

# Making Sense of Memory Loss



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

*Published by  
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County



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# **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, Exelon, 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.

<b>Normal Aging</b>	<b>Dementia Symptoms</b>
Making a bad decision once in awhile	Poor judgment and decision making
Missing a monthly payment	Inability to manage a budget
Forgetting what day it is and remember 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 have a conversation

**Ten Warning Signs of Alzheimer’s:**

1. Memory loss
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 things
8. Decreased or poor judgement
9. Loss of initiative
10. Changes in personality

*Information taken from Alzheimer’s Association, 2017.*

# Staggering Statistics

- ✓ 5.5 million Americans of all ages have Alzheimer's. 5.3 million are age 65+.
- ✓ There are more than 5 million Americans living with Alzheimer's by 2050 this number could rise as high as 16 million.
- ✓ 2/3 of Americans with Alzheimer's disease are women.
- ✓ 1 in 10 people over the age of 65 have Alzheimer's. 1/3 of people over the age of 85 have Alzheimer's.
- ✓ Every 66 seconds, someone in America develops Alzheimer's. By 2050, this number climbs to every 33 seconds.
- ✓ Alzheimer's disease is the 5<sup>th</sup> 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 U.S.
- ✓ 1 in 3 seniors dies with Alzheimer's or another dementia.
- ✓ Deaths from Alzheimer's disease have increased by 89% since 2000 to 2014.
- ✓ 40% of all caregivers of Alzheimer's patients have symptoms of depression.
- ✓ 35% of caregivers for people with Alzheimer's or another dementia report that their health has gotten worse due to care responsibilities, compared to 19% of caregivers for older people without dementia.
- ✓ In 2016, 15.9 million caregivers provided an estimated 18.2 billion hours of unpaid care valued at more than \$230 billion.
- ✓ Alzheimer's is the only disease among the top 10 causes of death in America that cannot be prevented, cured, or even slowed down.
- ✓ In 2017, Alzheimer's and other dementias will cost the nation \$259 billion.

*All statistics taken from Alzheimer's Association, 2017.*

## **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 (watch) 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 an ongoing monthly rental fee thereafter. Some hospitals and social service agencies will 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**

Sales- 1(866)627-7049

-Or-

Order Toll Free (888) 536-6359

### **Guardian Medical Monitoring**

(888) 349-2400

### **Life Station**

Order Toll Free 1(800) 554-4600

### **Medical Alert**

1 (800) 800-2537

### **Mid-Michigan Home Care**

503 N. Euclid Ave., Bay City MI 48706

(989) 891-9058

### **Mobile Help**

Sales 1(800) 992 0616

### **Philips Lifeline from McLaren Home Care Group**

(866) 402-2345

## 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 Health Care 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  
<https://mielderlaw.com/>

### **Seward Tally & Piggott P.C.**

1009 Washington Ave  
Bay City, MI 48708  
(989) 894-6551  
<http://www.sewardtallypiggott.com/>

### **Norman Harrison**

805 S Michigan  
Saginaw, MI 48604  
(989) 790-7177

### **Lambert, Leser, Attorneys at Law**

916 Washington Ave  
Suite 309  
Bay City, MI 48708  
(989) 893-3518  
<http://lambertleser.com/>

### **Gower Plc.**

514 E Midland St  
Bay City, MI 48706  
(989) 894-0100  
<http://www.gowerlaw.com/>

### **Frost and Danielak Attorneys**

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

### **Carol Thomas**

5191 Hampton Pl.  
Saginaw, MI 48604  
(989)793-2300  
[www.attorneycarolthomas.com](http://www.attorneycarolthomas.com)

### **Lakeshore Legal Aid**

1(866) 552- 2889  
State Hotline - (888) 783-8190  
Offers free legal help to seniors age 60 and over. Appointments are held at Bay County Division on Aging once a month. Assistance includes: Guardianships and Conservatorships; Power of Attorney for health Care documents; Wills; Deeds; Social Security, Medicare, Medicaid, & SSI issues; Housing and Landlord/ Tenant matters; Consumer fraud and scams; as well as Debtor / Creditor problems. Call toll free (866) 552-2889 or (989) 673-5651 for more information or to schedule an appointment.

