Dementia Friends sessions set
Check on older adults
State of the State rescheduled
Input needed for area plan

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Check on older adults during these cold, lonely winter months

The winter months can be fun, with travel and snow. But it can also bring slips, falls, and other health emergencies, including social isolation. For older adults, and those who care for them, it can truly be life-saving to be prepared for these winter events. It's a great time to remember to check in with older adult family members, friends and neighbors.

Here are a few considerations when helping older adults prepare for winter weather:

* The immune system weakens with age. Once flu season ramps up and the cold air blows in, it's much more important for older adults to visit their doctor if they become sick;
* Have back-ups for medical equipment. Make sure they have extra hearing aid batteries, glasses, and other medical supplies, such as oxygen;
* Be sure they have enough medicine to last for a week. Keep medications, copies of prescriptions, and treatment information in an emergency supply kit;
* Falls are the leading cause of injury among older adults in the U.S. Non-slip shoes are a great way to help them navigate slippery conditions; and
* Shoveling can put too much strain on the heart and be dangerous if individuals have problems with balance or osteoporosis. Older adults, especially those with heart disease or high blood pressure, should leave snow shoveling to others.

Social isolation is also a concern. According
April 19, 9-10 a.m.
May 9, 3:30-4:30 p.m.

You can register for these, or future sessions: https://www.eventbrite.com/d/mi-muskegon/dementia-friends/.

Speak up! Anytime day or night. Report abuse and neglect.
855-444-3911

Senior Resources' Elder Care Specialists are available to assist with Options for Long Term Care. Call: 231-733-3585 or Toll Free: 1-800-442-0054. In Oceana: 231-559-0331.

Stay Connected

Governor's State of the State address moved to Feb. 12

Governor Gretchen Whitmer's first State of the State address will happen a week later than originally scheduled.

Whitmer was scheduled to deliver the speech on Tuesday, Feb. 5. But President Donald Trump delivers his State of the Union address on the same day.

Whitmer now plans to give her State of the State address to the Legislature in the Michigan House Chamber on Tuesday, February 12th at 7 p.m.

"I think both speeches are incredibly important and I want to make sure the public has an opportunity to absorb both," she said.

Input needed on area plan

Senior Resources of West Michigan is working on its next 3-year area plan for 2020-2022. As part of that work, community forums are scheduled throughout the region to gain input from older
adults on service gaps and community needs.

Sessions are scheduled for Feb. 12 at 5:30 p.m. at Four Pointes in Grand Haven, and Feb. 14 at 11 a.m. at the Coopersville Public Schools Admin Building, with additional sessions planned. For more information, visit our website: https://seniorresourceswmi.org/current-events/, or contact Amy Florea at amy@seniorresourceswmi.org, or 231-733-3519.

If you weren't able to attend a community forum but would like to offer input, please complete this short survey: https://www.surveymonkey.com/r/Q6XB37Q. Please share the survey!