

MISSAUKEE COUNTY

Commission on Aging Winter 2022



WHAT'S INSIDE

- Message From Our Director
- News
- Winter Things To Do
- Health & Safety
- Program Info
- Services Information



2022 NEWSLETTER SCHEDULE!

WINTER 2022

January February March

SPRING 2022

April May June

SUMMER 2022

July August September

FALL 2022

October November December

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 WINTER 2022 EDITION

Happy New Year! I hope you all enjoyed a wonderful holiday with your loved ones. We had a busy Fall & holiday season here at the COA! I am happy to report that all of our exterior upgrades have now been completed. You may have noticed that beautiful new sign, fresh parking lot, handicap ramps, & garage as you have been passing by. By using grants, forgiven loans, & tax credits; I am even happier to report that we were able to accomplish these goals without having to spend any of our taxpayer funded dollars. At this time, we do not have a confirmed date to allow public entry into our building, we will when it is safe. MCCOA welcomed some new part-time Care Providers since our last edition; Jennafer, Terrie, Joslin, Emylee, & Christie Jo, this brings our staff count up to 24! We also welcomed a new Board Member to the team at our November meeting, Gail Stahl. Gail is a born and raised local, her working experience and passion for our mission makes her an incredible addition. I cannot wait for her contributions. And while one door opens, it seems another closes. In December we said goodbye to our Vice Chair, Virginia "Ginny" Keelean as she has decided that age 84 is a good time to retire. We appreciate the hard work Ginny has put into helping the future of the COA be a bright & prosperous one! Our board approved the addition of a part-time Administrative Assistant to our team. This team member will work at not only answering our phones, but also provide support to our admin staff to better streamline our current practices. The newsletter will have adjusted dates for 2022; special thank you to our advertisers, without them, this wouldn't be possible. Please consider patronizing these amazing local supporters of the COA. Talk to you again in April for our Spring edition!

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
MA BAH
Executive Director
H.Bryant@missaukeecoa.org

HOLLY DAVIS
Operations Coordinator
H.Davis@missaukeecoa.org

SHANNON SCARBROUGH
Support Services Coordinator
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

(231) 839-7839 839-7010 (2nd Line) 839-7011 (3rd Line)

Aging is just another
word for **LIVING!**

Did you know the COA has a local event calendar on our website home page? www.missaukeecoa.org
We try to fill it with area fun & engaging options that our seniors would enjoy. Want your event on the calendar? Send details to: info@missaukeecoa.org





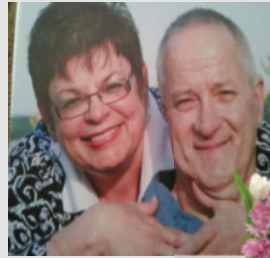
Welcome Gail Stahl, Ginny Keelean you will be missed!

GAIL STAHL JOINS BOARD!

We would like to officially announce our new Board Member Gail Stahl! A lifelong resident who spent her career in many realms of Nursing; and while she is “technically” retired, this nice lady sure likes to keep busy participating in local groups that really focus on all around life betterment.

We knew the minute she graced our door that Gail was exactly the kind of person we need to fulfill our mission.

We cannot wait to see Gail's contributions to our future!



VIRGINIA “GINNY” KEELEAN RETIRES

“There are no goodbyes for us. Wherever you are, you will always be in our hearts.” -Gandhi

Ginny Keelean has decided that age 84 is a great year to finally retire. While we are sad to see her leave our Board of Directors, we sure appreciate her need to settle down a little and spend time with family. Her contributions have helped move the COA in a direction we are very proud of. Although we know that Ginny will be sincerely missed, we know that she will continue to be one of our biggest cheerleaders.



Congratulations Ginny!

Missaukee County Commission on Aging

02



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.

All services are backed by our Holdship Exceptional Family Care™ Guarantee.
Now offering Memorial Meals & Receptions.

