

# THERE'S SOMETHING FOR EVERYONE AT SEPTEMBER DAYS!

September Days Senior Center provides affordable services in order to maintain and enhance a high quality life for aging adults. Our members benefit from programs in recreation & socialization, education and information, health & wellness as well as aid and support.

**CLASS** activities provided to engage you in learning new things or to strengthen your own talents. Develop a new hobby or teach others and broaden their interests in other activities.

**RECREATION** / Parties, pool table, dance classes, exercise programs, crafts, ceramics, discussion groups, and specialized classes.



**TRIPS** / Day and overnight. Check the travel pages for more information or call the center.



The Center offers a **Fitness room** available 7 days a week, along with various exercise classes, Health and Wellness Seminars, and Massage Therapy. The Fitness room has all equipment that is used for physical therapy, rehab and personal use. Treadmills, weights, bikes, and other exercise equipment are all available for Senior Member's use. The fitness room also contains two pool tables equipped with all billiard supplies you may need to enjoy a fun game.



**Red Hat Society** If you're an energetic, kind spirited woman over 50, the Red Hat Society wants you! Created in the late 1990s among a circle of friends, it has blossomed into an international organization intent on celebrating mature women with élan and enthusiasm.

## Senior Services . . . . .

**MEALS** / A nutritious meal is served M-F at 11:30 a.m. to persons 60 and older. Suggested donation of \$2.25 (under 60 is \$3.75). **Please call 699-8920 by 12 noon on the previous day so that a meal can be ordered for you.**

**MEALS ON WHEELS 734-727-7358**

### The Transportation Program



Assists Van Buren Twp. Seniors in getting to their doctors' appointments as well as local errands. Transportation is available Monday through Friday. Appointments must be scheduled between 10am and 2pm. The last pickup is 2pm. Reservations must be made 48 hours in advance by calling the **Senior Center Transportation Line at 699-8945**. Rides will be scheduled as calls are received. When making a reservation, you must provide your name, address, phone number, destination address and phone number. Medical appointments take priority over non-medical transportation. **Rides in Van Buren / Belleville are a \$2.00 donation each way. Rides to destinations out of the area, but within a 25-mile radius is a \$5.00 donation each way. Lunch pick-ups will be \$1.00 each way. Thursday shopping trips will also be \$1.00 each way.** Available for purchase at our office are punch cards for local trips.

#### Focus: HOPE

**Focus: HOPE Food for Seniors is available through September Days Senior Center. Please call 699-8919 to register.**

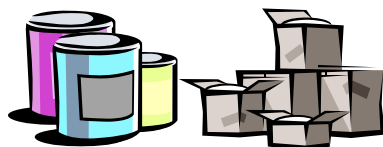
Pick-up is on the 3<sup>rd</sup> Thursday of each month, from 12:00 to 3:00 pm.  
Income guidelines are as follows:

#### COMMODITIES

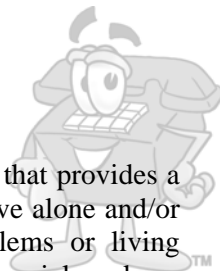
**(Anyone under the age of 60)**  
1 person - \$1,815.00 per mo.  
2 persons - \$2,452.00 per mo.  
3 persons - \$3,088.00 per mo.

#### FOCUS:HOPE

**(Must be 60 years of age or older)**  
1 person - \$1,174.00 per mo.  
2 persons - \$1,579.00 per mo.  
3 persons - \$1,984.00 per mo.



# Senior Services Contd. . . . .



## MEDICARE/MEDICAID ASSISTANCE PROGRAM (MMAP)

Counselors can meet with you and help you:

- Understand doctor bills, hospital bills, and Medicare Summary Notices.
- Understand Medicare/Medicaid eligibility, enrollment, coverage, claims, and appeals.
- Review your Medicare supplemental insurance needs, compare policies and pursue claims and refunds.
- Identify resources for prescription drug assistance.
- Explore long term care financing options, including long term care insurance.
- Identify and report Medicare/Medicaid fraud and abuse.

For assistance call, **1-800-803-7174** or visit [www.mymmap.org](http://www.mymmap.org). You can also contact the Senior Alliance at **734-722-2830** to contact a MMAP Counselor. If you are an out-of-state family member, you can work with a MMAP counselor by calling **(517) 373-4096**.

## WAYNE COUNTY ADULT DAY CENTER

The goal of the Adult Day Center is to provide respite to caregivers of older individuals by providing a safe, supervised environment for participants and allowing them to live as independently as possible with pride and dignity. To be eligible for Adult Day Center services, a participant must be 60 years of age or older, unable to remain at home alone during the day time hours, and reside in one of the 34 Western Wayne County or Downriver communities. Participants are encouraged to participate in a variety of daily activities which may include: bingo, crafts, live music, bus trips, trivia games, table bowling, exercise, and special party events. Adult Day Center services are available at the Kay Beard Building – 30712 Michigan Avenue in Westland. The hours of operation are Monday through Friday, 8:30am-5:30pm. For more information, please call **734-727-7379**.

**SOCIAL SECURITY** / To sign up for Social Security or for other info, i.e. change of address, direct deposit, etc. Call **1-800-772-1213**.

\*Services are offered at no charge to eligible participants. Donations are encouraged and appreciated. You may call The Senior Alliance at (734) 722-2830 for information about any of these services.

## TELEPHONE REASSURANCE

Telephone reassurance is a free service that provides a daily phone call to senior adults who live alone and/or feel isolated due to age, health problems or living arrangements. Referrals are taken from social workers, neighbors, and relatives. This program provides a sense of caring, reassurance and support to seniors, giving them the security of knowing someone will check on their safety and well-being each day. Telephone Reassurance calls are made daily, Monday – Friday, 8am-noon. If you know of someone who would benefit from this program, please call the Disability Network of Wayne County / Detroit at **(734)727-7363**. Referrals can be made also.


## The Senior Alliance is the designated single point of access for the following programs and services:

- Adult Day Care / B.E.S.S. / Care Management
- Chore Services / Chore Referral
- Congregate Meals / Elder Abuse Services
- Gatekeeper / Health Screening
- Hearing Impaired Services / Holiday Meals
- Home Delivered Meals / Homemaker Services
- Information and Referral / Legal Assistance
- Long Term Care Ombudsman
- Medicare Assistance Program / EPIC
- Outreach/Enrollment / Personal Care
- Respite Care / Seniority News / Seniors' Guide
- Shelter Advisor / Telephone Reassurance
- Transportation / Vision Services



## Michigan Peer Review Organization

The Michigan Peer Review Organization, (MPRO), is a non-profit, private organization comprised of doctors, nurses, and hospital administrators, designed to assist people with their Medicare claims. This service is provided free of charge. If you feel that you are being asked to leave a hospital earlier than necessary ask for a notice in writing. This notice is called a "Notice of Non-Coverage." MPRO is only able to help you if you have that notice. After receiving the notice you must call MPRO at **1-800-365-5899** by noon of the next business day. For more information, call the MPRO office.

September Days Senior Center   
receives partial funding from The Senior Alliance,  
Area Agency on Aging 1-C, in accordance with  
the Older Michigianians Act.