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JUNE 2017

"YOU ARE NOT ALONE"
A 6-Month Alzheimer’s Series

Generation Alzheimer’s the defining disease of the baby boomers
Dear Food Bank Supporters and Donors:

THANK YOU!

Three months ago, I began thinking about all the seniors that depend upon and use our two food programs (96,410 total meals including 18,801 congregate meals held at the Center plus 77,609 Meals on Wheels delivered to homes). It's a lot! Then I thought about the “can do” attitude of our Center’s staff & seniors and set a progressive goal to raise $10,000 to benefit the Food Bank fundraiser that happens annually in March & April, optimistically believing it was a goal that could be achieved and then really hoping it would.

THANK YOU!

We began seriously planning for the event and held a kick-off breakfast to welcome and inform potential participants of what the “Luxury” event would represent.

THANK YOU!

We created a series of fundraising events, posted flyers all over town, publicized them in all the media, asked the community to join us with their donations, and then planned for a wrap up special event -- an ultimate evening of pampering, relaxing, massaging, snacks, goodies and wine – a Luxury Thank You Event!

THANK YOU!

Good Works deserve Great Praise. The result is that our community responded. Businesses both donated and collected the public’s donations. Anonymous donors gave us checks and lots of people joined us. The Great News is that the goal was not only met, but surpassed. Because of YOU, because of the fund raising challenge, because of our generous Alpena community – the Alpena Senior Center was able to raise $21,099 to purchase groceries at the Food Bank!!!

What most people don’t know is that the money raised gives us 14 times its amount in buying power at the Food Bank. We are so proud to report that your $21,099 in donations provide our program with $295,386 in groceries to prepare and produce the meals for you to enjoy when you dine with us at the Center and for seniors to receive Meals on Wheels in their homes.

For This We Sincerely Thank You,

Annie Hepburn, Director
In April 2017, the Alpena Senior Citizens Center provided these services for the Seniors of Alpena County...

**Our Nutritional Program**
Delivered 5,372 meals to homes and served 1,182 congregate meals.

**Our Prescription Maintenance Program/MMAP**
Served 43 clients; 83 phone calls 15 new to Medicare, 8 Part D plans, 1 Medigap, 5 Rx assistance & manufacturer applications, 5 MSP applications, 9 LIS applications, 6 Medicaid applications & recertifications, 2 Insurance Reviews and 5 Application Assistance & Billing Help saving Alpena County Seniors $51,511.

**Our In-Home Services Program**
Provided 13 hours of Respite Care Services, 502.75 hours of Homemaker Services and 106.25 hours of Personal Care Services.

**Additional Services Provided**
419 participated in exercise classes

---

**Healthcare Loan Closet...**

Check with the Alpena Senior Citizens Center next time you are in need of durable medical supplies. Lots of great supplies have been donated to the Center! We, in turn, loan items out to those who need them. You may keep the item as long as you need it and return it to us when you are done.

Items typically on hand are:

- Walkers
- Canes
- Commodes
- Shower Chairs
- Wheelchairs & other miscellaneous supplies.
- We also have incontinence products available.

If you have questions about our Healthcare Loan Closet, call us at 356-3585. We’ll be glad to help!

---

**Project Student Gourmet Update:**

Even though the intergenerational “school to work” cooking class called Project Student Gourmet will start in September, our Senior Center is ‘busy as bees’ getting ready for it. (Project Student Gourmet is funded by a grant from the Michigan Health Endowment Fund who works to improve health and wellness of Michigan residents, reducing healthcare costs and focusing on children and seniors).

What’s happening -- in the next few weeks we will be reorganizing our kitchen, moving in equipment, putting in garden boxes (raised boxes) and by the way, the SEEDS are here! It always feels good when you plant seeds in a garden. It’s a big job and the Youth Volunteer Corp. stands ready to assist us BUT we can always use garden volunteers! (Did I tell you it’s an intergenerational grant?) If you would like to help with the gardens, contact BJ Sander to sign up. We look forward to working together in the dirt to grow vegetables (is that a childhood thing?)
Let’s have a Frank Chat about the Affordable Care Act

Many of you have formed extreme opposite, polarized, and political opinions since the 2016 fall election. I know, because I hear many derogative comments about “Obama Care.” First off, if you have Medicare, you don’t qualify for the www.Healthcare.gov aka Obamacare. What does affect you is the Affordable Care Act that also created Obama Care. Honestly, it doesn’t matter if you are ‘pro’ or ‘anti’ political anything. I think it’s time that you and I had a heart-to-heart about the Affordable Care Act because the ACA is directly connected with coverage you now have.

