

Holiday meals on wheels require funds, volunteers

Q. My elderly neighbor gets meals on wheels. He tells me that he will not be receiving them on Thanksgiving or Christmas. Is there a way to help him during the holidays?

A. Thousands of homebound elderly in southeastern Michigan receive government subsidized meals on Monday through Friday. Government funds are not available to extend this meal delivery to holidays. The Area Agencies on Aging have instituted programs that provide holiday meals but they need private and corporate donations to fund the holiday meals.

Volunteers are also needed to deliver the meals. Without this holiday meal program, homebound elderly will not only not have a Thanksgiving or Christmas meal, but they will also be alone on the holiday. To contribute your money or time contact your local Area Agency on Aging, Monday-Friday, 8:30 a.m.-5 p.m.

Detroit Area Agency on Aging — Detroit Meals on Wheels — 222-5350, serving Detroit, Hamtramck, Highland Park, Harper Woods and the Grosse Pointes.

Area Agency on Aging 1-B — Home Meals for Seniors — 569-0333, serving the counties of Livingston, Macomb, Monroe, Oakland, St. Clair, and Washtenaw.

Senior Alliance — Senior Alliance Holiday Meals — 722-2830, serving Wayne County excluding the communities served by the Detroit Area Agency on Aging.

on aging Renee Mahler

Q. My aunt lives in Oak Park and has no transportation. She needs to get to her bank and the post office. Is there anyone to help?

A. The Senior Citizens Recreation and Outreach Center provides Oak Park residents with a variety of services. One of their newest programs is Errand Day.

Every Wednesday transportation will be provided to post offices, beauty shops, banks, nursing homes, grocery stores, and other additional area needs. Grocery and bank trips will be made from 10:30-11:30, beauty and barber shop appointments should be made for 10:30 a.m. with pickups beginning at 9:30. All other appointments will be handled after 12:30 as time permits.

The radius covered will be approximately five miles. Errand Day will end by 3:00. There is a suggested donation of \$1 per round trip for Oak Park residents, \$1.50 for Royal Oak Township residents, and \$5.00 for each additional stop.

For further information, call the Outreach office, 541-0900, Monday-Friday, 8:30 a.m.-1 p.m.

Q. My husband has Parkinson's disease. Is there a support group for people suffering from this disease?

A. Parkinson's disease is a neurological disorder that causes muscular weakness and tremors in older persons. Additional symptoms include muscular rigidity, drooling, shuffling gait and speech problems.

The Michigan Parkinson's Foundation and Beaumont Hospital offer a support group for individuals with Parkinson's disease and their families and friends. The group meets the second Monday of each month at Beaumont Hospital, 3601 West Thirteen Mile Road, Royal Oak. The meetings are held in the first floor North Tower Nuclear Medicine Classroom from 7-9 p.m. For information, concerning the group call Beaumont's Community Health Education Department, 258-3758, Monday-Friday, 8:30 a.m.-5 p.m.

Renee Mahler is a gerontologist and the director of communications and admissions at a Rochester Hills nursing facility.

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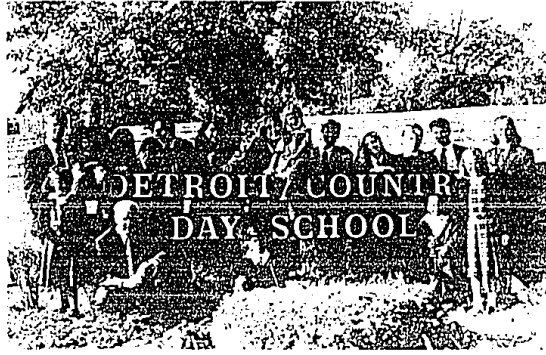


Photo courtesy of DETS parent Jessica Thomas and parent Margie Campbell.

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