

# Living in Harmony

## Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: **MARCH 2016**

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### Harmony Manor News:

Hello All,

Harmony Manor residents, board members and staff are preparing for the 2016 Friends & Family Kick Off party scheduled Thursday, April 7, 2016 from 1:00 pm to 2:30 pm in the Harmony Manor Community Room. We are raising funds for Resident Activities. Please join us if you're available.

As always thank you for your support!  
*Misty L. Gregory, Administrator*



**#1: It's good for you.**

**#2: It saves resources.**

**#3: Volunteers gain professional experience.**

**#4: It brings people together.**

**#5: It promotes personal growth and self-esteem.**

**#6: Volunteering strengthens your community.**

**#7: You learn a lot.**

**#8: You get a chance to give back.**

**#9: Volunteering encourages civic responsibility.**

**#10: You make a difference.**

Look for PVM on:





## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

As we age, we often consider our daily aches and pains to be a sign that we are getting “old”. We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the “fact” that there’s nothing we can do about it.

While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies. Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults. Additionally, because certain medications are known to interfere with your body’s ability to absorb nutrients you should also talk with your doctor about the medications you are taking.

If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it’s best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit [www.choosemyplate.gov/MyPlate](http://www.choosemyplate.gov/MyPlate)



## Announcements



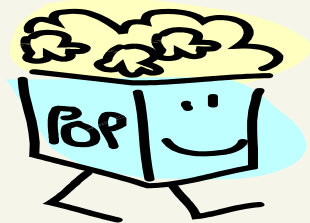
**Every Saturday**

**Movie Day**

**6:00pm**

**Community Room**

*Bring your snacks*



**Every 2<sup>nd</sup> Wednesday**

**Tenant Council**

**Meeting @ 6:00pm**

**Community Room**

**Sunday Service**

**Hope Presbyterian Church**

**15340 Meyers**

**Detroit, MI 48238**

**Fellowship begins**

**@ 10:00 am**

**Transportation Available**

**Please call**

**Stephanie 313.861.2865**



## Senior Activities in the Detroit Metropolitan Area

### Museums & Historical Sites

- Ann Arbor Hands-On Museum • 734-995-5439**
- Automotive Hall of Fame • 313-240-4000**
- Black Holocaust Museum • 313-491-0777**
- Charles H. Wright Museum of African American History • 313-494-5800**
- Cranbrook Art Museum • 248-645-3323**
- Cranbrook House and Gardens • 248-645-3147**
- Detroit Historical Museum • 313-833-1805**
  - *Historic Fort Wayne • 313-833-1805*
  - *Dossin Great Lakes Museum • 313-821-2661*
- Detroit Institute of Arts • 313-833-7900**
- Edsel and Eleanor Ford House • 313-884-4222**
- Fort Malden National Historical Site • 519-736-5416**
- GM World • 313-667-7151**
- International Gospel Music Hall of Fame and Museum • 313-592-0017**
- Henry Ford Estate • 313-593-5590**
- The Henry Ford Museum, Greenfield Village, Imax Theatre • 313-271-1620**
- Holocaust Memorial Center • 248-553-2400**
- International Institute of Metropolitan Detroit • 313-871-8600**
- John Freeman Walls Historic Site and Underground Railroad Museum • 519-727-6555**
- Meadow Brook Hall • 248-370-3140**
- Michigan Sports Hall of Fame • 248-473-0656**
- Motorsports Museum and Hall of Fame • 248-349-7223**
- Motown Historical Museum • 313-875-2264**
- Tuskegee Airmen National Museum • 313-843-8849**
- Walter P. Chrysler Museum • 1-888-456-1924**

## PVM Store Features Winter Goodies with Your Village Logo

By the PVM Marketing Department

As you may know, earlier this year the Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store as part of our year-long celebration of PVM's 70<sup>th</sup> Anniversary. Made possible via a grant from the PVM Foundation, the PVM store allows staff members, residents, board members, and their families the opportunity to purchase great PVM apparel and accessories complete with the village logo of their choice. Apparel options include shirts, sweatshirts, jackets, bags, hats, and all kinds of other essentials.

