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Michigan

Aging In Place Week

October 1st through the 7th



FREE
Informational
presentations
about services
that help seniors
remain in their
homes.

Contact the
National Aging In
Place council for
more information
about these or
other events.
www.naipc.org



Space and Resources for these events are limited. To register call the number listed with each individual event. For further information about Aging In Place Week Contact 1-800-720-7003

Call 1-800-720-7003 or visit www.firstloans.net for more information.

Michigan Aging In Place Week

Has been made possible with the help of the following organizations:

Office of Governor Jennifer M. Granholm
Area Agency on Aging 1-B
Blue Cross and Blue Shield
Chronic Illness Coalition
Alzheimer's Association
St. Joseph Mercy Health Systems
AARP
The Senior Alliance (TSA)
Michigan Medicare Medicaid Assistance Program and
Michigan Association of Senior Centers
University of Michigan Geriatric Center
National Reverse Mortgage Lenders Association (NRMLA)
Lifeline Systems Inc.
New Hope Center
Health Care Partners
Direct Medical Equipment
Bloom Asset Management, Inc.
News Talk 1400 AM WDTK
Ike Engelbaum - WNZK 690 AM
Priscilla M. Strakovits, CPA
McMahon and Associates, LTD
Comfort Keepers, Northville
Northville Senior Center
Waterford Senior Center
Dearborn Senior Center
Temperance Senior Center
Chesterfield Senior Center
Services for Older Citizens (SOC)
Bedford Senior Citizen Center
Barnwell Team, Keller Williams Realty
Mature Advisor - Estate Planning Institute
CKS Summit Group
Graphic Services Incorporated

Event Sponsors

Office of Governor Jennifer Granholm
National Aging In Place Council
First Financial Reverse Mortgages

Michigan Aging In Place Week 2007

Schedule of Events

Monday, October 1st

Computers Made Easy

1:15 pm - 2:00 pm - Farmington Community Library

A complimentary service provided by the Farmington Community Library in cooperation with the senior division. Library staff and volunteers hold instructional sessions on Introduction to Computers, Email Basics, Library Resources and more.

William M. Costick Activities Center
28600 Eleven Mile Road
Farmington Hills, MI 48336
Contact: 1-248-473-1830

Extra Help for Medicare Beneficiaries

10:30 am - 12:30 pm - William Ford Senior Center

Savings are available to Medicare beneficiaries with limited income and resources in paying premium and or cost-sharing expenses for Medicare Part B and prescriptions through a Medicare Prescription Drug plan. If eligible it would "free up" some money that could be used for other expenses. Attendees can sign up for a screening to be done at a later date.

William Ford Senior Center
6750 Troy Street
Taylor, MI 48180
Contact: 1-800-803-7174

Balance, Posture and Grip Strength

10:30 am - 12:00 pm - Heartland Rehabilitation

Health Screening. This screening will cover safety while walking, climbing stairs or rising from a seated position. Also, grip strength for opening medication bottles.

The Plymouth Cultural Center
525 Farmer Street
Plymouth, MI 48170
Contact: 1-734-453-1234 Ext. 236 for Reservations

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Tuesday, October 2nd

Pain Control Alternatives by Donna May

**10:30 am - 11:30 am - Henry Ford Integrative
Medicine Center**

Discover the alternative ways available to manage and relieve pain. These methods and medications have proven effective in treating many different types of chronic pain.

William M. Costick Activities Center
28600 Eleven Mile Road
Farmington Hills, MI 48336
Contact: 1-248-473-1830

Philately Group

1:00 pm - 2:00 pm - Farmington Hills Costick Center

Join other stamp collectors and enthusiasts to share this fascinating hobby. See each other's collections and exchange collecting ideas. This kick off session features the Farmington Hills Post Master as the guest Speaker.

William M. Costick Activities Center
28600 Eleven Mile Road
Farmington Hills, MI 48336
Contact: 1-248-473-1830

Active Living with Arthritis

1:00 pm - Dearborn Senior Center

A specially designed exercise program for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion. This life improvement series by the Arthritis Foundation will help you take control of your arthritis.

