

The Upside Of Aging

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Staying Cool this Summer

Summer is upon us in Northern Michigan and the seniors in our community may have difficulty with the hot weather and homes can heat up quickly. If you are struggling, please reach out to the Commission on Aging. The office may be able to assist in getting a box fan or air conditioning unit for those in need. We also have nursing staff that can check on seniors and provide help if necessary. Just a few friendly reminders to keep yourself cool this summer:

- Stay Hydrated
- Open your windows at night
- Create a cross breeze by opening windows on opposite sides of the room or house.
- Cover windows when they are in direct sunlight. Keep curtains, shades, or blinds drawn during the hottest part of the day.
- Wear loose clothing
- Dampen your clothing in water and sit in the breeze from a fan
- Take cool baths or showers
- Stay out of the sun

Additional BATA Passes and Transportation Coupons



We are happy to announce that we will provide additional BATA passes and Transportation Coupons to our clients who use them. Previously clients were able to purchase up to 8 BATA Passes and 8 sets of Transportation Coupons.



We will now offer clients up to 12 BATA Passes per year (still 1 per month) and 12 sets of Transportation Coupons per year (still 4 sets at a time). This is an additional 4 BATA Passes and 4 sets of Transportation Coupons available to our clients!

Just a friendly reminder...

> Northwestern Michigan Fair - August 7th-13th, 2022

Reminder: COA office is *closed* for lunch between 12-1pm

NORTHWESTERN MICHIGAN FAIR
Senior Day at the FAIR
 3606 Blair Townhall Rd
 Traverse City, MI

Monday August 8th 12 - 6 Pm

FREE Admission & Parking 60+

Gift bags for first 150 guests

**DOOR PRIZES
 CARDIO-DRUMMING
 HEALTH SCREENINGS**

Brought to you by: Bay Area Senior Advocates

Senior Day at the Northwestern Michigan Fair

Come join us for Senior Day at the Northwestern Michigan Fair on Monday August 8th, from 12pm-6pm! There will be free admission and parking for those 60 or older, gift bags for the first 150 guests, door prizes, cardio drumming, health screenings and more! The COA will have a booth set up so please stop in and say hello! We look forward to seeing you at the fair!

Outdoor Services Mower Safety Reminder

Make sure grass is the only thing that gets cut this summer! For your safety, please do not go outside when our Outdoor Services crew are mowing and weed whipping your lawn. Objects can be thrown from the discharge chute that could cause injury. If you would like to speak to your worker, please wait until they are finished. Thank you!



IMPORTANT: Please call our office (*not your worker*) to cancel your scheduled appointments. If it is related to COVID we would appreciate any details you can give us, such as date of testing and quarantine period. Call within 48 hours if you need to cancel for any reason, such as a doctor's appt.

Call or leave a message at: (231) 922-4688. Thank you!



August Birthdays and Anniversaries

Birthdays

Suzanne B. 08/07

Anniversaries

Jenny R.	08/01	6 yrs
Josh D.	08/02	1 yr
Clarissa F.	08/14	8 yrs
Karen Z.	08/14	27 yrs
Liz Prosch	08/31	2 yrs