

*In February there is everything to hope for and nothing to regret.
-Patience Strong*

THE UPSIDE OF AGING

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REMINDERS:

The COA is closed on Monday, February 17th in observance of President's Day.

If you use Bill Pay services for your Commission on Aging invoices, please remember to update our address with your financial institution.

The NMCAA is assisting seniors with free tax preparation. Call them at (231) 947-3780!

1615 Park Drive,
Traverse City, MI 49686

- (231) 922-4688
- (877) 686-4688
- gtcoa@gtcountymi.gov
- www.gtcoa.org

Open 8 AM - 5 PM

*Closed from Noon
- 1 PM*

[www.facebook.com/
grandtraversecoa](https://www.facebook.com/grandtraversecoa)

Sidewalk Safety Reminder

With winter weather upon us, we kindly remind clients to do their best to keep sidewalks and entryways clear of snow and ice. This helps ensure safe access for COA staff during appointments and reduces the risk of slips and falls.

Thank You for Letting Us Brighten the Holidays

Thanks to the support of our community, we were able to share Baskets of Bounty with 105 seniors this holiday season. We are deeply grateful for donations from many anonymous donors, individuals, couples, and organizations like Alcoa Grand Traverse Stamping, AAA NWMI, Brightstar Care, and others.

A special thank you to the TCAP schools for making cards for our seniors.

We hope the baskets brought extra joy to your holidays and reminded you that you are an important part of our community. We do what we do, because of you!



February is American Heart Month: Keep Your Heart Healthy!

Heart disease is the leading cause of death in the U.S., but small lifestyle changes can make a big difference. Start by knowing your numbers—monitor blood pressure, cholesterol, and blood sugar regularly. Eat heart-healthy foods like vegetables, lean proteins, and whole grains while limiting salt and processed foods. Stay active with indoor walking, chair exercises, or gentle stretching, and aim for 7-9 hours of sleep each night. Managing stress is also key—try deep breathing, listening to music, or socializing with loved ones. Be aware of heart attack and stroke warning signs, such as chest pain, arm weakness, or speech difficulties, and call 911 immediately if symptoms arise. Stay proactive by taking advantage of free blood pressure screenings and local heart health resources. Your heart works hard for you—let's take care of it together! ❤️

Hoop's Pet Food Pantry: Helping Seniors Care for Their Pets

For many seniors, pets provide companionship, comfort, and joy, but the cost of pet food can be a challenge. Hoop's Pet Food Pantry, a local nonprofit in Traverse City, helps by providing free pet food to those in need, ensuring that seniors don't have to choose between caring for themselves and feeding their beloved animals. The pantry serves over 400 pets each month and operates on the 1st and 3rd Saturdays from 11 AM to 2 PM at Square Deal Country Store (900 Woodmere Ave.).

If you or someone you know could use this assistance, no application is required—just stop by during distribution hours. Donations of pet food are also welcome to help support this vital service. To learn more, visit hoopspfp.org or email hoopspfp@gmail.com. Let's ensure that every pet, and their loving owner, stays happy and healthy!

Granting Lifelong Dreams: Wish of a Lifetime's Impact on Older Adults

Wish of a Lifetime from AARP is dedicated to granting life-changing wishes for older adults, helping them fulfill dreams and redefine aging in America. The program encourages people to nominate seniors whose wishes can create meaningful experiences, from reconnecting with loved ones to celebrating long-held passions.

Through generous donations and community involvement, the initiative has transformed countless lives and inspired a cultural shift around aging.

For more information, visit www.wishofalifetime.org

