

Making Sense of Memory Loss



A guide to community resources for people
dealing with memory loss in Bay County

*Published by
The Bay County Department on Aging and
Golden Horizons Adult Day Care Center*

Staggering Statistics

- ✓ 5.7 million Americans of all ages have Alzheimer's. 5.5 million are age 65+.
- ✓ By 2050 it is projected that 14 million Americans will be living with Alzheimer's.
- ✓ Every 65 seconds, someone in America develops Alzheimer's. By 2050 this number climbs to every 33 seconds.
- ✓ 1 in 10 people over the age of 65 have Alzheimer's. 1/3 of people over the age of 85 have Alzheimer's.
- ✓ 2/3 of Americans with Alzheimer's disease are women.
- ✓ Alzheimer's disease is the leading cause of disability and poor health in the United States.
- ✓ Alzheimer's is the 5th leading cause of death for Americans aged 65+ and the 6th leading cause of death in the United States.
- ✓ 1 in 3 seniors die with Alzheimer's or another dementia.
- ✓ Deaths from Alzheimer's disease have increased by 123% since 2000 to 2015.
- ✓ In 2017, 16.1 million Americans provide unpaid care for those with Alzheimer's or other Dementias.
- ✓ In 2017, unpaid caregivers provided an estimated 18.4 billion hours of care, valued at over \$232 billion.
- ✓ 40% of all caregivers of Alzheimer's patients have symptoms of depression.
- ✓ In 2018, Alzheimer's and other dementia will cost the nation \$277 billion. By 2050 it is expected to rise to \$1.1 trillion.

All statistics taken from Alzheimer's Association 2018.

An Introduction to Memory Loss

According to the Michigan Dementia Coalition, 240,000 people in Michigan live with dementia. Our goal in compiling this resource guide is to assist these people who are dealing with some form of dementia, their family and friends, caregivers, as well as professionals in locating and using resources in the Bay County area.

Although people commonly use the terms “dementia” and “Alzheimer’s” interchangeably, these two terms do NOT have the same meaning. Dementia refers to a group of symptoms and is not a specific disease. Dementia is an umbrella term for symptoms that affect mental cognitive tasks like memory and reasoning and can impact performance of activities of daily living and communication. Alzheimer’s is the most common form of dementia accounting for 60-80% of cases. Alzheimer’s like most forms of dementia is progressive meaning the symptoms begin gradually and worsen over time.

Many people experience issues with memory loss. Although memory loss is a common symptom of dementia, experiencing memory loss does not necessarily mean the individual has dementia. If you or a loved one is experiencing issues with memory loss or changes in cognitive ability, do not ignore it. See a doctor as soon as possible to determine the cause, as a treatable condition may be detected.

Dementia is caused by damage to brain cells and different types of brain cell damage are associated with different types of dementia. There are many types of dementia: Alzheimer’s disease, vascular dementia, Lewy Body dementia, mixed dementia, and frontotemporal dementia, Parkinson’s disease, Creutzfeldt-Jakob disease, normal pressure hydrocephalus, and Huntington’s disease.

There is currently no cure for dementia or Alzheimer's disease. There are treatments which help to slow the progression of the symptoms. There are currently five medications approved by the Food and Drug Administration to treat Alzheimer's and dementia symptoms: Aricept, Razadyne, Namenda, Exelson, and Namzaric. A single test does not exist to determine if someone has dementia. Symptoms of different types of dementia often overlap so doctors may not be able to diagnose a specific type.

Ten Warning Signs of Alzheimer's:

1. Memory loss that may disrupt daily life
2. Problems with planning or problem solving
3. Difficult performing familiar tasks
4. Disorientation to time and place
5. Difficulty with spatial relationships and visual images
6. New problems with language or writing
7. Misplacing or losing things
8. Decreased or poor judgement
9. Loss of initiative or withdrawal from work or social activities
10. Changes in personality

Stages of Alzheimer's

There are three general stages of Alzheimer's that someone may progress through. They are the early stage (mild), middle stage (moderate), and the late stage (severe). People may progress through these stages differently and some stages may overlap.

Early Stage: Most people in this stage live independently. They may still drive, work, and participate in their usual social activities. They may feel they are having some memory lapses. Symptoms include:

- Problems coming up with the right word or name
- Challenges performing tasks in social or work settings
- Losing or misplacing a valuable object
- Increasing trouble with planning or organizing

Middle Stage: This is the longest stage and may last years. During this stage the person will need more assistance with daily activities such as paying bills. This stage is noticeable to others. The person may get frustrated or angry due to confusion. Symptoms include:

- Confusion on where they are or what day it is
- Forgetfulness about one's own personal history
- Unable to recall address or phone number
- Becoming withdrawn or moody including personality or behavioral changes
- Changes in sleep patterns, such as being up all night and sleeping during the day
- Increased risk of wandering or becoming lost

Late Stage: Symptoms become severe. Lose the ability to respond to their environment. Significant personality changes are apparent. They need extensive

help with daily activities such as bathing, dressing, and toileting. Symptoms include:

- Need for 24 hour care
- Unaware of surroundings
- Changes in physical abilities such as walking, sitting, and eventually swallowing
- Increasingly difficultly with communication

Normal Aging	Dementia Symptoms
Making a bad decision once in awhile	Poor judgement and decision making
Forgetting what day it is and remembering later	Losing track of the date or the season
Losing things from time to time	Misplacing things and being unable to retrace steps to find them
Sometimes forgetting what word to use	Difficulty having a conversation
Missing a monthly payment	Inability to manage a budget

Medical Testing

There are many different assessment tools physicians use to diagnose Alzheimer's. No single test can provide a diagnosis of Alzheimer's. They will also use these assessment tools to rule out other possible diagnoses.

