

WESTERN & SOUTHERN WAYNE COUNTY SENIORITY NEWS

A PUBLICATION OF

THE SENIOR ALLIANCE - AREA AGENCY ON AGING 1-C

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You or The Court? Who do You Want to Decide Your Future?

Neighborhood Legal Services Michigan
Elder Law & Advocacy Center

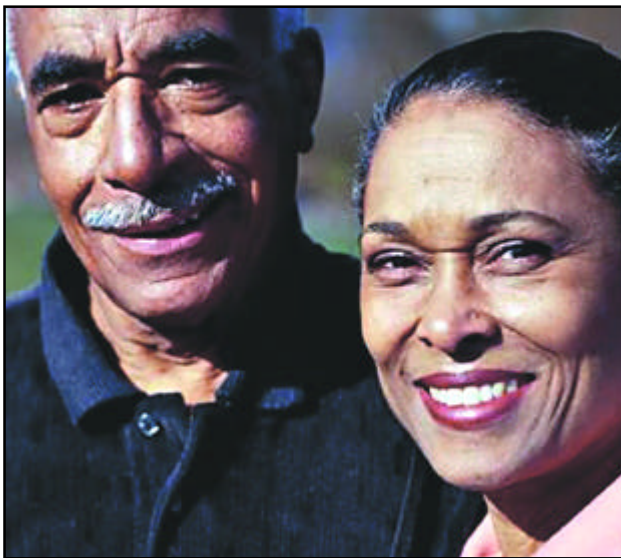
The Elder Law & Advocacy Center (ELAC), part of Neighborhood Legal Services Michigan, offers public educational programs of interest to all adults. ELAC discusses legal issues of particular importance to older adults, their caregivers, or others who interact with older adults. The following is a general overview of some of the hottest topics.

WHAT IS A DURABLE POWER OF ATTORNEY?

A Durable Power of Attorney (DPOA) is a document signed by an adult of sound mind, who is 18 years or older, which grants another person the authority to communicate decisions or otherwise act on their behalf. It is always a good idea to discuss these documents, and the ramifications of incapacity, with an attorney. There are two types of DPOA that are generally used - a Durable Power of Attorney for Finances and a Durable Power of Attorney for Health Care.

What is a Durable Power of Attorney for Finances?

A document which allows an adult to appoint someone to act as their agent in handling their financial matters. ELAC strongly suggests that anyone considering a Power of Attorney for Finances only proceed with the assistance of a Michigan-licensed attorney.



The adult can grant their agent as much or as little power as they wish. They can grant their agent the authority to handle anything from writing checks on their behalf, to signing contracts or handling property matters. An agent should sign any of the adult's documents/checks "as power of attorney for _____." The agent has a fiduciary duty to the adult. This means that they must act in the adult's best interest and carry out the adult's wishes to the best of their ability. The agent should keep very careful and precise records of the adult's finances including receipts and other records for any money they have spent or received.

What is a Durable Power of Attorney for Healthcare?

A document in which an adult designates someone to communicate health care and treatment decisions on their behalf. This designated person is called a "patient advocate" or a "spokesperson," and they act ONLY when the adult loses the ability, either on a short term or long term basis, to make and communicate their own choices. The determination of when an adult is no longer able to make decisions is often determined by their doctor and one other physician or psychologist. The patient advocate can be anyone who is 18 years of age or older. It does not have to be a family member, but it must be someone who can be absolutely trusted with such important life and death decisions. The person who is chosen must also be willing and able to serve as a patient advocate.

It is imperative for the adult to discuss medical treatment wishes with the person before the patient advocate document is drafted and signed. The patient advocate is a "spokesperson" and should know what decisions the adult would make in any of the various treatment situations that may arise.

To have a valid Power of Attorney for Health Care there must be a declaration of intention to name a patient advocate in writing. The document must be signed by two witnesses who are not

See Court, page 12

Index

News & Notes.....	4
Senior Medicare Patrol.....	5
Legal Outreach Sites.....	6
Holiday Meal form.....	8
100 Year Plus Celebration.....	9
Social Security Q&A.....	10
MPSC Consumer Alert.....	11
TSA Service Network.....	14

Creating Confident Caregivers

Creating Confident Caregivers is a special program for family members caring for a loved one with dementia and/or memory loss. It utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Three-hour sessions are held once a week for four weeks, at no charge to participants through a federal grant. This program provides participants with information, skill development and attitudes to manage stress and



See Caregivers, page 12



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Thoughts From the Corner Office

The Senior Alliance, (TSA) Area Agency on Aging 1-C is a non-profit organization serving the 34 communities in southern and western Wayne County. TSA's mission is to coordinate a comprehensive network of services to enable older persons to function as independently as possible in the community environment, which best suits their needs. TSA provides advocacy, programming, planning, contracting, funding and personnel necessary to accomplish the foregoing purpose. Services are also provided to individuals with physical disabilities.



Bob Brown
Executive Director

TSA has a comprehensive network of nearly 50 programs and services, such as: home delivered meals, Holiday Meals, Care Management, Caregiver Support Services, Information and Assistance, Chore Services, Transportation, Senior Employment Program, MI Choice Waiver program, Michigan Medicare/Medicaid Assistance Program (MMAP), and many other services criti-

cal to the welfare of older adults. The efforts of TSA are only possible through the help of volunteers, government support and fundraising provided by individuals and our corporate partners.

In the past year, The Senior Alliance has had remarkable success in all of its programs and has continued to provide services to meet the needs of hundreds of seniors. Older Americans and the disabled have witnessed many turbulent times in the history of our country including World Wars, The Great Depression, and tragedies of diverse kinds. They have made it through those times with great resolve and dignity and are a valuable asset to the next generation. Without the fundamentals they have laid, this country would not be what it is today.

One of the programs that TSA provides is the Holiday Meals program, which delivers meals to seniors who otherwise would not get a hot meal on Thanksgiving, Christmas, Easter and Labor Day. Seniors receiving these meals are homebound due to disability or frailty. Many of them may have no family to assist them or visit with them during the holidays. Meals on Wheels

does not deliver on holidays, so programs like Holiday Meals through TSA ensure vulnerable and delicate seniors receive a meal for that day. Sadly, it is the only sustenance many of these elderly will receive during their day.

For many, this brief encounter with someone from the outside is very beneficial to the welfare of the senior and leaves a lasting impression on their hearts and minds, along with the actual nutrition that the meal provides. These seniors look forward to the companionship of the individual bringing the meals, if only for a few minutes. Sometimes, this is the only opportunity that they have to speak to another human being. The Holiday Meals program has managed to reach its arms far into the community. Schools and churches participate by having children create beautifully colorful placemats that are delivered along with the meal; many times these seniors keep these placemats for the entire year as a keepsake.

If you would like an opportunity to volunteer throughout the next year, please visit our website at www.aaa1c.org or call The Senior Alliance at (734) 722-2830.

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www.womenshealth.gov

The National Women's Health Information Center (NWHIC) is a reliable and current information resource on women's health today. They offer information on more than 800 topics through a call center and website. They can also be reached at (800) 994-9662, TDD 888-220-5446, M-F 9am-6pm.



www.homesafetycouncil.org

The Home Safety Council (HSC) is the only national nonprofit organization solely dedicated to preventing home related injuries that result in nearly 20,000 deaths and 21 million medical visits on average each year. Through national programs, partnerships and the support of volunteers, HSC educates people of all ages to be safer in and around their homes. Click on the 'older adults' tab along the top of the page.

www.womenshealth.gov

The National Women's Health Information Center (NWHIC) is a reliable and current information resource on women's health today. They offer information on more than 800 topics through a call center and website. They can also be reached at (800) 994-9662, TDD 888-220-5446, M-F 9am-6pm.

