

HELPFUL NUMBERS

Here is a list of numbers to call for information of interest to seniors and their families. Please note that numbers are subject to change.

OAKLAND COUNTY SENIOR RESOURCES

**Health Division:
South Oakland Health Center**
27725 Greenfield Road, Southfield, MI 48076
(248) 424-7000 | health@oakgov.com

If you're looking for information about aging well, check out the seniors' section of the Oakland County Health Division's website at oakgov.com/health/partnerships/seniors. Many resources are available for housing, health, medical, legal issues, and local services, as well as other valuable information. Be sure to check out their Senior Resource Directory — it's quite comprehensive and a good reference!

Nurse on Call 1-800-848-5533

Staffed by Oakland County Health Division public health nurses, the Nurse on Call (NOC) telephone service offers information about communicable diseases, nutrition, and more, and can help with referrals to health-related resources in Oakland County. Nurse on Call staff can also provide you with information about COVID and the new COVID vaccine, as well as schedule an appointment for you to get a free COVID test.

NOC Hours

Monday – Friday: 8:00 a.m. to 6:00 p.m.
Saturday: 9:00 a.m. to Noon

You can also email a nurse your question at noc@oakgov.com.

Adult Home Help/Chore Services.....	(800) 292-2550
Adult Protective Services, for reports of suspected abuse and neglect.....	(855) 444-3911
Attorney General, Consumer Protection Division, for cases of identity theft.....	(877) 765-8388
Attorney General, Office of Elder Abuse.....	(800) 242-2873
Bridge Card (EBT) – Customer Service.....	(888) 678-8914
COVID-19 Hotline.....	(888) 535-6136
Disability Ombudsman.....	(800) 288-5923
Domestic Violence Hotline.....	(800) 799-7233
Elder Law of Michigan, Inc.....	(866) 400-9164
Elder care services for the elderly, for help with transportation, meals, etc.....	(800) 677-1116
Energy Assistance.....	(844) 211-4994
Food Assistance.....	(517) 335-7810
Fraud Reporting – Michigan Department of Health & Human Services, 24-hour hotline.....	(800) 222-8558
Home Heating Tax Credit Status.....	(517) 636-4486
Medicaid Customer Help.....	(800) 642-3195
Medicare/Medicaid Assistance Program (MMAP) at the Area Agency on Aging 1B.....	(248) 357-2255
Medicare, includes Part D for pharmacy.....	(888) 633-4227
Medicare Savings Program.....	(800) 772-1213
MI Enrolls – Medicaid Managed Care.....	(888) 367-6557
Michigan Department of Health & Human Services, Medicaid Beneficiary Support.....	(800) 642-3195
Michigan Long-Term Care Ombudsman.....	(866) 485-9393
Michigan Rehabilitation Services.....	(800) 605-6722
Michigan Stroke Network.....	(866) 522-8676
Michigan Veterans Affairs Agency.....	(800) 642-4838
National Alliance on Mental Illness (NMI).....	(810) 232-6498
Nursing Home Complaints.....	(800) 882-6006
Oakland County Community Health, for mental health or substance use services.....	(248) 464-6363
Oakland County Health Department.....	(248) 858-1280
Oakland Meals on Wheels.....	(248) 689-0001
Relay Center for Deaf and Hard of Hearing.....	7-1-1
Sexual Assault Crisis Intervention.....	(517) 372-6666
Social Security Administration.....	(800) 772-1213
State SSI Supplement.....	(800) 772-1213
Substance Abuse Hotline.....	(800) 662-4357
Suicide Prevention Crisis Hotline.....	(800) 273-8255
TAX statements for Adult Home Help.....	(800) 292-2550
THAW – The Heat and Warmth Fund.....	(800) 552-1183
Volunteers of America.....	(248) 945-0101

STATE SENATOR JEREMY MOSS

DEMOCRAT REPRESENTING
SOUTHERN OAKLAND COUNTY



Website: SenatorMoss.com

Email: SenJMoss@senate.michigan.gov
Toll-free: (855) DIST011 or (855) 347-8011

Dear Neighbor:

I'm Jeremy Moss, your state senator. I'm honored to be in Michigan's Capitol representing our community as we work to build a government that makes us proud.

This legislative session, I will once again continue to push for the values we care about in our district. This includes working on policies in Lansing that will help families in southern Oakland County.

During my time in the legislature, I've been focused on proposals and initiatives to ensure Michiganders can retire with dignity and financial stability. In the pre-COVID era, I hosted an annual Senior Summit resources fair to connect you with the agencies and services you may need to enjoy your retirement.