Medical History

Your physician may start with medical history including past and present illnesses. He or she will want a complete list of medications. He or she will also ask about family history, including a history of family members diagnosed with dementia or Alzheimer's.

Neurological Exam

The neurological exam can be used to rule out other causes of memory impairment or thinking such as strokes, Parkinson's, and brain tumors. During the neurological exam the physician will be testing reflexes, coordination, muscle tone and strength, eye movement, speech, and sensation. Some physicians may order a brain imaging study.

Mental Status Tests

These tests are used to evaluate memory and thinking skills. The physician may be testing for awareness of symptoms, if the patient knows the date, time, and where they are, and if the patient can remember a short list of words, follow instructions and do simple calculations. There are two commonly used mental status assessments. They are called the Mini-Mental State Exam

(MMSE) and the Mini-Cog test. A series of questions is used in the MMSE to test everyday mental skills. During a Mini-Cog test a patient will be asked to complete two tasks.

In addition to the MMSE and the Mini-Cog test a physician may also use computerized tests that have been cleared by the FDA. These tests are the Cantab Mobile, Cognigram, Cognision and Automated Neuropsychological Assessment Metrics (ANAM). The advantage of using the computerized tests in addition to the MMSE and the Mini-Cog tests is that the computerized tests are given exactly the same way each time.

Additional Testing

Genetic testing can be used for research purposes. It is not used for a diagnosis of Alzheimer's. Brain imaging is used to rule out other diseases or causes of symptoms of Alzheimer's such as strokes and tumors. Structural imaging with magnetic resonance imaging (MRI) and computed tomography (CT) are used. Home screening tests for dementia are not scientifically proven and can have false-positive results. They should not be used as a substitute for being evaluated by your physician.

Caregiving

Caregiving for a loved with dementia can be difficult. Many caregivers suffer from depression, social isolation, chronic stress, and a decrease in their physical health status. There can be feelings of loss or grief as the person with Alzheimer's becomes "someone else". Families can experience a change in roles as the person with Alzheimer's is no longer able to complete tasks or make safe decisions. The best way to avoid caregiver burnout is to engage in self-care, become educated in resources, and ask for or accept help.

Caregiver Depression: Depression affects people in different ways at different times.

Depression can lead to emotional and physical problems. It can also affect the quality of care a caregiver provides to their loved one. It is important to see your doctor if you experience signs and symptoms of depression. According to the *American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders*, signs and symptoms of depression include:

- Becoming easily agitated or frustrated
- Feelings of worthlessness and/or hopelessness
- Thoughts of death, dying, or suicide
- Disturbed sleep, fatigue or loss of energy, changes in appetite or weight
- Loss of interest or pleasure in usual activities
- Difficulty thinking or concentrating
- Physical symptoms that do not respond to treatment such as headaches, digestive disorders and pain

In addition to seeking help from your doctor or other professionals it is important to take time for yourself, let family and friends help, and seek out caregiver support.

Caregiver Stress: Stress is a part of life. Those in a caregiver role can face chronic stress from the demands placed on them. Chronic stress is not healthy and can lead to emotional and physical problems such as anxiety, depression, digestive problems, headaches, heart disease, sleep problems, weight gain, and memory and/or concentration impairment, according to the Mayo Clinic. Tips to manage stress include:

- Being aware of and taking advantage of community resources such as respite programs
- Taking part in support groups
- Regularly taking time for yourself
- Exercise, even if it is only a 10 minute walk, and developing healthy eating habits
- Getting enough sleep
- Educate yourself of stages of Alzheimer's so you are aware of what is yet to come
- Make legal and financial plans early as possible
- Using relaxation techniques such as meditation or breathing exercises
- Accept help from family and friends
- Avoid social isolation

Many caregivers have additional responsibilities such as work, caring for their own families including children, and upkeep of their own homes. Caregiving responsibilities can seem overwhelming. It is important to give yourself a break and allow others to help.

Bay County Department on Aging

515 Center Avenue Suite 202, Bay City, MI 48708

(989)894-4100 or Toll Free (877) 229-9960

Website: <http://www.baycounty-mi.gov/Aging/>

The Bay County Department on Aging is dedicated to providing continued opportunities for the 60 and better population within our community by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

Programs and services include:

Activity Centers: A place where people 60 years and better can enjoy social activities, health related activities, and a nutritious meal with an emphasis on aging well. A suggested donation of \$2.50 for the meal is welcome. Reservations must be made 24 hours in advance by contacting the desired Activity Center. Menus are located in several area publications or by calling the Department on Aging. Each Activity Center offers an array of different activities and opportunities. (See the Wonderful Times Newsletter for specific monthly opportunities, times, and phone numbers.) Additional special events and programs are extended to our 60 and better participants including: wellness programs, exercise classes, support groups, in-services, Olympic Games, outings, day trips, and instructional classes.

Caregiver Support and Education Program: This program is designed to help family members who are struggling to care for their loved ones who are ill or have disabilities. The caregiver is the focus of attention. Education on the physical, emotional, and spiritual aspects of caregiving is provided. A major goal is to help the caregiver learn to take care of her/himself in order to preserve their ability to care for their loved one. The program offers specialized training materials for caregivers of those with dementia. There is no cost for the program; however, either the caregiver or the care receiver must be age 60 or over and a resident of Bay County.

Case Management: Case Managers complete in home visits to evaluate seniors' needs. Case managers are able to help assist with access to programs such as Home Delivered Meals, Homemaking, Personal Care, and referrals to other agencies and programs as needed.

Community Based Services: Services include: activity/meal centers, volunteer opportunities, day trips, special events, and education/support groups.

