

April 2011
 Volume 4, Issue 4

April is National Cancer Control Month

As a result of the annual presidential proclamation, the Michigan Department of Community Health proclaims April as National Cancer



Control Month. Anyone is susceptible to cancer, but 76 percent of all cancers are diagnosed in people age

55 and older. According to the American Cancer Society about half of all new cancer cases can be prevented or detected earlier by

screening. Helping to reduce the risk of cancer can be accomplished by eliminating cigarettes and any other kind of tobacco from your life, eating a lot of different fruits and vegetables every day while reducing fatty foods, moderating your consumption of alcohol, increasing your daily physical activity level, and protecting yourself from the sun's harmful rays.

For more information about National Cancer Control Awareness Month, please visit www.michigan.gov/mdch or call (800) 649-3777.

National Garden Month

April is also National Garden Month. For information about a local organization that encourages gardening, contact the Garden Resource Program (GRP) www.detroitagriculture.org.



The collaborative includes The Greening of Detroit, Detroit Agriculture Network, Earth- Works Urban Farm/Capuchin Soup Kitchen, and Michigan State University. In 2003, together they started providing residents with supplies and resources to grow food in the city. Now in its seventh year, GRP provides support to more than 875 urban gardens and farms in Detroit, Highland Park, and Hamtramck. For information call (313) 285-1249.

View From the Bridge

*By Paul Bridgewater,
 DAAA President & CEO*



Recently, I was honored by being invited to be the moderator of a panel for the Health Care Fraud Prevention Summit at Wayne State University on March 15. It was a privilege to have been a part of an important national issue that included the United States Health and Human Services Secretary Kathleen Sebelius and U.S. Attorney General Eric Holder who are the hosts of the series of six summits being held around the country to stop Medicare fraud. Detroit has been identified as one of the major cities with a high incidence of Medicare fraud cases victimizing seniors and the homeless which is why one of the summits was held here.

For information about how to avoid being a victim, call the DAAA's MMAP (Michigan Medicare & Medicaid Assistance Program) at 1 (800) 803-7174 or (313) 446-4444, ext. 5337 or go to

www.stopmedicarefraud.gov.



WGPR 107.5 FM RADIO PROGRAM

**Saturdays at 10:00AM
 Hosted by DAAA President & CEO Paul Bridgewater**

Sponsored by Detroit Area Agency on Aging, 1333 Brewery Park Blvd. Suite 200, Detroit, MI 48207-4544
 313-446-4444 — www.daaa1a.org — Fax: 313-446-4445

Service Provider Corner

S.A.C. Adult Day Care, Inc. was developed to be the perfect solution for caregivers who are searching for alternative care for their loved ones with special needs, offering the opportunity to be socially and physically active in a stimulating environment that’s enjoyable and comfortable for the seniors. SAC has been an active service provider for DAAA for the past 15 years. Starting April 6 through May 11 “Creating Confident Caregivers” workshops provided by the Alzheimer’s Association – Greater Michigan Chapter and DAAA will be held at SAC every Wednesday from 2:00 PM to 4:00 PM at 14200 Puritan St. Other workshops will be held throughout Detroit and Hamtramck during the summer. For details and to register, call (248) 996-1053.

Sponsor Corner

Many seniors are unaware of Health Plans that are specifically designed for low income and disabled individuals, otherwise known as a Special Needs Plan. A perfect example of this type of Health Plan, is UnitedHealthcare’s Dual Complete™ (HMO-SNP) which has small co-pays and very little if any out of pocket costs. To qualify, you must have full Medicaid and Medicare Parts A and B. UnitedHealthcare is available to visit your home to answer any of your questions and easily enroll you for free. For more information or help with qualifying, call (877) 562-0869 or visit www.uhcdualcomplete.com.

(UnitedHealthcare paid a fee for the placement of the above information.)

Detroit Area Agency on Aging
1333 Brewery Park Blvd.
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Detroit, MI 48207-4544

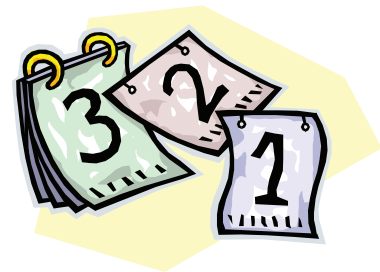
2011 CALENDAR OF EVENTS

All events are free

City of Detroit Department of Human Services Senior Consumer/Advocacy Division, **Heart Diseases**, April 6, 10:30 AM – 12:30 PM, Baron-McFarlane Center, 8222 Joy Road, Detroit, MI 48204. For information call (313) 224-5444.

The American Heart Association’s **National Start! Walking Day**, is on April 6 for workers and on April 7 for the rest of the country led by Laila Ali. To learn more go to www.StartWalkingNow.org.

City of Detroit Department of Human Services Senior Consumer/Advocacy Division, **Alzheimer’s/Stroke Prevention**, April 13, 10:30 AM – 12:30 PM, Farwell Recreation Center, 2711 E. Outer Drive, Detroit, MI 48234. For information call (313) 224-5444.



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