



Space ~ The Last Frontier

Arnie Morse,
EXECUTIVE DIRECTOR

During the past dozen years that Dona and I have been managers of the Otsego County Commission on Aging, we have witnessed staff and client growth paralleling the great aging wave. We are now working on top of each other in our offices, and have received notice that we must move our Adult Day Services Division (Otsego Haus) from its present space within the next three months.

We have been hard at work for some time, along with a committee of our Board of Directors, trying to find solutions to our facility challenges. Our needs for Otsego Haus demand a rather unique space that is not readily available and the development and operation of this new location will represent a great challenge for the agency. The administrative offices are overcrowded, and while our people are very kind and gracious about the situation, small, crowded spaces do not make a good work environment.

This current situation calls for innovation and creative thinking. We have always been very careful to ensure that the vast majority of our funds go directly into services for the older adult population of Otsego County. This is, after all, our mission. We have leased space over the years, ensuring the most efficient use of our public funds, and efforts will be made to ensure continued efficient use of our resources.

We will be reaching out into the community for expertise and ideas, and are confident, after careful study, compromise, and action, we will be able to solve these challenges as we have in the past.

Our efforts on behalf of older adults in Otsego County continue. If you are in need of services, please call our office at 732-1122. Our professional and friendly staff will make every effort serve you.

Hoping you are well, **Arnie**

Accounting	Admin. Services	In-Home Services	Special Events
			
Annie Mayer ACCOUNTANT	Claudia Pettis COORDINATOR	Kathy Rivers COORDINATOR	Michelle Dunkelberg COORDINATOR

Mission Statement

Our mission is to coordinate, provide and initiate programs, and promote the independence and well-being of senior citizens of Otsego County.

Board of Directors

Jack Thompson *president*
Mary Sanders..... *vice president*
Mary King..... *treasurer*
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Arnold Morse *executive director*
Dona Wishart..... *assistant director*

Services for Older Adults

Eldercare Locator
800.677.1116

Medicare/Medicaid Assistance Program
800.803.7174

Michigan Peer Review Organization (MPRO)
800.365.5899

Social Security Administration (SSA)
800.772.1213

State Long-Term Care Ombudsman Program (SLTCOP)
800.292.7852

US Department of Veterans Affairs
800.827.1000



*We Help.
We Care*

OCCOA

OTSEGO COUNTY COMMISSION ON AGING

120 Grandview Blvd., Gaylord, Michigan 49735

www.OtsegoCountyCOA.org

Prime Times



It's available year round, day and night!

~Eileen Godek, VOLUNTEER COORDINATOR

It's 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. OCCOA staff members know well the challenge of older adult children 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 independently, life usually flows along smoothly for most families, but an accident or illness can turn everyone's life around in a matter of hours or even minutes.

When such changes or challenges occur for older adults, do you know where to turn? OCCOA is one source of information, services, and referrals. As we all know, crisis knows no time constraints; the agency's office cannot be open 24 hours a day, seven days a week. Fortunately for older adults and those who care for them, the agency offers a website,

www.OtsegoCountyCOA.org.

It's available year round, day and night, to those with access to a computer and the Internet.

THREE NEW PAGES!

The website was first launched in November of 2005 to make the latest information on area older adult services, programs, and activities more accessible to the public. Those of you who have already accessed it know the wealth of information that exists about the agency's many offerings. You also know about the links to other helpful websites. This month, we're proud to share three new pages we've recently added with the help of Alpine Computers.

CONGREGATE MEAL RESERVATIONS AVAILABLE ONLINE!

The agency is now happy to offer online meal reservations for its congregate meal sites. Simply click on the "Meal Reservations" tab on the sidebar of the website found under the "Meal Program" tab. You'll be taken to a page that allows you to sign up for meals at any of the four Otsego County senior centers.

SEE WHAT'S FOR LUNCH!

Are you not sure you want to come for lunch because you don't know what's on the menu? Just click on the "Menus" tab found under the "Meal Program" tab. You'll be able to see which days the four senior centers are open and what's being offered for lunch.

