

# URBAN AGING NEWS

Urban Aging L3C

FREE

Issue 12 | Summer 2018

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

## Summer Moves for Active Aging



Riverfront  
Recreation



Basking in the Belle Isle Sun



Humana Supports  
Health at Oak Park  
Farmers Market

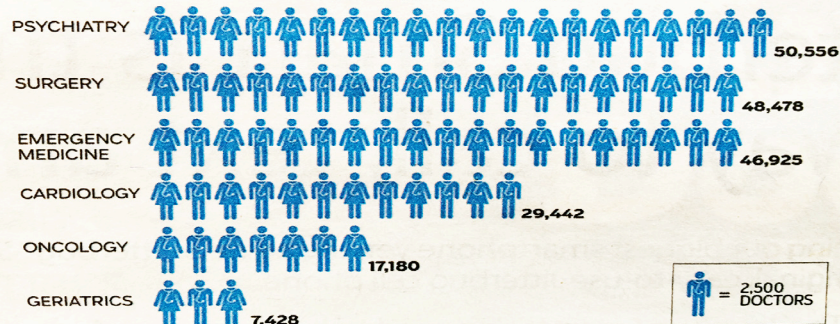


# Why So Few Geriatricians?



**The aging U.S. population needs many more doctors specializing in geriatric medicine, STAT!**

**NUMBER OF PRACTICING DOCTORS NOW:**



Geriatrics is one of the few medical specialties in the United States that is seeing its ranks shrink, even as the need for doctors who work with seniors increases. The specialty ranks at the bottom of the list that internal medicine residents choose to pursue.

Geriatricians are certified in internal or family medicine and the specialty requires additional training in the diagnosis and care of health issues affecting older adults. This may also include addressing psychological and social problems seniors face.

According to AARP, part of the reason that some physicians avoid geriatrics is the reality that there simply isn't a cure for many of the health challenges that older people face. However, they add, a good geriatrician can bring someone back to functional status.

Another deterrent is that geriatrics is among the lowest paying specialties in medicine - and Medicare reimbursement rates are seen as being too low.

"Medicare disadvantages ger-

iatricians at every turn, paying whatever is asked for medications and procedures, but a pittance for tough care-planning," said Dr. Joanne Lynn, a geriatrician and the director of the Center for Elder Care and Advanced Illness at Altarum Institute, a nonprofit health systems research organization based in Ann Arbor, Michigan.

While most don't need to see a geriatrician as they age, there is significant evidence that care provided by geriatrics teams reduces hospitalizations and hospital stays, costs less in the long run and results in fewer complications. Studies show seeing a practitioner in this specialty positively influences the number of falls, pressure ulcers and urinary tract infections among these seniors.

Geriatricians are also less likely to stereotype older adults and their unique issues or to dismiss or minimize the problems as just an inevitable symptom of the de-

cline of aging. According to the researchers at the National Institute on Aging, "aging alone does not cause illness nor does it automatically mean having to live with pain and discomfort."

While geriatricians are in short supply, all southeastern Michigan health care systems have geriatric clinics and/or geriatric assessment centers and the professional staff to assist.

## Metro-Detroit Geriatric Assessment Centers:

**Detroit Medical Center**  
Rosa Parks Geriatric Center  
1.888.264-0102

**Beaumont Geriatric Assessment Center**  
248.551-8305

**Henry Ford Health System**  
313.543-6200 (Detroit)  
313.640-2277 (Grosse Pointe Farms)  
248.325-2277 (W. Bloomfield)

## OUR STAFF



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# URBAN AGING NEWS

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# When Medicare Benefits Extend to the Dental Chair



Some Medicare Advantage plans may include dental benefits beyond what original Medicare covers, including routine dental services. However, in general, standard Medicare does not cover routine dental care such as oral exams, cleanings, fillings, bridges, or crowns, there are some situations when dental services may still be covered:

- Medicare may cover dental work that is an essential part of another Medicare-covered procedure.
- Medicare may cover extraction of teeth to prepare the jaw for radiation treatment, for jaw-related neoplastic diseases.

