

# UDCA Senior Initiative



University District

Education and Awareness for the month of December 2021



# Wishing you all a most Joyful and Blessed Holiday Season.....

Each month our senior committee provides relevant resources for our senior community, as well as a movie of the month recommendation.

Instead of a movie this month your senior committee is recommending you connect with Urban Aging

# Listen-Learn-Participate



### WATCH US

Tune in every  
Wednesday at 5:30am  
& Friday at 2:30pm  
on DPTV ch. 56

Check your local  
cable stations for  
shows airing daily

*Host, Marsha Florence*



## “Just Ask” Talk Show

Dedicated to Preserving and Enhancing the Quality of Life  
for the Disabled, Elderly, their Caregivers and the General Public

[JustAskTalkShow.org](http://JustAskTalkShow.org)

(800) 323-5336



# Utilize Your Area Agency on Aging

Visit [www.DetroitSeniorSolution.org](http://www.DetroitSeniorSolution.org) to see our services.  
Sample our health and wellness programs. Call us at **313-446-4444**.

**Serving Detroit, Hamtramck, Harper Woods,  
Highland Park and the five Grosse Pointes**



1333 Brewery Park Blvd. Ste. 200 • Detroit MI 48207  
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*We're called "The Senior Solution" for a reason. Find out why.*





# VISIT OUR WEBSITE

- See past issues
- Discover elder care resources
- Sign up for new issue alerts
- Explore advertising

[WWW.URBANAGINGNEWS.COM](http://WWW.URBANAGINGNEWS.COM)

## Use your Chrome Book

- Read
- Relate
- Include
- Inform
- Advocate
- Participate
- Engage.

# Michigan - GetSetUp

<https://www.getsetup.>

GetSetUp offers an online platform and community that helps older adults enjoy more fulfilling, independent and socially connected lives through learning.

- New virtual learning platform and community enables life-long learning, combat loneliness and isolation, and improve health outcomes in older adult

The partnership created between the Aging & Adult Services Agency at the Michigan Department of Health and Human Services is a new free resource for Michiganders age 60 and over as the state continues to face the pandemic.

- “It’s critical to keep older adults who are particularly vulnerable to COVID-19 safe during the pandemic,” said MDHHS Director Robert Gordon. “However, it’s also important for them to maintain social connections and be able to meet their needs from home. Technology can help, and this initiative will help older Michiganders become more comfortable with that technology.”
- Older Michiganders can access more than 150 free online group classes designed for and led by older adults. Offerings include classes on how to use a smartphone or tablet, how to use services like video conferencing, Gmail, Facebook, grocery delivery and telemedicine, as well as virtual social hours.

# REPORT to



Elder and vulnerable adult abuse, neglect and exploitation are behaviors committed against an elder or vulnerable adult who is unable to protect himself or herself due to a mental or physical impairment or due to advanced age.

- **Abuse** is harm or threatened harm to an adult's health or welfare caused by another person.
- **Neglect** is the inability or failure of the adult, or an individual responsible for the care of the elder or vulnerable adult, to provide adequate food, shelter, clothing, medical care, etc.
- **Exploitation** is the misuse of an adult's funds, property or personal dignity by another person.

The perpetrators are often trusted family, friends, neighbors or caregivers. This can occur in the person's home, in the home of another person or in licensed settings such as adult foster care, homes for the aged or nursing homes.

- **Statewide 24-Hour Hotline: 855-444-3911**

Thank you for your viewing and participation in  
2021