Handyman Program: "Light" home repair program, fee based on income. Client responsible for materials. Handyman **is not** a licensed contractor, electrician, or a plumber. Any job requiring a permit or a licensed professional will be denied.

Home Delivered Meals: Home delivered meals can be provided to homebound seniors age 60 and better who meet eligibility requirements for the program. Meals are provided on a suggested donation bases.

Homemaking: Individuals age 60 and better who have physical limitations that prevent them from completing light housekeeping or shopping duties may sign up for the Homemaking Program. A case manager will conduct a home visit to assess need and explain services. Services are targeted to those in greatest economic need and/or greatest social need. There is a suggested hourly donation for the service. Due to demand, there can be a waiting list for this program.

Personal Care: Homebound individual age 60 and better who need help with personal care services, such as bathing, may contact Bay County Department on Aging to request the services. Trained Home Health Aides visit the home to provide services. A Registered Nurse or Social Worker completes the initial home visit to assess need, determine hourly suggested donation, and explain services.

Transportation: Bay County Department on Aging offers limited low-cost transportation assistance with a 4 business day advance notice.

Volunteer Opportunities: For those who want to live and age well, the Bay County Department on Aging is a non-profit organizations committed to serving the 60 and better residents live as independently as possible in their own homes. Volunteers are needed to help with this mission. Some volunteer opportunities include: transportation, grocery shopper, garden helper, Wonderful Times distribution, food commodities delivery, activity center helpers, special event helpers, and committee servers. An application process is required and background checks are run. Be a part of the caring team. Call Debbie at (989) 895-4100 to get started on the path of goodness.

Weather Closing Procedures: During the cold weather months the Department on Aging will sometimes close Centers and Home Delivered Meal routes due to road conditions. When the Department on Aging makes the decision to close routes or centers, the notice is under “Bay County Department on Aging, no meals/sites closed”. Calls can be made to the Department on Aging if a participant is unsure of the status of their meal. Closings will be listed on the following TV stations: WNEM-TV 5, WJRT-TV 12, and WEYI-TV 25.

Abuse in Later Life: If you suspect abuse, neglect, or financial exploitation, call Michigan’s statewide hotline at 1-855-444-3911.

Personal Emergency Response Systems (PERS)

Every second counts when you experience a fall, medical issue, or other emergencies. Your recovery and independence can be at risk if you are alone and medical care is delayed.

PERS are commonly referred to as “Lifeline” units and they summon help with a simple push of a button. These medical alert systems are worn at all times by the individual and can be purchased in either a pendant (necklace), wrist band design, belt clip, or be placed in a pocket. Almost all systems are waterproof. Most medical alert systems have a one-time installation fee with ongoing monthly rental fee thereafter. Some hospitals and social service agencies can pay for low income recipients. These units guarantee you the peace of mind that prompt and caring assistance will be provided 24 hours a day, 365 days a year. Some units may offer additional add on features including: fall detection, medication dispensers, bed mats, wander guards, or wall buttons.

Individual businesses should be contacted to inquire about their unit’s specifics and/or add on features.

Alert One

1-888-899-9407

<https://www.alert-1.com/>

Guardian Medical Monitoring

1-800-782-9688

<https://guardianalarm.com/medical/>

Life Station

1-877-478-3390

<https://www.lifestation.com/>

Medical Alert

1-800-800-2537

<https://medicalalert.com/>

Phillips Lifeline

1-855-600-6127

<https://www.lifeline.phillips.com/>

Legal Planning

The following is a list of attorneys in the area that specialize in elder care law. They can help and explain issues related to Durable Power of Attorney for medical and finances, Guardianships, Conservatorships, Wills, Trusts, and Estate Planning.

Chalgian and Tripp Law Offices

4800 Fashion Square Blvd, Suite 455, Saginaw MI 48604 (989) 272-7779

5820 Eastman Ave, Suite 1000, Midland MI 48640 (989) 423-1200

Norman Harrison

805 S. Michigan, Saginaw, MI 48602 (989) 790-7177

Carol Thomas

5191 Hampton Pl., Saginaw, MI 48604 (989) 793-2300

Robert Dunn

1020 N. Johnson St., Bay City, MI 48708 (989) 894-1110

Seward Tally & Piggot P.C.

1009 Washington Ave, Bay City, MI 48708 (989) 892-6551

Lambert Leser P.C.

916 Washington Ave, Suite 309, Bay City, MI 48708 (989) 893-3518

Frost and Danielak Attorneys

319 Center Ave, Suite 405, Bay City, MI 48708 (989) 893-3111

Lakeshore Legal Aid

(888) 783-8190

Lakeshore Legal Aid is able to assist with free civil legal service 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 those that are medically and financially eligible for nursing home care. Age requirements differ depending on the program. 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.

A waiver team, normally 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. Participants receive the basic services that Michigan Medicaid covers, and one or more of the following services: **Adult Day Care, Counseling Services, Homemaking, Out of Home Respite Care, Personal Emergency Response System, Environmental Accessibility Adaptations, Specialized Medical Equipment and Supplies, Chore Services, Home Delivered Meals, In-Home Respite Care, Personal Care, Private Duty Nursing, and Non-Medical Transportation.**

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

Great Lakes PACE

3378 Fashion Square Blvd

Saginaw, MI 48603

(989) 272-7610

<https://www.greatlakespace.org/>

Region VII Area Agency on Aging

1615 S. Euclid Ave

Bay City, MI 48706

1-800-858-1637 or (989) 893-4506

<https://region7aaa.or>

A & D Home Health Care, Inc.

3150 Enterprise Dr.

Saginaw, MI 48603

(989) 249-0004 or 1-800-884-3335

<https://www.a-dhomecare.com/>

Support Groups

Support groups can help to build social networks by giving members a chance to relate to others through sharing and listening to personal experiences.

