

Managing Memory Loss



A **guide to community resources** in Saginaw
County for anyone who is managing memory loss

Published By



**The Saginaw County
Commission on Aging**

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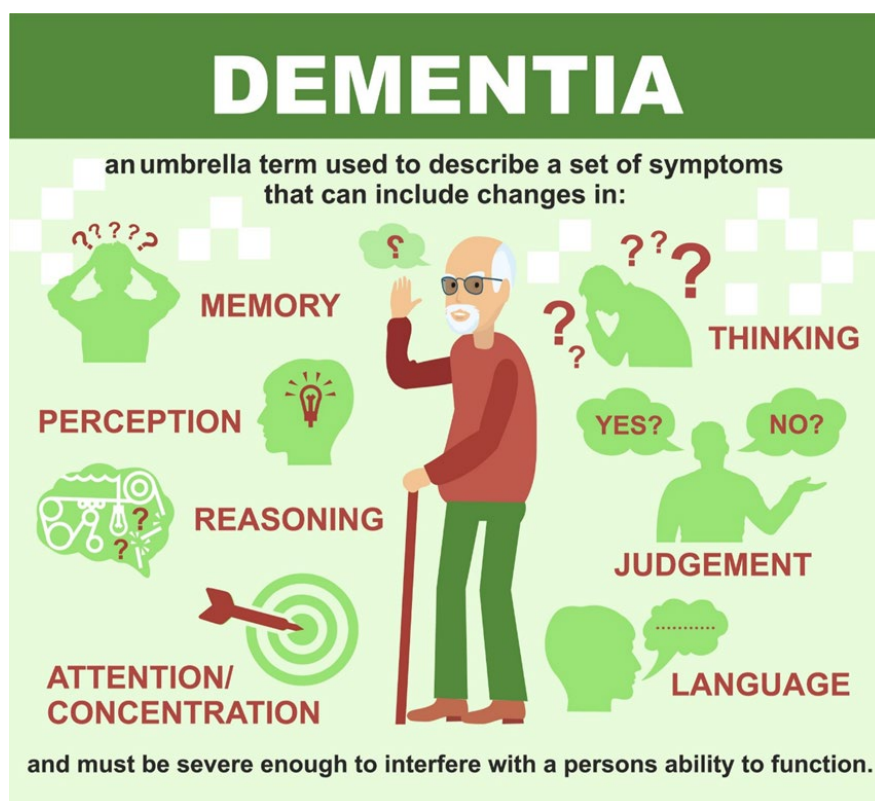
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An Introduction to Memory Loss

Most people wonder what the difference is between **Alzheimer's disease** and **dementia**. People tend to use the terms “**Alzheimer's**” and “**Dementia**” interchangeably. Some people believe that dementia is how the disease begins, and then as symptoms worsen, the disease turns into Alzheimer's Disease. We hope to clear up some of these misconceptions. Alzheimer's and Dementia do NOT have the same meaning. They are not one in the same.

Dementia is an overall term for a group of symptoms. There are more than 110 causes of dementia. Some of these causes are reversible and others are not. The characteristic symptoms of dementia are difficulties with memory, language, problem-solving and other thinking skills that affect a person's ability to perform everyday activities. These difficulties occur because nerve cells in the brain have been damaged or destroyed. Chemical and structural changes in the brain gradually destroy the ability to create, remember, learn, reason, and relate to others.

Alzheimer's disease is a type of brain disease, just as congestive heart failure is a type of heart disease. It is a progressive disease, meaning that it becomes worse with time. Alzheimer's disease starts with changes in the brain that are unnoticeable to the person affected. After years of brain changes, individuals experience noticeable symptoms such as memory loss and language problems. Symptoms occur because nerve cells in parts of the brain involved in thinking, learning and memory have been damaged or destroyed. As the disease continues to progress, other parts of the brain are damaged or destroyed as well. Eventually, individuals become bed-bound and require around-the-clock care. Alzheimer's disease is ultimately fatal. Alzheimer's disease is the most common form of dementia. Alzheimer's disease accounts for up to 80% of all cases of dementia.



Memory loss is a common symptom of Dementia. Although not all memory loss indicates Dementia. For most people, recognition of memory problems in themselves or a loved one brings about fear. Age related brain shrinkage does produce normal changes in processing speed, attention, and short-term memory, creating so-called “senior moments.” Understanding significance begins with knowing what is “normal” vs. Dementia. As we age, we physically and mentally begin to slow down. We will have temporary memory lapses. We have all misplaced our car keys, forgotten why we went into the kitchen, and left the grocery store without the item we specifically went in there for.

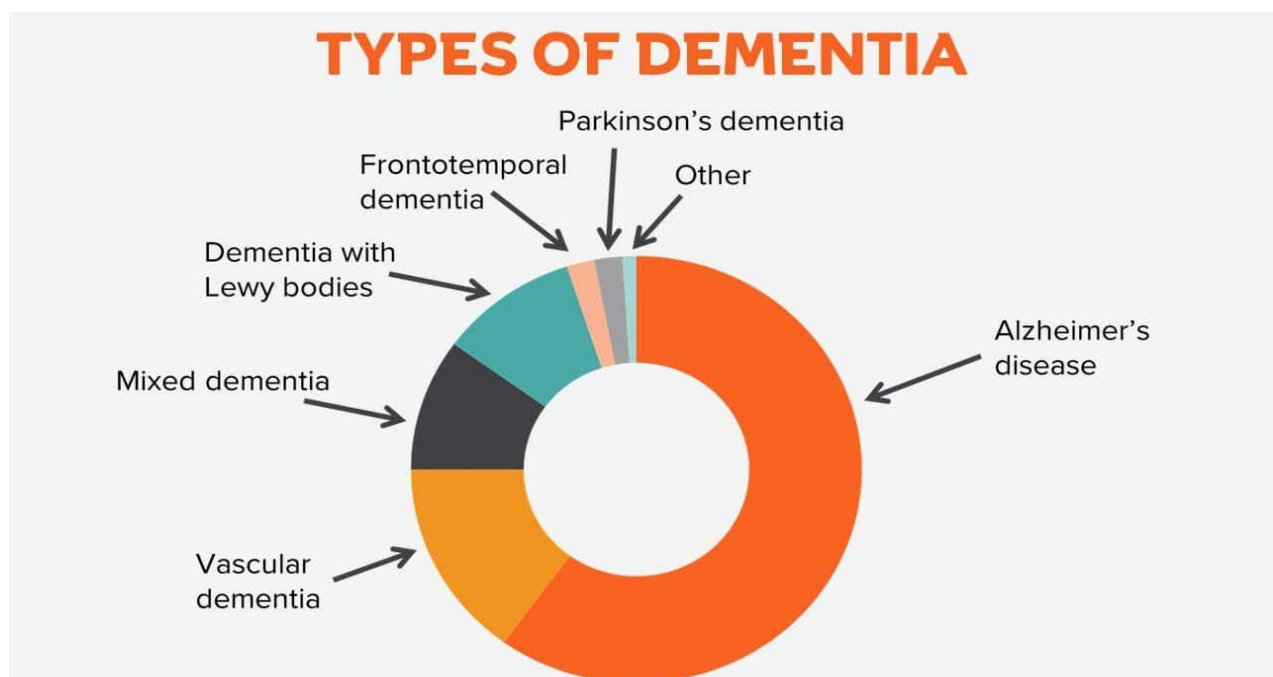
Age-Related Forgetfulness or Signs of Dementia?

Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

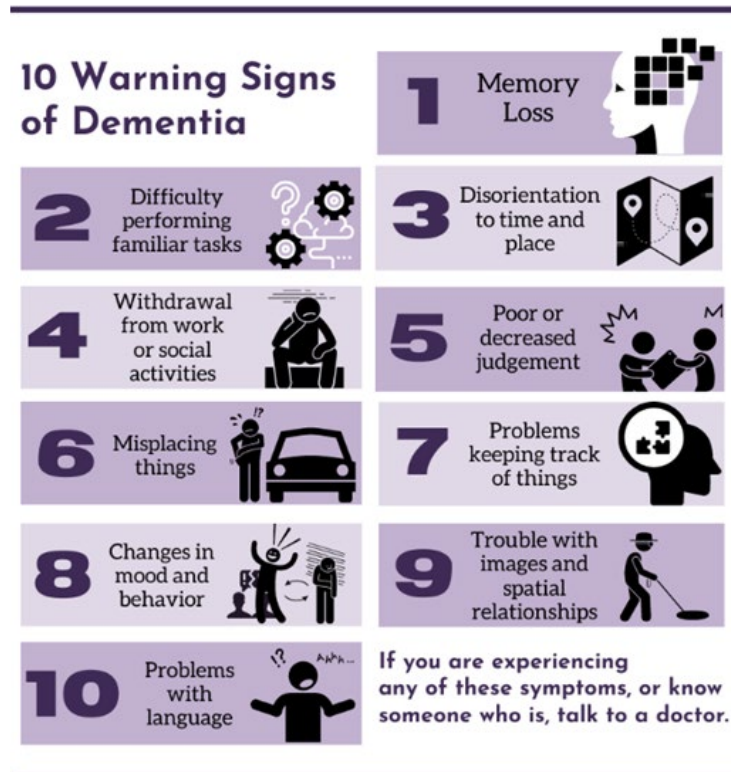


Age-related forgetfulness	Signs of dementia
• Making a bad decision once in a while • Missing a monthly payment • Forgetting which day it is and remembering later • Sometimes forgetting which word to use • Losing things from time to time	• Making poor judgments and decisions a lot of the time • Problems taking care of monthly bills • Losing track of the date or time of year • Trouble having a conversation • Misplacing things often and being unable to find them

The most common forms of Dementia:



There are 10 Common Warning Signs of Dementia:



What are the risk factors for dementia?



Behavioral Changes & Issues

Most people who have Memory loss eventually experience behavioral changes and disturbances. The unpredictability of these changes can be extremely stressful for caregivers. As the disease progresses, your loved one's behavior at times may seem inappropriate, childlike or even impulsive. Anticipating behavioral changes and understanding the causes can help you deal with them more effectively. These behaviors are often expressions of unmet needs, such as pain, discomfort, overstimulation, or fear.

Common Behavioral Issues

Apathy- the person becomes withdrawn, loses motivation and initiative. The person appears to be unmotivated or even depressed. They sleep all day, neglect once loved hobbies, neglect their personal care, and become homebound. They distance themselves from others.

Agitation- the person may have physical or verbal outbursts. They may shout, yell, or cuss. They may pinch, bite or slap at someone near them.

Delusions- the person may have false or irrational beliefs. They may think that they are being followed, that someone is trying to poison them, or that they need to get to work.

Hallucinations- the person may have **auditory** (hearing things), **visual** (seeing things), or **olfactory** (smelling things) **hallucinations**. These things are very real to the person and can be very upsetting, disturbing and scary.

Repetitive actions- the person may say the same word(s), ask the same questions, pace, or constantly wring their hands.

Sleep disturbances- they may sleep too much or not enough.

Sundowning- the person may have increased confusion, anxiety, and agitation in the late afternoon or evening.

Managing Difficult Behaviors

It is important to remember that the person is *not doing this deliberately*. Your loved one is not acting this way on purpose. They are trying to communicate that they are in a state of distress. Try not to get angry or upset or take it personally. Handling challenging behaviors requires YOU to...

- Remain calm. Be patient. Speak calmly and softly to the person.
- Ensure your loved one's safety.
- You may need to back away. Give your loved one space. Then calmly re-approach them.
- Do not argue. You will not win!
- Consider the potential cause of the behavior. Is your loved one *tired, hungry, in pain, too hot or too cold, frustrated, lonely, bored?*
- Respond to the emotion, not the behavior. Validate their feelings.
- Call in backup. Ask a loved one to visit, turn on music, or offer a distraction such as chocolate.

*Remember: We all make mistakes. We all have bad days and bad moments. You are doing your best!

One of the most important things that you can do after you, or a loved one, receives a diagnosis of Dementia, is to learn about the diagnosis.



Often, we hear, “I am so overwhelmed. Where do I even start?” Let the professionals help you!



This guide has been created to help you on your journey by outlining some of the community resources that are available throughout Saginaw County.

