

URBAN AGING NEWS

Urban Aging L3C

FREE

Issue 18 | FALL 2019

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

A WORLD OF AGING AGENCIES TO ASSIST



INSIDE

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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.

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Y0040 GHHJEW7EN20 M



Call a licensed sales agent

Local Humana office

1-800-649-0059

(TTY: 711)

Monday – Friday

8 a.m. – 5 p.m.

ON MY MIND



Patricia Ann Rencher
 Publisher
 Urbanagingnews@yahoo.com
 313.204.5140

I shall never forget how lost I felt when my mom and dad got sick, and I hope I never do. That memory is what fuels the mission of this newspaper – to prepare the community to care for aging loved ones.

My parents had been declining long before I realized how serious their health conditions

were. It was a medical event that shocked me into reality. A host of emotions arose, from disbelief, to shock, to horror. The most gripping emotion, however, was my feeling that I was useless. There were new worlds to figure out - the world of healthcare systems, Medicare and insurance, supportive services, rehabilitation centers and skilled nursing facilities. These were all foreign to me and to most of the other adult children I met along the way.

While the network of aging service providers prints directories with info on their individual programs and services, there were other services and programs that I eventually needed to learn about. I thought, "Wouldn't it be nice to have one source that educated us on all program offerings?" That's why I created Urban Aging News in 2015 and have published this resource since. My hope is that, when you

see UAN, you'll pick up extra copies and share them with your friends and neighbors because there are countless families that are struggling with caring for their elder loved ones. I know for sure that they can be so scared that they are almost paralyzed, and they have little time or resolve left over to use to seek help.

These families are right under our noses, and they are providing care without information or insight – the resources that make it easier to provide loving care. The content of UAN is intended for family caregivers as well as for those who may one day be a caregiver or a care recipient.

Our readers have told us since the beginning that the information we provide is extremely useful. Yet, securing the financial support to continue to operate this paper has not always been easy. That's why garnering the

attention and financial support for this special caregiver edition from the Ralph Wilson, Jr. Legacy Fund, through the Community Foundation of Southeast Michigan, is so appreciated.

We hope you find value in this guide and if you are in need of more copies, or have a distribution site request, please just give us a call.

Patricia Ann Rencher



OUR STAFF



UAN is a free publication circulated throughout metro Detroit

For advertising, editorial contributions or distribution site requests, call (313) 204-5140

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UAN is a product of Urban Aging, L3C

URBAN AGING NEWS

A Great Gift for the Caregiver in your Life

Don't miss the resources and information in this publication

SUBSCRIBE TODAY!

First Name: _____ Last Name: _____
 Address: _____ Phone# _____
 City: _____ State _____ Zip: _____

**Return this form with \$25 - 4 issues/1year - Check or Money Order to:
 1905 Hyde Park, Detroit 48207**

Tips For Fighting Social Isolation

1. Find Your Purpose

Have a hobby or interest for a healthy focus that is social in nature.

2. Connect with a Pet

Pets are not just companions; they can also ease feelings of uselessness.

3. Acquire Transportation

Having accessible transportation is crucial to avoid social isolation effects. Try Lyft or Uber or obtain a bus pass to visit shopping centers or other sites.

4. Join a Group

Participate in community groups or classes, like dance, art, group exercise programs, and other types of local community events and activities.

5. Use Technology

Use computers, tablets, smart phones, and other forms of technology to your advantage to avoid social isolation effects.



AmeriHealth Caritas™

VIP Care Plus

1-888-667-0318

Help Begins with AAA's Info & Assistance

The first step to getting help for your elder loved one is to contact your Area Agency on Aging's Information and Assistance department. I & A is a free service for older persons, adults with disabilities and caregivers who live in Michigan. This comprehensive service gives families a place to turn when they have questions or need help finding resources for their loved ones.

Certified information and referral specialists, and options counselors, are trained to provide information and links to community resources as well as to services. They help families navigate and understand available programs and services.

Counselors provide information on programs whether they are offered directly by the Area Agency on Aging or by other local organizations. They are trained to ask the questions that will help problem-solve and connect callers to appropriate resources. Some of the most common resources to address concerns are:

- Meals on Wheels
- Caregiving assistance
- Housing resources
- Transportation resources
- Support groups for family caregivers
- Utility payment assistance resources
- Info on finding services for seniors and people living with disabilities
- Info on what to do if you believe a senior is experiencing elder abuse or neglect

When calling, make sure you have enough time to spend with counselors because you can expect the call to take from 15-20 minutes. If calling to see if a person qualifies for a home care program, be sure to have important information available to assist in determining eligibility. This may include:

- Demographic Information: Legal name, age, address, date of birth, marital status, social security number, address and telephone number
- Assets and income sources
- Level of care needed

Help Begins with AAA's Info & Assistance – Con't.

Information & Assistance for Caregiver Support

- Friendly Telephone Reassurance
- Michigan Medicaid and Medicare Assistance Program (MMAP)
- Michigan Long Term Care Ombudsman Program
- Minor Home Repair
- Nutritional Services
- Meals on Wheels
- Holiday Meals
- Congregate Meals
- Transportation
- MI Choice Medicaid Waiver - home/community- based care options for long term care
- Nursing Facility Transitions
- Care Management/Care Coordination
- MI Health Link -An insurance-based program for individuals who are both Medicare and Medicaid eligible
- EnhanceFitness® to keep moving
- Walk with Ease for help with arthritis
- PATH - Personal Action Through Health - living with diabetes, managing pain or chronic conditions classes
- A Matter of Balance! Falls Prevention
- And More

For information, contact:

Region 1A - Detroit Area Agency on Aging

Detroit, Hamtramck, Harper Woods, Highland Park & the five Grosse Pointes

313.446-4444 • detroitseniorsolution.org

Region 1B - Area Agency on Aging 1B

Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. 1-800-852-7795 • aaa1b.org

Region 1C - The Senior Alliance

Western Wayne County

1-800-815-1112 • Theseniorealliance.org



Helping Seniors and Their Families for Over 40 Years

Whether you are looking for help for yourself or help caring for a family member, the Area Agency on Aging 1-B is the first call you should make. We are a nonprofit focused on providing older adults with the support they need to live independently and safely at home.

Connecting You to Services, Programs and Support

- Free help and referral telephone line
- In-home care services
- Meals on Wheels
- Assistance finding housing and transportation
- Health and wellness classes
- Support for family caregivers



Answers You Can Trust • 800-852-7795 • aaa1b.org

Serving Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties.

Protective Services Steps in When Called



Michigan's Adult Protective Services is a social services program for seniors and adults with disabilities who are victims of abuse, neglect, self-neglect or exploitation.

When a concerned resident files a report, investigators meet in person with the suspected victim and assess the unique

needs before developing a service plan to help maintain the victim's safety, health and independence as all parties work to resolve the situation.

If you suspect that an older or disabled adult is at risk, call 855.444.3911 any time day or night to file a confidential report.

A Neutral Party for a "Second Opinion" on Care

If you're concerned that the physician treating your elder loved one is providing less than optimal care, but your loved one refuses to change physicians, there's help in the form of a neutral, professionally-trained third party.

Geriatric assessment centers provide thorough physical and mental assessments to ensure your loved one is receiving tailored care and attention.

