

Eligibility Requirements for the Healthy Together West Willow Program

- *Participants must be 50 years or older
- *Individual income doesn't exceed \$2,382/month
- *Be a resident of the West Willow neighborhood
- *Registered for the health and wellness program

Our Services:



"Aging in community" means a person is able to live in the place of their choice without losing their quality of life as they age. But ideally what aging in "place" should be addressing is not just to maintain the quality of life that the person is used to, but also to make it better, whenever possible.

We provide limited seasonal lawn care, snow removal and work with other county resources that offer home repair services to homeowners so they can continue to live in safe, decent homes for years to come.



Be More Physically Active has many benefits for your health and wellbeing. It can help to improve your balance and reduce your chance of falling. In addition, exercise can help you better manage your chronic diseases like diabetes, arthritis, mental health and others.

During the 45-minute group classes twice a week, you will learn strength, stretching, range of motion and balance exercises using light weights while sitting mostly in a chair. You will be supervised during the class to make sure you do the exercises safely and help modify any movements to better fit your physical limitations. Stay tuned for new workshop sessions during the Summer of 2023 at New Covenant Missionary Baptist Church (Multipurpose Bldg.) For more information call 734.985.0549.



Helping to connect caregivers to resources to effectively care for a loved one and attend to their own wellbeing. We partner with local resources to support family caregivers of older adults through care management, education and skills training, and counseling.



Friendly Visits and Wellness Check: Isolation and loneliness are rampant among older adults. Regular phone visits from neighbors can help change that. Friendly visits and wellness checks provide companionship and connection through weekly volunteer visits. A visit can take place in-person, by phone, or over video for 30-60 minutes.



Make Your Health a Priority: Our Care Team will help identify health outcomes that are important to you and what gets in the way of healthier living. The team will connect you to compassionate student social workers to identify your needs, develop plans to meet those needs and refer you to social service(s) programs in Washtenaw County that can help with everything from utility bill assistance, food pantry locations to mental health resources.



Phone & Tablet Tech Training: In many cases, older adults lack confidence in their ability to use new devices and software designed to make their lives easier. They watch from the sidelines as younger family members easily adopt new technology.

Older adults can now get help to learn how to navigate technology such as their cell phone, videoconferencing and online visits with their primary care physician. In West Willow there's a safe place to learn, grow and get support from your neighbors for accessing and using technical devices. Stay tuned for new workshop sessions during the Summer of 2023 at New Covenant Missionary Baptist Church (Multipurpose Building). For more information call 734.985.0549.

Learn more about Healthy Together West Willow at www.westwillowhealth.org