

The Council on Aging, Inc., ***serving St. Clair County***



An Overview

Who We Are and What We do

www.thecouncilonaging.org



Vision Statement

It is the vision of the Council on Aging, Inc., *serving St. Clair County*, that all senior citizens of the County shall be able to live in their homes as long as possible, that the Agency may avail itself of all of the resources, public and private, needed to ensure that all seniors shall be able to receive those services and participate in those activities which will enhance their lives, and that no senior in the County will ever feel that he or she is alone.

Mission Statement

The Council on Aging, Inc., *serving St. Clair County* is a private non-profit, non-sectarian, non-political organization which primarily coordinates programs that promote and safeguard the independence and well-being of the senior citizens (persons sixty years of age and older) of St. Clair County, of the State of Michigan by,

- Providing leadership, consultation, and assistance to interested individuals and/or groups who foster the well-being of the County's senior citizens;
- Gathering, tabulating, and studying pertinent data relating to senior citizens;
- Disseminating information about services, activities, and programs affecting the social, economic, health, and housing needs of the aging;
- Cooperating and planning with existing governmental and private agencies in order to develop and make available needed resources for senior citizens throughout the County; and
- Providing relevant activities and needed services to all interested senior citizens of the County.

In addition, the Council on Aging may determine those services, activities, and programs which with appropriate and available funding, it could offer to qualified disabled citizens of the County.

SENIOR ACTIVITY CENTERS



Port Huron Senior Center

600 Grand River Avenue

Port Huron

(810) 984-5061

(800) 297-0099



Washington Life Center

403 N. Mary Street

Marine City

(810) 765-3523

(800) 779-4488



Yale Senior Center

3 First Street

Yale

(810) 387-3720

(800) 717-4422



Conrad Community Center

585 N. Main Street

Capac

(810) 395-7889

(800) 361-8877

Recreational activities abound at all of the CoA Senior Centers and at Starpath Adult Day Care Service. Some of the activities offered are exercise classes, dance classes, educational programs, Bingo, Euchre, Bridge, bowling, volleyball, pickleball, arts and crafts, quilting, knitting, Veteran's Club, Yoga and more. Get involved and socialize with other seniors while having fun!

SENIOR NUTRITION

HOME DELIVERED MEALS (MEALS ON WHEELS)

For seniors 60 and over who are homebound, a daily visit, Monday through Thursday, from the home delivered drivers not only brightens their day, but also provides them with a hot nutritious lunch and, for some, a cold meal for dinner. Frozen meals are delivered during the week for Friday, Saturday, and Sunday.



Meals are available to homebound seniors 60 and over regardless of their income. The suggested donation per meal is \$2.50.

LIQUID For those individuals whose doctor feels they need the nutrition available from liquid Ensure products, that is an alternative. Liquid meals, if prescribed by a physician for a senior client, can be delivered to the senior's home. Liquid meal orders must be prepaid in full in order to receive delivery. Ensure and Ensure PLUS are \$30.00 per case of 24 cans and Glucerna is \$52.00 per case of 24 cans.



F.E.A.S.T. Vouchers to be used to eat at a local restaurant (Four Star Grille) at a discount off of a limited menu on Tuesdays and Thursdays from 11:00 a.m.—2:00 p.m. The suggested donation is \$4.00 per voucher.

For more information, or to arrange for meal delivery for yourself or an acquaintance, call (810) 982-4400 or (800) 297-0099.

CONGREGATE MEALS

Monday through Friday seniors ages 60+ throughout St. Clair County can partake of a hot meal served at one of the seven congregate meal sites. These seven meal sites offer seniors a chance to enjoy a delicious, low sodium meal that meets one third of an individual's nutritional needs, while in the company of friends. In order to better serve the county, seniors are asked to make a reservation at the meal site they would like to attend by 1:00 p.m. the day before. The meals are available to all seniors 60 and over and their spouses regardless of income. The suggested donation for a meal is \$2.50. The meal sites are located at:

Conrad Community Center
585 N. Main Street
Capac (810) 395-7889

Harvey Reinvestment Ctr.
3013 24th Street
Port Huron (810) 982-4400

Palmer Park Rec Center
2829 Armour St.
Port Huron (810) 982-4400

Washington Life Center
403 N. Mary Street
Marine City (810) 765-3523

Yale Senior Center
3 First Street
Yale (810) 387-3720

HOLIDAY MEALS ON WHEELS

The Senior Nutrition Program, in cooperation with the Area Agency on Aging 1-B and our many dedicated volunteers, distribute meals on Thanksgiving, Christmas, and Easter. The menu for each meal includes traditional holiday fare. The delicious holiday meals are prepared by staff, packaged for pickup and delivered countywide by cheerful volunteers. The only requirement to receive a meal is that the recipient must be 60 years of age or older. To reserve a holiday meal, or to sign up as a volunteer, please call the Senior Nutrition program office at (810) 982-4400 or 1-800-297-0099.

