Housing Bureau for Seniors

2401 Plymouth Road, Suite C
Ann Arbor, MI 48105
(734) 998-9339
www.med.umich.edu/seniors

Michigan Medicine
Housing Bureau for Seniors
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Michigan Medicine
UNIVERSITY OF MICHIGAN

Housing Bureau for Seniors
SENIOR LIVING WEEK

Senior Living Week is a one-stop opportunity to obtain information and resources to help make decisions for better living as you and your loved ones age.

• Visit exhibits at the Senior Living Week Expo; explore options for housing, health, personal care, and support services.
• Attend workshops throughout the week presented by experts in: health, memory loss, caregiver support, specialized nutrition for seniors, financial and legal issues, generational communications, long term care, and more.
• Tour senior living communities' Open House events.
• Learn your numbers with health screenings and immunizations at the Senior Living Week Expo:
  • Immunizations for Pneumonia, Shingles, Diphtheria/Tetanus/Pertussis (TDAP)
  • Blood Pressure Screenings
  • Nutrition Assessments
  • Chiropractic Assessments
  • And more!

THANK YOU
2017 SENIOR LIVING WEEK EVENT SPONSOR

EXPO

Thank you 2017 Senior Living Week Expo Sponsors!

GLACIER HILLS

EXPO Date and Time
Saturday, May 13, 8:30 AM - 2:00 PM

EXPO Location
Morris Lawrence Building
Washtenaw Community College
4800 E. Huron River Drive, Ann Arbor, MI

Transportation to and from the Expo
Public transportation: Route #24 from the Blake Transit Center or Route #3 from the Ypsilanti Transit Center to the Senior Living Week Expo at the Morris Lawrence Building at Washtenaw Community College. For more information, please call the AAATA Information Line at (734) 996-0400.

Workshop Registration
Registration is encouraged for all workshops as seating is limited at many locations. REGISTER EARLY.

One Registration Form for all workshops is located in the center of this booklet. Registration Deadline: Friday, May 5.

Return completed registration form to:
Housing Bureau for Seniors
2401 Plymouth Road, Suite C
Ann Arbor, MI 48105

Questions? Call (734) 998-9339.
EXPO WORKSHOPS
Saturday, May 13

The Market Hits an All-Time High! The Fed is Raising Rates! What’s Next?

Time:  9:00 - 10:00 AM

The internet and other sources are full of information designed to provide investors with the tools needed to manage their portfolios. Sounds easy enough, right?

Perhaps you are wondering whether you should manage your own portfolio. Maybe you already do, but don’t know if what you are doing is best. Can you benefit from working with a professional advisor? Are they worth the money? How do you decide?

We will discuss five questions that need to be addressed as you make your decision to begin or continue managing your own investments: 1) Do I have the desire? 2) Do I have the time? 3) Do I have the knowledge? 4) Do I have the temperament? 5) Do I have the information that matters and am I willing to act on it?

Join us for an in-depth discussion of these and other questions you may have. We will offer current, real-life examples of what you need to know, what you might miss, and what could happen if you are not prepared for today’s market conditions!

Speaker: Scott Wiard, President, Horizons Planning Corporation

Workshop Sponsor: Horizons Planning Corporation

Money Safety for Seniors

Time:  10:15 - 11:15 AM

What is financial exploitation? Could it happen to you or your loved ones? Learn ways to deter, detect, protect against and report financial exploitation. Increase your financial knowledge and empower your family to learn more to stay safe.

Speaker: Ben Joergens, VP, Director of Financial Empowerment, Old National Bank

Workshop Sponsor: Old National Bank

Aging in WHAT Place? Exploring Living Options That Enhance Your Life

Time:  11:30 AM - 12:30 PM

As we embark on the final decades of our lives, the big question is WHERE? Should we “age in place” and bring in services when needed? Should we move closer to family? What are the advantages and limitations of retirement communities? How does money influence decisions - having enough, spending it wisely, and passing it along to our children? When is the right time to move?

This presentation is designed to help answer some of these questions, and help families think creatively about various choices. A panel of residents will share valuable insights about how events, changing circumstances and personal reasons led them to move to a senior-living community. “Aging in place” may sound good, but the real question is “what place”? A question and answer session will follow.

Speakers: Panel

Workshop Sponsor: Silver Maples of Chelsea

Dimensions of Wellness

Times:  1:00 - 2:00 PM

What does wellness mean to you? Typically, we think of our physical wellness; however, there are other aspects that interconnect. During this session we will explore the emotional, intellectual, social, spiritual, vocational, as well as the physical, dimension of wellness. Achieving a higher level of wellness requires an effort to connect with various resources. We will explore what those resources could be for you and how to tap into them.

