

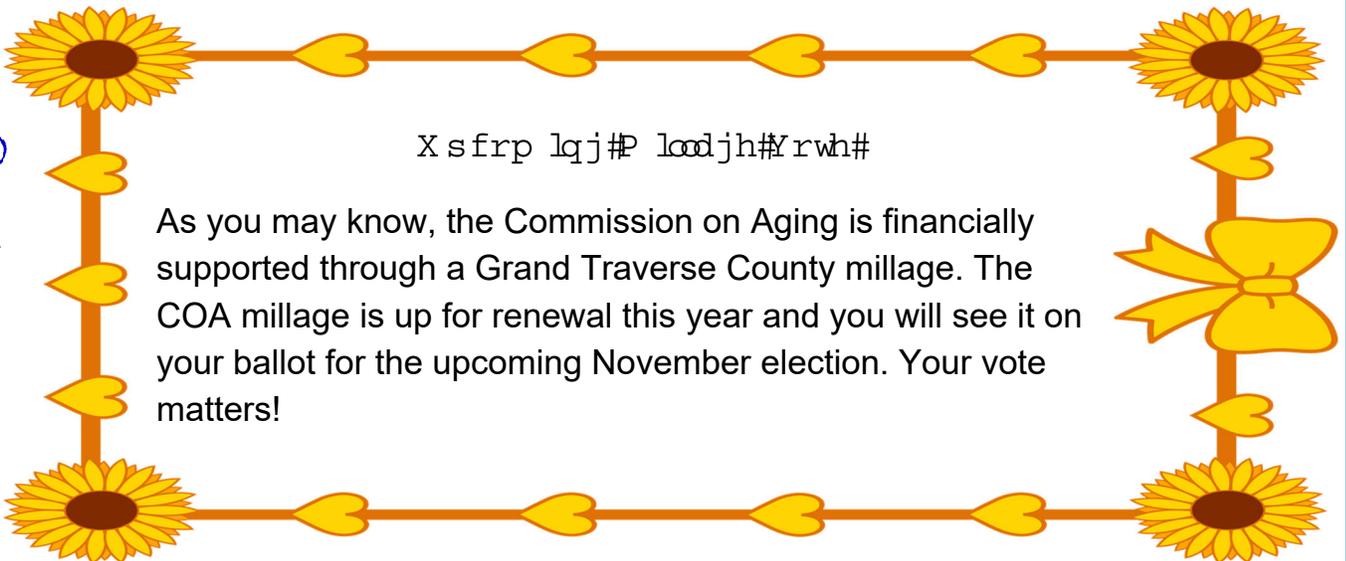
The Upside Of Aging

Volume 6, Issue 9

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WELCOME to Keith Guimond!

We are pleased to announce that we have added a Nursing Supervisor to our COA team. Please welcome Keith Guimond, RN, to the COA. Keith will be running our health care programs - Home Health Care, Respite, Medication Management and Foot Care and he will be supervising the staff who provide these services. He brings with him a tremendous amount of experience caring for seniors and we are thrilled to have him join us!



As you may know, the Commission on Aging is financially supported through a Grand Traverse County millage. The COA millage is up for renewal this year and you will see it on your ballot for the upcoming November election. Your vote matters!

Foot Care and Medication Management openings

Beginning in November, the COA will have openings in our Foot Care and Medication Management programs! We are excited about this opportunity to provide these services to more Grand Traverse County seniors! If you would like to be added to the list to receive either of these services, please contact the COA office at 231-922-4688.



Caring for those who cared for you, since 1975



Reminder we close for lunch. Our office is open 8:00 am to Noon, **closed Noon-1:00 pm**, and open 1:00 to 5:00 pm weekdays, except holidays



Food Storage Basics

It is that time of year when in home workers find some food storage situations that may be unsafe for our clients.

- **Refrigerate or freeze perishables right away.** Foods that require refrigeration should be put in the refrigerator as soon as you get them home. Never allow meat, poultry, seafood, eggs, or produce or other foods that require refrigeration to sit at room temperature for more than two hours—one hour if the air temperature is above 90° F. This also applies to items such as leftovers, "doggie bags," and take-out foods. **Check storage directions on labels.** Many items other than meats, vegetables, and dairy products need to be kept cold. If you've neglected to properly refrigerate something, it's usually best to throw it out.
- **Use ready-to-eat foods as soon as possible.** Refrigerated ready-to-eat foods such as luncheon meats should be used as soon as possible. The longer they're stored in the refrigerator, the more chance *Listeria*, a bacterium that causes foodborne illness, can grow, especially if the refrigerator temperature is above 40° F (4° C).
- **Be alert for spoiled food.** Anything that looks or smells suspicious should be thrown out. Mold is a sign of spoilage. It can grow even under refrigeration. Mold is not a major health threat, but it can make food unappetizing. The safest practice is to discard food that is moldy.
- **Open garbage breeds unwanted visitors**
Fruit flies, flies and maggots can be a real problem in your home at this time of year, especially if your garbage is not disposed of in a timely manner. Take your garbage out more often, even if you have to put it in smaller bags. Seal food scraps in Ziplock bags or coffee cans to eliminate undesirable insect growth in your garbage.



October Birthdays And Anniversaries

<u>Birthdays</u>	
Brenda V.	10/01
Emily R.	10/01
Lana P.	10/02
Curt B.	10/02
Anna L.	10/04
Sandy C.	10/26

<u>Anniversaries</u>	
Sandy C	2 years