TRANSPORTATION

Mobility can be a prime factor in determining whether or not a senior is able to live independently. Since 1970, The Council on Aging has been assisting with this need by providing door to door pick-up and return transportation service for seniors and the disabled throughout St. Clair County.

Our fleet includes Michigan Department of Transportation handicapped vans which are capable of transporting those who are wheelchair bound along with additional vans and cars.

Service is available Monday through Friday from 8:30 a.m. until 4:00 p.m. 24-hour or more notice is preferred to schedule a ride. Transportation is prioritized by medical appointments followed by shopping, senior center visits, business, private or public agencies appointments, and visiting. Due to the multitude of requests received for this service, CoA limits Individuals to two return trips per week, per individual, with more trips scheduled if space and time permit. Every effort is made in cases that need continuous treatment (such as chemotherapy or kidney dialysis), to provide more than two trips if time and scheduling permit.

If you need a ride, remember it is only a telephone call away...

Port Huron 810-984-4200

Downriver 810-765-8570

Yale & Capac 844-289-7784



IN HOME SERVICES

PERSONAL CARE AND HOMEMAKERS

The **Personal Care** workers under the plan of direction set up by CoA's licensed practical nurse provide seniors with assistance with their daily activities of living such as bathing, dressing, transferring, mouth care, etc.

CoA **Homemakers** help you by doing light housekeeping, laundry, and grocery shopping. A typical visit may have them cleaning the bathroom and kitchen, and then dusting in the living room and bedroom, running the vacuum on the carpets or washing the kitchen floor, while they have a load of bedding in the washer.



CHORE AND HOME REPAIR

The **Chore** workers handle the larger cleaning jobs around the home. They do carpet shampooing, wall and window washing, replace storms and screens, as well as basement and garage clean-ups, lawn mowing, and snow shoveling. A nominal fee may apply for materials such as carpet shampoo.

The **Home Repair** service does minor electrical, plumbing and carpentry repairs around a senior's home. They can install safety devices and also construct wheel chair ramps. Unfortunately, Home Repair workers cannot do work that would require a licensed contractor, but they can help repair leaking faucets, repair broken steps, install handrails in the bathroom, and check over a faulty light switch.

INFORMATION AND REFERRAL

COMMUNITY LIAISONS

When someone calls any of the four multi-purpose senior centers with a question regarding what is available to help them or a loved one, they will be put in touch with the center's Information and Referral staff person. These staff members have access to information and telephone numbers for a variety of services, agencies, and businesses which assist senior citizens. If the problem is something which requires more in-depth information and/or assistance, the I&R staff personnel will get the caller in touch with a CoA Community Liaison. Community Liaisons assist seniors and their families by providing information on their options and help to line-up services and programs, which allow senior citizens to maintain their independence. Community Liaisons assess the senior's needs and help to meet those needs through a variety of community resources.

HOMESTEAD TAXES

Tax time! Resource Advocates are available beginning mid-January to prepare your yearly Property Tax Credit and Home Heating Credit. The following information must be presented by you to the tax preparer:

Homeowners Property Tax Statements or Rent Receipts for the year you are filing; Statements of any income received, including; Social Security, Pension Benefits, All Interest and Dividends, TANF and GA Benefits, or Wages or Self-Employment Income; Your heating costs for the 12-month period from November 1 to October 31; Medical and/or Health Insurance Premiums for the year you are filing; and Your **Social Security Card**.

There is no charge for this service; however, donations are gratefully accepted. Call your local senior center for an appointment.

STARPATH ADULT DAY SERVICE

When a person is providing care 24-hours a day to a loved one, it does not leave much time to run errands or to do some of the special things that interest the care provider. It also makes holding a job almost impossible for some care providers. Starpath Adult Day Service is an alternative for individuals in these types of situations. Starpath is available Monday through Friday, 8:00 a.m. to 4:00 p.m., and Saturdays if a need arises to provide supervised activities, companionship, exercise, and mental stimulation for seniors who have Alzheimer's and dementia. Clients can come every day of the week, or any portion of it that they require. Care providers can use Starpath as a place to leave a loved one once a week as they do their shopping and errands, or as a place where mom and/or dad can stay while a care provider goes to work.

Clients arrive each day at Starpath Adult Day Service and are greeted by a cheerful staff who will attend to their needs throughout the day. There are activities for the seniors to participate in, as well as quiet areas for those who need or prefer to rest. The seniors are made to feel that Starpath is their "home away from home", and they are encouraged to participate in the seasonal decorating and daily activities.