Unfortunately, due to the pandemic, I had to cancel both last year's and this year's in-person summits out of an abundance of caution to protect your health. However, I still want to remain connected with you and get you some valuable information, and I hope this newsletter does just that.

If I can be of help to you, please contact me. If you want to stay informed about my legislative work, please sign up for email updates online at SenatorMoss.com or call me at (517) 373-7888.

Jeremy Moss
State Senator, 11th District
Assistant Democratic Leader

I always enjoy the opportunity to hear directly from residents, like you, regarding the issues you care about. My favorite way to do that is to host community conversations throughout southern Oakland County so we can chat about what's going on in state government and how it impacts us back home. Call my office or check my website for upcoming dates and times about a future community conversation near you!

LET'S CONNECT ABOUT STATE GOVERNMENT

STATE SENATOR JEREMY MOSS

Website: SenatorMoss.com Toll-free: (855) DIST011 or (855) 347-8011

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State Senator JEREMY MOSS
P.O. Box 30036
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Know Your Rights: Protect Against Elder Abuse And Fraud

In Michigan, more than 73,000 older adults have been victims of abuse — and many more are targets. Seniors are vulnerable to abuse, neglect, or exploitation, and much of it is unreported or underreported. To combat this, our Attorney General has created the Elder Abuse Task Force, which has been tasked with implementing various initiatives and creating a more streamlined reporting process that can help reduce the risk of elder abuse.

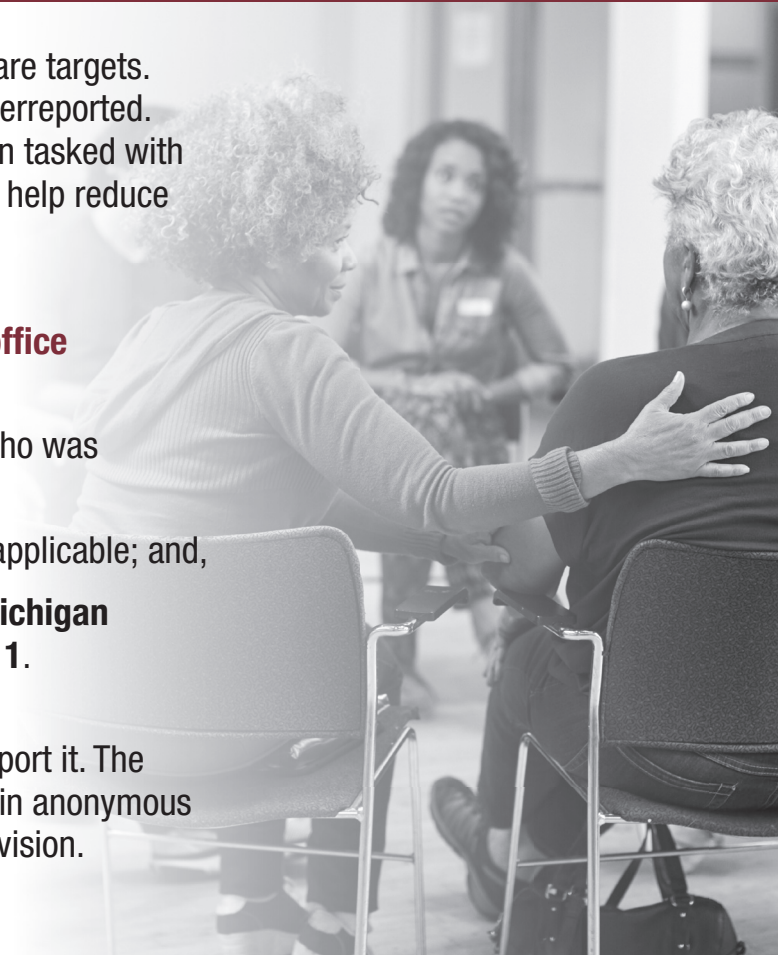
Elder Abuse: SEE IT, DOCUMENT IT, REPORT IT

If you or someone you know might be a victim of elder abuse, the attorney general's office recommends that you should:

- Take photographs and written notes on what you observed, when you observed it, and who was present, along with any further helpful information;
- Immediately report incidents to the nursing home or health care facility administrator, if applicable; and,
- Report the abuse to the **Office of the Attorney General at (800) 242-2873** and to the **Michigan Department of Health & Human Services Adult Protective Services at (855) 444-3911**.

Stop the abuse. Submit an anonymous tip.

