



Detroit Area Agency on Aging (DAAA) Senior Solution Newsletter

November 2010
Volume 3, Issue 11

National Hospice Awareness Month

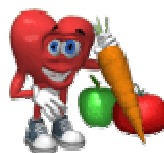
November is National Hospice and Palliative Care Month sponsored by the National Hospice and Palliative Care Organization in order to build better awareness of what hospice really is. Hospice is a type of care for those who have a terminal illness that no longer responds to curative treatments. The focus of hospice care is on a patient's quality of life. Hospice is the only Medicare benefit that fully covers medicines, medical equipment, and a team of



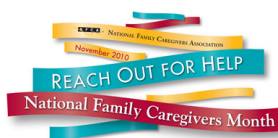
healthcare workers related to the illness. Hospice care is available 24 hours a day, seven days a week and the service offers bereavement counseling and support for family members following the death of a loved one. Most hospice care is delivered at home and is available to people in nursing homes, assisted living facilities, veterans' facilities, and hospitals. For more information call Hospice Care of Michigan 24 hours a day at (888) 247-5701.

Good Nutrition Month

November is also Good Nutrition Month providing information about how you can still eat healthy on Thanksgiving during the most over-indulgence meal of the year. The trick is to make healthy choices. Some of the foods you can enjoy guilt-free are turkey, cranberries, sweet potatoes, pecans and pumpkin because they have little or no fat, and are full of protein, antioxidants, Vitamins A and C, potassium and fiber. For more information go to www.eatright.org.



National Family Caregivers Month



November is National Family Caregivers Month, as proclaimed by President Barack Obama last year, honoring the individuals providing essential services to family members who could not otherwise

look after themselves. In the presidential proclamation, it was pointed out that the National Family Caregiver Support Program (NFCSP) and the Lifespan Respite Care Act include important resources for caregivers, with opportunities to receive much-needed assistance. These pro-
(See Caregivers on page 2)

View From the Bridge

By Paul Bridgewater, DAAA
President & CEO



For 22 years, we have been feeding thousands of homebound seniors in metro Detroit during the holidays and our largest Holiday Meals on Wheels delivery is during Thanksgiving and Christmas. Each year we look forward to expanding the delivery and I'm proud that this year we have two major sponsors joining us to help feed more seniors.

For the third year, Ford Motor Company Fund will sponsor the Thanksgiving Day holiday meal delivery, and joining us for the first time this year, DTE Energy Foundation will sponsor the Christmas holiday meal delivery. Both corporations have committed \$45,000 total and will supply hundreds of employee volunteers to pack and deliver hot nutritious meals to 5,500 homebound seniors on each holiday throughout our service areas in Detroit, Highland Park, Hamtramck, Harper Woods and the five Grosse Pointes.

Our goal over this next fiscal year is to increase the public's awareness of Detroit Meals on Wheels; not only to benefit our current home delivered meal clients, but we want possible donors to become aware of the hundreds who are on the waiting list—waiting for a meal.
(See View from Bridge on page 2)



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

(View from Bridge continued from page 1)



Each year for every delivery we depend on thousands of volunteers to help take a meal to the door of a senior who might not have any company or food on the holiday. Please join us in this holiday tradition and when you think of hunger—think of Detroit Meals on Wheels . . . *because Hunger Takes No Holiday!*

If you are interested in donating to the Detroit Meals on Wheels (DMOW) – Holiday Meals on Wheels program, please make checks payable to DMOW, 1333 Brewery Park Blvd., Suite 200, Detroit Michigan 48207, or go to our website to donate at www.daaa1a.org.



(Caregivers continued from page 1)

grams allow individuals to remain with their families for as long as possible while helping to ensure the well-being of participating care providers.

The U.S. Administration on Aging (AoA) is sponsoring a yearlong celebration to commemorate the 10th anniversary of NFCSP created in November 2000 by an amendment to the Older Americans Act. AoA is working in concert with national caregiver organizations and associations and other partners to spotlight the important role of family caregivers and help recognize and show appreciation for America’s family caregivers. For more information call the National Family Caregivers Association at (800) 896-3650 or National Family Caregivers Support Group at (800) 963-5337.



Be-Fit Inc.’s Healthy Holiday Recipe Bake-Off



To encourage healthy eating during the holidays, Nutritionist, Dr. Velonda Thompson is sponsoring the first Healthy Holiday Recipe Bake-Off and Tastefest for amateur bakers, professional chefs and culinary artisans through December 11, 2010. Judging is scheduled throughout November, so there is still time to enter, and the contest fee is \$25 for adults and \$15 for students. For complete rules and the registration form, go to www.befitinc.com.

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