

# Senior Services

Southwest  
Michigan



Cee Jay Steiner prepares meatloaf from scratch

## ‘Made from scratch’ for better nutrition and flavor!

Begin with a recipe. Buy choice ingredients. Slice and dice by hand and blend the herbs. Take great care to reduce sodium and fats while ensuring superb flavor. Pop it in the oven and then deliver it hot. That’s the kind of ‘scratch’ meals Senior Services, Inc. provides every day to hundreds of seniors and disabled throughout Kalamazoo County and beyond.

In our kitchen on Jasper Street, we prepare over 885 meals per day (and another 400-plus for the weekends), and deliver them to over 450 homes and 14 congregate (community meal) sites throughout the area. That’s more than 250,000 meals annually.

Each meal is better than 90 percent ‘made from scratch’ and features fresh ingredients that meet precise nutritional requirements, ranging from 500 to 750 calories. High in B vitamins and other vitamins, our meals pack the energy to keep our ‘customers’ healthy and satisfied. We even feature special meals for folks on dietary plans. Because we’re cooking in such quantity, our per-meal cost is less than if we just went out and bought the lower-quality pre-packaged dinners for re-heating.

Great meals—from ‘scratch’—for less cost brought directly to your door and community: that’s how Senior Services, Inc. delivers on its mission to enhance and promote the independence and well-being of older adults, the disabled and those who care for them.

*Meals on Wheels is available to homebound adults 60 years old or better in Kalamazoo County. Meals are offered at no cost. For those who can pay, we ask for a small donation based on a sliding scale (from \$2.00 to \$6.00 per meal). The money collected is used to offset program costs so other deserving seniors and disabled can participate at no charge. We also offer home-delivered meals to the general public for a fee (our Food for All program), as well as catering services. Contact us at 269-382-0515 for more info. Proceeds used to benefit the Meals on Wheels program.*

# Senior Services



**Southwest  
Michigan**

## Coover Center Activities

Senior Services of Southwest Michigan

918 Jasper Street / Kalamazoo

Day	Time	Activity
Mondays	10:00 to 11:00 a.m.....	Swinging with Susan Arthritis Exercise
	12:30 to 1:30 p.m.....	TOPS
	3:15 to 4:45 p.m.....	Ballroom Dance

Tuesdays	9:30 to 10:30 a.m.....	Time Steppers
	9:30 to 11:30 a.m.....	Art Class
	1:00 to 4:00 p.m.....	Helping Hands (2nd & 4th Tuesday)
	2:00 to 3:00 p.m.....	Grief Support Group (Call for dates)

Wednesdays	10:00 to 11:00 a.m.....	Swinging with Susan-Arthritis Exercise
	10:30 to Noon .....	VIP (1st & 3rd Wednesday)
	10:30 to 4:00 p.m.....	Senior Foot Clinic (Call to make appointment)
	11:00 to Noon .....	Blood Pressure Check (4th Wednesday)
	1:30 to 2:30 p.m.....	Tai Chi
	3:15 to 4:45 p.m.....	Ballroom Dance

Thursdays	9:30 to 10:30 a.m.....	Time Steppers
	12:30 to 4:00 p.m.....	Bridge
	7:00 to 9:00 p.m.....	Coover Dance (2nd Thursday)

Fridays	9:00 to 4:00 p.m.....	Massage (Call to make appointment)
	10:00 to 11:00 a.m.....	Line Dance
	1:00 to 3:00 p.m.....	Prime Time Players



Ralph Deal and Vern Stillwell perform Wednesdays at noon.

Coover Center schedule can change without notice. Call ahead to verify information. Contact Lisa Fuller for inquiries about using the Coover Center at 382-0515, ext. 203.

*Message from Dr. Bob Littke, President and CEO*

## Continuing a legacy of leadership

For almost 50 years Senior Services, Inc. has been known for being a leader in the development of systems to deliver services to the vulnerable older adults that we serve. That history was expanded again recently when our organization was granted \$45,000 by the Walmart Foundation, through the Meals on Wheels Association of America, to upgrade our state-of-the-art kitchen's capacity and to add new computer software.

This "Vision Grant" was also supported by the Burdick-Thorne Foundation of Kalamazoo, bringing the total amount available for the improvements to \$50,000.