Here's how you can bring a geriatric assessment center

into the picture:

- Call one of the centers listed under Geriatric Assessments in this guide in advance, ask what is required to make a senior eligible for their services.

- Attend a doctor's appointment with your loved one and simply ask the physician to make a referral to one of the geriatric assessment centers.

- The center will then report back to the referring physician with their results and recommendations for optimal care.



Medicare
Solutions

We're your Medicare advisers

You have Medicare questions. We have answers.

Contact us at **(800) 868-3153 (TTY: 711)**
to learn more about the right plan for you.



hap.org/medicare

Health Alliance Plan (HAP) has Medicare Advantage plans with Medicare contracts. Enrollment in the plans depends on contract renewals

URBAN AGING NEWS

Caregiver Resource Guide

Donated By
The Ralph C. Wilson, Jr. Legacy Fund of the
Community Foundation of Southeast Michigan



Thank you,
caregivers, for
making a lasting
impact on our
region with all
that you do.

Ralph C. Wilson, Jr.
Legacy Funds
OF THE
Community Foundation
FOR SOUTHEAST MICHIGAN

CFSEM.org

Adult Day Care and Caregiver Respite Care

Adult day care centers have two primary goals: to enhance and/or maintain the physical, social, emotional and cognitive functioning level of participants, and to provide respite for families and caregivers. This is a listing of centers – check with your local Area Agency on Aging or senior community center for additional information.

Catholic Charities of Southeastern Michigan

www.ccsem.org
harveyh@ccsem.org
586.412.8494, ext.4014

Provides daytime care for adults with dementia and similar cognitive impairments. Open Monday-Friday with extended hours available for working caregivers. Transportation assistance is available within a 15 mile radius. Macomb and Oakland Counties.

DayBreak Hannan Center (Detroit)

www.hannan.org
313.833.1300
ext.40

Dementia-specific program offering full or half day attendance. Support for caregivers includes care coordination, education,

and referrals. Serving metro Detroit.

Dorothy & Peter Brown Jewish Community Adult Day Programs

jslmi.org/the-dorothy-peter-brown-jewish-community-day-program
Southfield: 248.233.4000
West Bloomfield: 248.661.6390
dmoon@jvshumanservices.org

Care and enrichment activities for people living with dementia. Support and resources also provided to caregivers. People of all faiths and backgrounds are welcome.

Engaging Adults in Interaction Senior Services

Taylor, MI 48180
www.eaiaduldaycare.com
800.729.8024

Program designed to assist adults with Alzheimer's Disease, memory impairment, or other related dementia. Social and recreational activities offered. First four hours free for first-time enrollees.

GoldenBerry Adult Day Caring Center

Macomb County Community Action
www.mca.macombgov.org/
MCA.Seniors.DayServices
586-469-5580

Supporting Macomb County residents with physical/ cognitive disabilities. Specializing in Alzheimer's, dementia, Parkinson's, stroke and Multiple Sclerosis patients and their caregivers. Discounted rates for multiple-day attendance. Funding assistance for those who qualify.

Older Persons' Commission

www.opcseniorcenter.com
248.608.0261

Weekday program, offers full activities for seniors who function somewhat independently, but who are socially isolated and need activities, mental stimulation and/or supervision. Prescreening required. Transportation available for clients living within Rochester, Rochester Hills or Oakland Township.

Michigan Parkinson Foundation

www.parkinsonsmi.org
248.433.1011 ext.13
emilyp@parkinsonsmi.org

Provides short-term financial assistance for in-home/out-of-home respite care. Application requires physician diagnosis.

Michigan Adult Day Services Association

www.mimadsa.org

mimadsa@gmail.com
616.485.5018

MADSA partners with the Michigan Aging & Adult Services Agency and local area agencies on aging to promote/ensure quality adult day services. Call or visit website to learn about available adult day programs.

Advanced Care Planning

Respecting Choices® Person Centered Care

Beaumont Health
www.beaumont.org/
respecting-choices
respectingchoices@
beaumont.org
947-522-1948

Certified facilitators guide individuals through process of completing legal documents, detailing wishes, at no charge. May request documents to be entered into Beaumont's medical record system so available at any campus or practice location. Call or email for information, volunteer opportunities, or to request a speaker.

Gift of Life Michigan Organ & Tissue Donation

866.500.5801
www.giftoflifemichigan.org

A non-profit providing all

services necessary for organ donation, working 24 hours a day as a liaison between donors, hospitals and transplant centers.

Minority Organ Tissue Transplant Education Program

www.DetroitMOTTEPfoundation.org
313.875.9058

Provides education on joining Michigan's organ and tissue donation registries to assist with increasing national minority organ donor rates. Assists those waiting on life-saving transplants and reducing wait lists.

Advocacy

KEPRO

www.keproqio.com
855.408.8557

Works to improve quality of care for Medicare beneficiaries. Callers may file formal complaints or get help understanding Medicare rights. Also assists with appealing hospital discharges, denials for referrals, tests, and bill payments.

Michigan Long Term Care Ombudsman Program

Salli Pung, State LTC Ombudsman
www.mltcop.org
866.485.9393

Program staff advocate for residents living in licensed nursing homes, homes for the aged, and adult foster care homes under strict confidentiality.

Alzheimer's & Dementia Care Services

Alzheimer's Association Greater Michigan Chapter
www.alz.org/gmc
helplinegmc@alz.org
24/7 Helpline: 800-272-3900

Provides information and support for people with Alzheimer's Disease and their caregivers. Referrals to physicians trained to recognize dementia, supportive services, adult day program, caregiver support and social engagement programs. Call Helpline for counseling, information and advice at any time.

Mind University Jewish Family Service of Metro Detroit
www.jfsdetroit.org
248.592.2313

Monthly workshops on brain healthy lifestyle. Cognitive training classes. Caregiver and family consultations.

Serving residents of Wayne, Oakland and Macomb counties.

Universal Dementia Caregivers

www.universaldementia.org
248.509.4357

Provides education and training to empower caregivers, emphasizing connection to the hearts and spirits of their affected loved ones. Family coaching, training tools & job aids provided in a safe and culturally sensitive learning environment.

Benefits Navigation

Benefits navigators help individuals determine which public benefits, programs and services they may be eligible for. Local senior centers and each Area Agency on Aging also provides benefits navigation services.

Mi Cafe

Elder Law of Michigan, Inc.
www.elderlawofmi.org
877.664.2233

Application assistance to determine eligibility for Supplement Nutrition Assistance Program (SNAP) food assistance and other public benefits.

Also assists with locating lost pensions and advising on pension-related issues.

Benefits Checkup National Council on Aging

www.Benefitscheckup.org

A free, online service connecting applicant to income assistance, food, prescriptions and other programs. Personal information is not tracked.

Case Management / Care Coordination

ElderCare Solutions of Michigan

www.Eldercaresolutionsofmi.org
248.592.1944

Family and caregiver consultations. Assessment and care planning. On-going support and care coordination. Long-term care and end-of-life planning. Wayne, Oakland and Macomb counties.

Eldercare & Caregiver Solutions

www.eldercaregiversolutions.org
EldercareSolutions@outlook.com
313.289.9672

Family caregiving consultant providing care

management and support groups to help family caregivers find solutions to challenging issues. Serving metro Detroit and out-of-state.

