



# Managing Memory Loss

*A community resource guide for individuals  
with memory loss in Saginaw County*

Published by

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# Managing Memory Loss 2020



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# An Introduction to Memory Loss

People tend to use the terms “**Alzheimer’s**” and “**Dementia**” interchangeably. However, these two terms do NOT have the same meaning. “**Alzheimer’s Disease**” is a degenerative brain disease and is the most common cause of Dementia.

“**Dementia**” is a syndrome- a group of symptoms- that has a number of causes. The most common symptoms of dementia are difficulties with memory, language, problem solving, and other cognitive 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. As critical brain cells die, drastic personality loss occurs and body systems fail.

Alzheimer’s disease is the most common form of dementia. Alzheimer’s disease accounts for up to 80% of all cases of dementia. There are more than 110 causes of dementia. Some of these causes are reversible and others are not. In addition to Alzheimer’s disease, other forms of dementia include: Vascular Dementia, Mixed Dementia, Dementia with Lewy Bodies, Parkinson’s disease, Frontotemporal Dementia, Creutzfeldt-Jakob disease (CJD), Normal Pressure Hydrocephalus, Huntington’s disease, and Wernicke-Korsakoff Syndrome.

Memory loss is a common symptom of dementia. Although not all memory loss indicates dementia and/or Alzheimer’s. For most people, recognition of memory problems in themselves or a loved one brings fear of Alzheimer’s. 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.”

<b>Normal Aging</b>	<b>Dementia Symptoms</b>
Forgetting the name of an acquaintance	Forgetting the names of family members and common objects
Forgetting the details of an event that took place a year ago	Forgetting the details of an event that took place yesterday
You are worried about your memory, but friends and relatives are not	Friends and relatives are worried about your memory, but you are unaware of any problems

As we age, we physically and mentally begin to slow down a bit. This is “normal”. We will have temporary lapses in our memory. 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. Significant cognitive and memory losses, however, are **not** symptoms of normal aging. “Normal” age related memory loss is merely inconvenient.

### **Ten Warning Signs of Alzheimer’s or other Dementia’s:**

Memory loss that disrupts daily life

Challenges in planning or solving problems

Difficulty completing familiar tasks at home, work, or leisure

Confusion with time or place

Trouble understanding visual images and special relationships

New problems with words in speaking or writing

Misplacing things and losing the ability to retrace steps

Decreased or poor judgement

Withdrawal from work or social activities

Changes in mood and personality

### **Staggering Statistics**

- Nationwide, Alzheimer’s is the 6<sup>th</sup> leading cause of death. It is the 5<sup>th</sup> leading cause of death among American’s aged 65+.
- Almost 2/3 of those with Alzheimer’s disease (3.4 million) are women.
- Alzheimer’s kills more than breast cancer and prostate cancers combined.
- 20 or more years before symptoms appear, brain changes associated with Alzheimer’s disease may begin.
- Every 65 seconds, someone in America develops Alzheimer’s.
- Alzheimer’s is the only disease in the top 10 that cannot be prevented, slowed or cured.
- 70% of people with Alzheimer’s are living in their own homes.
- 1 in 3 seniors dies with Alzheimer’s disease or another dementia.
- Research shows that Alzheimer’s disease causes more worry than any other condition for Americans over the age of 55.

\*For more information, view the **2018 Alzheimer’s disease Facts and Figures** report at: [www.alz.org/facts](http://www.alz.org/facts)

# Adult Day Care

Adult Day Care (ADC) allows caregivers 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. The care receiver also benefits from adult day care. He or she is able to remain at home with family, but does not require 24-hour care from the primary caregiver. ADC participants also have an opportunity to interact socially with peers and to share in stimulating & enriching 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 that they provide services exclusively to that population; while other centers serve a broader population.

