



801 E. Front Street, Traverse City, Michigan 49686

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date: October 9, 2017**

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**Subject: Aging in Place Home Modifications**

**Traverse City** – Most individuals have acknowledged that aging is a time of adaptation and change in many aspects of their lives, specifically housing. A significant concern is that they may have to leave their homes, where there is a strong sense of comfort, independence and security. Aging in place successfully requires planning. To accommodate the changes that may accompany aging, modifications can be made in the home.

So, if you are thinking about downsizing or remodeling your home to make maneuvering there easier, join Lauren Shimek, Clinical Nurse Education Specialist for Munson Home Health, on Tuesday, October 24, 3:30 p.m., at the Traverse City Senior Center, 801 E. Front Street. She will offer suggestions about how to age in place. She will be giving tips about how to keep your home safe, relative to aging health issues, and showing a variety of assistive devices from Munson’s Home Medical Equipment store that could make life easier and safer.

The home modification presentation is free, but advance registration required.

For more information and to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-4911.

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