

No matter what level of support you or your loved one needs, we're here to help. From continuing adult education, luxury senior communities, short-term rehabilitation, or long-term care, we have a comprehensive list of local senior resources.



A New Path Financial

anewpathfinancial.com (734) 330–2266

3003 Washtenaw Ave., ste. 4, Ann Arbor, MI 48104

Finances can be complicated, and **A New Path Financial** can help navigate from financial uncertainty to clarity. A New Path Financial is Southeast Michigan's preeminent financial planning and investment advisor firm, especially focused on helping women and led by Nadine Burns, Certified Financial Planner™. No matter where you are on your life's path, or what has happened in your past, their advisors can help you create and implement your financial plan, so that you can enjoy your personal life and move forward with confidence.

Alzheimer's Association Michigan Chapter

alz.org/gmc

24/7 helpline: (800) 272-3900

25200 Telegraph Rd., ste. 100, Southfield, MI 48033

The **Alzheimer's Association Michigan Chapter** is the premier source of information and support for the more than 190,000 Michigan residents living with dementia and their families and caregivers. The Alzheimer's Association offers a broad range of free programs and services, funding for Alzheimer's and dementia research, and advocacy efforts on behalf of Michiganders. For more information, visit alz.org/gmc or contact their 24/7 helpline at (800) 272–3900 or helplinegmc@alz.org. Please join their Walk to End Alzheimer's in Ann Arbor on Sunday, Oct. 8 at Pioneer High School. Register at: act.alz.org/washtenaw.







Brecon Village Senior Community Independent Living and Assisted Living

The Memory Support Center

Evangelical Home - Saline

Long-Term and Skilled Nursing Care

The Redies Center for Rehabilitation
The Redies Outpatient Therapy Center

We bring services to you

Shared Care Services

Home Care and Companion Services

Shared Services Home Health Care

Medicare-Certified Nursing and Rehabilitation Services

LifeChoices® Program

An Innovative Membership-Based Program for Aging in Place

LifeChoice® Solutions

Home Maintenance Services

CALL US TODAY 734-295-9292

BRECON VILLAGE

OPEN HOUSE!

October 3rd, 1:30 p.m.

400 West Russell St., Saline, MI EHMSS.org
A non-profit leader in senior health care and services



MyFitRx® an 8-week guided exercise program for anyone managing a medical condition or needing additional support. Healthcare provider referral required.

The Parkinson's Exercise Program includes warm up, vocalization, agility, and cross body movements. Learn boxing sequences, strength training, balance and stretching. Healthcare provider referral required.

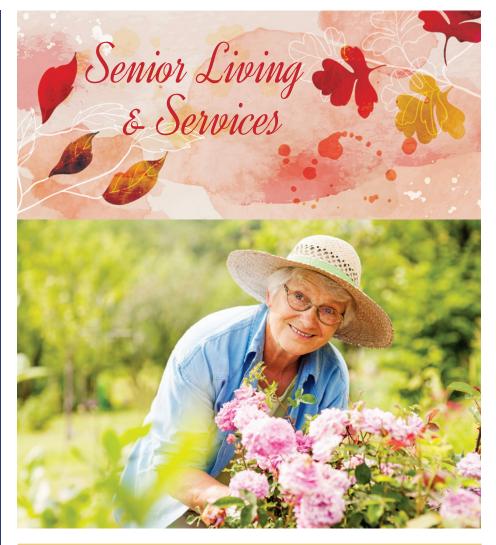
Balance in Motion helps participants learn about the importance of exercise, to view falls as controllable, and to get up and down safely. Build confidence to complete everyday activities safely and reduce risk of falls.

Aqua Arthritis a group program held in our warm water therapy pool using a variety of water-based exercises to increase physical activity among adults with arthritis.

Learn about these programs and more by calling 734-975-9950 or visit the Member Services desk.