Traditionally, support groups meet in person but now there are support group forums on the internet which allow members the convenience of meeting online from their own home. This gives members 24 hour support. Support groups may also maintain communication through newsletters, telephone, and mailing lists.

Alzheimer's/Dementia Caregiver Support Group of Bay County

Meets at Golden Horizons Adult Day Care Center the second Tuesday of each month from 6:30-8:30 pm.

1001 Marsac St., Bay City, MI 48708. (989) 892-6644

Dial-In Caregiver Support Group

Meets every fourth Wednesday of the month from 6 pm-7pm.

Call 1-800-272-3900 for inquiries and to register

Online Alzheimer's Support Groups

www.dailystrength.org

www.alz.org

www.ouralzheimers.com

www.alzconnected.org

Facebook Pages

Memory People

Alzheimer's and Dementia Support

Dementia Support

Alzheimer's Inspiration

Alzheimer's and Dementia

Caregivers Support

For other support groups in our area call McLaren Bay Regional Hospital at (989)894-3000

Adult Day Care

Adult Day Care (ADC) relieves caregivers of daily duties while ensuring their loved one still receives necessary care in a safe and friendly environment. The caregiver is able to continue working outside the home, receive help with the physical care of a loved one, avoid the guilt of placing a loved one in an institution, and have respite from what is often a 24/7 responsibility. The care receiver also benefits from adult day care. He or she is able to remain at home with family, but also has an opportunity to interact socially with peers and to share in stimulating and enriching activities.

A typical day at an ADC center could include: supervised care, small group or individual activities such as reminiscence, sensory stimulation, music and art, nutritious meals, personal care, and even transportation. It is highly recommended that you do your research and 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.

Alzheimer's/Dementia Caregiver Support Group of Bay County

- Meets at Golden Horizons Adult Day Care Center
- 1001 Marsac St. Bay City, MI 48708
- Meets the second Tuesday each month from 6:30-8:30 PM
- (989) 892-6644

Dial-In Caregiver Support Group

- Fourth Wednesday of the month 6-7 PM
- Call 800-272-3900 to register and receive call-in details

Online Alzheimer's Support Groups

- www.dailystrength.org
- www.alz.org
- www.ouralzheimers.com
- www.alzconnected.org

Facebook Pages

- Memory People
- Alzheimer's and Dementia Support
- Dementia Support
- Alzheimer's Inspiration
- Alzheimer's and Dementia Caregivers Support

For other support groups in our area call **McLaren Bay Regional Hospital** at (989) 894-3000

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Golden Horizons Adult Day Care

1001 Marsac Street
Bay City, MI 48708
(989) 892-6644

Niche Aging Center and Adult Day Care

3405 E. Midland Road
Bay City, MI 48706
(989) 684-2273

Linwood Residence

200 S 4th Street
Linwood, MI 48634
(989) 697-3344

<http://webpages.charter.net/deehayati/default.html>

Available funding: At present, Medicare does not cover ADC costs. The Medicaid Waiver program has the ability to cover ADC costs. Veterans should contact their local VA Hospital (989-497-2500), those with a service connection may be eligible for funding. Some of the ADC's in our area offer need-based scholarships. Others may offer a sliding-scale fee based on income. Individuals with long-term care insurance may also have an ADC benefit available to them.

Pharmacies

Each pharmacy offers services such as a free delivery, allergy screening, refilling options, immunizations, Yellow Jug Old Drug disposal, discounts, filling of the patient's own medication planners, and drive thru pickup. McLaren offers discharge medications to the patient before leaving the hospital.

Please call the individual pharmacy for details on delivery charges, delivery area, delivery days, senior discounts and specific services.

Anderson Pharmacy

1108 Marquette Avenue
Bay City, MI 48706
(989) 684-8905
Mon-Fri: 9:00am – 7:00pm
Sat: 9:00am – 3:00pm
Sun: Closed

LaBrenz Pharmacy

1606 Woodside Avenue
Essexville, MI 48732
(989) 892-5491
Mon-Fri: 9:00am – 6:00pm
Sat: 9:00am – 2:00pm
Sun: Closed

CVS Pharmacy

101 North Euclid Ave
Bay City, MI 48706
Mon-Fri: 8:00am -10:00pm
Sat: 8:00am - 10:00pm
Sun: 8:00am – 10:00pm

Layerer's Pharmacy

1100 Columbus Avenue
Bay City, MI 48708
Mon-Fri: 9:00am – 7:00pm
Sat: 9:00am – 3:00pm
Sun: Closed

Country Drugs

362 State Park Drive
Bay City, MI 48706
(989) 684-8251
Mon-Fri: 9:00am – 7:00pm
Sat: 9:00 am – 2:00pm
Sun: Closed

Maplewood Pharmacy

920 North Johnson Street
Bay City, MI 48708
(989) 892-4531
Mon-Fri: 9:00am – 6:30pm
Sat: 9:00am – 2:00pm
Sun: Closed

Kroger Food & Pharmacy: Locations

945 North Euclid Avenue
Bay City, MI 48706
(989) 686-3592
Mon-Fri: 9:00am – 8:00pm
Sat: 9:00am – 6:00pm
Sun: 11:00am – 6:00pm

2910 Center Avenue
Essexville, MI 48732
(989) 892-0313
Mon-Fri: 9:00am – 9:00pm
Sat: 9:00am – 6:00pm
Sun: 11:00am – 6:00pm

Pharmacies Continued

McLaren Long Term Care Pharmacy

1454 West Center Road, Suite 2
Essexville, MI 48732
(989) 316-4280
Mon-Fri: 8:00am – 7:00pm
Sat: 10:00am – 5:00pm
Sun: Closed

