

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

Travel Services: (810) 984-5063

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









Who We Are and What We Do

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 AgeWays (AAA 1-B) and Easterseals Macomb Oakland Regional Center (MORC)
- Corporation for National and Community Service
- Michigan Department of Transportation
- 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
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
Travel Services - Trips for a Day or Longer

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 thru Fridays 11:00 a.m.—2:00 p.m. The suggested donation is $5.00 per voucher.

SENIOR PROJECT FRESH

Benefits 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. Service runs Monday - Friday from 8:30 a.m. - 3:30 p.m.

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, DrumFit, 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 with their daily activities of living such as bathing, dressing, transferring, mouth care, etc.

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.

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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

This supervised day program acts as a "home away from home" for seniors who cannot be left alone safely due to medical conditions like dementia, Alzheimer's disease, or the after-effects of a stroke. Crucially, the program acts as a respite service, allowing primary family caregivers a safe window of time to hold a job, run errands, or take a much-needed break from 24-hour caregiving duties.

FOSTER GRANDPARENT PROGRAM

This program connects volunteers aged 55 and older with children who need extra guidance, mentoring, and academic support. Foster Grandparent volunteers receive benefits and serve from 5 to 40 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!