

VOL 9 ISSUE 5

THE UPSIDE OF AGING

MAY 2025

Lawn Care & Vendor Services

Our Outdoor Services team and vendor partners are gearing up for a busy season! Mowing is scheduled to begin May 1st, but please remember that all services are weather dependent and are not available on demand. If your lawn care is managed by a vendor, please contact your vendor directly with any questions about scheduling, service, or billing.

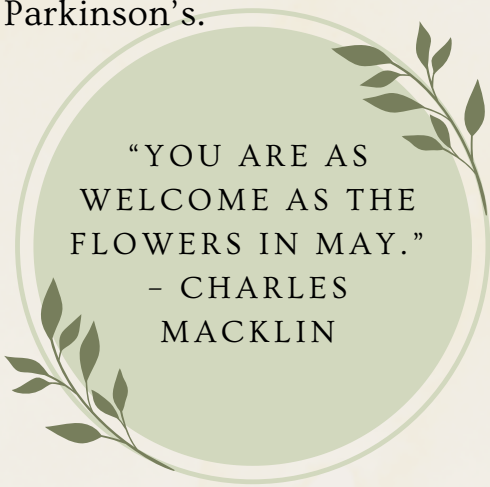
In-home Foot Care Appointments

The COA works hard to responsibly use the funds we receive from our senior millage. We are reorganizing our Foot Care schedules by region to minimize the cost of travel for our Foot Care program. You may be asked by your Foot Care nurse to change your future appointments to a different day as they adjust their appointments by region. Your support of this improvement is appreciated. Please make every effort possible to be available for your scheduled Foot Care appointments. Cancellations may mean that you will only be rescheduled when your nurse is in your location again in the future. Thank you!

Parkinson's Summer Forum: The Importance of Sleep

The 39th Annual Parkinson's Summer Forum takes place Thursday, May 22 at the Hagerty Center in Traverse City. This year's focus is on the critical role of sleep and how Parkinson's disease impacts rest and daily life. Presentations include the latest treatment updates, community resources, and practical tips for managing Parkinson's. Registration is \$25 and includes lunch; capacity is limited.

This event is hosted by the Michigan Parkinson Foundation and Parkinson's Network North. Register online by May 12 or by mail by May 6. For details, visit parkinsonsmi.org or call 248-433-1011.



"YOU ARE AS
WELCOME AS THE
FLOWERS IN MAY."
- CHARLES
MACKLIN

GRAND TRAVERSE COUNTY
COMMISSION ON AGING



Stay Safe: Protect Yourself from Scams

Scams targeting seniors are on the rise, with scammers using phone calls, emails, or even in-person visits to get your personal information or money. Always slow down and trust your instincts. Never give out your Social Security number, bank or Medicare info, or pay with gift cards or wire transfers to someone who contacts you unexpectedly. If something feels suspicious or too good to be true, end the conversation and verify the person or company using a trusted number.

If you think you've encountered a scam, don't hesitate to report it to local law enforcement, the Michigan Attorney General's Consumer Protection Division, or the FTC at 1-877-382-4357. Tell someone you trust—reporting helps protect others, too. Remember: your best protection is caution and taking your time.

2025 Senior Project Fresh

If you received Senior Project Fresh benefits in 2023 or 2024, keep an eye out for a postcard from the State of Michigan with details about this year's program.

The State has changed Project Fresh to an all-electronic system in 2025. Applicants will need an email address and a smartphone or computer to apply. The Commission on Aging will host enrollment sessions for seniors who do not have a smart phone or computer or who need assistance to apply. We will schedule the enrollment sessions when we receive more information from the State.

Paper coupons will no longer be distributed. Participants will receive a benefit card (similar to a credit card) in the mail after registering for the 2025 program that can be used at local farm markets. For those with a smart phone there will be an app that can be used for this program.

We'll reach out with additional information as soon as it becomes available.

THE COA WILL BE CLOSED ON MONDAY, MAY
26TH IN OBSERVENCE OF MEMORIAL DAY

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