For the month of November, the PVM store is proud to run a special holiday promotion that will make giving the gift of PVM easy and affordable. All you have to do is visit the PVM store by typing [pvmstore.org](http://pvmstore.org) in your browser, choose the items you want to buy, and enter the coupon code "**PVMHappyHolidays10**" when checking out. If you've done it correctly, you'll receive 10% off of each item in your order.

Along with our current stock of awesome apparel, we've added all kinds of winter-themed goodies including hats, gloves, scarves, and other great items that'll make the perfect gift for the PVM employee, resident, or family member in your life.

Before you know it, the holidays will soon be upon us – so, what are you waiting for? Promote your PVM pride and spread some holiday cheer by doing this year's shopping at the PVM store.

*To visit the PVM store, type [www.pvmstore.org](http://www.pvmstore.org) into your web browser. Enter the coupon code **PVMHAPPYHOLIDAYS10** to receive 10% off of your order placed before December 1<sup>st</sup>. Have suggestions for items you don't see in the store? Email us at [gdowney@pvm.org](mailto:gdowney@pvm.org) or tell your administrator.*



### TOP 10 TO REMEMBER

- 1) FOBS Are For Residents Only
- 2) Do Not Open the Door/Allow Strangers Into the Building
- 3) Wear Your Life Line Pendant & Keep Your Cell Phone With You
- 4) NO SMOKING, No Incense & No Candles in Apartments
- 5) Check On Your Neighbors
- 6) Report All Work Orders
- 7) Pick Up After Yourself & Remind Your Guests to Do the Same
- 8) All Garbage Must Be In A Tied Trash Bag & Break Down Boxes
- 9) Attend Tenant Committee Meetings
- 10) Overnight Guests Are Allowed 21 Days Per Year & Must Register With Office



## Friends & Family Kicks Off April 1<sup>st</sup>!

Join us in the annual **Friends & Family** fundraising campaign! Friends & Family is an opportunity for residents to raise funds for projects that will enhance and enrich their lives. The 2016 goal is to raise \$150,000 cumulatively across all participating PVM Villages.

### Match Opportunity

**Your gift received by April 30<sup>th</sup> during Friends & Family (F&F) is eligible to be matched!** Matching funds will be awarded at the end of the campaign to every Village, based on the percentage they raised toward the total F&F amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

*Example: If your Village raises 10% of the total F&F amount raised (across all Villages), then your Village will receive 10% of the matching funds available.*

### Want to Learn More?

Attend your Village Kick-Off Party or look for flyers and posters to learn more about your Village's individual fundraising goal and project. You can also visit [pvmfoundation.org/FF2016](http://pvmfoundation.org/FF2016). Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, **every gift matters!**

### To Make a Gift

- See the front desk or your Administrator for a donation envelope and mail it to PVM Foundation, 26200 Lahser Road, Suite 300, Southfield, MI 48033.
- Go online at [pvmfoundation.org](http://pvmfoundation.org) and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040. Best of luck to ALL the Villages for a successful Friends & Family Campaign!

Warm regards,  
Paul J. Miller, CFRE

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015 **FRIENDS & family**

April 1 - 30

Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.  
*Your gift today will change the lives of seniors for years to come!*

**TO MAKE A GIFT:**  
See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at **248.281.2040** or visit [www.pvmfoundation.org](http://www.pvmfoundation.org).

Your gift can be **MATCHED!**  
Match guidelines apply.

Presbyterian Villages OF MICHIGAN THE FOUNDATION

## **Fitness with Peace**

*Fitness Classes are held*

*Monday, Tuesday and Thursday*

*At 9am to 11am in the Wellness room*

*with our volunteer fitness instructor:*

**Rosetta Peace**

*All are welcome to come  
down and join in. Work out on  
the tread mill, we teach mid-style  
of exercise routine*

*We enjoy having you as a resident and a  
member of the fitness club.*

**Rosetta Peace**

**Harmony Manor "STEPPERS" fitness  
Instructor**



**Thank you to our Veterans!**



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### THE LATEST ON THE AGING OF AMERICA

**NEW FLASH!** Our society is getting older! I call this a new flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.

The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.

About one in every seven, or 14.1% of the population, is an older American.

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

There were 67,347 persons aged 100 or more in 2013.

Older women outnumber older men at 25.1 million older women to 19.6 older men.

Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is: [www.iog.wayne.edu](http://www.iog.wayne.edu). Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.

