

URBAN AGING NEWS

Urban Aging L3C

FREE

Issue 21 | SUMMER 2020

Info, Insight & Inspiration for Metro Detroit's Maturing Adults

The New Normal



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ON MY MIND



Patricia Ann Rencher

The last time there was civil unrest with rebellion and protests, I was too young to participate. This time, I'm too old and at risk of contracting coronavirus. So, I sit at home, watching the news, crying tears of catharsis, and trying to figure out how to support this cause. My peers and I are overwhelmed by the participation of young white kids and young white adults who seem to really "get it." Maybe this time there will be substantive change. Up until now, I've never had much faith in America seeing the truth of the pain of our past -

and our present - but maybe this time she actually will.

I'm also doing some introspection into my own anger, and the disappointment that had me giving up on redemption for my country and countrymen. Studies have found that forgiveness reaps health rewards, like lowering the risk of heart attack; improving cholesterol levels and sleep; reducing pain, blood pressure, and levels of anxiety; and addressing depression and stress. Release through forgiveness is necessary.

But the truth is, it won't be easy for me. You see, most of my life, I've experienced race-based unfairness from white people. The supremacy of white ideas and the injustices visited upon me by individual whites have affected my personal and professional life. Plus, without a channel to voice my rage and have these wrongs

addressed, I'm left to stew in unfair circumstances that I've had to simply accept. That's my truth. The young Black Lives Matter activists who have taken to the streets to say "enough is enough" have emboldened me to tell my truth. And the new promise that Black people will at last be heard - without the infuriating questioning of the accuracy of our perceptions - has moved me to share feelings that are not mine alone. But for this thing to get fixed, I will have to find new ways to look at the hurt caused by the exercise of what anthropologists call tribalism.

Once I've purged my rage by speaking my truth, then I've got to move forward. I've had strong partnerships with individual whites but there's something about seeing so many white people, young and old, take to the streets to also say "enough is enough" that has helped me to exhale and begin the process of forgiveness.

This is a good first step.

Whew! Now - speaking of alleviating stress and depression, I encourage you to read this issue's story on accessing mental health services during this trying time. We have made a rigorous effort to provide COVID-19 resource information, with phone numbers for non-internet users. And finally, thanks to the Community Foundation for Southeast Michigan-Detroit Journalism Engagement Fund, whose goal is to give voice to the journalistically under-represented. They have sponsored our Senior Voices feature where you'll read about the lives and concerns of individual older adults in metro Detroit.

Stay safe & stay sane,

Patricia Ann Rencher, Publisher
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313.204.5140

Urban Aging News thanks the Community Foundation for Southeast Michigan-Detroit Journalism Engagement Fund for its year-long support to lift-up the voices of seniors and other under-covered groups.

Urban Aging News thanks the United Way for Southeast Michigan for its summer 2020 support, to ensure that seniors and those who assist them receive COVID -19 related information.

OUR STAFF



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Telemedicine: Dial-a-Doctor now Covered by Medicare



Dr. S. George Kipa
*BCBSM Deputy Chief
Medical Officer*

Many had been advocating for insurance coverage for telephone consultations with physicians. The COVID-19 pandemic almost immediately expanded Medicare coverage for telehealth services. This quick adjustment was to protect older adults from unnecessary exposure to the virus. The adjustment required a relaxation of HIPAA privacy laws to allow for the use of smartphones, video conferencing, and messaging services.

The pandemic that alleviated both government and payer resistance rapidly scaled up Medicare's ability to treat patients without them needing to travel to the doctor's office. Televisits are especially suited for frail older people, especially those who are dependent on public transportation for their brief 20-to-30-minute visit.

The Medicare Telemed

program pays providers, including physicians, nurse practitioners, psychologists, and social workers. This means patients can address a full range of medical issues. Coinsurance and deductibles apply, however some providers are reducing or waiving this fee for telehealth visits.

Telehealth had been limited to video telecommunication which required a computer, smart phone, or tablet access, giving doctors valuable visual information they could not gather over the telephone. However, considering the pandemic, the Centers for Medicare and Medicaid Services expanded coverage to include audio-only communication.

Blue Cross Blue Shield of Michigan offers telehealth over the phone at no cost, through June 30.

Dr. S. George Kipa, BCBSM's deputy chief medical officer, says chronic conditions or non-complex issues can generally be taken care of over the telephone, while more complex issues require video, if not an in-office visit.

Kipa says while some may not trust telehealth, once they try it, they tend to feel more comfortable with the process. In most cases, telehealth services yield a

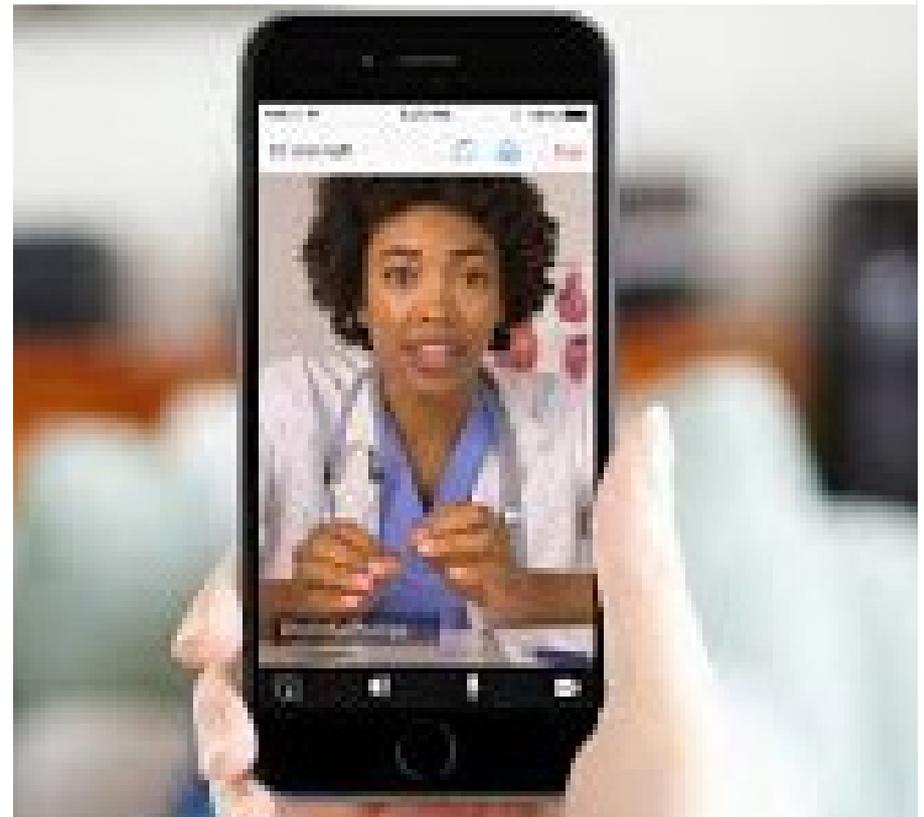
faster diagnosis, evaluation, and treatment of symptoms.

"Telehealth visits require more concentration from the provider," says Kipa, who's been practicing telehealth since 2016. "Patients like that the doctor's attention is fully focused on them, versus the distractions of office visits."

Kipa says doctors can practice medicine efficiently using this technology because they can assess symptoms and concerns then make care recommendations. This includes prescribing medications, or even directing patients to seek an office visit or go to the emergency room.