The Affordable Care Act (ACA) is best known for the health insurance plans that cover over 20 million Americans through the www.Healthcare.gov (ages 19 to 64 without Medicare). But for millions of seniors age 65 and older or for people with disabilities under 65 with Medicare, the ACA means you get more preventive services for less cost: free annual wellness visits, free health screenings and vaccines with no co-pays. (Over 39 million people on Medicare have already used these services.) If you take expensive Brand name Rx’s and have ever hit the donut hole with your Part D plan, you already know the donut hole is certainly not sweet – it’s very expensive! The ACA also means you receive higher discounts on brand-name drugs and the coverage gap known as the “donut hole” will narrow and be eliminated by the year 2020 ($20 billion in savings since 2010.)

If you’re on Medicaid, the ACA means that you and many others may have qualified for Medicaid for the first time. Conversely, it may mean that for the first time you actually have any health insurance coverage. Another benefit of the ACA is that you may not have to stay to recover in a nursing home anymore because you have more choices for your care, recovery, rehabilitation and therapy.

If you have private health insurance, the ACA means that if you are between the ages of 55-64, you have premium protections keeping insurance costs down, you can’t be denied coverage because of your pre-existing conditions, and there are no annual or lifetime limits on your coverage – remember these priority topics of health care reform? The ACA’s prevention and public health fund makes classes available to help you manage chronic conditions and classes to help you prevent falls. The ACA has expanded the protections against elder abuse. The ACA is on track to save $2.6 trillion in healthcare and extend the solvency of the Medicare Trust Fund for 12 more years. So Medicare recipients, before you throw away “Obama-care” - please, take a closer look! You may be throwing away the health care benefits YOU are enjoying right now and don’t even know it. (Article & Statistical References: National Council on Aging)

– Kitty Glomski, MMAP Counselor

Senior Project Fresh to Start in July

Each year, the Senior Project FRESH/Market FRESH program provides eligible older adults with ten, $2.00 vouchers ($20 value) to use at registered Farmers Markets and Roadside stands that display signage that reads, "Senior Project FRESH/Market FRESH Welcome Here." The program provides fresh fruits, fresh vegetables, unprocessed honey and cut herbs to older adults. Each eligible participant uses the vouchers like cash to pay for the products. In Alpena County, the coupons may be redeemed at the Alpena Farmers Market, Kipfmiller’s Produce and AJ’s Produce (Lachine). Dial-a-Ride vouchers are available for transportation to/from the Market. To qualify for Senior Project Fresh, adults must be: 60 years of age or older, have a total household income of 185% of poverty or less, and live in the county where the coupons are issued. All participants must show photo ID, prove their birthdate and receive nutrition training. If you’ve attended any nutrition class given by MSU Extension Nutrition Specialist Amy Page and have your certificate of completion, you have already fulfilled your nutrition training requirement. Signup for Project Fresh will begin in July and be arranged by appointment only. Call 356-3585 to make your reservation.
2017 Outstanding Older Citizen Award Goes To...

Jim Mott is our “2017 Outstanding Older Citizen of the Year”. We received many wonderful nominations for other seniors also deserving of this title. The committee was unanimous in their decision when we read the nomination form submitted by Mark Hulsey, President of the Alpena Optimist Club. To quote Mark, “Jim has focused his volunteer activities with the Alpena Optimist Club, the Senior Citizens Center, the Jesse Besser Museum, and the Catholic Church of the Gaylord Diocese. Jim lives and truly believes that service to humanity is the best work of life”. We agreed that Jim Mott is a very deserving recipient of this award.

June 15th, 2017 is World Elder Abuse Awareness Day. This day aims to focus global attention on the problem of physical, emotional, and financial abuse of elders. It also seeks to understand the challenges and opportunities presented by an aging population, and brings together senior citizens and their caregivers, national and local government, academics, and the private sector to exchange ideas about how best to reduce incidents of violence towards elders, increase reporting of such abuse, and to develop elder friendly policies.

