

URBAN AGING NEWS

Urban Aging L3C

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Issue 7 | Spring 2017

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

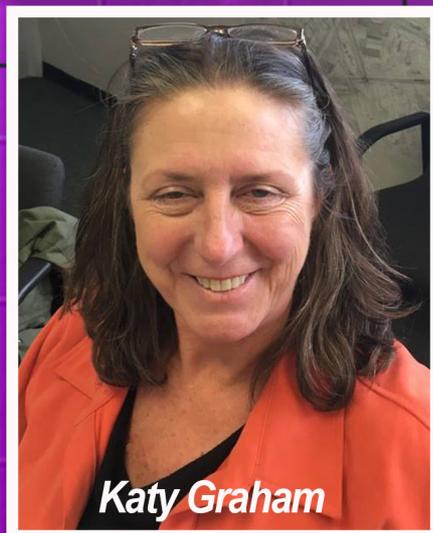
WHO'S MINDING OUR SENIORS



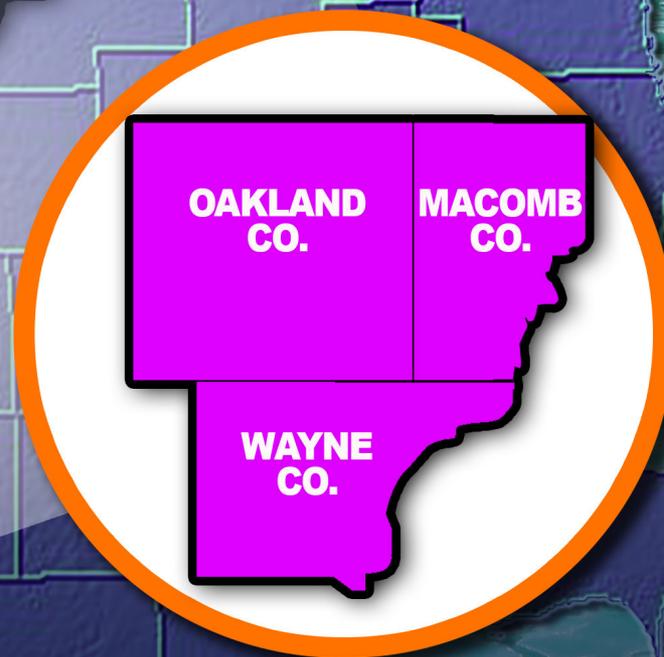
Yuliya Gaydayenko



Kristie King



Katy Graham



As the rate of Americans reaching their “Golden Years” increases, society’s need to take care of them also increases. Inside, read about women whose job it is to make sure the needs of our seniors are being met and exceeded.

Eating out is an option for seniors



The MI Senior Feast program helps seniors dine out at a participating local restaurant once a week. It's a great way for seniors to get out, socialize and enjoy what their community offers. The program is open to those 60 and up and payment of at least \$3 per person is recommended.

Currently, there are only two participating restau-

rants, Baghdad Restaurant, 4055 17 Mile Road, Sterling Heights, Tuesdays from noon to 3 p.m. and Four Star Grille, 1835 Gratiot, Marysville, Tuesdays from 11 a.m. to 2 p.m. More locations are on the horizon.

Before hitting the road, pick up a voucher at either United Community Family Services, (248) 528-0130 or The Council on Aging, Inc., (810) 982-4400. If the participant cannot afford the \$3 cost, a smaller fee may be allowed based on need.

Tipping is not required, however, it is strongly encouraged.

NO NEED TO DINE ALONE

While many seniors take advantage of the Meals on Wheels food program state-wide, seniors don't have to dine alone. Several programs are available through local senior centers wherein seniors can enjoy their noontime meal and make new friends.

The "Dining Senior Style" program offered by the Area Agency on Aging 1-B offers \$3 nutritious meals to those aged 60 and up and \$6.50 for those under 60 once a week at several Macomb County locations.

The program is an offshoot of Meals on Wheels which traditionally serves seniors unable to leave their homes to grocery

shop or prepare their own meals. "Dining Senior Style" also offers card games, seasonal parties, crafts and other activities.

The meals are prepared to meet one-third of the current recommended dietary allowances, include hot or cold selections depending on the season, and are attractively prepared. Menus are often available on municipalities' websites under senior services.