Some telehealth platforms, allow patients to upload photos of a rash, bruise or wound. Also, if the patient has in-home diagnostic equipment, such as a thermometer, blood pressure monitor, heart rate monitor, or a pulse oximeter, some platforms provide physicians with the patient's vital signs, giving read-outs of their body temperature, blood pressure, heart rate and respiratory rate.

For more about this Blue Cross program, visit www.bcbsm.com, or call 313.225.9000. To reach the BCBSM COVID-19 Crisis Hotline, call 1.833.848.1764.





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Call the toll-free number at (844) 330-2020 for English

Call the toll-free number at (844) 468-2020 for Spanish

Also, you can visit the kiosks located next to the DivDat machines across the city.

To find the nearest location, call this number:

800-356-8561

The Census requires you to use the address where you actually stay, even if it's different from the address on your license. Also, your Census information is protected by federal law and cannot be shared for 72 years

How Will Nursing Homes Reopen to the Public? Michigan Pondering Guidelines



Detroit nursing homes were hit hard by COVID-19 infections, leaving friends and family unable to visit loved ones. The Centers for Medicaid and Medicare, the federal agency overseeing long-term care

facilities, issued infection control recommendations then. Now they are issuing guidelines for states to safely reopen to the public. The three-phase plan addresses how management should

determine when to relax restrictions, how to prevent cases from reoccurring, and how visits and vendor services should resume on these properties. The Michigan Long Term Care

Task Force, consisting of state and local leaders, health department officials - working in consultation with nursing homes - is developing plans for Michigan to implement.

[Story continued on page 7](#)

Phase 1:

Visitation prohibited except for compassionate care situations where visitors are screened, wear face masks, practice social distancing, and clean their hands using an alcohol-based product upon entering. Communal dining is limited to COVID-19 negative or asymptomatic residents only, with social distance.

Restriction of group activities to negative or asymptomatic residents. Non-medically necessary trips outside the building avoided. For medically necessary trips, residents must wear face coverings, and the facility must disclose COVID-19 status to the transportation service and those at the destination. Weekly testing and daily screenings for all residents; staff tested weekly and screened at the beginning of each shift.

Phase 2:

What's lifted: Many of the Phase 1 mandates still enforced, lifted to allow for: Limited number of non-essential health care professionals in the building, with appropriate screening, masks, hand hygiene and social distancing. Screening for all entering the facility and for staff at the beginning of each shift. Group activities, including outings, limited to asymptomatic or negative residents. Daily screenings of all residents; staff tested weekly. Restrictions slowly adjusted to allow COVID negative residents more freedom in the nursing home.

Criteria for Implementation:

No new cases for 14 days and no staff shortages. Adequate supplies of personal protective equipment, and essential disinfecting supplies. Adequate access to testing. Referral hospital(s) have bed capacity on wards and intensive care units.

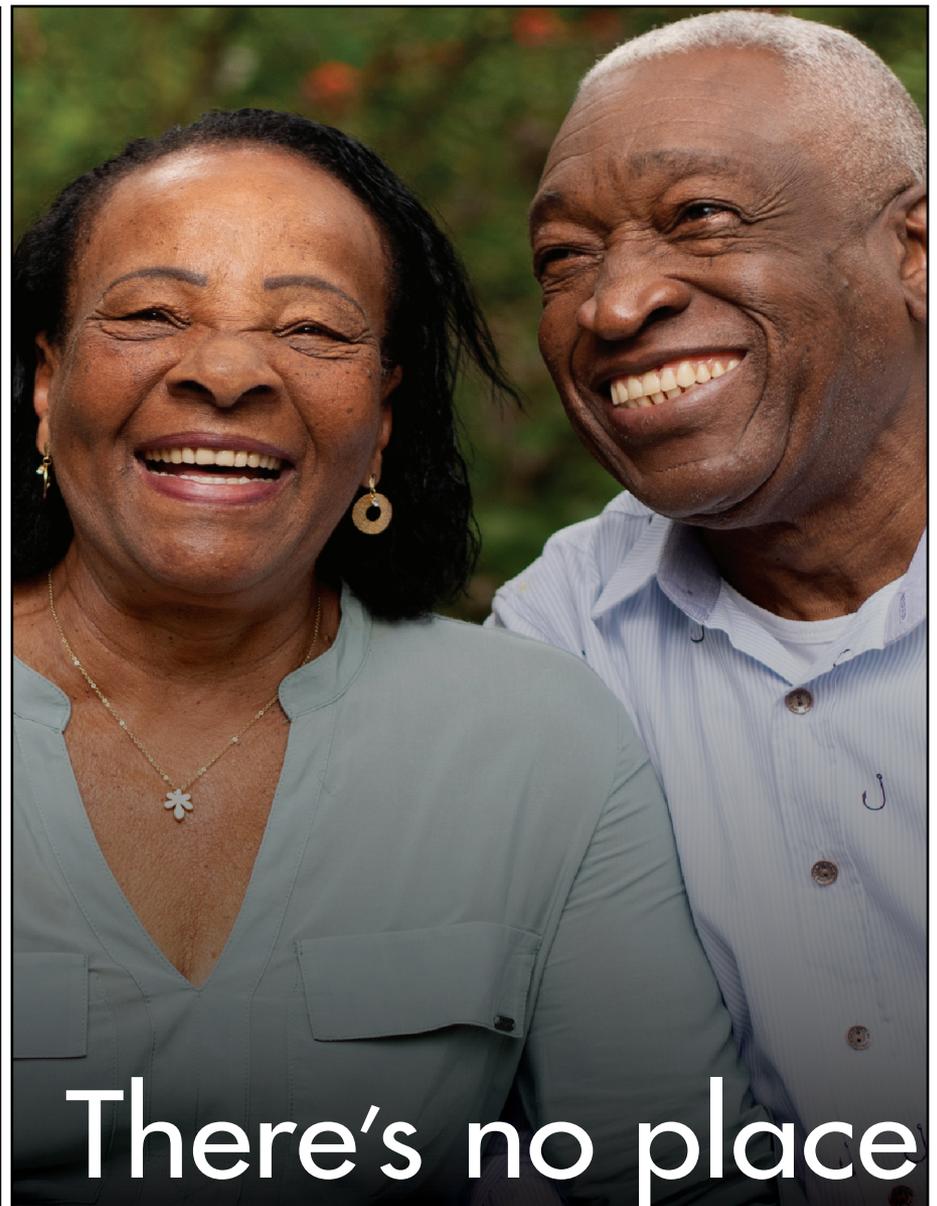
Phase 3:

What's lifted: Visitors and volunteers undergo screenings, answer questionnaire regarding symptoms and potential exposure, and observed for signs or symptoms. Face masks, social distancing and hand hygiene required for all persons entering facility. Face masks and social distancing required for the duration of the visit. Weekly testing continues until all residents test negative.

Criteria for Implementation:

No new COVID cases for 28 days. No staff shortages. Adequate supplies and access to testing. Referral hospital(s) have bed capacity on wards and intensive care units.

If a new case is identified in either Phase 2 or Phase 3, the facility must return to Phase 1 precautions. To learn more once Michigan's reopening protocols have been finalized, contact the Long-Term Care Ombudsman program email mltcop@meji.org, call 1.866.485.9393, or visit www.cms.gov/files/document/covid-nursing-home-reopening-recommendation-faqs.pdf.