Hitesman-Holdship Funeral Home | 620 N. Mitchell St., Cadillac, MI 49601 • 231-775-3433

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

Holdship Family of Funeral Homes and Cremation Services | 212 E. Maple St. PO Box 67, McBain, MI 49657 • 231-825-2361

HOLDSHIP

FAMILY OF FUNERAL HOMES
AND CREMATION SERVICES

www.Hitesman-Holdship.com

 **Curry House**
Assisted Living & Memory Care
Schedule a Tour Today!

231-876-0611

Genesis Rehab Services located onsite for PT, OT & Speech
5858 S. 47 Rd., Cadillac, MI 49601
curryhousecadillac.com

**Secure Memory Care
Rooms Now
Available!**



Northern Mobility
Sales and Service

Northern Michigan's Mobility Scooter and E-Bike Outlet
2215 Tower Hill Rd., Houghton Lake, MI 48629



989-302-8036
www.northernmobility.net





STAY ACTIVE—EVEN IN WINTER!

Having the benefit of all 4 seasons here in our little piece of the earth gives us year round activity! No reason to stay inside all winter as long as you can be out & stay safe!
ACTIVITY KEEPS YOU YOUNG!

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

MONDAYS Dancing At The Golden Agers
Make your last festive 9-12P
5822 E. Linton Road, Palmyra (231) 292-6158

TUESDAYS Burger Night at The Eagle's
Burgers made to order with side available 5:30P-7:30P
4164 W. Houghton Lake Road

THURSDAYS Coffee & Donuts at The Center
Enjoy coffee & donuts 8A-10A
120 E. John Street

MONTHLY Euchre at The Legion
40 S&W Lewis Walkover! 6:30P
114 N. Main Street

CONSERVATION CLUB BREAKFAST 7A-11A
1st Saturday of the Month

FISH FRY AT THE EAGLES 4:30P-7:30P
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

MISSAUKEE COUNTY
VETERANS

VETERANS OFFICE
MONDAY-FRIDAY 9A-1P
CLOSED HOLIDAYS

(231) 839-7264 EXT. 305
CALL AHEAD OR SCHEDULE A MEETING
105 S. CANAL STREET

www.missaukee.org/departments/veterans_office

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!

Baldwin Family Health Center
Curry House Assisted Living
Neal Soenkson with Edward Jones
Samaritas Senior Living
Holdship Family of Funeral Homes
Smith & Associates
Burkholder Funeral Home
REMAX Central Lake City
Joyce Outman - Shaklee Representative
Northern Lakes Community Mental Health

Things to Throw Away Right Now

A lifetime is a long time to acquire treasures & memories. However, it can be overwhelming as we age and try to minimize our households. Clutter not only can pose a safety hazard, it causes stress & anxiety for everyone from the senior to the caregivers and family members.

ANYTHING THAT DOESN'T ADD VALUE
JUST-IN-CASE ITEMS
PHOTOS & PAPERS
ACTUAL TRASH
DAMAGED ITEMS
EXTRAS/DUPLICATES
STUFF YOU NEVER USE
AN ABANDONED HOBBY
ANYTHING EXPIRED
CLOTHES THAT DON'T FIT

Are you on Facebook?
Here are some local pages to follow that offer events & activities during the winter to help get you out of the house!

- LAKE CITY AREA CHAMBER
- LC TAPHOUSE
- CARDINAL CREATIONS
- MISSAUKEE MOUNTAIN
- MISSAUKEE LIBRARY
- PATIO ON MAIN
- AMERICAN LEGION
- LAKE CITY SENIOR CENTER
- LAKE CITY EAGLE'S
- ARLETTA'S

Missaukee County
Recycling Center

Saturday 9 to 1
Tuesday 9 to 3
Wednesday 9 to 3
Closed July 3
www.missaukeecd.org
231.839.7193
#MissaukeeRecycles
6240 W. SANBORN ROAD, LAKE CITY

Lake City Winterfest
February 5th & 6th

FREE ONLINE
EDUCATION
FOR SENIORS
YOU ARE NEVER TOO OLD TO LEARN
SOMETHING NEW!

JUST SEARCH THE FOLLOWING NAMES BELOW (IN RED) ON THE INTERNET

HARVARD UNIVERSITY - YEP! THAT HARVARD
YOGA WITH ADRIENE - BEGINNERS WELCOME
WILL KEMP ART SCHOOL - LEARN TO PAINT
COURSERA - ONLINE COURSES FROM UNIVERSITIES
GENEOLOGY - RESEARCHING YOUR FAMILY TREE

COMING SOON!
Due to grant received we will be coordinating efforts with the Recycle Center to collect electronics from seniors for recycling. We will keep you posted & announce the launch date with details!



LOTS OF WAY TO ENJOY WINTER ACTIVITIES!