A suggested donation for Starpath Adult Day Service's service is in place; however, staff will make special arrangements to accommodate care-givers' and seniors' needs. Transportation and personal care services are available.

For more information on Starpath Adult Day Services please give them a call at (810) 984-8970.



FOSTER GRANDPART PROGRAM



This very special volunteer program offers Seniors 55 years of age and older the opportunity of providing a valuable service with benefits. Foster Grandparents mentor and tutor at-risk children who are in need of one-to-one or small group attention and assistance. Foster Grandparents serve in local schools and preschool classrooms, Head Start, summer and after school programs, and other public, non-profit community settings. The special needs of children addressed vary widely from low reading and math scores, children of teenage parents, homelessness, neglect and abuse, physical and mental challenges, or children who have difficulty staying focused without the guidance of an a caring adult.

Foster Grandparent volunteers serve an average of 15 to 25 hours per week at contract sites under the supervision of a teacher or qualified professional. Benefits include a modest stipend if income-eligible, one meal per day, assistance with an annual physical and transportation to and from their site, ongoing training, recognition, and social events. Foster Grandparents rate the greatest reward as knowing that they are making a difference in the lives of children.

The local Foster Grandparent Program is sponsored by the CoA and has served the County since 1977. An average of 70 Foster Grandparents countywide serve over 60,000 volunteer hours annually to assist over 400 local youth each year. The Foster Grandparent Program began nationally in 1965 and is found in all 50 states, the District of Columbia, the Virgin Islands, and Puerto Rico. For more information, call (810) 987-8813 or (810) 984-8061 Ext. 115.

BENEVOLENT PRESCRIPTION DRUG ASSISTANCE PROGRAM

This special support program may enable low-income seniors to receive free prescription drugs from the major pharmaceutical companies. Eligibility includes any person in St. Clair County age 60 or older who is living on a restricted income and who routinely spends over 20% of his or her income on prescriptions and has no other help. The program focuses on patients of physicians who are enrolled in the program. For more information, call (810) 984-5061.

FRIENDLY VISITORS AND CALLERS

Friendly Visitors and Callers are volunteers who are matched with a homebound senior citizen who would like some additional companionship. Visitors are special friends who share laughter, share similar and different interests, hear problems, give emotional support, and provide a sense of security for the senior.

The Friendly Visitor volunteers spend an hour a week visiting in the senior's home, sharing confidences and entertainment such as hobbies, crafts, memories, photos, etc. The Friendly Callers are volunteers who contact the senior they are assigned daily over the telephone to check on their well-being and to chat for a few minutes. The visits and calls are arranged at a time that is convenient for both the senior and the volunteer. In both cases, true friendships develop that can span years.

To volunteer or learn more about the program,
please call (810) 987-8811.

SENIOR PROJECT FRESH

Senior Project Fresh is a USDA program that provides low-income adults age 60 and older with unprocessed, Michigan-grown produce. Seniors at 185% of poverty or less can receive nutritional information and a coupon book with ten \$2.00 vouchers to use at authorized farmers markets and roadside stands to select their choice of fresh fruits, vegetables, honey, and herbs. The Council on Aging raises funds to purchase the vouchers from the State of Michigan then distributes them to eligible seniors. The farmers then turn the vouchers back into the State for reimbursement. Thus, the program benefits vulnerable seniors and local farming families. For more information, call (810) 987-8813 or (810) 984-5061 Ext. 115.



VIAL OF LIFE

This bright orange sticker could help save your life during an emergency. Community Liaisons distribute “Vials of Life” when they meet with seniors. One of these stickers is attached to a small plastic pill bottle which contains your name, date of birth, social security number, physicians name and number, the hospital where your records are kept, your insurance company and number, your Medicare or Medicaid numbers, your emergency contact information, along with a listing of your medical problems, drug allergies, prescribed medications and major operations...all the information that an EMS team needs when they are called to your home. The bottle is placed in your refrigerator and another sticker is affixed to the refrigerator door, indicating that the bottle is there. A third sticker can be placed near the entrance to your home to indicate to EMS that a “Vial of Life” is in the home.

HEALTH, FITNESS, & RECREATION



Keeping seniors as an active viable component of the community is always a priority of the Council on Aging, Inc. CoA offers basic fitness programs such as Total Rebound, Balance and Beyond, Yoga classes, as well as more advanced exercise classes such as weight training, walking groups, Tai Chi, Drum Fit, and Zumba just to name a few. All classes are conducted by trained and certified instructors who work to make it fun for all! There are also many recreational activities on a daily basis at the centers. Some activities, such as card games, occur regularly on a weekly or bi-weekly basis while others are scheduled once a month or are a one-time special offering. Some of the recreational options include: arts & crafts, Ask a Lawyer, billiards, Bingo, Book Club, bowling, Bridge, cell phone and computer classes, cooking classes, dancing, day trips, Euchre, financial/estate planning, movies, quilting, support groups, table tennis, travel, Veterans Club, and wood carving.