### **Beggs Law Firm**

Saturday Hours available  
800 Washington Avenue  
Suite 100  
Bay City, MI 48708  
(989) 893-3221  
<https://beggslawplc.com/>

### **Robert J. Dunn, P.C.**

1020 N Johnson St.  
Bay City, MI 48708  
(989) 894-1110  
<http://www.baycityattorneys.com/>

**Bay County Department on Aging**  
515 Center Avenue Suite 202, Bay City, Michigan 48708  
(989) 895-4100 –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 community's older adults by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

Programs and services include:

**Abuse in Later Life Program:** This program is dedicated to helping older people who become victims of abuse. Through a network of community partners called the Adult Services Collaborative, victims are assisted with safety and independence from their abusers. If you suspect abuse, neglect or exploitation, call Michigan's statewide hotline at 1-855-444-3911.

**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 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: senior dining centers, volunteer opportunities, special events, and education/support groups. Contact the Department on Aging for details.

**Home Delivered Meals:** Home delivered meals can be provided to homebound seniors age 60 or older who meet eligibility requirements for the program. Meals are provided on a suggested donation basis.

**Homemaking:** Individuals age 60 or older who have physical limitations that prevent them from completing light housekeeping or shopping duties may sign up for the Homemaking Program. 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 is sometimes a waiting list for this program.

**Lakeshore Legal Aid:** Lakeshore Legal Aid offers legal advice to Seniors 60 years and over. There is no client income eligibility requirement for service under this grant. An Attorney from the agency comes to the Department on Aging main office, 515 Center Avenue, Bay City, Michigan 48708, the first and third Wednesday of the month by appointment only. Call toll free 1-888-783-8190



**Personal Care:** Homebound individuals age 60 or older who need help with personal care services, such as bathing, shampoo, and limited nail care, may contact Bay County Department on Aging to request the service. Trained Home Health Aides visit the home to provide services. A Registered Nurse or Social Worker completes the initial interview to assess need, determine hourly fee or contribution schedule, and explain services. Services are provided on a private-pay basis, with fees based on income. There are limited funds through the Department of Human Services and a State grant for individuals with very limited income.

**Senior Dining Centers:** A place where people 60 years and better can enjoy social activities, health related activities, and a nutritious meal. There is a \$2.50 suggested donation for the meal and meal reservations must be made one day in advance. Menus are located in several area publications or by calling the Department on Aging main office at (989) 895-4100 or toll-free at 1-877-229-9960. Call the Department on Aging for locations or check out the Department on Aging's Website <http://www.baycounty-mi.gov/Aging/SeniorDiningCenters.aspx>

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

**Weather Closing Procedures:** During the cold weather months the Department on Aging will sometimes close Centers and home delivered routes due to road conditions. When the Department on Aging makes a decision to close routes or Centers, the notice is under "Bay County Department on Aging. Normally, the business office remains open. Calls can be made to the Department on Aging if participant would be unsure of the status of their meals. Closings will be listed on the following TV stations and radio stations.

TV Stations: WNEM-TV 5, WJRT-TV 12, WEYI-TV 25

FM Radio Stations: WKQZ 93.3, WCEN 94.5, WHNN 96.1, WSGW 100.5, WILZ 100.9,  
WIOG 102.5, WILZ 104.5, WGER 106.3, WTLZ 107.1

AM Radio Stations: WSGW 790

## **MI Choice** **Medicaid Home and Community Based Waiver**

The waiver program is a long term care program that provides an array of home-based services for people 18 years of age and older who are medically eligible for nursing home care. It is designed to help frail elderly and disabled persons avoid unnecessary or premature nursing home care and to support family and private caregivers. *This does not include ongoing 24-hour care nor does it replace informal support.* This is a supplement to family, friends, neighbors, and other caregivers that make up the informal support system.

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

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

*Adult Day Care*

*Counseling Services*

*Homemaker*

*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*

*Non-Medical Transportation*

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

**A & D Home Health Care, Inc.**

3150 Enterprise Drive

Saginaw, MI 48603

(989) 249-0004

1-800-884-3335

[www.a-dhomecare.com](http://www.a-dhomecare.com)

**Region VII Area Agency on Aging**

1615 South Euclid Avenue

Bay City, MI 48706

(989) 893-4506

1-800-858-1637

[www.region7aaa.org](http://www.region7aaa.org)

## 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 twenty-four-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,

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

6pm-7pm

Call 800-272-3900 to register and receive call-in details.