Adult Day Care

Adult Day Care (ADC) centers allow family members and caregivers the ability to continue working outside the home, receive help with the physical care of a loved one, avoid the guilt of placing a loved one in an institution, and have respite from what is often a 24/7 responsibility. If you are a full-time caregiver, adult day centers can offer benefits to both you and people with dementia, while providing a much-needed break. While the person with dementia is at the center you'll have time to rest, run errands or finish other tasks. If you find yourself feeling guilty, ask yourself this, "If I wear myself out to the point of total exhaustion, what good will I be to the person with dementia?"

For people with dementia, adult day centers provide a chance to be social and to participate in staffed activities such as music and exercise programs. Keep in mind that the person with dementia will need time to adjust to the experience of going to the center. Some may resist going at first, but they often look forward to the visit after several weeks of attending, meeting people and joining activities.

A typical day at an ADC center could include supervised care, small group, or individual activities such as reminiscence, sensory stimulation, music and art, nutritious meals, personal care, and even transportation. It is highly recommended that you do your research. Visit the center. Some centers are dementia specific, which means they provide services exclusively to that population, while other centers serve a broader population.

Golden Horizons Adult Day Center	(989) 892-6644
Great Lakes PACE	(989) 272-7601
Guided by Grace Adult Day Center	(989) 415-9495
Respite Care & Adult Day Services	(989) 907-7348
Seasons Adult Day Health Services	(989) 633-3708

Available funding: At present, traditional Medicare does not cover Adult Day Care costs. The **MI Choice Medicaid Home and Community Based Waiver** program (see page 16) as well as the **Program of All-Inclusive Care for the Elderly (PACE)** (see page 11) have the ability to cover Adult Day Care costs to their participants. Veterans should contact their local **VA Hospital** (see page 26) as those with a service connection may be eligible for Adult Day Care funding. Some of the Adult Day Care facilities in our area offer need-based scholarships. Others may offer a sliding-scale fee based on income. Individuals with long-term care insurance may also have an Adult Day Care benefit available to them.

Adult Foster Care Homes

Adult Foster Care (AFC) homes offer 24-hour personal care, protection and supervision for individuals who cannot live alone, but who do not need continuous nursing care. AFC homes are residential facilities which offer room and board, supervision, assistance with personal care, meal preparation, toileting, and medications. AFC homes are limited to providing care to no more than 20 adults. There are AFC homes that exclusively care for individuals with memory loss. Other homes provide general assistance for any adult needing assistance.

It is important to remember that most AFC homes are privately owned and operated. To ensure that certain standards are followed, AFC homes are licensed and regulated by the Michigan Department of Consumer and Industry Services. There are over 100 licensed AFC homes in Saginaw County. Homes undergo annual inspections and investigations based on complaints. Inspection reports and database of licensed facilities are available on the LARA website.

If you are interested in more information about Adult Foster Care contact:

Michigan Department of Licensing & Regulatory Affairs (LARA)

Bureau of Community and Health Systems (BCHS)

611 West Ottawa Street

P.O. Box 30004

Lansing, MI 48933

(517) 335-9700

www.michigan.gov/LARA

Then search “Adult Foster Care Homes”

The Resident Rights for Adult Foster Care Homes explain a resident’s rights while living in an Adult Foster Care Home. These rights must be read to each resident and a copy of the rights offered to each resident at or before admission to a facility.

Adult Foster Care complaints in Michigan

may be made to the **Licensing Agent**

by calling **(866) 856-0126**.

Dementia Care Homes

These facilities, often called “Memory Homes” specialize in the care of individuals with Alzheimer’s disease and related Dementias. They are often the perfect solution for families seeking a safe, supervised, and caring environment for their loved one with memory loss. Trained professionals assist residents 24 hours a day with their activities of daily living, meals, and social activities.

Generally, these homes are paid for “out of pocket” by the individual who resides in the home. However, some Long-Term Care policies, the MI Choice Medicaid Home and Community Based Waiver program and/or VA Aid and Attendance may help to pay some of the expense.

Barton Woods Assisted Living	(989) 695-5380
Bavarian Comfort Care	(989) 777-7776
Bickford of Saginaw Township	(989) 799-9600
Chesaning Comfort Care	(989) 607-0011
Community Village	(989) 792-5442
Covenant Glenn of Frankenmuth	(989) 262-8340
Edgewood Assisted Living	(989) 497-9970
Independence Village of Midland	(989) 839-2114
Meadows on McCarty	(989) 249-7500
Roosevelt House	(989) 642-4663
Shields Comfort Care	(989) 607-0003
Stone Crest Assisted Living	(989) 695-5035
Traditions of Saginaw County	(989) 498-4000
Union Court Assisted Living	(989) 865-8100
Wellspring Lutheran Services Saginaw	(989) 792-7979

Diagnosis and Treatment

Just like the rest of our bodies, our brains change as we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. Saying that someone ***has*** dementia does not offer a reason as to ***why*** they have these symptoms. Early diagnosis, and, more importantly, proper diagnosis is imperative to treatment. There is no single test for Alzheimer's disease. Doctors first assess whether a person has an underlying, potentially treatable, condition that may relate to cognitive difficulties. A physical exam to measure blood pressure and other vital signs, as well as laboratory tests of blood and other fluids to check levels of various chemicals, hormones, and vitamins, can help uncover or rule out possible causes of symptoms. A review of a person's medical and family history can provide important clues about risk for dementia. Typical questions might include asking about whether dementia runs in the family, how and when symptoms began, changes in behavior and personality, and if the person is taking certain medications that might cause or worsen symptoms. The following procedures also may be used to diagnose dementia: Cognitive and neurological tests, brain scans, psychiatric evaluation, and blood tests.

A skilled general practitioner, neurologist, or geriatrician can make a reasonable diagnosis by **excluding** other causes of the symptoms. Certain conditions can cause reversible dementias, sometimes called "pseudo dementias". Examples include medication interactions, renal or liver failure, depression, stress, vision or hearing loss, vitamin deficiencies, thyroid problems, and infections (UTI). Diagnosing Alzheimer's disease requires a careful and comprehensive medical evaluation. Although physicians can almost always determine if a person has dementia, it may be difficult to identify the exact cause. Although there is no cure, current medications can temporarily slow the worsening of symptoms and improve quality of life for those with Alzheimer's and their loved ones.