<http://nihseniorhealth.gov/alcoholuse/toc.html>

Having a drink now and then as you get older is not usually thought to be harmful, but alcohol can be a problem for older adults, especially if they take certain medications, have health problems or don't control their drinking. Aging lowers the body's tolerance for alcohol, and older adults can develop problems with alcohol even though their drinking habits haven't changed. The "Alcohol Use and Older Adults" topic provides helpful information about the effect alcohol may have on our bodies, health and lifestyles as we age.

News & Notes

TSA Holiday Meals - Easter

The Senior Alliance provides a festive hot meal to homebound elders on Easter day.

The deadline to request a meal for Easter is April 11, 2011. To become a volunteer to deliver meals, request a meal or obtain information, call TSA at (734) 727-2060. An order form is located in this newsletter on page 8.

Thank you to our MMAP Counselors

Thank you to the many counselors who participated with enrollment events, one-on-one counseling sessions, and responded to the endless number of telephone calls during Open Enrollment Period last Fall. We are fortunate to have a very special group of volunteer counselors in our Medicare Medicaid Assistance Program (MMAP). They are dedicated to the mission of providing quality benefits decision support to Medicare beneficiaries throughout our local communities. These individuals not only volunteer their time to a worthy cause, but go through extensive training to learn Medicare's rules and regulations. Navigating Medicare can be tough for many beneficiaries. From prescription drug plans to private health plans and the occasional misleading insurance agent, it is not surprising that people with Medicare are confused about their health insurance and their options. If you have a question, you can reach a MMAP counselor by calling

(800) 803-7174.

The 12th Annual Art of Aging Conference Arrive, Achieve, Advance

This year's annual event hosted by Wayne State University Institute of Gerontology will be held March 24, 2011, at Greater Grace Conference Center. The event costs \$18 and includes breakfast, lunch and great sessions to attend. Come and find out how laughter impacts health, laughter yoga, Feldenkrais, Hoarding Behaviors, Make and Take Art, Senior Driving Fitness and staying connected in the digital age for seniors. For a registration form please call Donna MacDonald at 313-577-2297

Income Taxes

Call your local Senior Center to confirm if free tax preparation is being done at their location. Schedule an appointment to have your taxes done for free. While you are at the Center, see what else is going on at there - you will be amazed!

Save the Date: The 23rd Annual Issues in Aging Conference

This Institute of Gerontology event will be May 9 and 10, 2010 at the Dearborn Inn. Come and earn 12 CE, CME credits and learn about all care issues facing today's aging network. Day one revolves around Advances in Alzheimer's

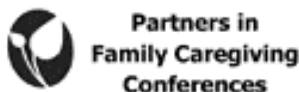
Treatment: Lifestyle, Technology and Pharmacological Interventions and Day Two Contemporary Approaches in Clinical Gerontology. For a registration form please call Donna MacDonald at 313-577-2297. For more great educational opportunities in your area please see the website www.IOG.wayne.edu or call Ms. MacDonald.

Federal Benefit Payments Are Going All Electronic

The U.S. Department of the Treasury now requires all federal benefit and non-tax payments to be paid electronically. People applying for Social Security, Veterans benefits or other federal benefits on or after May 1, 2011, will receive their payments electronically starting with their first payment. People currently receiving federal benefit checks will need to switch to an electronic payment option by March 1, 2013.

Those who do not choose an electronic payment option at the time they apply for federal benefits or those who do not switch by the deadline will receive their benefit payments via the Direct Express® Debit MasterCard® card, so they will not experience any interruption in payment. People who are already receiving

See News & Notes, page 9



Partners in Family Caregiving Conferences

Tuesday, April 12, 2011
5:30 pm – 9:00 pm
Redford Community Center
12121 Hemingway
Redford, 48239

Tuesday, May 3, 2011
5:30 pm – 9:00 pm
Summit on the Park
46000 Summit Parkway
Canton, 48188

Saturday, May 7, 2011
12:00 pm – 3:30 pm
Booker Dozier Recreation Center
2025 Middlebelt Rd.
Inkster, 48141

Wednesday, May 18, 2011
5:30 pm – 9:00 pm
Flat Rock Community Center
Stone Creek Banquet Facility
1 Maguire St., Flat Rock, 48135

Partners in Family Caregiving Conferences 2011

Free & Helpful Information for Families and Individuals Caring for Others

Are you providing care to an older adult or person with a disability? The Partners in Family Caregiving Conferences are a "one-stop-shop" that provides valuable information and resources for caregivers.

Speakers will also discuss and facilitate workshops during the Conferences. Workshops may include, but are not limited to: Understanding How to Navigate the Health Care System, Older Adult Living Arrangements, Alzheimer's Disease and Various Dementias, and Legal topics.

Health screenings will be offered during each Conference. Caregivers and their adult care recipient are welcome to attend!

Get Valuable Information and Guidance On:

- Legal and Financial Issues
- Elder Abuse
- Financial Exploitation
- Handling Stress
- Home Health Care
- Hospice
- In-Home Help
- Medicaid/Medicare
- Senior Housing/ Assisted Living/ Nursing Homes
- Respite & Adult Day Services
- Prescription Assistance
- Support Groups for Caregivers
- VA Benefits

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To Pre-Register or for more information:
(734) 246-2280 ext. 156 or www.waynemetro.org

Caregiver Conferences Provided By:



Elder Law & Advocacy



CSSWC/Retired & Senior Volunteer Program, Redford Township, Community Living Services



**You should talk, but the care will be very expensive.
However, MEDICAID protects the value of a nursing home payment.
You should talk to an attorney with experience
in handling long-term care of loved ones possible!**

Nursing home costs can exhaust a middle-class couple's investments, but you can save your savings. If your spouse is in a nursing home, planning can make the difference between maintaining your standard of living and living in poverty.

Consult a competent and reputable estate planning attorney before it's too late.

John B. Payne, Attorney

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MEDICARE Matters!

What is colorectal cancer?

Colorectal cancer (CRC) is cancer that starts in either the colon or the rectum. It is one of the most common cancers found in men and women in the U.S. Over 95 percent of these cancers start in the cells that line the inside of the colon and rectum. This is where the body processes food to create energy and gets rid of solid waste matter.

In most cases, CRC develops slowly over many years. Most of these cancers begin as polyps - growths of tissue that start in the lining and grow inward. This tissue may or may not be cancer, but removing it early may keep it from becoming cancer.

Are you at risk?

CRC usually is found in people ages 50 or older, and your risk increases with age. Other factors that increase your risk for



James Mitchiner, MD, MPH
Medical Director,
MPRO

CRC:

- You have had polyps or CRC before, even if completely removed
- You have a close relative - such as a sister, brother, parent, or child - who had colorectal polyps or CRC
- Your race or ethnic background predisposes you (such as African American or Jews of Eastern European descent)
- You have inflammatory bowel disease (such as ulcerative colitis or Crohn's disease)

Certain lifestyle factors may increase your chances of getting CRC. They include:

- A diet high in red meats and fat (especially from animal sources)
- Lack of exercise
- Being overweight or obese
- Smoking
- Having two or more alcoholic drinks per day
- Having Type 2 diabetes

Can CRC be prevented?

Regular CRC screening or testing is one of the best ways to help prevent CRC. (Screening is the process of looking for

cancer in people who do not have any symptoms.) Screening can help find CRC early, when it is small and can be effectively treated.

There are two types of procedures used to screen for polyps and CRC:

- Tests that look for both colorectal polyps and cancer: These tests insert a scope into the rectum to look at the colon; others examine the colon using x-rays. Any polyps that are found can be removed, so in some cases the tests may prevent CRC.
- Tests that look mainly for cancer: These involve testing a stool sample for signs of cancer. These tests are easier to do, but they are less likely to find polyps.

What does Medicare cover?