**NextShift
Hannan Center**
www.hannan.org
313.833.1300 ext. 40

Personalized navigation assistance for family caregivers, connection to community resources, and long-term care planning. Memory and depression screenings offered twice monthly. Serving metro Detroit.

**Program of All-Inclusive
Care for the Elderly
(PACE)**
PACE Southeast Michigan
www.Pacesemi.org
855.445.4554 (TTY 711)
Wayne, Oakland, Macomb

Huron Valley PACE
www.Huronvalleypace.org
734.572.5777
Parts of Wayne & Oakland counties
An alternative to nursing home placement. Offers a unique health plan committed to keeping adults with challenging health conditions at home by caring for their medical, physical and social needs. Uses Medicare, Medicaid and private funds to cover care and services.

Adult day centers with transportation available.

Senior Companion Program

**Catholic Charities of
Southeast Michigan**
www.ccsem.org
855.882.2736

Senior volunteers help frail and disabled seniors in Macomb and Oakland counties by offering companionship/friendship, assistance with simple chores and transportation. Must receive referral from partnering agencies. To volunteer contact: Community Social Services of Wayne County, www.csswc@csswayne.org, 313.883.2100

**Social Security
Administration**
800.772.1213,
800.325.0778 (TTY)

Family caregivers assisted with managing loved one's benefits.

Dental Services

**Jewish Vocational
Services
Human Services**
www.dentalhealthcouncil.org

Tri-County Dental Health
248.233.4410.

Connects low income families and the disabled with dental professionals. Emergency services upon verification of eligibility. Reduced cost dentures and in-home geriatric dentistry available for private pay. Macomb, Oakland and Wayne County residents.

**Michigan Dental
Association**
www.smilemichigan.com/FindaDentist/
DentalClinicDirectory.aspx
800.589.2632
517.372.9070

Offers referrals to dentists who provide services to seniors in need of care they are unable to afford.

**MICHIGAN Dental
Association-Donated
Services**
www.nfdh.org
517.347.0054
kcornell@michigandental.org
Southeast Michigan

Dental care for low-income elderly. Must complete application for wait list. Treatment at no cost; however, people who can pay for part of their care encouraged to do so especially when lab work involved. Medicaid

recipients receive help with written statement from dentist recommending non-covered service.

Disease Management

Contact local Area Agency on Aging for a list of classes and locations throughout southeastern Michigan.

**Chronic Disease
Management Classes &
Workshops**
www.jfsdetroit.org
248.592.2313

Educational workshops and classes. Family consultations and individual health coaching. Fee-for-service. Serving Wayne, Oakland and Macomb counties.

**Virtual Dialysis Support
Center**
www.VDSCcares.com
601.533.8372
VDSCcares@gmail.com

Provides mentoring and education for anyone on dialysis to avoid kidney failure. Available to individuals/community groups in Wayne, Oakland and Macomb counties.

Life Insurance Annuity Search Service
Michigan.gov/lia
877.999.6442

Assists families with locating missing annuities or life insurance policies.

Successful Aging Through Financial Empowerment Caregiver Resource Program

Institute of Gerontology-Wayne State University
www.iog.wayne.edu/
outreach/success-after-financial-exploitation--safe-313.664.2608

Free financial coaching services for caregivers. Financial management presentations and one-on-one scam prevention and identity protection assistance. Wayne, Oakland, and Macomb counties.

United Way for Southeastern Michigan 2-1-1

www.unitedwaysem.org/2-1-1
Dial 2-1-1 or 800.552.1183 (24/7)

Telephone-based service providing information and referrals for services ranging from health and human service needs to financial assistance. Language translation available.

MIABLE
www.MIABLE.org
844.656.7225

Assists families of special-needs children, or adults who became disabled or blind before the age of 26, in saving funds without jeopardizing eligibility for benefits like SSI or Medicaid.

Food Programs

In addition to the following, contact local senior centers, area agencies on aging for congregate meal sites, and 211 for food pantry locations.

Mi Café
Elder Law of Michigan
www.elderlawofmi.org
877.664.2233

Provides application assistance to determine eligibility for Supplement Nutrition Assistance Program (SNAP) and other benefits.

Focus: Hope Food Justice
www.focushope.edu/food-for-seniors/
food@focushope.edu
313.494.4600

Monthly food boxes to those 60+ years residing in Wayne, Oakland, Macomb

or Washtenaw counties. Opportunities for health screenings, income support, tax preparation and utility assistance. Call or email to apply.

Meals on Wheels
313.446.4444 (Wayne)
734.326.5202 (western Wayne)
586.469.6999 (Macomb)
800.852.7795 (Macomb & Oakland)

Meals for homebound seniors unable to prepare their meals. Must be 60 years or older. No financial eligibility requirements. Eligibility based on whether or not someone can leave their home without assistance. In-home assessments conducted. Recipients are encouraged to make voluntary donations.

MI Senior Project Fresh
www.oakgov.com/msu/programming/Pages/senior-project-fresh.aspx
517.284.0167

Free nutrition counseling and \$20 in coupons for fresh fruits and vegetables sold at authorized markets. Must be 60 years or older and meet financial requirements. Program runs from May 1 to Oct. 31 annually.

Geriatric Assessment

Rosa Parks Geriatric Center and Senior ER
Detroit Medical Center
www.dmc.org/our-services/senior-health/rosa-parks-geriatric-center-of-excellence-and-senior-er
888-264-0102 (Call for location options)

Geriatricians work with the older adult's regular doctor. Provides geriatric assessments and treatments. Senior Emergency Room relies on the expertise of geriatricians or doctors who specialize in the care of older adults.

Henry Ford Health System Senior Centers
www.henryford.com/services/senior
313.916.2600

Programs specifically designed for senior patients: Geriatric Clinics – specializing in dementia, fall assessments, unexpected weight loss and other medical and functional problems; Elder Spine Clinic- treating spine and back conditions; Falls Prevention Clinic- teaching techniques to prevent falling and breaking bones; Pain Clinic - diagnose and treat chronic pain problems to restore function; Vision Rehabilitation- visual deficits from ophthalmic

or neurological causes to services for those with low vision; and PACE Southeast Michigan-program designed to help frail elderly stay at home and out of a nursing home.

Beaumont Geriatric Services and Internal Medicine

www.beaumont.org/locations/beaumont-geriatric-assessment-center-royal-oak
248.551.0615 -or-
248.551.8305

Physicians specializing in treating the specific problems related to older adults. Geriatric clinical nurse and social worker dedicated to helping people cope with the problems that sometimes confront older adults. An evaluation to assess patient's mental, physical, psychological, and social skills and abilities conducted over three days with one-to-two hour daily visits.

Ascension Michigan

www.healthcare.ascension.org

Rose Family Senior Assessment for Independent Living Center

- Novi
248.465.5330
Wilson Center: Senior Resources for Independent Living Center - Grosse

Pointe
313.264.6460

A one-time assessment provides comprehensive care plan that can be shared with the primary physician. The four-hour visit includes cognitive, psychosocial and functional evaluations. Patients meet with healthcare team under the supervision of a neurologist. Fully covered for individuals with Medicare or other plans after meeting deductibles.

