

# Education, Health *and* Support Programs

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

## ■ Caregiver Support Group

*The caregiver or the person receiving care must be 60 years of age or older to attend events.*  
Tuesdays, September 14 & 28 ~ **Senior Services Building, Room 159, 4700 Dublin**

**9:15-9:30am:** Coffee and conversation. **New participants please come during this time.**

**9:30-11:30am:** Caregiver Support 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. Facilitated by Debbie Conarty, RN. **Registration is recommended.**

## ■ Home Alone Reunion Group

The Home Alone Reunion group is considering merging with The Group held at Trailside. For the month of September, Home Alone Reunion group members are encouraged to try one of the meetings that The Group at Trailside hosts on September 7 or 21 to see how they like it. On October 6, the Home Alone Reunion group will meet together again to make a decision regarding a merge.

## ■ 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**  
Tuesdays, September 7 & 21 from 10:00-11:30am

At Trailside, The Group is a self-led support group that meets twice monthly. Anyone is welcome to join. 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 before 9:30am.

## ■ Coming in October

**Estate Planning ~ Thursday, October 14, 1:00-2:30pm**  
**Senior Services Building, 4700 Dublin**

Planning for the future of our spouses or children is an important concern for most people. How do you create a plan that will minimize taxes and achieve your goals? What kind of estate plan will reduce administrative costs? Have recent changes in the law impacted your plan? The sooner you create your estate plan, the sooner your family is protected. Attorney Wendy D. Kanar from Cline Close Dyer PLC will discuss the various aspects of making proper decisions regarding planning and managing your estate. During the class, you will get general information regarding current laws and answers to specific questions you may have. Call early to reserve your spot in this popular class at 633-3700. Registration is required by October 13.

**Getting Older and Liking It ~ Wednesdays, October, 27 & November 3, 10, 17**  
**12:30-2:30pm ~ Senior Services Building, 4700 Dublin**

There is a lot to celebrate about getting older! In order to get the most out of one's "golden years" it helps to be proactive. Seniors wanting to maximize their independence and who want to stay active and in their own homes will find useful information on normal aging along with great tips for independent living, community resources, home safety and healthy aging. Each participant will develop their own plan for staying active and independent for years to come. The camp is facilitated by Helen Johnson, BSN. Registration is required by calling 633-3700 by October 20.

## ■ Blood Pressure Clinics

Yearly blood pressure tests provide your health care professional with a baseline level to compare to in the future. When a person is diagnosed as having either high or low blood pressure, it is a good idea to check up on a regular basis. Monthly blood pressure screenings at a Center near you can help you stay on top of this important indicator of your health. No appointment is necessary to attend a blood pressure clinic at one of our Centers.

**Happy Diners: 1310 Ashman, 835-6891**  
September 1, 10:00am-Noon

**Coleman: 415 E. Webster, 465-6216**  
September 8, 10:30am-Noon

**Sanford: 113 W. Lincoln, 687-7888**  
September 13, 9:30am-Noon

**Trailside: 4700 Dublin, 633-3790**  
September 14, 10:30am-Noon

**Mills: 2601 E. Shearer, 689-7776**  
September 15, 10:30am-Noon

**Greendale: 4011 W. Isabella, 832-8683**  
September 21, 10:30am-Noon

## ■ Foot Care Clinics

As we age, both our nails and our skin can become more brittle and prone to dryness. Added to this, our feet lose cushioning over time. Foot sores can form and if combined with poor circulation, the healing process may be slow. Taking good care of our feet thus becomes increasingly important as we age.

In cooperation with MidMichigan Home Care, Senior Services is able to provide the opportunity to have feet professionally cared for monthly at the Trailside Senior Center and bi-monthly at the Mills Senior Center. People with diabetes or on blood thinning medication must have an authorization form from their physician. Foot care clinics are extremely popular and typically have a waiting list, so call early to make an appointment.

**Cost:** Initial visit \$25 • Subsequent visits \$20

**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 September:**  
September 7, 14, 15, 16 from 9:00am-3:00pm  
**Call 633-3700 to make required appointment.**

**Mills Senior Center 2601 E. Shearer**  
Mills Foot Care Clinic takes place the first Tuesday, every other month.

**Next session:** Tuesday, September 7 from 9:30am-3:00pm.

**Call 689-7776 to make required appointment.**

## ■ Coming in November

**Memory Screenings ~ November 4, 16, 30**