



CELEBRATING 30th ANNIVERSARY

Detroit Area Agency on Aging (DAAA) Senior Solution Newsletter

**June 2010
Volume 3, Issue 6**

June is National Home Safety Month



Home Safety Month is a perfect time to prepare yourself for an emergency by taking the following steps: Do a walk-through

of your home and check your smoke alarms, and first aid supplies. Get an emergency supply kit of food and water, make an emergency exit plan and stay informed of the emergency resources available in your community. For more information contact the Safety Council for Southeast Michigan at (248) 858-8830.

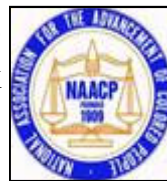
Lots of options for Fruit and Vegetable Month

June is National Fruit and Vegetable Month and fresh produce is now available in grocery stores and at farmers' markets. Diets that are high in fruits and vegetables lower an individual's risk of chronic disease and contribute to healthy aging. In 2009, the Centers for Disease Control and



Prevention (CDC) says states are not meeting national objectives for consumption of fruits and vegetables. Join the CDC "5 A Day" program and eat a variety of colorful fruits and vegetables each day. For more information go to www.fruitsandveggiesmatter.gov.

A special thank you... We want to thank the supporters of the Detroit Branch NAACP 55th Annual Fight for Freedom Fund Dinner last month. No matter what the size of your contribution, you helped us to reach our \$25,000 goal. Thank you for your continued support.



View From the Bridge

*By Paul Bridgewater, DAAA
President & CEO*



We've come a long way since 1980 when our doors opened in Detroit's Book Building. We provided home-delivered meals and other basic services to a population of 224,257 individuals age 60 and over. Although our population has declined to some 147,806 today, the needs of this urban elderly population continue to escalate.

Proudly, we have launched programs over the past 30 years that have provided home health care and housekeeping services, reduced the cost of prescription drugs for low-income seniors, supported senior center development and established computer learning centers. We launched an annual Holiday Meals on Wheels campaign and grew our Detroit Meals on Wheels to include delivery of over 4,000 meals daily.

We are also operating a Medicare and Medicaid Assistance Program, providing healthy aging programs, raising awareness of grandparents raising grandchildren and long-term care options.

In the coming years, the Detroit Area Agency on Aging will continue to demand the quality, creative and equitable solutions our seniors need to meet our mission.

Senior Solution

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**

Announcements...

Volunteers needed for Holiday Meals on Wheels Labor Day Delivery

It's that time again when we are getting ready for the next Holiday Meals on Wheels delivery on Labor Day, Monday, September 6. We will need hundreds of volunteers to pack and deliver hot nutritious meals to thousands of metro Detroit homebound seniors. We would not be able to do it without you, your family, friends, neighbors, corporate supporters, churches, fraternities, sororities, retirees and others, so we extend a well-deserved thank you to the 688 Holiday Meals on Wheels Easter Delivery volunteers and the DAAA staff for their support. To volunteer for Labor Day call (313) 446-4444, ext. 5857.

Annual Summer Cruise Tickets on Sale

After the last two years of success, we expect the 3rd Annual Summer Cruise that benefits the Detroit Meals on Wheels-Holiday Meals on Wheels program to be an early sell-out. The elegant evening cruise departing at 6:30 p.m. from Detroit's Riverfront will include champagne, dinner, open bar and entertainment by Kimmie Horne with dancing until sundown. To purchase the \$125.00 tickets call Andrea Johnson, Fund Development Director at (313) 446-4444, ext. 5213.



Detroit Area Agency on Aging
1333 Brewery Park Blvd.
Suite 200
Detroit, MI 4827-4544

Return Service Requested

2010 CALENDAR OF EVENTS

Older Michigianians Day Rally, June 10, 10:00 a.m. to 2:00 p.m., on the Capital Lawn, Lansing, MI, 48933; for ticket information call (313) 446-4444.

Community Help Fair, June 12, 12:00 p.m. to 3:00 p.m., Greater Faith Ministries Church, 10735 Grand River, Detroit, MI, 48204; for information call (313) 218-3378.

Annual Golf Tournament to benefit Holiday Meals on Wheels, June 14, 7:30 a.m., Fox Hills Golf Course, 8768 North Territorial Road, Plymouth, MI, 48170; for information call (313) 446-4444, ext. 5257.

26th Annual Senior Olympics sponsored by the Detroit Area Agency on Aging in partnership with the Detroit Recreation Department, June 14-18, eight locations offering a variety of social activities and competitive sports. Registration is \$15.00; for information call (313) 628-0968.

Non-Profit Org.

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