Health Clinic

All Well-Care Clinic/Prevention Services

Adult Well-Being Services

www.awbs.org
313.347.2048
313.924.7860

Same day physical health care appointments. Preventative/sick care visits, chronic illness management and dental screenings. Annual senior and women's examinations available. Free HIV/AIDS education and testing. Hepatitis A & B vaccinations and prevention education. Wayne County.

Karmanos Cancer Institute

Breast and Cervical Cancer Control Program

www.Karmanos.org
888.242.2702

Women between 40-64 years of age who are uninsured or underinsured qualify for free breast/cervical screenings and treatment services. Can provide post-screening diagnostic follow up care for insured women whose deductible creates financial hardship. Wayne, Oakland and Macomb counties.

Federally Qualified Health Centers

www.findahealthcenter.hrsa.gov
877.464.4772

Community-based centers that deliver comprehensive preventive and primary health care services. Access to pharmacy, mental health, substance use disorder, and oral health services. Services provided regardless of patients' ability to pay or may charge for services on a sliding fee scale.

Hearing & Vision-Impaired Services

Dr. Steven Shanbom

Berkley, MI 48072
Appointment only
248.546.2133

Free vision screenings for adults offered three

Thursdays a month from 1 pm to 2 pm.

DRIS - Detroit Radio Info Services

dris@wayne.edu
313.577.4224

Specially built radio receivers loaned free of charge to any person who is unable to see, hold or comprehend conventional printed reading material. Online application or inquire by email.

Greater Detroit Agency for the Blind and Visually Impaired

www.GDABVI.org
313.272.3900

Services to increase self-reliance, productivity and dignity for persons who are blind or visually impaired include: vision rehabilitation therapy, orientation and mobility instruction; computer training, low vision training, community education and support groups.

Guaranteed Hearing, Inc.

guaranteedhearing@yahoo.com
586.222.1357

Provides in-home hearing screening/education to Wayne, Oakland and Macomb county residents at no cost. Licensed to

conduct and evaluate basic hearing tests, offer counseling, and fit and test hearing aids.

Lions of Michigan
lions@lionsofmi.com
517-887-6640 ext. 13

Local Lions clubs provide sight & hearing assistance to those with limited resources. Depending upon the club, eyeglasses, hearing aids, parts to fix existing aids and eye or ear examinations are available.

Seniors Eye Care
American Academy of Ophthalmology
EyeCare America Program
877.887.6327
www.aaopt.org/
eyecareamerica.org (to submit online referral form)

Connects eligible seniors 65 and older with local volunteer ophthalmologists for medical eye exams often at no out-of-pocket costs. Up to one year of follow-up care for conditions diagnosed during initial exam.

Wayne State Audiology Clinic
www.clas.wayne.edu/CSD/
Wayne-State-Audiology-Clinic
wsuaudiology@gmail.com
313.577.0631

Provides complete

audiology evaluations to older adults at no charge. Contact clinic by phone or email for appointments and clinic hours.

Hospice/Palliative Care

Arbor Hospice
www.arborhospice.org
888.992.2273 (24/7 Contact Center)
Serves Washtenaw, western Wayne, and out-counties.

Palliative Care: Physicians and nurse practitioners specialize in palliative medicine and make house calls to treat symptoms, discuss goals of care and coordinate options with the patient's primary care physician. Hospice: focus on comfort care instead of continuing treatments to cure the disease. Grief Support: a variety of support groups and programs throughout the year, backed by a staff of Masters-level clinicians who are specially trained to work with grief-related issues.

Hospice of Michigan
www.hom.org
888.247.5701 (24/7 Contact Center)
Serves Wayne, Macomb and Oakland counties



HEALTHCHOICE
of Michigan



Wayne County Senior Prescription Savings Program

- This free program helps seniors save money on prescription costs
- Must be a Wayne County resident aged 55 or older
- Access to thousands of pharmacies nationwide
- Available for mail order service

Enroll Today!

www.wcseniors.SGRXhealth.com
1-800-WELL-NOW (935-5669)

Making healthy smiles happen



"I'm healthy because I work with my care coordinator to set health goals"

Get quality health care you can trust close to home
Join us today, call MI Enrolls **1-800-975-7630**

Aetna Better HealthSM Premier Plan
A Medicare-Medicaid plan



aetnabetterhealth.com/michigan

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Healthcare team works with patient and family to relieve physical, emotional and spiritual suffering so patients are able to live in peace, comfort and dignity. Offers care management, support groups and We Honor Veterans program.

Information & Assistance

The following are in addition to local Area Agencies on Aging who provide information & assistance services.

Macomb Community Action Office of Senior Services
www.mca.macombgov.org
586.469.6999
586.469.5962 (TDD)

Oakland Livingston Human Service Agency
www.olhsa.org
248. 209.2600

Wayne Metropolitan Community Action Agency
www.waynemetro.org/contact
313. 388.9799,
313.873.9000: Detroit residents
734. 284.6999: Out County residents
TTY: 7-1-1

Each provides diversified programming, essential services, and community resources to low and moderate-income clients. Specialists assess needs, make referrals, and determine eligibility for and assist with completing necessary applications including Medicare/Medicaid, supplemental Insurance; prescription drug coverage; food assistance such as SNAP; and subsidies for Medicare premiums.

United Way for Southeastern Michigan 2-1-1

www.unitedwaysem.org/2-1-1
Dial 2-1-1 or 800.552.1183
unitedwaysem.org/2-1-1

A telephone-based service providing information/referrals for services ranging from health and human service needs to local and statewide community resources. Service is provided 24 hours a day, 7 days a week, and 365 days a year. Language translation available.

Legal & Family Mediation Services

Elder Law of Michigan, Inc.
www.elderlawofmi.org

info@elderlawofmi.org
800.347.5297
866.400.9164

Information, advocacy, legal advice, and professional services for older adults and people with disabilities.

Great Lakes Legal
www.cg-legal-solutions.com
12121 Hemingway
Redford, MI 48239
313.937.8282

Conducts mediation services for families when communication becomes difficult while caring for an elder loved one. Provides education on mediation, senior bullying and elder

abuse prevention. Serves Southeast Michigan.

Lakeshore Legal Aid
www.lakeshorelegalaid.org
Counsel & Advocacy Law Line: 888-783-8190

Free civil legal services to seniors and low-income people in southeast Michigan. Cases initiate by calling Law Line or applying online.

Neighborhood Legal Services Michigan - Elder Law & Advocacy Center
www.nlsmichigan.org
313.937-8291

Free civil legal services to individuals 60+ who reside in Wayne County. Representation/advice regarding estate planning, consumer issues, landlord/tenant issues, probate, public benefits, etc. Free caregiver legal advice if caring for an older adult. Legal education presentations offered throughout Wayne County.

William Booth Legal Aid Clinic
www.centralusa.salvationarmy.org/emi/williamboothlegalaidclinic
The Salvation Army
313.361.6136

Clinic provides legal services to those in metro Detroit who are at or below the poverty level. Practicing lawyers represent clients in court proceedings. Located within the Harbor Light System's Acres of Hope campus in Detroit.

LGBT Support

SAGE Metro Detroit Services/Advocacy for Gay, Lesbian, Bisexual & Transgender Elders
www.sagemetrodetroit.org

Locations:
Affirmations
290 W. Nine Mile Rd



THE BEST WAY TO CARE FOR OTHERS IS TO CARE FOR YOURSELF FIRST.