At time of printing, The Food and Drug Administration (FDA) has approved the following medications to treat the symptoms of Dementia and Alzheimer's disease:

Aricept (Donepezil) 1996

Exelon & Exelon Patch (Rivastigmine and Rivastigmine transdermal system) 2000

Razadyne (Galantamine) 2001

Namenda (Memantine) 2003

Namzaric (Memantine + Donepezil) 2014

Leqembi (Lecanemab) 2023

Rexulti (Brexiprazole) 2023

Kisunla (Donanemab) 2024

There is worldwide effort to find better treatments, delay its onset, and even prevent it all together.

To find Medicare Physicians and other Clinicians in your area based on location; compare the quality of care they provide, and their staffing: go to "***www.medicare.gov***" then click on "***Physician Compare.***"

Durable Medical Equipment

Durable Medical Equipment (commonly referred to as “DME”) is any medical equipment used in the home to aid in a better quality of living. It is a benefit included in most insurance plans. Medicare Part B (medical insurance) covers most DME that your doctor prescribes. In certain instances, the following items may be covered by Medicare Part B:

Blood sugar monitors
Hospital beds
Prosthetic devices

Canes
Nebulizers
Wheelchairs

Bedside commodes
Walkers
Oxygen

The most needed DME is bathroom safety equipment such as shower chairs, handheld shower heads, high rise toilet seats, and grab bars. Unfortunately, **NONE** of these items are covered under Medicare Part B, and are obtained strictly as a private pay item. The following companies are available to provide DME to you under your insurance and/or out-of-pocket. Each company listed can check your insurance coverage and tell you what items are and are not covered; and whether they bill insurance or not.

Adaptive Modification Solutions	(810) 670-3500
AdvaCare Systems	(888) 233-7677
Airway Oxygen	(989) 753-8357
American Medical Equipment Inc	(989) 753-5090
Amigo Mobility International, Inc	(989) 777-0910
Apria Healthcare	(989) 752-0141
CareLinc Medical Equipment and Supply	(989) 746-7370
Covenant at Home	(989) 799-6020
Great Lakes Pharmacy of Midland	(989) 835-7911
Lincare	(989) 792-0301
Pro-Air Medical Supply and Equipment	(844) 445-1122
Saginaw Medical Services, Inc	(989) 793-6000
Scott Medical Equipment LLC	(989) 790-3134
Sheldon Medical Supply	(800) 922-5101
The Standing Company	(800) 782-6346
Wright & Filippis	(989) 799-7360

Program of All-Inclusive Care for the Elderly (PACE)

Great Lakes PACE is an alternative long-term care option that supports those over 55 years of age to live at home for as long as possible. PACE offers home supports and services for individuals and caregivers who are struggling with long-term healthcare needs and wish to avoid nursing home placement. PACE is a national healthcare model funded by Medicare and Medicaid. PACE provides all-inclusive services that have been effective in facilitating seniors with living safely in their communities. Most care is done at the on-site clinic. A team of professionals will assess and determine services based on the medical needs of anyone who is enrolled in the program.

What services are provided?

Great Lakes PACE offers all Medicaid and Medicare covered services, in addition to services not normally covered through traditional insurance. Services provided may include, but are not limited to the following:

Activities and exercise

Home Care Services

Medical Supplies

Nutritional Counseling

Onsite Adult Day Health

Pharmacy/medications

Social Services

Caregiver/Family Support Services

Inpatient Hospital & Nursing Home

Nursing Care

Occupational Therapy

On-site physician/nurse practitioner

Physical Therapy

Transportation Services

*Other than emergency services, all services must be furnished or authorized by Great Lakes PACE. Participants may be responsible for the costs of unauthorized or out-of-network PACE program agreement services.

For more information contact Great Lakes PACE:

3378 Fashion Square Blvd. Saginaw, MI 48603

(844) 445-7223

(989) 272-7610

www.greatlakespace.org

Homes for the Aged

Homes for the Aged (HFA) are facilities that provide 24-hour room, board, and supervised personal care to 21 or more unrelated residents that are over the age of 55 who need assistance but do not require continuous nursing care. They also may house 20 or fewer individuals 55 years of age or older that is operated in conjunction with and as a distinct part of a licensed nursing home. These facilities must be licensed by the state of Michigan. Generally, these facilities are paid for “out of pocket”. However, some long-term care policies, VA programs, and/or Medicaid programs may cover some of the expense.

Avista Nursing & Rehab	(989) 777-5110
Bavarian Comfort Care	(989) 777-7776
Bickford Cottage of Saginaw Township	(989) 799-9600
Chesaning Comfort Care	(989) 607-0011
Community Village	(989) 792-5442
Covenant Glen of Frankenmuth	(989) 262-8340
Edgewood Assisted Living Center	(989) 497-9970
Shields Comfort Care	(989) 607-0003
Traditions of Saginaw	(989) 498-4000
Union Court Assisted Living	(989) 865-8100
Wellspring Lutheran Services Saginaw	(989) 792-7979

To review Homes for the Aged in your area, go to:

www.michigan.gov/LARA

Then go to **“Find or verify a licensed professional or business”**

Then go to **“Adult & Child Care”**

Then go to **“Adult Foster Care Homes”**

(You will then see the licensed facilities in the area or zip code of your choice)

Home for the Aged complaints may be made to:

The Bureau of Community and Health Systems

Adult Foster Care and Camps Licensing - Complaint Intake Unit

611 W. Ottawa Street, 1st Floor. PO Box 30664. Lansing, MI 48909

Call (866) 856-0126

Hospice

Hospice is a special kind of care, provided by most insurances, that focuses on the quality of life for people who are experiencing an advanced, life-limiting illness and their caregivers. Hospice services provide compassionate care for people in the last phases of incurable disease so that they may live as fully and comfortably as possible. Hospice services are provided by a team of health care professionals who maximize comfort for a person who is terminally ill by reducing pain and addressing physical, psychological, social, and spiritual needs. Hospice care treats the person and symptoms of the disease, rather than treating the disease itself. A team of professionals work together to manage symptoms so that a person's last days may be spent with dignity and quality, surrounded by their loved ones. Hospice care is also family-centered; it includes the patient and the family in making decisions. Most hospice care is provided at home with a family member typically serving as the primary caregiver. However, hospice care is also available at hospitals, nursing homes, assisted living facilities and dedicated hospice facilities.