Dylan Wallace, Attorney, will be at the Senior Center on June 15th from 10:30am to 11:30am. His presentation will include the legal responsibilities of a Power of Attorney and what to do if you suspect someone is abusing that title.

Health Benefits of Strawberries

- Regulate blood pressure.
- Good source of iron, an anemia and fatigue fighting mineral.
- Rich in Vitamin C.
- Assist in digestion.
- Regulate blood sugar & decrease the risk of Type 2 diabetes.
### JUNE 2017 ACTIVITIES

**Alpena Senior Citizens Center • 501 River Street • 989-356-3585**

#### REPEATING DAILY EVENTS:
- **MONDAY:** Exercise 9:30am, Euchre 12:30pm, Board Games 12:30pm
- **TUESDAY:** Exercise 10am, Quilting 10am, Spitzer 12:30pm
- **WEDNESDAY:** Exercise 9:30am, Wii Bowling 10:30am, Bingo 12:45pm
- **THURSDAY:** Tai Chi 9:15am, Pinochle/Bridge 12:30pm
- **FRIDAY:** Exercise 9:30am, Pinochle 12:30pm, Maj Jong 12:00pm

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<tr>
<th>SUNDAY</th>
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<td>Eat Healthy &amp; Be Active</td>
<td>Hospice Compass Becoming a Hospice Volunteer</td>
<td>Tai Chi 9:15am</td>
<td>Needle Group 1:00pm</td>
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<td>10:00 - 11:00am</td>
<td>&amp; Piano Music by Lon Lu La Roe</td>
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<td>Open House at the Center 5:30 - 7:30pm</td>
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<td>Eat Healthy &amp; Be Active</td>
<td>Paxton Quarry Fishing Trip</td>
<td>Tai Chi 12:00pm</td>
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<td>10:00 - 11:00am</td>
<td>Power of Attorney With Dylan Wallace</td>
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|        | Happy Father's Day | Eat Healthy & Be Active | BOARD MTG - 8:30am Public Welcome | Tai Chi 9:15am | Needle Group 1:00pm | THE LONGEST DAY
|        |        | 10:00 - 11:00am | Senior Cooking with Krawmama 10:30 - 11:30am |          |        | 10:00am - 3:30pm $20 |
|         |        |        |          |          |        |          |
| 25     | 26     | 27      | 28        | 29       | 30     |          |
|        |        | Eat Healthy & Be Active |        |        |        |          |
|        |        | 10:00 - 11:00am |          | Tai Chi 9:15am | Needle Group 1:00pm |          |
|        |        |          |         |          |        |          |

**Medilodge Blood Pressure Clinic**
- **10:15 – 11:00am**

**BETTER LIVING MASSAGE**
- **1:00 - 3:00pm**
- MUST PRE-REGISTER LIMITED SPACE

**EUCHRE TOURNAMENT**
- **Meal & Registration 5-6pm**
- **Play Begins 6pm Sharp! $10 Admission Includes Meal Paying 4 Places, 50/50**

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**THE LONGEST DAY**
- **10:00am - 3:30pm**
- **$20**
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<tr>
<th>Day</th>
<th>Meal Time</th>
<th>1st Meal Options</th>
<th>2nd Meal Options</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Noon</td>
<td>N.O.W. Chicken Garlic Biscuit</td>
<td>California Veg. Blend</td>
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<td>Cheesy Garlic Biscuit</td>
<td>Italian Baked Chicken</td>
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<td>Melon</td>
<td>Garlic Red Skin Mashed Potatoes</td>
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<td>Desert</td>
<td>Seasoned Green Beans</td>
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<td>Desert</td>
<td>Spiced Peaches</td>
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<td>Tuesday</td>
<td>Noon</td>
<td>Alpinoes Beef Broccoli &amp; Cheese</td>
<td>Green Bean Casserole</td>
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<td>Caesar Salad</td>
<td>Italian Broccoli Rice</td>
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<td>Mixed Fruit</td>
<td>Fruit Medley</td>
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<td>Wednesday</td>
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<td>Baked Potato Bar</td>
<td>Mexican Street Taco</td>
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<td>Ham</td>
<td>Topped Beans &amp; Rice</td>
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<td>Potato</td>
<td>Seasoned Spinach</td>
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<td>Coleslaw</td>
<td>Mandarin Oranges</td>
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<td>Desert</td>
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<td>Thursday</td>
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<td>N.O.W. Chicken Garlic Biscuit</td>
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<td>Friday</td>
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<td>N.O.W. Chicken Garlic Biscuit</td>
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<td>Spiced Peaches</td>
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<td>Saturday</td>
<td>Noon</td>
<td>Stuffed Chicken</td>
<td>Grilled Pork Chops</td>
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<td>Green Bean Casserole</td>
<td>Italian Broccoli Rice</td>
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**The Menu is subject to change.**