GROW AN INDOOR GARDEN Gardening indoors is a great proven calming activity. It promotes focus, increases strength with range of motion, and it relieves stress. You never see someone gardening that is in a bad mood, do you? All the benefits can help decrease a seniors risk for a heart attack or stroke.

BREAK OUT THOSE PUZZLES OR BOARD GAMES Superb way to stay mentally sharp! Playing with family or friends helps seniors feel connected to others, while getting to work on their concentration and problem solving skills. Maybe introduce the grandkids to a card game you played growing up. Nobody should grow up without knowing how to play Euchre.

GET PHYSICAL AT HOME There are all sorts of helpful exercises that you and your loved one can take up in the safety of your home. Even walking back and forth down the hallway can have an impact. Things like Yoga, Tai Chi, Pilates, Stretching, Chair Exercises, Weights, & Dancing in your living room like your on American Bandstand all promote health.

BAKE UP A STORM Winter is the perfect time to share recipes! Maybe it's time to pass on that family favorite recipe to the next generation. This is time you get to spend reminiscing and sharing your family history.

EXPLORE YOUR COMMUNITY! During the winter months, many community organizations hold free or reduced priced days, perfect for helping a loved one get out and enjoy the area without it costing a lot. Grab a meal at one of our wonderful restaurants (most offer senior discounts), visit the movie theater, visit a museum or gallery. Check out the Conservation District's Nature Trail located at 6180 W. Sanborn. Get out as much as conditions allow, and dress accordingly!

Samaritas
Senior Living

Rehabilitation | Memory Care | Skilled Nursing

460 Pearl Street | Cadillac
Samaritas.org/seniors
(833) 505-CARE

ADVERTISE HERE to reach the senior market

Call (800) 477-4574

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community

LPi Contact us at careers@4lpi.com
www.4lpi.com/careers

GARY GEIGER CONSTRUCTION, INC.

Licensed and Insured Contractor
The Builder Who Performs The Work

(231) 839-8289

info@geigerconstructionlcmi.com

- NEW HOMES • REMODELING
- ROOFING • SIDING • POLE BARNs
- CONCRETE & MORE!

Lic#2101195406

231-839-7248

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

SMITH & ASSOCIATES, C.P.A., P.C.

Certified Public Accountants
Professional Income Tax Preparation
Over 30 Years of Professional Experience

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Terry Sweeney** to place an ad today!
tsweeney@lpicommunities.com
or **(800) 477-4574 x6407**

Neal F Soenksen
Financial Advisor

200 E Mason Suite A
Cadillac, MI 49601
231-876-2353

Edward Jones
MAKING SENSE OF INVESTING

GLADHANDS CHIROPRACTIC
Where Healing Begins

Applied Kinesiology
Nutritional Counseling
Massage Therapy

Brain Bilyea D.C., C.M.T.

1501 C S. Morey Rd., Lake City, MI 49651
(231) 839-4263 Office | (231) 839-4264 Fax
gladhandschirooflakecity@gmail.com

MCCOA PROGRAMS & AREA INFO



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 | \$15,510 |
| 2 Person - \$2,198 | \$30,950 |

Or/and qualify for assistance with Part B premiums:

| Household Income Below | Assets Below |
|------------------------|--------------|
| 1 Person - \$1,469 | \$9,900 |
| 2 Person - \$1,980 | \$15,600 |

STAY SAFE



**ARE YOU
PREPARED?**

911 SIGNS AVAILABLE AT NO COST
FOR RESIDENTS AGE 60 & OLDER
\$25 CHARGE FOR 60 & UNDER

WWW.MISSAUKEECO.A.ORG



SEEKING VOLUNTEER DRIVERS!

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



CONGRATULATIONS HOLLY ON 20 YEARS!

January marked a milestone anniversary for one of our longest employees, please join us in saying THANK YOU to Holly for serving the senior residents of the county since 2002!

MCCOA
CLIENTS SERVED
SEPTEMBER-DECEMBER

1,471

Project Christmas

We rode along with our county's finest and delivered Christmas gifts & goodies to 25 seniors in early December!
THANK YOU!
SNAG, Missaukee Sheriff Department, Yvonne, Tonya, Sandra & all our generous Community Members who donated items too!

