



SAGINAW COUNTY COMMISSION ON AGING

MANAGING MEMORY LOSS

A GUIDE TO COMMUNITY RESOURCES IN SAGINAW COUNTY
FOR ANYONE WHO IS MANAGING MEMORY LOSS



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Advisory Board**

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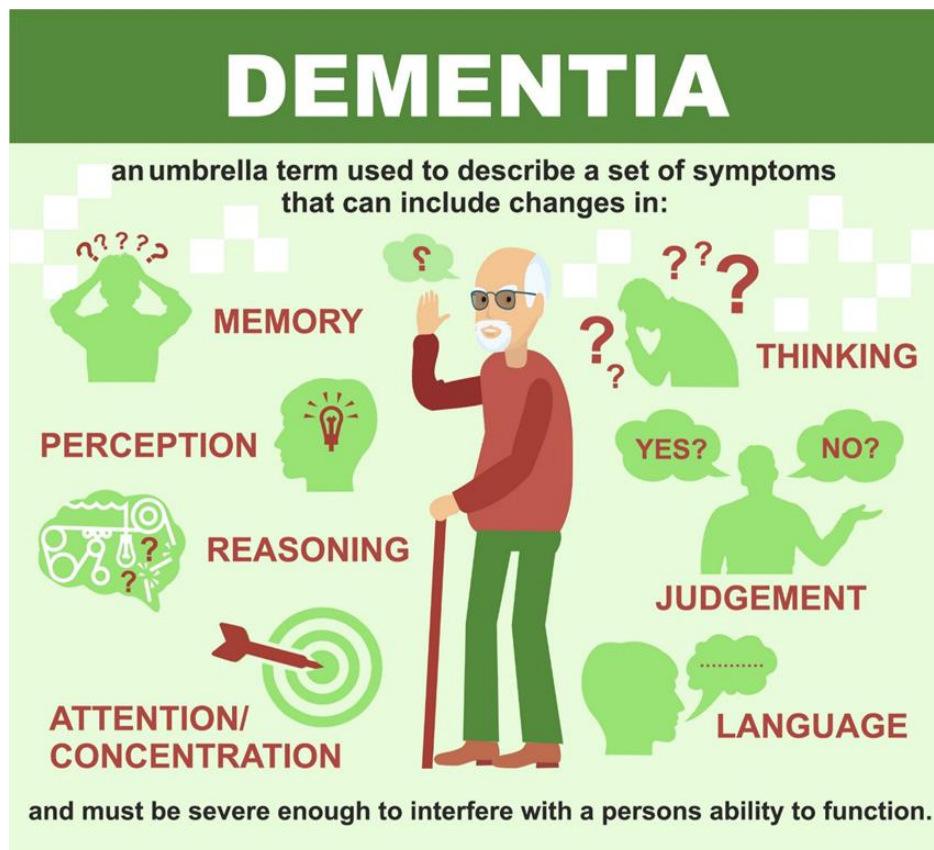
**2025
EDITION**

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.

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| <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 10px; text-align: center;">Age-related forgetfulness</div> <ul style="list-style-type: none"> • 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 |  | <div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px; margin-bottom: 10px; text-align: center;">Signs of dementia</div> <ul style="list-style-type: none"> • 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 |
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There are 9 other common forms of Dementia, in addition to Alzheimer’s disease:

10 Forms of Dementia

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|  |  |  |  |  |
| Alzheimer's Disease | Vascular Dementia | Lewy Body Dementia | Parkinson's Disease | Frontotemporal Dementia |
|  |  |  |  |  |
| Creutzfeldt-Jakob Disease | Wernicke-Korsakoff Syndrome | Normal Pressure Hydrocephalus | Huntington's Disease | Mixed Dementia |