• Medicare may cover dental examinations prior to a complicated procedure that requires an oral exam, such as a kidney or heart transplant.

Medicare Advantage plans vary in terms of the benefits covered, so check with the specific plan if you're interested in dental coverage.

According to the Needy Meds website, there are more than 100 free, low-cost or sliding scale dental clinics in Michigan. Visit: [www.needymeds.org/dental-clinics](http://www.needymeds.org/dental-clinics) and enter a zip code, or call 800.503-6897 for an up-to-date listing.

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f t i p s



# Matching Patients and Affordable Medicine



Sponsored by America's biopharmaceutical research companies, the Partnership for Prescription Assistance program is a free service that helps uninsured and underinsured patients get access to assistance programs that offer prescription medicines either for free, or nearly free.

By completing the online-only questionnaire, providing basic information about needed prescription medicines, income, and

current prescription medicine coverage, PPA matches patients with assistance programs they may be eligible for.

Visit [www.pparx.org](http://www.pparx.org) for this free, confidential service.

These are some prescription assistance programs to consider:

## **MiRx Resources**

Application request and enrollment questions:

1-866-755-6479  
(Press 2, then 1)

## **MiRx Hotline**

Get help with your prescriptions:

1-800-259-8016

To be eligible, applicants must be a resident of the state of Michigan, have no other prescription drug coverage, and have an income level at or below the state's median income level.

## **Medicare Extra Help**

Extra Help assists seniors who are already enrolled in a Medicare Prescription Drug plan but who still

struggle to pay prescription drug costs. Funds can be used to pay monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program.

Those who have Medicare and Supplemental Security Income, or Medicare and Medicaid, are automatically enrolled in Extra Help.

Social Security determines eligibility for Extra Help when applicants submit the Extra Help with Medicare Prescription Drug Plan Costs Form SSA-1020. The 2018 income limit is \$18,210 for a single applicant and \$24,690 for a married couple living together.

The application is available online at: [Medicare.gov](http://Medicare.gov), or by calling 1-800-772-1213, for a paper application or to make an appointment.

The hearing impaired can call 1-800-325-0778 where representatives are available Monday through Friday from 7 a.m. to 7 p.m.

## **Medicare Savings Program**

Completing the Extra Help Form SSA-1020 may also lead to help from the State of Michigan with other Medicare costs under the Medicare Savings Program.

*Story continued on page 7*





# **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**



# Summer Safe



During the dog days of summer, becoming overheated is more than just unpleasant for older people. It can be downright dangerous, and even deadly. That's why it is important to be aware of the risks of hyperthermia, or the overheating of the body, especially for older adults or those who care for elderly parents or who have elderly neighbors.

Hyperthermia includes heat fatigue, heat syncope (sudden dizziness or fainting), heat cramps, heat exhaustion and - the most serious - heat stroke.

Dr. Leslie Kernisan, a geriatrician and caregiver educator in San Francisco, said that heat stroke in older adults may appear with vague or non-specific symptoms such as fatigue, dizziness, or delirium. "This can make it hard to detect, or to tell apart from other complaints the senior may have voiced in the past," she said.

High humidity can exacerbate the problem as can conditions associated with growing older. Cognitive impairment may lead an older person to forget to turn on the air conditioning. Some seniors try to avoid drinking too much liquid if they struggle with urinary incontinence, Kernisan said.

## Heat Stroke Signs and Symptoms

The signs and symptoms of heat stroke include the following, according to the National Institutes of Health:

- An increase in body temperature, generally to over 104 degrees
- Confusion or combativeness
- A rapid, strong pulse
- Dry, flushed skin
- Feeling faint, staggering
- Coma

Call 911 if someone you know is showing these signs; they require immediate medical attention. While waiting for help, immerse the person in a tub or stream of cool water, cover with a wet sheet and give water to drink — not sugary or alcoholic beverages.