Contact the Henry Ford C.A.R.E. Program

Web: www.henryford.com/familycaregivers

Phone: (313) 874-4838

Email: CaregiverResources@hfhs.org

Join our Facebook group, "Henry Ford Health System Family Caregivers," and become part of an online community of caregivers.



C.A.R.E. PROGRAM

Caregiver Assistance Resources and Education Program®

Ferndale, MI 48220
734.681.0854

SAGE Metro Detroit
Hannan Center
4750 Woodward Ave
Detroit, MI 48201
313. 833.1300 ext.15

Friendly Caller Program matches lesbian, gay, bisexual, and transgender older adults with volunteer callers to maintain social connection through a telephone buddy program. Shares LGBT-welcoming information and resources. 248.567.2363; Support and

Discussion Groups; Training and Education Programs, in-person and online, to organizations, service providers, faith institutions, and businesses on how best to provide services to an aging LGBT community; and a Rainbow Resource Guide listing LGBT-welcoming resources.

Corktown Health Center
(Detroit)
www.Corktownhealth.org
313.832.3300

New senior health clinic for LGBTQ+ adults 55 and older offering: primary/ specialty care, preventive/ supportive services, mental health therapy regardless of HIV status, insurance enrollment or ability to pay; and comprehensive HIV Care & Treatment (including PrEP). Wednesdays from

10 am -2 pm. Appointments and walk-ins welcome.

Medicaid/Medicare Assistance/Counseling Michigan Medicare & Medicaid Assistance Program
www.mmapinc.org
800.803.7174

A free counseling service helping beneficiaries find their way through the health benefits maze. Trained volunteers answer questions, troubleshoot problems, help people understand plan choices, and assist with enrollment in programs to help lower-income beneficiaries.

Medicare Plan Finder
800.803.7174
www.medicare.gov/blog/try-our-new-and-improved-medicare-plan-finder

An updated, mobile friendly and easy-to-read design that walks users through the Medicare Advantage and Part D enrollment process. Allows viewers to compare supplemental benefits. This online tool does not replace Medicare's traditional customer service options: Telephone assistance at 1-800-MEDICARE and paper copies of the Medicare & You handbook available.

Medical Supplies

Check with your local Area Agency on Aging or senior center for supplies and loan closets.

Great Lakes Loan Closet
www.loanclosets.org/michigan
Janice@loanclosets.org.

A directory of organizations lending medical equipment at minimal or no cost. Also lists organizations accepting medical equipment donations.

Metropolitan Detroit Diaper Bank
www.Detroitdiaperbank.com
313.478.4420

Program for seniors offers free incontinence supplies including adult briefs, bed pads, gloves, wipes, etc. Call for pick up appointment and leave name and phone number. Serves Wayne, Oakland and Macomb counties.

World Medical Relief
www.worldmedicalrelief.org/local-program
313.866.5333

Assists families with medical supplies, prescriptions and recycled medical equipment not covered by insurance. Serves Michigan residents.

Mental Health Services

Detroit Wayne Integrated Health Network
www.dwmha.com
313.833.2500 - M-F 8am-4:30pm
24-hour Crisis Line:
800.241.4949
TTY:800.630.1044

Provides full array of services and supports to adults with mental illness, intellectual and developmental disabilities and substance use disorders.

Jewish Family Service
resourcecenter@jfsdetroit.org
248.592.2313

Therapists available to provide support through life transitions. Services include, but are not limited to, individual counseling; older adult issues; couples and family counseling; bereavement counseling; psychiatric evaluation and medication management. Accepts most insurance plans. Sliding fee schedule for those who are eligible. National Alliance for Mental Illness

Families in Action
www.namimetro.org/resources/families-in-action/
mej@namimetro.org
Clinton Township: Laura at 586.453.7170
Southfield: Mary at 248.348.7197



WHEN ALZHEIMER'S TOUCHES YOUR LIFE, WE ARE HERE TO HELP

| 24/7 Helpline | Adult Day Programs |
 | Care Consultations |
 | Community Connect Social Engagement |
 | Local Education Programs | Support Groups |

alzheimer's  association®

GREATER MICHIGAN CHAPTER

800.272.3900 | alz.org/gmc



Ten-week educational program designed for family members and caregivers of those with mental illness. Teaches tools needed to help those with mental illness. Wayne, Oakland and Macomb counties.

Senior Outreach

www.eastersealsmichigan.com
 800.757.3257

Offering in-home counseling services. Accepts most private insurances or private pay, Medicare, and Medicaid. Serves Oakland County.

Substance User Disorder Treatment Services Mental Health Services Adult Well-Being Services

www.awbs.org
 313.924.7860

Individual and group substance use treatment. Recovery support, mentor services, and case management. Evening & weekend appointments available. Wayne County.

Prescription Programs

Macomb County Office of Senior Services

www.mca.macombgov/MCA-Senior

586-469-6999
Medicare Part D Prescription Drug Benefit Program
 800-MEDICARE (800-633-4227)

Live Healthy Discounts Program

www.Oakgov.com/livehealthyoakland
 877.321.2652
 Free program for Oakland county residents for saving on prescriptions, dental care and health services. Medication discounts at more than 368 pharmacies in Oakland County. Call or register online. Wayne County Senior Prescription Savings Program.

Script Guide RX, Inc.

www.sgrxhealth.com/wcseniors
 800. WELL NOW (935-5669)

A free prescription savings program that saves Wayne County seniors over 55 on brand name and generic prescription medications. Extensive network of local and national pharmacies. Call or register online to enroll.

World Medical Relief Affordable Prescription Program

www.worldmedicalrelief.org/local-program

313.866.5333

For Michigan residents 18 years and over, who are low income, and/or un or under insured. Prescription costs: \$8.30.ea.

Support Groups

Alzheimer's Association- Greater Michigan Chapter

www.alz.org/gmc
helplinegmc@alz.org
24/7 Helpline: 800.-
272.3900

Call Helpline for general dementia questions, counseling, information, care and support resources and advice at any time. Online and in-person support groups offered.

Caregiver's Best Friend Presbyterian Villages of Michigan

www.caregiversbestfriend.org

Weekly online blog offering practical advice on how to save time, money and connect for support. Readers learn how to automate shopping and other chores as well as to alleviate loneliness, reduce financial strain, and worry less about their loved one's safety and wellbeing.

Grandparents Raising

Grandchildren

www.grandkidsedu.org
Cwhite.cw92@gmail.com
313.539.7330

Scholarship fund committed to nurturing, guiding and providing financial support to the educational goals of grandchildren being raised by their grandparents. Awards up to \$500. Serves multiple Michigan counties.

C.A.R.E. Program

Henry Ford Health System
www.henryford.com/familycaregivers
CaregiverResources@hfhs.org
313.874.4838
Caregiver Assistance Resources and Education Program® offers in-person support groups at 6 locations across metro Detroit. In-person or over the phone individualized concierge consultations. Provides supportive and educational opportunities. Serves metro Detroit.

Parkinson's Support Group

www.hannan.org/support-groups
Third Tuesday, 1-2pm
Hannan Center (Detroit)
4750 Woodward Avenue
Detroit, MI 48201
313-833-1300
313.633.1212, 313.682.0275
This support group is for those living with Parkinson's disease. Attendees will find support

with others who have faced similar challenges and gain important knowledge about living rewarding lives.