Speaker: Ingrid Crause, M.S., Wellness Coordinator, Glacier Hills - Wellness Connection

Workshop Sponsor: Glacier Hills
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<td>American House</td>
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<td>Area Agency on Aging 1-B</td>
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## EXPO VENDORS

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<td>Turner Senior Resource Center</td>
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<td>Ypsilanti Senior Citizens</td>
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## THANK YOU

**2017 SENIOR LIVING WEEK REFRESHMENT SPONSOR**

**COSTCO**

CAPS Remodeling can assist with a number of home remodeling renovation projects designed to improve the quality of life clients experience in their home.

- Lift Systems  •  Grab Bars  •  Bathroom Safety  •  Roll-In Showers  •  Walk-in Bathtubs  •  Handrails  •  Wheelchair Ramps  
- Home Modifications  •  and much more

826 West 11 Mile Road 
Madison Heights, MI 48071 
Phone: 248-246-1669 
www.capsremodeling.com
WORKSHOPS

Senior Living Week Workshops are scheduled at different locations throughout Washtenaw County. Please check this booklet for each day’s schedule and location. If you need directions, please contact the individual locations.

Monday, May 8

Stealth Health

Times: 10:00 AM - 11:00 AM
      1:00 PM - 2:00 PM

Location: StoryPoint
          6230 S. State Street, Saline, MI
          (734) 944-6600

Your nutritional needs and tastes change as you age. There are many foods, herbs and spices that help improve your health. And just because it’s healthy, doesn’t mean it tastes bad! Join us for a relaxing cooking demonstration by our culinary team at StoryPoint. The chef will also offer gluten free options and dessert items for those with a sweet tooth!

Speaker: Chef Kevin Penn, Executive Chef, StoryPoint

Workshop Sponsor: StoryPoint

Monday, May 8

Brains and Balance for Seniors

Time: 2:30 PM - 4:00 PM

Location: StoryPoint
          6230 S. State Street, Saline, MI
          (734) 944-6600

My new Brains & Balance program is designed for the specific needs of active older adults who know importance of staying mentally sharp and physically stable.

Discover how much fun balance training can be while you exercise your mind. If you are over 60 and you recognize the importance of preventing fall and maintaining mental acuity.

Speaker: Tom Wright, Personal Trainer / Fitness Coach

Workshop Sponsor: Watroba, Dunbar & Franke

Housing Counseling & Eviction Prevention
• Assess your needs for short & long-term care solutions
• Connect you with public and private pay options
• Assist with living arrangements planning

HomeShare Program
• Help resolve issues by developing positive relationships between tenants & managers
• Identify & resolve issues before eviction threat
• Connect to resources

Foreclosure Prevention
• Help residents reduce property tax red tape
• Help prepare & lower taxes
• Use Homestead Refund to pay property taxes
• Communicate with lenders to resolve issues

Know someone who needs assistance? Contact us at (734) 998-9339. Visit our website for more information - www.med.umich.edu/seniors.
Finding Humor and Grace in the Caregiver Sandwich

Time: 12:00 PM - 1:30 PM
Location: Brookhaven Manor
401 West Oakbrook Drive, Ann Arbor, MI
(734) 747-8800

Whether you are a caregiver for a loved one or you work for an organization that serves or employs caregivers, Breeda Miller’s humorous and heartfelt program provides respite from the exhausting work of caregiving and creates an environment of support. The Sandwich generation is caught between caring for elderly parents, children still at home, and demanding careers; the stress can be overwhelming. The importance of dignity for those in our care as well as the vital message of self-care are essential to helping caregivers maintain balance.

Speakers: Breeda Miller, Assistant Director, Events, Offices of Medical Development at Michigan Medicine, Caregiver Workshop Sponsor:

Newly Remodeled
Seniors 55 or Better
One and Two Bedroom Utilities Included
Meals Served Daily
Fitness Center
Wellness Center
Weekly Housekeeping
Weekly Laundry Services
of Flat Linen
Transportation
No Security Deposit
No Endowment Fee

Do you know someone who is homebound because of their health and are unable to shop and cook?

Can you give 2 hours or more each month to deliver meals to the homebound in our community?

To make a referral call 734-998-6686
For a volunteer application visit:
www.med.umich.edu/aamealsonwheels
aamealsonwheels@umich.edu

Our mission is to build capacity in individuals, organizations, and communities so that everyone, regardless of income, race/ethnicity, language, sexual orientation, gender, or education, has the opportunity to achieve optimal health and well-being.

The Program for Multicultural Health (PMCH) at Michigan Medicine is committed to reducing health disparities by providing culturally appropriate and culturally sensitive health promotion, education, and research programs for surrounding communities.

