

# URBAN AGING NEWS

Urban Aging L3C

FREE

Issue 11 | Spring 2018

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

## Season for Seniors to Sign up and Out!



# After-work Caregiving Means Working a Second Shift



When an older loved one needs care, those who step in may find themselves balancing the demands of full-time jobs with the demands of providing that care. Whether it's calling for a doctor's appointment, stocking the fridge or paying the bills, being there for a person in need means adding work hours to an already busy day.

That's why the Hannan Foundation created the Next Shift program - to assist full time employees who are also providing unpaid care to a family member, neighbor or friend. This free, confidential service helps full-time, employed caregivers secure support and resources for both their loved ones and themselves. But first, the person who is pitching in will need to recognize that providing such loving support defines them as a caregiver.

"Few people identify themselves as a caregiver. Many spouses, sons or daughters, siblings, or friends see what they do for loved ones as simply the right thing to do," says Vincent Tilford, Hannan's executive director. "Failing to reach out for help can add additional stress and greatly impact the health and well-being of the caregiver and of the care-recipient."

In fact, research finds that caregivers who do not access sup-

portive services are more likely to experience depression, difficulty sleeping, and fatigue - as well as challenges balancing work and home life with these added responsibilities.

## Next Shift Services Include:

- Navigating Medicaid/Medicare
- Connecting to community resources such as food, transportation and healthcare
- Assistance with long-term care planning
- Legal Services/Family mediation
- Educational Workshops/ Support Groups
- Consultations with licensed master social workers to develop personalized care plans

Next Shift program partners include the Alzheimer's Association-Greater Michigan Chapter, Elder Law & Advocacy Center, and the Wayne State University Institute of Gerontology. The program is funded by the Michigan Health Endowment Fund.

To learn more about this free service or to see if you qualify as a caregiver, call a Next Shift representative at: 313-833-1210, or email Stacey Molinaro at [smolinaro@hannan.org](mailto:smolinaro@hannan.org). You can also visit the Next Shift website at: [www.nextshiftdetroit.com](http://www.nextshiftdetroit.com)

# IN MY MIND



**By Pat Rencher**

Over the past year, I've watched so many of my friends say good bye to their parents. Their parents' last years were emotionally trying, complicated by medical needs and financial strains - but my friends persevered with unlimited advocacy, care, and love. Our conversations had centered on rehab and emergency room visits, fierce debates about moving parents from the family home,

memory care placement, driving issues, falls, and caregiver searches. Funeral arrangements now also dominated these conversations.

The fading away of this, the Greatest Generation, brings immense sadness. Yet it also brings immense pride. I'm thankful to have witnessed such remarkable strength, courage and persistence. You see, they were not born in easy times. From enduring the deprivation of the Great Depression, to World War II's impact, to the unreasonableness of the South's Jim Crow laws and the North's covert racism, these men and women were rightly christened the Greatest Generation.

Through it all they somehow emerged from these trials with strong principles of personal responsibility: humility, a strong work ethic, prudent savings plans, and an abiding and faithful commitment to

family and country writes Tom Brokaw in his 2001 book, *The Greatest Generation*.

Many of us witnessed the quiet resolve of these elders to achieve without complaining. They didn't speak very much about how their academic degrees or intellectual skills were consistently disregarded. Nor did they speak much about the humiliation they must have felt - underemployed and underpaid for their labors and disrespected on a whim by their lessers. Perhaps it was too painful to remember. Perhaps remembering would deter them from their true goals. Perhaps it would hinder their commitment to the things that they felt really mattered.

They weren't always the easiest parents. They fanatically corrected poor speech and other errors as they fervently promoted education and achievement. At the same time, they provided encour-

agement, support and access to activities that enabled us to discover our gifts. We are not likely to ever see a generation like this again.

We Baby Boomers, their children, may have lost our way from time to time, but we know - having learned from the best - how to carry on toward the goals they shaped us in setting.

My wish for my friends who are new to a world without their mom and dad is that, in between the tears and the sorrow, they might find immense pride and gratitude in being raised and loved and shaped by what was truly the Greatest Generation.

Peace & Blessings,

**Patricia Ann Rencher**  
**Publisher**  
**Urban Aging News**

## OUR STAFF



UAN is a free publication circulated throughout metro Detroit

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# URBAN AGING NEWS

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# Deliriously serious symptoms



Because the seemingly comical concept of being delirious is overused in popular drama and pop culture, it's easy to forget that delirium is in fact a serious symptom of an underlying con-

dition. Delirium refers to a sudden change in mental function which can cause older adults to become aggressive and agitated, or sleepy and inactive - or sometimes a combination of both.