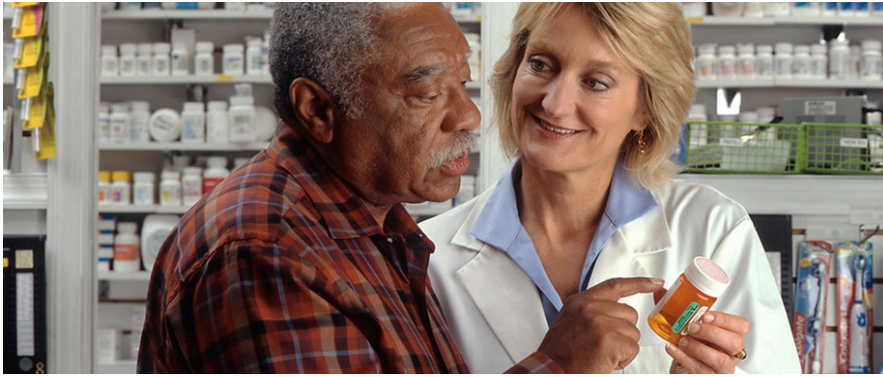
## Why the Higher Risk?

The central nervous system regulates the body's response to hot and cold and that system begins to deteriorate with age, according to the Mayo Clinic. Those with other health factors also have a higher risk of heat-related conditions. These include:

- High blood pressure or other conditions that require diet changes, such as salt restrictions
- Heart, lung and kidney diseases
- Any illness that causes weakness or fever
- Use of multiple medications
- Reduced sweating caused by medications
- Poor circulation
- Overweight or underweight
- Alcohol use

*Story continued on page 9*





#### Continued from page 4

For information about Medicare Savings Programs, Medicare Prescription Drug plans or how to enroll in a plan, call 1-800-MEDICARE (TTY 1-877-486-2048) or visit [www.medicare.gov](http://www.medicare.gov).

#### NeedyMeds.org

The NeedyMeds Drug Discount Card is a free prescription savings card available to individuals

without insurance and to those who decide not to use their insurance for the purchase.

Call the Helpline at 800.503-6897, or visit [www.needy meds.org/pap](http://www.needy meds.org/pap) to learn more. This service also offers disease-specific information on prescription medication.

#### RxAssist Patient Assistance Program Center:

RxAssist has information on free or low cost medications. Visit: [www.rxassist.org](http://www.rxassist.org) for more information.

The Together Rx Access Card is a free prescription savings card for those who have no prescription drug coverage. Find general information at: [www.togetherrxaccess.com](http://www.togetherrxaccess.com) [www.MichiganDrugPrices.com](http://www.MichiganDrugPrices.com)

This Michigan Department of Community Health website can help you compare prices for prescription drugs among pharmacies. [www.michigan-drugprices.com](http://www.michigan-drugprices.com)

Pharmaceutical company Patient Assistance Programs, or PAPs, are run by nearly all ma-

for pharmaceutical companies. Assistance is offered to low income individuals, providing them with reduced or free medications.

These programs are generally open to those with insurance and those without insurance although the pharmaceutical companies sometimes maintain different programs for these two groups.

Applicants are usually required to show proof of income such as a tax return, their doctor's prescription and documentation of insurance coverage. Call or visit the website of the manufacturer of prescriptions to learn of their Patient Prescription Assistance process.



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**855-445-4554 (TTY 711) [pacesemi.org](http://pacesemi.org)**

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# Michigan Medicare: Quality Improvement Partnership



Michigan Medicare beneficiaries and their families have a place to turn when they are concerned about the quality of care given to patients. The Centers for Medicare & Medicaid Service have contracted the services of KEPRO Beneficiary and Family Centered Care - Quality Improvement Organization.

The BFCC-QIO protects beneficiaries by giving “information and assistance to providers, patients, and families regarding beneficiary complaints, discharge appeals, immediate advocacy, and patient navigation.”

KEPRO manages all Michigan Medicare healthcare complaints and discharge appeals while offering information and assistance through its Immediate Advocacy and Patient Navigation programs.

The Immediate Advocacy program addresses complaints or concerns about medical care or services received. Concerns can include but are not limited to these types of needs for beneficiary support:

- Inadequate care or misdiagnosis by a Medicare hospital or doctor.
- Hospital staff unresponsive to questions.
- Concern that unnecessary surgery / diagnostic testing has been ordered or performed.
- Concern stemming from wrong medication prescribed or administered.
- Discharge from a health care facility before all issues resolved.
- Equipment has been ordered but not delivered to the home.