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Connecting older adults and their families to the support they need: government-funded in-home care programs, Meals on Wheels, transportation and more.

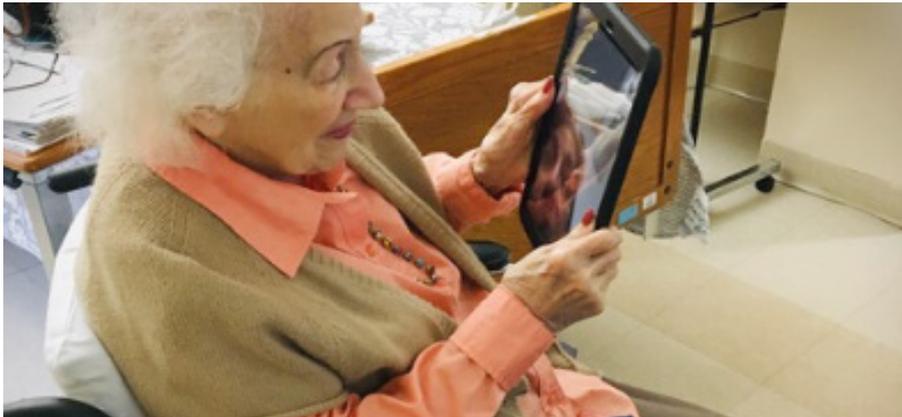


Answers you can trust

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The Virtual Touch helps HFHS Support Caregivers



Virtual caregiver support groups are held every Tuesday throughout the summer, from 11 a.m. - noon, and again from 6 -7 p.m. You can join by telephone, computer, tablet, or iPad to connect with other caregivers and with Henry Ford's C.A.R.E. program staff. For details, email CaregiverResources@hfhs.org or call 313.874.4838.

On-Line Art Therapy

Join C.A.R.E. program art therapist, Kelly Darke, for free on-line art therapy. The classes are designed for both adults and children. A new

project will be offered each week and art exploration themes will focus on self-awareness, support systems, gratitude, and reframing negative thoughts. Classes are held Wednesdays at

10 a.m. and Thursdays at 6 p.m. beginning on June 17 and June 18, respectively. To contact the **Henry Ford C.A.R.E. Program**, visit www.henryford.com/familycaregivers, email

CaregiverResources@hfhs.org, or call 313. 874.4838. Ask to join the Facebook group: Henry Ford Health System Family Caregivers.



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Mental Health Monitoring During the Pandemic



Theadia L. Carey, M.D.
Development Centers

Even before the COVID-19 crisis, many older adults said they faced anxiety and depression due to social isolation, financial challenges, illness, grief and loss. That is why mental health professionals expect these issues to increase during the pandemic.

“Because their social

connections diminished so abruptly, older adults are particularly adversely affected by the pandemic. Social distancing physically disconnects them from their families and friends, who in normal times provide these older adults with the social connection required for successful aging,” said Dr. Theadia L. Carey, Medical Director at Development Centers, and the Program Director for Michigan State University - Authority Health Psychiatry’s Residency Training Program.

Carey says seniors may have additional concerns, like fear of being a burden on or after thought to loved ones. They also may ration their resources, so they won’t need to ask for help. She adds that COVID-19

fear compounds these concerns since seniors are at risk of contracting and dying from the virus. Some, she adds, might even despair to the point that they wonder if they would be better off dead.

“That’s why it is important for family or friends to observe, listen and identify the older adults in their lives who may be suffering. Are they eating? Not sleeping? Depressed? Anxious or worried? Note if they are unable to focus on pleasurable activities. If so, recommend a mental health evaluation,” says Carey. “Don’t ignore it. Suggest an evaluation to a loved one, giving them the realization and reinforcement that we need to take care of ourselves.”

She says many of the barriers that once existed, like the stigma of seeking mental health care or going into a mental health clinic, are now removed. Carey also recommends in-home exercise as a way to fight off these symptoms. “It can improve your mood and give you stamina for improved health.”

People with Medicare benefits can access telemedicine visits with a doctor via the internet or telephone.

The Development Centers provides services at five treatment locations in Detroit. For assistance, call the access line at 313.531.2500 Monday – Friday, 8 a.m.-4:30 p.m. To learn more, visit www.develctrs.org.

SENIOR VOICES

Senior Voices is a new series, sponsored by the Community Foundation for Southeast Michigan - Detroit Journalism Engagement Fund, to amplify the marginalized voices of seniors and those who serve them.

Madaline & Kenneth Booker: Retired Dreams, Revived Joy



says. "There needs to be a checklist or in-depth counseling so there would be no surprises while in retirement. It's impacting our quality of life."

Yet the Bookers, who have been married 55 years, say they are content. They exercise regularly and devote considerable time to their church. Madaline serves as an officer on the church vestry and assists in writing the bulletin and obituaries, while Ken, also a member of the vestry, helps prepare for precinct voting at the church.

The added expense of housing family members, coupled with increased insurance premiums, shattered the meticulous post-work plans for 75-year-old Chrysler retiree Ken Booker, and his wife, Madaline, who is 74.

"Madaline and I envisioned more travel with money left over to do some much-needed home repairs. But a substantial increase in our life insurance premiums, written in fine print, has made it impossible," Ken

"Despite the current strain on our budget, we feel blessed," Madeline says. "We have the love and support of our family, friends, church family, and our faith in our advocate, our Lord Jesus Christ."

"We moved our bedroom to the first floor because the steps became too much, but the bathrooms are either 18 steps upstairs or 16 steps downstairs," Annette says. "And because our chimney is in disrepair, we're unable to get a functional furnace. We'd

like to remain in our home but it's difficult. Unless we can get some help, we'll have to leave."

She speaks for many seniors when she says, "Well-funded home repair programs are really, really needed."

Senior Mother and Disabled Son Struggle Without First-floor Bath



East side homeowner, Bessie Cleckley, is 70 and suffers from chronic arthritis. Although her 50-year-old disabled son, Richard, can make his way up to their second-floor bathroom, she simply cannot. Their first-floor bathroom is unusable, so she is forced to improvise.

After an unsuccessful knee replacement surgery, Bessie now uses a walker. She says before the pandemic she had been going to the gym three times a week to increase her mobility, but now all the progress she made has regressed.

"The cost to fix my bathroom is \$5,000. Doesn't seem like a lot, but I just don't have it," Bessie says. "Can't get a loan. Social Services says if I get the balance, they'll contribute \$742."

"Home repair programs just aren't meeting the needs for us in these older homes. By the time you find out about the home repair programs, the money is gone."

Annette & William Oates Say Seniors Need Home Repair Support



rheumatoid arthritis, at age 70. The Oates home is in need of major repairs: a first-floor bathroom and an operable furnace. High school sweethearts, Annette and William Oates have been married 40 years. They say they never thought that after working hard all of their lives, and raising five children, times would be so hard as they aged.

Annette is 64 and needs knee surgery. William suffers from

Minister Maria Peoples is Perfecting the Art of Giving



Henry Ford Health System's former partnership with the Cody Rouge Community Action Alliance. "The program is no longer funded and so we do the best we can do for our seniors," Peoples says. "It just seems to me that defunding these programs increases the likelihood of seniors having to utilize the more costly, taxpayer funded, health care systems."