**Birthday Celebration June 6th!**

**NOON MEAL: 11:30am - 12:30pm**
- Options: Hot Meal or Soup & Salad Bar
- Hot Meal or Soup & Salad Bar available

**EVENING MEAL: 5:00pm - 6:00pm**
- Options: Hot Meal, Soup & Salad Bar, or Side Salad available
- Hot Meal or Soup & Salad Bar for those age 60 & Over: Suggested Donation of $3.50
- Soup & Salad Bar for those age 60 & Over: Cost is $2.50 (Evening Meal Only)
- Side Salad Bar for those age 60 & Over: Cost is $2.50 (Evening Meal Only)

Federal and state grants cover only a portion of the meals we provide. Donations are important to the Alpena Senior Citizens Center.
Managing medications can be frustrating and confusing. We are here to help.

With a referral we will work with your physician so you can benefit from this program. A licensed nurse will set up appointments per doctor’s orders to do the following:

- **Assessment**
  - Vitals
  - Medical History
  - Medication History

- **Evaluation** of any expired medications along with proper disposal instructions.

- **Medications** set up for client as determined appropriate by licensed nurse and physician.

- **Medication Education**

This program is currently funded 100% by a grant through the Alpena County Older Persons Committee so it is limited to individuals of Alpena County only, who are 60 and over.
"YOU ARE NOT ALONE"
A 6-MONTH ALZHEIMER’S SERIES

The Alpena Senior Center and Tendercare Greenview will be partnering with the Alzheimer’s Association for the “Longest Day” event on June 24th. The “Longest Day” event is all about love for all those affected by Alzheimer’s disease. Together, we will raise funds and awareness for care and support while advancing research toward the first survivor of Alzheimer’s.

This event will be the kick-off to our 6-month Alzheimer’s Series. This series will feature an array of guest speakers including a physician and an attorney. The dates for the remaining of the series will be July 22nd, August 26th, September 23rd, October 28th and November 18th. With the exception of the 24th, the remaining events will be from 9AM to Noon. The following is the itinerary for the 24th:

10AM to Noon  Introduction to the series “You Are Not Alone”
              Guest Speakers
              Taylor Cramer, Alzheimer’s Association
              Pat Rondeau, RN
              Karen Wenzel, Elder Law Attorney

Noon to 1PM  Lunch

1PM to 3:30PM  Paint a 16 X 20 canvas with Cobby Goose for $35.00 (Please RSVP because of limited spaces)

The cost for the series to be held at the Alpena Senior Center will be $20.00. Please contact BJ Sander or Annie Hepburn at 356-3585 should you have any questions and to reserve your spot for the six-month series.

Eat Healthy, Be Active

As part of the “Prescription for Heath Project”, MSU Extension is partnering with Alcona Health Center and the Community Foundation of Northeast Michigan in order to provide participants with $10 coupons for every “Eat Healthy, Be Active” class attended. The coupons are used to purchase fresh fruits and vegetables at local farmer’s markets and participating grocery stores. This six week class will start Tuesday, June 6th and end Tuesday, July 18th from 10:00am - 11:00am. This program meets the education requirements for “Senior Project Fresh”. For more information contact BJ at 356-3585.

amazon smile
You shop. Amazon gives.

When shopping on Amazon for that perfect Father’s Day gift don’t forget to support the Alpena Senior Citizens Center with Amazon Smile. When you shop at smile.amazon.com, you’ll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Alpena Area Senior Citizens Council Inc.
For the May Basket of the Month

We have partnered with Lu La Roe for a 2-week “Fundraising Event”. This event will take place from June 5th through June 15th. Nicole Heberling will be hosting the event and will feature an “Open House” on June 7th from 5:30 - 7:30 at the Senior Center and on June 14th from 5:30 - 7:30 behind the Drug Store. Should you have any questions or need additional information please contact BJ at 356-3585.