Cody Rouge Cares

www.codyrouge.org
313.397.9280
Provides monthly programs for caregivers in the Cody Rouge Community. Call to receive monthly event information.
313.633.1212, 313.682.0275

This support group is for those living with Parkinson's disease. Attendees will find support with others who have faced similar challenges and gain important knowledge about living rewarding lives.

Cody Rouge Cares

www.codyrouge.org
313.397.9280
Provides monthly programs for caregivers in the Cody Rouge Community. Call to receive monthly event information.

The Caregiver Action Network

www.caregiveraction.org
202.454.3970
855.CARE.640

Free caregiver help desk. Provides education, information, support and validation, public awareness and advocacy.

Well Spouse Association

www.wellspouse.org
800-838-0879
732.577.8899

Emotional support and comfort to spousal caregivers. Offers in-person support groups, telephone support, mentor programs, online chat forum, and respite weekends.

Transportation

myride2

www.myride2.com
855.697.4332

A program of the Area Agency on Aging 1B helping older adults and people with disabilities find and access transportation. Also helps to arrange mobility plans for those no longer driving and provides Travel Training workshops that help people learn to use public transportation. Serves Macomb, Oakland, Wayne and Washtenaw counties.

Telephone Reassurance

Daily phone calls usually by volunteers to check on homebound adults. Some agencies offer "friendly visiting" programs.

**Catholic Charities of
Southeastern Michigan**

www.ccsem.org
855.882.2736
586.416.2300

**Interfaith Volunteer
Caregivers**

www.ivcinfo.org
586-757-5551

**Jewish Family Services of
Metro Detroit**

www.jfsdetroit.org
248-592-2313

The Senior Alliance

www.thesenioralliance.org
800.815.1112

Utility Assistance

CLEARCorps Detroit

www.clearcorpsdetroit.org
313.924.4000

Serving low to moderate
income communities
in Wayne, Oakland,
and Macomb counties.
Programs include:
Refrigerator Replacement
Program for old or non-

energy efficient refrigerators
and the Furnace Test
N' Tune Program which
conducts furnace cleanings
and inspections with
potential for repair or
replacement.

**Michigan Energy
Assistance Program**

United Way for
Southeastern Michigan
www.unitedwaysem.org/
utility-assistance
844. 211.4994

Provides utility assistance to
individuals with an approved
Michigan State Emergency
Relief application form.
Payment plans are available
to DTE, Consumers Energy,
and SEMCO customers.
Wraparound self-sufficiency
services also provided.
Apply online or in person.
Serves southeast Michigan.

**Michigan Agency for
Energy and Michigan
Public Service
Commission**

800.292.9555
Programs available to
those ages 65 and older
having difficulty paying gas,
electric, or telephone bills.

Veterans Services

Arbor Hospice

www.arborhospice.org
888.992.2273
(24/7 Contact Center)
Serves Washtenaw,
western Wayne, and out-
counties.

Hospice of Michigan

www.hom.org
888.247.5701 (24/7 Contact
Center)
Serves Wayne, Macomb
and Oakland counties

Relieves patient's physical,
emotional and spiritual
suffering so they are able to
live in peace, comfort and
dignity. Care management,
support groups and We
Honor Veterans program
available. Participation

streamlines referral/
admissions process.
**Michigan Veterans Affairs
Agency**
www.mi.gov/veterans, www.
michiganveterans.com
800.642.4838

**U.S. Department of
Veteran Affairs**

McNamara Building, 12th
Floor (Detroit)
313.471.3606,
800.827.1000
www.benefits.va.gov/
pension/aid_attendance_
housebound.asp

Aid & Attendance and
Housebound benefit
www.benefits.va.gov/
pension/aid_attendance_
housebound.asp
Available to veterans
and survivors who are
eligible for a VA pension
and require the aid and
attendance of another
person, or are housebound,
may be eligible for
additional monetary
payment. Apply online or
visit local offices.

URBAN AGING NEWS

Urban Aging L3C

FREE

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

Diaper and Brief Bank Supplies Families in Need

Sometimes a mission fills such a basic human need that it's difficult to imagine the need is going unmet. Veronica Claybrone says she realized purchasing diapers and briefs for children and adults was costly so some families simply couldn't keep up. Protective undergarments are not covered by either Medicare, Medicaid, government assistance programs or most insurance.

So, she founded the Metropolitan Detroit Diaper Bank, a non-profit "to ensure that everyone in the

metropolitan Detroit area can be clean, dry and healthy."

The Diaper Bank and its partners collect, store and distribute free diapers and briefs.

"Millions of families struggle every day to provide an adequate supply of diapers and disposable briefs for their children and/or seniors and that is unacceptable. We obtain diapers through local diaper drives, in-kind donations by manufacturers and retailers, and by the bulk purchase of diapers with donated funds," Claybrone says.

They encourage churches and civic organizations to host brief and diaper drives and individuals can donate directly to the Bank.

"Small things like diapers affect big things, including a family's physical, mental and economic well-being."

Those who need incontinence supplies should leave their name and phone number by calling or texting 313.478.4420. Follow-up information will detail the enrollment process. For more information on donating or

receiving products, go to www.detroitdiaperbank.com/request-diapers/.



Exceptional advocates
Michigan Seniors can truly count on.

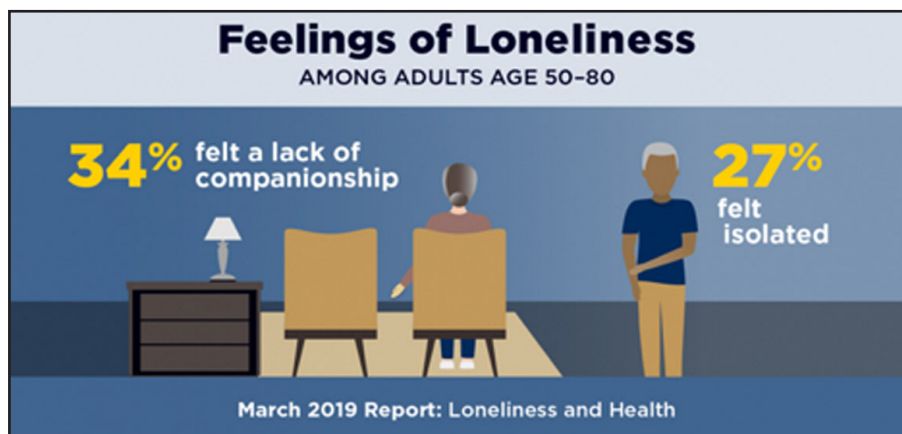


Confidence comes with every card.®

Blue Cross Blue Shield of Michigan and Blue Care Network congratulate our 2019 Community Service Award winner Satrice Coleman-Betts, Executive Director, St. Patrick Senior Center, Detroit, MI
Dean Snider, President, Fowlerville Senior Center, Fowlerville, MI

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

National Poll on Healthy Aging Shows Healthy Habits Keep Seniors Happy



One in four older adults say they feel isolated from others at least some of the time, and one in three say they lack regular companionship, according to a new national poll.

Loneliness showed up most in people aged 50 to 80 who also had health issues, the poll shows. The new findings confirm research that has shown links between chronic loneliness and health issues, ranging from memory loss to shorter lives.

