

### Alliances in Care: Visualizing Your Caregiver Support Network

November is National Family Caregivers Month, a time to recognize the compassion, resilience, and hard work of those who provide care to their loved ones. Whether you care for a parent, spouse, friend, or neighbor, caregiving can be both deeply meaningful and incredibly demanding.



At The Senior Alliance, we know that no caregiver should have to go through the journey alone. That's why we developed Alliances in Care, a guided activity to help you see the full picture of your caregiving support system and build confidence in the connections that surround you.

Read our latest blog to download Alliances in Care and start mapping your caregiving support network.

Save on Prescription  
Drug Costs

### SHIP Counselors AreReady to Help.

This season, we are thankful for the caregivers, older adults, and volunteers who make our community stronger. MI Options is here to support you with free counseling for Medicare and long-term care planning.

Wishing You a Joyful  
Holiday

### Happy Thanksgiving

At The Senior Alliance, we're especially grateful this season for the opportunity to serve older adults, caregivers, and people with disabilities in southern and western Wayne County.

Your Donations Make  
This Program Possible

### Give Hunger a Holiday.

Too many older adults in Michigan struggle with food insecurity. On holidays when traditional food delivery services are not available, aging adults in our community count on The Senior Alliance to provide a hot meal.

### Star of the Month Jordan Esteban

Jordan is always willing to help answer questions when it comes to the backend and reporting side of things. She never complains, is always smiling, and kind. Her answer is always, 'I can do that' or 'Let me find out.'

### 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

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



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