

Managing Memory Loss; A guide to community resources in Saginaw County for anyone who is managing memory loss

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This is the READ ONLY version of this document. For additional assistance, call 989-797-6880.

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.

The most common forms of Dementia: Alzheimer’s disease, Vascular, Mixed, Lewy Bodies, Frontotemporal, Parkinson’s.

There are 10 Common Warning Signs of Dementia: memory loss, difficulty performing familiar tasks, disorientation to time and place, withdraw from work or social activities, poor or decreased judgement, misplacing things, problems keeping track of things, changes in mood and behavior, trouble with images and special relationships, problems with language. If you are experiencing these symptoms, or know someone who is, talk to a dr.

What are the risk factors for dementia? Obesity, diabetes, high blood pressure, smoking, excessive alcohol, physical inactivity, high LDL cholesterol, less education, social isolation, depression, hearing loss, untreated vision loss, air pollution, head injury.

Behavioral Changes & Issues

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

Common Behavioral Issues

Apathy- the person becomes withdrawn, loses motivation and initiative.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

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

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

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

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

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

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

Managing Difficult Behaviors

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

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

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

One of the most important things that you can do after you, or a loved one, receives a diagnosis of Dementia, is to learn about the diagnosis. Often, we hear, "I am so overwhelmed. Where do I even start?" Let the professionals help you! This guide has been created to help you on your journey by outlining some of the community resources that are available throughout Saginaw County.

Adult Day Care

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

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

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

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

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

Adult Foster Care Homes

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

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

If you are interested in more information about Adult Foster Care contact: **Michigan Department of Licensing & Regulatory Affairs (LARA)**

Bureau of Community and Health Systems (BCHS), 611 West Ottawa Street, P.O. Box 30004, Lansing, MI 48933, (517) 335-9700, www.michigan.gov/LARA

Then search “Adult Foster Care Homes”

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

Adult Foster Care complaints in Michigan may be made to the **Licensing Agent** by calling (866) 856-0126.

Dementia Care Homes

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

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

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

Diagnosis and Treatment

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

A skilled general practitioner, neurologist, or geriatrician can make a reasonable diagnosis by **excluding** other causes of the symptoms. Certain conditions can cause reversible dementias, sometimes called “pseudo dementias”. Examples include medication interactions, renal or liver failure, depression, stress, vision or hearing loss, vitamin deficiencies, thyroid problems, and infections (UTI). Diagnosing Alzheimer’s disease requires a careful and comprehensive medical evaluation. Although physicians can almost always determine if a person has dementia, it may be difficult to identify the exact cause.

Although there is no cure, current medications can temporarily slow the worsening of symptoms and improve quality of life for those with Alzheimer's and their loved ones.

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

- **Aricept** (Donepezil) 1996
- **Exelon & Exelon Patch** (Rivastigmine and Rivastigmine transdermal system) 2000
- **Razadyne** (Galantamine) 2001
- **Namenda** (Memantine) 2003
- **Namzaric** (Memantine + Donepezil) 2014
- **Leqembi** (Lecanemab) 2023
- **Exult** (Brexpiprazole) 2023
- **Kisunla** (Donanemab) 2024

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

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

Durable Medical Equipment

Durable Medical Equipment (commonly referred to as "DME") is any medical equipment used in the home to aid in a better quality of living. It is a benefit included in most insurance plans. Medicare Part B (medical insurance) covers most DME that your doctor prescribes. In certain instances, the following items may be covered by Medicare Part B: Blood sugar monitors, Canes, Bedside commodes, Hospital beds, Nebulizers, Walkers, Prosthetic devices, Wheelchairs, Oxygen

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

- **Adaptive Modification Solutions** (810) 670-3500
- **AdvaCare Systems** (888) 233-7677
- **Airway Oxygen** (989) 753-8357
- **American Medical Equipment Inc** (989) 753-5090
- **Amigo Mobility International, Inc** (989) 777-0910
- **Apria Healthcare** (989) 752-0141
- **CareLinc Medical Equipment and Supply** (989) 746-7370
- **Covenant at Home** (989) 799-6020
- **Great Lakes Pharmacy of Midland** (989) 835-7911
- **Lincare** (989) 792-0301

