

URBAN AGING NEWS

Urban Aging L3C

FREE

Issue 36 | Spring 2024

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



Home modifications can include renovations like wider doors for wheelchair access. It also means smaller changes like removing cords and floor clutter which are tripping hazards. In the bathroom install anti-slip tiling, grab bars and foldable seats in the shower or tub to prevent falls. Low-pile carpeting helps prevent stumbling and color contrast carpet on stairs helps prevent missing a step.

-INSIDE-

Learn about digital equity in healthcare. See page 8

Assess your readiness for aging in place. See page 12

Let's Chat. How one woman beat incontinence. See page 16



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Then, 30 years later, when most Americans did not have access to insurance after retiring, President Lyndon B. Johnson signed the Medicare and Medicaid Act of 1965.

Call To Action

Discussions to repeal these laws have emerged over the years, despite the millions of Americans who this could push into the poorhouse. Now, I don't want to be an alarmist but I am sounding the alarm.



If you had no pension, and both Social Security and Medicare were dismantled, would you survive? Many of us would, but too many more of us would not. At least not at our current lifestyle. The prospect of either of these programs being taken away when I most need them is scary, and quite frankly, infuriating. After all, I've been paying into this system since my first job at age 16, when I questioned just who this FICA fella was that was getting some of my paycheck. I was informed that I was paying into a system that ensured I would receive financial and health care benefits in my old age. It didn't make much sense then, but I bought in all those years ago - and it's very, very clear now.

These programs are rights granted to American citizens by federal law, the Social Security Act of 1935. Signed into law by President Franklin D. Roosevelt, Social Security was created as a federal safety net for elderly, unemployed and disadvantaged Americans. It was often referred to as an "old age" pension. Prior to this law, impoverished older adults resided in poorhouses, facilities designed to house the unhoused. Throughout the 19th and early 20th centuries, poorhouses were a reality for society's elders. Residents slept on the institution's hard, sparse iron cots, in a gigantic dormitory, and rats ran up and down the aisles, one historian recounts.

The Democratic Party is not without fault and neither is our current president. I join the millions of Americans who deeply sympathize with the people in Gaza and all civilians who suffer during conflict in that region and around the globe. But I'm simply not willing to work until I'm 70 years old, because there is no Social Security or Medicare. In my view, not voting in the upcoming presidential election, or not voting for the Democratic presidential candidate, is simply not an option.

Older Americans are a large voting block but I also urge you to talk to the young people in your life and with others who are threatening to not vote. Explain to them just what's at stake. Help them to understand how

these roll backs would impact you as well as how they too will be impacted . . . as a 70-year-old.

Vote Blue,
Pat

Patricia Ann Rencher

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P.S. The Primary Care TV talk show with Dr. Lonnie Joe returns April 7 to Detroit Public Television (PBS). The primary care physician examines medical topics relevant to African Americans. See it Sundays at 10:30 a.m., again Thursdays at 2:30 p.m., and on Our Health Media Network's YouTube channel. More info at 248.376.6522.

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Mackenzie Scott's \$2M Grant Transforms Legal Aid Org

By Shawntay Lewis



LAKE SHORE LEGAL AID

Lakeshore Legal Aid is a nonprofit law firm providing free legal services to those with a low income, to older adults, those at risk of abuse, neglect or exploitation, as well as to survivors or those at risk of domestic violence or sexual assault. Their mission is to provide quality legal representation to fight poverty and injustice in metro Detroit and the Port Huron area.

In December, Lakeshore received a \$2.5 million donation from philanthropist Mackenzie Scott, who owns stock in Amazon. Her charitable organization, Yield Giving, provides nonprofits with donations to expand their work. Her organization's website says she has, "pledged to give the majority of my wealth back to the society that helped generate it."

Lakeshore Chief Executive Officer Ashley Lowe said the gift will allow them to continue to support an enhanced state-wide legal aid hotline and the local legal aid clinics they host throughout metro Detroit. "We do intake clinics out in the community on a regular basis at a social service agency, a senior center, anywhere people might be going for other reasons," said Lowe.

Some clinics specialize in the services they provide, such as family law, housing, consumer protection, public benefits, income tax, individual rights, employment, family estates, records expungement, education and protection from abuse.



Lakeshore Chief Executive Officer Ashley Lowe

Lakeshore held nearly 3,000 community outreach events last year, Lowe said. "We're trying to be where clients are, whenever we can, and provide a variety of ways for people to access our services."

The donation has enabled them to prioritize initiatives to deliver legal aid services and transform their operations. "We feel so lucky to be a recipient of this funding," Lowe said. "We really want to take this opportunity to think about how we can make our organization better and transform the organization so that we can continue to do things more effectively and efficiently."

They plan to upgrade their service delivery through technological improvements, such as upgrading to a new phone system for a smoother intake process. "We could do a lot more with technology on our intake and our phone system, so we're going to be getting a new phone system and looking for ways to use artificial intelligence to make the process more streamlined and efficient," Lowe said.

Lakeshore's statewide toll-free Counsel & Advocacy Law Line connects Michigan residents with legal advice and representation. They closed 17,760 cases across the state that were generated by the hotline last year.

"At least 85% of our clients start at the hotline and then once they've received advice from that lawyer, then they get connected and they're eligible for further services, placed with a lawyer in one of our offices," said Lowe.

The hotline, 888.783.8190, is available during office hours Monday, Tuesday, and Thursday, 9 a.m. to 5 p.m., Wednesday 9 a.m. to 6 p.m. and Friday 9 a.m. to 1 p.m. Help with any of the services can be obtained by reaching out to the hotline, and online at lakeshorelegalaid.org.

Shawntay Lewis is a junior in Wayne State University's Journalism Institute for Media Diversity.



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AAA 1-B is now AgeWays: A New Name for a Legacy of Caring

Agency Highlight

Area Agency on Aging 1-B



AgeWays

Nonprofit Senior Services

The Area Agency on Aging 1-B is celebrating its 50th anniversary with a new name and logo. The agency is now known as AgeWays Nonprofit Senior Services. The agency says they saw the need to change to AgeWays because, “Our former name was difficult to pronounce and to remember.”

In seeking new identity branding, they chose AgeWays because the word reflects their mission and what they do best - help older adults age in the ways they choose and give tools to family caregivers to support those choices.

Area Agencies on Aging were established in the federal Older Americans Act of 1973 to help older Americans and their caregivers live quality lives with independence and dignity. The largest of the AAAs in Michigan, 1-B is one of 16 in the state and 622 nationwide. AgeWays remains an Area Agency on Aging, drawing its funding from a combination of federal OAA and state health and human services dollars and grants.

“I’m hoping our new name opens up a new level of awareness and we draw many more people to our agency looking for services and

direction,” says Michael Karson, AgeWays CEO and president.

The name and logo updates aside, the work of AgeWays remains the same, serving as a one-stop source of information and support for older adults and their caregivers. The agency has, however, added an important new initiative to support family caregivers. The Respite Services Voucher program provides up to \$575 per year for families to hire temporary caregivers for their loved ones.

