



OCCOA

OTSEGO COUNTY COMMISSION ON AGING



Submitted by
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*We Help.
We Care*

120 Grandview Blvd., Gaylord, Michigan 49735

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INFORMATION ABOUT ALL OCCOA PROGRAMS, INCLUDING OTSEGO HAUS ADULT DAY SERVICES, IS AVAILABLE AT WWW.OTSEGOCOUNTYCOA.ORG

OtsegoCountyCOA.org ~ available around the clock!

Aging is a natural process that affects every one of us. It is inevitable that as we age, sooner or later, we're going to need some help – either for ourselves or for a family member. In an age where families are spread out all over the country, the likelihood of living in the same community all of one's life has decreased. Staff members at the Otsego County Commission on Aging (OCCOA) know well the challenges that older adult children face in trying to assist parents from afar or in the evening after a long, hard day at work. As long as Mom and Dad are healthy and living independent and active lives, life usually flows along smoothly for most families. However, an accident, illness, or loss of one's spouse or peers can turn everyone's life upside down. When such changes or challenges occur for you, your family members or friends, do you know where to turn?

OCCOA is one source of information, services, and referrals for older adults and their caregivers. Our county is blessed by the strong support of its citizens for millage funds for older adult services provided by the agency. However, funding is not available for personal 24-hour-a-day service; as we all know, crisis and the need for information and resources knows no time constraints. Fortunately for older adults, and those who care for them, the agency offers an additional information source for the programs, services, and activities it provides – the agency website, www.OtsegoCountyCOA.org. It knows no time constraints and is available year round, day and night, to those with access to a computer and the Internet.

A website is like a book!

For older adults who are new to computers and the Internet, finding just the right website can be a daunting task. Even navigating through a website can be overwhelming, depending upon its layout. A friend recently observed to me, "A website is like a book." I reflected how true this is. The Internet is like a library, with all the websites as its books! All of the menu tabs within the websites are its chapters. Each chapter tells some type of story.

Five years ago, the agency teamed up with Alpine Web to make OCCOA's website as user friendly and as easy to read as possible. Hopefully, you'll find our "book" easy to read and helpful. Our table of contents exists in the form of a sidebar found on the left side of the website. Following the Home Page section is an alphabetical listing of pages for each of the agency's major programs, activities, and services. Each page contains basic information about a given program, and when available, links to other websites that might offer additional information and assistance.

Over the years, the website has expanded and changed. Updates, are not outsourced, but are made, as needed, by agency staff members. This insures that our visitors, or "readers," have access to the most current information. Those of you who have already visited the website know the wealth of information that exists for the agency's many offerings. Additionally, our book is illustrated with many colorful pictures to help "tell our story." This month, we invite you to check out three important pages, or chapters in our book!

Otsego Haus – Adult Day Services

Many older adults in our county are lonely and isolated in their homes and in need of increased social opportunities. So many of them are without nearby family members to care for them or provide the kind of social contact that comes from being with one's peers. Others require supervision and/or assistance with personal care or other activities of daily living, often due to dementia or physical challenges. OCCOA website visitors can learn all about the adult day services offered by its Otsego Haus Program, simply by going to that page on the website.

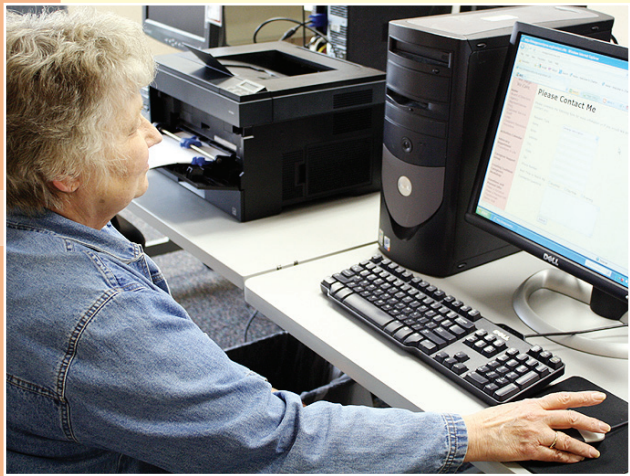
A Matter of Balance!

Many older adults in our county live in fear of falling. In the winter months, those fears escalate with many drastically reducing their activities in order to avoid a fall. Unfortunately, their muscle tone and energy levels can also be reduced, putting them at a greater risk of falling! How many are aware that OCCOA offers a nationally-acclaimed program that addresses those fears? *A Matter of Balance – Managing Concerns about Falls*, was designed by Boston University, and sponsored by the agency. It is specifically designed to help older adults manage falls and increase their activity levels. To learn more about it, simply go to the Matter of Balance page, listed under Fall Prevention Programs.

"Contact Us" through our website!

OCCOA realizes that clients often have questions or need additional information that might not be available through the website. This is easily done through the "Contact Us" link found on the top of every web page (just below the agency's phone and fax numbers). Just click on it, enter the requested information, and click "Submit." Every attempt will be made to reply back before the end of the next business day.

If you have never visited www.OtsegoCountyCOA.org, this month we invite you to explore and discover the wide variety of programs, services, and activities that are available to the older adults of Otsego County. If you haven't visited lately, please come again! You might just discover something new!



AARA SUE WILLISON ACCESSES THE OCCOA WEBSITE CONTACT PAGE



INFORMATION ABOUT UPCOMING A MATTER OF BALANCE CLASSES IS AVAILABLE ON OCCOA'S WEBSITE

989.732.1122 • www.OtsegoCountyCOA.org • Advocacy 989.732.9977

Fax: 989-731-2739 • occoa@occoaonline.org • Weekdays 8:00 am to Noon and 12:30 to 4:00 pm

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