

Grand Traverse County  
Commission on Aging  
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*Caring for those who cared for you, since 1975*

# The Upside Of Aging

Volume 2, Issue 9

September, 2018

## Walk to End Alzheimers

September 29, 2018 Ceremony at 10:00 am  
Walk at 10:30 am.

The Commission on Aging is gathering a group of walkers for this event, because we believe in helping to raise money towards Alzheimer's research. We would certainly be happy to welcome anyone who may be interested in signing up to walk with us, donating to the cause, or to have a crowd present to cheer us on. You can find out more information regarding this walk on the Alzheimer's website at: [http://act.alz.org/site/TR/Walk2018/MI-GreaterMichigan?fr\\_id=11293&pg=entry](http://act.alz.org/site/TR/Walk2018/MI-GreaterMichigan?fr_id=11293&pg=entry). Our group is called GTC Commission on Aging.

## Ways To Pay Your Bill

There are several ways the Commission on Aging makes it easier for you to pay your bill.

1. Send us a check or money order made out to COA in the enclosed envelope that comes with your bill.
2. Send your payment with your in-home worker, they can write you a receipt.
3. Use the lock box just outside our office for lunchtime/after hours payments.
4. Call us at 922-4688 and pay with a debit or credit card. (Please note there are fees associated with this type of payment.)
5. Stop in and make your payment, we always love to see our clients.



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# Cooler Weather Preparation

As the days begin to grow shorter we have a few tips to help you start to prepare for the upcoming season. Please keep personal safety in mind when checking items off this list, and connect with a trusted professional, family member, or contractor for anything you are not able to do yourself.

1. Have your furnace checked and replace the air filter.
2. If you burn wood have your chimney cleaned.
3. If you use LP gas or oil check the tank level.
4. If your heating unit vents to an outside wall check the vent and remove any blockage.
5. Invest in weather stripping for windows, doors, vents/fans, plumbing areas, air conditioners, mail chutes, electrical and gas lines.
6. Get your gutters cleaned.
7. Have your roof evaluated to prevent ice dams,
8. Buy a roof rake to keep snow from building up.
9. Prune the trees around your home, especially if you have low hanging branches near the roof or gutters.
10. Stock up on batteries, flashlights, duct tape, and non-perishable foods.

## Prescription Discount Cards

We still have prescription discount cards available. We can send you one if you call us at 922-4688, or tell your in-home worker and they would be happy to bring you one on their next visit.

### October

#### Staff Birthdays

Brenda V. - 1  
 Emily R. - 1  
 Curt B. - 2  
 Jacqueline C. - 5

#### Staff Anniversaries

Cynthia K. - 1 year  
 Nancy I. - 14 years