"Delirium is a state of worse-than-usual mental confusion, brought on by some type of unusual stress on the body or mind. It's sometimes referred to as an 'acute confusional state,' because it develops fairly quickly (e.g., over hours to days), whereas mental confusion due to Alzheimer's or another dementia usually develops over a long time," writes Leslie Kerni-

san, MD, in the senior living blog, A Place for Mom.

Another distinction between delirium and dementia is that delirium can be reversed while dementia is accompanied by a steady decline in cognitive ability.

"Delirium often clears in a few days or weeks. Some may not respond to treatment for many weeks," reports Delirium in the Elderly, adding that, "You may also see problems with memory and thought process that do not go away."

Although delirium can be brought on or worsened by

sleep-deprivation, dehydration or untreated constipation, it can also be a response to urinary tract or other infections, or untreated or post-surgery pain.

Other contributors may include: medication side-effects (especially medications that are sedating or affect brain function), anesthesia, blood electrolyte imbalances. Substance abuse or withdrawal can prompt delirium as can the isolation and confusion that results from diminished hearing or sight, such as when a person's hearing aid or glasses are broken or misplaced.

*Story continued on page 13*

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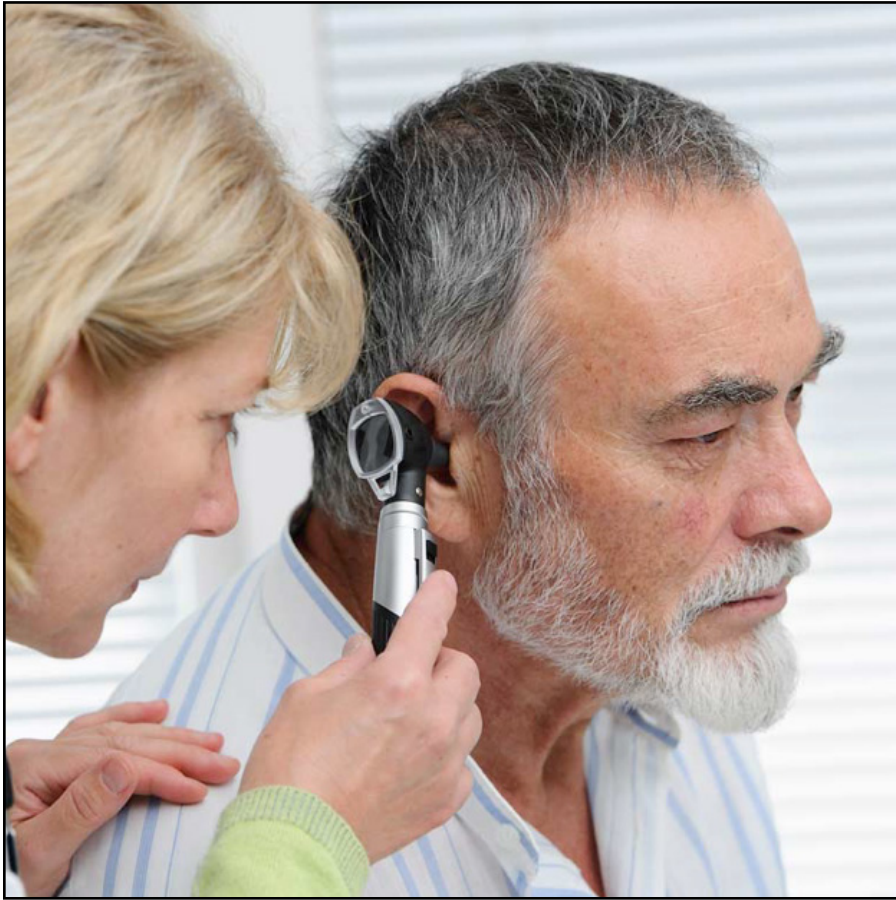
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Hospice of Michigan

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# Diminished hearing and dementia – treating one to avoid the other




Hearing connects us to the world around us. For some the silence that comes with hearing loss can mean isolation and confusion. Scientists are finding more and more evidence that diminished hearing ability makes one more likely to develop dementia. Nearly two-thirds of all adults over 70 years of age will experience hearing loss. Not all of them will develop dementia – but the odds are higher that they will.

“The strain of decoding

sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia,” according to hear-it.org, an information resource and support website.