<b>Bickford Cottage of Saginaw Township</b>	(989) 799-9600
<b>Community Village</b>	(989) 792-5442
<b>Edgewood Assisted Living Center</b>	(989) 497-9970
<b>Golden Horizons Adult Day Care Center</b>	(989) 892-6644
<b>Great Lakes P.A.C.E.</b>	(989) 272-7601
<b>Guardian Angel Respite &amp; Day Services</b>	(989) 907-7348
<b>Kathelene's Adult Day Health Services</b>	(989) 322-2273
<b>Seasons Adult Day Health Services</b>	(989) 633-3708

**Available funding:** At present, Medicare does not cover ADC costs. The **Medicaid Waiver** program has the ability to cover ADC costs. Veterans should contact their local **VA Hospital (989-497-2500)**, as those with a service connection may be eligible for funding. Some of the ADC's 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 ADC 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. 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. In order 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.

If you are interested in more information about AFC homes contact:

### **Michigan Department of Licensing & Regulatory Affairs**

525 West Ottawa

P.O. Box 30004

Lansing, MI 48909

(517) 373-1820 [www.michigan.gov/LARA](http://www.michigan.gov/LARA)

Then search Adult Foster Care Homes

**-or-**

### **Region VII Area Agency on Aging**

Ask to speak to the “Housing Coordinator”

(800) 858-1637

\*Adult Foster Care **complaints** may be made to the **licensing agent** by calling 1-866-856-0126.

## 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.” However, some Long Term Care policies, the Medicaid Waiver program and/or VA Aid and Attendance may help to pay some of the expense.

<b>Barton Woods</b>	(989) 695-5380
<b>Bavarian Comfort Care</b>	(989) 777-7776
<b>Bickford Cottage</b>	(989) 799-9600
<b>Brookdale Saginaw</b>	(989) 249-7500
<b>Chesaning Comfort Care</b>	(989) 607-0011
<b>Community Village</b>	(989) 792-5442
<b>Covenant Glenn of Frankenmuth</b>	(989) 262-8340
<b>Edgewood Assisted Living</b>	(989) 497-9970
<b>Independence Village of Midland</b>	(989) 839-2114
<b>Merrill Fields Assisted Living</b>	(989) 715-2060
<b>New Hope Valley Memory Care Community</b>	(989) 498-4000
<b>Roosevelt House</b>	(989) 642-4663
<b>Shields Comfort Care</b>	(989) 607-0003
<b>Stone Crest Assisted Living</b>	(989) 695-5035
<b>Union Court Assisted Living</b>	(989) 865-8100
<b>Wellspring Senior Living, Assisted Living</b>	(844) 467-3356

## 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. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing. The most common symptom of Alzheimer's disease is difficulty remembering new information. This is because the disruption of brain cells usually begins in regions involved in learning. As damage spreads throughout the brain, individuals experience other difficulties such as disorientation, mood and behavior changes, confusion, suspicions, difficulty with speech, walking, and swallowing.

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. 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, Alzheimer's medications can temporarily slow the worsening of symptoms and improve quality of life for those with Alzheimer's and their loved ones. The Food and Drug Administration (FDA) has approved four medications to treat the symptoms of Alzheimer's: Aricept, Razadyne, Namenda, and Exelon. There is worldwide effort to find better treatments, delay its onset, and even prevent it all together.

To search for 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](http://www.medicare.gov) then click on "**Physician Compare**".



# Durable Medical Equipment

Durable Medical Equipment (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. Medicare Part B (medical insurance) covers DME that your doctor prescribes. In certain instances, the following items may be covered by Medicare Part B:

Blood sugar monitors	Canes	Bedside commodes
Hospital beds	Nebulizers	Walkers
Prosthetic devices	Wheel chairs	Oxygen

The most commonly needed DME is bathroom safety equipment such as shower chairs, hand held showers, 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.

<b>Adaptive Modification Solutions</b>	(810) 670-3500
<b>Airway Oxygen</b>	(989) 753-8357
<b>American Medical Supplies</b>	(989) 753-5090
<b>Amigo Mobility</b>	(989) 777-0910
<b>Apria Healthcare</b>	(989) 752-0141
<b>Great Lakes Pharmacy of Midland</b>	(989) 835-7911
<b>H Care</b>	(989) 791-9490
<b>Lincare</b>	(989) 792-0301
<b>Pro-Air Medical Supply and Equipment</b>	(844) 445-1122
<b>RT Care</b>	(989) 790-8005
<b>Saginaw Medical Supply</b>	(989) 793-6000
<b>Sheldon Medical Supply</b>	(800) 922-5101
<b>VNA Home Medical Equipment</b>	(989) 799-6020
<b>Wright &amp; Filippis</b>	(989) 799-7360

# Great Lakes 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 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 to facilitate seniors with living safe 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 need of each individual. We provide activities during the day that offer opportunities to connect and socialize with others.