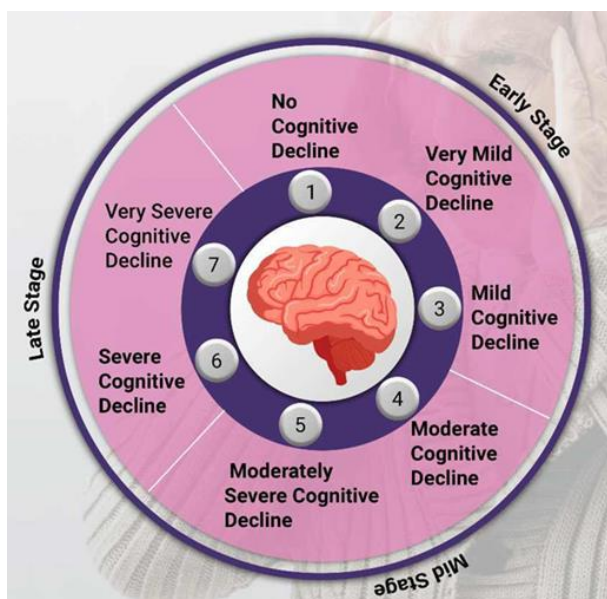
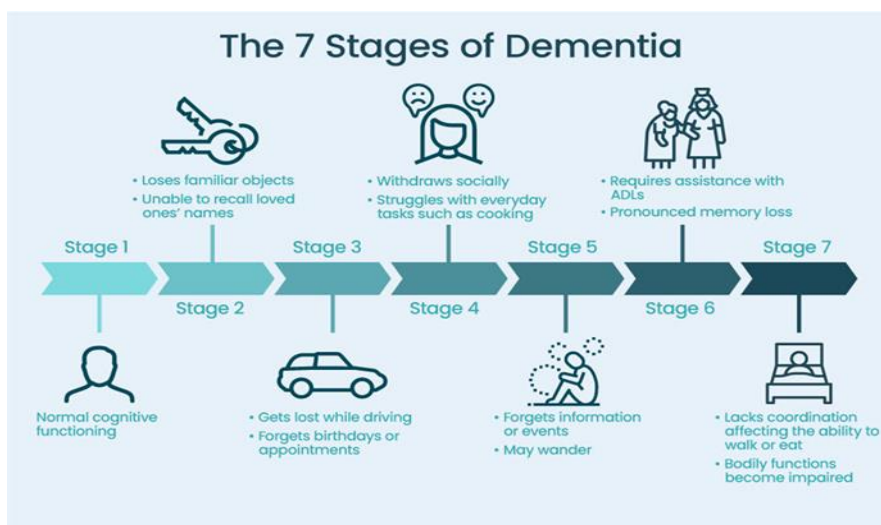
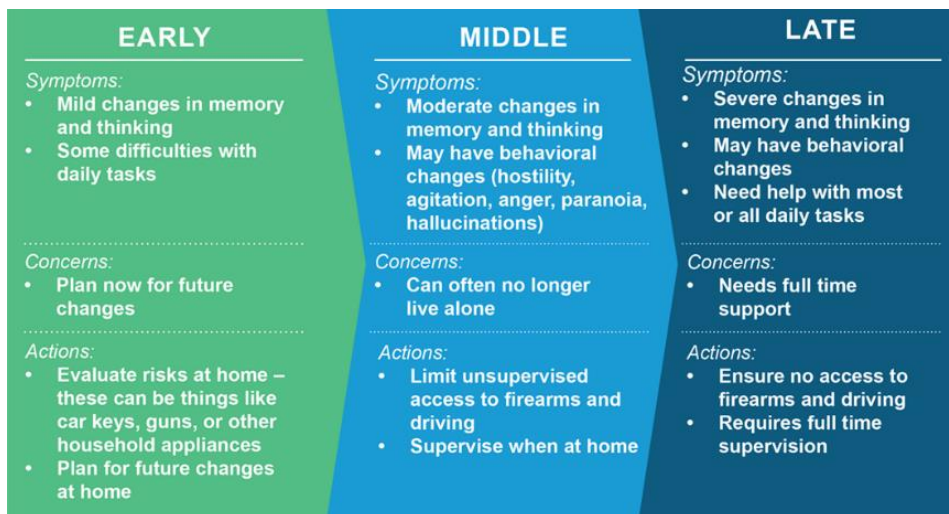
There are 10 Common Warning Signs of Dementia:



Staggering Statistics

- There were over 55 million people worldwide living with Dementia in 2020.
- Nationwide, Alzheimer's is the 6th leading cause of death. It is the 5th leading cause of death among American's aged 65+.
- Between 2000 and 2021, the number of deaths from Alzheimer's disease in the U.S. as recorded on death certificates more than doubled, increasing 141%, while deaths from the number-one cause of death in the U.S. (heart disease) decreased by 2.1%.
- 6.9 million American's are living with Alzheimer's disease. 73% of those are 75 years or older.
- 1 in 9 people (10.9%) age 65 or older has Alzheimer's disease.
- About 4% of American's age 65 and older have a Dementia diagnosis.
- ¾ of people with Dementia have not received a diagnosis.
- Almost 2/3 of those living with Alzheimer's disease are women.
- Alzheimer's kills more than breast cancer and prostate cancers combined.
- Brain changes associated with Alzheimer's disease may begin 20 years prior to symptoms.
- Every 66 seconds, someone in America develops Alzheimer's disease.
- Someone in the world develops Dementia every 3 seconds.
- There are over 10 million new cases of Dementia each year worldwide, implying one new case every 3.2 seconds.
- 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.