Researchers at the University of Michigan’s Alzheimer’s Disease Center say identifying and treating hearing loss might reduce the risk of developing Alzheimer’s by nurturing the vital social and intellectual engagement that stimulates the brain.

## Dementia & Hearing Loss



Mild hearing loss: **2 times**  
more likely to develop dementia

Moderate hearing loss: **3 times**  
more likely to develop dementia

[http://www.hearingloss.org/sites/default/files/docs/Reynolds\\_saturday.pdf](http://www.hearingloss.org/sites/default/files/docs/Reynolds_saturday.pdf)

Severe hearing loss: **5 times**  
more likely to develop dementia

Ghassan Shahrouh, MD

Undiagnosed and untreated hearing loss, researchers say, makes it difficult for physicians to determine whether mental decline is due to hearing loss or to diminishing cognitive ability.

The Wayne State Audiology clinic provides audiologic evaluations to older adults at no cost to address the need for accurate diagnosis in this population.

Contact the clinic at 313.577-0631, or [wsuaudiology@gmail.com](mailto:wsuaudiology@gmail.com), for more information or to schedule an appointment.

LONG-TERM STUDY IS FIRST TO SHOW

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# Types of Advance Directives

## Directives to your doctors – in advance

Advance directives are legal documents that allow you to state your wishes for any future medical care while you have decision-making capacity and are fully in command. They clearly communicate your wishes and therefore help protect your right to have your choices honored if you should become unable to advocate for yourself.

“Solos” - those without spouses or children - should especially consider drafting and filing these types of documents, which include:

- A Durable Power of Attorney for Healthcare which lets you name a person you trust to communicate your medical decisions, should you become unable to do so.
- A Living Will directing the types of medical decisions you want made, should you become unable to do so.

“In my opinion, these are the most important documents that people can do in their lifetime. The documents deal with life and death issues,” says Katy Graham, J.D., managing attorney, the Elder Law & Advocacy Center. “Additional types of advance directives can be considered, especially for those with a terminal illness.”

The ELAC provides free, civil (non-criminal) legal services, such as preparing these advance directives, to those 60 years of age and older who reside in Wayne County. Outreach and educational presentations are also conducted in Livingston, Monroe and Wayne counties to provide general civil legal advice.

The Center also presents free First Tuesday monthly workshops to seniors, people caring for seniors, and non-parent caregivers. To attend, or for more information, call 313.937.8291, or visit [nlsmichigan.org/programs/elder-law](http://nlsmichigan.org/programs/elder-law).

The ELAC is funded by the Michigan Office of Services to the Aging, The Senior Alliance (Area Agency on Aging 1C); The Detroit Area Agency on Aging (1A); and The Area Agency on Aging 1B.

# ‘Assisted Living’

## Term Not Defined in Michigan Law

While consumers may infer a specific level of support when they see the term “assisted living,” experts caution that the words are simply a marketing term.

The term “assisted living” is typically used to identify alternatives to nursing homes but the term is used broadly because it is not defined in any Michigan law or regulation. This means that “assisted living” is a term that is often used interchangeably with other terms, such as: independent living, senior housing, retirement community, housing with services establishments, and more.

Some facilities offer graduated services ranging from individual apartments to full nursing home support at the same site.

Marketers of apartment-like living use the term “assisted living” as they sell add-on services to these living spaces. These assistive services range from meals, to transportation and laundry.

The nursing home living offers more extensive services for the frail elderly. This more vulnerable population may need 24-hour supervision and protection, as well as assistance with medications, bathing, grooming, dressing, transferring in and out of bed and more.

“Assisted living” facilities vary greatly - some living models must be licensed, some do

not require one. But it’s often not an easy distinction to make.

### How are facilities regulated in Michigan?

The Bureau of Child and Adult Licensing (BCAL), a division of Michigan’s Licensing and Regulatory Affairs (LARA), is charged with the responsibility of licensing and monitoring facilities that provide housing and services to the elderly.

There are only two types of licensed facilities: Adult Foster Care (AFC) and Homes for the Aged (HFAs).

### Adult Foster Care Homes (AFC)

AFC’s are regulated by the Adult Foster Care Facility Licensing Act and are defined as:

“A governmental or nongovernmental establishment that provides foster care to adults. An adult foster care facility includes facilities and foster care family homes for adults who are aged, mentally ill, developmentally disabled or physically handicapped who require personal care, supervision and protection on an ongoing basis **but who do not require continuous nursing care.**”

There are only two types of licensed facilities: Adult Foster Care (AFC) and Homes for the Aged (HFAs).