Dearborn Performing Arts Center
15801 Michigan Ave.
Dearborn, MI 48126
Contact: 1-313-943-2412

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Wednesday, October 3rd

Fitness After 60 and The Tone and Balance Group

9:00 am - Bedford Senior Center

A demonstration of the benefits of using a stability ball for tone and balance.

Bedford Senior Center
1653 Samaria Road
Bedford, MI 48182

Contact: Pam Rybka 1-734-856-3330

Depression Screening

1:00 pm - 4 pm - Apex Behavior Health

On National Depression Screening Day, you can come to the Summit for a FREE, private screening. It will be an opportunity for you to learn more about depression, anxiety and mood disorders, complete a brief questionnaire and speak one-on-one with a mental health professionals.

Summit on the Park Community Center
46000 Summit Parkway
Canton, MI 48180

Contact: Jill 1-734-729-3133 Ext. 111

Red Hat Society

1:00 pm - 4:00 pm - Canton Senior Programs

The Red Hat Society meets the first Wednesday of each month. Come visit to see what the Red Hat Society is all about.

Summit on the Park Community Center
46000 Summit Parkway
Canton, MI 48180

Contact: 1-734-394-5485 Must Have Reservations

Michigan Aging In Place Week 2007

Wednesday, October 3rd (continued)

Extra Help for Medicare Beneficiaries

9:30 am - 12:30 pm - Dearborn Senior Center

Savings are available to Medicare beneficiaries with limited income and resources in paying premiums or sharing expenses for Medicare Part B and prescriptions through the Medicare Prescription Drug plan. Benefit screenings will be done on site but only a limited number of slots are available and you must pre register.

Dearborn Performing Arts Center
15801 Michigan Ave.
Dearborn, MI 48126
Contact: 1-313-943-2412

Low Vision Support Group

1:00 pm - 3:00 pm - Farmington Hills Senior Division

This group provides information, socialization, speakers and support to those with low vision.
Transportation is available.

William M. Costick Activities Center
28600 Eleven Mile Road
Farmington Hills, MI 48336
Contact: 1-248-473-1830

Caregivers Support Group

1:00 pm - 2:00 pm - Farmington Hills Senior Division

You don't have to go in alone. Share the overwhelming challenge of care giving with information, encouragement and support through discussions and guest speakers. Adult respite care is available.

William M. Costick Activities Center
28600 Eleven Mile Road
Farmington Hills, MI 48336
Contact: 1-248-473-1830

Michigan Aging In Place Week 2007

Wednesday, October 3rd (continued)

Writing Your Life Story

11:00 am - 12:15 pm - Canton Senior Programs

Thrill your family and warm your heart with memories recalled. Instructor Jane Saylor will teach and guide you through this worthwhile process. You will learn to organize your thoughts, pick a style and choose important events that describe your years of life.

Summit on the Park Community Center
46000 Summit Parkway
Canton, MI 48180

Contact: 1-734-394-5485 Must Have Reservation

Tai Chi

10:30 am - 11:30 am - Alzheimer's Association

Tai Chi for persons with dementia and their care partners.

Alzheimer's Association - Greater Michigan Chapter
20300 Civic Center Drive, Suite 100
Southfield, MI 48076

Contact: 1-800-272-3900

Tour the Sakwa Adult Day Care

1:00 pm - 3:00 pm - Alzheimer's Association

Complimentary tour of the Sakwa Adult Day Care inside of the Alzheimer's Association.

Alzheimer's Association - Greater Michigan Chapter
20300 Civic Center Drive, Suite 100
Southfield, MI 48076

Contact: 1-800-272-3900

Michigan Aging In Place Week 2007

Thursday, October 4th

Book Discussion Group

1:00 pm - 2:00 pm - Farmington Hills Senior Division
Join an informal book discussion group in cooperation with the Farmington Community Library. The October discussion is My Sister's Keeper by Jodi Picoult.

William M. Costick Activities Center
28600 Eleven Mile Road
Farmington Hills, MI 48336
Contact: 1-248-473-1830

Art Class

10:30 am - 12:30 pm - Alzheimer's Association
Art class for people with dementia and their care partners.

