

A Guide to Holiday Check-Ins



The holiday season is a time of joy, celebration, and togetherness.

For aging adults, this time of year can bring about a range of emotions, from warmth and nostalgia to feelings of loneliness and isolation.

In the spirit of compassion and

connection, it becomes especially important to check in on our aging friends and family members during the holiday season. Learn more in our Guide to Holiday Check-Ins.

Services:

- Adult Day Services
- MI Choice Waiver Program
- Care Management
- Caregiver Support
- Nutritional Services and Home Delivered Meals
- Friendly Reassurance
- Long-term Care Ombudsman
- MMAP Assistance
- Information & Assistance
- Elder Abuse Prevention
- Outreach, Advocacy, and Education
- Transportation
- And Much More

Thank you for your generosity.

Give Hunger a Holiday

Thanks to your generosity, in 2022, over 3,300+ holiday meals were delivered to older adults who would have otherwise gone hungry. Would you consider donating to this season?

Volunteers needed to deliver warm meals.

Meals on Wheels

Meals on Wheels volunteers are essential to caring for our community's most vulnerable. Sign up now and help us make a difference in Wayne County.

MMAP Feature

It's a good day at TSA

We love hearing the stories of how The Senior Alliance has made a difference in the lives of our community members.

Star Performer of the Month

Tracy Portis

Tracy is a hard worker who always goes above and beyond in our Information & Assistance department & with the clients who call in to our agency and is always willing to help her fellow coworkers.

We're so proud of our team! **Thank you!**



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