"If someone needs something and the other has it, we'll sit it on the porch and they can come pick it up," says Maria Peoples who is 71 and a minister at Detroit's Perfecting Church. When she is not coordinating the delivery of food boxes and other essentials for the neighborhood Senior Connect program, she serves through her church.

Peoples says Senior Connect was established through the

Peoples says seniors need health care, home repairs and that some of those she serves have either been stricken with the coronavirus or had their family members affected.

"I thank the Lord for putting me in the position to get food, masks, hand sanitizer, and other resources, to give. I love what I am doing, it's not about the money."

COVID Shifted Active Lifestyle to Leisure and Zoom



Brenda Philpot exercised and led a busy life, pre-COVID-19. The 76-year-old attended fitness and computer classes at senior

centers, learned upholstery, and loved to shop and read.

She says the three-month shutdown brought new insight. Even though retired, she says she felt pressured by a full calendar of appointments and classes. Then came COVID-19.

"I am truly enjoying this new and different world," she says. "I feel like I have total freedom. I don't constantly look at the calendar or clocks. I stay up late and sleep until I awaken."

Online Zoom meetings to cope with the lockdown are filling her calendar once again. "It's getting busy again," she says.



SALUTING

OUR UNSUNG HEROS

As we say thank you to all of those who are offering support during this pandemic, **Universal Dementia Caregivers** wants to add Family Caregivers to the list. Thank you for the love, honor and hard work that often goes unnoticed.

During this time, **UDC** continues to offer assistance via Facebook Live, Zoom and telephone. We have morning exercise classes, live discussions on caregiver issues, training, well check calls and motivational music. We are trying to stay connected to your mind, body and spirit.

We will soon create a new normal. Meanwhile, if we can be of any assistance, call us. There is a network of people and organizations that are waiting to offer their expertise.

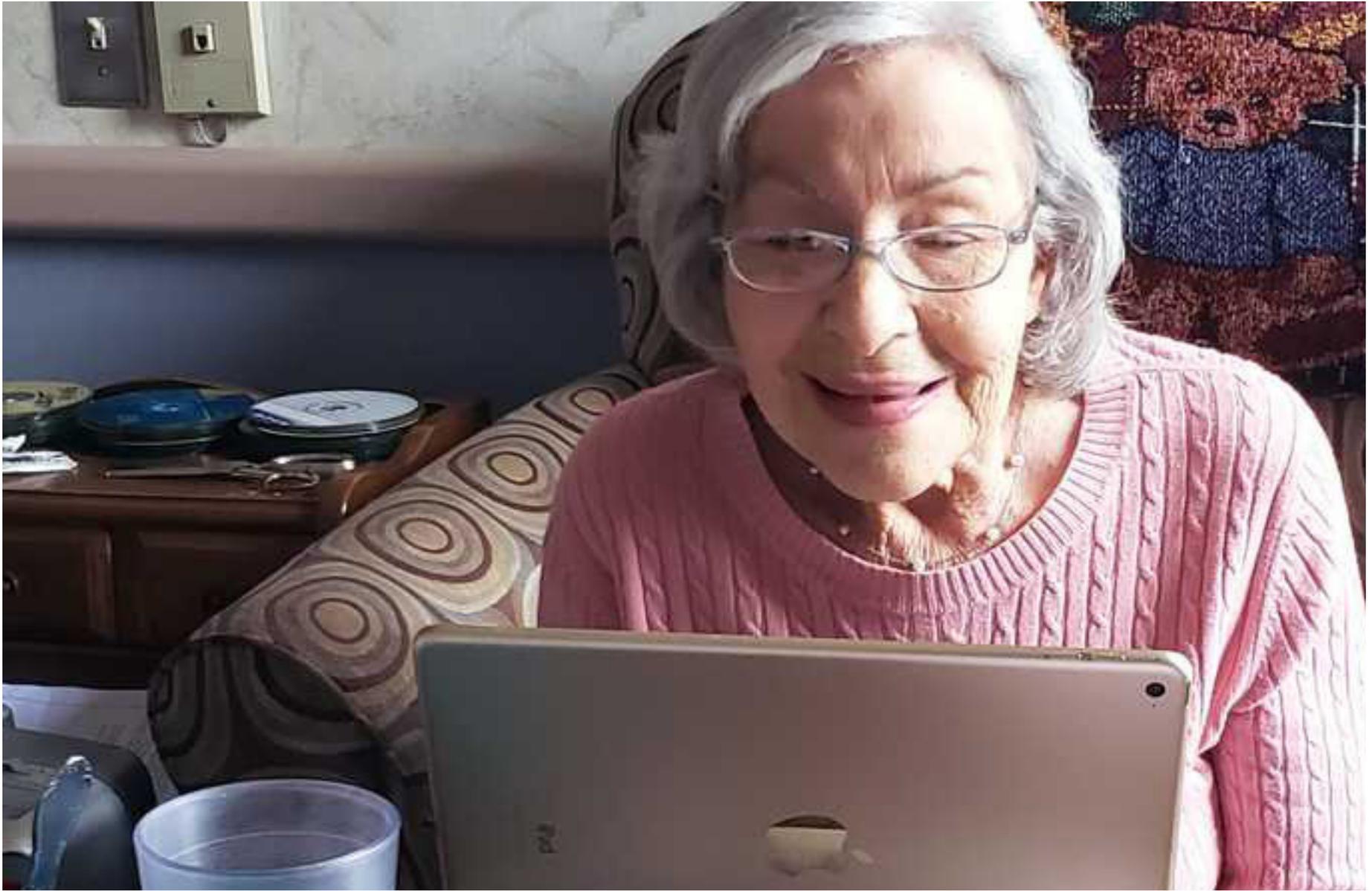
*Stay Connected. Stay Healthy. Stay Hopeful.
Above all, know that you are Appreciated.*

- Dr. Paula Duren

For more information contact us at
info@universaldementia.org or call us at 248.509.4357

UniversalDementia.org

COVID-19 Fears Exploited by Scammers



With the stress, panic and closures caused by the global pandemic, scammers are exploiting COVID-19 fears. These unscrupulous operators are doing so on the phone, via social media and email, using websites, and in-person. They are posing as government officials, bank employees, or health professionals, to name a few. They pressure their victims to “act now,” for too-good-to-be-true products or services. Then they secure personal information, including Social Security and Medicare numbers, credit card and bank account information. These are the prevalent scams:

- **Fake COVID-19 relief checks or grants:** Do not give personal information to someone offering assistance with the government relief checks or supposed “relief money.”

- **Fake charity donation appeals:** Search the list of charities on the Michigan attorney general’s website for their good-standing or call the Charitable Trust Section at 517.335.7571 before making your donation – then give directly to that non-profit.

- **Phony pleas, not really from family or friends:** Scammers will say a loved one has contracted the virus and needs money wired for their treatment.

- **Impersonating an official:** Scammers pretend to be from WHO, the CDC, or a volunteer agency in order to gain your confidence.

Story continued on page 13

Continued from page 12 - COVID-19 Scams

- **Impersonating a volunteer:** Scammers take your cash and offer to run errands or pick up groceries, but they never return to deliver the goods.
- **Selling fakes & forgeries:** Scammers list respiratory masks, COVID-19 tests, and/or non-existent vaccine kits and cures for sale in order to rip you off.

