



**Grand Traverse County
Senior Center Network**

801 E. Front St.
Traverse City, MI 49686
231-922-4911
www.tcseniorcenter.com

FOR IMMEDIATE RELEASE

Date: Monday, September 29, 2014

Contact Person/Title: Ericca Hovie, Program Coordinator

Phone/Email: 231-922-4911 / ehovie@grandtraverse.org.

Subject: Flu Shots for Seniors

The autumn brings striking beauty to the landscape, and a cooling freshness to the outside air as it transitions us to the cold of winter. Yet, the months of managing the cold temperatures combined with an increased time spent indoors, give rise to a greater strain on our immune systems, and a higher susceptibility to infectious bacteria and viruses. For seniors, whose immunity defenses are weaker, especially, those 65 and older, the risk of severe illness due to influenza is compounded, and often life-threatening.

Thankfully, the elderly in Grand Traverse County's rural areas and smaller population centers, in Acme, Interlochen, Fife Lake, and Kingsley, can benefit from the nationwide incentive which provides flu 'shots' (influenza vaccines). Sharon Neumann, Outreach Program Coordinator for GTCOA (Grand Traverse Commission on Aging) Senior Center Network, in concert with Meijer Pharmacy, represented by Kathy Ann Jones, have confirmed dates and times for the flu shot program, during October, 2014. No reservation is needed and these clinics are open to the public.

Monday, October 13, 3 – 6 pm – **ACME** (4354 Mt. Hope Road)
Tuesday, October 14, 11 – 2 pm – **INTERLOCHEN** (9700 Riley Road)
Wednesday, October 15, 11 – 2 pm – **FIFE LAKE** (77 Lakecrest Lane)
Thursday, October 16, 11 – 1 pm – **INTERLOCHEN** (9700 Riley Road)
Friday, October 17, 10 – 2 pm – **KINGSLEY** (115 E Blair Street)

In addition to the seasonal influenza vaccine, two types of pneumonia vaccines will be available, (recipients should utilize both, but not at the same time). One type is billed to regular Medicare, and the other to Medicare D (prescription). Most insurances cover the flu shot; it is suggested that participants bring any records that they may have of previous inoculations.

Seniors need to bring their Medicare card, and prescriptions card, (those who do not receive Medicare will be charged the usual cash price of \$27.99). For each location, reservations are not necessary. Please contact the satellite centers for questions.

Call the Grand Traverse Senior Center Network at 231-922-4911 or email ehovie@grandtraverse.org for more information.

Lori Wells, Deputy Director
Grand Traverse County Senior Center Network
801 East Front Street
Traverse City, MI 49686
922-4911 Fax: 231-922-4854