Meijer Pharmacy: Locations

595 North Pine Road
Bay City, MI 48708
(989) 891-1510

2980 E Wilder Road
Bay City, MI 48706
(989) 667-9510

Mon-Fri: 8:00am – 9:00pm
Sat: 9:00am – 7:00pm
Sun: 10:00am – 6:00pm

Sabourin's Pharmacy

1461 South Huron Road
Kawkawlin, MI 48631
(989) 667-4877
Mon-Fri: 9:00am – 6:00pm
Sat-Sun: Closed

Southside Pharmacy

1002 Lafayette Avenue
Bay City, MI 48708
(989) 891-9999
Mon-Fri: 9:00am – 6:00pm
Sat: 9:00 am – 2:00pm
Sun: Closed

Walmart Pharmacy

3921 Wilder Road
Bay City, MI 48706
(989) 684-1887
Mon-Fri 9:00am – 9:00pm
Sat: 9:00am – 7:00pm
Sun: 10:00am – 6:00pm

Wackerly Pharmacy

310 E Midland Road
Auburn, MI 48611
(989) 6627773
Mon-Fri: 9:00am – 6:00pm
Sat: 10:00 am – 2:00pm
Sun: Closed

Rite Aid Pharmacy: Locations

500 Lafayette Avenue
Bay City, MI 48708
(989) 892-5300

901 West Midland Road
Bay City, MI 48706
(989) 684-9370

3880 Wilder Road
Bay City, MI 48706
(989) 686-5800

1490 West Center Road
Essexville, MI 48732
(989) 892-1565

Mon-Fri: 9:00am – 9:00pm
Sat-Sun: 9:00am – 9:00pm

Walgreens Pharmacy: Locations

416 South Euclid Avenue
Bay City, MI 48706
(989) 671-0468
Mon- Fri: 9:00am – 9:00pm
Sat: 9:00am – 6:00pm
Sun: 10:00am – 6:00pm

2901 Center Avenue
Essexville, MI 48732
(989) 894- 4832

Mon-Fri: 9:00am – 9:00pm
Sat-Sun: 10:00am – 6:00pm

Physicians Who Make Housecalls

Do you remember “the good old days” when the doctor came to you when you were sick? Believe it or not, those good old days are still here!

The following physicians provide medical care to you when you need it and where you need it. Services are covered by Medicare and most other insurances. Please contact each provider to discuss your particular insurance coverage, deductible and co-pays.

Visiting Physician Association

(888) 742-9346

www.visitingphysicians.com

Physicians In Home Services

Dr. Fleetwood

(989) 692-0780

-or-

(810) 239-7684

Northview Medical House Calls

(888) 758-5709

www.northviewmedicalhousecalls.com

In-Home Dental Link of Michigan

Dental provider that provides home visits to older adults who have not seen a dentist in at least one year. There are fees for this service.

Contact Holly Schaeffer

(989) 495-3756 or ihdlom@gmail.com

In-Home Care (Private Duty)

At any given time, 70% of people with Alzheimer's disease and dementia are living in their own homes. Their ability to function independently will be gradually lost and in order to remain safely in their homes they will require assistance with their activities of daily living. In home care is an alternative to an assisted living facility or nursing home. In home caregivers can assist with daily tasks such as personal care, dressing, and grooming, toileting, meal preparation, medication reminders, laundry, housekeeping, shopping and errands, transportation and assistance with bill paying. Some even offer medical care such as feeding tubes, Foley/ostomy, IV therapy, tracheotomy, ventilator and wound care. In home care also offers respite for caregivers and companionship for clients.

Generally these services are paid for "out of pocket". Limited funding may be available through community programs such as the VA or the Medicaid Waiver Program. Other agencies may provide limited services and/or scholarships that can assist with funding. Long Term Care policies may also provide for care in the home.

Whether you are looking for care to come in for a couple hours a day, or a caregiver who will provide 24 hour care, we strongly urge you to check the background and references of each and every person who comes into your home. Please remember to also ask about licensing from the state and/or liability insurance. **Do your research!!!**

A&D Home Health Care

3150 Enterprise Drive
Saginaw, MI 48603
(989) 249-0929 or 1-800-884-3335
<http://a-dhomecare.com>

Almost Heaven

1852 W. Midland Road
Auburn, MI 48611
(989) 662-7651

At Home Care For You

2626 W. Salzburg Rd
Freeland, MI 48623
(855) 704-6355
www.care4uathome.com

Bayside Home Care

800 Washington Ave
Bay City, MI 48708
(989) 941-0555

ComForCare Home Care

515 North Washington Ave Suite 404
Saginaw, MI 48607
(989) 752-5501
www.comforcare.com

Comfort Keepers

701 East Midland Street
Bay City, MI 48706
(989) 787-3357

Compassionate Care Home Health Services

6165 Bay Road, Suite B
Saginaw, MI 48604
(989) 792-5400
www.compassionatecaremi.com

Dobson Healthcare Center

3741 Wilder Road, Suite B
Bay City, MI 48706
(989) 667-4772 or (866) 866-8984
www.dobsonhealthcare.com

Faith and Family Home Help Services

1840 N. Michigan Ave. Suite 206
Saginaw, MI 48602
(989) 402-5185
<http://faithandfamilyhomehelp.com>

In Home Care Continued

Great Lakes Home Care Unlimited, LLC

4912 Mac St.
Midland, MI 48640
(888) 242-4759
<http://www.glhcu.com>

Heartland Home Care

1426 Straits Drive
Bay City, MI 48706
(989) 667-8137
<http://www.heartlandhomehealth.com/BayCity>

Homewatch Caregivers

143 S. 1st Street Suite B
Freeland, MI 48623
(989) 264-0921
<https://homewatchcaregivers.com/northernmichigan/freeland>

In Your Golden Years

1014 Columbus Avenue
Bay City, MI 48708
(989) 892-7572
<http://www.inyourgoldenyears.com>

McLaren Home Care & Hospice

2110 16th Street, Suite 7
Bay City, MI 48708
(800) 840-3147

Primary Home Care

Four Flags Center Office
635 North Center Road
Saginaw, MI 48638
(989) 793-6674
<http://primaryhomecare.com>