- **Pro-Air Medical Supply and Equipment** (844) 445-1122
- **Saginaw Medical Services, Inc** (989) 793-6000
- **Scott Medical Equipment LLC** (989) 790-3134
- **Sheldon Medical Supply** (800) 922-5101
- **The Standing Company** (800) 782-6346
- **Wright & Filippis** (989) 799-7360

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

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

What services are provided?

Great Lakes PACE offers all Medicaid and Medicare covered services, in addition to services not normally covered through traditional insurance. Services provided may include, but are not limited to the following: Activities and exercise, Caregiver/Family Support Services, Home Care Services, Inpatient Hospital & Nursing Home, Medical Supplies, Nursing Care, Nutritional Counseling, Occupational Therapy, Onsite Adult Day Health, On-site physician/nurse practitioner, Pharmacy/medications, Physical Therapy, Social Services, Transportation Services *Other than emergency services, all services must be furnished or authorized by Great Lakes PACE. Participants may be responsible for the costs of unauthorized or out-of-network PACE program agreement services.

For more information contact Great Lakes PACE: 3378 Fashion Square Blvd. Saginaw, MI 48603, (844) 445-7223, (989) 272-7610, www.greatlakespace.org

Homes for the Aged

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

- **Avista Nursing & Rehab** (989) 777-5110
- **Bavarian Comfort Care** (989) 777-7776
- **Bickford Cottage of Saginaw Township** (989) 799-9600
- **Chesaning Comfort Care** (989) 607-0011
- **Community Village** (989) 792-5442

- **Covenant Glen of Frankenmuth** (989) 262-8340
- **Edgewood Assisted Living Center** (989) 497-9970
- **Shields Comfort Care** (989) 607-0003
- **Traditions of Saginaw** (989) 498-4000
- **Union Court Assisted Living** (989) 865-8100
- **Wellspring Lutheran Services Saginaw** (989) 792-7979

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

www.michigan.gov/LARA

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

Then go to **“Adult & Child Care”**

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

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

Home for the Aged complaints may be made to:

The Bureau of Community and Health Systems

Adult Foster Care and Camps Licensing - Complaint Intake Unit

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

Call (866) 856-0126

Hospice

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

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

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

In Home Care (Private Duty Care)

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

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

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

- **A & D Home Health Care** (989) 249-0929
- **A Place Called Home Health Care Services LLC** (989) 714-1212
- **Accurate Homecare** (989) 327-7565
- **Allegiance Home Healthcare Agency** (989) 482-6729
- **Care Builders at Home** (989) 839-2312

- **ComForCare Home Care** (989) 752-5501
- **Compassionate Care Companions** (810) 814-0126
- **Compassionate Care Home Health Services** (989) 792-5400
- **Cornerstone Caregiving** (989) 270-0636
- **Daily Living Home Care, Inc.** (989) 875-7405
- **Faith & Family Home Help** (989) 272-6021
- **Helping Hand Nursing Service** (989) 799-0410
- **In Your Golden Years** (989) 892-7572
- **LaJoy Group** (734) 259-7604
- **Safe Hands, Warm Hearts** (989) 249-3525
- **Stephanie's Trusted & Unique Home Health Care** (989) 443-5899
- **Visiting Angels Living Assistance Services** (989) 652-6435
- **Wellspring Lutheran Services Saginaw** (989) 792-7979

Legal Planning

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

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

Legal Resources in our area:

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

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

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

MI Choice; Medicaid Home and Community Based Waiver

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

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

Adult Daycare, Chore Services, Counseling Services, Home Delivered Meals, Homemaker, In Home Respite Care, Out of Home Respite Care, Personal Care, Personal Emergency Response System, Private Duty Nursing, Environmental Accessibility Adaptations, Non-Medical Specialized, Medical Equipment and Supplies, Transportation *There are two sites in Saginaw County that administer this program*

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

A & D Home Health Care, Inc.

