

# THE UPSIDE OF AGING

GRAND TRAVERSE COUNTY COMMISSION ON AGING



## KEEPING VISITS SAFE & HEALTHY

As we head into the colder season, it's especially important to maintain a safe and healthy environment during all COA visits.

- Clients *are not permitted to* smoke in the home while a COA worker is present.
- If you are feeling unwell, contact the COA office at (231) 922-4688 to cancel or reschedule your visit as soon as possible. Calling ahead helps us protect staff and plan care appropriately.

Your consideration helps keep both clients and employees safe and ensures visits can continue smoothly through the winter months.

## FREE LAUNDRY HELP THROUGH NMCAA

The Northwest Michigan Community Action Agency (NMCAA) offers The Laundry Project year-round — providing free laundry assistance for local residents at select laundromats on scheduled dates.

Participants can wash and dry their clothes at no cost, and NMCAA and MDHHS staff are on-site to answer questions and connect individuals with community resources.

Locations:

- TC Laundry – 1131 S. Garfield Ave.
- 1st & 3rd Thursdays, 8:00 AM–12:00 PM
- Eastfield Laundry – 1122 E. 8th Street
- 2nd & 4th Thursdays, 6:00 AM–12:00 PM

Donations of monetary support or non-scented laundry products help keep this valuable community service running. Learn more at [www.NMCAA.net](http://www.NMCAA.net).



***"THE THINNEST YELLOW LIGHT OF NOVEMBER IS MORE WARMING AND EXHILARATING THAN ANY WINE THEY TELL OF." – HENRY DAVID THOREAU***

**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**

## **APPOINTMENT CANCELLATIONS**

Commission on Aging services rely on carefully scheduled appointments to ensure every client receives the support they need. When appointments are missed or cancelled at the last minute, it disrupts service delivery and prevents staff from assisting others who may be waiting.

**If you no longer need a visit or are feeling unwell, you must call the COA office at (231) 922-4688 to cancel as soon as possible.** Missed or late cancellations will result in a \$10 cancellation fee when not medically necessary, and repeated missed appointments may lead to discontinuation of your COA service.

Please make every effort to prioritize and keep your scheduled visits – or provide timely notice if you cannot. Your cooperation helps us maintain dependable, efficient care for all clients. Thank you!

## **LOVE YOUR COA WORKER?**

Has a COA employee gone the extra mile or made your day a little brighter? Let us know! You can always call in a “KUDOS” to share your appreciation. Each recognized staff member will be entered into a drawing to win extra time off!

***PLEASE NOTE THAT THE COA WILL BE CLOSED FOR THE  
THANKSGIVING HOLIDAY ON THURSDAY, NOVEMBER 27<sup>TH</sup> AND  
FRIDAY, NOVEMBER 28<sup>TH</sup>.***

## **THANKSGIVING COMMUNITY MEALS**

### **Salvation Army Thanksgiving Meal**

The sit-down meal will take place from 11 AM – 2 PM on *Wednesday, November 26th* at **1239 Barlow St, Traverse City, MI 49686** (No RSVP necessary).

### **Trinity Lutheran/Community Meals**

#### **Thanksgiving Meal**

The sit-down meal will begin at 1 PM on *Thursday, November 27<sup>th</sup>* at **1003 South Maple Street, Traverse City, MI 49684** (No RSVP necessary). You may request a meal delivery ahead of time by calling **(231) 360-7608**.