AgeWays offers a full range of resources, services, and programs, ranging from respite care, to meals for the homebound, to transportation and Medicare counseling. The agency serves residents in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties to bolster home-based services for lower income adults and address issues that are important to the people they serve.

One of the more pressing issues AgeWays is addressing is the shortage of paid and unpaid caregivers. As advocates for policy improvements, their team works with elected officials to alleviate the

shortage, including by addressing the pay rates home health aides earn.

AgeWays is also partnered with Trualta, which says it is, “the leading

family caregiver education and support platform, and aims to help unpaid family caregivers build skills, improve confidence and feel less isolated. It offers on-demand articles and videos, and virtual support groups, to help improve at-home care and reduce caregiver burnout.” Access their resources at www.trualta.com.

For more information on programs and supports, or for updated email addresses to contact staff, go to the agency’s new website, AgeWays.org. To learn more about programs, call 800.852.7795, a number that remains as a trusted source of information for older adults and caregivers.

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Alzheimer's Association Michigan Chapter Hires Program Manager for Black Community Outreach

News



Did you know Black Americans are twice as likely to have Alzheimer's or another dementia, as compared to white Americans? Yet Black people are less likely to receive a diagnosis. Ashly Tutwiler is the new program manager of the Alzheimer's Association, Michigan Chapter. She is focusing on African American outreach in metro Detroit.

Tutwiler works to spread awareness, encourage early diagnosis, increase representation in research and connect people to resources that the Alzheimer's Association provides. She is available to speak to groups on awareness and diversity, equity and inclusion - as well as to present on the 10 warning signs of Alzheimer's. Tutwiler can be reached at 248.983.5485 or aktutwiler@alz.org.

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Digital Equity and Health: The Promise of Virtual Care

By Nancy Combs



Denise White Perkins, MD, Ph.D.
Interim Chair of Family Medicine for Henry Ford Health

A positive outcome of COVID-19? How is that even remotely possible? Indeed, the same deadly pandemic that cast a glaring light on tragic health disparities has also shined a beacon on a powerful way to help close those disparity gaps.

Virtual care is that positive outcome. Also called telehealth, its usage skyrocketed sixfold between 2019 and 2021, according to www.healthIT.gov. And nearly 75% of physicians recently surveyed by the American Medical Association reported their practices use telehealth – almost three times more than in 2018.

Logging into an electronic portal to view your medical record, visiting with your doctor virtually, or accessing other services online, these all can make it easier to maintain optimal health. But only if these virtual resources are all available, understandable, and relatable to the patient. There is concern that a technology or knowledge gap will

disrupt the connection, especially for seniors.

Denise White Perkins, MD, Ph.D., interim chair of Family Medicine for Henry Ford Health, is director of three grant-funded projects to improve telehealth for seniors. “We want to make sure we don’t leave whole segments of our population behind,” White Perkins said.

At its best, telehealth can increase access to care, decrease loneliness, and empower patients everywhere with tailored health information from trusted sources.

At its worst, telehealth can widen gaps in care by privileging those with high digital literacy and dependable internet service.

“Telehealth is here to stay,” said Ally Hunter, virtual care consultant at Henry Ford Health. “But if we don’t work for digital equity, health disparities will continue to grow.” That’s why Henry Ford, along with other health systems in the U.S., has prioritized digital equity. It’s “the idea that everyone should have the information technology capacity needed for full participation in the society, democracy and economy.”

Providing Connection

As they work towards digital equity in healthcare, Henry Ford Health is focused on seniors.

“Older adults are the largest population we serve, and it’s a diverse population. Many are underserved

with poorer health,” Hunter said. “It’s people we genuinely care about,” she said of the demographic group.

“There’s a misconception that virtual care is in place of in-person care. In reality, it’s in addition,” Hunter said. “It’s talking to your doctor when you don’t need to be seen in person – maintaining your treatment plan with virtual touchpoints that can alleviate pain points, too.”

“The sole purpose of telehealth is to provide connection,” White Perkins said. Older adults are at varying comfort levels with virtual care, she said. “We are interviewing patients and community members to understand how we can ensure a

seamless experience for the end user.”

To gain stakeholder input, “we surveyed a number of senior-facing organizations including the Southeast Michigan Senior Regional Collaborative. Next, we will train peer ‘digital inclusion coaches’ in partnership with Hope Village Revitalization,” a Detroit community development corporation, White Perkins said.

Educating clinicians is key. “We are orienting provider teams to help the patient check sound and camera placement ahead of their visit,” she

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Issue 02 | Fall 2020

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BRIDGING COMMUNITIES

Digital Equity

Continued from page 8

said. “Do they want to include a family member or caregiver? For a patient with diabetes, we might ask, ‘Can you show me your fridge?’”

‘Meet people where they are’

COVID riveted attention on what was there all along – the profound impact of non-medical factors such as income, transportation, education, safety, racism, ageism and other “isms” on a person’s health status was shocking to many. Now that the public health emergency is over, virtual care is a critical piece of the complex puzzle to reduce health disparities ... or is it?

That jury is still out, White Perkins and Hunter concurred. Broadband connectivity remains lower in the majority Black and Hispanic city of Detroit (79.4%) compared to all of Michigan (87.8%), according to U.S. Census statistics. When people have poor internet access and low digital literacy, they are more likely to experience worse chronic disease, Hunter said.

Barriers like these call for strong collaboration. That’s why Henry Ford Health is working with the Michigan Telehealth Collaborative, and partnering with Michigan State University, to form the Southeast Michigan Collaborative for Improving Older Adult Healthcare in a Virtual Environment. “It’s really important to learn from each other,” Hunter said.

“Health systems need to ask: What are the gaps that keep patients from accessing and using telehealth? Who has devices, and what is our patient’s ability and self-confidence to use them?” Lastly, “How are we

increasing those skills, and what technical supports do we provide?”

Virtual care is at a crossroads. “If we leave people behind, we will widen disparities. We need to connect the right patient with the right care at the right time,” said White Perkins, likening telehealth to the age-old practice of improving access to care by providing cab vouchers or bus tickets. “We need to meet people where they are.”

Those who are not patients of Henry Ford Health, and who are needing virtual support, can contact the main number for their health system, or search “virtual care” or “patient portal” at that website, Hunter said.

Henry Ford Health patients can:

- Call 800-HENRYFORD and ask for a digital technician
- Check hardware, sound, speaker and connectivity at techcheck.hfhs.org
- Patients 65 and older get priority support for on-demand care. Login to MyChart, choose “Find Care” and “Video Visit on Demand.”



Henry Ford Health virtual care consultant Ally Hunter, is an expert presenter on digital equity in telemedicine at the Healthcare Information and Management Systems Society Global Conference.



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Telling Victoria's Secret: The Benefits of a Bra, When it's Properly Fitted

By Judy Diebolt



Ask almost any woman about the least comfortable item in her wardrobe and chances are good she will say it's her bra.