## **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.

Contact Great Lakes PACE:

(844) 445-7223

(989) 272-7610

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

Great Lakes PACE

3378 Fashion Square Blvd.

Saginaw, MI 48603

## Homes for the Aged

Homes for the Aged (HFA) are facilities with at least 21 residents, offering room and board, supervision and personal care to people over the age of 60 who need assistance but do not require continuous nursing care. 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.

<b>Bavarian Comfort Care</b>	(989) 777-7776
<b>Bickford Cottage of Saginaw Township</b>	(989) 799-9600
<b>Community Village</b>	(989) 792-5442
<b>Covenant Glen of Frankenmuth</b>	(989) 262-8340
<b>Edgewood Assisted Living Center</b>	(989) 497-9970
<b>Heartland Saginaw</b>	(989) 777-5110
<b>New Hope Valley</b>	(989) 498-4000
<b>Shields Comfort Care</b>	(989) 607-0003
<b>Union Court Assisted Living</b>	(989) 865-8100
<b>Wellspring Lutheran Services Saginaw</b>	(989) 921-0083

**To review Homes for the Aged, go to:**

***www.michigan.gov/dhs***

Then go to “***Doing business with DHS***”

Then go to “***Licensing***”

Then go to “***Online Look ups***” and click on “***Search for Adult Foster Care and Homes For the Aged facilities***”

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

# Hospice

Hospice is a special kind of care designed for someone with a terminal illness. Hospice care lets people continue to live alert, pain-controlled lives so that they can maintain their dignity and spend their last days in comfort. To be eligible for hospice care, the patient must have a life-limiting illness, be aware of the prognosis, and choose hospice as the desired plan of care. The primary services provided by hospice are: medical care, medical equipment and supplies, medications to control the pain and other symptoms of the life limiting illness, limited in patient care (both acute care & respite care), in home visits by hospice staff, consulting physicians, volunteers, and bereavement services. Hospice care is provided wherever the person lives. Most hospice patients will receive care in their own home; however hospice is available wherever the person resides.

<b>A&amp;D Home and Hospice</b>	(989) 321-9908
<b>American Home Health &amp; Hospice</b>	(989) 791-4575
<b>Compassus Hospice &amp; Palliative Care</b>	(989) 414-2103
<b>First State Hospice Care</b>	(989) 771-2100
<b>Grace Hospice</b>	(989) 686-9866
<b>Great Lakes Caring</b>	(800) 379-1600
<b>Heartland Hospice</b>	(800) 275-4517
<b>McLaren Homecare Group &amp; Hospice</b>	(989) 667-2322
<b>MidMichigan Homecare/Hospice</b>	(800) 862-5002
<b>Southern Care Hospice</b>	(866) 508-8553
<b>The Care Team</b>	(989) 341-4920
<b>Valley Hospice Care</b>	(989) 401-3019
<b>VNA Hospice</b>	(800) 862-4968
<b>Wellspring Lutheran Services Hospice of Hope</b>	(800) 645-4421

To search for Hospice in your area based on location, compare the quality of care they provide, and their staffing: go to [www.medicare.gov](http://www.medicare.gov) then click on ***“Hospice Compare”***.

## **In Home Care (Private Duty)**

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, they will gradually require assistance with their activities of daily living in order 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, laundry, housekeeping, shopping, errands, and transportation.

