



Mark A. Hackel  
County Executive

# SENIOR FOCUS

Winter 2015

A PUBLICATION COURTESY OF MACOMB COUNTY GOVERNMENT

## MEALS ON WHEELS, DINING SENIOR STYLE CONTINUE TO EXPAND

### New meal pickup location increases program reach

Macomb County Community Services Agency's Office of Senior Services is excited to announce the opening of another Meals on Wheels pickup location - this time at the Sterling Heights Senior Center.

"Opening this site means shorter commutes for volunteers, and shorter waits for recipients to receive their warm meal," said Katherine R. Benford, director of the Office of Senior Services.

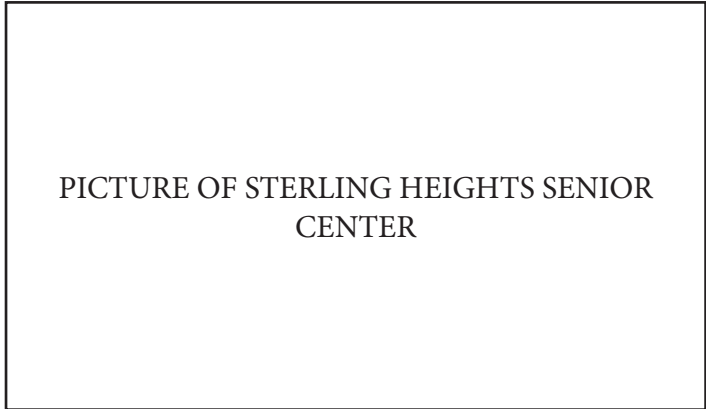
Additionally, the Meals on Wheels sister program, Dining Senior Style, will offer lunch every Wednesday at 11:30 a.m.

Dining Senior Style provides the same meal as Meals on Wheels, but is for people over the age of 60 and their spouses who are not homebound.

The suggested cost share is \$3 per meal. The Senior Center is located at 40200 Utica Road, near the intersection at Dodge Park Road.

The Office of Senior Services opened a dining location in Eastpointe in August 2014. That location also increased capacity in the Meals on Wheels program in Eastpointe, Roseville and St. Clair Shores.

"To be able to open two new sites in the last five months is really amazing," Benford said. "Michigan is committed to being a no wait state for senior in-home



PICTURE OF STERLING HEIGHTS SENIOR CENTER

### Sterling Heights Senior Center, 40200 Utica Road

services, and increasing our program capacity is a step in that direction."

The Office of Senior Services currently operates two dozen Dining Senior Style locations throughout the county as well as delivers meals to about 1,500 homebound seniors through Meals on Wheels.

If you or someone you know is in need of Meals on Wheels, or you would like to volunteer, call the Office of Senior Services at (586) 469-5228.

A complete list of Dining Senior Style locations and lunch menus can be found online at [mccsa.macombgov.org](http://mccsa.macombgov.org). Click on Senior Services.

### Inside this Issue:

- Winter safety tips .....2
- Volunteers needed .....2
- Executive Update .....3
- Happy Birthday 65! .....3
- Upcoming Events .....4



## WALK FOR WARMTH SET FOR FEB. 28

The 25th Annual Walk for Warmth is set for Saturday, February 28, 2015. The event will start at Bethesda Christian Church, 14000 Metropolitan Parkway in Sterling Heights.

Registration forms and pledge sheets are available on our website [mccsa.macombgov.org/w4w](http://mccsa.macombgov.org/w4w) or by calling (586) 469-6999.

All participants will receive a

finisher's medal and a yellow scarf like our mascot, Wally Walker.

The course is a 5K (3.1 mile) walk/fun run.

A \$20 minimum pledge is suggested to participate.

Proceeds benefit MCCSA's heating assistance programs.



## SEVEN WINTER SAFETY TIPS FOR SENIORS

*During the winter months, snow, ice and cold temperatures can cause challenges for everyone. Here are a few tips from [www.care.com](http://www.care.com) on how to stay safe this season.*

### Avoid Slipping on Ice

Icy, snowy roads and sidewalks make it easy to slip and fall. Wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Take off shoes as soon as you return indoors because melted snow can lead to slippery conditions inside.



### Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia. Don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

### Fight Wintertime Depression

It can be difficult and dangerous to get around during the winter and many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, ask family members or neighbors to check in on you as often as possible.



### Check the Car

Driving during the winter can be hazardous for anyone. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads.

### Prepare for Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and

a battery-powered radio. Stockpile warm blankets. The food in your refrigerator and freezer may spoil so keep non-perishable foods on hand. If the power goes out, wear several layers of clothing and move around a lot to raise your body temperature.



### Eat a Varied Diet

Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits – especially Vitamin D deficiency – can be a problem. Make sure to eat Vitamin D-rich foods, such as milk, grains and seafood options like tuna and salmon.



### Prevent Carbon Monoxide Poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

*The most important tip to keep in mind during the colder months is to ask for help. The Office of Senior Services provides Meals on Wheels to homebound seniors; Chore Services such as snow removal; Matter of Balance classes to teach fall-prevention techniques; and transportation to medical appointments.*

*Call (586) 469-5228 for more information.*



## MEALS ON WHEELS VOLUNTEERS NEEDED

Volunteer drivers are needed to deliver meals to homebound seniors, especially in the Warren, Sterling Heights and Richmond areas. The Office of Senior Services is working to add new routes in high-demand communities.

Drivers are scheduled twice a month and each delivery takes about 90 minutes. Mileage reimbursement is available.

### In order to volunteer, you must:

- Be at least 18, or accompanied by a parent or adult.
- Pass a background check.
- Possess a valid driver's license and insurance.
- Use personal vehicle for delivery.