Wayne and Oakland counties, through their Area Agencies on Aging, offer similar programs called "Congregate Meals". Meals are provided to those 60 years of age or older, their spouses and the disabled

Continued on page 6

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IN MY MIND

Giving Congress A Piece Of My Mind



I'm heading to our nation's capitol to tell the horrific story of how nearly 180,000 Michiganders suffering with Alzheimer's disease and their half a million caregivers are struggling.

Each March, aging advocates like myself and everyday folk affected by this devastating disease descend upon Wash-

ington, D.C. for the National Alzheimer's Association Advocacy Forum to remind lawmakers that Alzheimer's is fatal, it kills more than breast and prostate cancers combined and is the sixth-leading cause of death in the United States. It is the only cause of death, however, that cannot be prevented, cured or even slowed.

I'm fully prepared to remind every member of Congress and his or her staff that the number of people living with dementia in this country is expected to skyrocket to as many as 16 million by 2050 if Congress neglects to adhere to the 2012 National Alzheimer's Plan. That plan set the goal of annually increasing research funding to achieve Alzheimer's prevention and treatment breakthroughs by 2025.

If we meet this goal, I'll tell them, Medicare spending would be reduced by nearly 25 percent in 2050 alone – and the federal government would recoup

its research investment within three years. To achieve this, Congress must provide, at minimum, an additional \$400 million in Alzheimer's research funding in fiscal year 2017.

And most importantly, I'll be sure to stress Alzheimer's is not normal aging! It's a progressive brain disease that kills nerve cells and brain tissue which affects an individual's ability to remember, think and plan.

Caregivers, I'll explain, are equally affected.

In 2015, more than 15 million family and friends provided 18.1 billion hours of unpaid care to those with Alzheimer's and other dementias. Lack of public understanding delays diagnosis, reduces access to needed resources, clinical trials and support services and misleads people about the impact of the disease.

By mid-century, I'll unapologetically emphasize, the number of people with the disease is set to triple and costs are projected to quadruple to \$1.1 trillion, with

two-thirds of these costs paid by Medicare and Medicaid if research funding lags.

I will also remember to thank Congresswoman Brenda Lawrence for her unwavering support for caregivers and persons with dementia and ask her to urge her colleagues in Congress to make Alzheimer's a national priority.

And just when it looks like staffers are about to thank me for coming, I'll thank them for their time and gently remind them everyone is at risk of developing this horrible, fatal disease. And that's why we'd appreciate their unwavering support!

Think they will be called to act? I sure hope so.

Peace & Blessings,
Pat

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COLLABORATION IS HER GOAL FOR OAKLAND COUNTY RESIDENTS

By Debra Pascoe
Editor

Yuliya Gaydayenko has something almost everyone wants. Job satisfaction.

"I like most everything about my job," said the director of Older Adult Services at Jewish Family Services.

Gaydayenko spends most of her day attending service organization meetings to learn about their programs, how to integrate them with those offered at Jewish Family Services and form partnerships.

"We are connecting with community organizations so we can work together to coordinate efforts, build communication and discover the needs of seniors," she said.

Gaydayenko said that was her main goal when she was named director eight years ago.

"We have a load of different services," she said, naming a few, such as geriatric care management, a 24/7 assist team, door to door transportation, home-care assistance and educational programs aimed at keeping seniors safe and comfortable in their own homes.

Wellness programs include Cancer Connection, healthy



Yuliya Gaydayenko

eating, brain health, healthy lifestyles and other educational offerings.

"None of our programs are limited to the Jewish community other than those that may be, because of eligibility reasons and financial assistance type things," Gaydayenko said, adding funding comes from donations, grants and organizations such as the Jewish Federation and United Way.

High on Gaydayenko's to-do list is continuing her support of regional and statewide transportation improvement initiatives and creating more health-based programming.

"I want to look more at what is the role of community-based organizations and community care," she said, adding the center is working on an integrated health program in collaboration with primary care physicians

and health care workers.

"We want to find out how we can serve the whole person better," she said, adding she believes integrating more technology is part of the solution.

Gaydayenko said she wouldn't be as successful if not for the assistance of her staff and a team of about 1,000 volunteers who do many things including

winterizing senior's homes and fall property cleanup.

