



CELEBRATING 30th ANNIVERSARY

Detroit Area Agency on Aging (DAAA) Senior Solution Newsletter

MAY 2010
Volume 3, Issue 5

May is National Salad Month



Since May is National Salad Month, why not choose lettuces that are darker in color (Romaine, Boston and Baby Spinach) than ordinary iceberg lettuce and be careful about salad dressings that can pack calories and fat grams. Be creative with fruits and vegetables and think about protein like eggs, crab meat, strips of tofu, or even ground beef. What about a salad for dinner tonight?

May is Older Americans Month

When Older Americans Month was established in 1963, only 17 million Americans had reached their 65th birthdays. In this decade, 36.3 million Americans are over 65 and 330 will turn 60 each day. After President Kennedy's declaration of "Senior Citizens Month," President Jimmy Carter's called it "Older Americans Month" in 1980. Each year the Administration on Aging issues a theme for Older Americans Month to assist our National Aging Services Network of state, tribal, area agencies on aging, and community service providers to plan activities that take place in May or throughout

the year. This year's theme "Age Strong! Live Long!" recognizes the diversity and vitality of today's older Americans who span three generations. See the calendar for information about Detroit Area Agency on Aging's activities, or call (313) 446-4444 or visit www.daaa1a.org.



View From the Bridge

By Paul Bridgewater, DAAA
President & CEO



The old proverb "forewarned is forearmed" is appropriate for this important information I am passing on to our seniors, caregivers, service providers and other consumers. Last month, we participated in a press conference where the Detroit Police Department and the Wayne County Prosecutor's Office informed the public that they have now completely dismantled a ring of scam artists known at the "Golden Years Crew" that investigators believe victimized as many as 80 local senior citizens out of nearly \$200,000. The suspects would gain access to the victim's home under the pretense of offering to increase benefits or services from the Detroit Meals on Wheels and other senior programs.

Please remember that your meals are delivered to you by our vendors, Valley Services and We Care Senior Meals only. DAAA staff and vendors wear identification. We never ask for PIN numbers, bankcards or credit cards and we do not perform physical or medical exams. If in doubt, contact our office at (313) 446-4444 to confirm an appointment before letting anyone into your home. We join Chief Warren Evans and Prosecutor Kym Worthy in wanting all the suspects brought to justice so that our seniors can breathe much easier.



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...

DAAA sponsors 26th Annual Senior Olympics on June 14-18

We are proud to announce that the Detroit Area Agency on Aging is the major sponsor of the 26th Annual Detroit Senior Olympics from June 14-18, 2010. DAAA has been in partnership with the City of Detroit Recreation Department and other city and county departments for many years to support this athletic event, especially for men and women ages 50 and over. This is the largest Senior Olympics to date at eight different locations offering a variety of social activities and competitive sports. Everyone who registers by May 24 will receive the early bird registration rate of \$10.00. For information call (313) 628-0968.

Have questions About the New Healthcare Reform Bill?

For questions about the new healthcare reform bill signed by President Obama in March, call our Medicare/Medicaid Assistance Program (MMAP) at (800) 803-7174. MMAP counselors are available to assist you with answers about Patient Protection and Affordable Care Act.

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

Return Service Requested

2010 CALENDAR OF EVENTS

DAAA Annual Meeting Celebrating 30 Years of Serving the Community, May 26, 12:00 p.m. to 3:30 p.m., Northwest Activities Center, 18100 Meyers Road, Detroit, for information call (313) 446-4444, ext. 5228.

Older Michiganians Day Rally, June 10, 10:00 a.m. to 2:00 p.m., on the Capital Lawn, Lansing, for information call (313) 446-4444, ext. 5841.

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

DAAA Annual Golf Tournament to Benefit Holiday Meals on Wheels, June 14, 7:30 a.m., Fox Hills Golf Course, Plymouth, for information call (313) 446-4444.

DAAA 3rd Annual Summer Cruise to Benefit Holiday Meals on Wheels, August 17, on board the Ovation Yacht. Tickets \$125 on sale June 1; Early Bird special \$100 until June 15. For information call (313) 446-4444, ext. 5213.



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