- Prescription refill needed before a physician appointment is available.

The free Patient Navigator program provides short-term service (up to 60 days) to address transitional needs. It is staffed by professionals with a background in social work or nursing who can provide resources and information to help keep you or your loved one healthy. Navigators help coordinate care, providing questions to ask physicians or assisting with understanding treatment plans, diagnosis, or medication management.

For more information, visit [www.kepro-qio.com](http://www.kepro-qio.com) or call the Beneficiary Helpline at 1-855-408-8557.



Continued from page 6

### Heat Alert: Use RX with Care

Particular medications that may interfere with the body's ability to respond to hot weather include vasoconstrictors (like decongestants), beta blockers for high blood pressure, diuretics, antidepressants and antipsychotics.

### Where to Stay Cool

Go to a movie theater, library, mall, senior center or city-run cooling center. Religious groups may also have cooling centers. Municipalities across southeastern Michigan also operate cooling centers during excessive heat. Call your city's parks and recreation department or municipal offices for other sites:

These are some metro Detroit cooling centers.

**Ferndale** - Kulick Community Center - 1201 Livernois

**Oak Park** - Community Center - 14300 Oak Park Blvd.

**Troy** - Community Center - 3179 Livernois Road

Portions reprinted from an article by Emily Gurnon on Next Avenue.org.



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*Our Hospice.*

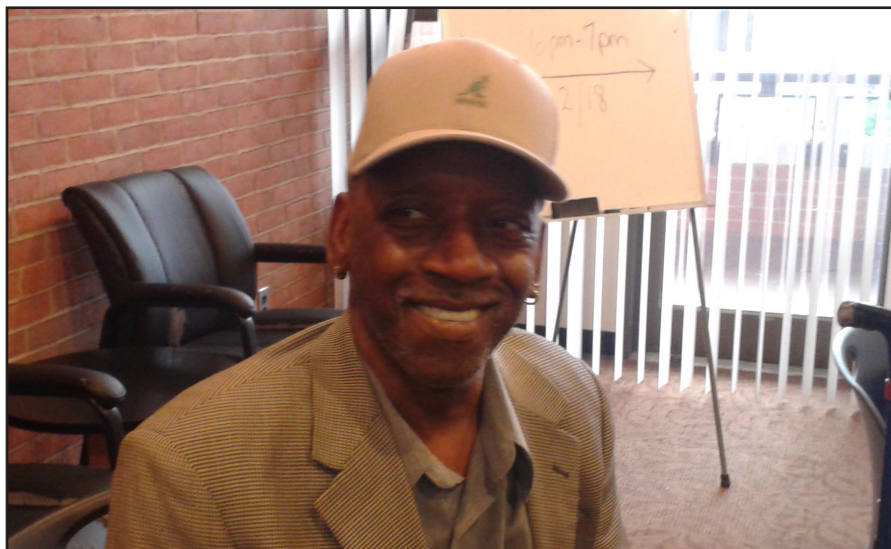
Hospice of Michigan

WE HONOR VETERANS

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# Detroit Leader Honored in Lansing



The founder of the Detroit Elders Project, Cornelius Wilson, was recently honored for his volunteerism with a 2018 Michigan Senior Citizen of the Year for Community Leadership Award during Older Michiganians Day at the Michigan State Capitol in Lansing. Wilson was also instrumental in the formation of SAGE Metro Detroit. The two organizations build awareness and promote the policy and social change required for older LGBT adults to age with dignity.

The Detroiters' volunteer efforts have helped older adults from all backgrounds throughout the metro area. His programs and projects have also had a demonstrable impact in improving the lives of African Americans who are living with HIV and AIDS.

The Aging & Adult Services Agency of the Michigan Department of Health and Human Services, along with the Michigan Commission on Services to the Aging, presents the award each year to an adult over the age of 60. The agencies select from nominations received from across the state. The goal is to recognize these seniors for outstanding volunteerism and for their commitment and contributions to their community.