Gaydayenko is a member of the SeniorsCount! Advisory Committee, Oakland County Senior Planning Social Services Committee, United Way of Southeastern Michigan Senior Regional Collaborative, and the Michigan Committee for Refugee Resettlement.



**MICHIGAN ALZHEIMER'S
DISEASE CENTER**
UNIVERSITY OF MICHIGAN

By Erin Mobley

The Michigan Alzheimer's Disease Center is seeking individuals interested in being a part of research studies to help better understand Alzheimer's disease and related dementias and to assist with future diagnostic and treatment options.

The Risk Evaluation and Education of Alzheimer's Disease - Study of Communication Amyloid Neuroimaging Project is now enrolling individuals ages 65 to 80 who have at least one parent or sibling with Alzheimer's disease.

This project is one of many studies using biomarker

tests to identify individuals at risk for Alzheimer's. One biomarker is a protein called "amyloid" that can build up and form deposits called plaques in the brain. Investigators believe that buildup may play a key role in the later development of Alzheimer's.

Doctors measure amyloid buildup in the brain using a PET scan and participants meet with clinicians to learn their estimated risk for Alzheimer's disease and the results of their PET scan.

Those interested can contact Brent Doil at bmdoil@umich.edu or (734) 763-2881. For other research opportunities, call (734) 763-2361.

Mobley is Education and Outreach coordinator for the Michigan Alzheimer's Disease Center.

FREE ELDER LEGAL SERVICES KEEP SENIORS IN THE KNOW



Katy Graham

When Katy Graham returned to college to earn her law degree, she did not intend to specialize in elder law.

"It just fell into my lap," she said, adding a seminar on the subject led to an internship at Neighborhood Legal Services of Michigan where she is now program director and managing attorney of its Elder Law and Advocacy Center.

"It was like mana from heaven." Graham and a handful of others helped create the center after changing times made it clear seniors needed more than sustenance, health care and home chore assistance. They needed legal help and advice.

"The center has done a lot for the community," she said, adding two full time attorneys who work at reduced fees, a part time

attorney, clerical staff and up to 30 Wayne State University Law School students staff the center.

And while she spends numerous hours in her office with clients and case files, she mostly enjoys participating in seminars and workshops.

"I like going out and speaking to the elder adults and their caregivers," she said. "After I retire, I will still be doing that."

Graham said the growing population of aging baby boomers inspired attorneys to select elder care as their specialty and focus on estate planning, power of attorney, benefit enrollment, pensions, IRA's, property deeds and, of course, wills.

"We were helping a lot of people that were being brought in by family members or caregivers. They realized this will make their job a whole lot easier if an attorney can help the person they are taking care of," Graham said, adding often the caregivers, too, utilize the services.

The center also handles between 3,500 and 4,000 cases annually such as landlord/tenant disputes, evictions, identity theft and elder abuse.

To reduce the caseload and protect seniors outright, Graham said the center hosts seminars and workshops on topics such



Katy Graham is program director of Neighborhood Legal Services of Michigan and managing attorney of its Elder Law and Advocacy Center.

as elder abuse prevention, crimes and scams targeting seniors and how to avoid legal issues by advising seniors not to sign contracts or co-sign a loan they are not prepared to pay.

"We try to prevent people from having legal problems in the first place," Graham said.

"Life's problems are legal problems. We want to provide peace of mind to the elderly person."

Graham said clients do not have to financially qualify for assistance, however, mid-to low-income level clients facing urgent matters such as evictions, fraud and those impacting the terminally ill, are handled first.

Funding for services at both

facilities comes from a variety of local, state and federal sources. They do not fundraise per say, but do accept donations and seek partnerships with other organizations with similar goals.

New client intake for legal services is 9:30 a.m. to noon Monday - Friday.

For elder abuse cases, Graham said don't wait, call Adult Protective Services at 1-855-444-3911 or law enforcement.

Graham and her colleagues present Essential Elder Legal Planning at the Detroit Caregiver Support Conference on May 20. The Center is also planning an elder abuse conference Thursday, June 15, at Madonna University for those who work with older adults and caregivers. For details, call (313) 937-8291.



