



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

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

**FEBRUARY 2010  
Volume 3, Issue 2**

## **National Heart Health Month**

February is American Heart Month. Learn how to keep your heart healthy by going to [www.hearttruth.gov](http://www.hearttruth.gov) or [www.americanheart.org](http://www.americanheart.org) or call the local American Heart Association office at (248) 827-4214.



## **National Hot Breakfast Month**



February is also National Hot Breakfast Month. The word “breakfast: came about because it means breaking the fast after one has not eaten (fasted) since the night before. This campaign emphasizes the importance of eating a healthy breakfast every ay as part of a healthy balanced diet and active lifestyle. For more information about a healthy breakfast go to [nutrition.gov](http://nutrition.gov).

## **Census 2010 “Make Sure Seniors Count” Campaign**

DAAA is partnering with the U.S. Census Bureau’s Detroit office to launch a “Make Sure Seniors Count” campaign directed at ensuring that older people participate in Census 2010 and are accurately counted. Census forms start to arrive in February 2010. Census Day is April 1. The cam-

paign will include the distribution of information about the Census at outreach events, the establishment of senior-focused Be Counted Sites and Questionnaire Answer Centers. For more information CALL (313) 446-4444.



## **Call MMAP for help with Medicare Questions**

The Medicare Open Enrollment Period continues to March 31, 2010 for those who enrolled into a Medicare Advantage Plan with Prescription Drug coverage and now wish to go back to original Medicare coverage and a Prescription Drug Plan. For more information call MMAP speak with a counselor at (800) 803-7174 .

## **View From the Bridge**



*By Paul Bridgewater,  
DAAA President & CEO*

Last month, Wayne County Prosecutor Kym L. Worthy filed charges against Devon Larae and her daughter Kenyatta Page, two alleged criminals who were involved in fraud schemes victimizing eight Detroit and Wayne County seniors robbing them of almost \$20,000 in cash, through ATM withdrawals and credit card purchases.

As a result, DAAA has issued a warning to the senior and disabled communities cautioning them about persons pretending to be associated with Detroit Meals on Wheels. All seniors are being urged to be careful about allowing strangers into their homes who do not have identification and take care not to share their personal information. DAAA will never ask for PIN numbers, bankcards or credit cards. For seniors who have been victims please call Assistant Prosecuting Attorney Robert Spada, head of the Elder Abuse Unit at (313) 224-5758.



WGPR 107.5 FM RADIO PROGRAM

**Saturdays at 10:00 AM 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**

## Announcement...

- DAAA has become the site for the Long Term Care Ombudsman for the City of Detroit. This position will help provide assistance and advocacy services to residents of long-term care facilities to resolve complaints. For information contact Faiza Najar at (313) 446-4444, ext. 5801.

## Coming up...

- Look for three Detroit wellness centers; St. Patrick Senior Center, Matrix Human Services and St. John Community Health. These centers will promote healthy aging in convenient settings for fitness programs, health education, health monitoring and much more.
- DAAA is one of 12 agencies in the U.S. selected by the Administration on Aging for its new Diabetes Self-management Training Initiative. Participating in this groundbreaking initiative will position DAAA and its service provider network to receive, for the first time, reimbursement from Medicare for diabetes self-management training provided to Medicare beneficiaries.
- **Health Fair** sponsored by State Representative George Cushingberry, Jr., February 19, 5:30 p.m. to 7:30 p.m., Trinity Presbyterian Church, 4849 W. Outer Drive, Detroit, MI, 48235, call (313) 218-3378 for additional information.
- **Senior Black History Month Celebration**, sponsored by DAAA and City of Detroit Recreation Department, February 25, 11 a.m. to 2 p.m., Williams Recreation Center, 8431 Rosa Parks Blvd., Detroit, MI 48206.
- **Nutrition and Fitness Fair**, sponsored by DAAA, the City of Detroit Senior Citizens Department and the City of Detroit Recreation Department, March 10, 10 a.m. to 2 p.m., Patton Recreation Center, 2301 Woodmere, Detroit, MI 48209.
- **To volunteer for the Holiday Meals on Wheels Easter delivery on April 4**, call (313) 446-4444, ext. 5857 or 5286.

### Paul Bridgewater named general co-chair of NAACP Freedom Fund Dinner

We are proud to announce that Paul Bridgewater has been named the general chair of this year's Detroit Branch of the NAACP 55<sup>th</sup> Annual Freedom Fund Dinner, along with Conrad Mallet, president of Sinai Grace Hospital and Karen Love, former COO and publisher of the Michigan Front Page. The dinner which draws nearly 10,000 is one of the biggest in the country and will be held on Sunday, May 2 at 5 p.m., in the Cobo Conference Center. This year's theme is "National healthcare: a matter of justice, privilege or right?" For information call the Detroit Branch NAACP office at (313) 871-2087 or the DAAA office at (313) 446-4444.