Vashtenaw Community College does not discriminate on the basis of race, color, ethnic or national origin, sex, sexual orientation, gender identity, religion, age, incestry, dissolity, military status, veteran status or other non-merit reasons in its programs and activities and activities and calcivities and cativities and state laws regarding condiscrimination and infirmative action, including Title IX of the Education Amendments of 1972, Section 504 of the Rehabilisation Act of 1973, Americans with Disabilities (or 1990, Title VI) of the Civil Rights Act of 1964 and the Elliott-Larsen Civil Rights Act. Employment compliance should be directed to the VP of Human Resorts of Human Resorts of the VP of Facilities Management and Operations, Room P0112, and Operations, Boom Po112, and Operations, Boom Po112,



Ann Arbor Meals on Wheels

michmed.org/aamow (734) 998–6686

3621 S. State St., ste. 650, Ann Arbor, MI 48108

Ann Arbor Meals on Wheels is in need of more volunteers age 18+ to help deliver meals to our neighbors who are homebound in the city of Ann Arbor and surrounding townships. Volunteers deliver meals in their own vehicles from 11:30 a.m.–1:30 p.m. and can choose the day (Monday–Saturday) and frequency of their volunteering. Volunteers are asked to commit to delivering meals at least once per month or a minimum of 10 times per year. Meals are picked up at the Ann Arbor Meals on Wheels office, and routes typically take 1-2 hours to complete. To get started, visit michmed.org/aamow.

Ann Arbor YMCA

annarborymca.org (734) 996–9622

400 W. Washington St., Ann Arbor MI 48103

The **Ann Arbor YMCA** believes health and fitness programs should be accessible to all! Moving For Better Balance is a falls-prevention program that uses the principles and movements of tai chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities. Enjoy a full hour of fun with Enhance Fitness, where the focus is on dynamic cardiovascular exercise, strength training, balance, and flexibility—everything older adults need to maintain health and function as they age. Senior Fitness is good for anyone who wants a low-impact workout, as this moderately paced class focuses on improving aerobic endurance, strength, and flexibility. Senior membership for 65+: \$44/month, \$60 joining fee. Senior couple: \$83/month, \$60 joining fee. Apply for the Open Arms Scholarship for 10%–80% off membership rate.



Associates in Physical Medicine & Rehabilitation (APM&R)

apmandr.com (734) 712-0050

5333 McAuley Dr., ste. 2009, Ypsilanti, MI 48197

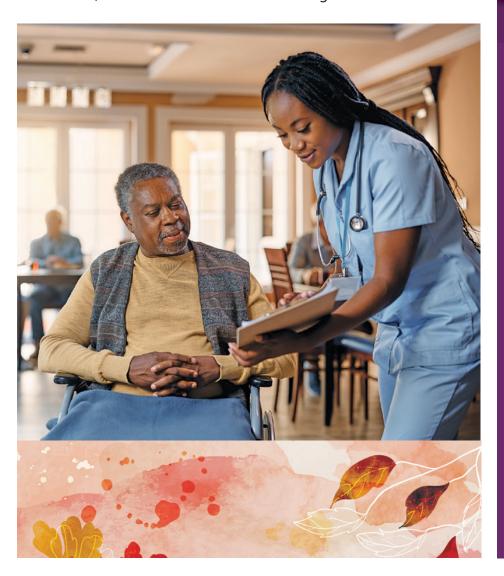
Welcome to pain relief, without surgery. Associates in Physical Medicine and Rehabilitation physicians are nerve, muscle, bone and brain experts who treat injury or illness nonsurgically to decrease pain and restore function. With office locations in Ann Arbor, Canton, Brighton, and Livonia, APM&R physiatrists care for patients affected by a wide variety of medical conditions, including back pain, brain trauma, stroke, spine pain, arthritis, sciatica, tendonitis, and sports injuries. APM&R makes it their goal to treat the whole person, rather than focusing solely on the problem area. Individual programs are created for each patient, designed to help make them feel better and ultimately enhance their quality of life.

Barton Manor Assisted Living

bartonmanorassistedliving.com (734) 662–7798

821 Barton Dr., Ann Arbor, MI 48105

Barton Manor Assisted Living is a supportive residential home for adults who are unable to maintain themselves independently, but do not require continuous nursing care. A home away from home, Barton Manor provides 24-hour care in a family atmosphere, nutritionally balanced family-style meals, and supervision and assistance with walking, bathing, dressing, and grooming. Complete housekeeping and laundry services are offered, as well as distribution and supervision of all medications. Choose from one of six private bedrooms in the one-story house, where each room is fully furnished, though residents are welcome to bring their own furniture and possessions to make them feel at home. Call for additional information, or visit bartonmanorassistedliving.com.







Take the

Smell

Test Challenge Today

Ongoing smell loss may be one of the most important signals of risk to brain health as we age.

