

**SERVICES AND
ACTIVITIES OFFERED:**

Lunch (M-W-Th), Tues. evening meal, Meals on Wheels, Weatherization, Food Commodities, help with tax credits, cards, exercise, library, birthday/holiday celebrations.



MISSION STATEMENT:

Providing opportunities for seniors of all means to improve their quality of life through advocacy, education, housing, nutrition, volunteerism and support services



The Menominee-Delta-Schoolcraft Community Action Agency, with both public and private funding sources, has been offering a myriad of services since 1965 to help people of all means improve their quality of life. These times continue to demonstrate the need for the Community Action Agency and its programs:

- ▶ Early Childhood Education (including Head Start)
- ▶ Weatherization and Energy Education.
- ▶ Heat and other emergency assistance.
- ▶ Commodity Food Programs.
- ▶ Senior Services (including home delivered meals, in-home senior services, Medicare/Medicaid assistance, tax credit assistance).
- ▶ Volunteer opportunities through the Retired and Senior Volunteer Program, Foster Grandparent Program and Senior Companion Program are needed now more than ever.

Rock Senior Center

Helping seniors meet their social, nutritional and health needs



**Menominee-Delta-Schoolcraft CAA
Rock Senior Center**
3982 W. Maple Ridge 37th Rd.
Rock, MI 49880

Becky Carey, Center Administrator
Center Hours..... Mo.We.Th., 9-3
Tu. 1-7
Phone(906) 356-6420
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**Sally Kidd, Senior Services Program
Director, (906)786-7080**





ROCK SENIOR CENTER

SERVICES AND ACTIVITIES

Congregate Meals

Noon meals are served Mondays through Fridays at the Center. Holidays and birthdays are celebrated with a lunch party. Seniors love this opportunity to get together, enjoy a delicious lunch and socialize. Suggested donation is \$3. Coupon books are available.

Home Delivered Meals

The Home Delivered Meal Program is designed to assist homebound seniors with their dietary needs. The meals are a blend of good taste and balanced nutrition. They are delivered to the homes of seniors who are not able to attend Congregate Meal Sites.

The Home Delivered Meal Program provides meals each day of the week, if necessary. Normally, hot meals are delivered Monday through Friday with frozen dinners available for the weekend. Meals are delivered to the homes of eligible participants by trained staff.

Suggested donation per meal is \$3. Bridge Card is accepted. Be sure to ask about our coupon program at your senior center.

Food Assistance

The Community Action Agency provides two commodity food programs – one offered monthly and the other quarterly. Call the center for income guidelines or to make an appointment to apply for the program.

Medicare/Medicaid Assistance

The Medicaid/Medicare Assistance Program (MMAP) provides accurate, objective information and valuable assistance that will help Medicare recipients better understand benefits and how to access them.

Help With Applications, Forms

Assistance with completing various tax forms, including homestead property and home heating tax credit, Bridge Card, etc. **Provided by appointment only.**

Weatherization

The Community Action Agency Weatherization Program eases the burden of home heating and home energy costs for low-income residents. Call the center with questions or to make an appointment in order to apply for the program.

Personal Care Services

Personal care services are provided to individuals who wish to remain in their homes and still have some independence. Clients are usually referred to the Senior Center following hospitalization for such things as setting up medication, grooming, bathing, hair care, dressing, transferring and light housekeeping. However, family referral is encouraged.

Homemaker Aide Services

Homemaker Aide Services are available to individuals 60 years of age and older who are living independently but are unable to care for their living environment like they used to. Homemaker Aide Services include light housekeeping and some meal preparation as needed. Referral can be by self, family, social services, or other agencies. Individuals receiving homemaker aide services do so based on need, from once a week to once a month.