- Fecal occult blood test (FOBT) - Once every 12 months
- Flexible sigmoidoscopy - Once every 48 months
- Screening colonoscopy - Once every 24 months if you're high risk; for those with average risk, once every 10 years, but not with-

in 48 months of a screening sigmoidoscopy

- Barium enema - Your doctor can decide to do this test instead of a flexible sigmoidoscopy or colonoscopy; it is covered every 24 months for high-risk patients and every 48 months for everyone else
- Because CRC risk increases with age, it is important to continue with screening. This is true even if you were screened before starting Medicare.

Who is covered?

People with Medicare ages 50 and older are covered. There is no minimum age to have a screening colonoscopy. To learn more about CRC, visit www.cancer.org. For information about your Medicare/CRC screening benefits, visit www.medicare.gov.

MPRO, the Medicare Quality Improvement Organization for Michigan, under contract with the Centers for Medicare & Medicaid Services, an agency of the U.S. Department of Health and Human Services. 9SOW-MI-6.3-10-147



Senior Medicare Patrol

Empowering Seniors in the Fight against Medicare Fraud and Abuse

Nicole Roofner
Medicare Medicaid
Assistance Program
Site Coordinator

Have you questioned any charges listed on your Medicare Summary Notice or given private information to a solicitor? If you answered yes to either scenario, you may be a victim of Medicare fraud. According to statistics compiled from the White House, Office of the Press Secretary, billions of dollars are spent every year in incorrect health care payments to individuals and organizations. Last year, \$54 billion of the fraudulent costs alone were attributed to Medicare. To combat the high cost of health care fraud, the federal government has partnered with the Administration on Aging, the Department of Health and Human Services, the Centers of Medicare and

Medicaid and the Office of the Inspector General to create the Senior Medicare Patrol program.

The main focus of the Senior Medicare Patrol, also known as SMP, is to create awareness of Medicare fraud and abuse in local communities. The program gives seniors the knowledge and resources to avoid, identify and report Medicare fraud. SMPs use community interactions, such as presentations and one-on-one counseling sessions, to effectively educate seniors on how they can make a difference in the fight against fraud.

SMP instructs Medicare beneficiaries how to protect their personal identity, identify and report errors on their health care bills and identify deceptive health care practices, such as illegal marketing, providing unnecessary or

inappropriate services and charging for services that were never provided. By understanding the difference aspects of Medicare and how to avoid finding themselves in vulnerable situations, seniors can make a positive impact in deterring fraud. The SMP program also works with beneficiaries who are unable to address these issues on their own by working with family members, caregivers or contacting the necessary outside organizations.

In order to reach so many in the community and ensure that Medicare beneficiaries' needs are being met, the SMP enlists the help of highly trained volunteers. Every year, over 4,000 individuals are recruited and trained in the SMP program. Another main focus is to empower seniors in local communities by utilizing them as SMP volun-

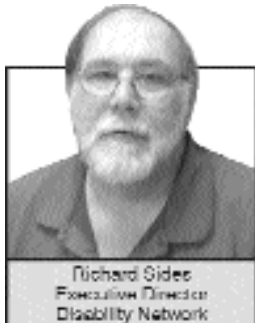
teers. A majority of all volunteers trained are retired professionals and Medicare beneficiaries. With the aid of volunteer efforts, the SMP program has made substantial gains in the fight against Medicare fraud. Last year, over \$75,000 was recovered from fraudulent charges to Medicare, creating additional savings to the health care program. The Senior Medicare Patrol program is creating opportunities for seniors to fight back against those that would take advantage of the health care system.

If you have any questions regarding your Medicare charges or have been contacted by someone who you believe had deceitful motives, contact the Wayne County Senior Medicare Patrol/Medicare Medicaid Assistance Program at 1-800-803-7174.

Disability Perspective

So what exactly is AT? Well, it stands for **Assistive Technology**—a broad term for any device that can help a person with a disability to maintain their independence.

Some examples of AT are: *reachers* for people with limited mobility to grab out-of-reach items, *canes* for the visually impaired, *devices* for hearing impaired individuals, and *wheelchairs* and *ramps* for persons with a



Richard Sides
Executive Director
Disability Network

physical disability.

Since there are so many AT items, sometimes it hard for somebody looking to purchase AT to know **exactly** what to get. We, at Disability Network/Wayne County-Detroit, can help individuals looking for AT learn about what options they might have and make the best, most informed decision on AT.

In collaboration with MDRC (MI Disability Rights Coalition), Disability Network is able to demonstrate various items such as talking calculators, different pill dispensers, recorders,

So What is AT?

Braille writers and more.

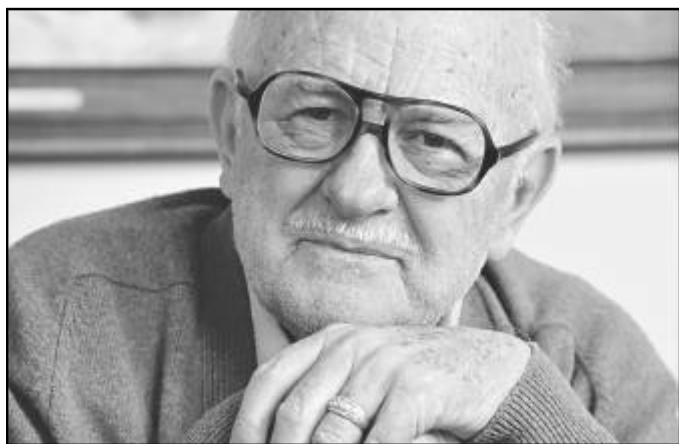
Whether we are presenting to a community group or a personalized one-on-one session at our office, Disability Network tries to make it easier for a person with a disability to find **just** the right kind of equipment to maximize their independence. From learning about various types of AT to learning how to use them, we can help each individual step by step.

So, if you are interested in researching AT, don't hesitate to give Disability Network a call. Take the guesswork out of the whole process of decid-

ing on your AT purchase. You can reach us at **313-923-1655** and ask for **Shayna Smith**. In addition to providing information on AT, we also provide a variety of other services for **people with disabilities** that live in **Wayne County**. No matter what questions that you might have, take the first step and make that first call.

For more information:

Shayna Smith
Disability Network/Wayne County-Detroit
Samaritan Center
5555 Conner, Suite 2224
Detroit, MI 48213
313-923-1655 (voice)
313-923-1404 (fax)



Older Americans Act Reauthorization

Since 1965, the Older Americans Act (OAA) has gained recognition as a unique and highly regarded statute that has stimulated the development of a comprehensive and coordinated service system. This system has contributed greatly to enhancing the lives of older individuals, family caregivers, and persons with disabilities.

In 2011 Congress will consider reauthorization and amendments to the OAA effective in FY 2012. In anticipation of this process, the Administration on Aging (AoA) is soliciting input concerning the reauthorization. Go online to www.aoa.gov for additional information. Input can be submitted to the Administration on Aging online or in writing. The form to be used to provide input is available for download from their website or at The Senior Alliance (TSA) office. To request a form, call TSA (800) 815-1112 or contact us via email at info@tsalink.org.

Legal Assistance Outreach Sites



Neighborhood Legal Services Michigan - Elder Law & Advocacy Center provides legal assistance for Wayne County residents 60 years of age and older. Caregivers are also welcome to attend. Experienced legal staff will give a presentation regarding common elder law issues then you

have the opportunity to have an individual consultation. The free legal assistance to senior citizens is on most civil cases.

If you wish to attend, please call the appropriate center or centers listed below to register. Be sure to check the time of the event.