Women complain that their bra straps dig into their shoulders or slip down. Underwires poke sensitive chest tissue. Elastic closures squeeze chests and bands ride up while the cups gape or overflow. Bad-fitting bras can lead to shoulder pain, poor posture and chronic discomfort, especially for women with large breasts.

If any of those complaints seem familiar, experts say, it's because you're wearing either the wrong size or the wrong style bra.

Medical experts say a woman could wear up to six different bra sizes in her lifetime due to such

factors as pregnancy, weight gains or losses, and aging. So, what's a girl to do? Get a professional bra fitting from a trained saleswoman, experts say.

Akeena Holmes and Tykelia Ryan, saleswomen and trained fitters at Busted Bra Shop in Detroit's Riverbend Plaza, talk about the importance of a professional fitting with the zeal of evangelists.

"A professional fitting helps build confidence, self-esteem and a good silhouette," said Holmes. "We're more comfortable," she adds, when wearing the correct size and style.

A fitting session at Busted goes like this: The customer goes into the dressing room and takes her shirt off and raises her arms. The

fitter takes a measurement under the breasts and then has the customer hold the tape measure across the fullest part of the breast. The under the breast measurement is subtracted from the fullest measurement and that becomes the guide to the correct size. The fitter then brings in a selection of bras for the customer to try on. In picking the right bra, they employ a technique called "anchor and sweep." Once in the bra, the customer holds the band in place with one hand (the anchor) and pulls the breast tissue forward and up with the other hand (the sweep), placing it properly into the cup.

There are common misconceptions about how a bra should fit and feel. "Sometimes they feel like the bra may fit, and think it's a push-up bra, but actually it's too small," Ryan said.

She noted that most women have one breast that is bigger than the other, so they fit for the larger breast. "They're twins but not identical," she said.

Busted, which also has locations in Midtown Detroit, Rochester Hills and Ann Arbor, carries sizes ranging from AA to P cups.

Judy Diebolt is a veteran Detroit journalist who was an editor and reporter for The Detroit News and Detroit Free Press.

HEALTH BENEFITS OF WEARING A PROFESSIONALLY FITTED BRA:

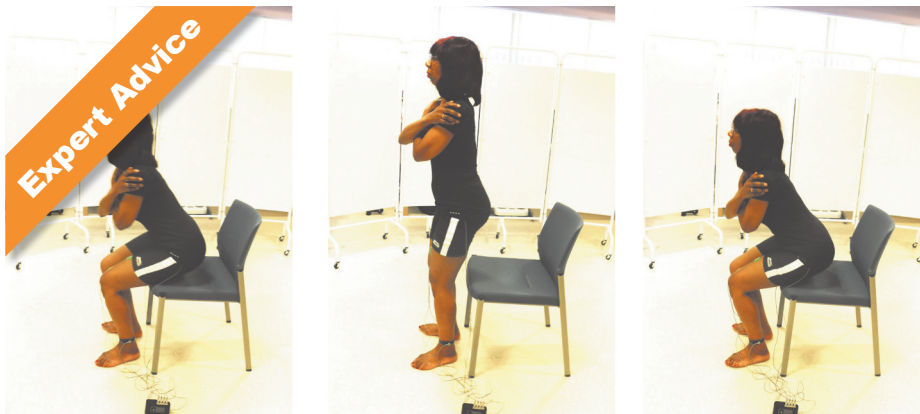
Reduced Back & Neck Pain. A major cause of backache and neck pain is often wearing an ill-fitting bra, especially for those with larger breasts. A bra that supports your breasts perfectly can reduce back pain, skin irritation, and chest pain. Research suggests that posture-correcting bras effectively support the breasts and improve neck and shoulder positioning without putting pressure on the back.

Improved Posture. While posture changes may be a normal part of aging, wearing the right kind of bra can slow some of the inevitable loss of good posture. Shoulders are no longer slouched and the back is straight, due to the support the chest receives. Physical therapist Theresa Marko, who treats patients with age-related posture changes, says patients can have pain just about anywhere, from their necks to their ankles, due to poor posture. Other possible posture-induced problems could include breathing problems, balance issues, and problems performing daily tasks.

Protection for the Spine. Muscles support the spine and keep the torso upright, but we tend to lose muscle mass as we age. A posture-correcting bra encourages proper alignment and discourages forward hunching or leaning, which can strain the spine. A good bra helps to distribute the weight of the breasts evenly across the chest. By doing so, it reduces strain on the back muscles and prevents excessive pressure on specific areas of the spine. Ideally, a bra should keep the breasts halfway between the elbows and shoulders. This positioning helps to maintain or slow the natural spinal curve that results from the body's tendency towards excessive rounding as we age.

Improved Mental Health. A professionally fitted bra enhances the appearance of your outfit and gives you confidence in your appearance.

Use Your Muscle Strength to Build Muscle Power



Power Gets You Up from a Seated Position

It's such an important fitness topic for older adults that it's been addressed by The New York Times in a recent challenge to readers to get moving. Experts say seniors must move their bodies as they age and that this includes, heart pumping cardio exercises, weight-bearing or the use of body-weight for strength and balance workouts, and power training. Power is defined as "the ability to apply force rapidly — using fast-twitch muscle fibers in short, explosive bursts. Strength allows you to lower into a chair, power gets you back up. If you trip and stumble, power allows you to quickly recover and avoid a fall," the NYT reports.

The report says, "Like strength, power is a 'use it or lose it' ability that can disappear quickly. While strength declines around 1 to 3 percent annually after the age of 55 if you're not strength training, power disappears at a rate almost double that." But there's hope! "With the right exercises, you can prevent this — or restore the power you've lost. Depending

upon your fitness level, you can make significant progress in as little as a month or two."

Here's How to Test & Build Your Power Moves

1. A way to assess your power-level is the 30-Second Sit-to-Stand test, which also gauges the risk for falling, the article reveals.
2. "Sit in a chair with a straight back and no arm rests and cross your arms over your chest, resting your hands on your shoulders, feet flat on the floor. Start a timer for 30 seconds and count how many times you can move from sitting to standing. Men over 65 should be able to do 12 or more; women over 65 should do 11 or more. If you score below that, you may be low on power."
3. The fact is, experts report, "Strength can be built with just body-weight exercises, but maintaining or increasing power almost always requires using weights."

For more information, see: www.nytimes.com/2024/01/22/well/move/strength-30-second-power-test-aging.html?smid=url-share

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ELAC is funded by the Michigan Aging & Adult Services Agency, Detroit Area Agency on Aging 1-A, Area Agency on Aging 1-B, The Senior Alliance-Area Agency on Aging 1-C, and with support from the Older American's Act, the Older Michiganians' Act, and in compliance with Title VI of the Civil Rights Act of 1964 and EEOC Social Rehabilitation Act, Section 504.

Free legal consultations for residents of Canton Township are sponsored by the Charter Township of Canton Community Development Block Grant program.

Tax deductible contributions are welcomed.