To learn more about LGBT services offered by Hannan Center, visit [www.hannan.org](http://www.hannan.org) or call 313.833-1300.

For info on SAGE-Metro Detroit, contact [www.sagemetrodetroit.org](http://www.sagemetrodetroit.org) or call 734.681.0854



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*The Village of  
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*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  
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*

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### Redford

*The Village of Redford*

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### Southfield

*The Park at Trowbridge*

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### Westland

*The Village of  
Our Saviour's Manor*

734.595.4663

*The Village of Westland*

734.728.5222

PVM Programs and  
Partners include:





# Stride Season

**Strides for Seniors** is a month-long series of events celebrating and bringing awareness to Detroit's 16 senior centers. Held during September, National Senior Center Month, the campaign highlights the wide variety of activities offered at senior centers - and their value to the community at large.

"There's hustle, crafting and wellness classes at the centers, but there are also book clubs, educational seminars

and travel clubs, and most significantly, information and assistance departments to connect older adults and their families to vital resources," says SaTrice Coleman-Betts, executive director at St. Patrick's Senior Center.

"Throughout September," Coleman-Betts adds, "local senior centers will host events to raise awareness of senior issues, needs and the services available to seniors."

The culminating event, Strides for Seniors, is for seniors and their supporters who can participate in a 3 mile walk, group hustle and informational expo. The event will be held in Palmer Park, 9 a.m. to 1 p.m. on Friday, September 21.

The activities will promote wellness and independence; increase awareness of senior needs and resources; and raise much needed funds to continue providing

critical services to the elderly. Winning senior teams have the opportunity to raise funds for their own use.

Registration is \$25 and includes an event t-shirt. To register, complete and return the registration form. Pre-register by August 27 to get the t-shirt size of your choice.

To register, call: (313) 833-7080, or visit: [www.StridesforSeniors.org](http://www.StridesforSeniors.org).

## Repeat Winners! Victory Cup



Congratulations to the residents of the Presbyterian Village of Westland who took home the 2018 Village Victory Cup trophy for the 4th year in a row!

Through a variety of lively competitions, these seniors demonstrated keen mental and physical agility, and a healthy attitude as well. Residents of PVM's 31 Michigan properties compete annually as part of a wellness initiative promoting healthy aging, quality of life and a zest for living.



# Help with Financing Winter Warmth

Winter can bring added expenses, including heating bills, that stretch the budget to the breaking point. The Michigan Department of Health and Human Services created the Home Heating Credit to assist qualifying homeowners and renters with this expense.

In some cases, renters who also receive food assistance may see their monthly allocation increased if they receive a HHC of more than \$20 within 12 months. This would typically affect some renters whose heat is included in their rent.

To complete the Home Heating Credit Claim and see if you qualify for the credit - even if you did not file a Michigan tax

return - submit the application form by September 30.

To get an application for the Home Heating Credit:

- Visit the Michigan Department of Treasury website at [www.michigan.gov/treasury](http://www.michigan.gov/treasury) and enter "Home Heating Credit" in the search box.
- Pick up a paper copy at a public library, post office, Michigan Department of Health and Human Services office or other locations where income tax forms are available.
- Call the Department of Treasury at 517-636-4486.
- If you are hearing or speech impaired,

contact the Michigan Relay Center, 800-649-2777 or 7-1-1



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

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**WALK TO END ALZHEIMER'S – METRO DETROIT**