Presentation topics include: Guardianship/Conservatorship, Wills/Trusts/Powers of Attorney and Living Wills, Nursing Home and Assisted Living, Senior Housing, and Medicaid/Medicare. If you represent a senior housing community, church, or senior center, please send an email to lwhite@wcnls.org to request a copy of this schedule to post on an event board. The following sites were scheduled at time of printing, for information about additional sessions, call the Elder Law & Advocacy Center at (313) 937-8291 or view online at the TSA website calendar at www.TheSeniorAlliance.org.

January 4, 2011, Tuesday
Redford Community Center
12121 Hemingway
Redford, MI 48239
(313) 937-8291
2:00pm

January 10, 2010, Monday
St. Priscilla Church
19120 Purlingbrook
Livonia, MI 48152
(734) 427-7714
6:00pm

February 1, 2011, Tuesday
Redford Community Center
12121 Hemingway
Redford, MI 48239
(313) 937-8291
2:00pm

February 8, 2011, Tuesday
Centennial Farm
25797 Third Street
Grosse Ile, MI
12:00pm

February 9, 2011, Wednesday
Romulus Senior Center
36525 Bibbins
Romulus, MI 48174
(734) 955-4120
1:00pm

February 17, 2011, Thursday
Ford Senior Center
6750 Troy
Taylor, MI 48180
(313) 291-7740
10:00am

February 17, 2011, Thursday
Eton Senior Center
4900 Pardee
Dearborn Heights, MI 48125
(313) 277-7765
1:00pm

February 23, 2011, Wednesday
Senior Services
Wayne Community Center
4635 Howe Road
Wayne, MI 48184
(734) 721-7460
10:00am

March 1, 2011, Tuesday
Redford Community Center
12121 Hemingway
Redford, MI 48239
(313) 937-8291
2:00pm

March 29, 2011, Tuesday
Westland Friendship Center
1119 N. Newburgh
Westland, MI 48185
(734) 722-7632
10:00am

Senior News from Wayne County

Wayne County has a valuable community resource that serves to promote literacy among the physically-challenged population of Wayne County. More than 50 percent of its users are seniors who suffer from visual impairments. Many people find that as they age, macular degeneration or other visual impairments begin to affect their lives.

The Wayne County Regional Library for the Blind and Physically Handicapped, 30555 Michigan Avenue, in Westland, serves thousands of qualifying residents of Wayne County who cannot read standard printed materials due to permanent or temporary visual or physical disability.

"The mission of the library is to



Robert A. Ficeno
Wayne County Executive

provide library service to the physically disabled population of Wayne County that is equal to the service provided to non-disabled residents," said Edith Killins, Director, Wayne County Department of Health and Human Services.

The following materials are available through the library:

- Talking Books, or books on cartridge
- Popular, current magazines on tape
- Descriptive Videos playable on a standard VCR
- Descriptive DVDs playable on a standard DVD player
- Audio copies of the Bible
- Large Print books
- Braille

Who is Eligible?

Residents of Wayne County who are unable to read standard printed materials as a result of a permanent or temporary visual or physical disability qualify for service. This includes individuals who cannot hold or turn pages of print books. Both resi-

dents and organizations, such as schools, rehabilitation centers and nursing homes, may enroll in the Talking Book program.

Library Staff

The library is managed by Maria McCarville, executive director; Vanessa Morris, director, and Sue Steiger, librarian. It employs four student interns and receives valuable help from community volunteers.

Brief History of the Library

The federal Pratt-Smoot Act of 1931 established a network of libraries around the country to disseminate recorded books for the blind. The Wayne County Library was one of the original 19 regional libraries designated for this purpose by the Library of Congress.

The national network of libraries for the blind operates under the supervision of the National Library Service for the Blind and Physically Handicapped of the Library of

Congress. Michigan is one of the few states to have two regional libraries: one in Wayne County, serving the state's largest county, and the other in Lansing, serving the rest of Michigan's population.

Let the Library Serve You

The Wayne County Regional Library serves thousands of patrons in Wayne County and may possibly benefit **you or someone you know**. Approximately 85,000 talking books, 1,600 large print books and 1,400 descriptive videos are provided annually.

All services are free, and as a convenience to residents are primarily conducted by phone and mail. Hours of operation are Monday - Friday, 8:00am - 4:30pm. If the library may be of assistance to you, call (734) 727-7300 or (888) 968-2737, Monday - Thursday, from 12:30pm - 4:30pm. For more information about its programs and materials, visit <http://wayneregional.lib.mi.us>.

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email: info@normandyapartments.com
www.normandyapartments.com

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- Are you tired of asking people to repeat?
- Have you tried overpriced hearing aids only to be left unsatisfied?
- Do you hear the words, but not understand them properly?

NOW IS TIME FOR ACTION

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Livonia, MI 48152

Toll Free 1-866-274-7399
Fax 734-525-8468

Dispenser: David Wingard



Thank You Project Heat

Last December marked the 24rd consecutive year the Southeast Michigan Air Conditioning Contractors of America performed free furnace safety inspections, cleanings, repairs to residents throughout our local communities. We are fortunate to have them offer this community service each December.

Companies and employees volunteered their time to complete service calls which included furnace cleaning and safety checks in and around our region. In addition, numerous repairs were completed, three furnaces replaced and carbon monoxide alarms were distributed.



Thank you to all the volunteer mechanical contractor companies who participated in this outstanding community service program this year: Slasor Heating & Cooling, Inc. Livonia; Day & Night Heating & Cooling, Novi; Air Temp. Mechanical, Redford; A to Z Total Comfort, Dearborn Heights; Diversified Heating & Cooling, Farmington Hills; Airtronic Heating & Cooling, Redford; Dearborn Heating & Cooling, Dearborn; Guardian Environmental Services, Livonia; National Heating & Cooling, Inc., Detroit; Soltman Heating & Cooling, Inc., Oak Park; Accu-Temp Heating & Air Conditioning, Howell; A-1 Comfort Control, Farmington Hills; and Squeaky Clean Ducts, Canton. We have many safer and warmer seniors in our area thanks to the efforts of all these individuals and companies.

Making a Difference

Fire Lieutenant/Inspector Bill Thomas came to The Senior Alliance - Area Agency on Aging 1-C and inquired about possibly sponsoring the City of Wayne seniors for Holiday Meals. A couple days later, Fire Lieutenant Fred Gilstorff came by The Senior Alliance office and presented Ms. DeVore with a check from the Wayne Firefighters for \$450.00 and one from Goodfellows for \$ 205.00. They signed 131 Christmas cards which were delivered to each senior by volunteers along with a hot meal on Christmas Day. These volunteers may be the only person the senior sees on Christmas.

Organizations may choose to become involved by purchasing a bulk of Christmas cards for an area they serve. They choose to place business cards or stickers in the cards so that the senior knows that their Christmas Meal was purchased by their company.

So many of our seniors have volunteered their time to their communities and it is imperative that we let them know how important they truly are. No senior should go without a hot meal for the Christmas holiday. Thank you to the City of Wayne Firefighters and the Goodfellows for their generosity. Great things can be accomplished when people work together.



Pictured: Fire Lieutenant Fred Gilstorff, Linda DeVore, The Senior Alliance Information Services Manager

THE SENIOR ALLIANCE HOLIDAY MEALS

The Senior Alliance (TSA) will be providing special holiday meals for seniors and adults with disabilities who are homebound and alone on Easter Sunday. A hot, festive meal will be delivered by volunteer drivers to eligible participants on Easter Sunday, April 24, 2011. The holiday meal will not conform to the dietary needs of individuals who follow special diets.

To be eligible for a holiday meal one must be:

1. Homebound, aged 60 years and older, or disabled. (Current recipients of home-delivered meals are eligible.)
2. Home alone and without a meal on the holiday.

Funding for the meals is provided through donations to TSA. Although donations are not solicited, anyone interested in contributing toward the meals can make a check payable to "The Senior Alliance Holiday Meals" and send it with the completed form below.