*Story continued on page 11*

# LGBTQ ally and aging advocate



You may ask just how a woman who identifies as straight, is married to a man, and has four children and five grandchildren becomes an advocate for the LGBTQ community. She says she got her heart for the gay and transsexual communities from her mother's example of openness and support.

"When my cousin began transitioning from male to female, and sat my mother and me down to announce the news, my mom said, 'I love you. I want you to be happy, whatever that is.' That set a good example for me," says Pat Baldwin, director of the Beyond U

community of shared learning at the Hannan Center, as well as of the center's Volunteer Services.

The Hannan Center operates programs to enhance the quality of life for Detroit's seniors. Over the course of her 17 years spent working in aging services, hearing individual needs and observing gaps in services, Baldwin says she identified unmet needs for those in the LGBTQ community as they aged. In 2013 she founded the Detroit Elders Project which holds monthly presentations at Hannan Center on topics that affect LGBTQ elders.

"In many senior centers and places where seniors go for services there was no mention of the LGBTQ elder," Baldwin says. "I wanted to change that."

Baldwin says that while many young LGBTQ people are embraced and supported by friends and family, LGBTQ elders grew up in a time when they may have lacked resources, advocates, employment rights and a sense of safety caused by reprisals against those who did come out.

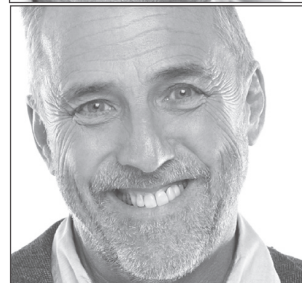
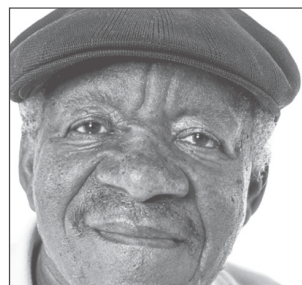
The advocate says senior centers ignore LGBTQ el-

ders but other settings can present more troubling treatment. In the long-term care system, a national survey by the National Resource Center on LGBT Aging found, older adults were frequently mistreated by care-center staff, including cases of verbal and physical harassment, as well as refusal of basic services.

Working with legal advocates, Baldwin says, she also learned that there weren't legal protections for LGBTQ elders.

For example, Michigan's Elliott-Larsen Civil Rights Act

*Story continued on page 14*



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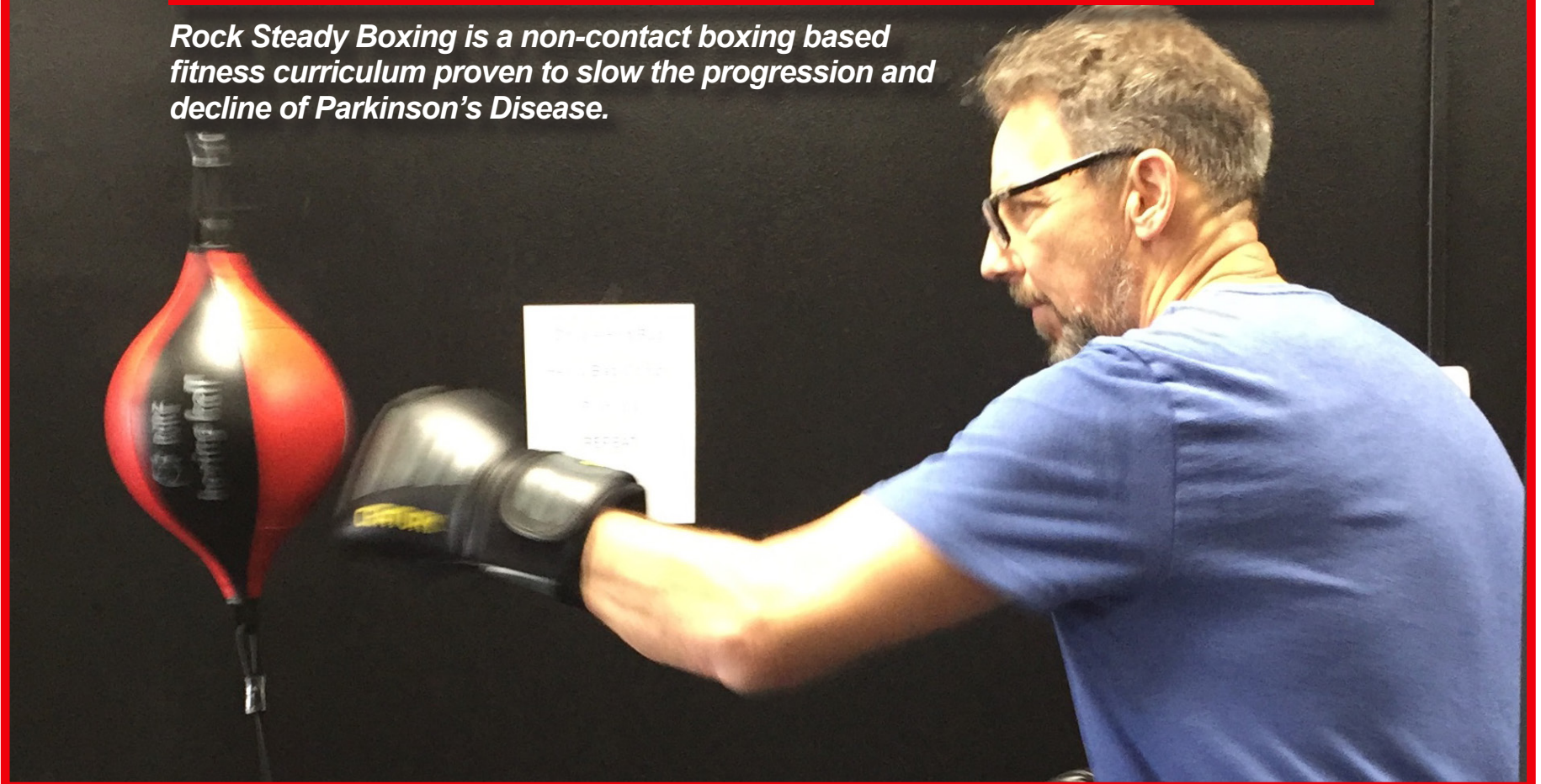
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# Exercise for Older Adults