Utilizing these funds will enable Senior Services to offer yet another enhancement to those we serve by offering a full menu of meal choices each day to homebound seniors beginning in the Spring 2012. Already known for our high quality "made from scratch" meals, this new enhancement will allow eligible seniors to choose from a full menu, featuring more than 50 entrée selections.

The decision to apply for the grant and to encourage the agency toward offering menu choice was prompted by the Area Agency on Aging-Region IIIA, headed by Director Judy Sivak, which partners with Senior Services, Inc. in assuring that homebound older adults receive the nutrition they need to remain healthy and independent.

"There is a great deal of momentum across the state and nation to add menu choice to local Meals on Wheels programs," Sivak said. "And I think this is a great thing. We want to empower older adults, and help them feel a true sense of independence. It's really not just about their having a choice; but about their having control. So I'm very excited by this and very grateful to the Walmart Foundation and the Meals on Wheels Foundation of America for making the grant available, and to Senior Services for taking the steps needed to make menu choice a reality in Kalamazoo County."

We hope that you join us in taking pride in our remarkable agency that routinely receives national attention for its leadership in the development and implementation of new and improved services to older adults. Senior Services has been built by our community and it is that community, and you, who we thank for five decades of support and encouragement.



*Bob*

RSVP--Your Invitation to Volunteer

# Pet Food Drive

October 17-21

RSVP invites you to make a difference for Senior Services' clients who have pets, by supporting our Pet Food Drive, celebrating **Make A Difference Day**, Saturday October 22nd.

A pet is often the only "family" a home-bound senior has and it's hard to provide for them when times are tough. Free pet food allows seniors to direct their money to groceries, prescriptions, and heat bills. As one recipient said, "When I don't have extra money my dog eats what I eat. Now he can have his own food and I can eat my dinner."

Dog and cat food (10 lb. bags or smaller, and canned food preferred), can be dropped off between 8:30 a.m. to 4:30 p.m. Monday, October 17 to Friday, October 21 at Senior Services, 918 Jasper St. in Kalamazoo.

Of course, we couldn't do this without our awesome partners: Cool 101 FM, Senior Services, Kalamazoo Humane Society, Kalamazoo County Sheriff's Department, Harding's Friendly Markets, and Bronson AMU and Bronson Pet Therapy Volunteers. Join us at one of our live broadcasts where you'll meet RSVP staff, DJ Todd Overhuel and our pet of the day!

Tune into Cool 101 for details or visit [www.seniorservices1.org](http://www.seniorservices1.org).

### Daily Cool 101 FM Live Broadcast Events

**October 17 - 22 from 4 to 6 p.m.:**

- **Monday:** Harding's Market, 5162 W. Main St. in Kalamazoo
- **Tuesday:** Harding's Market, 618 N. Riverview Dr. in Parchment
- **Wednesday:** Harding's Market, 3750 W. Centre St. in Portage
- **Thursday:** Harding's Market, 6330 S. Westnedge Ave., Portage
- **Friday:** Harding's Market, 6430 W. Stadium Dr., Oshtemo

Senior Companion Program & Foster Grandparent Program

# Tackle Hunger in Kalamazoo County

October 3-21

For the second year, the Foster Grandparent and Senior Companion Program staff and volunteers are orchestrating a Food Drive, in recognition of Make a Difference Day 2011. Created by USA Weekend Magazine, **Make a Difference Day** is celebrated each year on the fourth Saturday of October and is the nation's largest day of volunteering, with

literally millions of individuals participating in volunteer projects across the country.

Instead of just one day, this Food Drive project will actually be conducted over the course of three weeks

beginning October 3 and wrapping up on October 21, 2011. All food collected will then be donated to the Kalamazoo County Loaves and Fishes Program. Kalamazoo Loaves & Fishes is a registered 501(c)(3) organization and the largest provider of emergency food to hungry people in Kalamazoo County.