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

<b>A &amp; D Home Health Care</b>	(989) 249-0929
<b>Almost Heaven</b>	(989) 662-7651
<b>Comfort Keepers</b>	(989) 684-8448
<b>ComForCare Senior Services</b>	(989) 752-5501
<b>Compassionate Care Home Health Services</b>	(989) 792-5400
<b>Friends Who Care</b>	(800) 804-6510
<b>Great Lakes Home Care Unlimited</b>	(989) 486-8283
<b>Heartland Home Health</b>	(989) 667-8881
<b>Helping Hand Nursing Service</b>	(989) 799-0410
<b>Home Watch Care Givers of Freeland</b>	(989) 321-2704
<b>In Your Golden Years</b>	(989) 892-7572
<b>Primary Home Care</b>	(989) 793-6674
<b>Right at Home</b>	(989)486-9557
<b>Safe Hands, Warm Hearts</b>	(989) 249-3525
<b>Seniors Helping Seniors</b>	(989) 401-4527
<b>Visiting Angels Living Assistance Services</b>	(989) 652-6435
<b>Wellspring Lutheran Services</b>	(800) 645-4421

## Legal Planning

Legal planning should take place as soon as possible. An attorney who specializes in elder care law can explain issues related to Durable Power of Attorney for Health Care and Finances, Guardianships, Conservatorships, Wills, Trusts, and Estate Planning. The following attorneys specialize in Elder Law:

<b>Geraldine Anne Brown</b>	(989) 791-8181
<b>Chalgian &amp; Tripp Law Offices, PLLC</b>	(989) 272-7779
<b>Fisher-Smith and Bovill, P.C.</b>	(989) 792-9641
<b>Norman S. Harrison</b>	(989) 790-7177
<b>Mahlberg, Brandt, Gilbert, &amp; Thomas</b>	(989) 799-2111
<b>Walter Martin, Jr.</b>	(989) 793-2525
<b>Swartz and Wilson, P.L.C.</b>	(989) 793-7000
<b>Douglas Taylor</b>	(989) 799-2545
<b>Carol M. Thomas</b>	(989) 793-2300
<b>Zolton Law Offices</b>	(989) 792-1111

**Lakeshore Legal Aid-** Offers free legal help to seniors age 60 and over. In person appointments are held at the Saginaw County Commission on Aging. Assistance includes: Guardianships and Conservatorships; Power of Attorney for Health Care documents, Wills, Deeds, Social Security, Medicare, Medicaid, & SSI issues; Housing and Landlord / Tenant matters; Consumer fraud and scams; as well as Debtor/creditor problems. *If you have a non-urgent matter and would like to schedule an in-person meeting with an attorney, call (866) 552-2889.*

**Free legal advice-** To speak to an attorney over the phone call the **Council and Advocacy Law line** at: **(888) 783-8190.**

## 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 that make up the informal support system. The waiver team, a Registered Nurse and a Licensed Social Worker, conducts a comprehensive assessment, develops a plan of care and arranges for appropriate supportive services to be put in place. The team regularly monitors the person's needs.

Waiver participants must be aged (65 or older), or 18 and 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 who 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

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

**Alzheimer’s Association 24/7 Helpline-** (800) 272-3900.

**Alzheimer’s Foundation of America 24/7 Helpline-** (866) 232-8484.

**Alzheimer’s Store-** (800) 752-3238 or visit [www.alzstore.com](http://www.alzstore.com).

**Comfort Zone** – web based application that includes a location-based mapping service which allows families to monitor their loved one’s location. Available through the Alzheimer’s Association, call (800) 272-3900 for more information.

**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 (888) 783-8190 or visit [www.cvlap.org](http://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 (800) 536-6300 or visit [www.mihospice.org](http://www.mihospice.org).

**MMAP (Medicare/Medicaid Assistance Program)-** free service that can help you make health benefit decisions. Call toll free (800) 803-7074.

**“Safe Return”-** A nationwide program that provides 24/7 assistance to a person who becomes lost. Available through the Alzheimer’s Association, call (800) 272-3900 for information.

## Movies and Documentaries

A Song for Martin

Age Old Friends

Away From Her

The Notebook

The Forgetting: PBS Video

Do You Know What My Name Is?

