

# THE UPSIDE OF AGING

*"Breathe the sweetness that hovers in August."*

- Denise Levertov



1615 PARK DRIVE, TRAVERSE CITY, MI 49686

◦ (231) 922-4688 ◦ (877) 686-4688

◦ [GTCOA@GTCOUNTYMI.GOV](mailto:GTCOA@GTCOUNTYMI.GOV) ◦ [WWW.GTCOA.ORG](http://WWW.GTCOA.ORG)

OPEN 8 AM - 5 PM \*CLOSED FROM NOON-1 PM\*

[WWW.FACEBOOK.COM/GRANDTRAVERSECOA](http://WWW.FACEBOOK.COM/GRANDTRAVERSECOA)

## DISPOSE OF HAZARDOUS WASTE SAFELY

Grand Traverse County's 2025 Household Hazardous Waste events offer residents a free, safe way to dispose of up to 150 lbs of accepted materials (additional waste is \$1.30/lb). Remaining dates are August 14 and September 13. Appointments open one month prior at [RecycleSmart.info/1162](http://RecycleSmart.info/1162) or by calling 231-995-6075.

The County also participates in Michigan's Clean Sweep Program, offering free pesticide disposal to all Michigan residents, including farms and businesses. Keep your home and community safe—don't let hazardous materials pile up.

## A NOTE ABOUT MAIL DELIVERY

We understand that mail delivery times can vary depending on your location. While most mail arrives promptly, some residents may experience delays of up to two weeks. We appreciate your patience and understanding as we work within the limitations of the postal system. If you have concerns about time-sensitive materials, feel free to contact our office directly.

## FREE HEARING CLINIC AT THE TRAVERSE CITY SENIOR CENTER

Higgins Hearing will be at the TC Senior Center on the first Thursday of each month offering complimentary 15-minute hearing clinics, including cleanings and basic checks. Appointments are required—call 231-922-4911 or sign up at [myactivecenter.com](http://myactivecenter.com).



## OPENINGS AVAILABLE: HOME HEALTH CARE & RESPITE SERVICES

The Commission on Aging currently has availability in both our Home Health Care and Respite programs. These services are designed to support older adults and their caregivers by providing in-home personal care, light housekeeping, companionship, and temporary relief for primary caregivers.

If you or someone you know could benefit from these services, please reach out to our office for details, eligibility, and enrollment. More information is available at [gtcountymi.gov/homehealth](http://gtcountymi.gov/homehealth) and [gtcountymi.gov/respite](http://gtcountymi.gov/respite).



## SCAM ALERT FROM THE ATTORNEY GENERAL'S OFFICE

Scammers are using spoofing technology to make it appear as though calls are coming from the "Consumer Protection Division" using real department phone numbers. They falsely claim your information has been "flagged" by credit agencies and that your accounts will be shut down unless you make an immediate payment.

Reminder: The Michigan Attorney General's office will never call to demand money, request payment to resolve a flagged account, or negotiate credit card debt over the phone. Hang up and report suspicious calls.



## SUPPORT FOR DEMENTIA CAREGIVERS – UPCOMING SESSIONS

Caring for someone with dementia? You don't have to do it alone. The Commission on Aging offers free, in-person caregiver training sessions led by licensed counselor Laurie Barnes, LPC. These workshops provide emotional support and practical tools for managing the challenges of dementia caregiving.

Upcoming sessions are scheduled for September 5 and November 7, and spots are still available. Open to Grand Traverse County residents—registration is required. To reserve your spot, contact Renee Woessner at (231) 922-4857 or [gtcoa@gtcountymi.gov](mailto:gtcoa@gtcountymi.gov).