

THE UPSIDE OF AGING

SUPPORT AT HOME: HEALTH CARE, FOOT CARE & RESPITE AVAILABLE

The Commission on Aging currently has openings in several of our in-home service programs. Our Home Health Care program provides support from nurse aides, once or twice per week, to assist with mobility, bathing, changing non-sterile dressings, exercise regimens, feeding, hair and oral care, skin care, socialization, toileting, and washing or changing bed linens. We also have availability in our Foot Care program, offering in-home footcare for homebound clients, as well as our Respite program, which gives caregivers short-term relief while ensuring their loved one receives quality care and companionship.

If you or someone you know could benefit from these services, please reach out to our office for details, eligibility, and enrollment.

MEDICARE OPEN ENROLLMENT BEGINS SOON

Medicare's Annual Open Enrollment runs October 15 – December 7. This is the once-a-year opportunity to review your current coverage, compare plans, and make changes to Medicare Advantage or Prescription Drug (Part D) plans for 2026. Because premiums, benefits, and drug formularies can change annually—and with the new \$2,000 annual out-of-pocket cap on prescription drug costs that started in 2025—it's especially important to take a fresh look at your options this fall. Some providers are changing their plans in 2026.

The Area Agency on Aging of Northwest Michigan (AAANM) offers free MMAP counseling to help you sort through choices and find the plan that best meets your needs. To schedule an appointment, call (231) 947-8920 or (800) 442-1713.

Assistance from the State of Michigan is also available through MMAP at 1-800-803-7174.

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

WWW.FACEBOOK.COM/GRANDTRAVERSECOA

HEADING SOUTH THIS WINTER?

Do you leave Grand Traverse County during the winter months? If so, please let us know as soon as possible and provide a forwarding address for billing. Notifying us in advance allows our staff to better plan schedules and fill your open appointment slot while you are away.

Our policy is to hold openings for clients during short-term absences of up to one month. For absences longer than one month, we cannot guarantee your same appointment date, time, or worker upon return. In these cases, you will be placed on our waitlist, and we will do our best to schedule services for you as soon as an opening is available.

PREPARING FOR FALL & WINTER OUTDOOR SERVICES

Our Outdoor Services crew is still completing window washing for clients who receive that service. Leaf removal for Lawn & Leaf clients will begin toward the end of October. If we are unable to complete your leaf removal this fall, please be assured it will be taken care of next spring.

As the weather gets colder and thoughts turn to snow, please remember that COA only provides snow removal when route areas receive 4 inches or more of snowfall. If you'd like to check the status of our Outdoor Services crew at any time, you can call the hotline at (877) 686-4688.

PLEASE PRIORITIZE YOUR APPOINTMENTS

We've had a recent increase in last-minute cancellations and no-shows, and we'd like to remind clients how important it is to keep scheduled Commission on Aging appointments whenever possible. Each visit requires staff time, travel, and planning, and missed appointments limit our ability to serve others who may be waiting.

We understand that unexpected situations arise, but if you need to cancel, please let us know as early as possible. Avoiding last-minute cancellations or missed visits helps us provide consistent, reliable care for you and for all of our clients.

**DON'T FORGET TO FALL BACK! DAYLIGHT
SAVINGS TIME ENDS ON SUNDAY, NOVEMBER 2ND.**



***"OCTOBER IS A SYMPHONY OF PERMANENCE AND CHANGE."
—BONARO W. OVERSTREET***