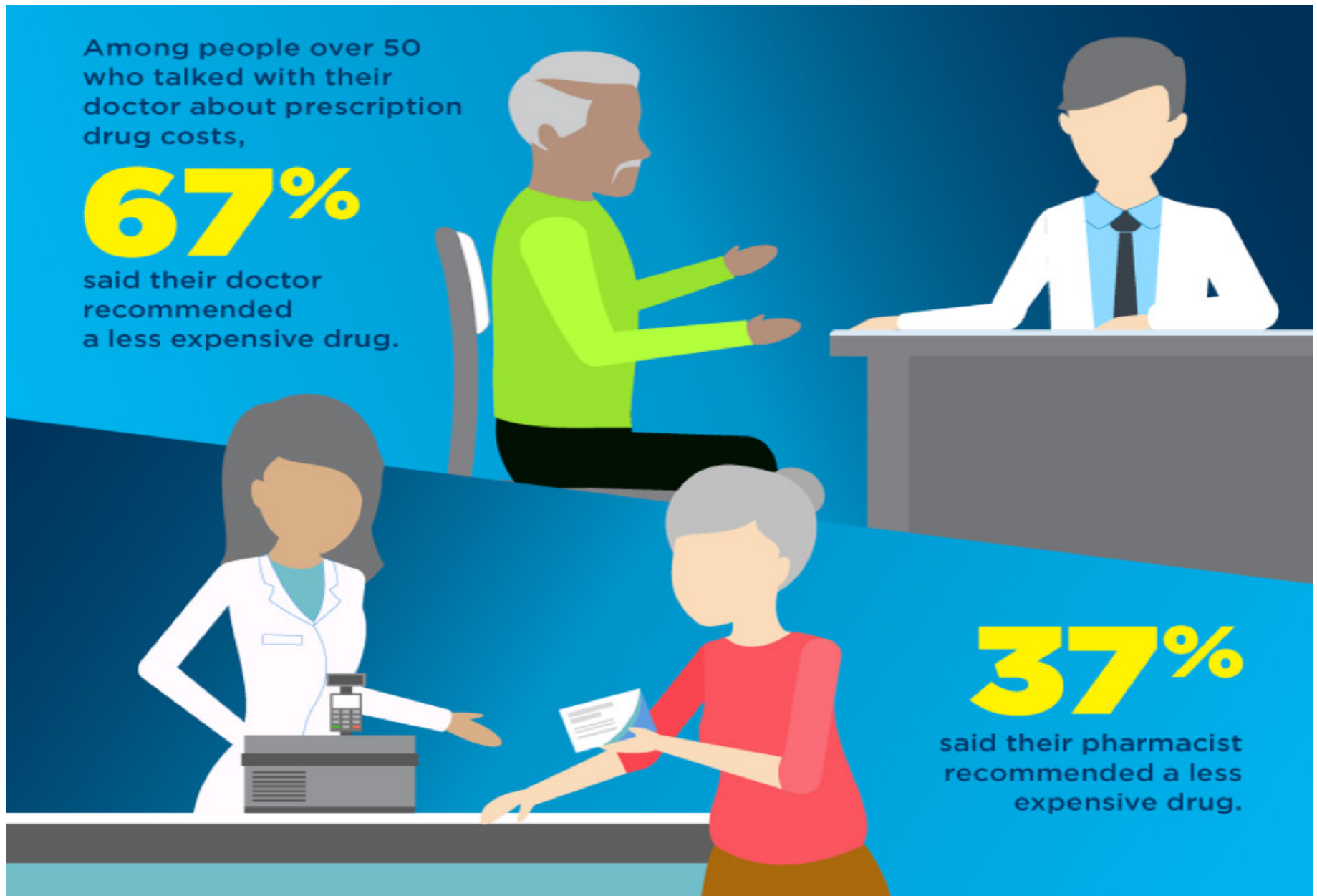
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# What Your Doctor May Not Know



For many older adults, paying for prescription drugs poses a financial burden.

According to a University of Michigan National Poll on Healthy Aging, 49 percent of older adults reported that finding the funds for medication presented

a burden but they still had not talked to their doctor about how to address or lower the cost.

Of the 51 percent who indicated they had indeed spoken to their physician, well over half said their doctor addressed the concern and recommended

a less expensive drug. Some chose to speak instead with their pharmacist and 37 percent of those patients said that led to a less expensive alternative being recommended.

One disconnect is that patients assume their doctors are aware of how much

their medications cost. Researchers found that nearly half of those surveyed believed their doctor was aware of how much they spend on prescriptions. So it's not surprising that the majority of those surveyed had not ever spoken to their doctor about drug prices.