In this new poll, people who said they had fair or poor physical health, mental health, or hearing loss were more likely to report that they felt isolated.

Meanwhile, people who said they ate healthy diets, exercised, got enough sleep or didn't use tobacco were less likely to report feelings of loneliness.

These findings come from the National Poll on Healthy Aging, conducted by the U-M

Institute for Healthcare Policy and Innovation, sponsored by AARP and Michigan Medicine academic center.

"More than a quarter of poll respondents said they only had social contact once a week, or less, with family members they don't live with, or with friends and neighbors," says Erica Solway, Ph.D., the co-director of the poll and a social science researcher. "These results indicate the importance of proactively reaching out to those in your community who may be at risk of feeling isolated and disconnected, especially those with or at risk of health issues."

Poll director, Preeti Malani, M.D., who has trained to care for older adults, says growing body of research points to strong connections between health and loneliness – and to positive effects on health from increased social contact through volunteering, taking part in religious or community groups, and other activities.

"As we grow older, and mobility or hearing becomes more of a barrier, these poll data show the importance of maintaining and strengthening our ties to other people," says Malani. "It also suggests that caregivers, spouses and partners, adult children and others involved in older adults' lives have a role to play in encouraging and facilitating these connections."

"We know that social isolation and loneliness are as bad for our health as obesity and smoking," says Alison Bryant, Ph.D., senior vice president of research for AARP. "AARP's own research shows that older adults who are unpaid caregivers, are low-income, or that identify as LGBT are at an increased risk for chronic loneliness. This is such an important public health issue that AARP Foundation launched Connect2Affect to help combat isolation and loneliness among older adults."

Other key findings

The poll explored many aspects of social connection and health and asked about feelings of companionship, feelings of social isolation, and social contact among people age 50 to 80. It found:

- Those who were unemployed, lived in lower-income households, lived alone and/or had one or more children living with them were more likely to say they lacked companionship

- Living alone was highly associated with feeling lonely; 60 percent of those who lived alone reported feeling a lack of companionship, and 41 percent felt isolated

- 26 percent of adults who said they lacked companionship also said they were in fair or poor physical health, while 13 percent of people who said they hardly ever lacked companionship reported fair or poor physical health

- Of those who reported feeling isolated, 17 percent had fair/poor mental health, compared to only 2 percent of those who hardly ever felt isolated.

- One in five respondents who reported feeling socially isolated said they had fair or poor hearing compared to about one in 10 of those who said they hardly ever feel isolated.

The National Poll on Healthy Aging results are based on responses from a nationally representative sample of 2,051 adults aged 50 to 80 who answered a wide range of questions online. Questions were written, and data interpreted and compiled, by the IHPI team. Laptops and Internet access were provided to poll respondents who did not already have them.

To see the full report or other related websites, visit: www.healthyagingpoll.org along with past National Poll on Healthy Aging reports.

SPEAK UP!

Call APS Day or Night

If you suspect abuse,
exploitation or self-neglect,
Adult Protective Services staff
will investigate allegations
within 24 hours.



855-444-3911

Are you forced to choose between food and medicine?



All it takes is one brief phone call to MiCAFE to find out what benefits you may be eligible for. MiCAFE is open Monday through Friday, 9 AM to 3 PM, at our toll-free number, 877.664.2233.

Benefits you may be eligible for:

- Food Assistance Program (SNAP)
- Medicaid,
- Medicare Savings Program,
- Low Income Subsidy (Part D),
- Michigan Tax Credits

MiCAFE application assistance and other services are provided at no charge to all Michigan residents.



Michigan's Coordinated Access to Food for the Elderly

www.micafenetwork.org

877.664.2233

A program of
elm
Elder Law of Michigan, Inc.

No Legal Standard in Michigan to be “Assisted Living Facility”



What’s the difference between an assisted living facility and an independent living facility? According to Michigan Center for Law and Aging Director Brad Geller, “assisted living” is merely a marketing term. He cautions that these facilities are not licensed or regulated by the State of Michigan. Many are merely independent

living facilities that offer add-on assistance – for a price.

In Michigan, Geller said, only nursing homes, adult foster care, and homes for the aged are licensed. Services offered at those facilities are overseen by consumer protection and other state regulatory laws.

Legal Documents to Execute, for Peace of Mind

Having the needed legal documents executed long before they are needed make it easier and less stressful for loved ones and caregivers when the time comes that they are needed to guide decisions.

These are the documents you should consider having prepared by a legal professional:

Durable Healthcare Power of Attorney or a Living Will – This legally appoints a trusted person to speak for you. Or, put your medical wishes in writing in case you cannot participate in medical treatment decisions.

Durable Financial Power of

Attorney – This legally appoints a trusted person to handle your financial affairs should you become unable to do so. This may include signing contracts, banking, applying for benefits, etc.

Last Will and Testament – You should put in writing how you would like your property distributed after your death. This can include your house, bank accounts, etc.

See the Legal & Family Mediation Services category in this guide to find free legal services for older adults and/or caregivers.

Our State. Our Town.
Our Hospice.

When it's Hardest,
We're Here.

24/7 Support
888-247-5701 or hom.org

 Hospice of Michigan


WE HONOR VETERANS

A member of the **northstar** Care Community

SSA Appoints Reps to Manage Benefits When Needed

The Social Security Administration works closely with caregivers through its Representative Payee program. A representative payee receives and oversees the Social Security or Supplemental Security Income benefits for an adult who is not capable of managing their own funds. When friends or family are not able to serve as the representative payee, Social Security appoints

a qualified organization to serve. If you are concerned that someone you know has become incapable of managing or directing their benefits, please call the Social Security Administration at 1-800-772-1213 (TTY 1-800-325-0778) to request an appointment to discuss your concerns. You can learn more about the Representative Payee Program at www.socialsecurity.gov/payee.org.

Vet Benefits - Services for Those Who Served Our Nation

Veterans benefits help older veterans and their spouses, widows or widowers with long term care needs, transitioning into senior housing, or adapting their living situation at home.

Older veterans can look to the Aid & Attendance and Housebound pension programs for help to pay for assistance in the home, a nursing home, or an assisted living facility. Benefits can be used to pay a family member or friend to help in the household, so it's not limited to professional care.

Those who qualify include veterans age 65 or older with a limited income, even if they are already receiving a veterans' pension. Spouses, widows, or widowers who have not remarried qualify if the veteran served at least 90 consecutive days of active duty - including at least one day during wartime

- and was not dishonorably discharged.

The program application requests extensive details about the patient's condition and why they can no longer be managed without assistance.

Veterans with certain permanent and service-connected disabilities can get help to purchase or construct an adapted home, or to modify an existing home to accommodate a disability through the Specially Adapted Housing, or the Special Housing Adaptation grant programs. Those who plan to sell their home and downsize into another home should check their eligibility for a VA loan. VA loans do not require a down payment, which means seniors can keep more of their cash for other expenses.

For more information, contact



PACE Southeast Michigan provides all the care you need to help you live in the community and remain in your own home for as long as possible.