A new study from The Michael J. Fox Foundation for Parkinson's Research is exploring this link. We're calling on everyone age 60 and older without Parkinson's to request a simple scratch-and-sniff test and contribute to this important research.

Request your test at **mysmelltest.org/annarbor** or scan the QR code.







Brio Living Services

The Cedars of Dexter thecedars.mybrio.org (734) 792–9702 411 Cedars Ln., Dexter, MI 48130

Chelsea Retirement Community chelsearetirement.mybrio.org (734) 433–1000 805 W. Middle St., Chelsea, MI 48118

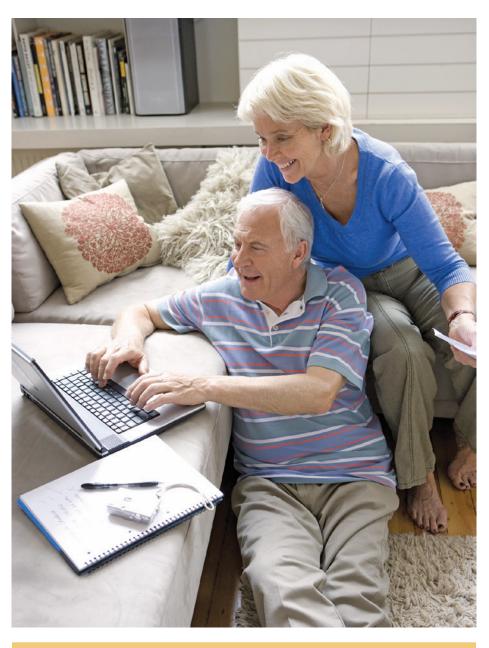
Brio Living Services offers Michigan's most diverse housing options and services, giving older adults with all interests, income levels, and health statuses the opportunity to live engaging, rewarding lives. All levels of care are available: independent living in maintenance-free homes and apartments, assisted living and memory care, skilled care and rehabilitation with licensed professionals, home care, and PACE programs, which help older adults stay independent in their own homes and communities. Learn more about options with Brio at Michigan Medicine's Housing Bureau for Seniors Senior Living Week open house events on Oct. 4, 11 a.m.–4 p.m. Learn more about independent living at The Cedars of Dexter, which offers a perfect balance between active lifestyle options and maintenance-free living. Explore independent living, assisted living and memory care, skilled nursing, and rehabilitation at Chelsea Retirement Community, a great place to call home since 1906.

Comfort Keepers

comfortkeepers.com (734) 418–9186

7910 Ann Arbor St., ste. 2, Dexter MI 48130

Find the right caregivers to help maintain your loved one's independence at home with **Comfort Keepers** in-home senior care services. Comfort Keepers strives to be the best through compassion, integrity, empathy, and respect. Comfort Keepers emphasizes the importance of choosing the caregiver who will be the right fit for you and your family to help provide in-home assisted living services, allowing your loved one to age in place, happy and independent in the comfort of their own home.





EHM Senior Solutions

ehmss.org (734) 295-9292

400 W. Russell St., Saline, MI 48176

EHM Senior Solutions, a nonprofit leader since 1879, delivers a variety of services for older adults to fit every lifestyle, health challenge, and health care need. Nestled on 32 acres, Brecon Village offers independent and assisted living, memory support, and adult day programs, while Evangelical Home - Saline provides skilled nursing and rehabilitation. Staying home and need support? The Redies Outpatient Therapy Center provides PT, OT, and speech therapies, and Shared Services Home Health Care and Shared Care Services offer in-home care. LifeChoices® membership offers peace of mind for your future care needs, and LifeChoice Solutions provides handyman services. No matter where you are on life's journey, EHM Senior Solutions is there to help!

Glacier Hills Senior Living Community

A member of Trinity Health Senior Communities glacierhills.org (734) 769-6410

1200 Earhart Rd., Ann Arbor, MI 48105

Looking for a secure, enriching, maintenance-free lifestyle? Look no further than Glacier Hills Senior Living Community. Located in beautiful Ann Arbor, Glacier Hills residents enjoy the best each day, their way. With a complete continuum of care available, residents have peace of mind knowing that resources are available should they be needed in the future. Discover for yourself why Glacier Hills was just recognized by U.S. News & World Report as a 2022–23 BEST in short-term rehabilitation!