Hospice benefits differ from provider to provider. Most provide: care from a hospice-employed physician, nurse practitioner (NP), RN, medical equipment and supplies, medications to manage pain and symptoms, personal care aide, social workers, dietary counseling, spiritual counseling/ Chaplin, and Bereavement services for the family after the patient's death. Hospice also can provide short-term inpatient pain control, symptom management and in patient respite care.

A&D Home Health Care and Hospice	(855) 624-1521
All Valley Home Health & Hospice Care	(989) 401-3019
Amara Hospice Michigan	(989) 200-5000
Americans Home Health & Hospice Care	(989) 791-7951
Cardinal Hospice	(989) 401-8033
Compassus Hospice	(989) 268-7039
Covenant at Home	(800) 862-4968
Crossbridge Hospice	(989) 686-9866
Elara Caring	(989) 220-1440
First State Home Health & Hospice Care	(989) 771-2100
Gentiva Hospice	(810) 733-7250
Heart to Heart Hospice	(989) 412-3301
MyMichigan Homecare/Hospice	(800) 862-5002
Optimal Care	(989) 220-3643
The Care Team Hospice Care	(833) 483-2273
Wellspring Lutheran Services Hospice of Hope	(800) 652-4663

In Home Care (Private Duty Care)

It may not come as much of a shock that nearly 90% of people over the age of 65 want to remain living in their own homes for as long as possible, according to a survey by AARP. It is believed that 70% of people with Dementia are living in their own homes. As the disease progresses, these individuals will gradually require assistance with their activities of daily living to remain safely in their homes. In home caregivers can assist with daily tasks such as personal care, dressing and grooming, toileting, meal preparation, medication reminders, help paying bills, doing laundry, housekeeping, shopping, errands, and transportation.

Hiring a private duty caregiver can benefit your family in many ways, starting with the fact they will provide much-needed companionship and support to your elderly loved one. In addition, the caregiver can offer relief for tired family members who have been caring for a loved one regularly. Private duty caregivers are a reliable way for older adults to safely enjoy creature comforts and familiarity that only living in their own home can provide.

Whether you are looking for care to come in for a couple hours a day, once a week, or a caregiver who will provide 24-hour care in your home, we strongly urge you to do your research, interview every person, and always check references.

A & D Home Health Care	(989) 249-0929
A Place Called Home Health Care Services LLC	(989) 714-1212
Accurate Homecare	(989) 327-7565
Allegiance Home Healthcare Agency	(989) 482-6729
Care Builders at Home	(989) 839-2312
ComForCare Home Care	(989) 752-5501
Compassionate Care Companions	(810) 814-0126
Compassionate Care Home Health Services	(989) 792-5400
Cornerstone Caregiving	(989) 270-0636
Daily Living Home Care, Inc.	(989) 875-7405
Faith & Family Home Help	(989) 272-6021
Helping Hand Nursing Service	(989) 799-0410
In Your Golden Years	(989) 892-7572
LaJoy Group	(734) 259-7604
Right at Home	(989) 486-9557
Safe Hands, Warm Hearts	(989) 249-3525
Stephanie's Trusted & Unique Home Health Care	(989) 443-5899
Visiting Angels Living Assistance Services	(989) 652-6435
Wellspring Lutheran Services Saginaw	(989) 792-7979

Legal Planning

Elder Law has become a specialty arm of the legal profession because the average life span and the number of senior citizens continues to increase. With age comes a host of issues. These attorneys offer legal guidance and counseling on preparing for long-term care, choosing retirement plans, planning, and settling your estate, program eligibility, and a host of other issues that older Americans may face.

Burgess & Sweeney Law	(989) 262-9130
Chalgian and Tripp Law offices, PLLC	(989) 272-7779
Dafoe Law, PLLC	(989) 341-4966
David J. Fisher	(989) 792-9641
David M. Gilbert	(989) 790-2500
Norman S. Harrison	(989) 790-7177
PDKST Attorneys at Law	(989) 832-1770
Law Office of Jerry Reif	(989) 790-1461
Smith Bovill, P.C.	(989) 792-9641
Smith & Brooker, PC	(989) 892-2595
Sturtz & Sturtz, P.C.	(989) 799-4701
Carol M. Thomas	(989) 793-2300
Zolton Law Offices	(989) 792-1111

Legal Resources in our area:

Counsel & Advocacy Law Line	(888) 783-8190
Elder Law of Michigan	(866) 400-9164
Mid America Pension Rights Project	(866) 400-9164

The State Bar Legal Resource Center is a lawyer referral service that will refer you to a private attorney who can provide you with an initial consultation for a nominal fee. **Call (800) 968-0738** for more information.

Region VII Area Agency on Aging has a free legal program for residents of Saginaw County who are 60+ years of age. At time of printing, this partnership was in the beginning stages. To find out more information and to be referred for this program contact Region VII AAA at **(989) 893-4506**, and ask to speak to an **Information and Assistance Specialist** about their free legal program for seniors.

MI Choice
Medicaid Home and Community Based Waiver

The “waiver program” is a long-term care program that provides an array of home-based services for people 18 years of age and older who are medically eligible for nursing home care. It is designed to help frail elderly and disabled persons avoid unnecessary or premature nursing home care, and to support family and private caregivers. *This does not include ongoing 24-hour care, nor does it replace informal support.* This is a supplement to family, friends, neighbors and other caregivers who make up the informal support system. The waiver team, a Registered Nurse and a Licensed Social Worker, conduct a comprehensive assessment, develop a plan of care, and arrange for appropriate supportive services to be put in place. The team regularly monitors the person’s needs.

Waiver participants must be 65 or older, or 18 or older and disabled. Through this program, eligible adults who meet income and asset criteria can receive Medicaid covered services like those provided by nursing homes but can stay in their own home or another residential setting. They can receive the basic services that Michigan Medicaid covers, and one or more of the following services unique to the waiver:

Adult Daycare

Counseling Services

Homemaker

Out of Home Respite Care

Personal Emergency Response System

Environmental Accessibility Adaptations

Medical Equipment and Supplies

Chore Services

Home Delivered Meals

In Home Respite Care

Personal Care

Private Duty Nursing

Non-Medical Specialized

Transportation

There are two sites in Saginaw County that administer this program

Please call for more information, or to place a referral:

A & D Home Health Care, Inc.

