

Education *and* Support Programs

Answers, Help and the Support You Need:
Senior Services Offers Many Programs to Help Seniors and Their Families

■ Diabetes Camp

March 10, 17, 24, 31, 10:00-11:30am ~ Senior Services Building, 4700 Dublin

Gain a better understanding of diabetes as you participate in class instruction, activities and exercises. Helen Johnson, BSN, will facilitate as local experts, including those from the Diabetes Center—MidMichigan Medical Center, share tips and strategies for managing diabetes, new information on medication, meters and more. The camp will be held on four consecutive Wednesdays. There will be new information each week so plan to attend all four sessions. Space is limited so register early by calling 633-3700 by March 4.

■ Long Term Care Planning

Thursday March 11, 1:00-2:30pm ~ Senior Services Building, 4700 Dublin

Attorney Wendy Kanar from Cline, Close Dyer PLC will discuss planning for long term care. She will review legal information as well as discuss your individual questions. Registration is required by March 9 by calling 633-3700.

■ Conflict Resolution and Holding a Family Meeting

Thursday, March 18, 3:00-5:00pm ~ Senior Services Building, 4700 Dublin

This seminar, facilitated by Nancy S. Farison, LMSW, ACSW, will review the basics of how to resolve conflicts between family members that arise in everyday life. Tips and techniques will be reviewed and applied to your circumstances. In addition, the dynamics of holding a family meeting, an effective tool to arrange care for a loved one, will be reviewed. This seminar is appropriate for anyone whether they be a care receiver, caregiver or family member. Registration is required by March 15 by calling 633-3700.

■ Home Alone Reunion Group

March 3, 10:00-11:30am ~ Senior Services Building, Room 159, 4700 Dublin

This is a group of individuals who have lost spouses or significant others. They previously attended the Home Alone Camp offered by Senior Services and meet to discuss issues that are pertinent to those who have lost someone. The group meets monthly and is facilitated by group member, Joan Somerville. In March a representative from the sheriff's department will talk about home safety and scams. Call 633-3700 to reserve a spot. If you want to join group members for lunch at Trailside, you can reserve lunch by calling 633-3790.

■ Caregiver Support Group ~ Note the New Format!

The caregiver or the person receiving care must be 60 years of age or older to attend events. Do you have questions about caregiving? Call Heddie or Nancy F. at 633-3700.

Tuesdays, March 9 & 23 ~ Senior Services Building, Room 159, 4700 Dublin

9:00-9:30am: Coffee, snacks and conversation

9:30-11:30am: Combined Caregiver Support Group (Come anytime and stay as long as you can!)

The caregiver support groups are now combined to one group. This confidential support group is for men or women taking care of another person, be it their spouse, friend or family member. The group discusses current stressful situations that involve caregiving and participants problem solve to find solutions and appropriate ways of coping. Educational material, tips and techniques are always included to help you as a caregiver. **Registration is recommended.** Facilitated by Nancy S. Farison LMSW ACSW.

■ The Group

Do you need a place to talk over life's challenges? A place where others understand and help you through tough times? Have you recently lost your spouse or loved one? If so "The Group" may be just what you need. They share ideas, support and coping skills on an informal basis. This confidential group's topics vary at each meeting depending on what concerns are presented. "The Group" is offered at two different senior centers:

Mills Senior Center, 2601 E. Shearer ~ Meets Thursdays after Lunch

Facilitated by Larry Quinn, MA, LPC, NCC

Trailside Senior Center, Room 159, 4700 Dublin

Tuesday, March 2 & 16 from 10:00-11:30am

Facilitated by Nancy S. Farison, LMSW, ACSW. Each meeting has an educational component that is centered around *Positive Thinking* and *Coping with Life*. The remainder of the time will be spent sharing ideas and discussing current situations that members are facing. **Registration is Recommended. Please call 633-3700 for more information or to register.**

■ Blood Pressure Clinics

The schedule for March Blood Pressure Clinics is as follows. No appointment is necessary.

Happy Diners: 1310 Ashman, 835-6891

March 3, 10:00am-Noon

Trailside: 4700 Dublin, 633-3790

March 9, 10:30am-Noon

Coleman: 415 E. Webster, 465-6216

March 10, 10:30am-Noon

Sanford: 113 W. Lincoln, 687-7888

March 15, 9:30am-Noon

Greendale: 4011 W. Isabella, 832-8683

March 16, 10:30am-Noon

Mills: 2601 E. Shearer, 689-7776

March 17, 10:30am-Noon

Save the Dates

8th Annual

Dementia Conference

Dementia 101: Understanding Memory Loss and Dementia

Thursday, April 22, 1:00-4:30pm

Senior Services Building, 4700 Dublin

Dr. J. Christopher Hough from MidMichigan Medical Center, board certified in Geriatrics and Family Medicine, will provide information on memory loss and dementia. Senior Services staff who are dementia specialists will also share information on resources available in the area. Registration is required by April 19 at Noon and can be made by calling 633-3700.

Nutrition Camp

Nutrition 101 and You: Eating for a Healthy Life

Wednesdays, April 7, 14, 21, 28, May 5, 12 12:30-2:30pm

Senior Services Building, 4700 Dublin

Do you find the information in the news about food confusing? Do you wonder about reading nutrition labels? Carol Witte, RD and Director of Senior Services Nutrition Services, provides a series of fun, informative sessions on nutrition. Registration is required by March 31 and can be made by calling 633-3700.

Keeping It Together

Thursday, May 13, 12:30-3:00pm

Learn how families can come together now and start planning for the future. Whether you're planning ahead for yourself or if you are an adult child who wants to be ready when your parents need assistance, this workshop is for you!

Home Alone Camp

May 19, 26 & June 2, 9 ~ 10:00-11:30am

Senior Services Building, 4700 Dublin

This series is for those who have lost a significant other and could use some helpful suggestions on how to live on your own.

Coleman Health Camp

May 11, 18, 25 & June 1 ~ 2:00-4:00pm

Coleman Center, 110 N. Fifth St. in Coleman

Gain a better understanding of a variety of health and safety conditions that affect seniors.

■ Foot Care Clinics

Cost: Initial visit \$25 • Subsequent visits \$20
Foot care clinics are offered in cooperation with MidMichigan Home Care. People with diabetes or on blood thinner medication must have an authorization form from their physician. **Appointments are needed.**

Trailside Senior Center 4700 Dublin

Foot Care Clinics fill quickly and we are usually taking appointments two months in the future. If you need to cancel an appointment, please do so as soon as possible as we have a waiting list.

Appointment dates for March:

March 16 & 17 from 9:00am-3:00pm

Call 633-3790 to make required appointment.

Mills Senior Center 2601 E. Shearer

Mills Foot Care Clinic takes place the first Tuesday, every other month.

- The next session is Tuesday, March 2 from 9:30am-3:00pm.
- Appointments are required and can be made by calling 689-7776.