Meal Request forms should be postmarked no later than April 11, 2011. If you receive an unexpected dinner invitation, please call 734-727-2050 to cancel your holiday meal at least 7 business days prior to Easter Sunday.

DETACH AND RETURN THIS PORTION

<input type="checkbox"/> I/we will be home alone on Easter Sunday and would like a hot meal.		
Number of meals needed for Easter Sunday _____ (One meal per eligible person).		
Name of First Person:	Name of Second Person:	
Phone # :		
Name of Apartment Complex:		
Address:	Apt# :	
City:	Zip Code:	
Do You Receive Home Delivered Meals? :		
Date of Birth (mm/dd/yyyy)?	First Person:	Second Person:
Emergency Name:		Phone # :

The Senior Alliance
3850 Second Street, Suite #100
Wayne, MI 48184

100 Year Plus Celebration

The Senior Alliance (TSA) honored all of their 100 years old or older clients of the Community Care Department by inviting them to lunch on **November 9, 2010 at Andiamo's Restaurant located in Dearborn, Michigan.** TSA's Supports Coordinator Elizabeth Taylor led the team for this wonderful event. Our senior citizens have given their lives to their communities and TSA wanted to let them know that we appreciate all their sacrifices.

Andiamo's was very inviting when four of our seniors were able to attend the event that afternoon. Elaine Lucarelli, the banquet Manager at Andiamo of Dearborn, said "We felt honored to be a part of such a great celebration." Additionally, banquet Manager Kim Hart was also very instrumental in making it a successful event.

There were twelve TSA staff persons present at the lunch-

eon to assist our seniors. Kevin Kelley with Wayne County Senior Citizens Services was also present. The festivities began with Byron Thomas (TSA staff) singing "You Are So Beautiful." Each senior was presented with flowers and a gift card.

Ms. Annita Pierfederici brought her niece to the luncheon and stated that it was great to see everybody. Ms. Pierfederici stated that she has recently moved and is able to keep her cat Turbo and her family is very pleased about that. **Beatrice Archibald** stated that she really enjoyed the party and looks forward to next year. She went on to say that the secret to a long life is hard work and that she could not stay in her own home if it were not for the services that she is receiving from The Senior Alliance.

Clarence Carlson was very outgoing and excited to be there; he brought his granddaughter



and great grandson with him to the event. His granddaughter believes that Mr. Carlson would not have survived his 100 year birthday if he was not transitioned out of a nursing home back into the community to be self sufficient.

Jearlean Talley is 111 years old and her daughter was with her to celebrate the event. Jearlean pointed her finger up

and said, "I give Him the entire credit- God." Ms. Talley then proceeded to eat her sherbet ice cream with a smile. The seniors that were not able to make it to the luncheon were **Ida Paglialungo, Susan Swoish, and John West.** These individuals received a gift and a gift card also. We and our seniors are looking forward to having this wonderful event next year!

For ten years the National Family Caregiver Support Program (NFCSP) has provided information to family caregivers and helped them access support services, offered individual counseling and caregiver training, and provided respite care services. Through these efforts, the NFCSP has created communities of care throughout the nation.

News & Notes

FROM PAGE 4

benefit payments electronically do not need to take action. They will continue to receive their payment as usual on the payment day.

Having federal benefits paid electronically by direct deposit into the bank or credit union account of one's choice or into a Direct Express® card account is safer, faster and more reliable than receiving paper benefit checks. No bank account or credit check is required for the Direct Express® card, which is a Treasury-recommended prepaid debit card. In 2010, more than 540,000 Treasury-issued checks were reported lost or stolen, and had to be reissued.

With direct deposit, the Treasury Department sends an electronic message to your bank or credit union account on your usual payment day with the exact amount of your benefit payment from Social Security, VA or other federal agency. You don't have to worry about your money being stolen

out of your mailbox and there's no need to make a trip to cash or deposit a check. Plus, it's better for the environment and saves taxpayer dollars. For example, 12 million pounds of paper will be saved in the first five years alone and with 78 million baby boomers set to retire in the next 20 years, replacing all checks with direct deposit could save taxpayers more than \$120 million annually.

Contact information:
U.S. Department of the Treasury's Go Direct®

To sign up for direct deposit, visit www.GoDirect.org, or call the U.S. Department of the Treasury's Go Direct® helpline at (800) 333-1795.

Direct Express® Debit MasterCard® card

To sign up for the Treasury-recommended Direct Express® Debit MasterCard® card, or to learn about fees and features, visit www.USDirectExpress.com or call (877) 212-9991.

Source: U.S. Department of the Treasury, Financial Management Service

Social Security Insight

Question: I don't have direct deposit yet so I still get a check in the mail. What do I do if I did not receive my Social Security check?



Frances Heimes Sawickis
Public Affairs Specialist

Answer: If you still are receiving checks by mail, please wait until three days after the date you normally receive your payment before calling. If you still have not received your payment by then, contact us at 1-800-772-1213. Please consider direct deposit for future payments because you will never have to worry about late or missing payments. Learn more at www.socialsecurity.gov/deposit.

Question: How do I request proof of my benefit amount?

Answer: You can use your SSA-1099 form as proof of your income if you receive Social Security benefits, or you can use the annual cost-of-living adjustment notice as verification of your current benefits. You also can make an online request for a Proof of Income Letter at <https://secure.ssa.gov/apps6z/B/EVE/main.html>, or you may call Social Security (see below).

Question: I'm retired and I get a monthly withdrawal from an IRA. I plan to apply for Social Security benefits. Will the money from my IRA be considered earnings that could reduce my monthly benefits?

Answer: No. Non-work income such as pensions, annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. For more information, we suggest the following publications: Retirement Benefits (Publication No. 05-10035) and How Work Affects Your Benefits (Publication No. 05-10069). You can find both online at www.socialsecurity.gov.

Question: Can my children

receive dependent's benefits because I am on Supplemental Security Income (SSI)

Answer: No. SSI benefits are based on the needs of the individual and are paid only to the qualifying person. You can learn more about SSI by reading the online publication, Supplemental Security Income (SSI) at www.socialsecurity.gov/pubs/11000.html.

Question: Are Supplemental Security Income (SSI) benefits taxable?

Answer: No. SSI payments are not taxable. You will not receive an annual form SSA-1099. You can learn more about SSI by reading the online publication, Supplemental Security Income (SSI) at www.socialsecurity.gov/pubs/11000.html.

Question: I need help. My husband was diagnosed with early-onset Alzheimer's disease. We need Social Security disability benefits. What should we do?

Answer: You should apply for disability benefits. You can complete an application for Social Security benefits online at www.socialsecurity.gov/applyfordisability. Then, fill out an Adult Disability Report, which you also can find online. The disability application is a claim for benefits, while the disability report provides us with information about your husband's current impairment. You should be able to complete these on your own, but you can call us toll free (see below) to set up an appointment to help you complete the application in person or over the phone. Early-onset Alzheimer's falls under the purview of Compassionate Allowances. This means Social Security will be able to expedite the processing of your husband's disability claim. Claims involving Compassionate Allowances conditions can be processed in a matter of days rather than the months and years other disability decisions sometimes can take. For a list of Compassionate Allowances conditions see www.socialsecurity.gov/compassionateallowances.

Questions & Answers

Question: My neighbor is blind and receives Social Security benefits. Are there other ways for her to get letters from Social Security?

Answer: Yes. Social Security offers a number of services and products specifically designed for people who are blind or visually impaired. Below are a couple of them.

Special Notice Option: If you are blind or visually impaired, you can choose to receive notices and other information from Social Security in special ways that may be more convenient for you. To find out more about this service, please go to our web page, If You Are Blind Or Visually Impaired-Your Choices For Receiving Information from Social Security at www.socialsecurity.gov/notices. In addition, if you have a question about a Social Security notice you receive, you may call (see below) or visit your local Social Security office and ask us to read it to you.