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

Region VII Area Agency on Aging, 1615 South Euclid Avenue, Bay City, MI 48706, (800) 858-1637, www.region7aaa.org

Miscellaneous Resources / Helpful Phone Numbers

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

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

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

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

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

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

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

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

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

Movies and Documentaries about Dementia and Alzheimer's

- A Song for Martin (2001)
- Alive Inside (2014)
- A Road Trip to Remember (2025)
- Ashes (2012)
- Away From Her (2006)
- Aurora Borealis (2005)
- Diminished Capacity (2008)
- Elizabeth is Missing (2014)
- Firefly Dreams (2001)
- I'll Be Me: Glen Campbell (2014)
- Iris: A Memoir of Iris Murdoch (1999)
- Lovely Still (2008)
- Memories of Tomorrow (2006)
- Still Alice (2014)
- Supernova (2021)
- The Alzheimer's Project on HBO (2009)
- The Artist's Wife (2019)
- The Eternal Memory (2024)
- The Father (2021)
- The Genius of Martin (2013)
- The Notebook (2004)
- The Iron Lady (2011)

- The Leisure Seeker (2017)
- The Savages (2007)
- The World Turned Upside Down (2022)
- There's a Bridge (2007)
- What They Had (2018)
- Why (2023)

Books about Dementia and Alzheimer's

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

Helpful Websites

www.alzforum.org, www.alzfdn.org, www.alzstore.com, www.alz.org
www.communityresourcefinder.org, www.dementiacarecentral.com, www.dementiasociety.org,
www.caregiver.org, www.fpanet.org, www.projectlifesaver.org, www.saginawlibrary.org,
www.teepasnow.com, www.alzheimers.net, www.everydayhealth.com

Personal Emergency Response Systems

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

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

- **Guardian Medical Monitoring** (888) 349-2400
- **Home Medical Technologies** (989) 793-6521
- **McLaren Visiting Nurse Lifeline** (866) 402-2345
- **Visiting Angels** (989) 652-6435

Pharmacies that Deliver

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

Chesaning Area:

- **Broad Street Pharmacy** (989) 845-9355

Frankenmuth Area:

- **Kroger** (989) 652-0621

Freeland Area:

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

Midland Area:

- **Costco (only monthly prescriptions)** (989)488-1563

Saginaw Area:

- **Arogya Pharmacy** (989) 607-3379
- **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
- **Saginaw Valley Pharmacy** (989) 220-9971
- **Sam's Club** (989) 790-8930

St Charles Area:

- **St Charles Pharmacy** (989) 865-9971

Mail order Pharmacies:

- **Amazon Pharmacy** (855) 745-5725 [pharmacy.amazon.com](https://www.amazon.com/pharmacy)
- **Optum Rx** (800) 356-3477 www.optumrx.com
- **Pill Pack** (866) 986-9185 www.pillpack.com

Respite Care Facilities

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

- **Adira Nursing & Rehab** (989) 799-1902
- **Aleda E. Lutz Veterans Affairs Medical Center** (989) 497-2500
- **Avista Nursing & Rehab** (989) 777-5110

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

Saginaw County Commission on Aging

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

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

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

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

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

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

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

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

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

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

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

Saginaw County Commission on Aging - 2355 Schust Road, Saginaw MI 48603,
www.saginawcountymi.gov/departments/commission-on-aging, (989) 797-6880 or (866) 763-6336.