Planning and Resources are Key to Overcoming Barriers to Aging in Place

By Cassandra Spratling



Vera Boyd in her home.

The four-bedroom brick house on Detroit's LaSalle Boulevard was Vera Boyd's dream house. She enjoyed entertaining friends and family in the spacious, stately house nestled on a large green lot adorned with colorful flower beds.

But after 20 years, she made the difficult decision to move. "It broke my heart," says the 81-year-old Boyd. "I stayed as long as I could."

As Boyd aged, she could no longer care for the house, physically or financially. A trusted, affordable handyman who she depended upon passed away. Others she called upon were beyond the retiree's budget. Boyd worked most of her life in various administrative jobs, mostly for the City of Detroit.

In 2019, she sold her house. The decision to age-in-place or move is a tough one for many older adults. Like Boyd, most would rather stay in their homes. Almost 90 percent of adults aged 50 to 80 would prefer to live in their home as long as possible, according to a 2022 University of Michigan poll of 2,277 people, supported by AARP and Michigan Medicine.

But doing so is not always possible. Major deterrents to aging in place are safety, mobility, financial resources, and accessibility to services, stores, programs and people essential to daily living, say advocates for older adults.

"It's such a huge issue," said Lisa Dedden Cooper, manager of Advocacy for AARP Michigan. "AARP's mission is to empower people to choose how they live as they age. If people don't have access, they can end up going into a nursing home when they just need help with activities of daily living."

Ronald Taylor, president and CEO of Detroit Area Agency on Aging, advises people to begin thinking about their future living arrangements before they're at the point of having to make a decision. "You should have a plan instead of having the decision spring up and not having a game plan in place," Taylor said.

He recommends people take a hard look at the livability of the structure they're in, their current and likely future income and their own overall physical and mental health. "Also, what would be the person's support system?" he asked.

"It's a person's choice, but aging in place is not for everyone, especially if it creates a safety issue," Taylor said. "Having an honest lens is going to be critical."

Nurse Practitioner Nancy George, 64, and her husband, Henry Brockner, 60, purchased a home in Grosse Ile three years ago and had it remodeled with the goal of aging in place. Among

other things they had a bathroom remodeled to include a walk-in shower big enough to comfortably accommodate a wheel-chair, though neither needs one. As a nurse who used to do home care, she witnessed first-hand the challenges people faced as they aged.

"Getting in and out of the tub is when many seniors fall," George said. In fact, the bathroom is the most dangerous place in the house for older adults because of the chances of slipping and falling on wet ground, said Keith Paul, a certified Aging in Place specialist who does building and remodeling work for HandyPro International, LLC.

An essential resource for assessing needs and ways to make the home safer and more comfortable is AARP's Home Fit Guide. The guide is available in several languages and is chock-full of tips.

Both Paul and occupational therapist Dr. Brandi Archie, who runs a

business to help older adults age in place, recommend exploring what products and services exist—ideally before they're needed.

Archie advised that anytime someone does a home remodeling project, they consider ways to make it more aging-friendly.

To learn more about products and services offered by HandyPro, including a free in-person assessment, call 734.254.9160 or visit www.handypro.com/service-categories/home-modification

Archie's business, AskSAMIE, offers free advice on products needed and they will do a virtual home assessment for \$49. It also has an online store of products and a free on-demand assessment. For more info, visit www.asksamie.com/pages/get-helpc7e63

One other asset older adults should keep in mind is the importance of

Continued on page 13



Nancy George's bathroom before and after remodeling.

Aging in Place

Continued from page 12

being physically active as much as possible, Archie advised. Even if there's a slip and fall, the chances of a quicker recovery are enhanced for people who are physically active, she said, and it doesn't necessarily mean joining a gym.

"I mean moving your body in ways that are meaningful, that you enjoy and that you can and will do on a regular basis."

Older adults also need to be assertive about seeking services that may help them age in place. Federal, state and local programs exist or are being developed to help seniors age in place, though much more is needed, advocates say.

Nationally, the Eldercare Locator may be helpful. Additionally, churches, community centers, nonprofit groups and other agencies should be checked.

Michigan Gov. Gretchen Whitmer has proposed legislation that will provide a tax credit to help family caregivers who are trying to help older loved ones age in place. The Caregiver Michigan Families Tax Credit would provide a nonrefundable credit to help offset the amount of state income taxes owed. Covered expenses could include but are not limited to adult day care, transportation, home modifications, equipment, and home health care aides.

"We know there are so many Michiganders who work hard to provide for themselves while also caring for an aging or sick family member," said Whitmer. The credit would allow Michiganders caring for a loved one to save up to \$5,000 on their taxes. "That's money back in their pockets to pay the bills and put food on the table as they juggle all their responsibilities. We know the burden

of caregiving falls disproportionately on women and especially women of color. While this informal caregiving work is often invisible, it is invaluable. I remember caring for my mom, who was dying of brain cancer, and my newborn daughter at the same time. It was hard. Anything to lighten the burden will help."

Meanwhile, the Area Agency on Aging where you live is a good place to start looking for assistance. After an assessment, the AAA can set you up with assistance or direct you to resources. Examples include having someone assist with activities of daily living, like transportation, grocery shopping, food or personal grooming.

Bridging Communities is another helpful resource, especially for residents of Southwest Detroit. "That is at the heart of our mission, to help people age in place as long as it's best for them," said Jennie Weakley, deputy director of the organization. The service is available to people at least 60 years old. Workers do an assessment of an individual's needs, then help connect those individuals to services they are eligible for, such as help with chores like lawn care, snow removal or transportation to medical appointments or filling out applications for home repair grants or property tax exemption forms.

Seeking grants or other sources of assistance? Check with those agencies already mentioned and keep an eye and ear open for what may be available.

The Cass Community Social Services, for example, offers \$2,500 grants that are not income restricted to help seniors with minor home repairs.

One of those grants helped 73-year-old Betty Tate add a safety bar and new cabinetry in the bathroom of her house in Southwest Detroit. The small changes made her small bathroom

safer and more attractive, thus more enjoyable.

"It helps me when I can see something nice and clean and new," she says. The bathroom's facelift, completed last December, lifts her spirits. "I plan on staying here. I want to do what I can to remain independent."

One of the major, but often overlooked, barriers to aging in place is social isolation, both Weakley and Taylor of the Detroit AAA said.

"We have people who normally only see the postman," Weakley said. "We know that people are more whole and better off when they engage in community."

Taylor agreed. "How do we keep folks engaged in things they enjoy and continue with hobbies and stress-reducing activities that bring joy?"

In addition to having those organizations help make social connections, they advise checking local recreation centers, churches and other community centers that offer social programs for seniors.

Boyd, who had to move from her cherished four-bedroom home in the LaSalle Gardens neighborhood, now lives in a two-bedroom apartment in the Hartford Village senior living campus. The gated, attractive campus, which offers townhouses and apartments, has a waiting list.

