WELCOME!

To our 1st official newsletter! Issues will be released seasonally and will be used to share community activities, health news, & tips to help our Missaukee County seniors stay independent & in their homes.

INSIDE

• Welcome our New Director
• Teri’s Winter Tips
• Community Activities
• Brenda’s Health Tips
• Services Update
• Tips for a healthy diet

News and Announcements
MESSAGE FROM OUR DIRECTOR

Welcome to the 1st edition of our quarterly newsletter!

My name is Heather Harris Jensen, I started as the new Executive Director in the beginning of September. I have lived in Missaukee County my whole life. My education, experience, & background covers a wide-range in healthcare administration. Senior citizens have always carried a very special place in my heart and I am honored to have the opportunity to serve our aging residents.

I encourage you to stop in for a visit any time, the coffee is always on and sometimes you can catch some freshly made popcorn!

This newsletter will be published seasonally, if you have an activity or an event you would like us to share, please feel free to give me a call or you may send me an email at h.jensen@missaukeecoa.org

OUR MISSION

It is the mission on the Missaukee County Commission on Aging to keep seniors of the county safe, engaged, and independent through education, advocacy and services.

STAFF/CONTACTS

HEATHER HARRIS JENSEN BAHA
Executive Director
(231) 839-7839
H.Jensen@missaukeecoa.org

HOLLY DAVIS
Operations Coordinator
(231) 839-7839
H.Davis@missaukeecoa.org

SHANNON SCARBROUGH
Support Services Coordinator
(231) 839-7839
S.Scarbrough@missaukeecoa.org

BREnda STRICKLAND RN
Clinical Supervisor
(231) 839-7839
B.Strickland@missaukeecoa.org

TERI DICK LPN
Nursing Coordinator
(231) 839-7839
T.Dick@missaukeecoa.org

Like us on Facebook!
www.missaukeecoa.org

"You don’t stop laughing because you grow old. You grow old because you stop laughing."
- Michael Pritchard
HEALTH NEWS

A Message from our Clinical Supervisor Brenda, RN

Is it the Flu or just a crummy cold?

The common cold & influenza are illnesses that affect the respiratory system. They are caused by a virus and are spread through the air by coughing, sneezing, or touching an affected object. The symptoms of a cold begin gradually, usually 24-48 hours after coming into contact with the virus. You may experience a scratchy throat, runny nose, cough, & chest congestion. The worst symptoms usually only last 3-4 days, however, the cough can linger for a week or longer. The onset of flu is more sudden & symptoms can include high fever, body aches, weakness, fatigue, chills & cold symptoms. The flu can last 2-3 days or longer depending on the strain of the virus and the underlying health of the person infected. If you have a compromised health condition, experience difficulty breathing, shortness of breath, chest pain or pressure, seek medical attention immediately. There is no cure for the common cold or for the flu. Medication can lessen the severity, but, handwashing is your best first line of defense. If your immune system is compromised, avoid crowds and get your flu shot.

Like & follow us on Facebook! Missaukee County Commission on Aging

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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.

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www.Hitesman-Holdship.com
It’s no secret that staying active helps with life longevity. Here is a list of ongoing and Community Events & Activities.

**MONDAYS**
- **Burger Night**
  Lake City Eagle's
  4154 E. Houghton Lake Road
  530p-730p

- **Dancing**
  Merritt Golden Agers
  5833 E. Lotan Road
  Falmouth
  (231) 328-4447

**TUESDAYS**
- **Food Pantry**
  2nd Tuesday of the month
  Living Life Church
  7160 W. Blue Road
  9a-10a

- **Norwich Township Hall**
  4551 Moorestown Road
  Lake City
  11a-12p

- **Free Pool & Wing Special**
  Lake City Eagle's
  4154 E. Houghton Lake Road
  530p-730p

**WEDNESDAYS**
- **Recycling**
  Conservation District
  6240 W. Sanborn Road
  Lake City
  9a-3p

- **Free Pool & Wing Special**
  Lake City Eagle's
  4154 E. Houghton Lake Road
  530p-730p

**THURSDAYS**
- **Coffee & Jam Session**
  Merritt Golden Agers
  9a Coffee/10a Jam/12p Lunch

- **Euchre Night**
  American Legion Post #300
  114 N. Main Street
  630p

**FRIDAYS**
- **Fish Fry**
  2nd & last Friday of the Month
  Lake City Eagle's
  4154 E. Houghton Lake Road
  530p-730p

**SATURDAYS**
- **Show Me The Money**
  2nd & 4th Saturday of the Month
  American Legion Post #300
  114 N. Main Street
  2p-4p

