

MISSAUKEE COUNTY

COMMISSION ON AGING



**Winter
2020-2021
Newsletter**

**Happy
HOLIDAYS.**

NEW ADDRESS! 2170 S. MOREY ROAD, LAKE CITY, MI 49651



WHAT'S INSIDE

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- Board of Director's News
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- Health & Safety
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- Winter Activities



PHONE NUMBER: (231) 839-7839

WEBSITE: www.missaukeecoa.org

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

**JOIN OUR BOARD!
FOR MORE INFORMATION
SEE PAGE 2!**

IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND!

MESSAGE FROM OUR DIRECTOR



MCCOA WINTER 2020 2021

Dear COA friends:

As we get ready to close the book on **2020**, I want to say **THANK YOU** to all of our **amazing staff**. If I could sum it all up in one word, it would have to be-grateful. **Grateful** we have been able to continue to provide care for our **beloved clients** while keeping them safe and in their own homes. Even though we have had to adapt how we provide our services, I am proud to share that **everyone** from staff to clients have really done a great job **staying positive** and **dedicated** to our mission. I look forward to **2021** and hope that we as **humans**, have found our way back to **kindness** and **compassion** for those who share the earth with us. Maybe with a little more **patience** thrown in there.

I am so eager to be able to share our new space with the **community** and can't wait to host the official Open House (I'm shooting for late Spring folks).

If you know a **senior** that could use some **help** in any way, please **reach out**. Contact info is below.

Enjoy your winter, get outside as much as you can and our next edition will come out in mid-March.

Until then.....**Merry Christmas, Happy New Year, & Happy Valentine's Day to you all!**

Heather

OFFICE STAFF & CONTACT INFORMATION

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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.

BOARD OF DIRECTOR NEWS

Join Our Board!



SEEKING NEW BOARD MEMBERS!

Our Board is seeking new members to fill vacant seats. Responsibilities require attending our monthly meeting on the 3rd Tuesday of the month to review financials and approve matters relevant to the COA. Also, we hope you would provide new ideas and support to help us grow on our vision and help us work towards our goal of expanding our services through programs, education, and opportunity. If you would like more information regarding the position, please feel free to email our Director, Heather at h.bryant@missaukeecoa.org to discuss or she can also connect you with a current member for additional questions.

BOARD OF DIRECTORS

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MCCOA WINTER 2020 2021

02

Meetings 3rd Tuesday of the Month at 10:00 (2170 S. Morey Road)



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MCCOA PROGRAMS



Here is a recap of the number of residents that we served in Missaukee County this Fall. (September-November)

SERVICE	CLIENTS SERVED
NEW CLIENTS	3
NURSE VISITS	16
FOOT CARE	78
HOMEMAKING	130
MEDICARE ASSISTANCE	294
MEDICARE OPEN ENROLLMENT COUNSELING	276
TOTAL MISSAUKEE SENIORS SERVED	797

MCCOA WINTER 2020 2021

GREEN EMERGENCY 911 SIGNS

Can Emergency personnel find you? Do you need a reflective green address sign?

Seniors aged 60 & over can get 1 sign for their main residence free of charge. Additional signs or for those under 60 are available for \$25.

Special thanks to our Sheriff Wil Yancer for helping install the signs at area resident homes.

TIP: Keep your medication list up-to-date and in an easy to find place for EMS.



There are programs to help with Medicare costs

You *may* qualify for Prescription drug assistance *if your:*

Household Income Below	Assets Below
1 Person - \$1,615	\$14,610
2 Person - \$2,175	\$29,160

Or/and qualify for assistance with Part B premiums *if your:*

Household Income Below	Assets Below
1 Person - \$1,456	\$7,860
2 Person - \$1,960	\$11,800

**APPLICATION
ASSISTANCE
IS AVAILABLE**

**Call SHANNON
(231) 839-7839**

CLEANING PANTRY & SUPPLIES ARE AVAILABLE

Call 839-7839 with your request

Curbside Pick Up

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

HEALTH & SAFETY



MCCOA WINTER 2020 2021

It's no secret that seniors are most at risk for medical complications if they develop COVID-19. We know that masks do work in preventing the spread. A vaccine is on the way, however, as of right now, we are told that won't be until spring, so we can't give up the fight yet.

This time of year can be especially hard for *everyone*, even when we are not facing a pandemic.