Though Boyd misses her house, she has come to love her new place. There are safety bars in her bathroom. Each unit of the apartment building has an outdoor patio or balcony. And there are recreational activities that bring residents together.

"It's wonderful," she says. "It's roomy and everybody is extremely helpful."



Cassandra Spratling is an award-winning writer who specializes in people profiles and coverage of family issues, women, health and inspirational stories that effect change and empower people in metro Detroit and throughout the nation. She spent 34 years as a features writer for the Detroit Free Press.

TOP TIPS FOR MAKING YOUR HOME SAFER

From the Centers for Disease Control and Prevention:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub, and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.
- Wear well-fitting shoes with good support inside and outside the house.

Specialty Library for the Blind and Disabled has Audio Books and Braille Resources

By Mary Howard, Librarian



workstations that are accessible to the visually and physically disabled. Specialized hardware and software includes: a closed circuit television with an electronic magnification system; the Fusion JAWS and ZoomText programs that use both text-to-speech and screen magnification software; and large print keyboards. Experts say it takes some 30 or so hours to master the assistive technology used, and that practice and patience are key to successful learning.

Housed at the Detroit Public Library's Douglass Branch for Specialized Services, in the Woodbridge neighborhood, is the Detroit Library for the Blind and Physically Handicapped. It provides recorded audiobooks, magazines, braille books, and other materials to those in Detroit, Highland Park and Hamtramck who are blind or visually impaired. Needed equipment and materials are mailed out and returned without postage, through the USPS's federally funded "Free Matter for The Blind," mailing program.

To qualify to register to gain free access to the more than 135,000 audio and braille books in the Braille and Talking Book Library, you must be either legally blind, have a visual or reading disability, or be physically disabled. Titles include bestsellers and popular titles, romances, mysteries, Christian fiction, historical fiction, and more.

The library also assists those who need these specialized services by hosting free training classes to help navigate the available vision loss resources. By making an appointment for training, visitors receive specialized instruction on the use of technology and computers at ADA-compliant

The library also holds more generalized training sessions throughout the year to assist patrons with low vision or blindness on how to better use computers, technology, and other services. For example, the Internet and Word Processing Training Using Assistive Technology session meets Tuesdays, 10 a.m. – 2 p.m. This instruction is to help master computer basics, word processing, internet navigation, and email. Braille instruction meets on Tuesdays, 1 – 2:30 p.m. Those interested should make an appointment to participate.

One training instructor says, "Independence is the first and foremost lesson that attendees can learn from these sessions. By learning to be empowered you can begin to interact with the outside world."

The Library for the Blind & Physically Handicapped is open Monday – Friday 8 a.m. – 4 p.m., closed on weekends, and is located at 3666 Grand River Ave, Detroit, Mich. 48208. Those interested in signing up to receive audio books or those who would like to visit the LBPH, can make an appointment by calling 313.481.1702.

Area Agency on Aging 1-B



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Keep in touch



Super Ager Publishes Book About Lifetime of Love and Resilience

By Shawntay Lewis



Detroit's Frances Lewis published her book this February, just days after her 88th birthday. "Frances Is..." is an autobiography of 12 chapters, detailing her experiences, accomplishments and the various roles she's held throughout her life. From growing up in Detroit's then Black Bottom neighborhood, to becoming a special education teacher and falling in love with her husband, now deceased, Lewis wrote about it all. She said each chapter is a part of what makes her life story uniquely hers.

"Each chapter talks about what I have been through and how it helped make me who I am," she said. "I said I wanted to write a book about how to have five sons in four years and still live to tell the story about it. But I didn't get to it [until now.] I've always had so many things going on, with my husband being sick and I lost my son."

She said she realized a year ago that she could write a book now, as a compilation of her life - having

endured the loss of both her husband and her son just six months apart. The process began with finding a ghostwriter and learning the technology required to write her memories down. She said writing the book came with a lot of decision-making and made her relive life events that she hadn't thought about in years.

"There are some things I wish I would have put in that book and there are things I wish I would not have put in that book," Lewis said. "But in going through, I brought back some memories that I had suppressed since I was a little child. Some terrible things had happened to me. So going back into my memories, it was kind of healing for me."

Lewis graduated from Wayne State University in 1969, with a bachelor's degree in elementary education, with support from her husband. "I worked in a school where they had 10 Black students out of a population of 700. I was the teacher of these 10 Black girls," the retired educator says.

"Sometimes people would throw eggs at them." Eventually, she went back to school for her master's, to become a special education teacher, and earned that degree in 1971. She is still in contact with two students who she taught during her 32-year career with Detroit Public Schools.

Nowadays, Lewis spends her free time at the St. Patrick Senior Center in Midtown Detroit. She said using the computer lab at the center

helped her write and publish her book.

"Most of my time I've been spending at the center working on the computer because the ghostwriter would need some help with errors on the manuscript, so I would do it. I've learned so much and I'm getting ready to become computer literate," she said.

Lewis describes herself as a social butterfly, taking any opportunity she can to spend time with her family and friends. She stays active by singing in the choir at her church, St. John's Presbyterian, and in the senior gospel choir at St. Patrick, as well as by being a member of the

Coalition for Taxpayers Justice in Detroit, and the Top Ladies of Distinction, Inc. "I'm still active. I spoke last month with the coalition," she said. "This month, my project with the Top Ladies of Distinction is to take some clothes to the foster care home."

While experiencing her own significant health challenges, including surviving breast cancer twice and two near-fatal accidents, she remains resilient. Lewis said, through it all, she's kept her faith and family close. "I stand here today as a testament to God's grace and mercy," she said. "That's just what it is."

Support to be a more Confident Caregiver

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Let's Chat About Incontinence

By Patricia Anstett



Do you urinate a lot, leak when you cough or laugh, or have to rush to get to the john?

Join the club - and it's a very big one. Some 33 million American men and women have urinary incontinence of one form or another. It's a big enough problem that there are even birthday cards that joke about it, for those of a certain age.

That's because incontinence increases with age, particularly in women. About four of every 10 women 65 or older have a problem with their bladders. Low levels of estrogen after menopause contribute to women developing overactive bladders. But younger women may also have bladder control problems because of pregnancy and other conditions. Men may develop problems from benign prostate conditions or from prostate treatments.

It's been a closeted subject for years, but now, it's out in the open and there's plenty of help to reduce or get rid of the problem, particularly for what is called urge incontinency - rushing to get to the bathroom.

So, I'll out myself here. In the last year I found myself, along with others, rushing to the bathroom after jumping around and kicking a lot in my Zumba water aerobics class. I convinced myself to tell my success story when I witnessed the tell-me-please reactions of my water aerobics

classmates, in the locker room, after I'd lowered my voice to tell a friend I had found help. A few whipped out their cell phones to take pictures of the business card of my Henry Ford physical therapist, Jennifer Ostrowski, who explained the issue to me clearly and compassionately. I also was fortunate enough to find a female Henry Ford urologist, Dr. Samantha Raffee, who was equally helpful and understanding.