BOARD OF DIRECTORS

Patrick Smith, Chair
Marcia Zimmerman, Treasurer
Helen "Taddy" Keeler, Secretary
Bill Mosher, Member
Bill Spurgeon, Member
Gail Stahl—NEW MEMBER!
OPEN POSITION!
Star Hughston—County Liasion

MEETINGS 3RD TUESDAY OF THE MONTH

Executive Meeting @ 930a
General Meeting @ 10a
Missaukee Commission on Aging

PUBLIC IS WELCOME!

SEEKING 1 NEW BOARD MEMBER!

For More Information

Email: h.bryant@missaukeeco.a.org

OUR SERVICES

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, performed by a nurse.

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.

Riders must be vaccinated.

Medicare & Medicaid Assistance

Certified Counselor on staff to help with 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. FREE for 65 & older. \$25 for under age 65.

Our office remains closed to public entry

(231) 839-7839 * 839-7010 * 839-7011 PHONE

(231) 839-7630 FAX

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

MCCOA WINTER 21-22 EDITION

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




Family Health Care

Most insurances accepted.
Discount available to those who qualify.

Providing affordable health care for everyone.

| | |
|--|--|
| Cadillac 520 Cobb Street (231) 775-6521 | McBain 117 N. Roland (231) 825-2643 |
|--|--|

Bostick's Drugstore
117 W. Main St., Manton • (231) 824-6465
bostickdrugstore@yahoo.com
Fax (231) 824-6468

Emergency after hours service
Free Deliveries • Gifts/Cards
Mike Moffit, Pharmacist
Quality hometown care, for a healthier you!
Open Mon.-Fri. 9-5; Sat. 9-1



support our
ADVERTISERS



Burkholder
Family Funeral Home, LLC.

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



Schepers
Agency Inc.

General Insurance
Since 1917
113 N. Roland Street
McBain, Michigan 49657
Phone: 231-825-2411
Toll Free: 877-251-0727
Office Hours:
Mon. - Fri. 8am-5pm




Greg Bosscher & Co. hometown trusted connected

Greg Bosscher, Associate Broker
231.357.2798
Greg@gregbosscher.com

five star*
REAL ESTATE LEADERS



Donna TOMMAS
ASSOCIATE BROKER

41A N. MOREY RD.,
LAKE CITY, MICHIGAN

OFFICE: 231-775-1205
CELL: 231-878-3130
Each office independently owned and operated.




4-D-5-5

For ad info. call 1-800-477-4574 • www.lpcommunities.com

15-0794

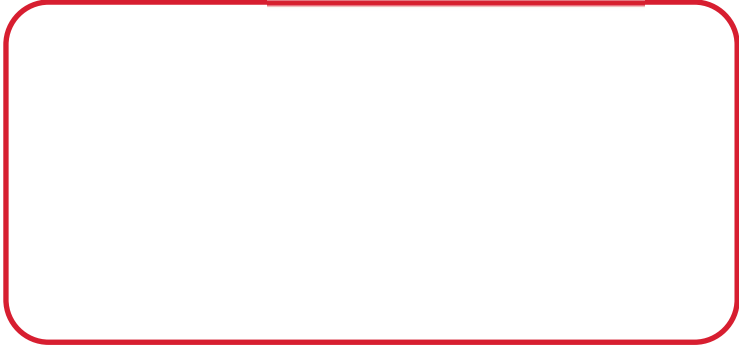
Missaukee County Commission on Aging
 2170 S. Morey Road
 Lake City, MI 49651
www.missaukeecoa.org



Non Profit
 Organization
 U.S. Postage
 PAID
 Lake City, MI
 Permit No. 6

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.



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

(231) 933-4917 • 1-800-640-7478
northernhealthcare.org



We turn sick care into well care with beyond organic products.
 Shaklee sets the standard with premium nutrition, anti-aging skin care, weight management, and environmentally friendly home care products.

We help make people **healthier** and the world a **better** place.

Call Joyce today 231-884-3797! | pws.shaklee.com/joyceoutman



RetiringWell
 WITH CENTENNIAL WEALTH ADVISORY
AIRS WEEKLY ON:

| | |
|------------------------------------|--|
| LOCAL 32 SAT 7:30AM | 9&10 NEWS SAT 9:00AM |
| TUES & THUR 4:30PM | |
| 29&38 SUN 10:00AM | 9&10 NEWS SUN 11:30AM |

YouTube /RETIRINGWELL

Retirement Planning
 Office Now in Cadillac
 Call Us Today 231-995-9575
www.cen-wealth.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpiconmunities.com

15-0794