**FRIENDLY REMINDERS & ANNOUNCEMENTS:**

**MAINTENANCE PROCEDURES:** PLEASE REMEMBER THAT ALL WORK REQUESTS/WORK ORDERS **MUST** BE PLACED WITH THE MANAGEMENT OFFICE. **PLEASE** DO NOT STOP **MR. BULLOCK** IN THE HALLWAYS REGARDING ANY WORK THAT NEEDS TO BE DONE IN YOUR APARTMENT.

**PLEASE REMEMBER TO HAVE YOUR GUEST/FAMILY AND/OR DOCTORS SIGN IN AND OUT ON THE VISITORS LOG SHEET.** IT IS IN THE BEST INTEREST OF ALL OF US THAT WE KNOW WHO IS IN OUR BUILDING.

**THANK YOU FOR YOUR COOPERATION - MANAGEMENT**

**\*\*NOTARY SERVICES PROVIDED BY YOUR ADMINISTRATOR, MISTY L. GREGORY.**

\*\*\*\*\*

**Call Ms. Jackie for a Hair Appt. (313) 320-0301**

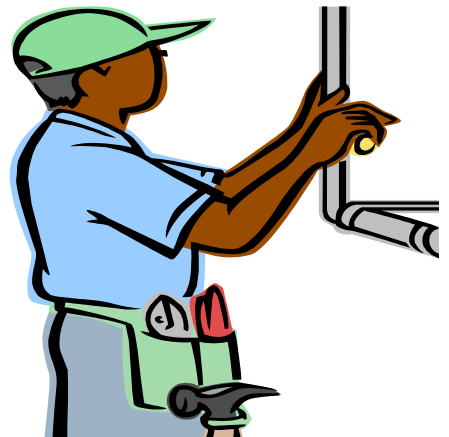


**Happy Birthday Wishes**

**William Scott 3/29  
Issac Robinson 3/30**



**Happy Birthday!**



**Harmony Manor Board  
of Directors  
2016**

**Board Chairperson**  
Rev. Dr. Arthur Caldwell

**Board Vice Chair**  
Lisa Watkins

**Secretary**  
Marjorie Ball Walker

**Treasurer**  
Ronald Spears

**Trustees**  
Michael Taylor  
Charles Reese  
Ruthenia Henderson  
Rev. Dr. Lawrence Glenn, Sr.



## *Misty L. Gregory, Administrator's Message*

### **Fun Facts about MARCH**

March is the 3rd month of the year and has 31 days.

Season (Northern Hemisphere): Spring

#### **Holidays**

Saint Patrick's Day  
Daylight Saving Day  
Women's History Month  
National Nutrition Month  
American Red Cross Month  
Fire Prevention Month  
Good Friday  
Easter

#### **Symbols of March**

- Birthstone: aquamarine and bloodstone
- Flower: daffodil
- Zodiac signs: Pisces and Aries

#### **History:**

The name March comes from the Roman god of war, Mars. For many years, March, being the start of spring, was also the start of the New Year. Much of Europe used March as the start of the year. Britain used March 25th as the beginning of the New Year until 1752.

#### **Facts:**

- It is the first month of Spring which begins between March 19-21.
- In the Southern Hemisphere, March is the same as September in the Northern Hemisphere.
- Each year March and June end on the same day of the week.
- It is the time of year when animals start to wake up from hibernation.
- March Madness is a basketball tournament played by the NCAA.
- Easter is sometimes celebrated in March.

<http://entourages.com/barbs/march.htm>



**From the Desk of the Service Coordinator:****RE: What prescription drug plans cover**

Each Medicare Prescription Drug Plan has its own list of covered drugs (called a formulary). Many Medicare drug plans place drugs into different "tiers" on their formularies. Drugs in each tier have a different cost.

A drug in a lower tier will generally cost you less than a drug in a higher tier. In some cases, if your drug is on a higher tier and your prescriber thinks you need that drug instead of a similar drug on a lower tier, you or your prescriber can ask your plan for an exception to get a lower copayment.

A Medicare drug plan can make some changes to its formulary during the year within guidelines set by Medicare. If the change involves a drug you're currently taking, your plan must do one of these:

Provide written notice to you at least 60 days prior to the date the change becomes effective.

At the time you request a refill, provide written notice of the change and a 60-day supply of the drug under the same plan rules as before the change.

