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Caregivers Find Stress Relief in Parkside Pioneers Program

FEBRUARY 11, 2011 – Parkside Pioneers is an older adult program was established to give caregivers a break from the daily routine of caring for others as well as offering a fun place for seniors to go and just get out of the house for awhile. The program, which is a little over a year old, keeps growing and reaching out to help older adults and their families every day. Older adults who use Parkside rely heavily on family and others to care for them. Several caregivers say “the program is a godsend and has really allowed me to get out and do some things without having to worry.”

“Many times caregivers have no other help and are often not able to do simple things like shopping, banking or going to their *own* doctors appointments because of their responsibilities,” said Community Living Services Senior Services Division Director Elaine Taverna. “Parkside is there for these family members and has become a trusted friend.” The goal of the program has always been to support families who care for each other so that older adults avoid going into a nursing home and can continue to flourish in their family homes and communities.

There are several new things happening on the calendar this year including going to the library, going out to lunch, activities at neighborhood senior centers, shopping, bowling and much more. Craft projects are very popular with the folks who attend Parkside and can often be found for sale in the Michigan store front at the Parkside location. Healthy lifestyle activities such as exercise, yoga and dance along with activities that strengthen memory and emotional well being are also daily favorites.

Caregiver support and education groups are being planned and offered at Parkside for family and friends of older adults who need a safe and confidential environment to share their concerns and challenges when caring for loved ones.

A monthly schedule will be available starting March 2011. The Parkside Pioneers location is 24730 Eureka Road, Taylor, MI 48180, phone- 734-947-9219. Hours of operation are Monday-Friday 8:00 a.m. - 4:00 p.m. More information on resources for seniors and caregivers can be found at: www.comlivserv.com.

Parkside Pioneers is a **FREE** program funded by The Senior Alliance, a nonprofit agency designated as the Area Agency on Aging (AAA 1-C) for western and southern Wayne County. Funding for agency services are provided primarily by the Michigan Office of Services to the Aging and the Michigan Department of Community Health.

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