Public Information Materials: Many of our publications, such as brochures and fact sheets, are available in Braille, audio cassette tapes, compact discs, or in enlarged print. Our publication, If You Are Blind Or Have Low Vision-How We Can Help, and other publications in alternative formats can be obtained by calling toll free, 1-800-772-1213. If you are deaf or hard of hearing, you may call our TTY number, 1-800-325-0778. For more information on obtaining public information materials for people who are blind or visually impaired, see our page, Public Information Materials in Alternative Media at www.socialsecurity.gov/pubs/alt-pubs.html.

Social Security Administration

Telephone: (800) 772-1213

TTY: (800) 325-0778

Website:

www.socialsecurity.gov



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MPSC Consumer Alert Home Heating Help

Winter heating bills can have a major impact on household budgets. For people having trouble paying their bills, it is extremely important to know that help with winter heating bills may be available. There are several energy assistance programs for senior citizens and low-income customers. The Michigan Public Service Commission (MPSC) encourages eligible customers to take advantage of the available programs. Customers with heating bills they are unable to pay should first contact their utility company or energy supplier and explain their situation **before** receiving a shut-off notice. This Consumer Alert provides information on the major assistance programs available to Michigan residents.

Winter Protection Plan

The Winter Protection Plan (WPP) protects senior and low-income customers of MPSC-regulated natural gas and electric companies and rural electric cooperatives from electric or natural gas service shut-off and high utility payments between November 1 and March 31. Persons qualify for the plan if they meet any of the following criteria: are age 65 or older (some companies may use age 62), or receive Michigan Department of Human Services cash assistance, or receive Food Stamps or Medicaid, or have a household income at or below 150% of the poverty level.

WPP allows eligible low-income customers to make monthly payments of at least 7% of their estimated annual bill, November through March, and avoid shut-off during that time even if their bills are higher. Low-income customers with past due bills must also pay a portion of the amount owed in equal monthly installments between the time they apply for WPP and the start of the following heating season. Eligible senior citizens participating in Winter Protection are not required to make specific monthly payments between November 1 and March 31, but are encouraged to do so to avoid higher bills when the protection period ends. At the end of the protection period, both low-income and senior citizens tak-

ing part in the plan must pay off any money owed in installments between April and November.

To apply for this or other shutoff protection plans, contact your natural gas or electric utility company or alternative gas supplier.

Federal Earned Income Tax Credit

The Earned Income Tax Credit (EITC) is a special tax benefit for people who work full or part-time. Those who qualify will owe less in taxes and may get a refund. Even a person who does not generally owe income tax may get a credit, but must file a tax return to do so. Apply for an Earned Income Tax Credit with the U.S. Department of Treasury, Internal Revenue Service (IRS) by filling out Form 1040 or 1040A and attach **Schedule EIC** when completing your federal income tax returns. For details, check IRS tax forms for the Earned Income Tax Credit.

Application forms can be requested from the IRS at 1-800-829-1040 or through its website at www.irs.gov.

You May Be Eligible for a State Earned Income Tax Credit (EITC)

For tax year 2010, a taxpayer may claim a Michigan Earned Income Tax Credit equal to a percent of the federal EITC for which the taxpayer is eligible. The credit will assist workers struggling to keep up with rising costs. See the 2010 Michigan

income tax booklet for more information.

Get Help by Calling 2-1-1

2-1-1 is a one-stop, around-the-clock free phone service that links people with information or agencies that can help with utility assistance, rent payments, child care, emergency shelters, job training, counseling, etc.

Home Heating Credit

Qualified persons may receive a credit to help pay winter heating bills. Apply for a Home Heating Credit if you are low income, receive public assistance, or unemployment compensation. Eligible customers must meet guidelines based on household income, exemptions, and heating costs. Home Heating Credit forms for tax year 2010, available in early 2011, must be filed by **September 30, 2011**.

The application form (MI-1040CR-7) can be requested from the Michigan Department of Treasury at 517.636.4486, or through its website at michigan.gov/treasury.

State Emergency Relief (SER) Program

SER may help low-income households pay part of their heating or electric bills and may help keep their utilities in service or have service restored. The program is available year-round. Call your local Department of Human Services office for information or check the Department's website at

michigan.gov/dhs.

Other Assistance Options

There are other organizations that can, at times, provide emergency energy bill payment assistance. The Heat and Warmth Fund (THAW) provides bill payment assistance to low-income residents in 62 Michigan counties - including the Upper Peninsula. THAW's toll-free referral number is 1-800-866-THAW (8429). Check their website at thawfund.org. Your local Salvation Army or Community Action Agency may also be able to provide emergency assistance. Check your telephone book for the nearest locations.

Programs to Reduce Energy Use

Using less energy in the home will lower utility bills. Local Community Action Agencies may help with caulking and insulation, if specific low-income guidelines are met. The MPSC offers the brochure "Energy Savers-Tips on Saving Energy & Money at Home." For a free copy of this brochure, call the MPSC at 1.800.292.9555. This brochure and others on important utility issues are also available on the MPSC's website at: michigan.gov/mpscalerts.

You can also get information on a variety of energy resources at: michigan.gov/bewinterwise.

Source: State of Michigan, Department of Energy, Labor & Economic Growth Michigan Public Service Commission

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Court

FROM PAGE 1

family members. The witnesses can not include the person who is the proposed patient advocate, nor an employee of a health care facility where the adult is a patient at the time the document is made. Once the form is signed, the adult should keep the document in their records, give a copy to their advocate(s), and should file a copy with any hospital, doctor, and dentist offices and any other facility where they receive treatment or care.

It is important for the adult to clearly and specifically express care and treatment wishes in the document and to discuss them with the patient advocate. It is also important to have discussions with health care providers, spiritual advisors, and trusted friends or relatives prior to completing the document. A patient advocate has a duty to follow those wishes which have been expressed and to make decisions in keeping with the spirit and intent of discussions had with the adult.

Other Considerations Regarding Powers of Attorney . . .

For both the financial and the health care Power of Attorney, it is extremely important for the adult to choose someone they **TRUST WITH THEIR LIFE** to handle these matters. It is important to note that these documents are only effective while the adult is alive; the document has no effect after their death. These documents can be revoked, or cancelled, by the adult at any time. If at any time the adult changes their mind about their designated patient advocate or

their agent, or they wish to make any changes to these documents, they have a right to do so.

It is best to do so in writing. Designating a patient advocate or an agent does not mean that the adult automatically surrenders their right to make decisions for themselves. They still have the right to control their affairs and make their own choices. A Power of Attorney document simply gives the adult security in the knowledge that in the event they are no longer able to participate in their own healthcare decisions, or handle their financial affairs, their wishes will still be followed.

WHAT ARE GUARDIANS AND CONSERVATORS?

If an adult does not have a Durable Power of Attorney in place and they are not able to make decisions due to long or short term incapacity, the Probate Court may need to appoint a Guardian or Conservator to help the adult with their personal and/or financial affairs. Guardians and Conservators are always formally appointed by a judge. An adult guardianship should be considered as a last resort; other alternatives should always be explored.

What is a Guardian?

A guardian makes decisions for the person regarding personal matters such as living arrangements and medical care. The incapacitated adult is called a "Ward." A Guardian is appointed when someone who has an interest in the well-being of the adult files a petition with the Probate Court. The court will then schedule a hearing and will appoint a *Guardian ad Litem* to be the eyes and ears for the court. The *Guardian ad Litem* will meet with the subject of the petition to investigate the situation and

then submit a recommendation to the court as to whether a guardian is necessary.