### **Online Alzheimer's Support Groups**

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

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

[www.ouralzheimers.com](http://www.ouralzheimers.com)

[www.alzconnected.org](http://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 ones still receive 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 & enriching activities.

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

### **Golden Horizons Adult Day Care Center**

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 4<sup>th</sup> 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)**, as those with a service connection may be eligible for funding. Some of the ADC's in our area offer need-based scholarships. Others may offer a sliding-scale fee based on income. Individuals with long-term care insurance may also have an ADC benefit available to them.

## Pharmacies

Each pharmacy offers services such as 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: 9:00 am – 7:00 pm  
Sat: 9:00 am – 3:00 pm  
Sun: Closed

### **CVS Pharmacy**

101 North Euclid Ave  
Bay City, MI 48706  
(989) 686-2807

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

### **Country Drugs**

362 State Park Drive  
Bay City, MI 48706  
(989) 684-8251

Mon-Fri: 9:00 am – 7:00 pm  
Sat: 9:00 am – 2:00 pm  
Sun: Closed

### **Kroger Food & Pharmacy: Locations**

945 North Euclid Avenue  
Bay City, MI 48706  
(989) 686-3592

2910 Center Avenue  
Essexville, MI 48732  
(989) 892-0313

Mon – Fri: 9:00 am – 9:00 pm  
Sat: 9:00 am – 6:00 pm  
Sun 11:00 am – 6:00 pm

### **LaBrenz Pharmacy**

1606 Woodside Avenue  
Essexville, MI 48732  
(989) 892-5491

Mon-Fri: 9:00 am – 6:00 pm  
Sat: 9:00 am – 2:00 pm  
Sun: Closed

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

### **Layerer's Pharmacy**

1100 Columbus Avenue  
Bay City, MI 48708  
(989) 893-7579

Mon-Fri: 9:00 am – 7:00 pm  
Sat: 9:00 am – 3:00 pm  
Sun: Closed

### **Maplewood Pharmacy**

920 North Johnson Street  
Bay City, MI 48708  
(989)892-4531

Mon-Fri: 8:30 am – 7:00 pm  
Sat: 8:30 am – 2:00 pm  
Sun: Closed

### **McLaren Bay Region**

Bay Regional Medical Center  
1900 Columbus Avenue  
Bay City, MI 48706  
(989) 894-3744

Mon-Fri: 7:30 am – 8:00 pm  
Sat: 9:00 am – 4:00 pm

## Pharmacies Continued

### **McLaren Long Term Care Pharmacy**

1454 West Center Road, Suite 2  
Essexville, MI 48732  
(989) 316-4280  
Mon-Fri: 8:00 am – 8:00 pm  
Sat: 10:00 am – 6:00 pm  
Sun: Pharmacist on call

### **McLaren Retail Pharmacy**

4175 N Euclid Avenue  
Bay City, MI 48706  
(989) 667-2940  
Mon-Fri: 9:00 am -9:00 pm

### **McLaren Pharmacy**

Allen Medical Building  
200 South Wenona Street  
Bay City, MI 48706  
(989) 892-2561  
Mon-Fri: 8:30 am – 6:00 pm

### **Meijer Pharmacy: Locations**

595 North Pine Road  
Bay City, MI 48708  
(989) 891-1500

2980 E Wilder Rd  
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: 9:00 am -6:00 pm  
Sat-Sun: Closed

### **Southside Pharmacy**

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

### **Wackerly Pharmacy**

310 E Midland Road  
Auburn, MI 48611  
(989) 662-7773  
Mon-Fri: 9:00 am - 6:00 pm  
Sat: 10:00 am-2:00 pm  
Sunday: 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: 9:00 am – 9:00 pm  
Sat: 9:00 am – 6:00 pm  
Sun: 10:00 am – 6:00 pm

### **Walmart Pharmacy**

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

### **Walgreens Pharmacy: Locations**

416 South Euclid Avenue  
Bay City, MI 48706  
(989) 671-0468  
Mon-Fri: 8:00 am -10:00 pm  
Sat: 9:00 am -6:00 pm  
Sun: 10:00-am-6:00pm

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

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

## **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**

(989) 667-8740

-or-

(888) 742-9346

[www.visitingphysicians.com](http://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](http://www.northviewmedicalhousecalls.com)