Electronic scams also include appeals to entice you to:

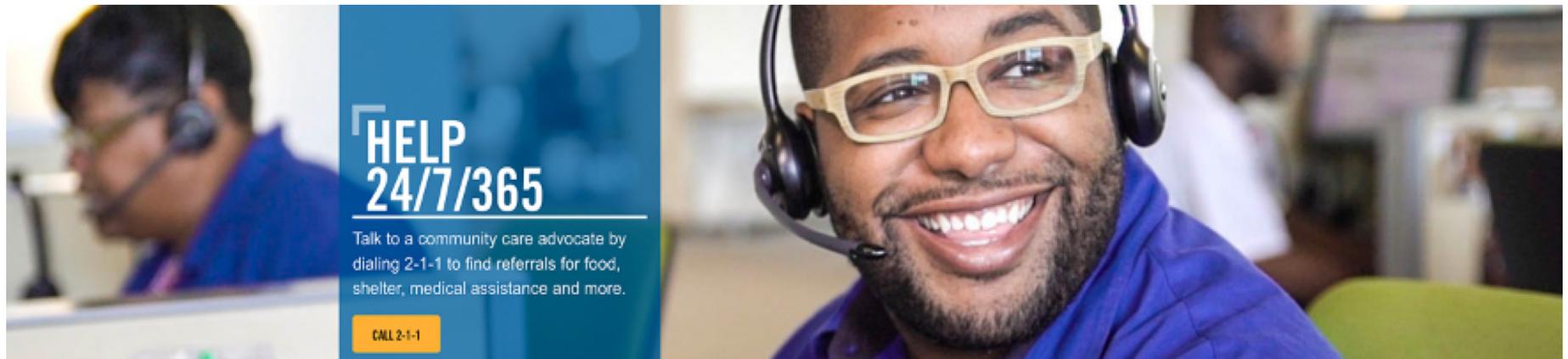
- **Download a bad app:** Scammers have you download a mobile app that they say tracks COVID-19 updates. They now have access to your device and the info you store on it. Do not download unverified apps that can also lock your phone and steal data from your device.
- **Visit a bad Website:** Scammers have you interact or enter data that, they say, provides important COVID-19 information. Instead it installs malware that damages your

computer unless you pay a ransom, or they gain unauthorized access to your information.

And there is more, according to Successful Aging Through Financial Empowerment Program Director LaToya Hall who says, "We're staying current on the latest scams, so be sure to call us or watch for updates on our Facebook page."

If you believe you have been the victim of a scam or identity theft, contact the SAFE program for services that are provided by telephone at virtually no cost. Contact LaToya Hall at 313.664.2608, or email L.hall@wayne.edu for details. Also see www.facebook.com/Success-After-Financial-Exploitation-SAFE-1983811518542293/

To report a scam, elder abuse, or file a complaint with the Michigan Attorney General's Consumer Protection team, call 517.335.7599, or go to www.michigan.gov/ag/0,4534,7-359-82915_82919_86407--,00.html



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DAAA – Partnering Up to Serve During the Pandemic



Curbside Pick-Ups for Seniors. The Detroit Area Agency on Aging expands its service footprint beyond their senior centers by partnering to provide meals quickly and safely during the COVID-19 crisis. Expanded service is available curbside at City of Detroit recreation centers and at places of worship. Home-delivered meals continue to be available to more than 3,000 people. A weekly box of frozen meals replaces daily hot meals, to meet both safety and nutritional guidelines.



Teamwork & Technology Allow DAAA Staff to Support from Home. Software and hardware upgrades were made to enhance the DAAA staff's ability to work remotely and efficiently, with 95% of employees now online. Calls to the office are answered in real time, and Zoom conferences connect the more than 120 team members.



Ronald S. Taylor
DAAA President & CEO

In the midst of a global pandemic, the Detroit Area Agency on Aging has kept pace by having most employees work remotely. The agency reports that it served record numbers of seniors with meals, nutrition and health assessments, as well as daily wellness checks. They provided access to information and referrals – all with real-time – with the assistance of DAAA team members operating during the agency's regular business hours.

In addition to the 3,000 participants in DAAA's regular meal programs, 13,272 additional people received either frozen meals, shelf-stable food supplies, produce boxes, Gateway Gourmet meals or Quarantine boxes. This quarantine-mandated service was made possible by private donations, disaster funding, and the Gleaner's Food Bank.

According to DAAA President & CEO Ronald S. Taylor, "By the end of May, we had distributed 47,025 meals, many at new community curbside locations. Making it happen was like learning to fly an airplane while in the air." Taylor said new processes and enhanced technology were required for the rapid response to changing circumstances. Collaboration with community stakeholders and the commitment of dedicated employees was also critical. "We have over 120 employees who live and work with a spirit of care, compassion and servitude.

These are the critical ingredients for success in our 'next' normal. Going forward, I believe, we are built for this."

In addition to the service being provided, the agency hopes to recruit community volunteers to place telephone calls to homebound seniors. "Because of COVID-19, people of all ages have felt the impact of social isolation," says Taylor. "Now, volunteers can help improve the quality of life for seniors with regular, friendly calls. That's just one way we can build a stronger, age-friendly community."

For more information, visit www.DetroitSeniorSolution.org. For assistance by phone, call 313.446.4444. To volunteer, call 313.446.4444, ext. 5225.

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NEWS BRIEFS

- Meals for Seniors -

Emergency Food Assistance: Call the United Way, at 211, to connect to emergency food assistance. If you are unable to get through, call 1.844.875.9211.

Up to the Minute Food Distribution Info: For schedules & locations and real-time service updates on food distribution sites from more than 30 partners, visit detroitmi.gov/food, or call Covid-19 Hotline at 313.876.4000.

Wayne County - Meals Delivered: Either solid meals or liquid nutrition can be delivered to eligible homebound seniors who are: age 60 and older; unable to ingest nutrition; unable to leave their homes unassisted. Suggested donation for solid meals is \$3. With a limit of two 24-can cases, Ensure Plus is available for a \$15 per case donation. Applications are available online at www.waynecounty.com/departments/seniorservices/home.aspx, or call 800.851.1454, or 734.326.5202.

Free Vegetarian Meals - Deeply Rooted Produce is providing free, monthly vegetarian meals and produce to seniors and veterans, during the growing season. Seniors 55 years and older, and veterans of any age, will have their preferences and dietary restrictions accommodated. Call 313.949.3226, or email deeplyrootedproduce@gmail.com to sign.

The Detroit Area Agency on Aging is providing frozen meals for seniors ages 60 and up. Seniors can pick up five days' worth of meals every Wednesday from 11:30 a.m. – 1 p.m. at the following recreation centers:

Butzel Family Center, 7737 Kercheval, Detroit, MI

Farwell Recreation Center, 2711 Outer Dr E, Detroit, MI

Patton Community Center, 2301 Woodmere St, Detroit, MI

Joseph Walker Williams Center, 8431 Rosa Parks Blvd., Detroit, MI

Two Senior Meals for \$4: St. Patrick Senior Center offers lunch to adults 60 and over on Mondays, Wednesdays, and Fridays from 11:30 a.m. until 1 p.m. Two meals are provided for a requested donation of \$4. Call 313.833.7080 to register. The center is located at 58 Parsons St., Detroit, MI 48201. For other resource assistance, including non-emergency medical transportation, call 313.831.2520.