- Medical Care
- Day Health Center
- Transportation Services
- Physical and Occupational Therapy
- *and much more!*



Serving seniors in five centers across southeast Michigan

www.pacesemi.org
855-445-4554 TDD: 711

As a PACE Southeast Michigan participant, all health care services are provided and arranged by your personal health care team. PACE participants may be fully liable for the costs of medical services from an out-of-network provider or without prior authorization with the exception of emergency services. H2318_AD02

Unsafe Drivers: Help to “Take the Keys”



If you know an older adult who continues to drive despite physical or mental infirmities, there's help.

Michigan allows you to anonymously request a re-evaluation for a driver so that the State can be the entity to determine if it is time to “take the keys.”

You can begin this process by picking up a Request for Driver Evaluation form (OC-88) at any Secretary of State office, go online at www.michigan.gov/sos, or send a letter requesting a reexamination to Traffic Safety Division, Michigan Department of State P.O. Box 30810

Lansing, MI 48909-9832.

The following information must be included, whether you submit an OC-88 form or a letter: Driver's full name, date of birth, current address and/or driver's license number. Your full name, address, telephone number and signature. An explanation as to why the driver is being referred for a driver reexamination is also requested.

For more information, the Michigan Guide for Aging Drivers and Their Families is available at offices and online at: michigan.gov/documents/mdot/MDOT_OlderDriverGuide_455323_7.pdf

It's Not Always Dementia!



A Hearing Test May Clear Things Up

Older adults with undiagnosed hearing loss run the risk of being misdiagnosed with dementia instead. Almost 1 in 2 adults over age 65 experiences some degree of hearing loss. Although age-related hearing loss is not a life-threatening condition, it can have a significant impact on the quality of life if left untreated. Fortunately, hearing exams are usually done gratis by most hearing aid professionals.

Paying for these expensive devices is another matter. Neither Medicare nor most private insurers will pay for hearing aids or other listening devices, although some Medicare Advantage plans

may offer coverage as an added benefit.

For Medicaid beneficiaries, devices are covered once every five years when provided by a licensed hearing aid dealer or audiologist. Medicaid also covers the replacement of up to 36 disposable hearing aid batteries, per hearing aid, every six months. A co-payment may be required for those not exempt from copayment requirements. The Department of Veterans Affairs may also pay for hearing aids depending upon eligibility.

See the Hearing & Vision Impaired Services category in this guide for a list of in-home and on-site hearing screening providers.

The Toll Alzheimer's Takes

And Services to Assist



Every 65 seconds, someone in the United States develops Alzheimer's Disease, the sixth leading cause of death in the country. An estimated 5.8 million Americans are living with Alzheimer's. One in three seniors dies with Alzheimer's or another dementia.

In 2019, this disease will cost the nation \$290 billion and more than 16 million Americans provide unpaid care for these patients. More than half care for parents and one quarter are in the "sandwich generation" also caring for children under 18. These caregivers tend to provide more extensive assistance than caregivers of individuals without dementia. The Alzheimer's Association

is the leading voluntary health organization in Alzheimer's care, support and research. Its mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

The Alzheimer's Association provides local support and programs to families facing this devastating disease, including a 24/7 Helpline, care consultations, support groups and education. Other resources are available through the Alzheimer's and Dementia Caregiver Center at alz.org.



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Villages

OF MICHIGAN

SERVING SENIORS & COMMUNITIES

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Best-managed
NONPROFIT
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of Michigan

Embrace the possibilities

Presbyterian Villages of Michigan creates opportunities for seniors of all faiths. Connecting seniors to resources and their community for a vibrant life.

www.pvm.org | (248) 281-2020

Detroit

*The Thome Rivertown
Neighborhood*
313.259.9000

*The Village of
Bethany Manor*
313.894.0430

*The Village of Brush
Park Manor Paradise Valley*
313.832.9922

Delta Manor
313.259.5140

*The Village of
Harmony Manor*
313.934.4000

Hartford Village
313.270.9700

*The Village of
Oakman Manor*
313.957.0210

The Village of St. Martha's
313.582.8088

*The Village of University
Meadows*
313.831.6440

*The Village of
Woodbridge Manor*
313.494.9000

Gibraltar

*The Village of
Gibraltar Manor*
734.676.4802

Holly
*The Village of
Holly Woodlands*
248.634.0592

Pontiac
*The Village of
Oakland Woods*
248.334.4379

Redford
The Village of Redford
313.541.6000

Southfield
Park at Franklin
248.353.2810

The Park at Trowbridge
248.352.0208

Westland
*The Village of
Our Saviour's Manor*
734.595.4663

The Village of Westland
734.728.5222

PVM Programs and
Partners include:



Services Vary at Senior Centers, Find Out About Yours



If you think senior centers are filled with old folks playing Bingo, think again! Today's older adults, ages 55 and above, are dancing, traveling, exercising and learning new skills and having discussions in book clubs. Senior Centers are a now a hub for older adults to meet like-minded people.

In addition to fun, centers also support the serious side of aging, like maintaining mental and physical health. Some centers have loan closets for durable medical equipment, like wheel chairs, canes. Some even provide adult briefs. There are home

injury prevention programs that provide grab bars, shower chairs or transfer benches. Still others provide home repair, rent and utility assistance, transportation, adult day centers, in-home help, daily meals and food pantries. Most centers also have social workers and Benefits Navigators to help seniors find resources and services - or to decipher Medicare or Medicaid.

The list of services is too long to list, so stop by your local senior center and find out what they offer – or - call your municipality to learn where senior programs are being offered.

Retiring? Downsizing?
Or thinking about buying or selling your home?



A Seniors Real Estate Specialist® can help!

A Seniors Real Estate Specialist®, or SRES®, is a REALTOR® who has received extensive training in helping 50+ home buyers and sellers. They understand the decision to move can be difficult and can help you navigate your choices and want to serve as a resource and guide.

You can count on a Seniors Real Estate Specialist® to guide you through the process of selling or buying your home, making the transaction less stressful and more successful.

I'm your SRES®, and I can help you with your next steps.



Tricia Winborn, SRES®
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Farmington Hills, MI 48334
Phone: 248-266-5628
twinborn@kw.com

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Each office is independently owned and operated.

Learn more at www.SRES.org.

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SRES
where the future takes shape

DETROIT AREA AGENCY ON AGING THE SENIOR SOLUTION



Detroit Area Agency on Aging

A non-profit organization offering solutions to seniors, caregivers and adults with disabilities for living in their own home with dignity and independence. Known as “The Senior Solution,” a single call to the agency provides information, services and options for the help you need.

Programs & Services

- Adult Day Care
- Advocacy/Outreach/Volunteers
- Care Management (In Home Services)
- Caregiver Support, Education & Training
- Community Wellness Service Centers
- Elder Abuse Education & Prevention
- Health & Wellness Classes
- Home Delivered Meals/Congregate Meal Sites
- Housing Resources
- Kinship Care for Grandparents Raising Grandchildren
- LGBTQ Resources
- Medicare-Medicare Assistance Program
- Nursing Facility Transition Services
- Senior Community Service Employment Program
- Transportation Resources

Serving seniors and adults with disabilities living in:

**Detroit, Hamtramck, Harper Woods, Highland Park
And the five Grosse Pointes**

For Information & Assistance, contact:

Detroit Area Agency on Aging

313/446-4444

Monday – Friday

8:30 a.m. to 5:00 p.m.

1333 Brewery Park Blvd., Suite 200

Detroit, MI 48207-4544

www.detroit seniorsolution.org

