



The Source for Seniors

Kent County Millage Minder

Senior Millage

about the Kent County Senior Millage
Spring 2009



As the weather warms, many homeowners start to think about outdoor chores. Some may also be facing economic difficulty. The following resources are available to help.

- **Home Chore**-assistance with minor home repairs and other jobs including repairing windows, minor yard work, replacing fuses and door locks.

Senior Neighbors 459-6019

- **Home Assessment and Adaptive Equipment**- assessment of home to identify barriers to independent living also may include home modifications.

Disability Advocates 949-1100

- **Foreclosure Intervention Counseling**-help preventing foreclosure including an assessment of situation and available options to the homeowner.

Home Repair Services 241-2601



Healthy Aging Programs

Ready to get active and make health a priority? Evidence-based health promotion programs have been tested and proven to be effective for older adults. In addition to increasing physical activity, participants are able to interact with their peers and learn to make healthier choices.

Four programs are currently offered at various times and locations throughout Kent County. The following classes are open to Kent County residents age 60 and older.

- **A Matter of Balance** - program designed to manage falls and increase activity levels in older adults. Participants learn how to view falls as controllable, set goals to increase activity, make changes to reduce fall risks and increase strength and balance.
- **Arthritis Foundation Exercise Classes** - gentle activities to help increase joint flexibility and range of

motion while maintaining muscle strength. The program is designed specifically for those with arthritis, but anyone can participate.

- **EnhanceFitness** - nationally recognized, multi-component community-based physical activity program.
- **P.A.T.H. (Personal Action Towards Health)** - program designed to help participants gain confidence in their ability to control symptoms and find new ways to reduce the negative effects their health problems have on their lives.

For more information, or to find a location near you, visit www.aaawm.org or contact Julie Lake with Senior Neighbors at 459-6019.

New! Senior Water Aerobics- starting Fall 2009. To register, call Grand Rapids Community College at 234-3400

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

Priority Services- in-home and nutritional services help the most frail and needy elders (including their family caregivers) maintain independence in their own homes.

Supportive Services- strengthen and sustain priority services to lengthen time frail individuals can remain living at home in a safe environment.

Access Services- guide older adults and their caregivers to appropriate senior services.

General Services- include health promotion, disease prevention, first line support and volunteer opportunities.

Emergent Needs- address needs typically based on weather emergencies, including home heating assistance.

Email Addresses Needed

Help us reduce printing and mailing costs by receiving the Millage Minder in your email inbox. Send an email to reception@aaawm.org with "Millage Minder Subscription" in the subject line and start receiving the newsletter electronically next quarter.

Senior Center Opens Downtown



At the end of March, Senior Neighbors moved their downtown Grand Rapids center to a new location at 333 Division. The newly renovated site has more space and can accommodate additional individuals.

The center will continue to offer a daily noon meal, through Senior Meals Program Inc., and activities throughout the day.

"The new space will allow us to offer additional programs targeted to older adults," says Bob Barnes, Executive Director of Senior Neighbors. "It is a great location and we are pleased to maintain a presence downtown."

Delaware Manor Meal Site Opens

Senior Meals Program, Inc. recently opened a new congregate meals site at Delaware Manor. A noon meal will be served to residents and will also be open to the public, as space allows.

"Senior Meals Program is pleased to partner with Delaware Manor to provide a nutritious meal for this population," says Paul Beebe, Executive Director, Senior Meals Program. "The site will help meet the increasing needs of our seniors, especially those with low incomes."

Like all Kent County Senior Millage funded congregate meal sites, Delaware Manor has a suggested donation, which helps provide additional services for seniors in Kent County.

Delaware Manor is a senior retirement community for adults 62 years or age and older who have annual incomes of \$9,200 or less.



Registration Available Online

Registration for Ridelink is now online. Seniors can visit <http://therapid.greenride.ene.com/ridelink/> and enter information for quick enrollment. Simply fill out the entire form and click the "save" button.

Registration will be completed within three to five business days. Once in the system, seniors can call Ridelink at 1-866-425-3848 to schedule transportation.

Callers are reminded to have addresses of their destinations available when scheduling rides and are encouraged to schedule rides between 10 a.m. and 2 p.m. when vehicles are less likely to be at capacity. The service is available Monday through Friday.

Ridelink transportation services are available to Kent County residents age 60 and over. Ridelink is a collaboration among multiple agencies to help coordinate rides and provide one central number for scheduling.

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.