Skilled Nursing Facilities / Nursing Homes

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

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

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

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

Lakeshore Long Term Care Ombudsman Program

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

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

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

In Person Support Groups

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

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

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

Alzheimer's Association Michigan Chapter Support Groups

Please contact our **24/7 Helpline at (800) 272-3900** or email **helplinegmc@alz.org** with questions. Get the emotional support you need from anywhere in Michigan. Our virtual, dial-in and in-person support groups take place throughout Michigan. Wherever you are, we are here for you. We offer a variety of support groups, including groups for: Family caregivers, Younger-onset caregivers, Military veteran caregivers, Male caregivers, Spanish-speaking caregivers, Arabic-speaking caregivers, Those aging with Down Syndrome, Those experiencing grief after loss, Caregivers and people living with Alzheimer's or dementia in its early stage.

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

In Person Support Groups Facilitated by the Alzheimer's Association

Edgewood Assisted Living Center, 4850 Gratiot Road, Saginaw, MI 48734, 2nd Wednesday of Month
2:00pm-3:30pm, (989) 297-2361

Golden Horizons Adult Day Center, 1001 Marsac Street, Bay City, MI 48708, 2nd Tuesday of Month,
6:00pm-8:00pm, (989) 892-6644

Grace Church, 4267 2 Mile Road, Bay City, MI 48706, 1st Wednesday of Month, 4:00pm-5:30pm, (989)
684-1101

Right at Home, 7600 North Commerce Court Ste C, Midland, MI 48642, 2nd Tuesday of Month, 6:00pm-
7:00pm, (989) 486-9557

Wickson District Library, 359 South Franklin Street, Frankenmuth, MI 48734, 2nd Wednesday of Month
10:30am-Noon, (989) 652-9512

Virtual Support Groups

Virtual Support Group Facilitated by Michigan Virtual

Dementia Caregiver Support Group, Zoom Link: 800 8661 5234 / Passcode: Dementia, 1st Wednesday of
Month, 8:30am-9:30am or 5:00pm-6:00pm

Virtual Support Groups Facilitated by Alzheimer's Association

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

Caregiver Support Group – Michigan residents, 1st and 3rd Tuesday of Month, 1:00pm-2:30pm

Younger Onset – For caregivers caring for someone with dementia under the age of 65, 1st Thursday of
Month, 5:30pm-7:00pm

Statewide Early Stage – For caregivers/care partners, 2nd Monday of Month, 1:00pm-2:00pm

Statewide Early Stage – For persons living with early-stage dementia, 2nd Monday of Month, 1:00pm-
2:00pm

Statewide Lewy Body Dementia – Caregiver support group, 2nd Tuesday of Month, 2:00pm-3:00pm and,
2nd Tuesday of Month, 6:00pm-7:00pm

Persons Living with Lewy Body Dementia Group, 2nd Tuesday of Month, 3:00pm-4:00pm

Grief After Dementia Caregiver Support Group, 2nd Tuesday of Month, 6:30pm-7:30pm

Frontotemporal Dementia Caregiver Support Group, 2nd Thursday of Month, 7:30pm-8:30pm and, 4th Saturday of Month, 11:00am-Noon

Caregiver Support Group, 4th Wednesday of Month, 3:30pm-4:30pm

Virtual Support Group Facilitated by Alzheimer's Foundation of America

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

General Caregiver Support Group , Tuesdays/Weekly, 7:00pm-8:00pm

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, Mental Health Services, Nursing Home Care, Prescription coverage, Preventative Health, Prosthetics & Sensory Aids, Rehab & Respite Care, VA Health Care Benefits, VA Pension

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

Our local VA is located at:

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

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

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

There are income & asset qualifications set forth by the VA. A surviving spouse may be eligible as well. Obtaining VA benefits can be overwhelming and time consuming. **There are places that can assist with the questions you have about the qualifications, as well as the filing of paperwork:**

- Mannor Financial Group (989) 792-2320
- Veterans Care Coordination (989) 497-2500 ext. 12716

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

The information in this guide was obtained from the agency, business, or individual listed whenever possible. The Saginaw County Commission on Aging 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 resource guide was published by the Saginaw County Commission on Aging. The Care Management Program oversees the publication, printing and updates. For concerns, additions, or deletions, please call (866) 763-6336 and ask to speak to Nicole or Pam in the Care Management Program.

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.