TRAVEL

Join us in the fun and excitement of day trips such as attending a Tigers game or longer adventures such as cruises, trips across the United States or even Europe. Seniors can travel the world with the CoA Travel Department!

Call (810) 984-5063 or (810)765-4254.

CoA STRUCTURE

The Council on Aging, Inc., *serving St. Clair County* is a private non-profit corporation created to provide programs and services to the seniors of this county. Like any corporation, the CoA is governed by a Board of Directors, which is exclusively responsible for the policies, planning and operations of this agency. It delegates responsibility for the latter to an executive director, whom it appoints.

ADVISORY COMMITTEES

Each Senior Center has an Advisory Committee and selects one member to be their center's representative on the CoA Board of Directors. Advisory Committees review the monthly financial reports for the Center, as well as discuss and make recommendations regarding the programs and activities being planned for their Senior Center. They also make decisions regarding the Senior Center building in which they meet and the Center's fundraiser efforts for the building maintenance and improvements. All four Senior Centers are self-sufficient in these areas.

CALL US TODAY!

Port Huron	(810) 984-5061
Washington Life Center	(810) 765-3523 1-800-779-4488
Yale	(810) 387-3720 1-800-717-4422
Capac	(810) 395-7889 1-800-361-8877
Senior Nutrition Program	(810) 982-4400
Foster Grandparent Program	(810) 987-8813
Starpath Adult Day Service	(810) 984-8970
Administration	(810) 987-8811 1-800-297-0099

FUNDING

Council on Aging, Inc., serving St. Clair County is a private, non-profit agency whose programs and services are funded all or in part by the following:

- St. Clair County Senior Services Millage
- Federal Older Americans Act and State of Michigan Older Michiganians Act and the Aging and Adult Services Agency through the Area Agency on Aging 1-B (AAA 1-B) and Macomb Oakland Regional Center (MORC).
- Corporation for National and Community Service
- Michigan Department of Transportation
- City of Port Huron
- United Way of St. Clair County
- Fundraisers
- Memorials
- Donations

The Council on Aging, Inc. complies with the terms and regulations and amendments of Title IV and Title V of the Civil Rights Act of 1964 and Section 504 of the federal Social Rehabilitation Act of 1973, the Age Discrimination in Employment Act, the Americans with Disabilities Act, the Age Discrimination Act, the Michigan People with Disabilities Civil Rights Act, and the Elliott-Larsen Civil Rights Act (P.A. 453 of 1976). CoA is an Equal Opportunity Employer. Reasonable accommodation will be provided upon request.

Complaints of discrimination can be filed with: CoA's Executive Director, the Area Agency on Aging 1-B, the Michigan Department of Civil Rights, or the U.S. Department of Health and Human Services' Office of Civil Rights.

THANK YOU FOR YOUR SUPPORT!



BECOME A MEMBER TODAY!

Members of the Council on Aging, Inc. receive the monthly "Senior Happenings" newsletter along with entry to the area Senior Centers for programs and activities. The cost is \$10 for an individual and \$15 for a couple, per year. Mail this form along with your check addressed to the "Council on Aging" and a self-addressed, stamped envelope to:

Council on Aging, 600 Grand River Ave., Port Huron, MI 48060

NAME: _____

NAME: _____

STREET ADDRESS: _____

CITY: _____ ZIP CODE: _____

PHONE NUMBER: _____

BIRTHDATE (S): _____

TOWNSHIP: _____

EMAIL ADDRESS: _____

Would you like to receive the newsletter via email? ☐ Yes ☐ No

The undersigned hereby agrees to hold harmless and indemnify the Council on Aging, Inc., serving St. Clair County its agents and the Senior Center for any and all injuries that might occur in the preparation and performance of any volunteer services, activities, and/or programs. I understand that services, activities and/or programs may take place at the homes of senior citizens, at the senior center, at satellite centers, or other arranged venues. The undersigned understands that in certain situations a medical release from the physician may be required regarding their ability to participate in a program/activity before participation is allowed.

The undersigned hereby gives consent for the use of their name, comments, photograph, and/or video image for the promotion of the Council on Aging's programs and services through displays, newspaper articles, brochures, videotapes and computer media. The use of their appearance by the Council on Aging, Inc., serving St. Clair county will not violate the rights to any person or organization and will not incur any liability for payment to any person or organization.

Signature

Date

Signature

Date

Center or Satellite you attend: _____

Your receipt and membership card(s) will be mailed to you.