Aurora Borealis

Firefly Dreams

Iris: a Memoir of Iris Murdoch

The Alzheimer’s Project (HBO)

The Genius of Martin

Still Alice

Alive Inside

The Savages

There’s a Bridge

I’ll Be Me



## **Miscellaneous Resources continued**

### **Books**

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  
Grandpa Doesn't Know It's Me  
He Used to be Somebody  
I'm Still Here  
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  
Understanding Difficult Behaviors  
Waiting for the Morning: A Mother and Daughter's Journey through Alzheimer's Disease  
What's Happening to Grandpa?  
When It Gets Dark  
The Dementia Handbook  
A Daughter's Gift  
Finding Grace in the Face of Dementia  
What the Wind Showed Me  
A Dusting of Snow  
The Sandy Shoreline  
Dancing with Elephants  
Where the Light Gets In  
Three Things

### **Helpful Websites**

<a href="http://www.alzforum.org">www.alzforum.org</a>	<a href="http://www.alzfdn.org">www.alzfdn.org</a>
<a href="http://www.alzheimersdisease.com">www.alzheimersdisease.com</a>	<a href="http://www.alzstore.com">www.alzstore.com</a>
<a href="http://www.aoa.org">www.aoa.org</a>	<a href="http://www.alz.org">www.alz.org</a>
<a href="http://www.caregiver.org">www.caregiver.org</a>	<a href="http://www.communityresourcefinder.org">www.communityresourcefinder.org</a>
<a href="http://www.dementiacarecentral.com">www.dementiacarecentral.com</a>	<a href="http://www.ethnicelderscare.net">www.ethnicelderscare.net</a>
<a href="http://www.everydayhealth.com">www.everydayhealth.com</a>	<a href="http://www.fpanet.org">www.fpanet.org</a>
<a href="http://www.johnshopkinshealthalerts.com">www.johnshopkinshealthalerts.com</a>	<a href="http://www.kindreminder.com">www.kindreminder.com</a>
<a href="http://www.mayoclinic.org/disease-alzheimers">www.mayoclinic.org/disease-alzheimers</a>	<a href="http://www.nia.nih.gov/alzheimers">www.nia.nih.gov/alzheimers</a>
<a href="http://www.projectlifesaver.org">www.projectlifesaver.org</a>	<a href="http://www.saginawlibrary.org">www.saginawlibrary.org</a>
<a href="http://www.thefamilycaregiver.org">www.thefamilycaregiver.org</a>	<a href="http://www.TeepaSnow.com">www.TeepaSnow.com</a>

# Personal Emergency Response Systems

When you experience a fall, medical issue, or other emergency, every second counts! If you are alone, delayed medical care can jeopardize your recovery and your independence!

These units are commonly referred to as “**Lifeline**” units. These medical alert systems summon help at the push of a button from either a pendant (necklace) or wrist band (watch) which is worn at all times by the individual. These units ensure prompt, caring assistance 24 hours a day, 365 days a year. Many of these systems have add-on features which include: 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. 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.

<b>Alert 1</b>	(888) 981-9871
<b>Guardian Medical Monitoring</b>	(888) 349-2400
<b>Home Medical Technologies</b>	(989) 793-6521
<b>McLaren Visiting Nurse Lifeline</b>	(866) 402-2345
<b>Primary Home Care</b>	(989) 793-6674
<b>Visiting Angels</b>	(989) 652-6435
<b>Visiting Nurse Special Services</b>	(989) 797-0828

## Pharmacies That Deliver

Each pharmacy offers their 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

### Frankenmuth Area:

**Kroger** (989) 652-0621

**CVS** (989) 652-8001

### Freeland Area:

**Freeland Pharmacy** (989) 695-6500

### Saginaw Area:

**Brady Drugs** (989) 781-2370

**Bridgeport Pharmacy** (989) 777-2900

**Care Pharmacy** (989) 755-7890

**Faler Drugs** (989) 793-2445

**Great Lakes Pharmacy of Midland** (989) 835-7911

**Healthway Pharmacy** (989) 791-1691

**Kroger (Dixie Hwy)** (989) 777-4080

**Kroger (State St)** (989) 921-6222

**Medplex Pharmacy** (989) 746-9500

**Medwins Pharmacy** (989) 755-7998

**Princing’s Pharmacy** (989) 793-8640

### St Charles Area:

**Healthway Pharmacy** (989) 865-9971

### Mail order Pharmacies:

**Express Scripts** (800) 282-2881

**Pill Pack** (866) 986-9185

## **Physicians Who Make House calls**

Do you remember “the good old days” when the doctor came to you when you were sick? Believe it or not, those good old days are still here! The following physicians provide medical care to you *when* you need it and *where* you need it. Services may be covered by Medicare, Medicaid, or other private insurances. Please contact each provider to discuss your particular insurance coverage, charges for services, deductibles and co-pays.