The goals of our program are to ensure optimum health outcomes, healthcare environments, and health behaviors by identifying and addressing culturally unique health needs.

www.med.umich.edu/multicultural | (734) 998-2156
HBS is the ‘go to’ place for older adults and caregivers who need help stabilizing their housing and access to community resources. As a community supported program of Michigan Medicine, we rely on financial support from people like you!

Volunteer Opportunities ~ Donation Opportunities!
Help us continue to serve older adults in our community!
www.med.umich.edu/seniors
(734) 998-9339 | housingbureau@umich.edu

Are you thinking about buying or selling your home?
Talk to a Seniors Real Estate Specialist

We listen, help you navigate choices, partner with you to create a plan, and serve as your resource and guide from day one to moving day.
1673 S. Huron St., Ypsilanti | (734) 217-3000
1365 E. Michigan Ave., Saline | (734) 944-7900
Be a Savvy Health Care Consumer: Save on Prescription Drugs

Time: 10:00 AM - 11:00 AM
Location: Housing Bureau for Seniors
Turner Senior Resource Center
2401 Plymouth Road, Suite C, Ann Arbor, MI
(734) 998-9339

Medication costs can be high, even with insurance coverage. This presentation will describe ways to keep out-of-pocket expenses for medications as low as possible.

Speaker: Tami Remington, Clinical Pharmacist, Michigan Medicine Geriatrics Center

Advance Care Planning

Time: 11:15 AM - 12:15 PM
Location: Housing Bureau for Seniors
Turner Senior Resource Center
2401 Plymouth Road, Suite C, Ann Arbor, MI
(734) 998-9339

Over the past 100 years, Americans have been living longer lives thanks to advances in medical technology. However, while most Americans are living longer they are living with more chronic diseases than ever before. In this talk, we'll review shifting health demographics in the United States, their impact on how we live and die in America today, and what you can do to stay in control of your body and your health.

Speaker: Dr. Ted Suh, M.D., PhD, Associate Clinical Professor, Michigan Medicine and Medical Director for Huron Valley PACE

Grief and the Professional Caregiver

Time: 2:00 PM - 3:00 PM
Location: Housing Bureau for Seniors
Turner Senior Resource Center
2401 Plymouth Road, Suite C, Ann Arbor, MI
(734) 998-9339

Professionals, friends, and family that provide services and care to individuals often experience grief and feelings of loss after the death of a client, friend, or loved one. Learn about and be able to describe symptoms of grief related to loss as a caregiver and identify effective coping strategies when dealing with grief.

Speaker: Dave Cornwell, Spiritual Care Coordinator, Great Lakes Caring Home Health and Hospice

Lewy Body Dementia

Time: 3:00 PM - 4:00 PM
Location: Housing Bureau for Seniors
Turner Senior Resource Center
2401 Plymouth Road, Suite C, Ann Arbor, MI
(734) 998-9339

Learn about Lewy Body Dementia (LBD) and the differences between LBD, Dementia and Alzheimer's. Lewy body dementia has been identified as the second most common type of dementia, yet is still often misdiagnosed and underdiagnosed. Attendees will be learn about the various symptoms, treatment options and caregiving implications associated with LBD to assist in increased quality care for those with LBD.

Speaker: Dawn Brandel, Bereavement Coordinator, Great Lakes Caring Home Health and Hospice

Workshop Sponsor:
Great Lakes Caring
Virtual Dementia Tour

Time: 11:00 AM - 3:00 PM
Location: Atria Park of Ann Arbor
1901 Plymouth Road, Ann Arbor, MI
(734) 741-9500

This eye-opening, interactive experience will help you gain a better understanding of those living with dementia by seeing the world through their perspective.

BY APPOINTMENT ONLY
20 minute time slots are available from 11:00 AM to 3:00 PM.

To RSVP and schedule your Virtual Dementia Tour, contact Michelle Miller at Atria Park of Ann Arbor at 734-741-9500 or Michelle.Miller@atriaseniorliving.com.

Workshop Sponsor:

Atria Park of Ann Arbor
Enhanced Assisted Living & Memory Care
LGBT Older Adults: A Step Forward in Understanding

Time: 1:00 PM - 2:30 PM
Location: Housing Bureau for Seniors, TSRC
2401 Plymouth Road, Suite C, Ann Arbor, MI
(734) 998-9339

Achieve a greater understanding of the LGBT Older Adults in your community- personally and professionally. It will help you to determine ways to help your clients, colleagues, neighbors, friends and family feel safer and more secure in our communities. It will inform you as to why LGBT older adults are least likely to access health and social services. The workshop will help you in establishing some best practices for helping LGBT older adults feel more included in aging network organizations. It will provide tools and education to better serve the LGBT older adults who currently access your services or are in need of your services.