With their guidance, I no longer rush to leave a 45-minute exercise class. I was surprised how little it took on my part and how quickly I got results in the struggle to defeat urge incontinency.

Three things helped me the most.

1. Cut back on caffeine and alcohol

Because caffeine and alcohol both cause you to urinate more, reduce your intake, as I did. Cutting back to cup of coffee in the morning brought me immediate results.

2. Consider Medicine

Raffee prescribed me a 50-mg dose of Myrbetriq, a daily pill for overactive bladders. A side effect is a possible increase in blood pressure. I take a small dose of medicine for borderline hypertension but Myrbetriq did not worsened the problem. I was able to cut my 50 mg dose of Myrbetriq to 25 mg after Raffee did a non-invasive ultrasound test and found that I was retaining a bit too much water in my bladder.

3. Retrain the bladder

I trained myself, as Ostrowski advised, to urinate less often - holding it for an hour for the first week, then building up to longer

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Essential End-of-Life Planning Info for Medicaid & Medicare Beneficiaries, and All Others

By Kim Parker



Owner & Principal Adviser at Forty7 Benefits, Kim Parker is an independent insurance adviser. Contact Parker at 810.350.4117 or kim@47benefits.com.

Does anyone enjoy planning for death? It's an unsettling endeavor, yet end-of-life planning is crucial for peace of mind and the financial security of your loved ones. Beyond healthcare, it covers financial and estate matters, respecting your wishes, and sparing loved ones some tough decisions when you're no longer here. As you plan, here are some aspects for you to consider.

Medicaid Beneficiaries Should Consider Free Legal Services:

If you are aged 60 and above with a low income and/or disabled, your local legal aid clinic or Legal Services of Michigan can provide low to no cost support to develop the necessary documents for your plan

and ensure your affairs are in order, to your liking. In Wayne County, the Elder Law & Advocacy Center provides free legal services to those aged 60 and above and to their caregivers.

Ladybird Deeds Save Homes: Losing a family home to probate, or having a lien placed on property to recover Medicaid costs when a loved one dies, is never pleasant. You can avoid these actions with a Ladybird Deed. It allows you to give your property to someone else while retaining control during your lifetime, saving time and legal costs later on.

Everyone Should Consider These Aspects of Planning:

Healthcare Directives: An Advanced Directive or Durable Power of Attorney for Health Care provides guidance for your medical care by outlining treatment preferences, appointing a healthcare advocate, and expressing your wishes. This living will ensures that healthcare providers and facilities have clear direction when you can't communicate clearly.

Financial Power of Attorney: Financial awareness becomes difficult as we age. The ability to keep up with your finances, investments, or even simple banking transactions lessens and mistakes are likely to occur. Having a Financial Power of Attorney in place

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Navigating Bank Account Beneficiary Decisions

By Bob Mannor, J.D., Mannor Law Group



As a trusted elder law attorney for more than 20 years, I've witnessed firsthand the anxieties families experience surrounding financial management for aging loved ones. One frequent question centers around the "Upon Death Beneficiaries" listed on bank accounts – a seemingly simple concept with much deeper implications. Let's demystify this option. Here is some guidance for navigating financial security for Michigan's seniors.

Paid Upon Death Beneficiaries Decoded:

An "Upon Death Beneficiary" or a paid on death designation, allows you to name someone who inherits the remaining funds in your bank account upon your passing. This bypasses probate and simplifies the process for your beneficiary.

Benefits of the Paid on Death Designation:

- **Faster access:** Beneficiaries receive funds quickly, avoiding the delays of probate court.
- **Privacy:** Unlike wills, POD designations remain private after your passing.
- **Flexibility:** You can change your beneficiary at any time without affecting your ownership during your lifetime.
- **Debt protection:** Generally, creditors cannot access your beneficiaries' POD funds to settle your debts, unlike with jointly owned accounts.

PODs vs. Joint Ownership:

While seemingly convenient, adding a family member as a joint owner to your bank account comes with drawbacks:

- **Loss of control:** You relinquish control over account funds, exposing them to potential misuse by the joint owner.
- **Liability risk:** Both owners are equally responsible for account activity, including debts incurred by the other.

- **Estate implications:** Jointly owned accounts automatically pass to the surviving owner, bypassing your intended beneficiaries in your will.

Alternatives to Joint Ownership

For older adults who need bill-paying assistance, here are options to consider:

- **Power of Attorney:** Grant financial decision-making authority to a trusted individual, but carefully define their powers and limitations under the POA granted.
- **Representative Payee:** A court-appointed representative can manage your benefits and bills if you are deemed incapacitated.
- **Revocable Living Trust:** Enables you to maintain control of your finances and appoint a trusted loved one for bill-paying help only if needed. This offers seamless financial management, and flexibility to modify or revoke the trust as needed.

Seek Expert Guidance:

Choosing the right approach depends on your circumstances and goals. Consulting an elder law

attorney ensures that you understand each option's legal and financial implications, and are able to make informed decisions to protect your loved ones and their financial future.

Additional Tips:

- Communicate openly with your family about your financial plans and beneficiary intentions.
- Regularly review your paid on death and power of attorney designations to ensure they reflect your current wishes.
- Consider creating a living trust for more complex asset management and potential tax benefits.

Remember, proper financial planning safeguards your loved ones and their well-being while providing you with peace of mind. When navigating sensitive decisions, never hesitate to seek expert guidance to ensure that you enjoy financial security and dignity.

Bob Mannor is a Certified Elder Law attorney, certified Dementia practitioner, presenter, author & host of Advice from Your Advocates Podcast. Contact the Mannor Law Group at 810.694.9000.

Incontinence

Continued from page 16

periods. Presto. That worked amazingly well. Turns out the brain responds to the bladder when you go too much, sending signals to go. You can do the opposite by training your brain to send signals less frequently. Normal bladder frequency is every two-to-four hours.

Some women as well as men benefit from Kegel exercises – simple exercises to tighten and release pelvic floor muscles.

Many of us learned them in pregnancy. It's wise to get help from a physician or physical therapist because it's easy to do them incorrectly and you may have a type of incontinence that is worsened by Kegel. To make sure you are tightening the right muscles, stop your urine midstream. If you can do that, you've identified the right muscles to work on.

To do a Kegel, tighten those muscles initially for five seconds, then relax them for five seconds. Repeat four-to-five times, working up on subsequent days to

contracting and relaxing the muscles for 10 seconds. Repeat three times a day in repetitions of 10, according to one of several handouts Ostrowski gave me. Don't make a habit of using Kegel exercises to start and stop urinating. That can lead to incomplete emptying of the bladder and increase the risk of a urinary tract infection.

Losing weight helps because excess pounds weaken your bladder and nearby muscles. Even smoking cessation helps, doctors say. Avoid foods that irritate the

bladder, including tomatoes, some dairy products, spicy and heavily seasoned foods, chocolate, walnuts and peanuts. Stay hydrated, as the bladder can weaken if you don't drink enough fluids. But limit fluids within two-to-three hours before bedtime, to avoid getting up to go - after you have gone to bed.