### **Medical:**

<b>Advanced Medical House Calls</b>	(810) 853-5875
<b>Northview Medical House Calls</b>	(888) 758-5709
<b>Physicians In Home Services</b>	(989) 692-0780 or (810) 239-7684
<b>Visiting Physicians Association</b>	(989) 667-8740 or (888) 742-9346

### **Dental:**

<b>Dental Hygiene Health Service (Dental Hygienist)</b>	(989) 385-5174
<b>Dominic Verderese DDS</b>	(989) 671-3777
<b>Great Lakes Bay Mobile Dental Program</b>	(989) 921-4393

## Respite Care Facilities

Respite care refers to a short time of rest or relief. Some 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:

<b>Aleda E. Lutz Veterans Affairs Medical Center</b>	(989) 497-2500
<b>Barton Woods Assisted Living</b>	(989) 695-5380
<b>Bavarian Comfort Care</b>	(989) 777-7776
<b>Bickford Cottage</b>	(989) 799-9600
<b>Brookdale Saginaw</b>	(989) 249-7500
<b>Edgewood Assisted Living</b>	(989) 497-9970
<b>Heartland Healthcare – Saginaw</b>	(989) 777-5110
<b>Independence Village of Frankenmuth</b>	(989) 652-4100
<b>Luther Manor</b>	(989) 799-1902
<b>Saginaw Senior Care &amp; Rehab</b>	(989) 792-8729
<b>St Francis Home</b>	(989) 781-3150
<b>Shattuck Assisted Living</b>	(989) 792-7979
<b>Stone Crest Assisted Living</b>	(989) 695-5035
<b>Medilodge of Frankenmuth</b>	(989) 652-6101
<b>Wellpring Lutheran Home</b>	(989) 652-9951

## **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 team of nurse and social worker help families to locate and manage services needed by frail elderly persons at risk of entering a nursing home.

**Caregiver Support Program** – provides caregivers with skills and knowledge to better care for their loved ones. An active support group meets twice a month.

**Case Management** – caseworkers provide assessments, information and advocacy.

**Dementia Advisory Board**- a group of service providers & caregivers who work together to improve the coordination of dementia services and to provide dementia education in Saginaw County. We are always accepting new members!

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

**Project Lifesaver** – a device designed to assist in the tracking and locating of people who may wander and become lost.

**Meals on Wheels** – homebound elderly who are unable to prepare a well-balanced meal receive a hot meal daily.

**Transportation** – door-to-door service is available for medical appointments, shopping, and treatment clinics. Rides must be prescheduled. Wheelchair lift service is available.

### **Saginaw County Commission on Aging**

2355 Schust Road, Saginaw MI 48603

**[www.saginawcounty.com](http://www.saginawcounty.com)**

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

## Skilled Nursing Facilities (a.k.a. Nursing Homes)

Nursing homes are facilities licensed by the Division of Licensing & Certification - Michigan Department of Public Health which provide nursing care and medical treatment. There are two types of nursing home care: “skilled” and “basic”. “Skilled” care is provided by a licensed health professional, such as a registered nurse, physical, occupational or speech therapist. “Basic” care provides assistance with a person’s activities of daily living (ADL’s), including: skin care, grooming, bathing, toileting, feeding, and mobility.