3150 Enterprise Drive
Saginaw, MI 48603
(800) 884-3335
www.a-dhomecare.com

Region VII Area Agency on Aging

1615 South Euclid Avenue
Bay City, MI 48706
(800) 858-1637
www.region7aaa.org

Miscellaneous Resources / Helpful Phone Numbers

Adult Protective Services (APS) - Centralized intake in Michigan, to report suspected abuse, neglect, or exploitation of a vulnerable adult. Call toll free (855) 444-3911.

Alzheimer's Store - (800) 752-3238 or visit www.alzstore.com.

CapTel - No cost captioned telephone for individuals with hearing loss under Title IV of the ADA, oeius.org.

Crime Victims Legal Assistance Project (CVLAP) - Elder Justice provides free legal help to adults in Michigan age 55 and over. Helping people who have suffered from physical, emotional, or sexual abuse; neglect; or financial exploitation. Call (800) 322-4512 or visit www.cvlap.org.

Driver's License Recall - To report a person of any age who cannot drive safely, fill out Form #OC88 at any Secretary of State office.

Hair On the Go - Hairdresser comes to you! Call Connie at (989) 798-2113.

Michigan Hospice and Palliative Care Organization - An advocacy group for Hospice & Palliative care in Michigan. Call (833) 660-0933 or visit www.mph.care.

MMAP (Medicare/Medicaid Assistance Program) - free service that can help with health benefit decisions and counseling. They can assist with topics such as Medicare, Medicaid, and other benefit programs. Call (877) 464-9149.

Mobile Phlebotomy of Central Michigan – If you are unable to travel or wait in line for blood draw, call (989) 715-2050 to make an appointment and they will come to you.

Movies and Documentaries about Dementia and Alzheimer's

A Song for Martin (2001)	Supernova (2021)
Alive Inside (2014)	The Alzheimer's Project on HBO (2009)
A Road Trip to Remember (2025)	The Artist's Wife (2019)
Ashes (2012)	The Eternal Memory (2024)
Away From Her (2006)	The Father (2021)
Aurora Borealis (2005)	The Genius of Martin (2013)
Diminished Capacity (2008)	The Notebook (2004)
Elizabeth is Missing (2014)	The Iron Lady (2011)
Firefly Dreams (2001)	The Leisure Seeker (2017)
I'll Be Me: Glen Campbell (2014)	The Savages (2007)
Iris: A Memoir of Iris Murdoch (1999)	The World Turned Upside Down (2022)
Lovely Still (2008)	There's a Bridge (2007)
Memories of Tomorrow (2006)	What They Had (2018)
Still Alice (2014)	Why (2023)

Miscellaneous Resources, continued

Books about Dementia and Alzheimer's

A Daughter's Gift
A Dusting of Snow
A Mile at a Time
Alzheimer's Activities
Alzheimer's and Dementia: Questions you have...Answers you Need
Alzheimer's Basic Caregiving – An ABC Guide
Alzheimer's from the Inside Out
Caring for Yourself While Caring for Your Aging Parents: How to Help & Survive
Coach Broyles' Playbook for Alzheimer's Caregivers
Creating Moments of Joy
Dancing with Elephants
Finding Grace in the Face of Dementia
Grandpa Doesn't Know It's Me
He Used to be Somebody
I'm Still Here
In Love: A Memoir of Love and Loss
Learning To Speak Alzheimer's
Mayo Clinic on Alzheimer's Disease
Measure of the Heart: A Father's Alzheimer's, A Daughter's Return
Still Alice
Stranger in the Mirror
The 36 Hour Day
The Comfort of Home for Alzheimer's Disease: A Guide for Caregivers
The Day After Yesterday
The Dementia Handbook
The Patient's Practical Guide: Alzheimer's Disease
The Sandy Shoreline
Three Things
Understanding Difficult Behaviors
Waiting for the Morning: A Mother and Daughter's Journey through Alzheimer's Disease
What the Wind Showed Me
What's Happening to Grandpa?
When It Gets Dark
Where the Light Gets In

Helpful Websites

www.alzforum.org
www.alzstore.com
www.caregiver.org
www.dementiacarecentral.com
www.everydayhealth.com
www.projectlifesaver.org
www.teepasnow.com

www.alzfdn.org
www.alz.org
www.communityresourcefinder.org
www.dementia.society.org
www.fpanet.org
www.saginawlibrary.org
www.alzheimers.net

Personal Emergency Response Systems

When you experience a fall, have a medical issue, or experience any type of an emergency, every second counts! If you are alone, delayed medical care can jeopardize your recovery and your independence! A **Personal Emergency Response System (PERS)** is commonly referred to as a **“Lifeline”** or a **“Life Alert”**. These medical alert systems are specifically designed to protect seniors and to ensure access to medical attention in the event of an emergency.

These medical alert devices are designed to be worn as either a pendant (necklace) or wrist band (watch). They are typically waterproof and designed to be worn at all times, even in the shower. These medical alert systems summon help at the push of a button. These units ensure prompt, caring assistance 24 hours a day, 365 days a year. Many of these systems also have add-on features which include: a fall detection “auto alert,” medication dispensers, bed mats, or wander guards. Relatively new to the market are versions of this system that are compatible with cell phones and GPS versions that work anywhere you go. Most of these units have a one-time only installation fee, and then an ongoing monthly rental fee. Please contact the individual business to find out the specifics on their unit and/or add on features. Also, some of these companies may offer discounts, or even waive their installation fee if you tell them that the Saginaw County Commission on Aging referred you.

Guardian Medical Monitoring

(888) 349-2400

Home Medical Technologies

(989) 793-6521

McLaren Visiting Nurse Lifeline

(866) 402-2345

Visiting Angels

(989) 652-6435

Pharmacies that Deliver

Each pharmacy offers its own delivery options, prices, and discounts. Some of the pharmacies listed also offer specialty items, prepackaged “bubble packs”, and/or offer additional services such as filling of the patient’s own medication planners. Please call the individual pharmacy for details on delivery charges, delivery area, and senior discounts.