If you suspect elder or vulnerable adult abuse is happening to someone you know, please report it. The attorney general's office has created a hotline and a website for Michigan residents to send in anonymous tips to the Michigan Department of Health and Human Services' Adult Protective Services Division. Call **(800) 24-ABUSE (800-242-2873)** or go online to **Michigan.gov/ElderAbuse**.



Meals on Wheels

Oakland Meals on Wheels
(248) 689-0001 | info@oaklandmow.org

No one should go without access to healthy meals. If you, or a senior you know, are struggling to pay for food, Meals on Wheels can help.

This program provides five nutritious meals per week to homebound, older adults. They also offer liquid nutrition for those who are unable to eat solid food and who have a prescription from their physician.

To qualify for Meals on Wheels, an adult must be:

- 60 years of age or older;
- Homebound (e.g. unable to leave home without assistance and unable to drive);
- Unable to cook for him/herself;
- Have no one willing or available to prepare meals on a regular basis; and,
- Able to feed him/herself.

For more information or to determine if you're eligible for Meals on Wheels, contact Oakland Meals on Wheels at (248) 689-0001.

'Be Kind to Your Mind' and seek help

This year has been a difficult year for many Michiganders, which is why the Michigan Department of Health and Human Services is encouraging people to Be Kind to Your Mind. Confidential counseling is available 24/7 by calling **888-535-6136** and pressing "8", or residents can visit **Michigan.gov/StayWell** for more information and resources.



"The extremely safe vaccines are available for free throughout Oakland County, so I hope you will do your part and get vaccinated in this national effort to protect our community." -Senator Moss

Make sure your health is COVERED WITH MEDICARE

Medicare is the federal government program that provides health care coverage if you are age 65 or older, under age 65 and receiving Social Security Disability Insurance (SSDI) for a certain amount of time, or under age 65 and living with End-Stage Renal Disease (ESRD). Multiple options for insurance coverage are offered — including planning for hospital stays, medical costs, or prescription drugs. In addition, Medicare Advantage through private insurance is available to those who need, or want, additional health care coverage options.

The Medicare Open Enrollment Period for the year 2022 is from Oct. 15 through Dec. 7, 2021.

During this window, you can reevaluate your coverage and make changes or purchase new policies. Enrolling in Medicare is easy since many people are automatically enrolled. If not, you can enroll online in just a few minutes. Simply fill out a Medicare application through the Social Security website at **SSA.gov/Benefits/Medicare**.

Getting questions answered about your Medicare coverage is easy. Medicare.gov has resources for any questions you might have. Here, you can make an account to view your claims status, pay your Medicare premiums, and much more. The website also has lots of resources for choosing coverage, such as their "Medicare & You" handbook, and has a locator so you can find health care providers near you. If you would rather talk to someone on the phone, you can get help by calling **(800) 633-4227**.

If you have questions about your health and necessary care, I hope these resources can provide some answers about Medicare.

-Senator Moss

Age in Place

Many homes were not built to accommodate those with physical limitations or seniors wishing to age in place. Costly improvements are often the only way Michigan residents can comfortably stay in their own home. That's why I introduced legislation to help lift the financial burden from those seeking to live an independent, accessible life

My plan would provide an income tax credit to those who purchase a new residence or retrofit an existing residence to meet accessibility standards needed for those with physical limitations. Specifically, Michigan residents who upgrade their primary home to maintain their independence would receive a tax credit up to 50% of the cost to retrofit an existing residence, or up to 4% of the total purchase price of a new, qualified principal residence and would be capped at \$5,000

This legislation has received bipartisan support in the past, and I'm hopeful that my colleagues will send it to the Governor's desk for her signature. Learn more at **SenatorMoss.com**.



COVID-19 Information & Resources

COVID Vaccines

The COVID-19 vaccine is the only way we are getting past this deadly pandemic. The Michigan Department of Health and Human Services, alongside Gov. Gretchen Whitmer, have set the state of Michigan on a pathway to return to normal with the 'MI Vacc to Normal' plan as the state continues to push toward its goal of vaccinating 70% of Michiganders ages 16 years and older.

If you haven't received your vaccination shots yet, you can find more information online at **Michigan.gov/COVIDvaccine** or you can speak with your doctor to learn more about the benefits of getting vaccinated. The Michigan COVID Vaccine dashboard has lots of information about the state's vaccination efforts, and most importantly, where to find a vaccination clinic near you.

COVID-19 Resources

Oakland County Health Division

Oakland County Health Division Hotline (248) 858-1000
oakgov.com/COVID
oakgov.com/covid/vaccine or call (800) 848-5533

State of Michigan

COVID-19 Hotline (888) 535-6136
Michigan.gov/Coronavirus
Michigan.gov/COVIDvaccine