

MISSAUKEE COUNTY

Commission on Aging

Keeping Seniors of Our County Safe, Informed, & Independent at Home.



WHAT'S INSIDE

- Message From Heather
- MCCOA News
- Things To Do
- Health & Safety
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*Winter
2023*



NEWSLETTER SCHEDULE

WINTER 2023
January February March
SPRING 2023
April May June
SUMMER 2023
July August September
FALL 2023
October November December

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

WEBSITE: www.missaukeecoa.org



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

BOARD MEETINGS 3RD TUESDAY MONTHLY
10:00 AM—MCCOA CONFERENCE ROOM
PUBLIC WELCOME!

2170 S. MOREY ROAD, LAKE CITY, MI 49651

MESSAGE FROM OUR DIRECTOR HEATHER HARRIS-BRYANT MA BAH

MCCOA WINTER 2023 EDITION

I hope everyone enjoyed a Merry Christmas and I wish you all a very Happy New Year! Since our Fall edition, we said hello to 3 new In Home Providers and goodbye to a beloved Board Member. Bill Mosher has been such an intricate part of our evolution over the last few years, he is a fair man with an honest heart and I am honored to have worked along side of him. Our MCCOA family wants to share with you in welcoming our newest team members Diane, Marcia, & Carrie. These 3 ladies share our mission and bring a lot of years of combined experience that I know will be such a blessing to our clients.

2023 is a year that we really hope to spread awareness about what we do and encourage people to check us out. Even if you don't think you "need us yet". When we say we are here to keep Seniors independent, we mean it. A big factor in keeping that independence is prevention. Most of the time, when people decide to call us, they are already overwhelmed. Please make it easier on yourself, find out now. Going to retire soon? Want to know how Medicare is really going to work? I wish I could tell everyone it is really easy to navigate all the processes, sadly, we know this is not always the case. We offer a wealth of information and resources, if it is Senior related info, we either already know about it or can find out. Give us a call, I am betting we can help!

- 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.

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Patrick Smith, Chair

Bill Spurgeon, Vice Chair

Marcia Zimmerman, Treasurer

Helen "Taddy" Keeler, Secretary

Gail Stahl, Member

Michelle Geiger, Member

Star Hughston, County Commissioner Liaison

OUR BOARD

MEETINGS 3RD TUESDAY OF THE MONTH

General Meeting @ 10a

Missaukee Commission on Aging

Conference Room

PUBLIC WELCOME!

Life is either a daring adventure or nothing at all



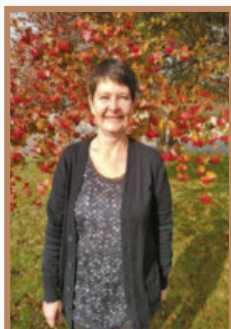
Medicare Open Enrollment/Bill Mosher Retires/Employees of the Month

Medicare Open Enrollment was a busy time this year! Shannon & Haley stayed full with appointments and we served 267 people. They saved our residents around \$173,000 in out of pocket costs for healthcare & prescription drug coverage.

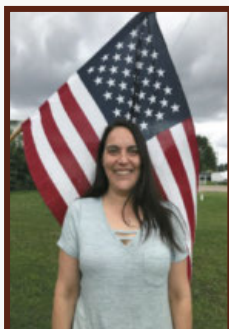
Congratulations to Bill Mosher as he retires from serving as a member on our Board of Directors. Bill has been involved with our COA since we opened our doors. He will continue to serve as a volunteer driver and hopes to find some time to get some fishing in.

Thank you Bill, your contributions are appreciated.

We proudly showcase our Employees of the Month.



OCTOBER
Teri LPN
Staff Nurse



NOVEMBER
Shannon
Support Services
Coordinator



DECEMBER
Kelly
In-Home Service
Provider



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THINGS TO DO



SUPPORT GROUPS

Healing Private Wounds

FREE Counseling Services Available
856 N. Mitchell, Cadillac 231-846-4495

Alzheimer's Awareness

1st Friday @ 1p
Lake City Senior Center, 120 John Street

Dementia Awareness

4th Tuesday @ 3p
Curry House, 47 Road, Cadillac

FOOD PROGRAMS

Commodity Supplemental Food Program

Community Action Agency has monthly commodities for Seniors age 60 & over on the **2nd Tuesday**. Bring your ID & Proof of Income *for everyone in the household*.

Questions? Call (231) 775-9781

9a-10a & 11a-12p

Locations

Living Life Church, 7700 W. Blue Road
Norwich Hall, 4551 E. Moorestown Road

Additional Grocery Assistance

Some churches in the County also have Food Pantries, Friends Ministry is a great resource to find a Pantry near you.

COMMUNITY STUFF

Tip Up Town USA

January 20th—22nd & 27th-29th

Winterfest—Downtown Lake City

February 4th & 5th

Polar Plunge

February 5th

Conservation Club Breakfast

1st Saturday - 7a-11a

Eagle's Fish Fry

2nd & Last Friday—430p-730p

Eagle's Steak O

1st & 3rd Saturday—2p

Legion "Show Me The Money"

2nd & 4th Saturday—2p

Legion SAL Breakfast

2nd Saturday—8a-11a

Legion Steak Fry

4th Saturday—5p

SOCIALIZE!