Alzheimer's Association - Greater Michigan Chapter
20300 Civic Center Drive, Suite 100
Southfield, MI 48076
Contact: 1-800-272-9300

Friday, October 5th

Dance Movement

1:00 pm - 2:00 pm - Alzheimer's Association
Dance movement.

Alzheimer's Association - Greater Michigan Chapter
20300 Civic Center Drive, Suite 100
Southfield, MI 48076
Contact: 1-800-272-9300

Michigan Aging In Place Week 2007

Other Events Supporting Aging In Place

Senior Theater Auditions, Oct. 8th

1:00 pm - 3:00 pm - The Summit Players

The Summit Players 10th Annual Spring Play will perform at the Village Theater in Cherry Hill Village in June 2008.

Anyone interested in performing or being part of the production crew is invited. Copies of the script will be available at the senior desk prior to the first meeting.

Summit on the Park Community Center
46000 Summit Parkway
Canton, MI 48180

Contact: 1-734-394-5485 The Senior Program

Solutions for Family Caregivers Expo, Oct. 20th

9:00 am - 2:00 pm - Area Agency on Aging 1-B

The AAA 1-B is proud to present the 8th Annual Solutions for Family Caregivers Expo at the Diamond Center.

Rock Financial Showplace
46100 Grand River Ave.
Novi, MI 48374

Contact: 1-248-348-5600

9th Livingston Senior Symposium, Oct. 13th

9:30 am - 12:30 pm - Linda Barnwell - Keller Williams

The 9th in a series of informational seminars geared for seniors and their caregivers on a variety of timely topics.

Free, Door Prizes and lunch, Seating is limited.

Independence Village of Brighton Valley
7700 Nemco Way
Brighton, MI 48116

Contact: 1-810-534-2125 Must RSVP

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Other Events Supporting Aging In Place

3rd Annual Aging in Place Conference, Nov. 12th

20th - Housing Bureau for Seniors

Contact the Housing Bureau for Seniors for a complete list of events. Details can be found at www.med.umich.edu/seniors or call 1-734-998-9336

Housing Bureau for Seniors
2401 Plymouth Road, Suite C
Ann Arbor, MI 48105
Contact: 1-734-998-9336

Senior Lifestyle Expo., Sept. 26th

9:00 am - 2:00 pm - Area Agency on Aging 1-B

Senior expo featuring break out presentations and exhibit area with local organizations.

Rochester Older Persons' Commission
650 Letica Drive
Rochester, MI 48307
Contact: 1-248-656-1403

St. Clair County Caregiver Fair, Sept. 29th

9:00 am - 1:00 pm - Area Agency on Aging 1-B

A FREE event for caregivers of older adults and persons with disabilities. Nine presentations held throughout the day on a variety of subjects of interest to caregivers. Over 40 exhibitors with information on local residential services, free refreshments, door prizes and more.

Thomas Edison Inn
500 Thomas Edison Inn Parkway
Port Huron, MI 48060
Contact: 1-800-582-7795 ask for Jenny Jarvis

Michigan Aging In Place Week 2007

Our Mission

The primary mission of the National Aging in Place Council is to foster an ongoing forum between individual professionals (from the private, public and non-profit sectors) and corporations to work together to promote aging in place. Secondly, we hope to encourage senior citizens, recent retirees, and baby boomers to be proactive in planning for their future housing and care needs, and provide ideas and information to help them do so.

The Council promotes and supports the following strategies for achieving our mission:

Establishing local Aging In Place Councils among businesses, public agencies, non-profit organizations, the aging network, and the health care system. Homeowners benefit if professionals from the various disciplines are knowledgeable about one another, and better professional referral networks are established.

Promoting National Aging In Place Week through various media, including print, electronic, television and radio.

During this week, members of the National Aging In Place Council coordinate events in their communities to highlight local programs and services available to help increase independent living.

Advocating for policies, regulations and business practices that promote aging in place.

Increasing the level of knowledge and skills of persons from a wide variety of fields (e.g., remodeling, architecture, interior design, finance, product design and manufacturing, urban planning, social services, health, and others) whose collaboration and involvement is essential to insuring greater public access to programs and support services that promote independent living.





200 N. Center St.
Northville, MI 48167

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For event information go to:

www.naipc.org