Veteran journalist Patricia Anstett was a Detroit Free Press medical writer for 22 years, inducted in the Michigan Journalism Hall of Fame.

Caregiver Recognition: A Loving Couple's Challenging Golden Years

Lois and Malcolm Swift had big plans for their retirement.

"We were a very active couple. We had plans to continue golf trips, cruises with friends and visit family," said Malcolm Swift, 76. "I guess when you both helped to care for our parents, and her older sister with Alzheimer's, God was trying to prepare us. Who knew?" he said.

As it turned out, his wife, Lois, 75, now suffers with Alzheimer's disease. "I really grew in understanding and insight when we both had Covid -19 in 2021. I saw my wife, my bride, struggle with its complications and the effects it had on her."

While in the hospital and rehab facilities, Swift recalls it took two staff members to handle Lois. "She was angry and in major emotional pain. I always present myself as a strong, proud husband, but seeing her in this condition, broke me down. I cried, 'God, help me help her with love, and cherish and keep her safe and happy,' that was my prayer."

Swift says he and Lois utilized the services of the Alzheimer's Association for their parents and Lois' sister's care. And for Lois', he found additional, more-comprehensive support and information with Universal Dementia Caregivers, which offers education on the disease and wide-ranging caregiver support.

"I did not know how combative and

agitated she would become. I now know this disease experience is happening to the both of us. Dr. Duren teaches us to honor who they are, were and have become," he said.

Lois worked as a nursing school testing monitor at U of D Mercy, was active in church functions, a knitter, golfer, bingo player and worked on puzzles. In between, she exercised. "And she loved her family, especially the grandkids and me," he adds.

Swift strongly encourages caregivers to be patient when caring for loved ones with dementia. "Be present in the moment. I am there for her when she laughs, cries, and says things from the past. I don't correct her unless I want her to laugh. I use humor as a way to connect with her and to stay calm. Lois is still my heart."

These days, Swift adheres to Duren's constant reminders to caregivers to take time for self-care. "I rejoined my old golf club, volunteer coach with First Tee Golf in Detroit for kids, and participated in last year's Walk to Cure Alzheimer's at the Detroit Zoo."

"Programs like Universal Dementia Caregivers provide a much-needed service by educating families experiencing memory loss of a loved one while equally focusing on the needs of the caregivers," he adds.



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NEWS BRIEFS

ASTHMA

Project HEAL, Health Equity Advancement & Leadership, seeks to reduce asthma deaths and illness among high-risk populations. The free program provides tools, resources, and exciting gifts and prizes, to enhance asthma control and wellness. Potential clients should see their asthma specialist, and appointment assistance is available as is financial assistance for the uninsured. Educators conduct virtual home assessments. Other services include access to specialty care and asthma self-management education. To join, you must be 18 or older, have an asthma diagnosis, reside in Wayne, Oakland, or Macomb counties, and have been affected by healthcare inequities or live in an underserved community. For more information, call the Asthma & Allergy Foundation of America – Michigan Chapter, at 248.406.4254, email aafahealasthma@gmail.com, or visit www.aafamich.org.

CAREGIVERS

The Detroit Area Agency on Aging is offering the following events: A 3-session, in-person Dementia Education series beginning April 10 at the Sherwood Forest Library in Detroit; a Caregiver Pamper Day on May 17; and an Intergenerational Caregivers Day, both in-person and streamed. For more information or to register, email riddickl@daaa1a.org or whitecr@daaa1a.org, or call 313.446.4444 extensions 5213 or 5288.

Studies in neuroscience are discovering improvements when people engage with art. **The C.A.R.E. ProgramSM** at Henry Ford Health has a certified art therapist who presents monthly topics related to the neuroscience of art. The 30-minute, virtual classes will be held at noon on April 17, May 15 and June 19. Visit www.HenryFord.com/FamilyCaregivers, call 313.874.4838, or email CaregiverResources@hfhs.org for more information.

Changing The Care Conversation Coalition will host an open house on Saturday, May 18, from 9:30 a.m. - 1p.m. for those who are, or who have been, caregivers and advocates. The day's events include recording caregiver stories, learning about resources and services, brunch, and more. It is being held at the offices of Lakeshore Legal Aid in the Crossroads Office Center at 16250 Northland Dr, Southfield, Michigan 48075. To register, or for more information, call 888.341.8593, email careconversation@miseniors.org, or visit bit.ly/brunchCTCC.

LEGAL

Elder Law and Advocacy Center Elder Law and Advocacy Center has partnered with Hannan Center to provide free legal services for Wayne County adults over 60 or their caregivers, on the second Tuesday of the month, from 10 a.m. - noon, at the Hannan Center, 4750 Woodward Ave, Detroit. Contact Adrienne Lane at 313.833.1300 ext.28 or alane@hannan.org for reservations.

MONEY SMART

The **Double Up Food Bucks** program is back! The program offers a dollar-for-dollar match of up to \$20 daily, when fresh fruits and vegetables are purchased. Program participants qualify if they are enrolled in SNAP, the Supplemental Nutrition Assistance Program, or use a Bridge card. The program now offers an app and card for shopping at grocery stores or farmers' markets. Earnings on Double Up, on the Double Up card, or MyFresh Wallet app, must be spent within 90 days. For participating locations or other questions, visit: DoubleUpFoodBucks.org, or call 866.586.2796.

Boost your budget and save money! Attend the 2024 Senior Money Smart Expo. From under-the-radar property tax credits, to avoiding Medicare and Medicaid glitches, to spotting money scams, this event will help secure the pocketbook. Experts will screen for underutilized tax credit eligibility, answer questions about Medicare and Medicaid, assist with applying for SNAP benefits and more. The event is Wednesday, April 17, from 8:30 a.m.- 3 p.m. at Wayne County Community College-NW campus, 8200 W. Outer Drive, Detroit, 48219. Host organizations are the Southeast Michigan Senior Regional Collaborative, the Detroit Area Agency on Aging, and AARP. To register, visit: form.jotform.com/administrative_src/rsvp-for-money-smart-expo-2024

NEW ADULT DAY CENTER

Foundation Adult Day Center, located at 21610 Melrose in Southfield, offers weekday care, specialized activities, and supervision for older adults with Alzheimer's disease and other dementias, or those who can't be left alone. To learn more, call: 888.282.3223, or visit: Foundationadc.com.

RESEARCH

Why does Alzheimer's disease impact African Americans disproportionately? It's not known, but participating in clinical research can help researchers identify potential treatments, preventions, or even a cure. The **Alzheimer's Association's TrialMatch®** connects individuals living with Alzheimer's, caregivers and healthy volunteers to clinical trials that may advance Alzheimer's research. The free, easy-to-use service allows potential participants to see which studies are a good fit. Search for studies, receive email notifications about new opportunities, or connect with research teams at www.alz.org.

