

ABOUT THE CONSORTIUM



COORDINATED
FOOD DELIVERY SERVICES
CONSORTIUM

OUR GOAL:

“Increasing Healthy Food Access to Reduce Food Insecurity of Older Adults in Southeast Michigan during Emergencies and on an Ongoing Basis.”

The Detroit Area Agency on Aging was awarded a two-year Michigan Health Endowment Fund grant in 2020 to bring together key organizations that provide nutrition programs to older adults in Southeast Michigan. The purpose of the Coordinated Food Delivery Consortium is to better coordinate and improve the delivery of services related to food insecurity. The content for this guide was created by the Nutrition and Health Education Workgroup, a subcommittee within this Consortium. This workgroup is comprised of experts in Nutrition and Health Education programs.



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This is a part of a series of guides:

- Nutrition and Health Resource Guide
- Public Policy and Advocacy Guide
- Emergency Response Poster

CONTACT US FOR MORE INFORMATION

Detroit Area Agency on Aging
Phone: | **313-446-4444**

Health and Wellness/Nutrition Services
Departments

Inquiries can also be made on our website:
DetroitSeniorSolution.org



Detroit Area Agency on Aging
1333 Brewery Park Blvd., Suite 200
Detroit, Michigan 48207

Eat to Live, Move to Groove!

Staying Healthy on a Budget

FREE or Minimal Cost
Nutrition and Health Resources
for Older Adults

NUTRITION & HEALTH RESOURCE GUIDE

Prepared by:
Coordinated Food Delivery Consortium
Detroit Area Agency on Aging



AGENCIES TO CONTACT



Detroit Area Agency on Aging 1-A
detroit seniorsolution.org
313-446-4444



Area Agency on Aging 1-B
aaa1b.org
800-852-7795



The Senior Alliance AAA 1-C
thesenioralliance.org
800-815-1112



Eastern Market
easternmarket.org/programs/food-access
313-833-9300



Focus Hope
focushope.edu/food-for-seniors
313-494-5500



Forgotten Harvest
forgottenharvest.org
facebook.com/forgottenharvest
248-967-1500



Gleaners Community Food Bank
cookingmattersdetroit.org
gcfb.org/fighting-hunger/resources
pantrynet.org
866-453-2637



Wayne County Senior Services
waynecounty.com
800-851-1454



PROGRAMS AND SERVICES

Emergency Food

- Community Mobiles**
- Food For Seniors**
- Mobile pantries: with distribution partners and via "On-the-Go" sites**
- Pantries at seniors' residential sites**
- Mobile pantries and special distribution sites for Veterans**
- Food Partnership with County Veterans Associations**
- Traditional pantries**
- Emergency response to specific needs**

Food and Nutrition

- Congregate Meals Program**
- Home Delivered Meals**
- Cook Matters**
- Nutrition Education Resources**
- Food/Health Fellowship**
- Farm Stand**
- Tasting Stations**
- Detroit Community Mkts**
- Grow Eastern Market**
- Ways to Pay**
- Fresh Prescription**
- Holiday Meals**
- Senior Project Fresh**
- Information About Nutrition and Health Programs**
- Double up Food Bucks**
- Liquid Meals**

- Providing fruit for seniors who are receiving rides to dialysis**
- Food for congregate meal sites**
- FH Farms: grows nutritious produce for distribution at FH partner sites**

Health Promotion Programs

- Diabetes Prevention Program (DPP)**
- Diabetes PATH (Diabetes Self-Management Program)**
- Diabetes Self-Management Education and Support (DSMES) with a Registered Dietitian**
- Medical Nutrition Therapy (MNT) with a registered Dietitian Nutritionist**
- PATH (Chronic Disease Self-Management Program)**
- Chronic Pain PATH (Chronic Pain Self-Management Program)**
- Telehealth**

Exercise Classes

- A Matter of Balance**
- EnhanceFitness**
- Tai Chi for Arthritis for Fall Prevention**
- Walk With Ease**
- Bingocize**
- Dance Classes**

Caregiver Support

- Powerful Tools for Caregivers**
- Developing Dementia Dexterity**
- Aging Mastery Program for Caregivers**
- Universal Dementia Caregivers Bootcamp**

ABOUT THE PROGRAMS

■ Exercise Programs – Get Moving!

The exercise programs listed are designed specifically for older adults. They are a combination of classes that include strength training, flexibility, balance and cardiovascular conditioning. There are even dance classes that will get your heart rate and your body moving to the beat. Physical activity has been proven to improve the mood, memory/cognitive function and mental health in some people. Classes are led by trained instructors on an ongoing basis at several locations across Southeast Michigan.

■ Health Promotion Programs

Our health promotion programs featured provide classes that help reduce the risk of certain chronic diseases. For those who have been diagnosed with a chronic disease, there are classes that give you the tools to manage the disease and be informed of ways to live a healthier and more fulfilling life. Remember, the diagnosis of chronic disease is not the end. The programs listed can help empower you to take control of your life and your health.

■ Caregiver Support

Caregiving is a natural part of our everyday life. Many people don't realize that the support they provide to family and friends qualifies them as caregivers. The programs listed are designed to help family caregivers take care of themselves while caring for an adult relative or friend.

The caregiver workshops offered provide participants with information, skills and attitudes to manage stress and increase effective caregiving. They also help provide tools to deal with difficult behaviors. You are not alone. Join a Caregiver class today!

■ Food and Nutrition

Eat to live! Proper Food and Nutrition are essential to living a healthy life. Many of the resources listed provide Nutrition Education to empower you to make the best choices when it comes to food. These classes can help provide fun and creative ways to accomplish your nutrition and health goals. The pantries and supplemental food programs offered help to offset the cost of food. With the price of food increasing, the need for food security and support is rising. These programs help to lighten the load and provide nutritional support. Congregate meals and home delivered meals provide interaction with peers and delivery staff. It is always nice to have a great meal and conversation with friends.