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.



This guide is 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 people may resist going at first, but they often look forward to the visit after several weeks of attending, meeting people and joining in 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.

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| Golden Horizons Adult Day Care Center | (989) 892-6644 |
| Great Lakes P.A.C.E. | (989) 272-7601 |
| Guardian Angel Respite & 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** (see page 13) program as well as the **Program of All-Inclusive Care for the Elderly (PACE)** (see page 8) both have the ability to cover Adult Day Care costs to their participants. Veterans should contact their local **VA Hospital (989-497-2500)**, 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. 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.

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

Michigan Department of Licensing & Regulatory Affairs

611 West Ottawa

P.O. Box 30004

Lansing, MI 48933

(517) 335-9700 www.michigan.gov/LARA

Then search Adult Foster Care Homes

Adult Foster Care complaints in Michigan

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” 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.

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| Barton Woods | (989) 695-5380 |
| Bavarian Comfort Care | (989) 777-7776 |
| Bickford Senior Living | (989) 270-0314 |
| Brookdale Saginaw | (989) 372-6190 |
| Chesaning Comfort Care | (989) 607-0011 |
| Community Village | (989) 792-5442 |
| Covenant Glenn of Frankenmuth | (989) 656-9253 |
| Edgewood Assisted Living | (989) 497-9970 |
| Independence Village of Midland | (989) 839-2114 |
| Traditions of Saginaw County | (989) 498-4000 |
| Roosevelt House | (989) 642-4663 |
| Shields Comfort Care | (989) 607-0003 |
| Stone Crest Assisted Living | (989) 695-5035 |
| Union Court Assisted Living | (989) 865-8100 |
| Wellspring Senior Living, Assisted Living | (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. 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:

Aduhelm (aducanumab-avwa)

ARICEPT (donepezil hydrochloride)

Exelon Patch (rivastigmine transdermal system)

Namenda (memantine HCl)

Namzaric (memantine hydrochloride extended release + donepezil hydrochloride)

Reminyl (galantamine hydrobromide)

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" 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.

| | |
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| Adaptive Modification Solutions | (810) 670-3500 |
| AdvaCare Systems | (989) 771-9740 |
| Airway Oxygen | (989) 753-8357 |
| American Medical Equipment Inc | (989) 753-5090 |
| Amigo Mobility | (989) 777-0910 |
| Apria | (989) 752-0141 |
| CareLinc Medical Equipment and Supply | (989) 746-7370 |
| Great Lakes Pharmacy of Midland | (989) 835-7911 |
| Lincare | (989) 792-0301 |
| Pro-Air Medical Supply and Equipment | (844) 445-1122 |
| Saginaw Medical Services | (989) 793-6000 |
| Scott Medical Equipment LLC | (989) 790-3134 |
| Sheldon Medical Supply | (800) 922-5101 |
| The Standing Company | (800) 782-6346 |
| VNA Home Medical Equipment | (989) 799-6020 |
| 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 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 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.

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| 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 |
| Avista Nursing & Rehab | (989) 777-5110 |
| Traditions of Saginaw | (989) 498-4000 |
| Shields Comfort Care | (989) 607-0003 |
| Union Court Assisted Living | (989) 865-8100 |
| Wellspring Lutheran Services Saginaw | (989) 899-7171 |

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, 1st Floor. PO Box 30664. Lansing, MI 48909

Call 1 (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.