A guardian should never be imposed upon a person unless they have become legally incapacitated. Further, a guardianship may not be necessary even if the person has become legally incapacitated. Arrangements to handle their affairs may be made by signing documents at Social Security or if a person is on Medicaid. And certainly, if the person has completed a Durable Power of Attorney for Healthcare and done other pre-planning, there should be no need for a Guardian.

The proposed Ward has a right to contest the Petition for Guardianship. They also have rights to: request limits on the Guardian's powers; choose their own Guardian; object to a particular person being appointed Guardian; be present at the hearing; be represented by legal counsel; and to have legal counsel appointed for the individual if he or she is unable to afford legal counsel.

At the hearing, the person who has petitioned for guardianship, as well as any other interested party, will go before the Probate Judge who will then determine if a Guardian is to be appointed. An appointed Guardian is required to file an acceptance with the court; they must also file a yearly report on the adult's condition. A Guardian is not personally responsible for the acts or finances of the ward; most importantly they have a duty to act in the best interest of the adult, and they must always work towards restoring the adult to independence.

A guardianship can be terminated or modified by anyone,

including the adult, by filing a petition with the Probate Court; this includes asking the court to appoint a different Guardian.

What is a Conservator?

A Conservator is appointed by the Probate Court to make decisions about the finances and property of an incapacitated adult. Having a Durable Power of Attorney for Finances usually avoids the need for a Conservator.

The Conservator must look after the assets of the adult. A Conservator may be required to post a bond which gives assurance that if they abuse their position, the incapacitated adult will have any money lost returned to them.

The Conservator must file an inventory of the adult's assets and must file an annual account of the adult's finances. The Conservator could be the same person as the Guardian or could be another individual or company.

Contact ELAC if you would like to schedule a presentation in your community. Topics can include Elder Security, Personal and Financial; Durable Power of Attorney for Finances or Health Care; Living Wills; Guardianship; Conservators; Wills; or any other important planning techniques.

The preceding paragraphs should not be considered legal advice. A person's specific circumstances must always be considered and laws are always subject to change.

Elder Law and Advocacy Center, Neighborhood Legal Services Michigan, 12121 Hemingway, Redford, Michigan 48239 (313) 937-8291

Caregivers

FROM PAGE 1

increase effective caregiving.

Come learn about dementia and its effects on the brain,

caregiver resources, managing behaviors, improving caregiving skills, how to handle everyday activities more easily, and taking care of yourself to better care for your loved one.

FREE respite care can be provided for the person with mem-

ory loss, so you may attend the sessions. Be sure to ask for details when you register.

For more information or to register, call The Senior Alliance (800) 815-1112.

This program is supported, in

part, by the U.S. Administration on Aging through its Alzheimer's Disease Supportive Services Program, (#90A10022) and the Michigan Office of Services to the Aging.



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The Senior Alliance.

Area Agency on Aging 1-C

3850 Second Street, Suite 100
Wayne, Michigan 48184
(734) 722-2830 • (800) 815-1112
Fax: (734) 722-2838
Web: www.TheSeniorAlliance.org
E-mail: info@tsalink.org

The Senior Alliance (TSA) is a non-profit agency designated as the Area Agency on Aging (AAA) for western and southern Wayne County. Programs and services offered by TSA primarily address the needs of persons age 60 and older. Services are also available to caregivers and adults with disabilities.

Funding for agency services are provided primarily by the Michigan Office of Services to the Aging (OSA) and the Michigan Department of Community Health (MDCH). The agency is governed by a Board of Directors which receives recommendations on senior issues from an Advisory Council and Corporate Committee.

Eldercare Locator

Each Area Agency on Aging (AAA) can offer information and assistance for older adults specific to their region. Information about AAA services nationwide can be obtained by calling Eldercare Locator on their toll-free phone number at 1-800-677-1116 or by visiting their website at www.eldercare.gov.

The Senior Alliance Service Network

The Senior Alliance Service Network includes programs and

services offered directly by agency staff and service providers who are contracted by TSA. These in-home and community-based services are provided to assist older adults maintain their independence and provide support to caregivers. Contact TSA for additional information about network services and other community programs. Services provided directly by TSA are noted with (TSA).

Adult Day Services

Adult Day Services provides a daytime program of social and rehabilitative and/or maintenance services to functionally impaired elderly persons. The community listed indicates the location of their site(s).

- **Community Living Services - Taylor**
734-947-9219
- **The Information Center - Dearborn**
734-282-7171
- **Wayne County Adult Day Center - Westland**
734-727-7378
- **Woodhaven Retirement Community - Livonia**
734-261-9000

Care Management

Care Management is designed to provide support and link services to older adults who have complex needs and are at risk of nursing

home placement. The program includes an in-home assessment by a registered nurse and social worker, followed by arrangements for service delivery. (TSA)

Caregiver Support

Caregiver education, information, and support groups offered. Program details vary among providers. Call to determine the scope of service offered.

- **Adult Well-Being Services**
734-629-5004
Caregiver Education, Support Groups
- **Neighborhood Legal Services of MI Elder Law & Advocacy Center**
313-937-8291
Caregiver Legal Assistance
- **The Information Center**
734-282-7171
Caregiver Education, Support Groups
- **Wayne Metropolitan Community Action Agency**
734-955-6752, ext. 228
Caregiver Education, Support Groups

Case Coordination & Support

The Case Coordination and Support program assesses the eligibility of seniors for in-home services such as Personal Care, Homemaker, and Respite Care. (TSA)

Chore Referral

Seniors looking for home maintenance assistance will be given the names of independent workers who have agreed to provide services at a reduced cost. Homeowners make their own arrangements for the work and payment for service. (TSA)

Chore Services

The Wayne County Chores program provides emergency and safety services, as funding allows. (TSA)

Community Living Program

The Community Living Program provides individuals and families with access to a free consultation with a TSA staff member who will assist them in finding local resources, assessing their situation and developing a plan that will allow them to remain independent in their homes. This free consultation can take place in your home, at TSA or simply over the phone. This project has been made available through a grant from Office of Services to the Aging (OSA), and you must be 60 years or older to take part in this program. (TSA)

Congregate Meals

Seniors can get a hot lunch on weekdays at any of the 41 community lunch sites. The meals provide at least one-third of the Recommended Dietary Allowance (RDA). Reservations must be made. **Wayne County Office of Nutrition Services**
734-727-7357 or 800-851-1454

Elder Abuse Services

The service provides public education, outreach, and referral with respect to the prevention of abuse, neglect, and exploitation of older adults.

Neighborhood Legal Services - Elder Law & Advocacy Center
313-937-8291

Evidence-Based Disease Prevention Programs

Evidence Based Programs help individuals increase their activity levels. The five courses TSA offers

Giving Opportunities to The Senior Alliance

Each and every gift made to The Senior Alliance - Area Agency on Aging 1-C helps support seniors in need by providing meals to homebound seniors, offering care management to families and outreach to seniors and caregivers who are coping with the myriad of questions involving care. We rely on individual contributions to help fund our programs and services. We appreciate your interest in becoming a part of our family and thank you in advance for your generosity. Your gift is tax-deductible as allowable by law. There are a number of ways you can help:

- Gifts of Cash
- Bequests through a will, trust or annuity (The Friends Society)
- General Contributions
- Event support and sponsorship
- Tribute gifts made in memory or honor of a loved one or friend
- Gifts of stocks, securities and mutual funds
- Workplace giving campaigns
- Gifts of life insurance and IRAs

For additional information, please contact the TSA Information Services Manager at (734) 727-2017.



have demonstrated proven results for participants. Programs have the same content regardless of location.

Arthritis Exercise Program

Offers low-impact exercises that can be done either sitting or standing to help relieve stiffness/pain and to build strength/stamina. The class was developed by physical therapists specifically for people with arthritis or related conditions.

