



**CELEBRATING 30<sup>th</sup> ANNIVERSARY**

# Detroit Area Agency on Aging (DAAA) Senior Solution Newsletter

**February 2011  
Volume 4, Issue 2**

## February is Heart Health Month

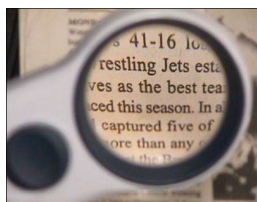


When the American Heart Association (AHA) learned that cardiovascular disease claimed the lives of nearly 500,000 American women each year, and it's not just an "older man's disease," they knew they faced a challenge. They realized one out of every four women over 65 years old die of a heart attack and heart disease kills one woman every minute. To raise awareness of risks, causes and prevention of heart disease, AHA created *Go Red For Women*. This

movement is a passionate, emotional, social initiative designed to empower women to take charge of their heart health. The National Heart, Lung and Blood Institute with AHA and other organizations introduced the red dress as a national symbol for women and heart disease awareness. For information on local AHA events and activities that help women to make everyday choices that affect heart health, call the Detroit/Southfield office at (248) 827-4214 or go to [www.americanheart.org](http://www.americanheart.org).



## February is also AMD/Low Vision Awareness Month



Macular degeneration is a leading cause of vision loss. Low vision aids can make the most of remaining vision. For information call (800) 331-2020 or go to [www.preventblindness.org](http://www.preventblindness.org).



## February is National Hot Breakfast Month

February has been named National Hot Breakfast Month by a national food corporation. Statistics show that over 60% of Americans eat cold cereal or another non-hot breakfast each day. Breakfast is considered the most important meal of the day, because it provides energy and nutrients for a proper start to the day, and is linked to improved

nutrient intakes and may help maintain a healthy body weight. Not only can it help improve the way your body functions, but it also helps with improving focus. For more information go to [www.eatright.org](http://www.eatright.org).



## View From the Bridge

*By Paul Bridgewater, DAAA  
President & CEO*



The Detroit Area Agency on Aging is proud to be one of the organizations working in partnership with NCOA and Bank of America Charitable Foundation to improve the economic security of older adults with limited resources. This campaign is providing one-on-one financial assistance to older adults in six communities across the U.S., including Detroit, that have been hardest hit by the recession.

With a grant from the Foundation, NCOA and the newly established Economic Security Centers, will serve over 1,200 vulnerable older adults over the next year. The centers will provide a comprehensive assessment of all financial, health, housing, and employment needs and will assist seniors in finding and applying for public and private services, including benefits. In addition to supporting one-on-one services, the centers will coordinate community-wide discussions among over 60 national and local stakeholders on how to better assist seniors in need.

The DAAA grant of \$25,000 will help us to lead outreach and direct service efforts in partnership with AARP MI, the Community Foundation of Southeast MI, Elder Law of MI, and other Economic Security Collaborative Network partners.



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](http://www.daaa1a.org) — Fax: 313-446-4445**

## Detroit Denture Specialists



For the past 25 years, the Detroit Denture Specialists mobile service has provided much needed dental care to approximately 5,000 elderly dental patients in the metro Detroit area. Their goal is to assist elderly patients in creating and maintaining a healthy oral cavity which is the cornerstone for a healthy body. They focus on patients who are homebound, in nursing homes, assisted living facilities and senior apartment buildings. This unique dental staff provides examinations, routine cleaning, x-rays, cancer screening, and periodontal (gum) evaluation at the patient's home. Their service includes the provision of dentures, partials and denture repairs and re-lines. They accept all insurances and Medicaid. For an appointment call Dr. Dino at (313) 863-2800.

### Free Tax Services for Seniors

**For free tax services, call the following:**

- IRS Volunteer Income Tax Assistance Program (VITA) sites, (800) 906-9887
- TCE Program, (800) 829-1040
- AARP Tax-Aide counseling program, (888) 227-7669
- PHI's *Earn, Keep, Save MORE* campaign, Tameshia Bridges at (517) 643-1049

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

## MI CHOICE Waiver Program Available

If you are a senior or caregiver of an older person who needs help in the home, then your answer might be the MI CHOICE Waiver Program. This program provides a wide range of home care and support services coordinated by a care manager to assist participants to remain as independent as possible within their community. Participants must meet Medicaid's financial and medical eligibility requirements. MI CHOICE is funded by Michigan Department of Community Health to serve frail adults 65 years or older and persons who are physically disabled age 18 or older. Call DAAA's Community Access at (313) 446-4444 to determine eligibility.

**2nd Annual Charity Singles Mardi Gras Auction**, sponsored by the Detroit Area Agency on Aging, to benefit the Detroit Meals on Wheels Holiday Meals on Wheels Program,  Saturday, February 26, 2011, 6:00 pm to 11:00 pm, Belle Isle Casino. Tickets are \$15 in advance. The auction starts at \$20, call (313) 446-4444, ext. 5314 for more information.

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