**David Jones**

**Service Coordinator at Harmony Manor**

**15050 Birwood Ave**

**Detroit, MI 48238**

**313-934-7920**

**[DaJones@nationalchurchresidences.org](mailto:DaJones@nationalchurchresidences.org)**

**[www.nationalchurchresidences.org](http://www.nationalchurchresidences.org)**

**Monday - Friday (10:00 am - 2:00 pm)**

~March 2016~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Shopping Trip Van leaves at 10:00am 	2 Daily Café 	3 Shopping Trip Van leaves at 10:00am 	4 12:45 pm 	5 Movie Night @6pm Comm. Room 
6 	7 Daily Café 	8 Rachel's Mobile \$ Store 10am to 12pm 	9 Tenant Council Meeting 	10 Bingo Every Thursday @ 6pm 	11 12:45 pm 	12 Movie Night @6pm Comm. Room 
13 	14 Daily Café 	15 Daily Café 	16 Daily Café 	17 Bingo Every Thursday @ 6pm 	18 12:45 pm 	19 Movie Night @6pm Comm. Room 
20 	21 Daily Café 	22 Daily Café 	23 Daily Café 	24 Bingo Every Thursday @ 6pm 	25 Office Closed 	26 Movie Night @6pm Comm. Room 
27 	28 Daily Café 	29 William Scott  Happy Birthday!	30 Issac Robinson  Happy Birthday!	31 Bingo Every Thursday @ 6pm 		

**\*\*Thank you very much Harmony Manor Resident Volunteers for all you do!\*\***

*Misty L. Gregory, Administrator*

**Nabil/Omar Medical Compliance Presentation; United Rx - March 7, 2016 @12pm - 1pm**

**Safety Presentation; Sargent Bledsoe Detroit Police Department - March 9, 2016 @11am-12 pm**

**Dearborn Public School - Youth Choir - March 21, 2016 @1:30pm - 2:00pm**

**Presbyterian Villages  
of Michigan  
Mission Statement**

Guided by our  
Christian heritage,  
we serve seniors of  
all faiths and create  
new possibilities for  
quality living.

[www.pvm.org](http://www.pvm.org)

**Office Numbers**

**PHONE: (313) 934-4000**

**FAX: (313) 934-4017**

**Staff at Your Service:**

***Kesha Akridge***  
**Director of Housing**

***Misty L. Gregory***  
**Administrator**

***David Jones***  
**Service Coordinator**

***Andrew Bullock***  
**Maintenance Tech.**



The Village of  
**Harmony  
Manor**

A SENIOR LIVING COMMUNITY

**Office Hours: 8:00 am – 4:30pm**  
**Monday thru Friday**

**EMERGENCY NUMBER**  
**(313) 670-0407**



**Presbyterian Villages of Michigan Foundation** serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit [www.pvmfoundation.org](http://www.pvmfoundation.org)



**Presbyterian  
Villages**  
OF MICHIGAN  
SERVING SENIORS & COMMUNITIES



## March Recipe Chicken Casserole



### Ingredients

- 2 tablespoons butter or vegetable oil
- 1 medium onion, peeled and diced
- 1 medium broccoli, clean and cut into pieces
- 3 cups diced, cooked chicken
- 1 (4-ounce) jar pimentos
- 1 (10 3/4-ounce) can condensed cream of celery soup
- 1 cup mayonnaise
- 1 (6-ounce) box long-grain wild rice, cooked according to package directions
- 1 cup grated sharp Cheddar
- Pinch salt

### Directions

Preheat oven to 350 degrees F.

Heat butter or oil in a small skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Remove from heat and transfer to a large bowl.

Add all remaining ingredients to bowl and mix together until thoroughly combined.

Pour into a greased 3-quart [casserole dish](#). Bake for 20 to 25 minutes or until bubbly. Let stand for a few minutes before serving.

<http://www.food.com/recipe/chicken-broccoli-cheddar-bake-204160>



## Songs From the Year 2002

Find and circle all of the songs from 2002 that are hidden in the grid.  
The remaining 21 letters spell an additional song title from 2002.