SUPPORT & CONNECTIONS

Active Connections Highland Park Community Group is held monthly on the second Wednesday of the month from 1 p.m. - 2 p.m. at the Highland Park Recreation Department, 10 Pitkin, Highland Park, 48203. Light refreshments will be served. Contact Adrienne Lane at 313.833.1300 ext. 28 or alane@hannan.org for registration and details.

The Elders Project, in partnership with MiGen, hosts monthly meetings on the third Thursday of the month, from 5 - 7 p.m., at the Hannan Center's Kayrod Art Gallery, 4750 Woodward Ave., Detroit, 48201. Meetings address issues specific to elders in the LGBT community, including allies, to educate and inform on topics ranging from behavioral health to physical health issues. For questions and/or information, call Cornelius A. Wilson at 313.942.2803.

Caregiver Advocates Needed. To advocate for the needs of caregivers, join the Changing the Care Caregiver Conversation Coalition. Virtual meetings are held monthly on the first Wednesday of the month at 11 a.m. and 6:15 p.m. Call 888.341.8593, or email: careconversation@miseniors.org, or bit.ly/CTCCMI to sign up or to learn more.

TRANSPORTATION

Myride2 Transportation Concierge Service can help find transportation options for seniors and adults with disabilities who live in Oakland, Macomb, St. Clair and Monroe Counties, Washtenaw and Wayne counties. Riders can call and make arrangements for needed trips a day or two before traveling. There is no charge for arranging transportation through myride2, but there may be a cost for transportation services provided. Payments are made directly to transportation providers. Visit WWW.myride2.com, or call 855.697.4332. for transportation providers or scheduling.

Connect with Lyft. AgeWays, formerly the Area Agency on Aging 1-B, has partnered with the Lyft private ride service which functions like a taxi. Lyft only operated on smartphone apps to request a ride and pay for the service. This partnership, however, now allows seniors to call myride2 at 855.697.4333, to schedule trips. This same-day service is available Monday - Friday 8 a.m. - 4 p.m. Credit card information is required to book a ride.

VOLUNTEER OPPORTUNITIES

Helping Older Adults Transition from Driving. Those who think they may have to "take the keys" now have access to myride2's Mobility Options Counseling. Experts talk one-on-one about your concerns and help make a plan to help your loved one transition from driving. They offer ideas about starting the conversation, discuss alternate transportation options and help plan for transportation needs. Having a plan in place can go a long way in helping both seniors and their family members feel better about making a decision to give up driving privileges. The myride2 staff is specially trained in mobility options. Reach them Monday through Friday, from 8 a.m. to 4 p.m. at 855.697.4332, or visit www.myride2.com.

Grandparents on the Move, which assists family caregivers raising grandchildren, needs volunteers. Visit www.GOTMO.org or contact Nora Murray at 586.213.2780 to help assist with program activities, life skills, or recreation.

The **Alzheimer's Association Michigan Chapter seeks volunteers** interested in helping families and the community better understand Alzheimer's, dementia and overall brain health. Both in-person and Zoom community educators are needed. Training is provided. Ideal volunteers will likely enjoy public speaking, sharing knowledge, have connections to communities and come with ideas regarding where and how to deliver education programs. To learn more or to apply, visit alz.org/voluntee

Medicare

Continued from page 17

grants someone you trust the authority to manage your financial affairs if you become incapacitated. This includes handling banking, investments, and other financial transactions on your behalf.

Collaborative Planning: Collaboration between your trusted health insurance adviser, financial planner, and elder law attorney is crucial. Each professional addresses distinct aspects of your well-being, ensuring a comprehensive plan is put into action, under your direction.

1. Health Insurance Adviser:

- Navigates health insurance policies and potential medical expenses.
- Assists in understanding long-term care options.

2. Financial Planner:

- Manages financial resources during end-of-life care.

- Assists in budgeting for medical expenses and estate planning.

3. Elder Law Attorney:

- Addresses legal aspects like wills and trusts.
- Navigates legal issues related to healthcare decisions.

Your professional support team is essential in developing a plan aligned with your preferences, to ensure a smoother transition when the time comes. It is most important for you and your family members to have open and honest communication with your support team about your goals, values, and preferences, to minimize stress and uncertainty, offering you and your loved ones peace of mind.

Take it From Me, it Pays to Plan

I've gained a renewed appreciation for the value of planning after experiencing probate upon my father's passing. We followed up with proactive end-of-life planning for my mother who is aging in-place. End-of-life planning involves

thoughtful consideration, in order to craft an all-inclusive plan to provide the security and relief that is lost during the probate process.



FREE ADMISSION **Just Ask** **FREE FOOD**

4TH ANNUAL Health & Fun Fair

CELEBRATING THE HUMAN SPIRIT!

THURSDAY OCTOBER 3, 2024 10AM - 2PM

Eastern Market Shed #5 2934 Russell St. Detroit, MI 48207

An unforgettable Day of Interactive Fun for Seniors, Disabled Persons, Caregivers and the General Public

SPONSORS VENDORS OR VOLUNTEERS

REGISTER NOW ONLINE AT
www.justasktalkshow.org/funfair
or Download & Fax to Bridging Communities (313) 361-6378

For more information or be a part of this event
Call (800) 323-5336

Health Screening, COVID-19 Vaccination, Chair Massage, Health Professional, Health Insurance, Games, Clowns, Give-a-Ways, Prizes, Music & Dancing

HOSTED BY THE "JUST ASK" FOUNDATION
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FREE FOOD

Don't miss the Premier Senior & Disability Resource Event of the Year!

The New 60



**From the office of Wayne County Treasurer
Eric R. Sabree**



PROBATE ASSISTANCE

If you need assistance in starting a Wayne County Probate Court Case because a property is in the name of a deceased family member, please contact one of the following community partners for assistance:

Michigan Legal Services: 313-725-4890

United Community Housing Coalition: 313-405-7726

Legal Aid & Defender: 313-967-5800

We are here to help!
Treasurer.WayneCounty.com
313-224-5990





DON'T HESITATE STAY UP TO DATE

The Detroit Area Agency on Aging is bringing its traveling COVID-19 vaccination team directly to your home.

Detroit Area Agency on Aging is a nonprofit that serves seniors, adults with disabilities, and caregivers residing in Detroit, Hamtramck, Harper Woods, Highland Park & the 5 Grosse Pointes.

FREE Detroit Area In-Home COVID-19 Vaccinations for homebound seniors.



**Don't let mobility challenges get in the way.
Our traveling COVID-19 vaccination team comes to you!**

Who qualifies?

- Homebound seniors, caregivers and family members living in the same home.
- Must reside in Detroit, Hamtramck, Harper Woods, Highland Park or one of the 5 Grosse Pointes.

COVID-19 has continued to evolve. Increase your protection against Omicron variants. Our team offers the primary series and the updated (Bivalent) booster.

(313) 446-4444 DetroitSeniorSolution.org

Detroit Area Agency on Aging | 1333 Brewery Park Blvd. Suite 200 Detroit, MI 48207