



The Source for Seniors

# Kent County Senior Millage Minder

about the Kent County Senior Millage  
Summer 2010

## Nutrition Options



The following nutrition services are available for Kent County adults age 60 and older to ensure healthy meal options.

**Home Delivered Meals-** brings meals directly to home bound individuals who are not able to prepare food on their own.

**Congregate Meals-** offered at multiple locations through the county (like Senior Centers) to provide older adults with a meal as well as social interaction with other seniors.

**Food Pantry-** variety of nutritious food items allows older adults to shop pantry shelves and make their own selections.

All programs are provided by Senior Meals Program. For more information on any of the Nutrition Programs, contact their office at (616) 459-3111.



## Fall Prevention

Falls are the number one cause of injury according to the Center for Disease Control and Prevention, but did you know that most falls can be prevented?

A few simple tips can help you stay steady on your feet:

**Review your medications with your doctor.** Have a doctor or pharmacist review all the prescriptions you take to ensure you are not on medications that combine to create dizziness or other complications.

**Have your vision checked.** Poor vision can increase chances of falling. Make sure you have the right glasses and have your eyes checked regularly for cataracts or glaucoma which can also impair vision.

**Begin a regular exercise program.** Many programs are available for older adults through the Kent County Senior Millage. Classes are targeted to those 60 and older. A Matter of Balance focuses specifically on reducing the fear of falling and is proven successful. Start classes today and see the results for yourself.

### **Fall Prevention Awareness Day**

September 23 is Fall Prevention Awareness Day. Many senior centers and organizations are offering special events to educate older adults on fall prevention.

Visit [www.aaawm.org](http://www.aaawm.org) or contact your senior center or congregated meal location to see how they are celebrating.

The Millage Minder is published quarterly by the Area Agency on Aging of Western Michigan.  
For more information contact (616) 456-5664

## Energy Savings Tips

Rising energy costs are a problem for many older adults. The following tips may be able to help save money on energy bills throughout the year.

### **Replace light bulbs with energy efficient ones.**

This is a fast and easy way to reduce energy use.

### **Remove the clutter on top of the fridge.**

A refrigerator needs space in order to cool. Items on top or a fridge pushed close to the wall make the appliance work harder and use more energy.

**Fix air leaks.** Some air leaks are easier to spot, and fix, than others. Put your hand up to windows and doors, if you feel a draft coming in purchase weather stripping, or an inexpensive window insulating kit.

**Shut heating or air conditioning vents** to rooms you don't use and keep the door closed.

**Adjust the thermostat.** This can significantly reduce energy usage even if only a few degrees difference at night.

## Utility Assistance

If you are looking for more ways to reduce your energy costs, the following Millage services may be able to help:

**Weatherization**- provides assistance to improve overall energy efficiency and reduce utility bills

*ACSET* (616) 336-4023

**Home Repair**- can help with minor or major home projects.

*Home Repair Services* (616) 241-2601

*Senior Neighbors* (616) 459-6019

**Emergency Need Fund**- limited emergency assistance for one-time events like utility shut off

*Senior Neighbors* (616) 459-6019

## Guardianship

Some vulnerable older adults in Kent County do not have family members who can assist with managing finances and other daily living services. Professional Guardians may be appointed by the Kent County courts to assist and protect from abuse and exploitation.



Court appointed guardians are recruited and screened by the Kent County Department of Human Services and the Court system. All Guardians are held to standards that

include performance measures and regular trainings. Yearly credit history checks are required and Guardians have to be bonded by the courts. Many also complete certification through the National Association of Guardians.

For more information, contact:

*Kent County Department of Human Services*

(616) 248-1388

## Millage Service Eligibility

To qualify for Senior Millage services, persons must be at least 60 years old and residents of Kent County.

Cost sharing may be required for individuals whose incomes are above \$21,660 and for couples whose incomes are above \$29,140 in 2010. The cost share fees are based on income and vary depending on service type. For more information, contact the organization providing services.

Donations are accepted for all services and are put back into programs, allowing additional seniors to be served.

**For more information on the Kent County Senior Millage, including a full list of services, visit [www.aaawm.org](http://www.aaawm.org).**

*The purpose of the Area Agency on Aging of Western Michigan is to provide older persons, including those in the greatest economic need, with an array of human services designed to maintain independence and dignity in their homes and communities.*