*Rock Steady Boxing is a non-contact boxing based fitness curriculum proven to slow the progression and decline of Parkinson's Disease.*



More and more, seniors are recognizing that regular exercise provides health benefits and this activity level therefore extends independence. Benefits include building stamina to avoid falls, improvement of blood pressure and blood sugar levels, a boost in bone and joint health, and preservation of brain power. And an added benefit is that much of this exercise benefit can be achieved at low or no cost.

According to the American Academy of Family Physicians, almost all older adults

can benefit from more physical activity. Even those with limited mobility due to medical conditions can benefit. While those who have such challenges may have to exercise more carefully than others, with proper instruction and guidance, they can learn activities and exercises that improve mobility and strength.

The National Council on Aging reports that "Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults," because those

specifically designed for seniors provide the needed level of guidance and instruction. These exercise programs also allow instructors to modify exercises - even changing from standing to sitting - all to match the students' ability level.

The National Council on Aging works with a full range of health-enhancing organizations, including Area Agencies on Aging, the National Kidney Foundation, the National Arthritis Foundation, as well as with health plans and fitness

organizations, to provide programs that are proven to produce measurable health benefits for older adults.

This is a list of evidence-based programs that are available for older adults:

**Enhance Fitness** is a highly adaptable exercise program offering levels that are challenging enough for active older adults and levels that are safe enough for the unfit or near frail. One-hour group classes include stretching, flexibility, balance, low-impact aerobics, and strength training.



**Walk With Ease**, offered through Arthritis Foundation Michigan, can reduce pain and improve overall health.

The program promises to reduce pain while improving flexibility, strength and stamina. If you can stand for 10 minutes without pain, you can have success.

**Matter of Balance** targets those who restrict activities because of concerns about falling.

Participants learn to view falls as controllable by increasing physical activity and making the necessary changes to reduce fall risks.

**Tai Chi for Arthritis** offers slow, gentle movements that help to increase muscular strength, flexibility and stamina. It has been proven to reduce arthritic pain and stress while improving balance and overall fitness. It has been shown to be one of the most effective exercises for preventing falls.

It should also be noted that swimming, yoga and water aerobics are excellent low-impact options that are less jarring to the body. The local YMCA, YWCA and senior centers are good places to start when looking for exercise programs that address special needs.

And remember, it is always advisable to discuss new exercise routines with a physician before beginning.



**ROCK STEADY BOXING METRO DETROIT OPEN HOUSE**

**Saturday, April 28, 2018**  
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You're invited to an Open House of Rock Steady Boxing Metro Detroit; a non-contact boxing-style fitness program for Persons with Parkinson's and their caregivers, i.e. their "Cornermen". The program enables Persons with Parkinson's of all ages and their Cornermen to fight back against this degenerative, incurable disease.