Right At Home Health Care

5103 Eastman Avenue, Suite 147
Midland, MI 48640
(989) 486-9557
<https://www.rightathome.net/northern-michigan>

Seasons Change Home Health Care

(989) 8565-2800
<http://www.seasonschangehomehealth.com>

Southern Care Hospice

6272 State Street
Saginaw, MI 48603
(989) 790-7533
<http://southerncarehospice.com>

Visiting Angels

527 N. Franklin Street, Suite C
Frankenmuth, MI 48734
(989) 652-6435
<http://visitingangels.com/greatlakesbay>

Visiting Nurse Special Services

500 South Hamilton Street
Saginaw, MI 48602
(989) 799-6020

Respite Care Facilities

Respite Care refers to a short time of rest or relief. Some nursing homes, assisted livings, and other residential facilities offer short term stays of a few days or a few weeks. Please contact each site or phone number for details.

Bayfield Assisted Living

3932 Monitor Road
Bay City, MI 48706
(989) 684-9600

<http://bayfieldassistedliving.com>

Bickford Cottage of Saginaw Township

5275 Mackinaw Road
Saginaw, MI 48603
(989) 799-9600

<http://www.enrichinghappiness.com/branch/bickford-of-saginaw-township>

Brookdale Senior Living

734 North Pine Road
Bay City, MI 48708
(989) 892-2600

<https://www.brookdale.com/en/communities/brookdale-bay-city.html?cid=yext>

Caretel Inns

6700 Westside Saginaw Road
Bay City, MI 48706
(989) 667-9800

Linwood Residence Assisted Living

200 South Fourth Street
Linwood, MI 48634
(989) 697-3344

<http://webpages.charter.net/deehayati/default.html>

Saginaw Senior Care & Rehab

4322 Mackinaw Road
Saginaw, MI 48603
(989) 792-8729

<http://saginawscr.com>

Adult Foster Care Homes

Adult Foster Care (AFC) homes offer 24-hour personal care, protection, and supervision for individuals who cannot live alone but do not need continuous nursing care. AFC homes are residential facilities which offer room and board, supervision, assistance with bathing, grooming, dressing, eating, walking, toileting, and medication. There are AFC homes that exclusively care for individuals with memory loss. Other homes provide general assistance for any adult needing assistance.

Remember that most AFC homes are privately owned and operated. AFC homes should be licensed and are regulated by the Michigan Department of Licensing and Regulatory Affairs, Bureaus of Community and Health Systems to ensure that standards are followed.

There are many AFC homes in Bay County. For more information about the homes in Bay County please contact:

Region VII Area on Aging

1615 S. Euclid Ave.

Bay City, MI 48706

(800) 858-1637

-or-

(989) 893-4506

www.region7aaa.org

Ask to speak with the Housing Coordinator. When calling, keep in mind these questions: Where are the homes located? What population do they serve? Does the home have any specialists? Are there any vacancies?

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

Nursing homes are facilities licensed by the Division of Licensing & Regulatory Affairs, Bureau of Community and Health Systems which provide nursing care and medical treatment.

There are three types of nursing home care: “intermediate”, “skilled”, and “custodial”. “Skilled” care provides 24 hour medical supervision, skilled nursing care, or rehabilitation. This care is ordered by a doctor. “Intermediate” care provides assistance with a person’s activities of daily living (ADL’s), and some health services and nursing supervision (but do not require 24 hour care). “Custodial” care provides assistance with a person’s ADL’s and personal care (but do not need the help of a practical nurse). Each facility will offer slightly different care, so make sure to check what services and care is specific to each facility.

Bay County Medical Care Facility

564 W. Hampton Rd.
Essexville, MI 48732
(989) 892-3591
www.baycountymcf.com

Bay Shores Senior Care and Rehab Center

3254 E. Midland Rd.
Bay City, MI 48706
(989) 686-3770

Caretel Inns of Tri-Cities

6700 Westside Saginaw Rd.
Bay City, MI 48706
(989) 667-9800
sales@caretelinns.com
www.caretelinns.com

The Carriage House of Bay City

2394 Midland Road
Bay City, MI 48706
(989) 684-2303
administrator@thecarriagehousebc.com

Heartland Health Care Center-Hampton

800 Mulholland Rd.
Bay City, MI 48708
(989) 895-8539
Hampton@heartlandnursing.com
www.heartland-manorcare.com

Huron Woods Nursing Center

1395 S. Huron Rd.
Kawkawlin, MI 48631
(989) 684-3210
scoughlin@peplinskigroup.com
<https://peplinskigroup.com>

Stratford Pines

2121 Rockwell Drive
Midland, MI 48642
(989) 633-5350

***To review Nursing Home State Surveys go to:
www.Medicare.gov then click on Nursing Home Compare***

Homes for the Aged

Homes for the Aged are licensed facilities with at least 21 residents, offering room and board, supervision and personal care to people over the age of 60 who need assistance but do not require continuous nursing care. These facilities must be licensed by the state of Michigan. Generally, these facilities are paid for “out of pocket”. However, some long term care policies and/or VA programs may cover some of the expenses.