Ann Arbor









Date Nights & Dinners Out • Fine Arts, Fitness, & Fun • Options for Care & Assistance

Welcome to More at Glacier Hills

A Life Plan Community
Offering More to Seniors 62+

1200 Earhart Road Ann Arbor, Michigan 48105

www.glacierhills.org

Scan the code or call **734-769-6410** to learn more about Glacier Hills.









Michigan Medicine's Housing Bureau for Seniors Senior Living

Week



Join us at our Open House Events!

OCTOBER 4, 2023 | 11:00 AM - 4:00 PM

Enjoy quick bites and drinks from our Dining Services teams as you peruse our campuses!



411 CEDARS LANE, DEXTER, MI 48130

The Cedars of Dexter offers the perfect balance between active lifestyle options and maintenance free living.

LIVING OPTIONS: Independent Living



805 WEST MIDDLE STREET, CHELSEA, MI 48118

We invite you to experience Chelsea Retirement Community – a great place to call home since 1906.

LIVING OPTIONS:

Independent Living Memory Care Skilled Nursing Assisted Living Rehabilitation

Call 734.212.8427 or visit www.MyBrio.org/SLWOpen for more information.



Happy & Green Dental/ Ann Arbor Implant Center

annarborimplant.com (734) 478-7311 1910 Packard St., Ann Arbor, MI 48104

From your first contact with Happy & Green Dental/Ann Arbor **Dental Implant Center**, their Ann Arbor dentists are committed to your individual attention and will strive to provide personalized oral health care tailored for your unique dental needs and goals. Your health and comfort are top priorities, and they do what it takes to help every patient understand their symptoms and treatment options in a relaxed office setting. Dr. Soong-Ryong Jung is a double-board certified prosthodontist and oral implantologist in the United States. Dr. Jung provides high quality oral surgery, including wisdom teeth extraction, implant placement surgery, bone grafts, crowns, and dentures, Invisalign®, and adult braces all in one place. "One-stop dentistry" means you'll never need to travel to another office for additional service.

The Health and Fitness Center at Washtenaw Community College

www.wccfitness.org (734) 975–9950

4833 E. Huron River Dr., Ann Arbor, MI 48105

The Health and Fitness Center at Washtenaw Community College not only offers a state-of-the-art facility, but also a wide variety of services that are designed for all fitness levels. Personalized training instructors are dedicated to providing the best physical fitness experience possible. Over 100 fitness classes are offered, as well as massage therapy, swim lessons and aquatics programs, Pilates reformer classes, and health and nutrition education seminars.

Home Instead

homeinstead.com (734) 971-9023

2160 S. Huron Pkwy., ste. 4, Ann Arbor, MI 48104

For nearly three decades, Home Instead has delivered compassionate, high-quality care to seniors around the globe. In-home care services can help people at any point of the aging process. Home Instead will work with you to develop a personalized care plan tailored to help fit your family's needs, and provide support to live well wherever you call home. Home care services include Alzheimer's and dementia, arthritis, and diabetes care.







Transportation



Meal Prep



Home Helper



Medication Reminders



Companionship



ALSO!

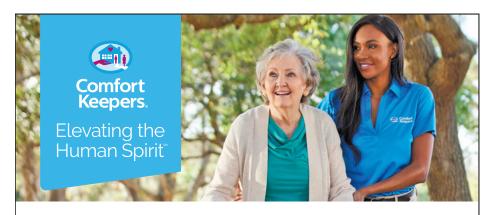
DO YOU HAVE

- PAID TRAINING
- 24/7 SUPPORT
- BONUSES/BENEFITS
- VARIABLE SCHEDULES



Join our mission of enhancing the lives of aging adults. With variable schedules offered, enjoy your retirement and also make an impact in your community!

Consider unretiring and join our team today!



Uplifting in-home senior care

Contact us for a free consultation: (734) 418-9186

AnnArbor.ComfortKeepers.com

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InnStorage

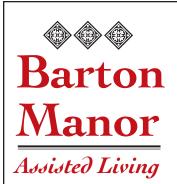
Seniors are you downsizing? Need to store your valuables?

INDOOR - SAFE - CLEAN

Temperature controlled
Short term and long term leases
8 sizes of indoor units
Lowest rate in town
Secure Outdoor Boat & RV Storage
Local Family Owned & Operated since 1998

734-663-0690

1251 Rosewood Street www.annarborstorage.com





We Provide:

- Twenty-four hour care in a family atmosphere.
- Nutritionally balanced, family style meals.
- Supervision and assistance with walking, bathing, dressing, grooming, etc., as required.
- Distribution and supervision of all medications.
- Complete housekeeping and laundry services.

