

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, January 11 & 25 ~ **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 Monica Bissett. **Registration is recommended.**

■ 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 ~ Thursdays after Lunch
Facilitated by Larry Quinn, MA, LPC, NCC

■ The Group and Home Alone Group

Trailside Senior Center, 4700 Dublin ~ Tuesdays, January 4 & 18 from 10:00-11:30am
After a trial period in September, The Group at Trailside and the Home Alone Group have decided to join together as one. The combined group, a self-led support group with advising support from Barb Zebley-Oldani, LBSW, 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.

■ 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 it 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
January 5, 10:00am-Noon

Sanford: 113 W. Lincoln, 687-7888
January 10, 9:30am-Noon

Trailside: 4700 Dublin, 633-3790
January 11, 10:30am-Noon

Coleman: 415 E. Webster, 465-6216
January 12, 10:30am-Noon

Mills: 2601 E. Shearer, 689-7776
January 19, 10:30am-Noon

Greendale: 4011 W. Isabella, 832-8683
January 18, 10:30am-Noon

■ Lunchtime Learners

Fridays, January 14—February 4, 11:45am-12:45pm ~ **Senior Services Building, 4700 Dublin**
After a smashing success with our first series of Lunchtime Learners, Senior Services is excited to bring you a whole new series of classes. Lunchtime Learners continues on Fridays in January and early February with a series on birds and winter bird feeding offered through the Chippewa Nature Center. Senior Naturalist, Janea Little, will share tidbits, tales and suggestions for the care and feeding of our local feathered friends. Join us for lunch and learning! Get salad first by 11:00-11:15 then get in line for lunch at 11:30am at Trailside and then take your lunch into room 160. Talks will begin as close to 11:45am as possible and end at 1:00pm. Space is limited in the room, so call ahead to reserve your space and register for lunch by no later than 9:00am the day of each program at 633-3790. Lunches are by donation to those over 60, or \$5 for those under 60. To help pay for the cost of guest speakers we ask participants to pay \$1.50 per class, or \$6.00 for the series. The schedule is as follows:

Friday, January 14 Building a Winter Resort for Birds
Friday, January 21 How Birds Survive Winter
Friday, January 28 Family Life of Feeder Birds
Friday, February 4 Busting Bird Feeding Myths

Tell us what topics you would like for upcoming Lunchtime Learners! Crazy for chemistry? Love literature? Let us know by calling Trena at 633-3761. We welcome your ideas!

■ Brain Camp

Mondays, January 17—February 7, 10:00-11:30am ~ **Senior Services Building, 4700 Dublin**
Learn about brain health in this interesting and interactive series. Registration is required. [Click here for details.](#)

■ Healthy Eating for Successful Living in Older Adults™

Tuesdays, January 11, 18, 25, February 1, 8, & 15 ~ **Senior Services Building, 4700 Dublin**
10:30am-1:30pm with a lunch break from 11:30am-Noon
Learn how to incorporate healthy eating habits into your daily routine. Registration is required. [Click here for details.](#)

■ Foot Care Clinics

Put your best foot forward! Few body parts take more hard use throughout our lifetime than our feet. Healthy feet allow us to remain active and moving with greater ease. Thus, foot care takes on increasing importance as we age.

In cooperation with MidMichigan Home Care, Senior Services provides 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. 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 January:

January 7, 14, 15, 16 from 9:00am-3:00pm

Call 633-3700 to make required appointment.

Mills Senior Center 2601 E. Shearer

Next clinic: Tuesday, January 4 from 9:30am-3:00pm.

Call 689-7776 to make required appointment.

■ Coming in February

A Web of Family Ties: Internet Resources for Genealogy Research

Wednesdays February 9 & 16, 12:30-2:00pm
Greendale Senior Center, Computer Lab
Are you beginning to research the history of your family or community but sit at the computer and aren't sure where to begin? Today, thousands of primary documents including maps, books, photos and family histories can be accessed easily (and usually free) if you only know where to look. Have a delicious lunch at Greendale at 11:45pm, then join Kyle Bagnall, Manager of Historical Programs at the Chippewa Nature Center, for hands-on sessions using these resources to find information. Two sessions will allow participants to go home and practice their skills, then come back with questions and further learning. Limited computers are available, so call early to reserve your spot at 633-3700. The class fee is \$10. Reservation and fee must be received by February 2.

Connect the Dots: Diabetes Screening Benefits Through Medicare

Wednesday, February 16, 10:30-11:30am
Senior Services Building ~ 4700 Dublin
Seventy to eighty percent of adults age 65 or older qualify for a free diabetes screening through Medicare with no deductible or co-pay for the test itself, yet many do not take advantage of this screening and go undiagnosed. Diabetes can lead to serious problems including heart disease, stroke, blindness, kidney problems and nerve damage that can lead to amputations. Once a person finds out they have diabetes or pre-diabetes, they can begin to treat, prevent, or delay the disease. In this session, you will learn risk factors and symptoms that qualify you for a free screening along with steps to take to reduce the likelihood of developing diabetes otherwise.