

Grand Traverse County
Commission on Aging
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The Upside Of Aging

Volume 3, Issue 9

September 2019

Walk to End Alzheimers

Saturday, September 28, 2019

Registration at 9am

Ceremony at 10am

Walk at 10:30am

The Commission on Aging is gathering a group of walkers for this event, because we believe in helping to raise money towards Alzheimer's research. We would certainly be happy to welcome anyone who may be interested in signing up to walk with us, donate to the cause, or come cheer us on.

Our group is called GTC Commission on Aging. The walk will begin at the Open Space park located at the corner of West Grandview Parkway and N. Union Street. For more information go to the link below or call Melissa of the local Alzheimer's organization at 231-929-3804.

https://act.alz.org/site/TR/Walk2019/MI-GreaterMichigan?fr_id=12630&pg=entry



GRAND TRAVERSE COUNTY
COMMISSION
On AGING
Caring for those who cared for you.

Caring for those who cared for you, since 1975

* * * REMINDERS * * *

- >AARP Drivers Safety Course - September 26 & 27
- >Walk to End Alzheimer's - September 28
- >COAST bus adding Tuesdays as of October 1



Leaf Removal will begin after fall window washing is complete and the leaves are steadily falling.

Leaves are done by geographical location, for our current lawn maintenance clients.

Weather permitting, our goal is to complete all client's leaves before the snow falls. If we are unable to get your leaves up before it snows, we will be sure to complete them in the spring.

5 Autumn Safety Tips for Seniors

1. **Get the flu vaccine.** The CDC recommends that adults age 60 and older get a flu vaccine each year, ideally by the end of October.
2. **Be wary of tripping hazards.** Make sure leaves are cleared from your sidewalks and driveway to reduce your chances of a fall. All walkways should be illuminated as well.
3. **Stay warm.** Dress warmly and wear a hat when going outside.
4. **Protect your skin.** Stay hydrated by drinking plenty of fluids, use a humidifier, and apply lotion to dry skin.
5. **Eliminate fire risks.** Check for frayed electrical appliance cords on space heaters and electric blankets and check the batteries in your smoke and carbon monoxide detectors.

October Staff Birthdays and Anniversaries

Birthdays

Brenda V - 10/1
 Emily R - 10/1
 Lana P - 10/2
 Curt B - 10/2



Anniversaries

Cynthia K - 10/18 - 2 yrs
 Nancy I - 10/25 - 15 yrs

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