- **Conservation Club Breakfast**
  1st Saturday of the Month
  Missaukee Conservation Club
  1431 N. Morey Road
  7a-11a

- **American Legion Breakfast**
  2nd Saturday of the Month
  American Legion Post #300
  730a-11a

- **Steak O**
  1st & 3rd Saturday of the Month
  Lake City Eagle's
  4154 E. Houghton Lake Road
  530p-730p

- **Steak Fry**
  4th Saturday of the Month
  American Legion Post #300
  5p-7p

**FOLLOW US ON FACEBOOK!** We share all local community activities that our seniors could benefit from or enjoy!
Teri’s Winter Tips!
1. Remember to check your heating systems regularly.
2. Keep paths free of snow & ice.
3. Install Carbon Monoxide detectors & fire extinguishers.
4. Stay in touch with a loved one daily.
5. Have at least a week’s supply of meds on hand.
6. Keep a cell phone charged & ready to use. Stay safe out there!

REGULAR PHYSICAL ACTIVITY HEALTH BENEFITS

- Helps to reduce symptoms of anxiety & depression, improves mood
- Reduces risk of developing disease
- Helps maintain the ability to live independently
- Lowers blood pressure
- Helps improve muscle strength to curve chronic pain
- Keeps bones, muscles, & joints healthy
- Helps control swelling & pain associated with arthritis

http://www.cdc.gov/nccdphp/sgr/olderad.htm
Nutrition plays a major role in keeping seniors healthy and maintaining or improving overall well being. A healthy diet can guard against numerous health challenges such as osteoporosis, high blood pressure, and heart disease. By following a few simple guidelines, there’s an endless variety of easy and nutritious meals that seniors can make on their own.

According to the National Institutes of Health (NIH), seniors will do best by choosing foods, which are high in nutrients (lean protein, complex carbohydrates, healthy fats, vitamins, and minerals) and low in calories. Options include:

- Lean Poultry & Meat
- Whole Grains
- Seafood
- Fruits & Veggies
- Eggs, Beans, & Nuts (unsalted)
- Low or Non-Fat Dairy

Other tips:

- Meatless Entrees
- Whole Wheat Pasta
- Lower sodium soups & broths
- Fresh herbs when possible

**BREAKFAST**
- Scrambled eggs (or egg whites if you’re watching your cholesterol) with diced onions, mushrooms, or chives.
- Fruit, such as sliced apple or pineapple, orange or grapefruit sections, grapes, or melon balls. A dollop of yogurt (don’t forget Greek yogurt!) adds freshness and zest.
- Whole grain toast. Try apple butter, naturally sweetened jam, or a drizzle of honey instead of butter!

**LUNCH**
- Homemade tuna salad. Try using canola mayo and adding pine nuts or chopped cashews for added texture. Add curry seasoning for extra flavor. Serve as an open-faced sandwich or as a salad.
- Green leafy salad with your favorite vegetables: tomatoes, cucumbers, scallions, olives, and avocado.
- Homemade soup. Start with vegetarian or chicken stock, then add your favorite vegetables and seasonings. Potatoes add a nice thickening texture, and squash or fresh corn add a sweetening factor. Best if made the day before, but a large batch can be frozen into individual portions for anytime use.

**DINNER**
- Baked or broiled chicken breast (skin removed) or fish fillet (tilapia, salmon, and tuna are delicious choices). Season with a squeeze of lemon and herbs such as rosemary or thyme.
- Potato, yam, or squash — baked or broiled with the poultry or fish. Baking them together in tinfoil will preserve the flavors and speed the cooking time.
- Steamed vegetables such as broccoli, carrots, cauliflower, asparagus, beets, spinach, or kale. Choose different combinations for variety and rounded nutrition.

Source: The Goodman Group 11/10/16
Did you know there are programs to help you with your Medicare costs?

You may qualify for Prescription drug assistance:

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<th>Assets Below</th>
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Or/and qualify for assistance with Part B premiums:

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<td>2 Person - $1,923</td>
<td>$11,600</td>
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Contact Shannon with questions or for assistance when applying.
Our Mission
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Patrick Smith, Chair
Virginia Keellean, Vice Chair
Marcia Zimmerman, Treasurer
James Prehn, Secretary
Bill Mosher, Member
Wendy Musselman-Prehn, Member
Star Hughston, County Commissioner & Liaison

Board Meetings
3rd Tuesday of the Month
Executive Meeting 9:30 am
General Meeting 10:00 am Open to the Public
Missaukee Annex Building—105 S. Canal

Northern Health Care Management
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- Nursing Facility Transition
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- In-home care and assistance
- Home Delivered Meals
- Emergency Response Systems
- Private Duty Nursing
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- Housing Assistance
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