Detroit Parks & Recreation Meal Distribution: Meals are being distributed to Detroit families with children through August, Monday–Friday from 8:30 a.m. – 1:30 p.m. at these locations:

- Adams Butzel Family Center, 10500 Lyndon
- Farwell Recreation Center, 2711 E. Outer Dr.
- Kemeny Recreation Center, 2260 S. Fort Street
- Patton Recreation Center, 2301 Woodmere

Tuesday, Wednesday and Friday from 8:30 a.m. – 1:30 p.m. at:

- Crowell Recreation Center, 16630 Lahser
- Lasky Recreation Center, 13200 Fenelon



COVID-19 Test Site Finder: Testing is available Monday – Friday 8 a.m. to 5 p.m. For locations, visit www.WayneCounty.com; call the Michigan COVID-19 Hotline at 888.535.6136, or email COVID19@michigan.gov.

Free COVID-19 Testing: Wayne, Oakland and Macomb County residents with no prescription or symptoms can make an appointment and be tested. Identification is required. Drive-thru testing, 9 a.m.– 6 p.m. at the Joe Dumar's Fieldhouse at the State Fairgrounds. For more information call 313.230.0505.

Coronavirus Aid, Relief, and Economic Security Act Assistance: The Wayne Metro CARES program provides Wayne County residents assistance with meeting their immediate needs. However, funding varies by city and is limited. Call 313.388.9799 on Monday - Friday from 9 a.m. - 7 p.m., and Saturdays 9 a.m. – noon, to leave a message or chat live with a service specialist.

Detroit Health Department 24/7 COVID-19 Hotline: If you suspect you have COVID-19, have questions, or need information, call 313.876.0000 (select 1), or send an email to dhdoutbreak@detroitmi.gov. You can also visit www.detroitmi.gov/coronavirus or www.michigan.gov/coronavirus for more information.

Medicare Update: Because of the COVID-19 crisis, those who are eligible for Medicare may need to enroll in coverage for the first time. This includes people who have lost employer-based coverage and people who missed other enrollment periods. Individuals already enrolled in Medicare may need to switch Medicare Advantage or Part D prescription drug plans, to better meet their needs. For more information, call the Medicaid and Medicare Assistance Program at 800.803.7174.

Free Legal Services: Lakeshore Legal Aid provides free services to seniors in Oakland, Macomb, and Wayne counties. Attorneys provide immediate legal advice and brief services. Hours are Monday, Tuesday, and Thursday from 9 a.m. to 5 p.m.; Wednesday, 9 a.m. to 6 p.m., and Friday 9 a.m. to 1 p.m. To apply for services, visit www.michiganlegalhelp.org, or call 888.783.8190 and leave a message. Messages are checked regularly by counselors who are working remotely.

Caregiver Conversations with Attorneys: Lawyers at Great Lakes Mediation - Elder Law & Advocacy Center present an Elder Mediation workshop. There will also be information on power of attorney for both financial and health care matters, elder abuse prevention and advocacy during COVID-19. The workshop is June 25, from 1-2:30 p.m. Call 313.937.8282 to register for this Zoom meeting, then attend via internet or telephone.

COVID-19 Transportation Services: Transportation services are available to residents of the city of Detroit who do not have their own transportation to COVID-19 testing. Detroiters can get a \$2 ride to the Joe Dumars Fieldhouse at the State Fairgrounds to receive a COVID-19 test. Those who can't pay the \$2 will still be able to ride. The COVID-19 tests at the Fairgrounds are free, You DO NOT need a prescription to get a test. Schedule your trip request at: 313.876-4000.

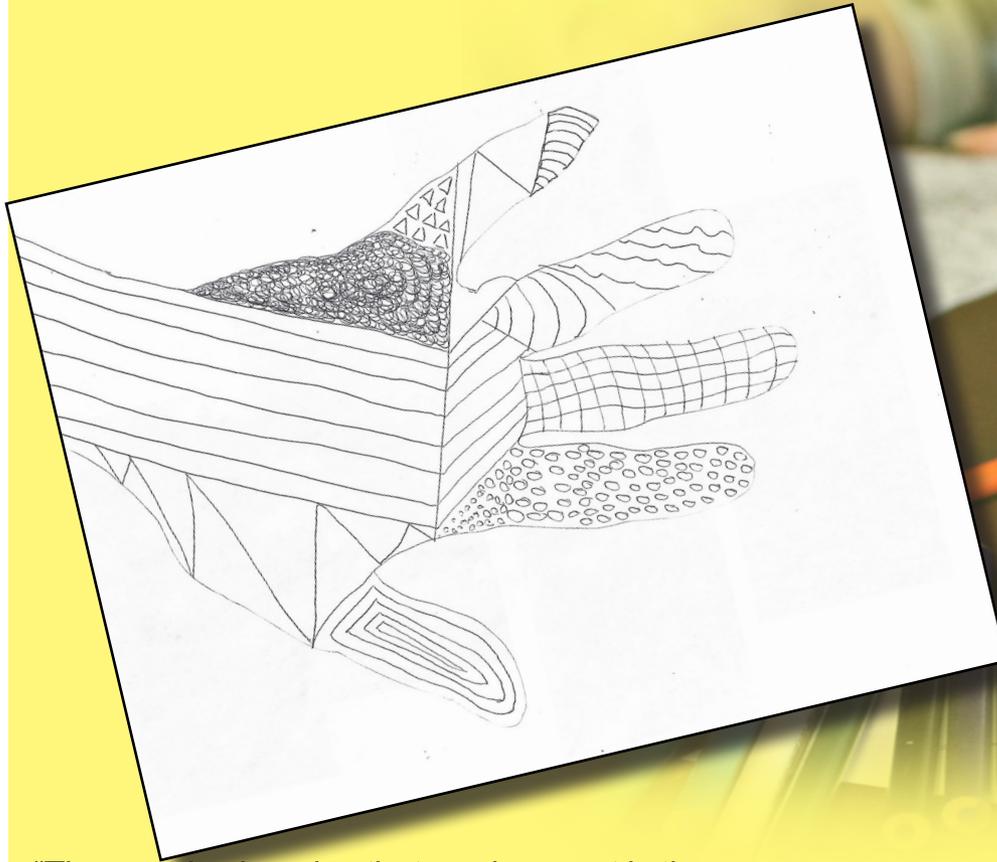
Dementia Training: The Greater Michigan Chapter of the Alzheimer's Association offers free virtual or dial-in presentations to organizations, churches, or groups. Topics include Alzheimer's issues as well as COVID-19 and caregiving. Contact Treena Horton at 248.996.1058 or email thorton@alz.org for more information. Contact the 24/7 Helpline at 800.272.3900 for resources, information or consultation.

Seniors Activities via the Internet: St. Patrick Senior Center offers dance and exercise classes, book club, and more, via web conferencing. To register, call 313.833.7080 or email activities@stpatsrctr.org.

14th Annual Arise Detroit Neighborhoods Day: The theme for this year's Saturday, August 1 series of events is "Stay Safe: Create in Your Space." Arise Detroit is seeking your ideas on having a safe and meaningful Neighborhoods Day amid the current health crisis. Ideas include homeowner porch parties, porch concerts, and other events in your own spaces, without a large gathering. Email your ideas to info@arisedetroit.org, or call 313.921.1955 and leave a message. The deadline is July 15 for the reduced \$25 registration fee, to receive materials and be an official participant. See www.arisedetroit.org for more information.