CEUs: This activity is pending approval for 1.5 CEU from the National Association of Social Workers

Speaker: Judy Lewis, Training & Education Coordinator, SAGE Metro Detroit

When to Know When to Move

Time: 3:00 PM - 4:30 PM
Location: Housing Bureau for Seniors, TSRC
2401 Plymouth Road, Suite C, Ann Arbor, MI
(734) 998-9339

When is it time to move into a senior living residence? What do I need to consider before making these decisions? Studies show that the vast majority of older adults prefer to age in place in their own home. However, the reality is that most people, for a variety of reasons, will move into some type of senior residence. Join us for a talk on the decision-making process on whether you should stay at home or enter into a retirement or other type of senior housing.

Speakers: Janet Hunko, LMSW, Director of the Housing Bureau for Seniors, and Monique Wright, LLMSW, Housing Counseling/Eviction Prevention Coordinator, Housing Bureau for Seniors

Workshop Sponsor:

OPEN HOUSES

Registration is NOT required to attend an Open House at a senior housing community unless otherwise noted. If you need directions, please contact the individual locations at the phone numbers listed below. Please visit these welcoming and friendly residences.

Monday, May 8

Location: StoryPoint
Time: 10:00 AM - 4:00 PM
Address: 6230 S. State Road, Saline, MI
Phone: (734) 944-6600

Tuesday, May 9

Location: St. Joseph Village
Time: 9:00 AM - 4:00 PM
Address: 5341 McAuley Drive, Ypsilanti, MI
Phone: (734) 712-1600

Location: Walgreens
Time: 10:00 AM - 12:00 PM (all locations)
Address 1: 2355 Jackson Avenue, Ann Arbor, MI
Address 2: 317 South State Street, Ann Arbor, MI
Address 3: 3255 Washtenaw, Ann Arbor, MI
Address 4: 2170 Washtenaw Road, Ypsilanti, MI
Address 5: 419 E. Michigan Avenue, Ypsilanti, MI
Address 6: 10276 Belleville Road, Belleville, MI

Location: Independence Village of Brighton Valley
Time: 10:00 AM - 4:00 PM
Address: 7700 Nemco Way, Brighton, MI
Phone: (810) 227-7666

Location: Brookhaven Manor
Time: 1:00 PM - 6:00 PM
Address: 401 West Oakbrook Drive, Ann Arbor, MI
Phone: (734) 747-8800
OPEN HOUSES

Tuesday, May 9 cont.

Location: Linden Square Assisted Living
Time: 2:00 PM - 6:00 PM
Address: 650 Woodland Drive, East, Saline, MI
Phone: (734) 429-7600

Wednesday, May 10

Location: Glacier Hills
Time: 10:00 AM - 12:00 PM
Address: 1200 Earhart Road, Ann Arbor, MI
Phone: (734) 913-0730

Location: Independence Village of Plymouth
Time: 10:00 AM - 4:00 PM
Address: 14707 Northville Road, Plymouth, MI
Phone: (734) 453-2600

Location: The Cedars of Dexter
Time: 11:00 AM - 7:00 PM
Address: 411 Cedars Lane, Dexter, MI
Phone: (734) 792-9702

Location: Chelsea Retirement Community
Time: 11:00 AM - 7:00 PM
Address: 805 West Middle Street, Chelsea, MI
Phone: (734) 433-1000

Location: The Pines Senior Apartments
Time: 11:00 AM - 7:00 PM
Address: 325 Wilkinson Street, Chelsea, MI
Phone: (734) 433-9130

OPEN HOUSES

Wednesday, May 10 cont.

Location: Silver Maples of Chelsea Retirement Neighborhood
Time: 12:00 PM - 5:00 PM
Address: 100 Silver Maples Drive, Chelsea, MI
Phone: (734) 475-4111

Friday, May 12

Location: Brecon Village
Time: 1:00 PM - 4:00 PM
Address: 200 Brecon Drive, Saline, MI
Phone: (734) 429-1155

Location: Lurie Terrace, Senior Citizens Housing of Ann Arbor
Time: 11:00 AM - 1:00 PM
Address: 600 West Huron Street, Ann Arbor, MI
Phone: (734) 665-0695

Tuesday, May 16

Location: Silver Maples of Chelsea Retirement Neighborhood
Time: 12:00 PM - 5:00 PM
Address: 100 Silver Maples Drive, Chelsea, MI
Phone: (734) 475-4111
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Special Open House

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Tuesday, May 9th from 10am-noon
at the following locations:

• 2355 Jackson Ave., Ann Arbor
• 317 S. State St., Ann Arbor
• 3255 Washtenaw, Ann Arbor
• 2170 Washtenaw Rd., Ypsilanti
• 419 E. Michigan Ave., Ypsilanti
• 10276 Belleville Rd., Belleville

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