Senior Center

Fun activities every week! Become a member! They have Potlucks, Exercises, Cards, Movies, Crafts, Bake Sales, & more! They have something going on most days of the week. Best way to find out is to stop down there!

Ardis Missaukee Library

Genealogy 2nd Monday of the Month 1p-4p

EXCERISE

We have a beautiful Community Center available for your use! You can find their monthly schedule on the school's website: lakecityschools.net. When the weather permits, get outside and walk!

Our newly remodeled Senior Center offers a Cardio Drumming class on Wednesdays at 1p. They keep the beat to music using drumsticks and yoga balls. You do need to call ahead so they have equipment available for you. On Fridays they do a Tai Chi Class with MSU Extension for Fall Prevention. Contact the Center with any questions at 839-4351.

Merritt Golden Agers

Love to dance? This is the place to be on Mondays from 1p-4p! Square dancing to old time country music. Bring a snack to share!

MISSAUKEE COUNTY COMMISSION ON AGING

HOW MANY 'HELLO' WORDS
ARE THERE BELOW?



S	T	O	O	B	I	N	T	H	E	D	E
E	I	S	Q	A	B	U	E	Y	O	L	I
H	E	L	L	O	R	V	L	A	L	Q	A
L	M	O	R	U	S	A	L	R	H	E	R
L	R	H	E	I	V	I	O	L	A	H	A
Y	B	R	A	N	O	S	R	L	E	E	R
A	O	E	H	E	L	L	O	H	I	L	M
R	I	W	E	T	R	H	E	A	N	L	C
H	E	L	L	O	A	I	L	P	M	O	R

HEALTH & SAFETY WINTER TIPS



MCCOA WINTER 2023 EDITION

GET YOUR SHOTS! Vaccines are especially important for older adults. If you have ongoing health conditions (even if you don't), catching the flu, a pneumonia, or COVID-19 can land you in the hospital. People are still getting very sick from complications. Time and again, those without immunizations become much more ill than those who are vaccinated. Your doctor's office can verify & update any vaccines you may be needing and you can visit <https://mcir.org> to download your immunization record.

CLEAR THE CLUTTER! Remove or tack down rugs & secure your carpet edges. Change your bed linen regularly. Remember, the Recycle Center will pick up any old electronics right from your home! Call Us to Schedule!

JOIN A CLUB! The Senior Center is really starting to offer some great programs, the best way for them to grow, is for you to show! Local groups like the Womens Club, Chamber, even we are seeking volunteer drivers, any non-profits would LOVE to have you! These groups work hard to give back to the community and it feels really good to be a part of it. Not sure where to start? Give us a call, we would be happy to offer some suggestions that may fit perfectly for you! No time like the present folks!

04

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MCCOA FOR YOUR INFORMATION



CLIENT SERVED
OCTOBER
NOVEMBER
DECEMBER
1,671

You *may* qualify for the following programs!

Prescription Drug Assistance
Household Income Below Assets Below
1 Person \$1,700 \$15,150
2 Person \$2,289 \$30,950
Low Income Subsidy Medicare Savings Program

Medicare Premium Assistance:
Household Income Below Assets Below
1 Person \$1,549 \$8,400
2 Person \$2,080 \$12,600

STAY SAFE 

**ARE YOU
PREPARED?**

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



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SENIORS
OVER
\$2MILLION
IN OUT OF
POCKET
COSTS! **\$**

Missaukee County Commission on Aging

Snow Program

ENROLLMENT BEGINS OCTOBER 17TH, 2022

(231) 839-7839 Program Requirements
Must be 60 years or older
Full-Time WINTER Missaukee County Resident/Homeowner
Proof of Income Required to Participate in Cost-Share Program
Applications Need to Be Completed Annually
Any Previous Snow Balances Must Be Paid in Full
SEASON STARTS DECEMBER 1ST & ENDS MARCH 31ST
Or until the budget has been expended.



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OCTOBER 15—DECEMBER 7
267 CLIENTS SERVED
\$173,211 Saved in Out-Of-Pocket Costs
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**VOLUNTEER
DRIVERS
WANTED**

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MILEAGE REIMBURSEMENT OF \$.625 PER MILE

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 licensed nurse.
- Medication Set-Up**—Medication set up by a licensed nurse.
- Home Chore**—*4 Hours Available Annually* Cleaning walls, windows, refrigerator, carpets, etc.

**NOT SURE
WHERE TO
START?

CALL US
FREE RN
ASSESSMENT**

SUPPORT SERVICES

- Transportation**—Rides for non-emergent medical appointments. **Riders must be vaccinated for COVID-19**
- Medicare & Medicaid Assistance**—Counselors on staff to help navigate these systems.
- Information & Assistance**—Guiding you to resources in Missaukee County & beyond.

OTHER AVAILABLE SERVICES

- Snow Removal**—December 1—March 31
- Project Fresh**—Late Spring/Summer
- 911 Address Signs FREE for 65 & Older**
- Cleaning Supply/Personal Item Pantry**



(231) 839-7839 PHONE
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MISSION STATEMENT

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