N E V A E H G I R L F R I E N D C E  
 E M T U O H T I W A H S I L O O F L  
 A N D H Z Y D E T A C I L P M O C D  
 T L B I P Y S E L G N E H U A F A D  
 T O L P L C A F C A T L U O E U D I  
 Y O A M A E C D E I O Y H Y R L D M  
 H H X P Y R M L Y S F O H R I L I E  
 B E E I A L C M E N Y I U O A M C H  
 Y U L Z C S I Y A O I B R F L O T T  
 T A Y L D I O F G I S A O C S O I S  
 H O D N A U T I E T T M R G A N V I  
 E N A Y R G R Y I A I Y U T S S E L  
 W H I S R L O K O V L E B A B Y Y Y  
 A S E H T E R O H I L H E R E I A M  
 Y L P A T O V E D T F B L U R R Y D  
 F F L I W O R E M O L D I S E A S E  
 Y K H E N O N I N M Y P L A C E A D

ADDICTIVE	ESCAPE	HEAVEN	NOTHIN'
AERIALS	EVERYDAY	HELLA GOOD	OH BOY
ALL MY LIFE	FOOLISH	HERE I AM	RAINY DAYZ
BABY	FOR YOU	HERO	SPIN
BLURRY	FULL MOON	HEY MA	STILL FLY
BY THE WAY	GIRL TALK	IN MY PLACE	THE MIDDLE
COMPLICATED	GIRLFRIEND	LOSE YOURSELF	TOXICITY
DAYS GO BY	HALFCRAZY	MOTIVATION	UH HUH
DILEMMA	HANDS CLEAN	MY LIST	WITHOUT ME
DISEASE	HAPPY	MY SACRIFICE	WORK IT

<http://www.puzzles.ca/wordsearch.html>

**BRAIN  
POWERD**



## Important Information For Social Security Beneficiary

Social Security beneficiaries won't get bigger payments in 2016. There wasn't enough inflation in 2015 to trigger a cost-of-living adjustment to monthly benefits. However, there are a few ways Social Security will change next year.

**No payment increase.** This is the third time there has been no Social Security payment increase since automatic cost-of-living adjustments began in 1975. There was also no increase in payments in 2010 and 2011. In January 2015 the cost-of-living adjustment was 1.7 percent. Social Security payments are adjusted to keep up with inflation as measured by the Consumer Price Index for Urban Wage Earners and Clerical Workers, but are not decreased when the index does not detect inflation. The average monthly benefit for retired workers is expected to be \$1,341 per month in 2016, and retired couples who are both receiving benefits will receive an average of \$2,212 monthly.

**Stagnant tax cap.** In years when there is no cost-of-living adjustment, there is also no change in the maximum amount of earnings subject to the Social Security tax, which will remain \$118,500 in 2016. Earnings above this amount are not subject to the Social Security portion of the payroll tax or used to calculate retirement payouts.

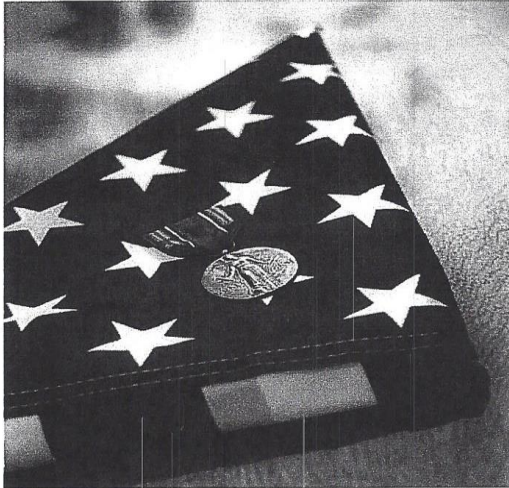
**Earnings limit unchanged.** The Social Security earnings limit for people who work and claim Social Security payments at the same time will remain \$15,720 in 2016 for people ages 65 and younger. Social Security beneficiaries who earn more than this amount will have \$1 in benefits temporarily withheld for every \$2 in earnings above the limit. For people who will turn 66 in 2016, the earnings limit climbs to \$41,880, and the reduction in payments for earning too much declines to \$1 withheld for every \$3 in excess earnings. Once a retiree turns 66 in 2016, the earnings limit no longer applies and benefit payments are recalculated to factor in withheld payments and continued earnings.

