



### **Port Huron Senior Center**

600 Grand River Avenue  
Port Huron 48060  
(810) 984-5061  
(800) 297-0099



### **Washington Life Center**

403 N. Mary Street  
Marine City 48039  
(810) 765-3523  
(800) 779-4488



### **Yale Senior Center**

3 First Street  
Yale 48097  
(810) 387-3720  
(800) 717-4422



### **Conrad Community Center**

585 N. Main Street  
Capac 48014  
(810) 395-7889  
(800) 361-8877

Administrative Offices: (810) 987-8811

Foster Grandparent Program: (810) 987-8813

Senior Nutrition: (810) 982-4400

Starpath Adult Day Service: (810) 984-8970

Transportation Services: (810) 984-4200  
(810) 765-8570  
(844) 289-7784

Travel Services: (810) 984-5063

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



## Who We Are and What We Do

[www.thecouncilonaging.org](http://www.thecouncilonaging.org)

### **Funding Sources**

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 AgeWays (AAA 1-B) and Easter Seals 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, AgeWays, the Michigan Department of Civil Rights, or the U.S. Department of Health and Human Services' Office of Civil Rights.

### **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.

### **OUR PROGRAMS AND SERVICES**

*Offered through all 4 Senior Centers  
in St. Clair County*

**Adult Day Service (Starpath)**

**Chore Service - Inside & Outside of Home**

**Health & Fitness Classes & Workout Areas**

**Foster Grandparent Program**

**Friendly Callers and Visitors Program**

**Home Injury Control - Grab Bars, Ramps, Etc.**

**Home Repair - Minor Electrical, Plumbing, Etc.**

**Homemaking**

**Information and Referral Services**

**Instructional/Educational Programs & Activities**

**Personal Care - Feeding, Bathing, Dressing, Etc.**

**Project Fresh (Produce) Coupons**

**Recreational and Social Activities**

**Resource Advocacy - Service Options Counseling**

**Senior Nutrition - Congregate, Home Delivered, &  
Holiday Meals**

**Transportation Services**

## **SENIOR NUTRITION**

### **(810) 982-4400**

#### **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 and the weekend. Meals are available to homebound seniors 60 and over regardless of their income. The suggested donation per meal is \$3.00.

#### **CONGREGATE MEALS**

Seniors can enjoy a hot meal Monday - Friday at one of our Congregate Meals Sites located in Capac, Marine City, and Port Huron.

#### **HOLIDAY MEALS**

We also offer Holiday Meals delivered to any St. Clair County Senior on Thanksgiving, Christmas, and Easter.

#### **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, Wednesdays, and Thursdays from 11:00 a.m.—2:00 p.m. The suggested donation is \$5.00 per voucher.

#### **SENIOR PROJECT FRESH**

Vouchers for fresh fruits and vegetables to be used at local farmers markets and produce stands for low income adults age 60 and older.

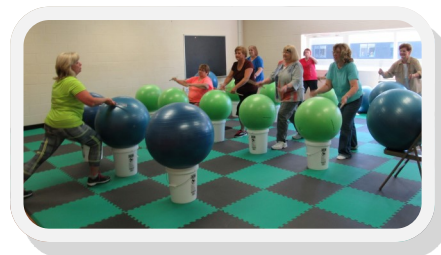
## **TRANSPORTATION**

Mobility can be a prime factor in determining whether or not a senior is able to live independently. We assist 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 handicapped vans which are capable of transporting those who are wheelchair bound along with additional vans and cars.

Transportation is prioritized with medical appointments given first priority for service followed by requests for shopping, Senior Center visits, business, private or public agencies appointments, and visiting.

## **RECREATION & FITNESS**

All CoA Senior Centers and Satellite Centers provide a place for seniors to socialize, enjoy a good meal, join in exercise classes, and participate in programs and activities. Some of the offerings include Arts & Crafts, Basketball, Bingo, Book Club, Cards, Chair Exercise, Drum-Fit, Educational Programs, Games, Knitting, Line Dancing, Pickle Ball, Pottery, Quilting, Support Groups, Table Tennis, Tai Chi, Veterans Club, Walking Group, Yoga, and Zumba. Join us today!



## **IN HOME SERVICES**

#### **PERSONAL CARE AND HOMEMAKERS**

**Personal Care** staff provides seniors with assistance under the supervision of CoA's LPN with their daily activities of living such as bathing, dressing, transferring, mouth care, etc.

CoA **Homemakers** help 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 washing, window washing, replace storms and screens, as well as basement and garage clean-ups, lawn mowing, and snow shoveling.

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**

Information and Referral staff have access to information and telephone numbers for a variety of services, agencies, and businesses which assist senior citizens. Community Liaisons assist seniors and their families by providing information and lining up services and programs, which allow senior citizens to maintain their independence.

#### **STARPATH ADULT DAY SERVICE**

Starpath provides supervised activities, companionship, exercise, and mental stimulation for seniors who have Alzheimer's and/or dementia. 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 daily while a care provider goes to work or needs a break.

#### **FOSTER GRANDPARENT PROGRAM**

This volunteer program offers Seniors 55 years of age and older the opportunity of serving children who are in need of one-to-one care and/or attention. Foster Grandparent volunteers serve from 15 to 20 hours per week at contract sites, under the supervision of a teacher or qualified professional.

#### **TRAVEL**

Join us in the fun for day trips like attending a Tigers game or longer adventures such as cruises, trips across the USA and beyond.

***Stop in or call your local Senior Center to find out additional information about these programs and services and more!***