

In-Home Activity Based Companion Care for Seniors. This is a personalized, non-medical companion care program that will give you or your loved one the activities, support and companionship needed to maintain independence in the comfort of their own home. Call Senior Resources of West Michigan (serving Ottawa, Muskegon and Oceana Counties) at 231-733-3530 or 1-800-442-0054, extension 3530. Call today for an in-home, confidential appointment.

Free Placement and Referral Service for independent, assisted living, and specialized Alzheimer's care: Advisors will meet with you and your family to review health, financial and geographical preferences and provide housing options to make an educated and informed decision when it becomes time to look for a senior living community. Call Senior Resources of West Michigan (serving Ottawa, Muskegon and Oceana Counties) at 231-733-3530 or 1-800-442-0054, extension 3530.

Care Connections: Press your button for emergency medical attention, to contact your primary doctor, schedule transportation, contact a family member or neighbor, for a 2 way conversation with the Support Call Center. For more information, call Senior Resources of West Michigan (serving Ottawa, Muskegon and Oceana Counties) at 231-733-3530 or 1-800-442-0054, extension 3530.

Medicare Assistance Program: Do you need help you navigating and accessing adult benefits and services offered through Medicare and Medicaid? We can help! Call Senior Resources of West Michigan (serving Ottawa, Muskegon and Oceana Counties) at 231-733-3530 or 1-800-442-0054, extension 3530.

Independent living and in-home care: Support Coordinators can help arrange services such as adult day care, personal hygiene care, home chore services, home delivered meals, respite care, medication management, and personal emergency response systems. Call Senior Resources of West Michigan (serving Ottawa, Muskegon and Oceana Counties) at 231-733-3530 or 1-800-442-0054, extension 3530.

Resources for Senior caregivers: Support is available to you in your caregiving journey with educational reports, *The Caregiver* Newsletter, support groups, caregiver classes, and counseling on options for long-term care. Call Senior Resources of West Michigan (serving Ottawa, Muskegon and Oceana Counties) at 231-733-3530 or 1-800-442-0054, extension 3530.

MI Choice: MI Choice is a statewide Medicaid program that enables older adults and younger adults with disabilities to function safely in their own home with services, avoiding or postponing institutional placement. For more information, call Senior Resources of West Michigan (serving Ottawa, Muskegon and Oceana Counties) at 231-733-3530 or 1-800-442-0054, extension 3530.

The New Year is a time of new beginnings: If you are in a role of caring for a senior, you may find yourself living near the brink of burnout, or beyond. Senior Resources can help. Check out our website at www.seniorresourceswmi.org. Or, call Senior Resources of West Michigan (serving Ottawa, Muskegon and Oceana Counties) at 231-733-3530 or 1-800-442-0054, extension 3530.

Is it Medicare or Medicaid? A lot of people have a difficult time understanding the difference between the programs. For assistance, call Senior Resources of West Michigan (serving Ottawa, Muskegon and Oceana Counties) at 231-733-3530 or 1-800-442-0054, extension 3530.

Information and Assistance: Senior Resources has resource specialists available from 8 a.m. to 4 p.m. Monday through Friday to answer questions and provide information on local services for seniors, persons with disabilities and family caregivers. For assistance, call Senior Resources of West Michigan (serving Ottawa, Muskegon and Oceana Counties) at 231-733-3530 or 1-800-442-0054, extension 3530.

Volunteer Counselors are available to address your questions on health care benefits including:

- Medicare Part A & B
- Medicare Prescription Drug Plans (Part D)
- Medicare supplemental insurance
- Applying for Medicaid or a Medicare Savings program
- Exploring options for long term care insurance
- Medicare Advantage options
- Helping to report Medicare or Medicaid fraud and abuse
- Other issues of importance to people in Medicare, their families and caregivers

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Senior Health and Wellness Programs: Senior Resources, along with our partner organizations throughout Muskegon, Oceana, and Ottawa Counties, offer evidenced-based health programs, which means that they have been tested and proven to work in real-world settings. If you want to develop healthy eating habits, learn how to manage a chronic illness, or prevent falls, we have the program for you. For questions, or more information about any of these programs, please contact Amy Florea, Community Service Director, at 231-733-3519 or amy@seniorresourceswmi.org.