



The Source for Seniors

Kent County Millage Minder

Senior Millage

about the Kent County Senior Millage
Winter 2010

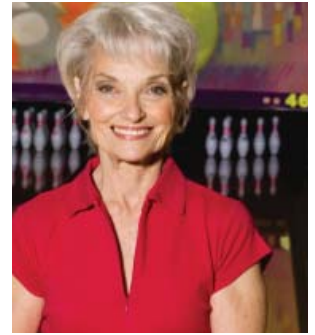
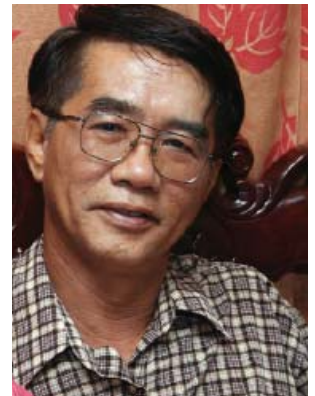
Think Healthy

Classes offered through Senior Neighbors, call 459-6019.

- **A Matter of Balance**- view falls as controllable, make lifestyle changes, increase strength and balance with exercise.
- **Arthritis Foundation Exercise**- perform activities to increase joint flexibility, range of motion and maintain strength.
- **EnhanceFitness**- incorporate strength, balance and mobility. Exercises are available at all fitness levels and individual abilities.
- **Personal Action Toward Health (PATH)**- learn to deal with the challenges of not feeling well, handle everyday activities more easily and control pain. For those with chronic conditions.

Classes offered at Grand Rapids Community College
Older Learner Center, call 234-3483.

- **Strength and Stretch**- strengthen and stretch muscles using Yoga, Pilates, and hand weights.
- **Water Aerobics**- work at your own pace with a cardiovascular and strength workout that puts less stress on joints.



Three Programs Discontinued for 2010

Reduction in funding for 2010 translated into three programs being discontinued for 2010.

“We were required to cut nearly \$500,000 for 2010,” says Nancy Nielsen, Chairperson of the Millage Review Committee. “It was not an easy task, especially since some services are already operating with waiting lists.”

The Millage Review Committee, made up of nine community representatives, conducted the proposal process during the fall. Proposing organizations were told up-front that there would be cuts.

English as a second language, literacy competency, and telephone reassurance, considered general programs, were not funded for 2010. Committee members believe

there are other community resources that could serve individuals and that funds were better directed to priority and supportive services (read page two for organizations already stepping in to help).

One new adult day care provider, SarahCare, was added to serve family caregivers in the southwest part of the county. Adult day care allows family members to receive a break from providing care (often to go to work) and prevents seniors from entering nursing homes due to caregiver stress and burnout.

Funding in 2010 has been distributed to 33 organizations providing 46 vital services. Nearly half of the funding in 2010 will support priority services.

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

Current Year Funding (2010)

- Priority Services \$ 3,276,650 (49%)
- Supportive Services \$ 825,629 (13%)
- Access Services \$ 1,449,434 (22%)
- General Services \$ 1,014,780 (15%)
- Emergent Services \$ 75,429 (1%)

Total \$ 6,641,922

Previous Year Funding (2009)

- Priority Services \$ 3,427,461 (48%)
- Supportive Services \$ 929,471 (13%)
- Access Services \$ 1,524,217 (21%)
- General Services \$ 1,186,916 (17%)
- Emergent Services \$ 65,000 (1%)

Total \$ 7,133,065

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 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.

Two Organizations To Offer Discontinued Millage Services

Elders' Helpers and United Methodist Community House (UMCH) have stepped in to ensure two programs no longer funded through the Millage are still available to seniors.

Telephone Reassurance: Elders Helpers has volunteered to provide the service (previously offered through Senior Neighbors). This program utilizes volunteers to call home-bound seniors and check in on them regularly.

Literacy Competency: UMCH will continue to offer the classes despite the funding cuts. The program works with low literacy level readers to help increase comprehension of materials read.

Thank you to both organizations for continuing your commitment to Kent County seniors.

For more information on these programs, contact:

Elders' Helpers	454-8305
UMCH	241-1645

Millage Service Eligibility for 2010

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 for 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.

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.