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| A&D Home and Hospice | (855) 624-1521 |
| Amara Hospice Michigan | (989) 200-5000 |
| Americans Home Health & Hospice | (989) 791-7951 |
| Cardinal Hospice | (989) 401-8033 |
| Careline Health Group / Hospice | (800) 490-1742 |
| Compassus Hospice & Palliative Care | (833) 308-3674 |
| Elara Caring | (989) 220-1440 |
| First State Home Health & Hospice Care | (989) 771-2100 |
| Gentiva Hospice | (989) 790-7533 |
| Grace Hospice / Harmony Cares | (989) 686-9866 |
| Heart to Heart Hospice | (989) 412-3301 |
| MidMichigan Homecare/Hospice | (800) 862-5002 |
| Southern Care Hospice | (866) 508-8553 |
| The Care Team | (833) 483-2273 |
| Valley Hospice Care | (989) 401-3019 |
| VNA Hospice Partners in Caring | (800) 862-4968 |
| Wellspring Lutheran Services Hospice of Hope | (800) 645-4421 |

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 your 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 each and every person, and to always check references.

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| A & D Home Health Care | (989) 249-0929 |
| A Place Called Home | (989) 714-1212 |
| Accurate Homecare | (989) 327-7565 |
| Allegiance Home Healthcare Agency | (989) 482-6729 |
| Comfort Keepers | (989) 684-8448 |
| ComForCare Homecare | (989) 752-5501 |
| Compassionate Care Home Health Services | (989) 792-5400 |
| Cornerstone Caregiving | (989) 270-0636 |
| Daily Living Home Care, Inc. | (989) 875-7405 |
| Friends Who Care | (810) 639-5411 |
| Great Lakes Home Care Unlimited | (989) 486-8283 |
| Helping Hand Nursing Service | (989) 799-0410 |
| In Your Golden Years | (989) 892-7572 |
| LaJoy Group | (734) 259-7604 |
| Primary Home Care | (989) 793-6674 |
| Right at Home | (989) 486-9557 |
| Safe Hands, Warm Hearts | (989) 249-3525 |
| Visiting Angels Living Assistance Services | (989) 652-6435 |
| Wellspring Lutheran Services | (800) 645-4421 |

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.

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| Geraldine Anne Brown | (989) 791-8181 |
| Burgess & Sweeney Law | (989) 652-9923 |
| Chalgian and Tripp Law offices, PLLC | (989) 272-7779 |
| David J. Fisher | (989) 792-9641 |
| David M. Gilbert | (989) 790-2500 |
| Norman S. Harrison | (989) 790-7177 |
| Law Office of Jerry Reif | (989) 790-1461 |
| Smith Bovill, P.C. | (989) 792-9641 |
| Sturtz & Sturtz, P.C. | (989) 799-4701 |
| Swartz and Wilson, P.L.C. | (989) 793-7000 |
| Carol M. Thomas | (989) 793-2300 |
| Zolton Law Offices | (989) 792-1111 |

Legal Resources in our area:

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|---|----------------|
| Elder Law of Michigan | 1-866-400-9164 |
| Counsel & Advocacy Law Line (CALL) | 1-888-783-8190 |
| Mid America Pension Rights Project | 1-800-488-6070 |

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 1-800-968-0738** 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 just in the beginning stages. To find out more information and to be referred for this program, contact Region VII AAA at **1-989-893-4506** 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 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

(989) 249-0929

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:

Dialing 2-1-1 is the health and human service equivalent of 9-1-1. To give or get help, dial 2-1-1

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 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.

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.

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 Tanner 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 you make health benefit decisions. Call toll free (800) 803-7174.

Movies and Documentaries about Dementia and Alzheimer’s:

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|------------------------------|--------------------------------|
| A Song for Martin | I’ll Be Me: Glen Campbell |
| Age Old Friends | Iris: A Memoir of Iris Murdoch |
| Alive Inside | Memories of Tomorrow |
| Ashes | Still Alice |
| Away From Her | The Alzheimer’s Project (HBO) |
| Aurora Borealis | The Forgetting: PBS Video |
| Beautiful Memories | The Genius of Martin |
| Diminished Capacity | The Notebook |
| Do You Know What My Name Is? | The Iron Lady |
| Elizabeth is Missing | The Savages |
| Firefly Dreams | There’s a Bridge |

Miscellaneous Resources, continued

Books about Dementia and Alzheimer's:

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:

www.alzforum.org

www.alzstore.com

www.caregiver.org

www.dementiacarecentral.com

www.ethnicelderscare.net

www.fpanet.org

www.projectlifesaver.org

www.teepasnow.com

www.alzfdn.org

www.alz.org

www.communityresourcefinder.org

www.dementia.society.org

www.everydayhealth.com

www.kindreminder.com

www.saginawlibrary.org

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.