### **DRS**

(877) 423-6286

[www.DRShousecalls.com](http://www.DRShousecalls.com)

### **In-Home Dental Link of Michigan**

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

(989) 495-3756 or [ihdlom@gmail.com](mailto: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 a 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 tube, 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**  
3461 East North Union  
Bay City, MI 48706  
(877) 570-5679  
[www.care4uathome.com](http://www.care4uathome.com)

**Bayside Home Care**  
800 Washington Ave  
Bay City, MI 48708  
(866) 436-3417 or (989) 941-3417  
[www.baysidehomecare.com](http://www.baysidehomecare.com)

**ComForCare Home Care**  
515 North Washington Ave Suite 404  
Saginaw, MI 48607  
(989) 752-5501  
[www.comforcare.com](http://www.comforcare.com)

**Comfort Keepers**  
701 East Midland Street  
Bay City, MI 48706  
(989) 684-8448

**Compassionate Care  
Home Health Services**  
6165 Bay Road  
Saginaw, MI 48604  
(989) 792-5400 or (877) 308-1212  
[www.compassionatecaremi.com](http://www.compassionatecaremi.com)

**Dobson Healthcare Center**  
3714 Wilder Road Suite B  
Bay City, MI 48706  
(989) 667-4772 or (866) 866-8984  
[www.dobsonhealthcare.com](http://www.dobsonhealthcare.com)

**Faith and Family Home Health Services, LLC**  
4760 Fashion Square Boulevard  
Saginaw, MI 48603  
(989) 249-0241  
<http://faithandfamilyhomehelp.com/>



**From The Heart Home Care**  
2880 South 2 Mile Road  
Bay City, MI 48706  
(989) 316-1487

**Great Lakes Home Care Unlimited, LLC**  
1160 James Savage Road  
Suite D  
Midland, MI 48640  
(989) 486-8283  
<http://www.glhcu.com/>

**Heartland Home Care**  
1426 Straits Drive  
Bay City, MI 48706  
(989) 667-8137  
<https://www.heartlandhomehealth.com/BayCity>

**Homewatch Caregivers**  
10344 Thor Drive  
Freeland, MI 48623  
(989) 321-2704  
<https://www.homewatchcaregivers.com/northern-michigan/freeland>

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

**McLaren Home Care & Hospice**  
2110 16<sup>th</sup> Street  
Suite 7  
Bay City, MI 48708  
(866) 323-5974

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

**Right At Home Health Care**  
5103 Eastman Avenue  
Suite 147  
Midland, MI 48640  
(989) 486-9557

<https://www.rightathome.net/northern-michigan>

**Safe Hands Warm Hearts**  
6575 Stroebel Rd  
Saginaw MI 48609  
(989) 249-3525

**Seasons Change Home Health Care**  
8201 Port Austin Road  
Pigeon, MI 48755  
(800) 392-3660  
<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  
(989) 652-6435  
<http://www.visitingangels.com/greatlakesbay/home>

**Visiting Nurse Special Services**  
502 South Hamilton Street  
Saginaw, MI 48602  
(989) 797-0828  
<https://www.covenanthealthcare.com/main/vnavisitnursespecialservices.a>

## 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) 372-0914

<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](http://www.enrichinghappiness.com/branch/bickford-of-saginaw-township)

### **Brookdale Senior Living**

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

[https://www.brookdale.com/en/communities  
/brookdale-bay-city.html?cid=yext](https://www.brookdale.com/en/communities/brookdale-bay-city.html?cid=yext)

### **Caretel Inns**

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

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

### **Linwood Residence Assisted Living**

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

[http://webpages.charter.net/deehayati/default  
.html](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](http://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 specialties? 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](http://www.baycountymcf.com)

### **Bay Shores Senior Care and Rehab Center**

3254 E. Midland Rd.  
Bay City, MI 48706  
(989) 686-3770  
[www.bayshorescr.com](http://www.bayshorescr.com)

### **Caretel Inns of Tri-Cities**

6700 Westside Saginaw Rd.  
Bay City, MI 48706  
(989) 667-9800  
[sales@caretelinns.com](mailto:sales@caretelinns.com)  
[www.caretelinns.com](http://www.caretelinns.com)

### **The Carriage House of Bay City**

2394 Midland Rd.  
Bay City, MI 48706  
(989) 684-2303  
[administrator@thecarriagehousebc.com](mailto:administrator@thecarriagehousebc.com)  
[www.thecarriagehousebc.com](http://www.thecarriagehousebc.com)

