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November is National American Diabetes Month



In the older population, there can be different diagnoses and treatments taken into account when caring for seniors with diabetes. Management of the disease can sometimes be challenging. Not only is the risk for Type 2 diabetes more common as people get older, but physical, financial and medical issues are often compounded as people age. Not enough insurance coverage, co-existing medical problems, difficulties with transportation, lack of social support, being unable to be physically active, can all come into play when elderly patients are diagnosed with diabetes. For information call (800) DIABETES (1-800-342-2383) or go to www.diabetes.org.



November is also National Alzheimer's Disease Awareness Month



We've all had times when we cannot remember where we put our keys or when an appointment was supposed to be, which is normal. But, when should you worry about signs of Alzheimer's Disease? Alzheimer's disease is a

type of dementia that already affects millions of Americans and is expected to affect millions more as the number of people over 50 continues to increase. Those at-risk are the elderly.

(See Alzheimer's Disease on page 2)

Medicare Annual Open Enrollment Period Now through December 7

The Medicare Annual Open Enrollment Period through December 7 is an opportunity for Medicare Beneficiaries to make changes in their Medicare Prescription Drug Plans (Part D) and Medicare Advantage Plans (Part C) for next year. The Michigan Medicare and Medicaid Assistance Program (MMAAP) exists to help you make the best informed decision based upon your personal circumstances. MMAAP counselors can explain your Medicare benefits, compare plan options, and help you enroll in a plan that's right for you. MMAAP services are "FREE" and the program does not promote or sell any plan. Call 1-800-803-7174.

View From the Bridge

By Paul Bridgewater,
DAAA President & CEO



The official Medicare "Annual Enrollment Period" got underway earlier in October this year and the deadline is December 7, so mark your calendars. If you are a Medicare beneficiary, you have the option to change your Medicare Advantage plan or prescription drug plan during this time. If you are currently enrolled in a Part D Plan, you should monitor your mail for any notices concerning your carriers' plans for 2012. If you are considering a change to your Part D coverage, it would be wise to compare several available plans since changes cannot be made after the Annual Enrollment Period ends. It's up to you as a beneficiary – or as a caregiver -- to be proactive and handle Medicare enrollments within the allotted time frame.

During this period, you may notice an increase in the number of advertisements for different prescription drug plans and you may have even noticed the increase in the number of television commercials advertising the various plans. There are so many plans being offered and making the right choice might seem overwhelming. This is also the time when Medicare Scams are at an all-time HIGH. Please do not give out your Medicare number to people who call

(See View from the Bridge on page 2)



Listen to "The Senior Solution" now on
WCHB 1200 AM every Saturday
from 1:00 PM to 2:00 PM



Thanksgiving means Caregiving at
DAAA—Support Holiday Meals
on Wheels. See details on page 2.



(View from the Bridge continued from page 1)

you over the phone, unless you know for certain that you have contacted them. No one should be sending solicitation unless you are already enrolled in their Medicare Plans.

Don't hesitate to ask for help and don't wait until December 7 to make your decisions. You'll also have the opportunity to attend community meetings on Medicare – some sponsored by the Michigan Medicare/Medicaid Assistance Program (MMAAP) at agencies like DAAA. Throughout the enrollment period and the year, MMAAP counselors provide free, personal assistance to help you navigate Medicare options. For information or an appointment, call 1-800-803-7174.

*(Alzheimer's Disease continued from page 1)*

Alzheimer's symptoms are a chronic, progressively worsening problem accompanied by disorientation, problems with judgment, concentration, language and mathematical skills, physical coordination, and sleeplessness, the repetition of the same ideas or movements, the tendency to wander off and get lost, especially in the late afternoon and night, dramatic personality changes, and eventually the loss of the ability to perform basic self-care functions. With advancing age, the risk of developing the disease increases to 47% by the age of 85. Family history also plays a role with 54% of those age 80 and over developing Alzheimer's if both parents had the disease. Alzheimer's Disease has increased 10-fold in this century and is sometimes

referred to as "the disease of the 20th century," and it is projected to reach epidemic proportions. For more information call (800) 272-3900 or go to www.alz.org, or call Anita Kanakarlis at (313) 446-4444, ext. 5841 about Creating Confident Caregivers, a free six-week program for family members caring for a person with dementia and/ or memory loss.

Ford Motor Company Fund sponsors Holiday Meals on Wheels Thanksgiving Delivery

For the fourth year, Ford Motor Company Fund & Community Services is providing support for DAAA's Holiday Meals on Wheels program. Hundreds of corporate and community volunteers along with Ford employees and family members, will pack and deliver hot, nutritious Thanksgiving meals to over 5,500 homebound seniors in metro Detroit. These holiday meals are made possible by a grassroots campaign that raises private contributions. Hundreds of individuals, partnering organizations, corporations and churches sell holiday cards for \$5 each and for every card sold or donation contributed, a senior is fed on Thanksgiving, Christmas, Easter and Labor Day. To purchase holiday cards to support Thanksgiving and Christmas, call (313) 446-4444.



St. Patrick O'Palooza, sponsored by St. Patrick Senior Center featuring Street Corner, Thursday, November 17, 6:00 PM – 11:00 PM, 58 Parsons, Detroit, MI, 48201. To purchase \$30 ticket call (313) 833-7080.

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