

**Shining a Light on Senior Mental Health
Program and Resource Guide
for seniors, their families, and friends
affected by age-related issues**

**presented by the
Beth Ahm Tikkun Olam Social Action Team
March 23, 2019**

**The Torah tells us to appreciate and respect elders:
*"You should rise before the elderly and honor the aged"***

Lev. 19:32



Congregation Beth Ahm

Big enough to enrich you. Small enough to know you.

Program Speakers

Abby Segal, LMSW, MA Jewish Studies

Private Practice in Bloomfield Hills, Marriage & Family

Tracey Proghovnick Edelstein, LMSW, CSA, CIRS-A/D

Jewish Senior Life, Director of Residential Marketing and Community Relations

Shari Smith, MPH, CSA, Manager

Area Agency on Aging 1-B, Medicare Medicaid Assistance Program

Resource Guide

Jewish Family Service - Resource Center 248 592-2313

Care Management, Meals on Wheels, Transportation, Mind University, Outpatient Counseling, Information and referral services

Jewish Senior Life - Senior Housing 248 661-1836

Independent, Assisted and Memory Care communities in Oak Park and West Bloomfield. Offering HUD subsidies for those who qualify in the Independent level of living.

JVS - Senior Service Corp volunteer group 248 559-5000

The Memory Club - Yona Kahn

Brown Center - Adult Day Program

for those with a diagnosis of Dementia or a related diagnosis:

- West Bloomfield - housed at **JSL 248 661-6390** - Joely Lyons
- Southfield - housed at **JVS 248 559-5000** - Dorothy Moon

Adult Day Program 248 661-2999

for those with very mild or no cognitive loss:

Club in the Plaza - housed at JSL at the Fleischman Residence - Mary Blowers

JCC - 248 661-1000

IRP- Educational and Social group for retired professionals

- Sharon Levine, Older Adult programming
- Rosa Chessler, Older adult day and overnight trips
- Marilyn Wolf, Sage of Metro Detroit - Resource for LBGT older adults
- Judy Lewis- jlewis@sagemetrodetroit.org

Jhelp - 1 833 44J HELP all inclusive number for all Jewish resources in Metro Detroit

Go Go Grandparent

Your agent for affordable rides. Use Lyft or Uber without a smartphone.
24/7 operators watch rides and offer support. Text alerts keep families in the loop.
1 (855) 464 - 6872 or 1 (855) GOGO-USA

Area Agency on Aging 1-B

AAA 1-B Central Office (Oakland County) (248) 357-2255 (800) 852-7795
29100 Northwestern Hwy., Suite 400 TTY: (800) 649-3777 (Michigan Relay)
Southfield, MI 48034 Fax: (248) 262-9971

Services for Seniors	Solutions for Family Caregivers Expo
Information and Assistance	Medicare & Medicaid Help
In-Home Care	Medicare Part D Prescription Drug Plan Choices
Meals on Wheels in Southeast Michigan	Help Paying Medicare Prescription Costs
Community Dining Programs	Saving on Medicare Premiums
Senior Transportation	Becoming a Volunteer
Senior Centers	Senior Health and Wellness
Assistance for LGBT Seniors	Fall Prevention
Moving from the Nursing Home	Diabetes Management
Caregiver Resources	Managing Chronic Illness
Adult Day Centers	Managing Chronic Pain
Classes for Family Caregivers	News & Events
Caregiver E-Newsletter	
Caregiver Support Groups	

Financial Exploitation

To request your credit report 1 877 322-8228 or annualcreditreport.com

To get on the do not call list 1 888 382-1222 or www.donotcall.gov

Michigan Dept. of Attorney General 1 877 765-8388 www.mi.gov/agconsumeralerts

Stop credit card offers 1 888 567-8688

If you've been a victim of financial exploitation, the program below helps you resolve the issues that have occurred due to the scam, etc.

SAGE - Success after Financial Exploitation 313 664-2608

(not to be confused with Sage of Metro Detroit)

Latoya Hall Institute of Gerontology Center for Financial Health & Safety, Wayne State

To report elder abuse of any kind: Adult Protective Services at: 1 855 444-3911

Free Legal Help

Elder Law and Advocacy
Neighborhood Legal Services
313-964-1975

Probate Education
Legal Aid and Defender Association
877-964-4700

Senior Exploitation, Estate Planning, Long term care
Lakeshore Free Legal Aid
888-783-8190

Social Security
Great Lakes Legal
313-937-8291

Cash Assistance, Food Stamps, Medicaid, Welfare Reauthorization
Michigan Welfare Rights Organization
313-964-0618

Public Benefits and Entitlements
William Booth Legal Aid Clinic
313-361-6136

Utility Shutoff
Legal Aid and Defender Association
877-964-4700

Oakland County Bar Association
lawyer referral service
248-338-2100

Michigan Legal Help
online self-help
michiganlegalhelp.org