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Dine Alone - Continued from page 2

Monday through Friday at various locations. All facilities are barrier-free, handicap accessible, and there is no charge for the meal. However, contributions are encouraged, accepted and used

to improve the program.

Nutrition education classes are offered regularly and transportation to and from the meal site is provided at some locations.

DON'T BUY IT, BORROW IT

In need of medical equipment? Don't buy it, borrow it.

Resources ranging from the local senior center to fire departments have loan closets containing wheel chairs to commodes for seniors and the disabled free of charge.

The following is a short list of locations where items can be borrowed. For a complete list, visit GreatLakesLoanCloset.org or call your neighborhood senior center.

Wayne County

The Senior Alliance offers a variety of medical equipment for use as long as needed. Call (734) 722-2830 for more information.

Services for Older Citizens offers wheelchairs and accessories, crutches, walkers, canes, bath/shower accessories, toileting items, dressing sticks, sock aides, step stools, cast and bandage protectors and more to Grosse Pointe and Harper Woods residents. Call (313) 882-9600.

Bridging Communities offers walkers, wheel chairs, commodes and crutches for as long as needed. Call (313) 361-6377.

Oakland County

Lighthouse of Oakland County in Pontiac provides durable medical equipment. Call (248) 920-6000 for availability.

City of Troy Senior Citizen Program has wheelchairs, walkers, canes, crutches and shower chairs. Call (248) 524-3484.

City of Madison Heights Senior Center has crutches/canes, wheelchairs, shower chairs and bedside commodes for as long as needed. Donations are accepted. Call (248) 454-3464.

The Disability Network of Oakland/Macomb Counties has walkers, wheelchairs, canes/crutches, shower chairs, bedside commodes and raised toilet seats. Call (586) 268-4160.

Macomb County

Macomb County Senior Services has and is accepting donations of wheel chairs, 3-prong canes and walkers with skis in front and rollers on the back. Call (586) 469-5228.

The Recreation Authority of Roseville and Eastpointe offers its residents wheelchairs, walkers, crutches/canes, shower chairs and commodes for 30 days, Call (568) 445-5480.

St. Therese of Lisieux Parish Catholic Community in Shelby Township has wheelchairs, canes, walkers, bedside commodes, shower chairs, crutches, tub transfer chairs and toilet risers. Call (586) 254-4433, ext. 357.

KING LORDS OVER MACOMB COUNTY SENIORS

**By Debra Pascoe
Editor**

Seniors are well cared for in Macomb County.

On the throne of Macomb Community Action Office of Senior Services sits Kristie King who joined the department a mere seven months ago and has already shaken things up with her enthusiasm, energy and upbeat personality.

And it takes a lot of those attributes to run a department with the mission to offer “persistent action to diminish poverty and promote independence” for all county seniors.

While Meals on Wheels may be the first that comes to mind, there are many more programs offered, including but not limited to, adult day services, home chore programs and educational classes which also encompass home injury control.

“When we think about Meals on Wheels, we serve 1,700 meals a day. We are No. 2 in the state,” King said. “We may think we sit here quietly and just do what we do, but we are making a great impact on seniors in the community.”

The department receives funding and assistance from numerous sources, mainly Area Agency on Aging 1-B which provides support and guidance. Ma-



Kristie King

comb County Government, U.S. Department of Health and Human Services, Michigan Department of Human Resources and other government entities play a pivotal role.

King said the department has developed partnerships and hosts fundraisers to keep programs running and make room for more.

“Macomb County absolutely has one of the fastest growing populations of seniors in the state. We want to have more options available and think outside the box as far as programming,” she said.

“We are also doing financial empowerment programs open to the community,” King said, adding the Wayne State University Institute of Gerontology is the curriculum partner.

“This is just one example of thinking outside of the box.”

Caregivers are welcome and encouraged to participate in any and all programs offered through the department.

“Many of those caregivers are seniors as well,” she said.

King said a major focus is helping seniors stay in their homes independently and safely by signing up for home chore programs and health and safety classes.

Meals on Wheels plays a large part. She, along with department employees, often take over a route and join the 500-plus volunteers making deliveries.

“For me, I think it’s important to have a handle on it and understand the why of it by doing it,” King said. “The opportunity also breaks the monotony of the meetings and allows me to put my hand on the seniors. They are funny and enjoyable.