Join us at Heavy Hitters Kickboxing Gym on Saturday, April 28, 2018, to learn more about the Rock Steady Boxing Metro Detroit program and classes. There will be a demonstration, followed by a Q & A session, as well as an opportunity to schedule a fitness assessment for Parkinson's Patients and their caregivers who want to participate in RSB classes. Class schedules will also be available.

For more information contact:  
Cristi Henderson, Certified RSB Coach  
Phone or Text: 313.575.8480  
email: [MetroDetroit@RSBAffiliate.com](mailto:MetroDetroit@RSBAffiliate.com)  
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**ROCK STEADY BOXING AFFILIATE**

**IN THIS CORNER, HOPE. FIGHTING BACK AGAINST PARKINSON'S**

# Will a web search find 'lost' money just waiting for you?

by Steve Goodrich, J.D.

What happens to unclaimed cash in a closed bank account, funds owed by a government entity or monies held by a business? They go into the treasury of individual states, turned over using the process of escheatment - and this money still belongs to the person to whom it is owed.

The lost properties are usually returned checks made out to individuals but undeliverable due to a bad address, misspelled name, death, or bankruptcy. The full range of items subject to escheat include abandoned bank accounts, utility company deposits, stock dividends, unpaid wages, unclaimed es-

tate legacies, insurance proceeds, or unclaimed money retained by employers, public officials, or tax refunds.

The holding period, the amount of time between the check being returned and the holder sending it to the state, is generally three to five years. If the owner never follows up, the state keeps the money. States have little incentive to locate owners of lost funds and they aren't required to do anything other than publish a list of those who could claim these funds.

To search for money in Michigan, Go to mich.gov. Under "Online Services," click on "Unclaimed Property

Search." Go to "Search for your Money" and enter your last name or business name. If you're successful, a property number and the name of the "holder" that sent the check, will appear. You can also contact the Unclaimed Property section at: 517-636-5320.

Note that the Michigan Treasury Department will not tell you how much money is involved until you've proven you're the rightful owner. You must fill out an "Initial Inquiry Form" that requires you to document your identity. Here's a tip: It is not necessary to have the exact documentation they request. If they request a Social Secu-

rity card, for example, you can instead supply a tax return. They must respond in 120 days, and if they are satisfied, they will send a claim form that will disclose the amount.

A deceased relative's money can be claimed by the decedent's heirs by supplying a death certificate and will.

**To search for money in other states:**

Visit MissingMoney.com to search nearly 40 states, and for links to the websites of states that do not participate on that site.

Good luck and good hunting.



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## When long-term care facilities evict residents



Residents of nursing homes, homes for the aged, and adult foster care so often struggle to find a placement that fits their needs. But once they've settled in, what if the operators of those facilities want them out to make room for higher-paying, non-Medicaid residents, or for other plans for the building? Sometimes the facility alleges that it cannot meet the resident's needs, even though they are legally obligated to provide the required care.

When residents of licensed long-term care facilities are threatened with eviction, they can turn to the Michigan Long Term Ombudsman Program - a government-funded agency that provides service at no cost.

To determine if an eviction is legal, or to address any other concerns with the service provided by a long-term care facility, contact the Michigan Long Term Ombudsman Program at 866-485-9393.

### Assisted - Continued from page 6 Adult Foster Care Homes (AFC)

AFC's are regulated by the Adult Foster Care Facility Licensing Act and are defined as:

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By law, AFC homes have strict regulations on what constitutes personal care, protection, and supervision. If these services are provided 24 hours a day, for five or more days per week, for two or more consecutive weeks, then the facility must be licensed as an Adult Foster Care Home.

When interpreting and enforcing this statutory basis, BCAL insists on licensure where all of the services are provided by a single entity. That means that when more than one legal entity is involved, even at the same location, a license may not be required.

### Licensed Homes for the Aged (HFA)

Size is the single most distinguishing characteristic of a home for the aged, as opposed to an adult foster care home. A home for the aged is a facility that provides room, board and supervised personal care to individuals 60 years of age

or older in a setting serving 21 or more unrelated individuals. Younger persons may be admitted to an HFA with BCAL advanced approval. Unlike adult foster care, the HFA statute has no requirements on the length of time care is provided. Many individuals move to such a facility planning to stay indefinitely.