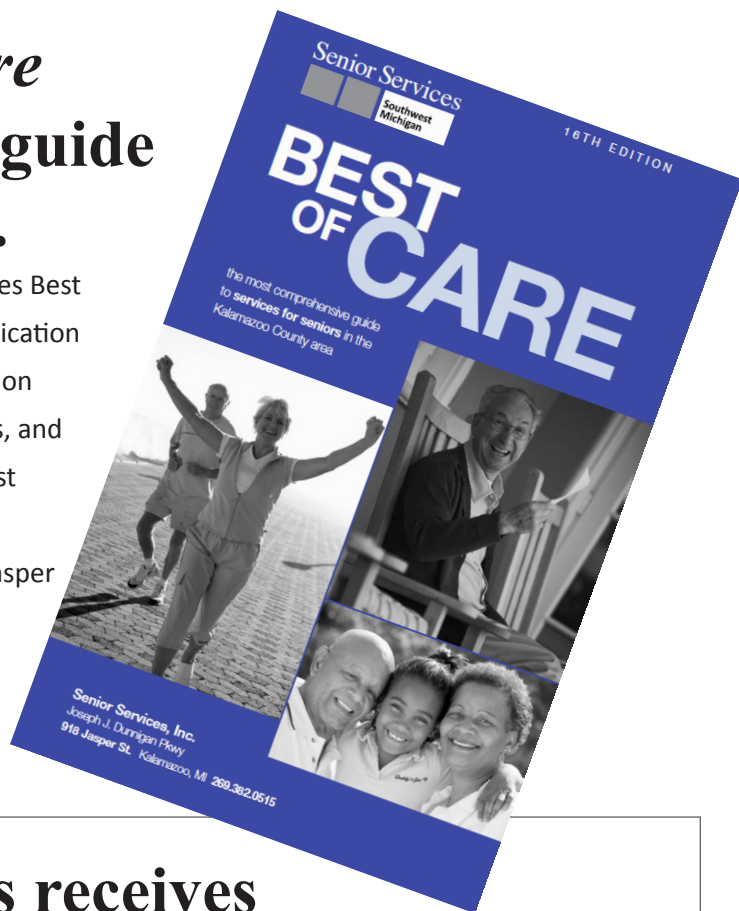
If you would like to help make a difference, please stop by and add a non-perishable food item or two to our "Picnic Basket" in our front lobby, Monday thru Friday, 8:30 a.m. to 4:30 p.m., between October 3 and October 21 at Senior Services, 918 Jasper St. in Kalamazoo.



# 2012 *Best of Care* senior resource guide now available ...

The latest edition of Senior Services Best of Care Catalog has arrived! This publication reflects the most up-to-date information available regarding services, programs, and resources for older adults in Southwest Michigan.

Visit or call Senior Services, 918 Jasper Street in Kalamazoo (269) 382-0515 for your free copy.



## Senior Services receives highest CARF accreditation

CARF International recently announced that Senior Services of Southwest Michigan has been accredited for a period of three years for its behavioral health programs. This latest accreditation is the sixth consecutive time since 1996 that the international accrediting body has awarded its highest certification to Senior Services.



“This decision represents the highest level of accreditation that can be awarded to an organization, and it shows our absolute commitment to delivering only the best possible service to our clients,” said Robert W. Littke, President and CEO of Senior Services. “To receive this three-year accreditation, we have to go through a very rigorous peer review process and demonstrate to a team of surveyors during an on-site visit that our programs and services are of the highest quality. Not only did we meet their stringent requirements, but in many areas we surpassed them.”

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

# Meals on Wheels volunteers Jake and Barb happy to help ...

Leonard Penny is the first to admit that he likes the omelet with sausage best.

“Meals on Wheels has very good food,” said Leonard, sitting in his Parchment area home.

“It’s very helpful for us,” said Leonard’s wife, Joyce. “I don’t have to worry about too many calories and they provide a lot of vegetables.”

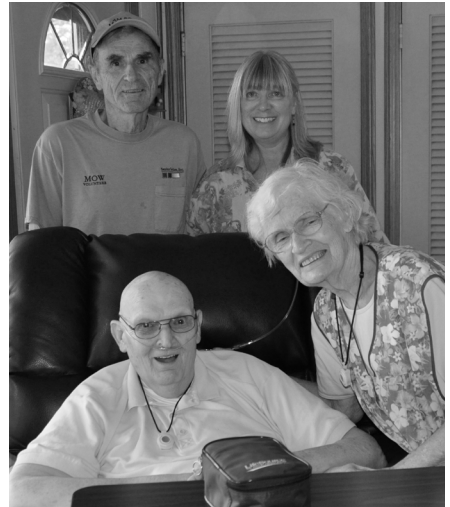
The Pennys, who started with Meals on Wheels about a decade ago, are among the one thousand clients who this year will get some 185,000 meals prepared at Senior Services Inc. and home-delivered by volunteers, according to Jessica Ward, Meals on Wheels program manager.