Seeking a Reporter: Interested in reporting for Urban Aging News? Let us know at urbanagingnews.com, or call: 313.204.5140

Creative Art that Calms



“The creative impulse that produces art is the same energy that has been known to bring about spontaneous healing. When used as a supplement to medical practice, art has the power to heal the soul,” says Richard B. Reeves, Jr., Hannan Center’s director of Arts and Culture.

Zen is the Japanese Buddhist practice that emphasizes the value of meditation and mindfulness. This mindfulness helps to focus awareness on the present moment, while helping to acknowledge and accept feelings, thoughts, and bodily sensations. This is often used as a mental health therapeutic technique. Making a Zen doodle drawing, says Reeves, is the perfect way to relax into a Zen-like state of mind.

“Taking the time to draw small blocks of patterns and going with the flow gives your mind permission to enter a state of calm.”

These are the materials and instructions needed to explore Zen, using doodle art.

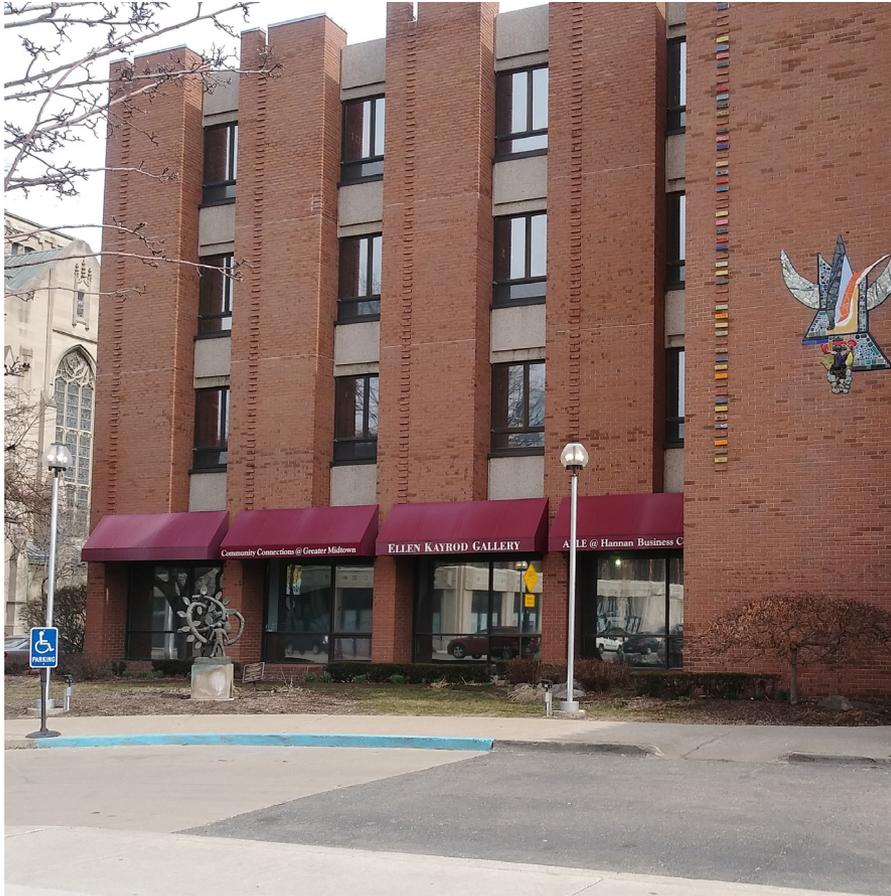
Material list: Unlined paper, and any or all of these: Pen,

pencil, colored makers, or pencils.

Process:

1. Place your hand, palm side down with fingers spread, on the paper. Place it slightly off-center to add visual interest.
2. Trace the outline of your hand with a pen or pencil.
3. With pen or pencil, draw various patterns inside each of the fingers and the thumb. Use your imagination to make a variety of patterns.
4. Divide the center of the outline of the hand into several sections. Draw a new, different pattern in each section. Either elaborate or simple designs will work.
5. Optional: Use colored markers, pencils, or a pen to fill in and shade the various patterns of your masterpiece.
6. Display your art in a special place.

Hannan Center Makes Connects: Services Seniors in Their Homes



Hannan Center is here to support older adults as they face the challenges of a global pandemic. Support programs are free, and all calls are confidential. Call 734.309.7891, or email Maxwell Smith at: msmith@hannan.org for details:

- **Telephone Reassurance Program** – Caring volunteers and staff call seniors, connecting with these older adults so that they will not feel alone. Participants can choose the number of calls they want to receive each week.
- **Community Resources Navigation** – Providing information on, and connection to resources, including: Medicaid/Medicare, food resources, financial/legal assistance, transportation, and other programs and services that support older adults.
- **Active Connections Program** – If you are dealing with depression, anxiety, fear, or grief, Hannan's Active Connections program provides support to help older adults overcome these challenges.

Elder Law & Advocacy Center Offers Free Services for Peace of Mind



The epidemic of life-threatening illnesses, such as COVID-19, reinforces the importance of ensuring that essential legal documents are completed and accessible to loved ones.

Working remotely, Elder Law & Advocacy Center attorneys have continued to provide caregiver consultations, assisting clients with estate planning, landlord-tenant, probate, advance directives and other legal issues. Services are free to caregivers and clients age 60 and over. Prospective clients should call 313.937.8394 anytime and leave a message to begin the process. All calls will be returned for client screening.

Alzheimer's Association Expands Services During Pandemic

alzheimer's  association®

While the COVID-19 pandemic continues to threaten the health of millions in this country and around the world, the novel coronavirus also presents unique challenges for the 190,000 Michiganders living with Alzheimer's and their half-million caregivers.

"This is an unprecedented time for all of us, especially those impacted by Alzheimer's or other dementia," said the vice president of program services for the Alzheimer's Association's Greater Michigan Chapter, Melanie Baird. "Public health strategies aimed at limiting contact with others are nearly impossible for people living with Alzheimer's and other dementias, who rely on family caregivers and others to live their daily lives."

This distancing reality affects those with dementia in all settings, including at home, in adult day services, in residential and assisted living facilities, and nursing homes.

"It's important for all those impacted by dementia to know they are not alone. The Alzheimer's Association remains committed to doing its part to provide much needed access to education, support networks, safety services, care consultation services, social engagement programs and so much more."

To help family caregivers navigate the complex and quickly changing environment, the Greater Michigan Chapter of the Alzheimer's Association is offering additional support and guidance to families, including:

- **Coronavirus / COVID-19: Tips for Dementia Caregivers**
- **Dial-in support groups**
- **Dial-in or video conference education programs**
- **In-home tips and virtual visit resources**
- **Social engagement programs**
- **24/7 Helpline**

These support groups, educational programs, and care consultations are offered free of charge. Services are available by phone or online during the COVID-19 pandemic. Visit www.alz.org/gmc/helping_you/virtual-offerings to learn more about virtual offerings or call the 24/7 Helpline at 800.272.3900.