*Story continued on page 15*



# NEWS BRIEFS

## U-M Detroit Pilot Study on Aging

The University of Michigan-School of Social Work researchers want to learn how Detroiters are aging. Focus group sessions will take place throughout the city. Participants will be treated to lunch and receive a \$30 gift card for spending 2-3 hours of their time speaking with researchers. If interested, call: 419.746.5877 or email [mequresh@umich.edu](mailto:mequresh@umich.edu) and enter "Detroit Pilot Study" in the subject line.

Please provide the following information in your email:

1. Name
2. Phone number
3. City district number
4. Zip code
5. Indicate if you reside in a single family home or senior residence.



Return calls will be placed to those who qualify. Dates and other information will be provided at that time. Participant confidentiality is assured.

## Dementia Lunch & Learn

Free Lunch & Learns, will be provided by Universal Dementia Caregivers on select dates from July through November. They will be held at Triumph Church, 2760 E. Grand Blvd. Detroit, 48211, from 11:30 a.m. - 1 p.m. Call 248.509-4357, or email [info@universaldementia.org](mailto:info@universaldementia.org) for dates and other details.

## Give Cancer Patients a Lift

The American Cancer Society - Michigan Chapter is in urgent need of drivers to support the Road to Recovery® program, which provides cancer patients with free rides to treatment. This year, an estimated 56,590 Michiganians will be diagnosed with cancer, and for some, getting to treatments can be their biggest roadblock. Volunteers are screened and trained and can provide as many rides as they are able to schedule. For information, visit: [cancer.org](http://cancer.org) or call 1-800-227-2345.



## Transportation Help is a Call or Click Away

Myride2 is a service that helps seniors and adults with disabilities in Macomb, Oakland and Wayne counties find transportation options with one phone call or mouse click. Mobility specialists and local transportation providers work to find the best options. Call toll-free at 855-myride2 (855-697-4332) or visit [www.myride2.com](http://www.myride2.com)



# NEWS BRIEFS

## Upcoming Health Fairs

**Saturday, August 4** - Straight Gate International Church, at 10100 Grand River Ave, Detroit, Mich. 48204. Call 313.491-8430 for times and details.

**Saturday, August 11** - Greater Detroit Agency for the Blind & Visually Impaired Resource Fair, from 11 a.m. - 3 p.m. Call 313.272-3900, or visit [information@GDABVI.org](mailto:information@GDABVI.org) for information.

## Elder Abuse Awareness Lunch & Learn Workshops

Thursdays, August 9 & 16 - Second Ebenezer Chrch, 14601 Dequindre, Detroit, Mich. 48212. Learn new and updated information on detecting, screening and reporting elder abuse. Sessions led by Wayne County Sheriff chaplains, Neighborhood Legal Services Michigan and DAAA-1A elder abuse prevention staff. To register, contact elder abuse coordinators at 313.446-4444 x 5386.

## SEEKING AD SALESPERSON

If you are an excellent, results-driven salesperson, Urban Aging News needs you. 20% commission on ad sales. If interested, contact: [Urbanagingnews@yahoo.com](mailto:Urbanagingnews@yahoo.com)

# Senior Writers



The Chicken Soup for the Soul book series seeks senior writers to contribute stories to their senior-themed books. Those who have their submissions published retain the copyright.

Contributors can earn \$200 and receive 10 copies of the book their story appears in. Once published, writers can purchase additional books at a 50 percent discount.

Dr. Mary Edwards, a three-time Chicken Soup for the Soul contributor, offers tips to getting published in the series. She can be reached at: (313) 492-0149 for one free consultation. "You don't have to be a writer to tell a story," she says. The deadline for story submission is December 30.

*Continued from page 13*

It should be emphasized that doctors do not have access to detailed information about drug costs

will cover. Pharmacists, on the other hand, can identify options to reduce costs.

The study recommends a comprehensive medication review, conducted by a pharmacist or other health professional, to make sure the right medications are being prescribed and offer recommendations for ways to reduce costs. This could be especially helpful if there are multiple prescribers.

Patients are encouraged to shop around and if an insurance company permits, explore online and mail order options to purchase needed prescriptions.

See: [www.healthyagingpoll.org/page/reports](http://www.healthyagingpoll.org/page/reports) for the full study.



nor can they tell just how much a patient's insurance





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