### **Heartland Health Care Center-Hampton**

800 Mulholland Rd.  
Bay City, MI 48708  
(989) 895-8539

[Hampton@heartlandnusing.com](mailto:Hampton@heartlandnusing.com)  
[www.heartland-manorcare.com](http://www.heartland-manorcare.com)

### **Huron Woods Nursing Center**

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

### **Stratford Pines**

2121 Rockwell Drive  
Midland, MI 48642  
(989) 633-5340

*To review Nursing Home State Surveys go to:*

*“[www.Medicare.Gov](http://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 expense.

### **Auburn Fields**

4710 Stephanie Ct.  
Auburn, MI 48611  
(989) 662-4100  
[www.auburnfieldsliving.com](http://www.auburnfieldsliving.com)

### **Brookdale Senior Living**

734 North Pine Road  
Bay City MI 48708  
(989) 892-2600  
[www.brookdaleliving.com](http://www.brookdaleliving.com)

### **Auburn Heights Senior Care**

110 N. Auburn St.  
Auburn, MI 48611  
(989) 662-2099

### **Campau’s Assisted Living**

1601 S. Garfield  
Auburn, MI 48611  
(989) 662-6866

### **Barton Woods Assisted Living**

9472 Kochville Rd  
Freeland, MI 48623  
(989) 695-5380

### **Caretel Inns of Tri-Cities**

6700 Westside Saginaw Rd.  
Bay City, MI 48706  
(989) 667-9800  
<https://www.caretelinns.com/>

### **Bay City Comfort Care**

4130 Shrestha Dr.  
Bay City, MI 48706  
(989) 545-6000

### **Close to Home Assisted Living**

581 N. Scheurmann  
Bay City, MI 48708  
(989)-778-2101

### **Bayfield Assisted Living**

3932 Monitor Road  
Bay City MI 48706  
(989) 684-9600  
[www.bayfieldassistedliving.com](http://www.bayfieldassistedliving.com)

### **The Colonnades**

2448 Midland Rd.  
Bay City, MI 48706  
(989) 684-7060  
[www.thecolonnadesbc.com](http://www.thecolonnadesbc.com)

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

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

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

**Linwood Residence**  
200 Forth St.  
Linwood, MI 48634  
(989) 697-3344

**Plainview Assisted Living**  
202 Plainview  
Auburn, MI 48611  
(989) 662-7202

[www.plainviewseniorneighborhood.com](http://www.plainviewseniorneighborhood.com)

**Rachel Sovereign Memorial Home**  
(women only)  
1014 Center Avenue  
Bay City MI 48708  
(989) 892-8493

**Sheffield Bay**  
4471 Sheffield Place  
Bay City MI 48706  
(989) 684-6800  
[www.sheffieldplace.com](http://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 Rd  
Bay City, MI 48706  
(989) 439-9333

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

## **Dementia Care Homes**

In addition to assisted living facilities they also offer Memory Care units that specialize in the care of individuals with Alzheimer's disease and related dementias. 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 privately. However, some Long Term Care policies, the Medicaid Waiver program and/or VA Aid and Attendance may help to pay some of the expense.

### **Bayfield Assisted Living**

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

[www.bayfieldassistedliving.com](http://www.bayfieldassistedliving.com)

### **Caretel Inns of Tri-Cities**

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

[www.caretelinns.com](http://www.caretelinns.com)

### **Clare Bridge Cottage: A Brookdale Community**

720 North Pine Road  
Bay City, MI 48708  
and

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

[www.brookdaleliving.com](http://www.brookdaleliving.com)

### **Niche Aging Center**

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

### **Sheffield Place**

4471 Sheffield Place  
Bay City, MI 48706  
(989) 684-6800  
[www.sheffieldplace.com](http://www.sheffieldplace.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

