

# THE UPSIDE OF AGING

*“Keep your face always toward the sunshine - and shadows will fall behind you.”*  
- Walt Whitman



## STAY SAFE IN THE SUMMER HEAT

As temperatures rise, so does the risk of heat-related illness – especially for older adults. Our bodies become less efficient at regulating temperature as we age, making it more important than ever to take precautions during hot weather. To stay safe:

- Use air conditioning or spend time in air-conditioned public places.
- Drink water regularly, even if you’re not thirsty.
- Wear light, loose-fitting clothing and avoid outdoor activity during peak heat (11 a.m.–4 p.m.).
- Watch for signs of heat exhaustion like dizziness, headache, or nausea.

Check in on neighbors, friends, and family – a quick call can make a big difference. Let’s take care of ourselves and each other this summer.

## NEED HELP COVERING PARKINSON’S-RELATED EXPENSES?

Parkinson’s Network North offers a Financial Assistance Program to support individuals living with Parkinson’s disease. Funding can help cover in-home care, adult day programs, short-term facility stays, medications, medical equipment, and more.

To qualify, applicants must have a confirmed Parkinson’s diagnosis, live in the Grand Traverse region (or Northern Michigan and regularly attend PNN support groups), and demonstrate financial need. A completed application and physician confirmation must be submitted by September 1, 2025.

Questions? Email [pnntcmi@gmail.com](mailto:pnntcmi@gmail.com) or visit  
<https://www.parkinsonsnetworknorth.org/>

# LOOKING FOR MEALS ON WHEELS?

We often get calls about Meals on Wheels and want to make sure you get connected to the right place. This program is run by the Northwest Michigan Community Action Agency (NMCAA) – they handle all Meals on Wheels services in our area.

To learn more or to apply, visit [nmcaa.net/northwest-michigan-meals-on-wheels](http://nmcaa.net/northwest-michigan-meals-on-wheels) or call 231-947-3780.

## SUMMER SOUNDS: FREE CONCERTS FROM NMC ENSEMBLES

Northwestern Michigan College's Concert Band and Jazz Band are presenting free concerts this summer across locations in Traverse City and Glen Arbor. These performances are open to the public and highlight the talents of both college students and community members.

- NMC Concert Band:
  - Thu, 7/18: Glen Arbor Township Park on M-22, 7:30 pm
- NMC Jazz Band:
  - Sat, 7/26: Milliken Auditorium, 7:30 pm

For more information:

Cari Noga, NMC Communications Director - (231) 392-1800



### EVENT DETAILS:

- Seniors age 60 & up
- Free Parking
- Free Admission (10 am-1 pm)
- Free Gift Bag & Lunch to the first 250 seniors (lunch from 11-1pm)\*\*
- Enjoy Fair Activities: BINGO, Grandstand Events & More!
- Fun games for Door Prizes!
- Entertainment: Some Like it Yacht! (Featuring Judy Harrison & the ReBooted)

\*\* Gift Bag & Lunch Ticket distribution starts at 10 am at the Fair Information Desk. Limited to the first 250 recipients (1 bag per senior household & 1 lunch ticket per senior while supplies last).



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

THE COA WILL BE  
CLOSED ON MONDAY,  
SEPTEMBER 1<sup>ST</sup> IN  
OBSERVANCE OF LABOR  
DAY.