Those visits, she said, do double

duty. They also serve as welfare checks.

If the senior does not answer, volunteers call the center and the caregiver is contacted to ensure all is well.

“Sometimes they just forget to call and cancel,” King said. “We were out last week and literally the senior was downstairs just hanging out with her buds.”

For seniors who can’t get around well or need assistance with their medications, Adult Day Services provides daytime help in the form of supervision and medical care while the senior socializes.

Many communities offer services for frail seniors. To learn more, contact your local municipality or area agency on aging.

For more information or to volunteer, visit mca.macombgov.org or call (586) 469-6999.



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COMMUNITY BUILDS BRIDGES TO THE FUTURE

By **Debra Pascoe**
Editor

“Be careful what you pray for,” said Phyllis Edwards, MSW, executive director of the grassroots organization, Bridging Communities, Inc.

The lifetime, steadfast Detroitersaid when she was ready to retire from her State of Michigan job, she wanted to continue helping others. Bridging Communities, which assists seniors and the southwest Detroit community on several levels ranging from providing sustenance to housing and recreation, was her landing spot.

“I knew I needed to keep working and I wanted to do God’s will to serve the people,” she said. About a month before her “retirement,” Edwards heard about the position at the then-fledgling Bridging Communities.

Out of a field of 94, she got the job.

“Here I am,” she said. “I think (being selected) had a lot to do with the work I was already doing in the community. “I live, work, play and worship in the City of Detroit.”



Phyllis Edwards

Edwards explained Bridging Communities was the merging of several neighborhood programs brought together to create a “one stop shop” for residents.

The main goal is to ensure seniors can remain in their homes as long as possible, provide meals in addition to Meals on Wheels, ensure seniors get their medications and health care and provide safe neighborhoods and recreation for the entire community.

“We saw that a senior’s quality of life is only as good as the community they lived in,” Edwards said. With the assistance from several organizations, foundations, fundraisers, donations, grants and hun-

dreds of volunteers, Building Communities literally began building communities.

An 80-unit independent living center was followed by construction a 24-unit townhouse development for seniors caring for their grandchildren. The rent goes back into the projects for upkeep and improvements.

Bridging Communities also works with the City of Detroit to purchase abandoned and foreclosed homes, fix them up and sell or rent them to families.

“If they can’t get a mortgage, we do land contracts and have a land bank to help families get funds for a down payment to purchase the home,” she said.

The group also works with the city to provide zero-interest home renovation loans, administers the city’s lead abatement program and puts residents

in touch with the Housing and Urban Development financial counseling agency.

And along with reviving the houses, Edwards said the organization participates in Greening of Detroit and helps the Michigan Department of Transportation create bike paths.

Edwards’ big dream is to transform a now-defunct high school’s football field into a neighborhood park where seniors, their grandchildren and residents of all ages can play baseball, basketball and tennis and gather in the open green space.

In the meantime, summer movie nights and annual Arab, Hispanic, African American and all American festivals will take place on the lawn of the Bridging Communities office complex.

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15TH ANNUAL MARCH FOR MEALS EVENTS BEING PLANNED



In celebration of the establishment of Meals on Wheels, communities are planning a series of fundraisers to ensure seniors continue to benefit from the program. Fundraising is especially needed because the Federal program does not fund holiday meals.

Meals on Wheels was established March 22, 1972 when then President Richard Nixon signed into law an amendment to the Older Americans Act of 1965 establishing the national nutrition program for seniors 60 years and older.

The program – commonly known as Meals on Wheels – has delivered more than just nutritious meals to homebound seniors in virtually every community across the country. The staff and the volunteers who deliver these meals, act as a vital lifeline and connection to the community, helping seniors stay in their homes.

In 2002, the first March for Meals celebrated the collaboration of local community organizations, businesses, government and volunteers that ensures seniors are not forgotten.

Fundraising events, walks or races, rallies and galas are taking place in communities across the country during the month of March. Since these celebrations and opportunities vary by location, check with your local Area Agency on Aging or county Meals on Wheels program for details on how you can help.



SENIOR COMPANIONS NEEDED TO ASSIST FELLOW SENIORS

The Senior Companion Program (SCP) is one of several geared toward assisting seniors at Community Social Services of Wayne County (formerly known as Catholic Social Services of Detroit).