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| 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 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

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

Healthway Pharmacy (989) 791-1691

Home Town Pharmacy (989) 781-2370

Kroger (Dixie Hwy) (989) 777-0881

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:

St Charles Pharmacy (989) 865-9971

Mail order Pharmacies:

Amazon Pharmacy (855) 745-5725 pharmacy.amazon.com

Pill Pack (866) 986-9185 www.pillpack.com

Optum Rx (800) 356-3477 www.optumrx.com

Respite Care Facilities

Respite care refers to a short time of rest or relief. Most respite stays are paid for out of pocket. However, sometimes insurance, 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:

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| 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 Senior Living | (989) 799-9600 |
| Brookdale Saginaw | (989) 249-7500 |
| Chesaning Comfort Care | (989) 607-0011 |
| Edgewood Assisted Living | (989) 497-9970 |
| Medilodge of Frankenmuth | (989) 652-6101 |
| Saginaw Senior Care & Rehab | (989) 792-8729 |
| St Francis Home | (989) 781-3150 |
| Samaritas Senior Living | (989) 799-1902 |
| Shields Comfort Care | (989) 607-0003 |
| Stone Crest Assisted Living | (989) 695-5035 |
| Wellspring Saginaw Campus | (989) 921-0283 |
| 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 provides a comprehensive needs assessment and assists in arranging care for frail elderly at risk of nursing home placement.

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.

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

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

Meals on Wheels – homebound elderly who are unable to prepare a well-balanced meal receive meals delivered to their homes to assist with nutrition.

Transportation – door-to-door service is available for medical appointments, essential 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/departments/commissiononaging

(989) 797-6880 or 1 (866) 763-6336

Skilled Nursing Facilities (a.k.a. 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.

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| Adira Nursing & Rehab | (989) 799-1902 |
| Avista Nursing & Rehab | (989) 777-5110 |
| Chesaning Nursing Care Center | (989) 845-6602 |
| Great Lakes Rehab | (989) 607-1500 |
| Health Source Saginaw | (989) 790-7700 |
| Hoyt Nursing and Rehab Centre | (989) 754-1419 |
| Medilodge of Frankenmuth | (989) 652-6101 |
| Saginaw Senior Care & Rehab | (989) 792-8729 |
| Optalis Health & Rehabilitation at St. Francis | (989) 781-3150 |
| Symphony Tri-Cities | (989) 667-9800 |
| Wellspring Lutheran Home | (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.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 who reside 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 1 (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 1-800-882-6006 or 1-800-242-2873

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.

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:

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| 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 | |

Support groups typically recur the same day and time every month. **Visit alz.org/crf for a complete listing, call our 24/7 Helpline at 800.272.3900 or email helplinegmc@alz.org** for help registering or finding a group to fit your needs.

Saginaw County Support Groups:

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| Chesaning: | Chesaning Nursing & Rehabilitation Center 1 st Tuesday of the month, 10:00 am | (810) 397-3012 |
| Frankenmuth: | Wickson District Library 2 nd Monday of the month, 12 - 1pm | (989) 652-9512 |
| Saginaw: | Edgewood Assisted Living Center 2 nd Wednesday of the month, 2-3:30pm | (989) 297-2361 |
| | A & D Home Care Last Tuesday of the month, 6:30-8pm | (989) 293-9353 |

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, and provides their 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 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

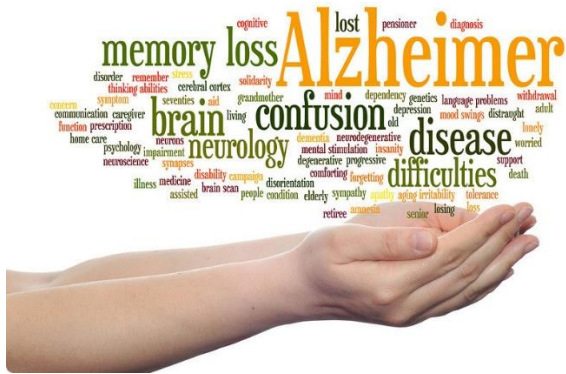
There are income & asset qualifications as well, as set forth by the VA. A surviving spouse may be eligible as well.

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:

Mannor Financial Group (989) 792-2320
Veterans Care Coordination (855) 380-4400

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



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 M. Wiesenauer, LBSW at 1 (866) 763-6336.

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.

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.