



The Source for Seniors

Kent County Millage Minder

Senior Millage

about the Kent County Senior Millage
Spring 2011

Senior Center Activities:

Senior centers offer a variety of programs specific to the interests of older adults. Seniors are engaged in recreation activities including health and fitness programs. Staff also connect participants to services to address their individual needs. The senior centers listed below receive funds from the Kent County Senior Millage for various activities. Please call the center directly for specific programs and times.



Baxter Community Center	616-456-8593
Senior Neighbors (locations below)	616-459-6019
Walker Firehouse Cafe	616-735-3540
Grandville	616-531-5250
Lowell	616-897-5949
Downtown Grand Rapids	616-459-3040
Sparta	616-887-1273

Home Modification

Older adults living in their own home may have concerns regarding safety and accessibility. Medical conditions may require adjusting areas of the home to accommodate their changing needs.

Disability Advocates of Kent County provides a thorough assessment of both the individual and the home to identify barriers to independent living.

An Occupational Therapist will assess, set-up and implement a plan to make the home more accessible through modifications.

Examples of project recommendations include install a wheelchair ramp, widen doorways or change door swing direction, add hand railings at stairways or replace claw-foot bathtub with a roll in shower.

Disability Advocates of Kent County may also provide assistive devices such as grab bars, hand held showers, expandable door hinges or toilet rails to modify a room for accessibility, safety and independence.

For more information on this program, contact:
Disability Advocates of Kent County
(616) 949-1100 ext.255

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

Senior Project Fresh

Project Fresh provides coupons for low-income older adults to purchase fresh fruits and vegetables at local farmers markets. Nutritional information is also provided. The program operates only during the growing season, with sign-ups beginning in May.



Seniors are given \$20 worth of coupons that can be redeemed at participating farmers markets. Older adults must meet income requirements and a one dollar donation is requested.

“This program is extremely popular and we often run out of the coupons very early,” says Lisa Wideman, Associate Director at Senior Meals Program Inc. “Sign-ups are completed in May and the coupons are distributed throughout the summer, after completion of a nutrition class.”

For more information on Senior Project Fresh:

Senior Meals Program (616) 459-3111

Millage Service Eligibility

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

Cost sharing may be required for those with incomes above \$21,780 and couples with incomes above \$29,420.

Cost share fees are based on income and vary depending on the service. For more detailed information, contact the organization providing service.

Donations are accepted for all services.

For more information, including a full list of services, visit www.aaawm.org.

Recreational and Occupational Therapy

People often think of physical therapy as a requirement to recover from an injury or surgery, but occupational and recreational therapy can help increase independence and mobility for older adults.

- **Occupational Therapy (OT)** works with those who are disabled with the focus on completing daily living tasks like bathing, dressing, etc. in order to increase functional independence.
- **Recreational Therapy (RT)** helps those who are disabled or need special assistance to participate in recreational activities like bowling or another favorite leisure activity that maintain or improves health status and quality of life.

Easter Seals (OT) (616) 942-2081

An Occupational Therapist at Easter Seals works with older adults to determine ways to help with the activities of daily living. They also assess the home for safety concerns like unsecured rugs or electrical cords and address the concerns to prevent falls.

Stepping Stones (RT) (616) 530-3190

A Certified Therapeutic Recreation Specialist (CTRS) at Stepping Stones meets with older adults to establish a personalized treatment plan to meet recreation goals. This may include the desire to return to activities at a senior center, family outings or be more active at home.

Email Information:

Help reduce printing and mailing costs by receiving the Millage Minder in your email inbox. Email WendyI@aaawm.org with “Millage Minder” in the subject line and start receiving the Millage Minder electronically.



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.