The SCP recruits seniors to help other seniors maintain independent living and provide respite to those caring for older adults with disabilities or terminal illnesses.

“Companions assist in basic but essential ways,” said Greg Autry, SCP recruitment coordinator.

Autry says it is a win for everyone. Caregivers get a much-needed break, care-recipients get socialization and make new friends and companions get the satisfaction of knowing they have given back in a very meaningful way.

The Companion Program’s sister program, The Foster Grandparent Program, seeks seniors to spend time with youth and teenagers needing emotional support and tutoring. Mentors to young mothers caring for premature infants and children with physical disabilities or special needs are also needed.

Volunteers in both programs must qualify to receive the \$53 a week, tax-free stipend for 20 working hours a week.

Volunteers receive ongoing training and reimbursement for mileage and meals associated with their service.

In Wayne County, those interested can contact Autrey at (313) 883-2363 or e-mail GAutrey@csswayne.org

Oakland and Macomb County residents can contact the local Area Agency on Aging to learn about similar programs.

Bridges - Continued from page 9

“Those events help dispel myths about other cultures and the neighbors get to know their neighbors,” she said.

Edwards said she plans to take advantage of what she helped create.

“I’m a trouper. I don’t want to

move out. I want to stay here and see my city come back. I want to see those people get the benefits of this new, reinvented city and take advantage of the new amenities,” Edwards said.

And her slogan for moving forward?

“If living is your priority, aging is your destiny. So, prepare now for your future.”

Annual Caregiver Conference Set for May 20

Caring for an elder loved one is difficult enough, but doing so without the knowledge of beneficial resources available makes the job even more-so.

This year's annual Essential Legal Planning and the Home & Community Based Services learning opportunity for family caregivers, adult children, service providers, or older adults themselves is from 8 a.m. to 2 p.m., Saturday, May 20, at Second Ebenezer Church, 14601 Dequindre, Detroit.

The workshops run twice, from 10 a.m. to 11:30 a.m. and 12:30 p.m. to 2 p.m.

"There's nothing in our educational experience that prepares us for caring for our elder loved ones. Nothing. Everybody should take this crash course in elder law and available home and community based services," said Patricia Rencher, Detroit Caregiver Support Conference project director. "In the event of infirmity or incapacity of your aging loved one, you will want to be prepared."

Attendance is free, but registration, beginning April 1, is required.
To register, call (313) 361-6377,
or visit: detroitcaregiversupport.com.

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NEWS BRIEFS

Legal hotline

The Legal Hotline for Michigan Seniors is available to assist individuals across the state regardless of income. Seniors, individuals with disabilities or those representing them, can seek legal advice on a wide range of topics including Social Security, Medicare, consumer law, financial exploitation, scams, wills/probate, long term care, Medicaid and other issues. The hotline is available at 10p.m., Monday-Thursday for intake at 800-347-5297.

Award Nominations Sought

Each year, Blue Cross Blue Shield of Michigan honors two individuals and one organization for improving the lives of Michigan's older adults.

- The Claude Pepper Award is presented to two outstanding senior citizen advocates whose work or volunteer activities have a positive effect on the lives of older adults.
- The Senior Advocate Award recognizes contributions made by an organization providing older adults with health or social services that help them continue to live meaningful lives.

To make a nomination, visit BCBSM.com/awards to vote online or print nomination forms. Nominations can be made from March 31 through June 9. For questions or additional information, contact Christie Laster at (313) 225-5516.

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Basic needs assistance

Michigan's Coordinated Access to Food for the Elderly (MiCAFE) Network helps individuals apply for benefits to meet basic needs including utilities, food, housing, medical assistance and prescription drugs. Application assistance is available in person or via phone for those aged 60 and older or disabled. The MiCAFE Network is making efforts to reach Michigan seniors who may face hunger by providing access to food assistance and other benefits. Call 1-866-400-9164.

If you or someone you know is caring for an elder loved one, this conference is for you!

If you are not yet caring for an elder, you will...Come learn, be educated and be prepared.

4TH ANNUAL

DETROIT CAREGIVER



Support Conference

FREE EVENT
SATURDAY
May 20, 2017

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For
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Registration Begins April 1 at:
(313)361-6377 or detroitcaregiversupport.com