- **Garden City Senior Adult Services**
734-793-1870
- **Van Buren Township Senior Center**
734-699-8918

Arthritis Tai Chi Program

This program brings the gentle, graceful, flowing power of sun-style tai chi to your community. This joint-friendly exercise program will both relax and increase your mental and physical energy.

- **Garden City Senior Adult Services**
734-793-1870
- **Redford Township Senior Center**
313-387-2788

Enhance Fitness Program

Enhance Fitness focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.

Inkster Senior Services
313-561-2382

Matter of Balance Program

This group-based course teaches practical coping strategies to reduce the fear of falling. This course has 8 sessions and each class lasts 2 hours.

Gibraltar Presbyterian Villages
734-676-4802

PATH- Chronic Disease Self-Management

This class is designed to help individuals manage chronic conditions. The class is held over a 6 week period, and each session lasts 2 ½ hours. The workshop has a wide range of activities and skill building exercises that help the participant learn to communicate with their medical provider, make better food choices and become more active.

- **Canton Leisure Services**
734-394-5360
- **Dearborn Senior Services**
313-943-2412
- **Deaf & Hearing Impaired Services**
248-473-1888
- **Garden City Senior Adult**

Services

734-793-1870
• **Inkster Senior Services**
313-561-2382

Friendly Reassurance

This program provides for regular telephone contacts with homebound older adults to assure their well-being and safety, along with social interaction. (TSA)

Health Screening

This service will provide seniors with a series of health tests at several community sites in the region. The tests are designed to identify present or potential health problems.

- **ACCESS**
313-842-7010
- **Deaf and Hearing Impaired Services** (Hearing screens only)
248-473-1888 or 248-473-1875 (TTY)

Home Delivered Meals

Homebound seniors can receive a hot meal delivered to them on weekdays. The meals provide one-third of the Recommended Daily Allowance (RDA). Liquid meals are also available.

- **Wayne County Office of Nutrition Services**
734-727-7357 or 800-851-1454

Information & Assistance

Information and Assistance (I&A) is the first point of contact for individuals calling the Area Agency on Aging. An Information Specialist can provide information and referrals to assist seniors, caregivers and individuals with disabilities with their questions and concerns. Information Specialists educate and link people and services together. All information is handled in a confidential and private manner. (TSA)

Kinship Caregiver Assistance

This program offers information and support services to grandparents and/or relative caregivers age 60 or older who are legally responsible for children 18 years of age or younger.

- **Adult Well-Being Services**
734-629-4717
- **Neighborhood Legal Service of MI Elder Law & Advocacy Center**
313-937-8291

Legal Assistance

Provides legal advice and counseling on issues such as guardianship, power of attorney, age discrimination, entitlements, etc. to persons 60 or older and caregivers. No fee-generating or criminal cases are handled.

Neighborhood Legal Services of MI Elder Law & Advocacy Center
313-937-8291

Long Term Care Ombudsman

Provides assistance to residents and families of nursing homes, homes for the aged, and adult foster care homes, to resolve complaints, provide information about rights and rules, and offer referrals to community resources. Offers assistance regarding placement, financing, and on alternatives to nursing home care.

Citizens for Better Care
313-832-6387 or 800-833-9548

Medicare Medicaid Assistance Program (MMAP)

Trained volunteers provide free education and personalized assistance to Medicare beneficiaries to understand health coverage options and resolve issues involving the Medicare and Medicaid programs. (TSA)

MMAP: 800-803-7174

MI Choice Waiver Program

MI Choice Waiver is a home and community-based program for eligible adults who meet financial and medical requirements. Each participant can obtain basic Medicaid-covered services, and must receive one or more MI Choice Waiver services ongoing. Current individual income limit is \$2,022 per month and countable assets of \$2,000 or less (2009/2010 figures). MI Choice services are funded by the Michigan Department of Community Health. (TSA)

Outreach

This program is designed to reach out, educate and inform our community, caregivers and older individuals of available programs, resources and assistance. (TSA)

Senior Alliance Holiday Meals

This program provides hot meals to homebound seniors on Christmas, Thanksgiving, Easter, and Labor Day. The Holiday Meals Program is supported primarily through private

donations. Meals are delivered by volunteers. (TSA)

Senior Center Staffing

TSA provides funds for staff positions at some senior centers, such as senior center director, program coordinator, or specialist. Call TSA for senior center locations.

Senior Community Service Employment Program

Offers subsidized part-time training opportunities for low-income persons age 55 and older to help them become job ready. Participants are placed at different community sites and work/train an average of 15 hours a week. (TSA)

Transportation

Transportation services allow older adults to access community services, health care providers, and shopping. Most communities have some form of public transportation for seniors and individuals with disabilities available. Services are limited to residents of their community. Contact TSA for transportation service information.

Non-Emergency Medical Transportation Program

In partnership with the Downriver Community Conference, this program provides door-to-door non-emergency medical transportation.* The service is available to adults age 60 and older who reside in western or southern Wayne County. There is no charge for the service, though donations are accepted. *Contingent upon funding

Downriver Community Conference
734-362-7029

Utility Company Referral

The Utility Company Referral program (formally known as Gatekeeper Program) is designed to assist frail, isolated and vulnerable older adults who may benefit from information and resources available in the community. When a utility company employee identifies an older adult who needs assistance, a referral is made to The Senior Alliance. (TSA)

Vision Services

Provides specialized vision service for visually impaired persons, including help in learning to function independently.

Greater Detroit Agency for the Blind and Visually Impaired
313-272-3900

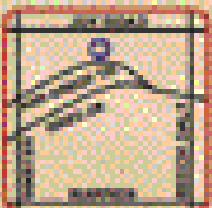


Shovel snow or sip hot cocoa by the fire?

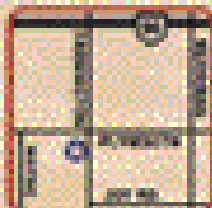
At American House, the choice to free yourself from worries like getting the driveway shoveled is easy. From activities and outings to happy hours and continued education, American House has been helping seniors avoid the winter blues for over 30 years. Come see how we can enrich YOUR winter days. We'll even make you a fresh cup of hot cocoa.

Call one of our Wayne County communities today to schedule a FREE lunch and tour.

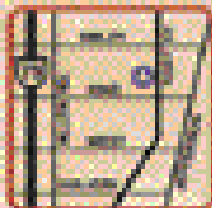
Residences • Dining • Activities • Education • Wellness • Transportation • Support Services



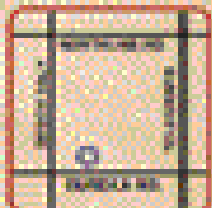
Dearborn Heights
 (313) 918-1071
 28000 Ann Arbor Trail
 Dearborn Heights, MI



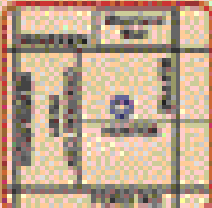
Livonia
 (734) 237-8510
 11525 Farmington Road
 Livonia, MI



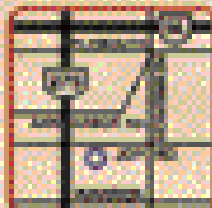
Riverview
 (734) 720-4161
 20000 Fort Street
 Riverview, MI



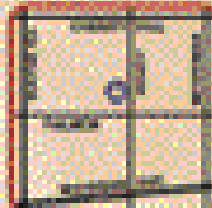
Southland
 (734) 484-2214
 25250 Eureka Road
 Taylor, MI



Westland Hunter
 (734) 331-0901
 35700 Hunter Avenue
 Westland, MI



Westland Joy
 (734) 335-0948
 39001 Joy Road
 Westland, MI



Westland Veno
 (734) 331-0910
 1660 Veno Road
 Westland, MI

American House 
 SENIOR LIVING COMMUNITIES
americanhouse.com

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