY
Thursday, July 28, 2022 • 9 am - 3 pm
Mackinaw Trail Middle School • 8401 S. Mackinaw Trail, Cadillac

FREE Day Celebrating Seniors
Filled With Workshops, Lunch, Style Show, Door Prizes, & More

Presented by
S.N.A.G.
Senior Networking Advocacy Group

Workshops Include

- Drums Alive! With Diane Patterson
- Changing Cadillac with Mayor Filkins
- Spark in the Dark
- Estate Planning 101
- Air Fryer Cooking with Rae & Nikki
- Crafting with Cardinal Creations
- Senior Single Mingle
- Tea Party with Herb Society
- Volunteering Options!

FREE Live Music, Delicious Catered Lunch & Style Show!

- Local models you know and love!
- Clothing provided by Absolutely Fabulous Resale & Susan Jenson

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For Questions Call Rae at Curry House 231-846-7423

CONTACT US TO SCHEDULE
839-7839

MISSAUKEE COUNTY SENIOR ELECTRONIC RECYCLING PROGRAM

ELECTRONIC PICK UP

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

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.



SUMMER ACTIVITY IDEAS

PLAN A FISHING EXCURSION Fishing is a relaxing activity and the perfect opportunity to spend time with old friends or a grandchild. Maybe you can show them your favorite “secret” spot.

PICNIC AT A LOCAL PARK OR PLAYGROUND Perfect way to enjoy nature by packing a lunch and eating outdoors, picnics are also a great way to get a good dose of Vitamin D. Fresh air and great conversation can make some awesome memories, throw in a game to add to the fun!

GARDENING Plant some veggies or flowers in raised beds or pots, use tools that make working in the garden easier. Even with limited mobility, there are ways to participate at some level. You can reap the benefits of fresh homegrown produce while getting some exercise.

JOIN A BOOK CLUB Check with the library or local church to see if there are any existing clubs to join or start your own!

VISIT MICHIGAN LANDMARKS Many museums or landmarks are available for free. Make a road trip plan and visit some interesting places around this beautiful state of ours.

TAKE CLASSES Learn something new this summer, there are a ton of free programs online specifically designed for older adults, interaction with other students helps broaden your social circle.

GO TO A SPORTING EVENT Local events, like the grandkid's summer baseball or plan a trip to a stadium, take advantage of those senior discounts, after all, you've earned it!

FLEA MARKETS, FARMERS MARKETS, OR CRAFT SHOWS Perfect time of year to enjoy these!

OUTDOOR THEATRE OR CONCERTS Music in the Park is on Thursdays downtown Lake City through the summer, Cadillac also offers up music opportunities for free at their pavilion.

PLAY MUSIC/SING TOGETHER Music has the amazing ability to relax and engage seniors especially those living with dementia and can trigger positive responses. It can bring back some pretty fond memories too, everyone has a song that they associate with a special memory.

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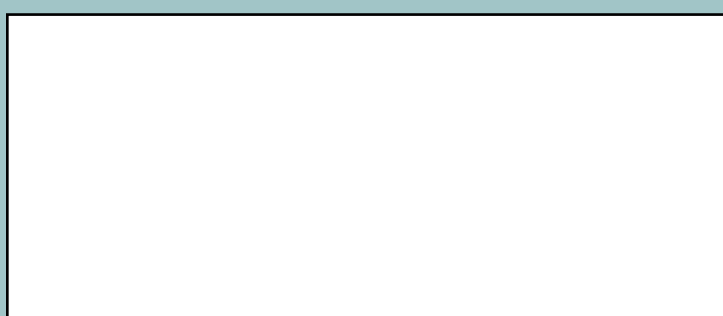
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MCCOA PROGRAMS & AREA INFO



Did you know? There are programs to help with Medicare costs. You *may* qualify for Prescription drug assistance:

Household Income Below

1 Person - \$1,700

2 Person - \$2,289

Assets Below

\$15,150

\$30,950

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

You may also be eligible for Medicare Premium Assistance:

Household Income Below

1 Person - \$1,549

2 Person - \$2,080

Assets Below

\$8,400

\$12,600

IMPORTANT NEWS FOR THOSE WHO RECEIVE MEDICAID

Do you or a family member currently have health coverage through Medicaid? If so, you may soon need to take steps to find out if you can continue your coverage. Soon, the Michigan Medicaid agency, will resume Medicaid eligibility reviews. This means some people with Medicaid could be disenrolled from those programs.

However, they may be eligible for other insurance that works with Medicare and may be able to get help paying for it. To be best prepared, make sure your contact information with DHS is current. This way, they'll be able to contact you about your Medicaid coverage. Check your mail as DHS will mail you a letter about your Medicaid coverage. This letter will also let you know if you need to complete a renewal form to see if you still qualify for Medicaid. If you get a renewal form, fill it out and return it right away. This may help you avoid a gap in your coverage.

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\$25

TURNING 65 SOON?

Navigating Medicare after leaving an employer's health plan can be a confusing transition. Did you know we provide 2 certified Medicare Counselors that can compare plan options for you with an unbiased opinion at no cost?

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Michelle Geiger, Member

Star Hughston—County Liaison

We are just a call away !

839-7839

MEETINGS 3RD TUESDAY OF THE MONTH

General Meeting @ 10a

Missaukee Commission on Aging

Conference Room

PUBLIC WELCOME!

Minutes available on our website

www.missaukeecoa.org

SUMMER 2022

05

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SEASONAL

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

911 Address Signs

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