Michigan's licensing rules provide in great detail the AFC and HFA licensee's obligations, including staff screening for good moral character. Since April 2006, persons working in positions with regular direct access to consumers, their property or any other identifying information have been subject to extensive background checks, including fingerprinting, state police record checks and the review of various registries to rule out convicted of a crime that makes them unsuitable to work with vulnerable adults.

### Can BCAL Inspect Unlicensed Facilities?

BCAL has the statutory authority to inspect unlicensed settings to determine whether they should be licensed, and exercises this right on a regular basis. BCAL works closely with other agencies such as Adult Protective Services in an effort to protect vulnerable adults statewide.

To locate facilities or to view a facility's licensing renewal and special investigation reports, call: 517-335-6124, or see [www.michigan.gov/afchfa](http://www.michigan.gov/afchfa).

\*Information reprinted in part from the Michigan Department of Licensing and Regulatory Affairs.



DETROIT  
PARKS &  
RECREATION  
DEPARTMENT

SENIOR  
OLYMPICS



**June 11 - 13, 2018**

Do you know super senior athletes or savvy senior volunteers? The Detroit Parks and Recreation Department is putting out the call for the 34th annual three-day Detroit Senior Olympics, to be held in sites around the city from Monday, June 11 – Wednesday, June 13.

Athletes can participate in a variety of events including golf, softball, soccer, billiards, bowling, Pickleball, tennis, swimming, bid whist, basketball, dance, - as well as skills such as baking, arts & crafts and more.

Most events are free but those with

entrance fees vary from \$15 - \$45. Register by May 25 at [runsignup.com/Race/MI/Detroit/DPRDDSO](http://runsignup.com/Race/MI/Detroit/DPRDDSO), or visit the Detroit Parks & Recreation Department at the Northwest Activities Center 18100 Meyers Road Detroit, Mich. 48235.

# Local senior publication wins national award



## Caregiver Connections

The National Mature Media Awards honor high-quality publications that are geared to the senior population. The Area Agency on Aging-1B has won a 2017 award for its digital bi-monthly newsletter, Caregiver Con-

nections. The free publication serves six counties including Oakland, Macomb, Washtenaw, and St. Clair. To subscribe to this publication, visit: [www.aaa1b.org/caregiver-resources/caregiver-e-newsletter](http://www.aaa1b.org/caregiver-resources/caregiver-e-newsletter)

### *Delirium - Continued from page 4*

Despite the fact that delirium is extremely common, when seniors are hospitalized the presence of the condition is often missed. Unfamiliar with the senior's normal functioning, busy hospital staff will not know if an older person's confusion is new or worse than usual. That's why it is important for family members to bring any new or abnormal delirium to the attention of health care professionals immediately.

"In the short term, delirium can increase the length of hospital stays and has been linked to a higher chance of dying during hospitalization," says Leslie Kernisan, MD, of the Better Health While Aging website.

"In the longer-term," she adds, "delirium has been linked to worse health outcomes such as declines in independence, and even acceleration of cognitive decline."

For seniors who are at home or in assisted living when symptoms develop, call the primary care doctor so a nurse or doctor can help determine whether to go to an urgent care facility or to an emergency room.

If possible, look for hospitals that are utilizing the Hospital Elder Life Program or have an Acute Care for Elders units. Both offer comprehensive patient-care programs that ensure optimal care for hospitalized older adults.

## Project FRESH gives farmer's market foods



The Senior Project Fresh program helps older adults to eat healthier as they age by providing the information and resources to make better choices. The unique program provides free nutritional counseling and \$20 in coupons that can be exchanged for fresh fruits, vegetables, and other healthy foods sold at local farmers markets and roadside stands. The program runs from May 1 to Oct. 31 each year.

Residents who are 60 years or older, with a household income of not more than \$21,775 for individuals and not more than \$29,471 for couples, are eligible.

### Contact one of the following agencies to apply:

- Macomb Community Action Office of Senior Services: 586-469-5228, or Marie.Bristow@macombgov.org
- MSU Extension-Oakland County: 248-858-0904, or dantor@oakgov.com
- Detroit Area Agency on Aging: 313.6446-4444, ext. 5841, or kanakarisa@daaa1a.org
- The Senior Alliance (Out Wayne Co): 734-722-2830, or njeffrey@tsalink.org

### LGBTQ - continued from page 7

prohibits sex discrimination, among a list of categories of protected rights. But the law does not prohibit discrimination based on sexual orientation or gender identity. These advocates are awaiting the outcome of their recent testimony before the Michigan Civil Rights Commission as it considers issuing an interpretive statement to include LGBTQ protections in its list of enumerated rights. They also presented the Commissioners with a letter signed by 30 legal experts reiterating the importance of clarifying the law.

