



CELEBRATING 30th ANNIVERSARY

Detroit Area Agency on Aging (DAAA) Senior Solution Newsletter

March is National Colorectal Cancer Awareness Month and National Kidney Month

Adults age 50 or older are at the most risk of colorectal cancer. For more information visit www.preventcancer.org or call the Prevent Cancer Foundation at (800) 227-2732. One of nine adults have chronic kidney disease, and most do not know it. You are at risk if you are age 60 and older, have diabetes, high blood pressure, heart disease, have a family history of chronic kidney disease and your ethnic background is African-American, Hispanic, Asian or Pacific Islander. For more information call the National Kidney Foundation at (800) 622-9010 or visit www.kidney.org.

DAAA celebrates National Nutrition Month in March



Join us for the 4th Annual Nutrition and Fitness Fair in observance of the American Dietetic Association's National Nutrition Month® and this year's theme is "Nutrition from the Ground Up." This free fair designed for seniors will be held March 10 from 10 a.m. to 2 p.m. at the Patton Recreation Center,

2301 Woodmere, Detroit, MI 48209 and is co-sponsored by the City of Detroit Senior Citizens Department, and the City of Detroit Recreation Department. Activities will include health screenings, cooking demonstrations, chair massages, hustle dance class, EnhanceFitness exercise and a Tai Chi demonstration. For information call (313) 446-4444, ext. 5228.

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 to speak with a MMAP counselor at (800) 803-7174 .

MARCH 2010
Volume 3, Issue 3

View From the Bridge

By *Paul Bridgewater,*
DAAA President & CEO



This month, we will accept a \$50,000 grant from National Council on Aging, during its annual conference in Chicago. With this grant DAAA will partner with Elder Law of Michigan, AARP Michigan, Community Foundation of Southeast Michigan and other stakeholders to provide economic security case management services. The initiative targets low-income, older adults who are among those most impacted by Michigan's unemployment, foreclosures, bankruptcy and credit card debt.

Program participants will be assessed and provided with a person-centered economic security plan, receive intensive wraparound services and be referred to financial literacy training. These services are designed to strengthen the capacity of communities to provide assistance to vulnerable older adults whose needs have stretched the limits of their personal resources. The goal of collaborative partners is to improve the economic security of participants by screening them for public and private benefits.



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 — Fax: 313-446-4445

DAAA's Mature Workers Program to Receive Funds From DHS

Sixty or more low-income Detroit residents, age 45 years and over, will be eligible for new employment and training services through the DAAA Mature Workers program. After appropriate screening and assessments, candidates will be trained for one or more positions in office, health or long-term care professions, including: Office Professional I and II, Certified Nurse Assistant, Home Health Aide, Long-Term Care Consumer Advocates, and Long-Term Care Navigator. The \$250,000 grant will come from the City of Detroit's Department of Human Services after approval by the Detroit City Council. For information call Irvin Bailey at (313) 446-4444, ext. 5282.

DAAA & WCCCD Partner on

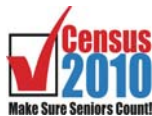
Financial Literacy Workshops for Seniors

Wayne County Community College District (WCCCD) is collaborating with DAAA and other partners to make financial literacy and other workshops available to older persons through its Silver Circle Senior Engagement Program. In a new series of workforce development and continuing education programs, WCCCD will combine scheduled classes and on-demand workshops to help low-income participants improve their knowledge, skills, abilities, attitudes and quality of life related to economic security. For information on WCCCD course offerings, visit www.wcccd.edu or call (313) 496-2600.

Census 2010

"Make Sure Seniors Count" Campaign

DAAA is partnering with the U.S. Census Bureau's Detroit office on the "Make Sure Seniors Count" campaign directed at ensuring that older people participate in Census 2010 and are accurately counted. Census forms have started arriving and an important day is Census Day on April 1. The campaign includes the distribution of Census information at outreach events, and the establishment of senior-focused "Be Counted" Sites and Questionnaire Answer Centers. DAAA is one of the sites. For more information call (313) 446-4444.



Detroit Long Term Care Task Force culminates this month



This month, the Detroit Long Term Care System Change Task Force is culminating 18 months of diligent work to change the long term care system in our community. Final recommendations and results from several research studies with an action plan will be presented. These recommendations will highlight strategies that can be employed to enhance the quality of care in nursing facilities and other long-term care settings. Several reports will be available next month on DAAA's website.

CALENDAR OF EVENTS

5th Annual Health Expo for the Uninsured & Underinsured at Burns Seventh Day Adventist Church, 10125 E. Warren Avenue @ Cadillac, Detroit, MI 48214, March 25 from 11:00 a.m. to 6:00 p.m. For information call (248) 924-1776.

The Detroit Branch of the NAACP 55th Annual Freedom Fund Dinner, will be held Sunday, May 2 at 5 p.m., in the Cobo Conference Center. This year's co-chairs are Paul Bridgewater, Conrad Mallet, President of Sinai Grace Hospital and Karen Love, former COO and Publisher of the Michigan Front Page. The theme is "National Healthcare: a matter of Justice, Privilege or Right?" For information call the Detroit Branch NAACP office at (313) 871-2087 or DAAA at (313) 446-4444.



To volunteer for the Holiday Meals on Wheels Easter meal delivery call (313) 446-4444, ext. 5857 or 5286 to sign-up. We need your help! Cold packing is on April 3. Hot packing and delivery is on April 4.



For information about any of these calendar events, please call (313) 446-4444.