The Facility:

Barton Manor is a beautiful six (private) bedroom one story home with a warm and family-like atmosphere. Each room is fully furnished, though residents are welcome to bring their own furniture and possessions to make them feel at home.

Our Staff:

Experienced, caring staff are on-site around the clock. Each is well equipped to help residents meet health and age related physical and mental challenges. We are all committed to excellence, compassion, and respect for the dignity of our residents.

Please call at any time for additional information or visit **bartonmanorassistedliving.com**

We offer assisted living in a supportive residential home for adults who are unable to maintain themselves independently but who do not require continuous skilled nursing care. We are committed to providing a life-enhancing atmosphere, while giving assistance with age and health related limitation.



821 Barton Drive Ann Arbor, MI 48105 734.662.7798



Housing Bureau for Seniors

uofmhealth.org/hbs housingbureauseniors@umich.edu (734) 998–9339

3621 S. State St., door #710, Ann Arbor, MI 48108

Senior Living Week Expo: Housing Bureau for Seniors. Please join the Housing Bureau for Seniors on Sept. 30, 11 a.m., at the WCC Morris Lawrence Bldg., as they welcome Ashton Applewhite, internationally recognized expert on ageism, as she discusses the intersectionality of ageism and ableism and challenges each of us to investigate our internal biases. Additionally, there will be 50+ exhibitors showcasing health, housing, financial, legal, and other support services. The expo will be followed by a week of countywide educational workshops and open houses. For a complete schedule of workshops and open houses, visit med.umich.edu/seniors, email housingbureauseniors@umich.edu, or call (734) 998–9339. All events are free.

Human Electric Hybrids

human-electric-hybrids.com (734) 800–6052

320 Miller Ave. (at First St. and Miller), Ann Arbor, MI 48103

"This bike changed my life." At **Human Electric Hybrids** they hear that phrase frequently. "I can't walk very far, but I can ride my bike anywhere I want!" They have heard that phrase many times as well. With electric-assist bikes and trikes, virtually anyone can cycle as much as they like. Not all ebikes are appropriate for everyone, however. An ebike needs to be safe and practical, according to each customer's needs. H.E.H. specializes in finding the right cycle for each customer so anyone who wants to can safely use a bike or trike for exercise, recreation, or transportation. Whether you're a lifelong cyclist or haven't ridden a bike since college, H.E.H. has an ebike (or trike) for you.

Inn Storage

annarborstorage.com (734) 663–0690

1251 Rosewood St., Ann Arbor, MI 48104

No matter what you plan to store, family-owned **Inn Storage** can tell you the proper way to store it! Whether it's a huge collection of books or an old armoire handed down from generation to generation, their friendly staff will provide you with tips to protect your belongings. Inn Storage offers short- and long-term leases on temperature-controlled indoor storage units. Downsizing or decluttering and not sure what to keep? Renting a storage unit can be a great way to reduce clutter and free up needed space at your home or office. Store documents, artwork, antiques, memorabilia, holiday decorations, heirlooms, old toys, even cars or boats. Ask them how to get two months free!





Sept. 30 – Oct. 6

Ashton Applewhite

Anti-Ageism Activist, TED Talk Presenter. and Author



Housing Bureau for Seniors Presents:

The Senior Living Week **Expo featuring Ashton** Applewhite on 9/30 and a week-long series of workshops around Washtenaw County. All events are free!



For more information:

- **(734)** 998-9338
- www.uofmhealth.org/HBS
- ☑ HBSSeniorLivingWeek@umich.edu





CALL FOR AN EVALUATION:

GET BACK TO LIVING YOUR LIFE

Associates in Physical Medicine & Rehabilitation

doctors specialize in restoring functional ability and quality of life. We focus on the whole person as we tailor a program for each patient. We treat physical impairments, injuries or disabilities affecting the skills of daily living and mobility. We work with our patients to maximize function with a goal of returning enjoyment to their lives, and maintain independence.

Owen Z. Perlman, M.D. Jon M. Perlman, M.D. Marc L. Strickler, M.D. Adil Ali, M.D. Ari Kriswari, M.D. Mala Young, M.D. Stephen Bloom, M.D. Carter Docking, M.D. Sara Rosenblum, M.D. Shahd Haidar, M.D. Usman Ashraf, M.D. Joseph Silvestri, M.D.