Chesaning Area:

Broad Street Pharmacy	(989) 845-9355
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Frankenmuth Area:

Kroger	(989) 652-0621
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Freeland Area:

Freeland Pharmacy	(989) 695-6500
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Midland Area:

Costco (only monthly prescriptions)	(989) 488-1563
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Saginaw Area:

Arogya Pharmacy	(989) 607-3379
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Brady Drugs	(989) 781-2370
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Bridgeport Pharmacy	(989) 777-2900
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Care Pharmacy	(989) 755-7890
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Faler Drugs	(989) 793-2445
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Healthway Pharmacy	(989) 791-1691
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Home Town Pharmacy	(989) 781-2370
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Kroger (Dixie Hwy)	(989) 777-0881
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Kroger (State St)	(989) 921-6222
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Medplex Pharmacy	(989) 746-9500
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Medwins Pharmacy	(989) 755-7998
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Princing’s Pharmacy	(989) 793-8640
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Saginaw Valley Pharmacy	(989) 220-9971
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Sam’s Club	(989) 790-8930
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St Charles Area:

St Charles Pharmacy	(989) 865-9971
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Mail order Pharmacies:

Amazon Pharmacy	(855) 745-5725	pharmacy.amazon.com
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Optum Rx	(800) 356-3477	www.optumrx.com
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Pill Pack	(866) 986-9185	www.pillpack.com
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Respite Care Facilities

Respite care refers to a short time of rest or relief. Most respite stays are paid for out of pocket. On occasion, the VA, Hospice programs, and other government programs may offer limited respite stays to ensure caregiver health. Some area nursing homes, assisted livings, and other residential facilities offer short term stays of a few days or a few weeks. Please contact each site for details:

Adira Nursing & Rehab	(989) 799-1902
Aleda E. Lutz Veterans Affairs Medical Center	(989) 497-2500
Avista Nursing & Rehab	(989) 777-5110
Barton Woods Assisted Living	(989) 695-5380
Bavarian Comfort Care	(989) 777-7776
Bickford of Saginaw Township	(989) 799-9600
Chesaning Comfort Care	(989) 607-0011
Edgewood Assisted Living	(989) 497-9970
Meadows on McCarty	(989) 249-7500
Medilodge of Frankenmuth	(989) 652-6101
Optalis Health and Rehabilitation at St Francis	(989) 781-3150
Saginaw Senior Care & Rehab Center	(989) 792-8729
Shields Comfort Care	(989) 607-0003
Stone Crest Assisted Living	(989) 695-5035
Wellspring Lutheran Services Saginaw	(989) 792-7979
Winter Village	(989) 652-4100

Saginaw County Commission on Aging

Since 1973 the Commission on Aging has provided many programs and services to meet the needs of older adults in Saginaw County. Our goal is to help older adults (age 60+) to continue living independently in their own homes. Programs and services include:

Care Management – a registered nurse and licensed social work team provide a comprehensive needs assessment and assist in arranging care for frail elderly at risk of nursing home placement. The goal of the program is to help participants remain safely in their homes.

Caregiver Support Program – provides training, education, and support services to family, friends, and partners who are caregivers. The care recipient or the caregiver must be age 60+. An active support group meets twice a month.

Case Management – professional caseworkers provide assessments, information, and advocacy. Home visits are conducted to evaluate for services such as Meals on Wheels, homemaking, personal care and respite.

Free Cell Phones for Seniors – For seniors 60+. Donated and programmed to reach 911 in most areas that provide the emergency service. Contact the main office or your caseworker for more information.

Information and Referral – Friendly staff answers questions and provides information. This is often the first step in finding the help you need for yourself or a loved one.

In Home Support Services – program provides limited assistance with homemaking, personal care, and in home respite for those who have no other supports.

Meals on Wheels – homebound elderly who are unable to prepare a well-balanced meal receive meals delivered to their homes to assist with nutrition. Participants receive hot and frozen meal delivery twice a week. Suggested donation is \$2.25 per meal.

Minority Outreach – Staff locates elderly persons in our community who may require assistance with daily living requirements. Service provision by the agency's bi-lingual staff may be in the form of assisting with issues of housing, Medicare or Medicaid questions and referral to community resources if appropriate.

Project Lifesaver – collaborative effort with the Saginaw County Sheriff's Department. This transmitter bracelet is designed to assist in the tracking and locating of those who tend to wander or become lost.

Transportation – door-to-door service is available for medical appointments, essential shopping, and treatment clinics. Rides must be prescheduled. Wheelchair lift service is available. Transportation prepaid tickets are available. Cost: \$2.00 each way. To Schedule a ride please call up to two weeks in advance (989) 797-6888.

Saginaw County Commission on Aging

2355 Schust Road, Saginaw MI 48603

www.saginawcountymi.gov/departments/commission-on-aging

(989) 797-6880 or (866) 763-6336

Skilled Nursing Facilities / Nursing Homes

Nursing homes are facilities licensed by the State to provide nursing care and medical treatment. There are two types of nursing home care: “skilled care” and “custodial or basic care”. “Skilled” care is provided by a licensed health professional, such as a registered nurse, physical, occupational or speech therapist. “Custodial, or basic” care provides assistance with a person’s activities of daily living (ADL’s), including skin care, grooming, bathing, toileting, feeding, and mobility.

Adira Nursing & Rehab	(989) 799-1902
Avista Nursing & Rehab	(989) 777-5110
Chesaning Nursing and Rehabilitation Center	(989) 8456602
Great Lakes Rehab	(989) 607-1500
Health Source Saginaw	(989) 790-7700
Hoyt Nursing and Rehab Center	(989) 754-1419
Medilodge of Frankenmuth	(989) 652-6101
Optalis Health & Rehabilitation at St. Francis	(989) 781-3150
Saginaw Senior Care & Rehab Center	(989) 792-8729
Symphony Tri-Cities	(989) 667-9800
Wellspring Lutheran Services Saginaw	(989) 792-7979

To search for Nursing Homes in your area based on location, and to compare the quality of care they provide and their staffing go to: ***www.cms.gov*** then click on ***Care Compare for Nursing Homes***.

There is also a link to a document called ***Your Guide to Choosing a Nursing Home***.

Lakeshore Long Term Care Ombudsman Program

Since 1972, the Michigan Long Term Care Ombudsman Program strives to improve the quality of care and quality of life experienced by residents in licensed long term care facilities. Licensed long term care facilities are nursing homes, homes for the aged, and adult foster care homes.

