

# Make Health & Wellness a Priority in 2012!

Senior Services always provides many classes and presentations that focus on health and wellness. This year will be no different as they develop more programs specifically designed to meet the needs and concerns of the people they serve. This page highlights what will be offered in the early months of 2012.

## Get the Dental Care You Need

Senior Services Building, 4700 Dublin Ave.

January 13 & 27, 9:00am-4:00pm

In an effort to respond to the need for affordable dental care, In-Home Dental Link, under the leadership of Holly Schaeffer, RDH, has begun dental hygiene clinics on-site at Senior Services.

At a cost of \$65.00, Holly, a dental hygienist, will give a complete dental screening and teeth cleaning, give you home care instructions for any dentures, partials, or other specific needs, and if a serious issue is found, will refer you to a participating dentist if you do not have one.

You qualify for this service if you have not been to a dentist or have not had any dental treatment in at least one year and you do not have known pain or dental concerns\*. To keep costs low, dental insurance is not accepted. Medicare does not cover dental cleanings.

Appointments are one hour each and clinic attendees should make checks out directly to In-Home Dental Link of Michigan. It is essential that you bring a complete list of medications and conditions from your primary care and specialist doctors. A person coming to their appointment without this information would be unable to get their teeth cleaned. If you have had a joint replacement in the last two years, please contact your doctor who will recommend an antibiotic to take one hour before you get your teeth cleaned.

If illness or disability prevents you from coming in to Senior Services for a dental clinic, this service is available in your home at a cost of \$125.00 per home visit.

To make a cleaning appointment at Senior Services call 633-3700.

For referrals to participating dentists or to set up a cleaning appointment in your home, call In-Home Dental Link at 495-3765.

*\*In the case of known pain or dental concerns, see your dentist instead or request a list of the dentists participating with In-Home Dental Link. Fees can vary at different offices, so be sure to inquire if following up with a call to a participating dentist.*

### CASINO TRIP

LITTLE RIVER IN MANISTEE

Thursday, January 26, 2012

Leave 7:30am - Return 5:00pm

\$30 per person

Receive \$20 Play & \$5 Food

For Information Call:

Sanford Jacks & Jills at 687-7888  
or Carolyn McLaughlin at 687-5120

## A Matter of Balance

Mondays & Wednesdays, January 9 - February 1, 2:00-4:00pm

Senior Services Building, 4700 Dublin Ave in Midland

This outstanding evidence-based series of classes is proven to help reduce risk of falls. People of all ages fall, we are just more likely to get injured from falls as we get older. Also, as we tend to lose balance, strength and flexibility and have vision changes as we age, our risk increases. The good news is, we can do something about it! We will address fear of falling, learn to assess our home, how to get up safely if we do fall, and get practice with basic, simple exercises that can help increase needed strength, flexibility and balance. Space is extremely limited, so make sure to reserve your spot early for this potentially life-saving series by calling 633-3700.

## Caring for the Basic Needs of Another: Medication Management and Dental Care

Tuesday, January 17, 1:00-2:30pm Senior Services Building, 4700 Dublin Ave in Midland

People providing care for a family member or friend, may find that they need to assist that person with their daily medications and dental hygiene. In this session tips and techniques will be offered to help another person keep their medications organized and their teeth clean. Whether the person needs help due to mobility issues such as Parkinson's, memory issues such as Alzheimer's, or is simply too weak from treatments or illness, this session is designed to increase your knowledge and skills. If you have any specific questions, please bring them or send them in advance. The presenters are Holly Shaffer, RDH and Emerson Corbat, pharmacist at Glover's Pharmacy. Participants will also leave with a handy wallet-size personal medication record. Call 633-3700 by January 16 to register.

If not previously registered with Senior Services as a caregiver, please plan for a few extra minutes on the phone for registration or to arrive 15 minutes early to complete paperwork. If requesting free respite care, notify when registering.

## Exploring the Alternatives: Complementary and Alternative Medicine

Many of us have heard about a variety of alternative therapies to traditional western medicine. Complementary medical practices are increasingly part of the overall treatment options that patients consider and are being more commonly embraced by the medical community as well. According to a recent article on Medscape, approximately half of the physicians surveyed believed in the efficacy of acupuncture (51%), chiropractic (53%), and massage (48%) as part of the treatment of their patients. To help you learn more about alternatives, Senior Services is beginning a brief series, beginning with "Acupuncture and You," to give you an opportunity to hear about some of the recent evidence, qualifications and the types of therapies that may be helpful for different conditions. Tell all your health care providers about any complementary and alternative practices you use. Give them a full picture of what you do to manage your health to help ensure coordinated and safe care.

## Acupuncture and You

Tuesday, January 24, 11:30-1:00pm

Senior Services Building, 4700 Dublin Ave in Midland

Acupuncture is among the oldest healing practices in the world. As part of traditional Chinese medicine, acupuncture aims to restore and maintain health through the stimulation of specific points on the body. People most commonly use acupuncture for various types of pain. Studies of efficacy have shown promising findings in some conditions, such as chronic low-back pain and osteoarthritis of the knee.

Learn more about acupuncture from our guest speaker, Shirley Moore, M.S., RAc. Shirley has been practicing acupuncture since 2003. She holds diplomas in both Acupuncture and Traditional Chinese Medicine from the Alberta College of Acupuncture and Traditional Chinese Medicine (ACATCM) in Calgary, Alberta, Canada, which is affiliated with the University of Beijing. She is registered in Alberta and is board certified by the American National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Shirley is a member of the Michigan Association of Acupuncture and Oriental Medicine, the Society for Integrative Oncology, the Alberta Association of Traditional Chinese Medical Doctors, and the American Association of Oriental Medicine.

Call 633-3700 by January 23 to register.