**Existing beneficiaries protected from Medicare premium increase.** Most retirees who are already receiving Social Security benefits will continue to pay the same Medicare Part B premium in 2016, because Medicare Part B premiums are prevented by law from increasing faster than Social Security payments for most existing beneficiaries. However, retirees who first sign up for Medicare Part B in 2016 and high income Medicare beneficiaries may pay higher monthly premiums than people who previously signed up for Social Security.

**Maximum possible benefit declines.** The maximum possible Social Security payment for a 66-year-old worker who signs up for Social Security in 2016 will be \$2,639 per month, down \$24 from \$2,663 in 2015. "A decrease in full maximum benefits occurs when there is no cost-of-living adjustment, but there is an increase in the national average wage index," according to a statement from the Social Security Administration.

**Longer office hours.** Following years of cutbacks, the Social Security Administration expanded office hours in many of its field offices beginning in March 2015. However, most offices continue to close to the public at noon on Wednesdays so that employees can work to reduce backlogs.

Serving Wayne, Oakland, Macomb, St. Clair,  
Lapeer & Sanilac Counties



# Project Home

Providing Supportive Services to Veterans Who are Facing Homelessness (SSVF)

**What is the definition of a veteran for this program?**

A person who has served under any branch of the Armed Forces of the United States. You are a veteran even if you were never stationed in a combat zone. SSVF can serve veterans who have a discharge status other than dishonorable.

**Services**

Funded by The U. S. Department of Veteran Affairs, the Veteran Family Services program is administered through Disability Network to provide supportive services to very-low income veterans facing homelessness. Designed to improve housing stability, case management services may include assistance securing:

- Housing
- Legal Aid referrals
- Personal Financial Planning
- Temporary financial assistance, including time-limited payments for rent, utilities, security and utility deposits, and emergency supplies.

**Eligibility:**

To receive supportive services under this program you must:

- 1) Be a veteran, or a member of a family in which the head of household, or the spouse of the head of household is a Veteran
- 2) At least one day of active military service
- 3) Discharge other than dishonorable
- 4) Meet income eligibility requirements
- 5) Be homeless, or at imminent risk of becoming homeless

**For More Information Please Contact:**

- ⇒ Wayne County Disability Network— 313-923-1655
- ⇒ Macomb County Disability Network— 586-268-4160
- ⇒ Oakland County Disability Network— 248-359-8960
- ⇒ St. Clair, Lapeer & Sanilac Counties: Blue Water Center for Independent Living—810-987-9337

## Helpful Resources

**Michigan Office of Services to the Aging**

Phone: 517-373-8230

Website: [www.michigan.gov/miseniors](http://www.michigan.gov/miseniors)

**Michigan Medicare / Medicaid Assistance Program**

Phone: 800-803-7174

Website: [www.mmapinc.org](http://www.mmapinc.org)

**A.A.R.P.**

Website: [www.aarp.org/decide](http://www.aarp.org/decide)

**National Consumer Voice for Quality Long-Term Care**

Phone: 202-332-2275

### SENIOR AGENCIES:

**Detroit Area Agency on Aging (1-A)**

1333 Brewery Park Blvd., Suite 200

Detroit MI 48207-4544

Phone: 313-446-4444

Website: [www.daaa1a.org](http://www.daaa1a.org)

**Senior Solution Radio Program Saturdays at 10:00 a.m.**

Serves the cities of Detroit, Hamtramck, Highland Park, Grosse Pointe Shores, Grosse Pointe Woods, Grosse Pointe Farms, & Harper Woods. Services are provided to individuals age 60 years and older (55 years old in the case of employment and training services) who reside in the service area. It makes a variety of home and community-based services available to older persons, adults with disabilities, caregivers and service providers through public and private funding.

Phone: 855-myride2 or 855-697-4332 toll free

Website: [www.myride2.com](http://www.myride2.com)

Has a new senior/disabled transportation resource! Myride2 helps coordinate transportation for older adults and disabled adults. Call the above number or book a ride online at the website above. We will work with both non-profit and private transportation companies to help find a ride option appropriate to the caller situation.

**Alzheimer's Association--Greater Michigan Chapter**

Phone: 800-272-3900 Helpline

Website: [www.alz.org/gmc](http://www.alz.org/gmc)

The Alzheimer's Association is here to help Persons with Alzheimer's disease and related dementias and their caregivers

<http://julieslist.homestead.com/seniorcitizenresources.html>