SAFETY TIPS FOR SENIORS & CAREGIVERS DURING COVID

1. **Understand The Risks** - Know that any activities you engage in outside of your home come with some level of infection risk. Wear a mask when going inside anywhere public or outside of your own home.
2. **Follow Public Health Guidelines** - Keep up to date with the latest recommendations. Michigan.gov/coronavirus is an excellent source.
3. **Continue To Use Curb side, Drive Thru, & Delivery** - Most businesses are ready to assist you without a direct contact, call ahead and make arrangements. Ask a loved one to do your errand running if you can.
4. **Care for your Mental Health** - Super important. Reach out to someone if you are struggling. Caregivers and friends of a senior, please keep track of any changes in mood or behavior. We have resources available to help!
5. **Be Up-To-Date on Vaccines** - Don't forget your flu shot! Drive Thru Clinics are available, if you need help locating one, give us a call.

04

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SENIORS IN THE KNOW



CONSIDER A SMART PHONE

Understanding new technology can be challenging. Navigating smart devices can be overwhelming. What's really nice about a smart phone is the ability to have apps at your finger tips. What's an app you ask? An app is short for application, these applications can be put onto your phone to assist you in many ways. There are exercise apps, brain game apps, discount apps, all kinds of them actually! If you thought tech was only for the younger generations, think again. Here is a list of some **free** apps to check out. Enlist someone to help you find where to download the apps on your phone, the time you spend together can make a really great memory too!



AARP

Local Events & Discounts

BE MY EYES

Adds extra light for reading

LUMINOSITY

Brain Games

WORD BRAIN

Word Puzzles

SENIOR SAVINGS

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GOOD Rx

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OLD TIME RADIO 24

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TAPESTRY

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EPICURIOUS

Recipes & Cooking

PILLBOXIE

Sets reminders for pills

SKYPE

Video Chat with loved ones

IMPROVE HOME SAFETY WITH THESE TIPS

Small rugs pose a danger. If you don't want to remove them, add some rubber grips.

Make sure all stairs, hallways, and other passage area are free from obstruction.

Whenever possible, eliminate steps or replace them with ramps.

In the bathroom, consider changing walk-in showers to a zero clearance shower-one with no threshold to negotiate.

Stairways can be safer by the adding handrails on both sides. Handrails on the porch or inside the garage can make access easier.

Doorway thresholds can be removed to allow for easier movement with a walker, some may need to be widened.

Improve your lighting. Inside and outside. Sometimes this can happen just by using higher wattage bulbs.

Bending. Sitting, and standing can be challenging for seniors, depending on individual difficulties. Raised toilets, lower counters and shallow sinks can help make daily life easier.

Round knobs on faucets and doors can be replaced with lever handles making them easier to turn them on and off.



Christmas Crossword



ACROSS

- Pumpkin or mincemeat
- Santa's ride
- Celebration
- Newborn
- Northpole crew
- Word of praise
- Words on a Christmas card
- It's opened on Christmas

DOWN

- Alternative word to 17 across
- Christmas drink
- Christmas dinner centerpiece
- Dec. holiday
- Christmas warmer
- "Jingle ____"
- Christmas tree
- O. Henry's "The Gift of the ____"
- What carolers do
- French Christmas.
- Snow glider



WINTER ACTIVITIES



INDOOR

Even though outside of the house activities are closed right now, there are still a lot of ways to be entertained and connected.

If you have internet access, here are some great things you can check out.

Smithsonian, San Diego, & Cincinnati Zoo have web cams where you can watch the animals. DailyCaring is an award winning website that entertains seniors, you can enjoy nature from the comfort of you own home.

YouTube has lots of old movies and videos available.

If you don't have internet access, don't worry, there are still a lot of activities to busy yourself with.

Work on a puzzle!

Create a memory book, take some time to share your life experiences on paper for your future generations to enjoy!

Slow down and enjoy quiet reflection, take the time to decompress without distractions.

OUTDOOR

As the weather permits, get outside! Take a walk and get some fresh air when you can.

Build a snowman with the grandkids—here's where seniors shine, supervising!

Find a comfortable seat and give directions to build a one-of-a kind snowman!

<p>Susan L. Vignola, DDS Lake City Family Dentistry (231) 839-2630 213 Canal Street Lake City, MI 49651</p>	<p>McBain Auto Service (231) 825-2729 Mon. - Fri. 8-5:30 ASE Certified, Licensed, Insured Master Mechanic ON DUTY Over 50 years combined experience Service for all your Automotive needs!</p>	<p>"Dirty Deeds Done Dirt Cheap!" MIKE'S HANDYMAN SERVICE Power Washing Decks Windows, Painting Doesn't hurt to ask (231) 920-7341</p>	<p>Family Health Care <i>Most insurances accepted. Discount available to those who qualify.</i> Now Offering Telehealth Services Cadillac McBain 520 Cobb Street 117 N. Roland (231) 775-6521 (231) 825-2643</p>
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