### **Bay Visiting Nurse and Hospice**

1460 W. Center Rd  
Essexville, MI  
(989)895-4700

### **Brian's House**

664 W. Nebobish Rd.  
Essexville, MI 48732  
(989) 892-4616

### **Cartwright Hospice Residence**

3443 Hospital Rd.  
Saginaw, MI 48603  
(989) 583-0250

### **Compassus Hospice and Home Care**

5889 Bay Road  
Suite 103  
Saginaw, MI 48604  
(989) 414-2103

www.compassus.com/baycity

### **Grace Hospice**

1484 Straits Dr.  
Bay City, MI 48708  
(989) 686-9866  
ghospice.com

### **Heartland Hospice**

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

### **McLaren Home Health Care**

2110 16<sup>th</sup> Street  
Bay City, MI 48708  
(989) 667-2322

### **Mid Michigan Homecare/Hospice**

4000 Wellness Drive  
Midland, MI 48670  
(800) 572-2269

### **Southern Care Hospice**

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

### **Toni & Trish House**

4699 11 Mile Rd.  
(989) 662-6400  
[www.toniandtrishhouse.org](http://www.toniandtrishhouse.org)

### **VNA Hospice – Covenant Healthcare**

(989) 583-0000

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



## Veterans Services

**Veterans Affairs:** The Bay County Veteran's Affairs office provides information, referrals, and support services to honorably discharged, wartime veterans and their families. Veteran programs and benefits are available at all levels of government (federal, state, and local). Programs include federal VA benefits, Michigan Veterans Trust Fund, Soldiers and Sailors Relief Commission, Transportation Services, applying for the Veterans Aid and Attendance Pension Benefit. Call the Bay County Veteran's Affairs office at (989) 895-4190 to speak with a representative to find out more information.

**Veterans Administration Hospital:** The Veterans Administrative Hospital, commonly known as the VA provides health care for the men and women who make up America's Veterans. The VA follows five principles: Integrity, Commitment, Advocacy, Respect and Excellence. Most veterans who served in the active military, naval, air service, some reserve members, and national guard members qualify for VA health care benefits. Call the VA eligibility office at **(989) 321-4524** to learn what services your veteran qualifies for. The VA offers a variety of services listed below. Call the VA at **(989) 497-2500** and the extensions to find out specifics on services offered.

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

<https://www.saginaw.va.gov/index.asp>

### **Audiology Clinic**

Hearing tests, tinnitus evaluations and hearing aids  
Ext 11400

### **Dental Clinic**

Dental treatment  
Ext 11271

### **Eye Clinic/Optomety**

Comprehensive eye examinations including evaluation and treatment for diabetic eye care, glaucoma, macular degeneration and other eye conditions. Provides eyeglasses and evaluations for low vision care.  
Ext. 11840

### **Geriatric Extended Care**

Skilled Nursing Care, Physical Medicine and Rehabilitation, Community Living Center, Home Based Primary Care

### **Laboratory Services**

Complete lab services

### **Low Vision Clinic/Blind Rehab Clinic**

Adjustment to vision loss, counseling, patient and family education, benefits analysis, comprehensive residential inpatient training, outpatient rehabilitation services  
Ext. 11861

## Veterans Administration Continued

### Mental Health

Consultation, evaluation and treatment for mental health conditions  
Call for full list of conditions covered  
Ext. 11959

### Occupational Therapy

Consultation, evaluation, and treatment for a variety of neuro-musculoskeletal and post-operative conditions  
Ext. 11057  
Ext. 11060

### Palliative Care Options

Inpatient unit, outpatient clinic, inpatient consultation  
Ext. 11162  
Ext. 11160

### Pastoral Care

Ext. 11515

### Pharmacy

Prescriptions are filled by Central Mailout Pharmacy.  
Fill via phone  
(989)-321-4990  
(800)-406-5143 Ext. 13990  
Fill via internet using VA's My HealtheVet

### Physical Therapy

Consultation, evaluation and treatment for a variety of neuro-musculoskeletal and post-operative conditions  
Ext. 11057  
Ext. 11060

### Pulmonary Rehabilitation

Active physical exercise program for people who are limited in activities of daily living due to Emphysema, Chronic Bronchitis, Bronchiectasis, Asthma, Pulmonary Fibrosis, Lung Surgery, or environmental or occupational lung diseases

### Recreational Therapy

Recreational resources and opportunities in order to improve health and well-being for veterans in our community living center  
Ext. 11057  
Ext. 11060

### Speech Clinic

Swallowing disorders, speech and language disorders, memory issues and swallow studies  
Ext. 11863

### Suicide and Crisis Prevention

Veteran Crisis Line—24 hour toll free  
1-800-273 TALK (8255)  
Saginaw VA Suicide Prevention  
Coordinator  
Ext. 11778