Auburn Fields

4710 Stephanie Ct.

Auburn, MI 48611

(989) 662-4100

www.auburnfieldsliving.com

Auburn Heights Senior Care

110 N. Auburn St.

Auburn, MI 48611

(989) 662-2099

Barton Woods Assisted Living

9472 Kochville Rd

Freeland, MI 48623

(989) 695-5380

Bay City Comfort Care

4130 Shrestha Dr.

Bay City, MI 48706

(989) 545-6000

The Colonnades

2448 Midland Road

Bay City, MI 48706

(989) 684-7060

www.thecolonnadesbc.com

Bayfield Assisted Living

3932 Monitor Road

Bay City, MI 48706

(989) 684-9600

www.bayfieldassistedliving.com

Brookdale Senior Living

734 North Pine Road

Bay City, MI 48708

(989) 892-2600

Caretel Inns of Tri-Cities

6700 Westside Saginaw Rd.

Bay City, MI 48706

(989) 667-9800

<https://www.caretelinns.com>

Close to Home Assisted Living

581 N. Scheurmann

Bay City, MI 48708

(989) 684-7060

Homes for the Aged Continued

Hampton Manor
568 N. Pine Rd
Bay City, MI 48708
(989) 714-5007

New Hope Bay
668 N. Pine Road
Bay City, MI 48708
(989) 414-2273

Niche Aging Center
3405 E. Midland Road
Bay City, MI 48706
(989) 684-2273

Linwood Residence
200 Forth Street
Linwood, MI 48634
(989) 697-3344

Plainview Assisted Living
202 Plainview
Auburn, MI 48611
(989) 662-7202
www.plainviewassistedliving.org

Rachel Sovereign Memorial Home
(Women only)
614 Center Avenue
Bay City, MI 48708
(989) 892-8493

Sheffield Bay
4471 Sheffield Place
Bay City, MI 48706
(989) 684-6800
www.sheffieldplace.com

Smith Street
Assisted Living Home
1204 E. Smith St.
Bay City, MI 48706
(989) 297-0384

Woodhaven Senior Living
3740 Two Mile Road
Bay City, MI 48706
(989) 439-9333

**More information on Assisted
Living and other housing options
may be found at
“seniorpreference.com” and
clicking your local addition. Copies
are also available at Region VII
Area Agency on Aging and Bay
County Department on Aging.**

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 up to a certain level of care, 24 hours a day with their activities of daily living, meals, and social activities.

Generally these homes are paid for “out of pocket”. However, some Long Term Care policies, the Medicaid Waiver program and/or VA Aid and Attendance may help to pay some of the expense.

Niche Aging Center

3405 E Midland Road
Bay City, MI 48706
(989) 684-2273

Bayfield Assisted Living

3932 Monitor Road
Bay City, MI 48706
(989) 684-9600
www.bayfieldassistedliving.com

Clare Bridge Cottage: A Brookdale Community

720 North Pine Road
Bay City, MI 48708
(989) 892-2600
www.brookdaleliving.com

Sheffield Place

4471 Sheffield Place
Bay City MI 48706
(989) 684-6800
www.sheffieldplace.com

Brenda’s Almost Heaven

3426 Barber Road
Bay City MI 48706
(989) 391-4264
(888) 320-4476

Caretel Inns of Tri-Cities

6700 Westside Saginaw Road
Bay City, MI 48706
(989) 667-9800
www.caretelinns.com

Hospice

Hospice provides medical care, pain management, and emotional and spiritual support for people who are diagnosed with a terminal illness, including people with Alzheimer's disease and other dementias. The main purpose of hospice is to allow the individual to die with dignity; without pain and other distressing symptoms that accompany terminal illness. Most hospice patients receive care in their own home; however hospice is available wherever the person resides. Medicare is the primary source of payment for hospice care. In 2008, 6% of all people admitted to hospice programs in the U.S. had a primary diagnosis of Alzheimer's disease. An additional 11% had a primary diagnosis of non-Alzheimer's dementia.

Hospice vs. Palliative Care

Palliative care focuses on the relief of pain, stress and other debilitating symptoms of serious illness. It is not dependent on prognosis and can be delivered at the same time as curative treatment. The goal is to relieve suffering and to provide the best possible quality of life for patients and their families. Many, if not all of the aforementioned agencies also administer palliative care programs.

Americans Hospice Care

2575 Mcleod Dr. N.
Saginaw, MI 48604
(989) 791-7951
www.ahhcmi.com

Heartland Hospice

1426 Straits Dr.
Bay City, MI 48708
(989) 667-3440
www.heartlandhospice.com

Bay Visiting Nurse and Hospice

3140 W. Campus Drive
Bay City, MI 48706
(989) 686-9866

McLaren Home Health Care

2110 16th street
Bay City, MI 48708
(989) 667-2322

Bay Medical Care Facility

564 W. Hampton Rd.
Essexville, MI 48732
(989) 892- 3591

Mid-Michigan Medical Center

4000 Wellness Drive
Midland, MI 48670
(989) 839-3000

Compassus

401 Center Ave. Ste 130
Bay City, MI 48708
(989) 414-2103
www.compassus.com/baycity

Southern Care Hospice

6272 State Street
Saginaw, MI 48603
(989) 790- 7533
www.southerncareinc.com

Grace Hospice

1484 Straits Dr.
Bay City, MI 48708
www.ghospice.com

Toni & Trish House

4699 11 Mile Road
Auburn, MI 48611
www.toniandtrishhouse.org

For more information contact:

Hospice of Michigan

(888) 247-5701
www.hom.org

-or-

Michigan Hospice and Palliative Care Organization (M.H.P.C.O.)