GET ACCESS TO ARTICLES LIKE THIS!

A third new web page we've added will allow viewers to access OCCOA articles, like this one, found in the *Prime Times*. Simply go to the "Prime Times" tab and click on it. You'll be taken to a page that allows you to select and read any of the articles written by the agency staff and featured on the center page of the *Prime Times* insert to the *Gaylord Herald Times*.

COMING SOON!

As we head into 2007, we'll be working hard to make continuing improvements to the website! Watch for the addition of pages that feature the Caregivers' Support Group, Parkinson's Support Group, Medical Transportation Program, Reassurance Call Program, and much more!

Wishing you and your family a blessed holiday season!

FOR MORE INFORMATION...

989.732.1122 • www.OtsegoCountyCOA.org

Fax: 989.731.2739 • e-mail: occoa@occoaonline.org • OFFICE HOURS: Weekdays 8:00 am to Noon and 12:30 to 4:00 pm

Is It HOKEY? Are We POKEY?

Dona J. Wishart,
ASSISTANT DIRECTOR



In the world of *Prime Times*, those of us preparing articles are always working months ahead of print and distribution deadlines. As I write this article for you it is early November. You will be reading *Prime Times* in December as you are getting ready for the holidays, including the New Year.

My question is, "Are New Year's resolutions hokey, or are they really an opportunity for changing our habits, most importantly, habits that lead to healthy aging?"

Life experiences have taught me that there is nothing *hokey* about thinking of ourselves relative to our physical bodies, our mental or cognitive abilities, and our spirituality. It is clear that body, mind and spirit are all blessings of life. Each deserves our attention and care.

Many of you were in attendance at a presentation I attended at Otsego Memorial Hospital. The topic was Healthy Aging and was presented by Dr. Steven Wisniewski. Many important suggestions were given that would contribute to the healthy aging of our physical bodies. Of course, in large measure, these suggestions were really about choices we make and habits we develop. I remember most vividly the summary statement, "Eating five fruits and vegetables a day and not smoking are very important to our healthy aging."

Mental well-being and cognitive abilities also need our attention. I would strongly suggest that readers get information on a program called "Maintaining the Brain." This is available from the Alzheimer's Association by calling 1-800-272-3900 or visiting the website at www.alzgm.org. Have you tried it? What a challenge for exercising the gray matter!

Spirituality is another interesting topic. What is it? Is it something beyond religion? How do we exercise our spirituality? What is the meaning of the question, "How do you keep yourself centered?" For help and reflection on these questions, turn to the "Staying Centered" series in *Prime Times* written by Nicole Laskowski.

I can't help but ponder, with all we know and have learned about life...with the important suggestions given to us by respected health care professionals...with evidence-based research helping us know what will positively affect our healthy aging - thereby improving quality of life...*Why are we (myself included) so POKEY about making changes and exercising new choices to develop healthy habits?*

Perhaps because it takes us beyond the "focus point" of a New Year's resolution, it takes new steps for a new dance and a burning desire to learn the new!

			
Suzanne Bannister COORDINATOR	Pamela Carlson, RN COORDINATOR	Loretta Miller COORDINATOR	Chris Holewinski COORDINATOR

Organizations for Specific Health Conditions, Medical and Supportive Care

Alzheimer's Association
800.337.3827

American Heart Association
800.557.9520

Arthritis Foundation
800.968.3030

Chronic Illness Coalition
734.266.2422

MI Parkinson Foundation
313.745.2000

Hospice Link
800.331.1620

Library of MI ~ Services for the Blind and Physically Handicapped
800.992.9012

Independent Living Resources

American Association of People with Disabilities
www.aapd.com/

MI Disability Rights Coalition
www.copower.org

MI Dept. of Community Health
www.michigan.gov/mdch

National Institute of Health
www.nih.gov

Michigan Works!
www.michworks.org

Centers for Medicare and Medicaid Services (CMS)
www.cms.hhs.gov

Social Security
www.ssa.gov

US Postal Service
www.usps.gov

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