On this day, the Penny’s meals were delivered by RSVP volunteers Jake Rickli and Barb Gillespie, who visited 21 homes over about seven miles on the Parchment route. Jake drives while Barb, a retired Climax-Scotts third grade teacher, is the “hopper,” the one who hops out of Jake’s mini-van to deliver a hot meal and a brown paper bag with the cold meal for later.

Barb, who has been a Meals on Wheels volunteer for about a year, “hops” most Fridays and other days as needed.

Jake, who retired in 1992 as an engineer at what was WKZO TV, has been a volunteer for 19 years. “I wanted something to do when I retired and this fits the bill,” he said.

The two are among the 150 drivers and hoppers who deliver the meals Mondays through Fridays, leaving frozen meals on Fridays to last through the weekend for those clients who want them.



*Jake Rickli and Barb Gillespie (rear) deliver a hot meal to Leonard and Joyce Penny*

*Story and Photo by Bill Krasean, RSVP Volunteer*

## Please support the Greater Kalamazoo United Way

The Greater Kalamazoo United Way is holding its annual fund raising campaign now through November 15. We encourage you to support the campaign through your workplace giving with a Community Care undesignated gift.

Our entire community is strengthened by the work of the Greater Kalamazoo United Way, and we ask you to join us in supporting this year’s campaign.



**United Way**

# Earlier Enrollment Date for Medicare Part D this year

Your health needs change from year to year. And, your health plan may change benefits and costs each year too. That's why it's important to evaluate your Medicare choices every year. Open Enrollment is the one time of year ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

There has never been a better time to check out Medicare coverage. There are new benefits available for all people with Medicare – whether you choose Original Medicare or a Medicare Advantage plan – including lower prescriptions costs, wellness visits, and preventive care. Take advantage of Open Enrollment and you may be able to save money, get better coverage, or both.

Starting this year, Open Enrollment starts earlier – on October 15th – and lasts longer (7 full weeks) to give you enough time to review and make changes to your coverage. But, also starting this year, you will need to make your final selection for next year's Medicare coverage by December 7th. This change ensures Medicare has enough time to process your choice, so your coverage can begin without interruption on January 1, 2012.

It's worth it to take the time to review and compare, but you don't have to do it alone. The Medicare Medicaid Assistance Program (MMAP), a program of Senior Services, Inc. is here to help. MMAP offers trained counselors to assist you in comparing options. There is no fee for this service. Call 269-382-0515 or 1-800-803-7174.

## Senior Services



Southwest Michigan

Medicare/Medicaid Assistance Program

*Chef Scott Ward helps load the American Red Cross truck with emergency meals.*



## Senior Services provided meals to tornado victims

When you have a state-of-the-art commercial kitchen like Senior Services and a mission to serve the public, it's only natural that we should provide emergency meal assistance when called upon. Through our partnership with the American Red Cross here in southwest Michigan, we prepared 1200 meals over two days for tornado victims in the Battle Creek area last June.

Responding quickly to the appeal, we prepared the first 500 hot meals in just over two hours and had them ready to load when the Red Cross volunteers arrived.

Support *Make a Difference Day* through the people  
and pet food drives of our Volunteer Services.

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## Senior Services



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918 Jasper Street  
Kalamazoo, MI 49001-2853

### RETURN SERVICE REQUESTED

269.382.0515  
Email: [info@SeniorServices1.org](mailto:info@SeniorServices1.org)  
[www.SeniorServices1.org](http://www.SeniorServices1.org)

#### Our Mission:

*To enhance and promote the  
independence and well-being  
of older adults, the disabled  
and those who care for them.*

NonProfit  
US Postage  
**PAID**  
Kalamazoo MI  
Permit No. 1130



**Open enrollment earlier this  
year for Medicare Part D!**

**Begins October 15th.**

**Free MMAP counseling service**

**through Senior Services:**

**Call 800-803-7174.**

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**Senior Services**

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Medicare/Medicaid Assistance Program