If you would like to volunteer, contact the OSS at (586) 469-5228.

## MCCSA LAUNCHES REDESIGNED WEBSITE

The Macomb County Community Services Agency recently launched a redesigned website.

It was designed with consumers like you in mind. The look of the website was modernized and simplified. Programs and services are now grouped into four main categories: Children and Family Services, Community Development, Emergency Services, and Senior Services.

Check it out at: [mccsa.macombgov.org](http://mccsa.macombgov.org).

## EXECUTIVE UPDATE

MARK HACKEL  
Macomb County Executive

Happy New Year!!! I am excited to be serving as your Macomb County Executive for another four years. We had a great start to the Executive form of government and I know it will only get better from here. As with the first four years, my door is open. I want to hear from you! I hope that you all had a wonderful holiday season and are refreshed and ready to start 2015.

At the beginning of every year, it's pretty common for people to start thinking about what improvements they would like to make to their lives. Health is often a subject of analysis; many strive to set new ways of eating and acting more nutritiously.

The county is here to help with these goals. We have many programs available – some you probably already know of through our Office of Senior Services – but there are many others that you may also find useful.

For example, our Michigan State University Extension program has a couple of classes geared toward helping seniors live a healthy life.

The Eat Smart, Live Strong program includes fun,

social and interactive sessions designed to improve fruit and vegetable consumption and physical activity among adult's age 55 and older.

The Eat Healthy, Be Active nutrition program helps participants learn the skills needed to make healthy eating and regular physical activity a part of their lifestyle. There are six lessons for this program and each cover a different health-related topic.

Both programs also give a certificate of completion to participants.

Healthy residents make for a more vibrant and happy community. Let our Macomb County programs help you with your fitness goals this year. For information on either of the above listed MSUE programs, call (586) 469-5816 or visit <http://msue.anr.msu.edu/>.

As always, if you have any questions or concerns, contact our office at (586) 469-7001.



## HAPPY BIRTHDAY 65! MEDICARE SEMINAR PLANNED

Part A, Part D, Medigap. Advantage plans. The different parts and plans of Medicare can be confusing and overwhelming.

The Macomb County Office of Senior Services is hosting a free seminar to help seniors preparing to turn 65 understand the intricacies of government benefits programs.

Topics at the Happy Birthday 65! seminar include: Social Security; Medicare Fraud and Prevention; Medicare Parts A, B, and D; Medicare Advantage and Supplemental Insurance; Low Income Subsidy and assistance with Medicare Part B premium; Medicaid and the Bridge Card.

Following the presentation,

one-on-one appointments can be scheduled with a Resource Specialist from the Office of Senior Services.

The OSS is here to help you understand available services and make informed decisions.

Birthday cake and light refreshments will be served.

To register, call the OSS at (586) 469-5228.

**February 20, 2015**  
**2:00 - 4:00 p.m.**

**VerKuilen Building**  
**Senior Auditorium (entrance C)**  
**21885 Dunham Road**  
**Clinton Township, MI 48036**

## SNOW REMOVAL NOW AVAILABLE

Snow removal can be taxing both physically and financially.

Applications are now being accepted for snow removal through the Office of Senior Services' Chore Services program.

For eligible Macomb County residents over the age of 60, a contractor will remove snow from driveways after a snowfall of more than two inches. Removal will take place within 48 hours of the snow ending.

An income-based cost sharing is suggested and is much more affordable than commercial snow removal.

Contact the Office of Senior Services today to request an application at (586) 469-5228.

## OFFICE OF SENIOR SERVICES

Yes, I wish to be added to the mailing list for the Senior Focus newsletter.

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ MI Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

(if you prefer to receive the newsletter electronically)

Signature \_\_\_\_\_

Please return this completed form to the Office of Senior Services, 21885 Dunham Road, Suite 6,  
Clinton Township, MI 48036

Page 4

# UPCOMING EVENTS

## THREE MATTER OF BALANCE WORKSHOP SERIES PLANNED

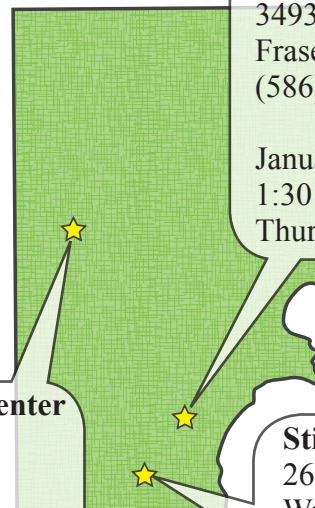
A Matter of Balance works to reduce the fear of falling, stop the fear of falling cycle, and increase activity levels among older adults.

Three workshops are starting soon in Fraser, Warren and Washington Township.

Participants can expect to engage in group discussions, problem-solving, skill building, assertiveness training and exercise to help increase range of motion, flexibility and strength.

Workshops meet weekly for eight weeks. Each session is two hours long, and led by trained leaders from the community.

Contact each location directly to register. There is a suggested cost share of \$10.



**Fraser Activity Center**  
34935 Hidden Pine Drive  
Fraser, MI 48026  
(586) 296-8483

January 15 - March 5  
1:30 - 3:30 p.m.  
Thursdays

**Washington Activity Center**  
57880 Van Dyke  
Washington, MI 48094  
(586) 786-0131

February 4 - March 25  
11:00 a.m. - 1:00 p.m.  
Wednesdays

**Stilwell Manor**  
26600 Burg Rd  
Warren, MI 48089  
(586) 758-1310

January 21 - March 11  
9:30 - 11:30 a.m.  
Wednesdays