VISIT OUR NEW WEBSITE

- See past issues
- Discover elder care resources
- Sign up for new issue alerts
- Explore advertising

WWW.URBANAGINGNEWS.COM 



CITY OF DETROIT

Meals Available for Detroit Families and Seniors.

For information on locations, go to detroitmi.gov/food.

Need Your Water Turned On?

During the COVID-19 outbreak, Detroiters living in households with no water service can sign up for the Water Restart Plan to restore service and keep their water flowing for only \$25 per month. Thousands are already participating: sign up here!

Income Tax Deadline now July 15th.

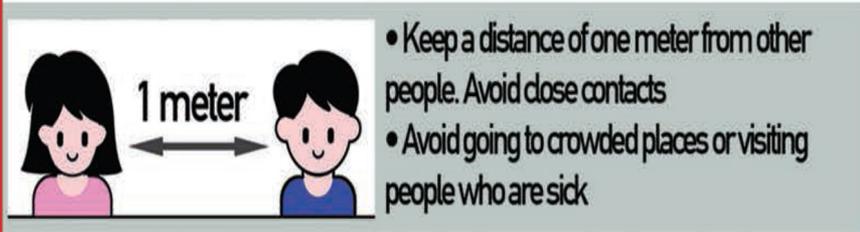
The City of Detroit has pushed back the deadline for residents and non residents who must file City income taxes to July 15.

City of Detroit
Covid-19 Hotline
Testing & Resource Information
(313) 876-4000

PREVENTIVE MEASURES

in public

are the best way to avoid becoming sick.



Wear a mask when you are feeling sick, caring for sick people, or need to go to crowded places.

Use the mask correctly

- Fully cover your nose, mouth and chin
- Avoid touching the outer surface
- After use touch only the strings, put it directly in the bin and wash your hands
- Change the mask when it gets damp and do not reuse or clean your mask
- Never share your mask with other people



- Make sure where you eat is clean and all food you consume is well cooked
- Avoid travelling to an outbreak area. If you need to, please monitor your health upon return and seek medical help if you feel unwell

Possible emotional reactions



Experiencing physical or emotional reactions during an outbreak, especially with an unknown disease, is human and natural.

Keep your daily routine ongoing and stay healthy.



For more information visit <http://msf.hk>



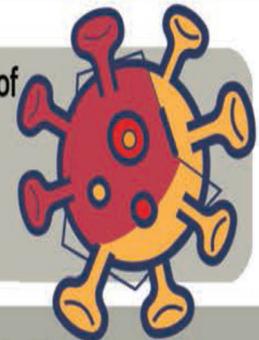
Updated 02 Mar 2020 English

STAY HEALTHY



Coronaviruses are a large family of viruses found in both animals and humans. Some infect people and are known to cause illness ranging from the **common cold to more severe diseases** such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

In December 2019, cases of pneumonia of unknown origin were detected in China. The new disease is named "COVID-19". Today the virus has spread globally.



Symptoms range from mild to very severe.

SYMPTOMS

flu-like symptoms



Sneezing/
Coughing



Weakness/
Muscle Pain



Fever

Symptoms can worsen into respiratory symptoms such as breathing difficulties. In more severe cases, the infection can cause pneumonia. In rare cases it can lead to death.

Limited Opening for Day Centers



PACE Southeast Michigan opened five locations to a limited number of participants on June 15. In-home services provided since the beginning of the pandemic will continue for those not attending the day program.

care, rehabilitative services, telehealth, meals as needed, transportation to medically necessary appointments, life enrichment activities, social calls, wellness calls, spiritual calls, and other services. New enrollees are welcome. Call 855.445.4554 or visit www.pacesemi.org.

Program services include medical care, behavioral health

Friendly calls are priceless connections to homebound seniors who need to know they are not alone.



Help foster connection, hope and support for seniors in our community.

Volunteer for Calls – Help Lift Spirits!

Together, we can reduce loneliness. Let's end the epidemic of social isolation.



Serving Detroit, Hamtramck, Harper Woods, Highland Park and the five Grosse Pointes



**To make calls from your home or to receive more information
Contact Detroit Area Agency on Aging at 313.446.4444, ext. 5225**

Detroit Area Agency on Aging



detroit seniorsolution.org

**ALL VOLUNTEERS WILL UNDERGO A BACKGROUND CHECK.*



Notice to Medicare Beneficiaries: Extra Help for Prescription Drug Costs Available

Dear Michigan Resident,

In these challenging economic times, Reliance Medicare Advantage (HMO) wants you to know that you may qualify for **Extra Help** with your prescription drug costs. If you are eligible, our Principle (HMO) Plan can save you even more than usual on prescriptions:

- Pay no more than **\$3.60 for generic drugs**
- Pay only **\$8.95 for brand-name drugs***
- Enjoy savings **estimated to be worth \$5,000 per year** according to Social Security**

Along with added prescription drug savings, our Principle Plan can reduce your out-of-pocket costs with:

- \$0 monthly plan premium
- \$0 copay for in-network primary care doctor visits
- \$45 copay for specialist visits — no referrals required in-network
- \$0 copay for lab tests and X-rays at primary care physician offices
- Coverage for dental care, vision and routine hearing exams
- \$0 copay for Silver & Fit® fitness program

As Michigan's only doctor-owned Medicare Advantage (HMO) plan,
we put our patients' best interests ahead of all else.

We understand the financial strain that's faced by many of our Michigan neighbors. That's why we urge you to find out if you qualify for **Extra Help!**

Sincerely,

A handwritten signature in black ink that reads "Nazmul Haque".

Dr. Nazmul Haque, CEO, Reliance Medicare Advantage

Call today: 734-984-4567 (TTY: 711)

Monday through Friday 8 a.m. to 5 p.m.

Doctor-Built. Patient-Focused.

*Deductible applies (reduced deductible with Extra Help). **Source: www.ssa.gov/benefits/medicare/prescriptionhelp/

Reliance Medicare Advantage is an HMO with a Medicare contract. Enrollment in Reliance Medicare Advantage depends on contract renewal. Other providers are available in our network. Please call Customer Service for assistance at 1-855-959-5855 (TTY: 711), Monday - Sunday from 8 a.m. - 8 p.m. October 1 - March 31 and Monday - Friday from 8 a.m. - 8 p.m. April 1 - September 30. Reliance Medicare Advantage complies with Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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Marketing Campaign Code: LISMAG

Have questions about Medicare? Humana is here to help!

- Which plans fit my lifestyle?
- Are prescriptions covered?
- What about wellness programs?

Humana can help you sort through the options—so you can focus on your health!

Humana provides all-in-one Medicare Advantage plans and stand-alone prescription drug plans to more than 7.8 million people across the country.* Our Medicare Advantage plans cover doctor office visits, hospital stays, preventive services and prescription drugs—so you have the freedom to enjoy life without the worry of unexpected healthcare costs.

Humana®

*Humana Inc. First Quarter 2019 Earnings Release May 1, 2019

This advertisement was sent by an independent agent licensed to sell Medicare plans. If you do not want to receive future mailings from this agent, please contact the agent to be removed from their mailing list.

Humana is a Medicare Advantage HMO, PPO and PFFS organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Applicable to Humana Value Plus (PPO) H8087-002. **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **1-877-320-1235** (TTY: 711)

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Call a licensed sales agent

Local Humana office

1-800-649-0059

(TTY: 711)

Monday – Friday

8 a.m. – 5 p.m.