"This clarification is so necessary," Baldwin says, citing a transgender person whose appointed legal guardian did not support their gender identity. The guard-

ian withheld vitally needed hormones and other gender-affirming medical care, putting the transperson's health and well-being at risk.

Baldwin is a board member of SAGE Metro-Detroit, the nation's largest and oldest organization dedicated to improving the lives of LGBTQ elders. She says that, SAGE focuses on securing inclusive protections for the LGBTQ community and identifying welcoming housing, medical and social services, and business services."

To learn more about LGBTQ services offered by the Hannan Center or by SAGE-Metro Detroit, visit or call: hannan.org 313.833-1300; or sagemetrodetroit.org 734.681.0854.

## Friendly Caller Program Connects LGBT Adults to those who care!

SAGE Metro Detroit, an affiliate of the national, Services & Advocacy for LGBT Elders organization, offers supportive services and consumer resources for older LGBT adults and their caregivers. SAGE also addresses the needs of older LGBT people by advocating for public policy changes and providing training for aging care providers and to some of the original, older LGBT organizations as well.

SAGE has identified a pressing need, connecting one-on-one with older LGBT adults who are often home alone. The organization has set up a network of volunteers who make this vital interpersonal contact via phone. This personal contact is needed because, statistics show:

- Older LGBT adults are twice as likely to age without a partner and twice as likely to live alone.
- Only 10% of older LGBT adults have children to help care for them, compared to 80% of older heterosexual and cisgender adults.

To enroll in the program and receive a call from a caring volunteer, or to volunteer to be that caring caller, contact Keisha Watkins-Dukhie at (248) 567-2363 or kwdukhie@sagemetrodetroit.org.

# NEWS BRIEFS

**Older Michiganian's Day in Lansing**, Wednesday, May 16, from 10:15 a.m. - 1:00 p.m. is an opportunity for seniors to help legislators understand their needs and their voting power. For free tickets and to learn about bus transportation, call your local Area Agency on Aging.

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**The "Extra Help" Program** helps Medicare beneficiaries pay for monthly prescription premiums, co-pays or annual deductibles. Beginning April 1 you may be eligible even if you didn't qualify before. Call 1-800-803-7174 for assistance.

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**Henry Ford Experts Available by Phone or Email.** Caregivers can reach out to experts for resources or to schedule a class in their community. Contact [caregiverresources@hfhs.org](mailto:caregiverresources@hfhs.org), or 313.874-4838. Messages will be returned Mon-Fri 8am - 4pm.

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**Mimi's Bistro-Memory Café** is a safe and comfortable place for caregivers and care-recipients to get out and socialize every second Thursday, from 11:30am -1pm, 15318 E. Jefferson. The café is open to those in all stages of dementia. Pre-registration is required at 800.272.3900, or [helplinegmc@alz.org](mailto:helplinegmc@alz.org). Food is available for purchase.

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**Take Heart** program seeks Detroiters 50 years or older to participate in research to improve heart health. Participants must have heart disease or other chronic diseases or smoke tobacco. Participants receive two \$20 gift cards for their participation. Contact Jessica Ramsey, project director, at [ramsayj@umich.edu](mailto:ramsayj@umich.edu), or 734-764-5420 for further details.

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**Senior Financial Empowerment Expo**, hosted by the Southeast Michigan Senior Regional Collaborative, a consortium of senior-serving organizations, is Wednesday, April 25 from 9-11:30am at the Northwest Activities Center, 18100 Meyers Rd. Detroit, 48235. The event is free.

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**Free Lunch & Learns**, provided by Universal Dementia Caregivers, are planned for Thursdays, April 19, May 10, and June 7, at Triumph Church, 2760 E. Grand Blvd. Detroit, 48211, from 11:30 am - 1 pm. Call 248.509-4357, or email [info@universaldementia.org](mailto:info@universaldementia.org), for details.

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**Support Detroit's largest center for older adults** as the St. Patrick Senior Center holds its annual Irish Festival, Sunday, May 6 from 1 – 9 pm. The event, at 58 Parsons St., Detroit 48201, includes children's games, authentic Irish food and drinks.

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**Senior Day at the Detroit Zoo**, Wednesday, April 25, from 10 am -3 pm. Seniors 62 and older who reside in Macomb, Oakland and Wayne counties can enjoy live music, tram tours, bingo, and receive resource information. Also hear from the zookeepers about the senior animals living at the zoo. Free admission and parking for seniors and one caregiver.



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