## **Other Community Services**

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

**Alzheimer's Helpline**- 1(800) 272-3900.

**Alzheimer's Store**- 1(800) 752-3238 or visit [www.alzstore.com](http://www.alzstore.com).

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

**Bay Area Housing** (Independent Living and Apartments) - 989-893-9292

**Brain Autopsy Services**- 1(800) 272-3900 for more information.

**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, and secure. **Go to "Smart911.com" to create your profile.**

**Disability Network of Mid-Michigan** - (989) 835-4041

**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 OC-88 at any Secretary of State office.

**Driving Evaluation**- The Center for Rehabilitation in Bay City (989) 667-6600 and/or Covenant Driving Evaluation (989) 583-6386. This evaluates cognitive-reaction. Insurance will not cover it, it is approximately \$400.

**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.

**Mid-Michigan Community Action Agency** - Food Commodities and Utility Assistance - (989) 894-9060

**Project Lifesaver**- A GPS monitoring program for those at risk of wandering away. Call the Arc of Bay County at (989) 893-1346.

**“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.

**Tuesday Toolman Program by United Way of Bay County** - Minor home maintenance to low income households. You purchase materials, but there is no charge for labor. (989) 893-7508

**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

**United Way of Bay County** - (989)-893-7508 or the call center (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 Caregiver's Guide to Lewy Body Dementia.* Helen Buell Whitworth, 2010
- *A Dignified Life: The Best Friends Approach to Alzheimer's Care, A guide for family Caregivers.* Virginia Bell and David Troxel, 2002
- *Ageless Outings- Summary of Ageless Outings- Destination Planning Chart & Appendix of Destinations Listed Alphabetically.* Maureen Wells, 2002
- *Alzheimer's Disease and Other Dementias.* Nataly Rubinstein, 2011
- *Chicken Soup for the Soul Living with Alzheimer's & Other Dementias.* Amy Newmark, 2014.
- *Coach Broyles Playbook.* Frank Broyles, 2006
- *Connecting the Dots.* Judith London, 2009
- *Creating Environments of Support: A Handbook for Dementia Responsive Design.* Sarah Campenel and William Brummett, 2009.
- *Creating Moments of Joy for the Person with Alzheimer's or Dementia.* Jolene Brackey, 2000.
- *La comodidad del hogar: Guía ilustrada y detallada de cuidado y asistencia.* Maria M. Meyer, y Paula Derr, 2002
- *Learning to Speak Alzheimer's.* Joanne Koenig Coste and Robert Butler, 2004
- *Living Your Best with Early Stage Alzheimer's: An Essential Guide.* Lisa Synder, 2010
- *Los Mejores Amigos en el Cuidado de Alzheimer.* Virginia Bell, and David Troxel, 2003
- *Mom, Are You There? Finding a Path to Peace Through Alzheimer's.* Kathleen A. Negri, 2003
- *Still Alice.* Lisa Genova, 2008
- *The 36-Hour Day: A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss in Later Life (5<sup>th</sup> Edition).* Nancy L. Mace, Peter V. Rabins, 2011
- *Understanding Difficult Behaviors: Some Practical Suggestions for coping with Alzheimer's Disease & Related Illnesses.* Anne Robinson, Beth Spencer, Laura White, 2007
- *What If It's Not Alzheimer's, A Guide to Dementia.* John Trojanowski, 2007

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

## Helpful Websites

www.aoa.org	www.ethnicelderscare.net
www.alz.org	www.everydayhealth.com
www.alzforum.org	www.fpanet.org
www.alzfdn.org	www.johnshopkinshealthalerts.com
www.alzheimersplaybook.com	www.kindreminder.com
www.alzheimersdisease.com	www.mayoclinic.com/health/alzheimers
www.alznews.org	www.nia.nih.gov/alzheimers
www.alzstore.com	www.projectlifesaver.org
www.caregiver.org	www.saginawlibrary.org
www.dementiacarecentral.com	www.thefamilycaregiver.org

## Movies

- ✚ A Song for Martin (2001)
- ✚ Aurora Borealis (2006)
- ✚ Away From Her (2007)
- ✚ Do You Remember Love (1985)
- ✚ The Forgetting: PBS Video (2004)
- ✚ Iris (2001)
- ✚ 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.*

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**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**