



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

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

**September 2010  
Volume 3, Issue 9**

## **Healthy Aging Month**



Healthy Aging® Month is an annual observance month designed to focus national attention on the positive aspects of growing older. The main objective is to encourage local events that promote taking personal responsibility for one's health; whether it is our physical, social, mental or financial health. For information about Detroit Area Agency on Aging's Healthy Aging program, call (313) 446-4444, ext. 5841.

## **National "5 A Day" Month**

How many servings of fruits and vegetables do you eat each day? September is National "5 A Day" month. It is recommended that individuals strive for five to nine servings of fruits and vegetables a day to maintain optimal health. Increasing your intake of fruits and vegetables provides the necessary fiber, vitamins, minerals and phytochemicals.



These are essential to decrease the risk of cancer, heart disease, stroke and diabetes. Aim for variety. Selecting a "rainbow" colored diet will ensure the greatest amount of vitamins, minerals and phytochemicals. For information go to [www.5aday.gov](http://www.5aday.gov) or [www.FruitsandVeggiesMatter.gov](http://www.FruitsandVeggiesMatter.gov).

## **National Senior Center Month**



September is also National Senior Center Month sponsored by the National Council on Aging and the National Institute of Senior Centers. Contact your local senior center for special events or contact the local wellness centers partnering with DAAA. For further information call (313) 446-4444.

## **View From the Bridge**

*By Paul Bridgewater, DAAA  
President & CEO*



At a time of cutbacks and employment layoffs, we are proud that the Mature Workers Program has received a grant of \$250,000 to conduct classroom trainings in long-term care, direct care and computer training until September 30. To qualify for these programs you must be 45 years of age or over, a resident of the City of Detroit and have a household income at or below 200% of the poverty level. The classes are for:

- Long Term Care Consumer Advocates
- Long Term Care System Navigators
- Home Health Aide Training
- New Certified Nurse Aide Training
- Nurse Aide Enhancement Training
- Office Professional I and Office Professional II

Anyone interested in signing up for these free classroom training programs should immediately call the DAAA office at (313) 446-4444 and ask for Tamelia Hamilton at extension 5853 or Karen Green at extension 5274.



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**

## Announcements...

### Michigan Kinship Care Conference

The 3<sup>rd</sup> Annual Michigan Kinship Care Conference & Grandfamily Reunion, sponsored by the Grandparents Raising Grandchildren Committee and DAAA on September 8 and 9 is for kinship caregivers and professionals. The purpose of this conference is to address some of the issues kinship caregivers face on a daily basis. The two-day conference will be held at Greater Grace Temple, 23500 W. Seven Mile Road, includes continental breakfast and lunch and is free to Kinship Caregivers, \$25 if you are not a caregiver. To register, call (313) 446-4444, ext. 5828.

### Thanks to Summer Cruise Sponsors

We wish to thank the following sponsors of the 3<sup>rd</sup> Annual Summer Cruise for supporting Detroit Meals on Wheels: Valley Services, Inc., Great Lakes Health Plan, Caring Hearts Home Care, Inc., Precise Health Services, LLC, Nexcare Health Systems, LLC, Total Home Health Aides Services, Unique Food Management, Inc., AARP Michigan, Blue Cross Blue Shield of Michigan, Comerica Bank, Guardian Medical Monitoring, Humana Medicare, Lakeshore Engineering Group, MGM Grand Detroit, Molina Health Care, Nationwide Furniture, Sam's Club, St. John Providence Health System, United Methodist Retirement Community and all Executive Sponsors.

Detroit Area Agency on Aging  
1333 Brewery Park Blvd.  
Suite 200  
Detroit, MI 48207-4544

Return Service Requested

### Assurance Wireless Ideal for Seniors

Assurance Wireless offers a FREE wireless phone and 200 FREE minutes of wireless voice service to eligible customers each month. There are no bills, long-term contracts, activation fees, recurring fees, or surcharges for Assurance Wireless customers. This service within the nationwide coverage area is reaching more than 276 million people. Assurance Wireless is not available in all areas however. Call 1-888-898-4888 now to apply for your free phone and free nationwide service.

*(Assurance Wireless paid a fee for the placement of above information.)*

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## 2010 CALENDAR OF EVENTS

**NSO 5K Detroit RiverRun and Walk**, free, sponsored by Neighborhood Services Organization & DAAA, Rivard Plaza, Detroit, MI, September 11, 7:30 a.m., for more information call (313) 961-4890.

**Martha G. Scott Foundation Annual Health Fair**, free, September 18, 10:00 a.m. to 2:00 p.m., Hamtramck Community Center, 11350 Charest Street, Hamtramck, MI, for more information call (800) 726-8878.

**A Matter of Balance Kick-Off**, free, sponsored by DAAA recognizing Falls Prevention Awareness Day, September 23, at St. Patrick's Senior Center, 58 Parsons, 10:00 a.m. and at St. John Riverview Center, 7733 East Jefferson Avenue, 12:30 p.m., both in Detroit, for information call (313) 446-4444, ext. 5227.

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