(800) 536-6300
www.mihospice.org

Other Community Services

Bay Arenac Behavioral Health Services - (800) 448-5498 or (989) 895-2300

Adult Protective Services Centralized Intake - (855) 444-3911

A.G.E.S. – Ambulatory Geriatric Evaluation Services – program consists of a (not there) physician, nurse, social worker, physical therapist and dietitian. Free comprehensive assessment and consultation service. To schedule an evaluation call (989) 746-7935. 1575 Concentric Blvd Saginaw, MI 48604 (cross street Tittabawassee near I675)

Alzheimer’s Helpline- 1(800) 272-3900.

Alzheimer’s Store- 1(800) 752-3238 or visit www.alzstore.com.

Bay Area Housing (Independent Living and Apartments - 989-893-9292 (no)

Brain Autopsy Services- 1(800) 272-3900 for more information. (no)

Disability Network Mid-Michigan - (989) 835-4041 or visit <http://www.dnmichigan.org/>

Disability Services Resource Center of Bay County - Ramps and Medical Equipment Lending (RX required) - (989) 895-5444

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. This may not be anonymous.

Driving Tests- The Center for Rehabilitation in Bay City (989) 667-6600 and/or Covenant Driving Evaluation (989) 583-6386.

Bay County Health Department- (989) 895- 4009

Hospital Hospitality House- A non-profit organization providing out-of –town families and patients receiving medical services in area hospitals with a home away from home. Both Covenant and St Mary’s have homes. Check with the hospital that you are working with for more information. visit <https://hhhkz.org> or <http://www.hhhofsaginaw.org/>

Mid-Michigan Community Action Agency - Food Commodities and Utility Assistance - (989) 894-9060 (Bay County) or visit <https://www.mmcaa.org/>

Project Lifesaver- A GPS monitoring program for those at risk of wandering away. Call the Arc of Bay County at (989) 893-1346 or visit <https://projectlifesaver.org/>

“Safe Return” - A nationwide program, through the Alzheimer’s Association, that provides 24/7 assistance to a person who becomes lost. Call 1(800) 272-3900.

"Project Lifesaver" by the ARC of Bay County - (989) 893-1346 Keep wandering loved ones safe with Project Lifesaver.

Bay County Smart 911 - Smart911 is the only way to provide lifesaving information directly to 9-1-1 and first responders in an emergency. Smart911 is free, private, secure. **Go to "Smart911.com" to create your profile.**

The University Clinic - The University Clinic at the Bay County Health Department provides high quality primary care medical services for patient of all ages. From routine and preventive care to care for more complicated or chronic conditions.

1200 Washington Ave. Bay City, MI 48708 (989) 895-2035

Tuesday Toolman Program by United Way of Bay County - Minor home maintenance to low income households. You purchase materials. (989) 893-7508

United Way of Bay County - (989) 893-2211

VA Aid and Attendance – Veterans (or their surviving spouse) may be eligible for a monthly cash benefit to help with their medical expenses or care needs. Call (989) 895-4190 and speak to an eligibility specialist. Bay County Soldiers/Sailors Relief Fund (989) 895-4108.

Recommended Readings by The Alzheimer's Association

The Alzheimer's association offers a lending library in each of its regional offices or through its web you can find additional resources about Alzheimer's and themes related.

- *A Dignified Life: The Best Friends Approach to Alzheimer's Care, A guide for family Caregivers.* Virginia Bell and David Troxel, 2002
- *A Personal Guide to Living with Progressive Memory Loss.* Sand Burgener and Prudence Twigg, 2007.
- *A Return Journey: Hope and Strength in the Aftermath of Alzheimer's.* Sue Petrosky, 2003
- *Ageless Outings- Summary of Ageless Outings- Destination Planning Chart & Appendix of Destinations Listed Alphabetically.* Maureen Wells, 2002
- *Alzheimer's: A Caregiver's Guide and Sourcebook..* Howard Gruetzner, 2001
- *The Memory Cure: How to Protect your Brain against Memory Loss and Alzheimer's Disease.* Majid Fotuhi, 2000
- *Through the Wilderness of Alzheimer's: A Guide of Two Voices.* Robert and Anne Simpson, 1999
- *The Best Friends Book of Alzheimer's Activities. Vol 1 & 2.* Virginia Bell, David Troxel, Robin Hammond, Tonya Cox, 2008
- *The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life.* Ms. Nancy L. Mace, MA and Dr. Peter V. Rabins, MD MPH, 1981.

Other titles suggested by the Alzheimer's association may be available in bookstores near you.

Helpful Websites

www.aoa.org
www.alz.org
www.alzforum.org
www.alzfdn.org
www.alzheimersplaybook.com
www.alzheimersdisease.com
www.alznews.org
www.alzstore.com
www.caregiver.org
www.dementiacarecentral.com

www.ethnicelderscare.net
www.everydayhealth.com
www.fpanet.org
www.johnshopkinshealthalerts.com
www.kindreminder.com
www.mayoclinic.com/health/alzheimers
www.nia.nih.gov/alzheimers
www.projectlifesaver.org
www.saginawlibrary.org
www.thefamilycaregiver.org

Movies

-  A Song for Martin (2001)
-  Aurora Borealis (2006)
-  Away From Her (2007)
-  The Forgetting: PBS Video
(2004)
-  The Notebook (2004)
-  The Alzheimer's Project
(HBO)
-  Robot & Frank (2012)
-  Still Alice (2014)

The Bay County Department on Aging and Golden Horizons Adult Day Care Center make 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.

Copies of this resource manual can be accessed at:

Bay County Department on Aging
Website: <http://www.baycounty-mi.gov/Aging>
(989) 895-4100

-or-

Golden Horizons Adult Day Care Center
Facebook Page:
<https://www.facebook.com/goldenhorizonsadultdaycarecenter>
(989) 892-6644