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**FOR IMMEDIATE RELEASE**

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**MICHIGAN HEALTH ENDOWMENT FUND SUPPORTS VAAA PROGRAMS**

The Michigan Health Endowment Fund has awarded \$15.2 million in support of the wellness and health of seniors and children. One of the organizations that the money was awarded to was the Area Agency on Aging Association of Michigan. Through this, The Valley Area Agency on Aging has been awarded \$211,606 to be used for the purpose of supporting an expansion of a fall prevention program and diabetes management program for older adults aged 60 and older in Michigan.

This two-year grant will help to support the Matter of Balance and the Diabetes Self-Management program developed by the Stanford University School of Medicine. The Matter of Balance Program is a fall prevention program that focuses on taking the fear out of falling. The classes feature simple exercises to help improve balance and education on what causes falls. The Diabetes Self-Management program encourages seniors to take control of their health and educate them on how to live with diabetes.

Kathryn Boles, Executive Director of VAAA says, "Both falling and diabetes are big issues among the senior population. By educating seniors how to be proactive, these programs empower older adults to take charge of their health and avoid bigger problems down the road."

If you, or if you know of someone who may benefit from these programs, please call the Valley Area Aging on Aging at (810) 239-7671, Monday through Friday, 8:00 a.m. to 5:00 p.m.

Valley Area Agency on Aging, created in 1974, is a private, non-profit organization committed to providing advocacy, services and programs which help older adults and individuals with disabilities remain living independently in their homes with dignity for as long as possible. For additional information, please call Valley Area Agency on Aging at (810) 239-7671 or visit our website at [www.valleyareaaging.org](http://www.valleyareaaging.org).

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