

Grand Traverse County
Commission on Aging
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The Upside of Aging

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Memorial Day

The Commission on Aging will be closed on Monday, May 30th for Memorial Day. No services will be provided on this date



ideas for life
Senior Expo - 2018

Trick or Treat

Treat yourself and avoid being
tricked.

Let's Make A Deal

Look for our booth "Let's Make A Deal" at the Bay Area Senior Advocates (B.A.S.A.) 16th Annual **ideas for Life Senior Expo**, Wednesday, May 16, 2018 from 10-3 at the Grand Traverse County Civic Center. We will have a gift for those who stop by. Fill out a survey to enter a raffle for a gift certificate from the Grand Traverse Pie Company.



GRAND TRAVERSE COUNTY
COMMISSION
On **AGING**
Caring for those who cared for you.

Caring for those who cared for you, since 1975



Do you know what a File of Life is?

This is a magnet/document you place on your refrigerator that has your name, emergency contacts and medical data .

Local EMS personnel are trained to look for this file. This information can help them in an emergency medical condition.

If you already have a File of Life on the refrigerator, great! If you don't, stop by and we can get you one. If you do have one, but it has been a long time since you have updated the information, we have blank forms you can use to update your current information.

PERSONAL EMERGENCY RESPONSE SYSTEM UNITS

We are encouraging all of our clients with a Personal Emergency Response System Unit, to set up as many emergency contacts with Guardian Medical Monitoring as possible.

Some local ambulances (EMS units) are charging to respond to a senior who has fallen down and needs help to get up.

Having several emergency contacts available, instead of calling EMS as the only resort, could possibly save you an ambulance bill.

If there is someone in your family, a neighbor, or a friend who would be willing to help you in a non-medical situation, then contact Guardian with their name and phone number.

You can contact Guardian directly by pushing the button on your base unit, or you can call them at (877) 435-7225. Let Guardian know you would like to add someone to your emergency contact list.

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