For more information visit APMandR.com

Trinity Health Ann Arbor • Reichert Medical Center 5333 McAuley Drive, Suite 2009 • Ypsilanti, MI 48197





Navigating Uncertain Times

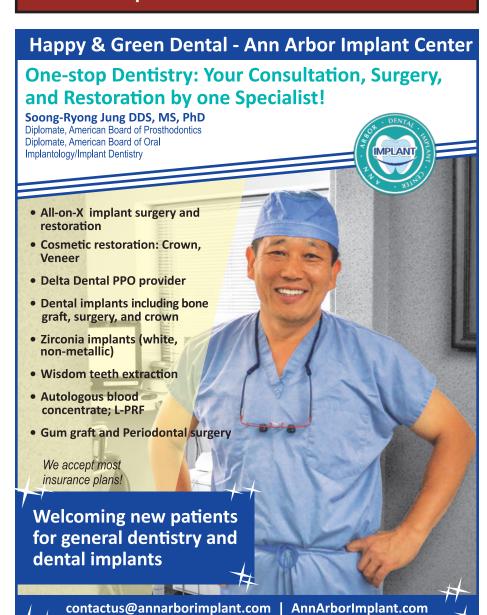
Finances can be complicated. We help chart your course from financial uncertainty to clarity. **Everyone starts from a different place,** has unique dreams and has overcome personal hurdles. So, it only makes sense that there is no one-size-fits-all financial plan.

It is YOUR path, and we bring the knowledge and ideas to help you solve your challenges. No matter where you are along your financial journey, we help you forge ahead with **confidence**.

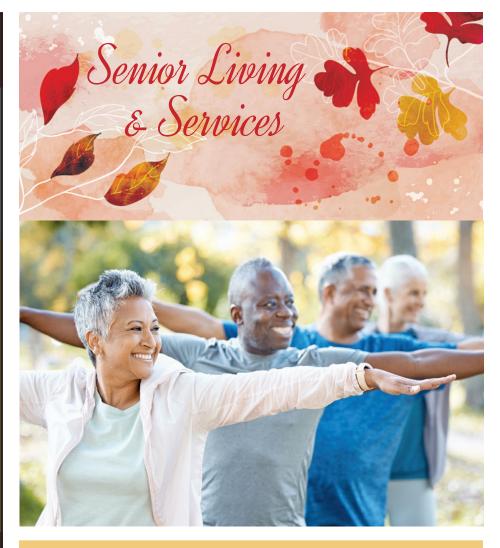
Securities offered through Sigma Financial Corporation, Member FINRA (finra.org) SIPC (SIPC.org.)
Investment Advisory services offered through Sigma Planning Corporation, a Registered Investment Advisor.
A New Path Financial, LLC is independent of Sigma Financial Corporation and Sigma Planning Corporation.

Nadine Burns, MBA, CFP® 3003 Washtenaw Ave #4 · Ann Arbor, MI

www.anewpathfinancial.com • 734.330.2266



(734) 478-7311 | 1910 Packard St. Ann Arbor, MI 48104



Michael J. Fox Foundation

michaeljfox.org

Your Nose Knows: Smell Loss and Brain Health. Loss of sense of smell may be one of the most important signals of risk for Parkinson's disease. A landmark study from **The Michael J. Fox Foundation** is exploring this link toward prevention. The Michael J. Fox Foundation is asking everyone age 60 and up without Parkinson's disease to take a free scratch-and-sniff smell test. Help scientists learn more about risk and develop new treatments. Get started at: mysmelltest.org/annarbor.

Silver Maples of Chelsea Retirement Neighborhood

silvermaples.org (734) 475–4111

100 Silver Maples Dr., Chelsea, MI 48118

Silver Maples of Chelsea Retirement Neighborhood is a locally owned nonprofit senior living community that excels at creating and supporting a positive aging experience. A well-designed, comfortably sized, and carefully planned neighborhood, Silver Maples offers independent residential-style homes and apartments, licensed assisted living apartments, as well as short stays through their respite program. Free local transportation for personal appointments, Sunday church services, and special event excursions are also available. Silver Maples offers a variety of services and amenities, such as dynamic event and activity programs with an emphasis on overall health and wellness, free membership to the Chelsea Wellness Center, an art gallery that features a changing showcase from local artists, and outdoor areas with beautiful gardens. Pets are welcome.