Ombudsmen advocate for the resident in the facilities guided by the wishes of the resident. All services are provided under strict confidentiality. Ombudsmen cannot share information about the resident or the resident’s concerns without the resident’s permission. The program also aims to improve the long-term care system, speaking for passage of laws, regulations and policies benefiting over 100,000 Michigan long term care residents. The Michigan Long Term Care Ombudsman Program is funded by federal and state government. There is no cost to residents or families for ombudsman services. **To reach a local ombudsman, call (866) 485-9393.**

Nursing Home Complaints - If you suspect abuse, neglect, or exploitation of a resident of a nursing home by another resident, or by a nursing home employee, notify the **Bureau of Health Services Abuse Hotline (800) 882-6006.**

In Person Support Groups

A support group is a regularly scheduled gathering of people for a shared, usually burdensome life experience. Some groups meet monthly, others meet weekly, and are free and open to anyone. Support groups can have educational and/or support components and may be facilitated by individuals who have received training from the Alzheimer's Association.

Monthly Dementia Educational Series & Support Group by Traditions of Saginaw West Campus at 5155 McCarty Rd, Saginaw, MI 48603

What to expect: Join us in our Activity Room for our monthly Educational Series & Support Group, led by our Executive Director Tara Hannon, and created for individuals diagnosed with Alzheimer's or dementia, as well as caregivers supporting a loved one. Share experiences, gain insights, and connect with others on a similar journey. **For More Info:** Shawn Maranzano, Community Relations Director, ShawnMaranzano@traditionsmgmt.net, (989) 272-9033.

Alzheimer's Association Michigan Chapter Support Groups

Please contact our **24/7 Helpline at (800) 272-3900** or email **helplinegmc@alz.org** with questions. Get the emotional support you need from anywhere in Michigan. Our virtual, dial-in and in-person support groups take place throughout Michigan. Wherever you are, we are here for you. We offer a variety of support groups, including groups for:

Family caregivers, Younger-onset caregivers, Military veteran caregivers, Male caregivers, Spanish-speaking caregivers, Arabic-speaking caregivers, Those aging with Down Syndrome, Those experiencing grief after loss, Caregivers and persons living with Alzheimer's or dementia in its early stage.

ALZConnected is a free, online community designed for people living with dementia and those who care for them. Members can post questions about dementia-related issues, offer support and create public and private groups around specific topics. For more information go to **www.alzconnected.org**.

In Person Support Groups Facilitated by the Alzheimer's Association

Edgewood Assisted Living Center 4850 Gratiot Road Saginaw, MI 48734	2 nd Wednesday of Month 2:00pm-3:30pm	(989) 297-2361
Golden Horizons Adult Day Center 1001 Marsac Street Bay City, MI 48708	2 nd Tuesday of Month 6:00pm-8:00pm	(989) 892-6644
Grace Church 4267 2 Mile Road Bay City, MI 48706	1 st Wednesday of Month 4:00pm-5:30pm	(989) 684-1101
Right at Home 7600 North Commerce Court Ste C Midland, MI 48642	2 nd Tuesday of Month 6:00pm-7:00pm	(989) 486-9557
Wickson District Library 359 South Franklin Street Frankenmuth, MI 48734	2 nd Wednesday of Month 10:30am-Noon	(989) 652-9512

Virtual Support Groups

Virtual Support Group Facilitated by Michigan Virtual

Dementia Caregiver Support Group Zoom Link: 800 8661 5234 Passcode: Dementia	1st Wednesday of Month 8:30am-9:30am or 5:00pm-6:00pm
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Virtual Support Groups Facilitated by Alzheimer's Association

To register contact Alzheimer's Association Helpline at (800)272-3900 or email helplinegmc@alz.org

Caregiver Support Group – Michigan residents	1 st and 3 rd Tuesday of Month 1:00pm-2:30pm
Younger Onset – For caregivers caring for someone with dementia under the age of 65	1 st Thursday of Month 5:30pm-7:00pm
Statewide Early Stage – For caregivers/care partners	2 nd Monday of Month 1:00pm-2:00pm
Statewide Early Stage – For persons living with early-stage dementia	2 nd Monday of Month 1:00pm-2:00pm
Statewide Lewy Body Dementia – Caregiver support group	2 nd Tuesday of Month 2:00pm-3:00pm and 2 nd Tuesday of Month 6:00pm-7:00pm
Persons Living with Lewy Body Dementia Group	2 nd Tuesday of Month 3:00pm-4:00pm
Grief After Dementia Caregiver Support Group	2 nd Tuesday of Month 6:30pm-7:30pm
Frontotemporal Dementia Caregiver Support Group	2 nd Thursday of Month 7:30pm-8:30pm and 4 th Saturday of Month 11:00am-Noon
Caregiver Support Group	4 th Wednesday of Month 3:30pm-4:30pm

Virtual Support Group Facilitated by Alzheimer's Foundation of America

To register contact Sharon Rosenzweig at (866) 232-8484

General Caregiver Support Group	Tuesdays/Weekly 7:00pm-8:00pm
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Veteran's Benefits

Veterans of the United States Armed Forces may be eligible for a broad range of benefits and services provided by the U.S. Department of Veteran's Affairs (VA). These benefits include:

Burial & Memorial benefits
Prescription coverage
Rehab & Respite Care

Mental Health Services
Preventative Health
VA Health Care Benefits

Nursing Home Care
Prosthetics & Sensory Aids
VA Pension

Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions. In order to expedite benefit delivery, Veterans seeking a VA benefit for the first time must submit a copy of their service discharge form, which documents service dates and type of discharge, or provides full name, military service number, and branch dates of service.

Our local VA is located at:

Aleda E. Lutz VA Medical Center
1500 Weiss Street, Saginaw MI 48602
(989) 497-2500

One particularly helpful program to persons with memory loss and their families is the **Veterans Aid and Attendance program**. This is a pension that is designed to help off-set the cost of in-home care services such as bathing, toileting, medication management, etc. It is a tax-free benefit.

Aid and Attendance Program Basic Criteria-

- 90 days (or more) of Active Federal service
- 1 day of service during wartime (Did not need to see combat)
- Most discharges, other than dishonorable

There are income & asset qualifications set forth by the VA. A surviving spouse may be eligible as well.

Obtaining VA benefits can be overwhelming and time consuming.

There are places that can assist with the questions you have about the qualifications, as well as the filing of paperwork:

Mannor Financial Group
Veterans Care Coordination

(989) 792-2320
(989) 497-2500 ext. 12716

By law, it is illegal to charge for the application or process of an application for VA benefits.