<b>Caretel Inns of tri Cities</b>	(989) 667-9800
<b>Chesaning Nursing Care Center</b>	(989) 845-6602
<b>Great Lakes Rehab</b>	(989) 607-1500
<b>HealthSource Saginaw County</b>	(989) 790-7700
<b>Heartland Health Care Center</b>	(989) 777-5110
<b>Hoyt Nursing and Rehab Centre</b>	(989) 754-1419
<b>Luther Manor</b>	(989) 799-1902
<b>Saginaw Senior Care &amp; Rehab</b>	(989) 792-8729
<b>Saginaw Geriatrics Home</b>	(989) 793-3471
<b>St. Francis Home</b>	(989) 781-3150
<b>Medilodge of Frankenmuth</b>	(989) 652-6101
<b>Wellspring Lutheran Home</b>	(989) 652-9951

To search for Nursing Homes in your area based on location, compare the quality of care they provide, and their staffing: go to [www.medicare.gov](http://www.medicare.gov) then click on **“Nursing Home Compare”**

### Lakeshore Long Term Care Ombudsman Program:

The Older Americans Act of 1964 created this program to help residents of long-term care facilities who have questions, concerns or complaints about the care they are receiving. Program provides objective information about services and supports to meet your needs in the setting of your choice – whether it is: a nursing home, home for the aged, adult foster care home, assisted living facility, or even in your own home. Services are provided free of charge, call **(866) 485-9393**.

\*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, at (800)882-6006**.

## 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 are facilitated by individuals who have received training from the Alzheimer's Association.

### Saginaw County Support Groups:

*Chesaning:* Chesaning Nursing & Rehabilitation Center  
201 S. Front St. (810) 397-3012  
1<sup>st</sup> Tuesday of the month, 10:00 am

*Frankenmuth:* Wickson District Library  
359 S. Franklin St. (989) 798-0046  
2<sup>nd</sup> Monday of the month, 10:30am-12pm

*Freeland:* Freeland Methodist Church  
359 E. Washington Rd. (989) 695-5808 or (989) 980-2680  
1<sup>st</sup> Wednesday of the month, 4-6pm

*Saginaw:* Edgewood Assisted Living Center  
4850 Gratiot Rd (989) 497-9970  
Respite care is available, please call ahead to arrange.  
2<sup>nd</sup> Tuesday of the month, 2-3:30pm

A & D Home Care  
3375 Carver Rd (989) 293-9353  
Last Tuesday of the month, 6:30-8pm

### Phone in Support Groups:

Evening Dial-In Support Group, Registration required prior to calling-in  
4<sup>th</sup> Wednesday, 6-7pm (800) 272-3900



# 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...

<i>Burial &amp; Memorial benefits</i>	<i>Mental Health Services</i>	<i>Nursing Home Care</i>
<i>Prescription coverage</i>	<i>Preventative Health</i>	<i>Prosthetics &amp; Sensory Aids</i>
<i>Rehab &amp; Respite Care</i>	<i>VA Health Care Benefits</i>	<i>VA Pension</i>

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      (989) 497-2500***  
***1500 Weiss Street, Saginaw MI 48602***

One particularly helpful program to persons with memory loss and their families is the **Veterans Aid and Attendance program**. This is actually a pension which 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, as 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. By law, it is illegal to charge for the application or process of an application for VA benefits.

<b>Mannor Financial Group</b>	<b>(989) 792-2320</b>
<b>Veteran Support Center</b>	<b>(989) 792-0053</b>
<b>Veterans Care Coordination</b>	<b>(855) 380-4400</b>



This resource guide was implemented by the members of the Saginaw County Dementia Advisory Board. The Dementia Advisory Board is a program of the Saginaw County Commission on Aging. Anyone interested in working on dementia issues in Saginaw County is invited to attend our monthly board meetings. For information call Nicole at (866) 763-6336.

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***The information in this guide was obtained from the agency, business, or individual listed whenever possible. The Saginaw County Dementia Advisory Board makes no representation that this guide is absolutely accurate or complete. Errors and omissions; whether typographical, clerical, or otherwise, do sometimes occur. The listing of an agency is not an endorsement of its work, nor is the exclusion of an agency a disapproval of its work.***

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This guide is dedicated in memory of

***Patricia A. Colpean***

Pat was a founding member of the Saginaw County Dementia Advisory Board. She was a very unique lady with a determined spirit. She embraced all she believed in and was a great advocate for caregivers dealing with Dementia and Alzheimer's disease.