Jim Mott pictured with past Outstanding Older Citizens Award Winners:
Front row: Edna Manning, 2012

Leroy Woloszyk and daughter Annie Hepburn at the Spring Sip & Shop.
Thank You! Thank You!

We would like to thank the following individuals for their in-kind donations to the Center...

Clara Prezeslawski
Floyd Tacia
Onni Kuhna

---

Card Game Winners April 2017

**Euchre**
Ken Webb
Oliver DeRocher
Ruth Pauley
Barbara Pokorzynski

**Double Deck Pinochle**
Sylvia Schalk
Ruth Thiem
Mary Neubert

**Single Deck Pinochle**
Mary Neubert
Gerry Rhoads

**Spitzer**
Shirley Moulds
Mary Mischley
Yogi Krentz
Bob Rouleau

**Bridge**
Congratulations to all the winners!
In Memory Of / In Honor Of

Donations to “In Memory Of” or “In Honor Of” (birthdays, anniversaries or other) can be made by completing this form and returning it with your check made payable to:
Alpena Senior Citizens Center

In Memory Of / In Honor Of:

Acknowledgment to be sent to:

Address:

Message:

Donor:

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

Alpena Senior Citizens Center

Subscription/Information Update

Name:_____________________________________

Date of Birth:_____________________________

Spouse:___________________________________

Date of Birth:_____________________________

Anniversary:_______________________________

Address:_________________________________

___________________________________

Phone:___________________________________

E-Mail:___________________________________

Has your Newsletter subscription expired?
You may renew it in person or by mailing in this form.
For the price of $12.00 a year, you may have a subscription mailed to you.

Subscription Type: New ____  Renew ____

Mailed ____  or  E-Mailed ____

Alpena Senior Citizens Center
501 River Street
Alpena, MI 49707

With heartfelt sympathy to the family members of...

Cheryl Stevens
Beloved Volunteer
&
Dodi Lance
Beloved Fitness Instructor

Thanks to Bill McDonnell for the donation in memory of Betty McDonnell
Thanks to Gary Klesk, Beverly Wieschtowski and Mark & Eleanor Misiak for the donation in memory of Michael Muszynski
Thanks to Dodi Lance for the donation in memory of Cheryl Stevens
Thanks to Carlene Alferis for the donation in memory of Dodi Lance
Thanks to Margie’s Daughters for the donation in memory of Margie Pahlkotter
Your State Health Insurance Program Needs Your Help!
Help Protect Funding for Supporting Medicare/Medicaid Beneficiaries

Congressional support is needed to preserve the nation’s State Health Insurance Program (SHIP)

What SHIP Does...
Michigan’s SHIP, called the Medicare Medicaid Assistance Program (MMAP) provides local, in-depth, health insurance counseling and assistance to Medicare and Medicaid beneficiaries, their families, and caregivers.
The Region 9 Area Agency on Aging (AAA) MMAP program serves your area.

Why SHIP Is Cost Effective...
Here's how the Region 9 AAA MMAP Program helped Medicare beneficiaries in 2016

Without Funding, Beneficiaries Will Lose...
- Free help during Medicare Open Enrollment!
- Access to free, unbiased, personalized Medicare or Medicaid counseling services.
- Quality of health insurance counseling one on one, face to face education and assistance with savings, issues or concerns to review or apply for benefits.
- No longer have an advocate for loss of benefits, appeals, Long Term Care Nursing Home, Medicare or Medicaid fraud.

What Can You Do...
- Contact your U.S. Senators and U.S. Representative to tell them State Health Insurance Programs are needed.
- Tell them how you or a loved one has benefited from the services MMAP provides.
- The National Council on Aging’s website makes it easy!
  - Go to http://caregiverengage.com/ncoa/actioncenter
  - Select a topic under Act Now
  - Enter your Zip Code
  - Customize the suggested email with your story and send

Budget decisions will be made soon. Don’t hesitate! Let your voice be heard.

Act Now to Show Your Support!

*Based on the 2016 Michigan Value of a Volunteer, as determined by The Independent Sector