

Celebrating Arab American Heritage Month With Resources Designed For You



April is Arab American Heritage Month. It's a time dedicated to celebrating the culture, accomplishments, and history of Arab Americans. At The Senior Alliance, we honor the incredible Arab Americans, past and present, who make a difference in our country today and every day.

Embracing that spirit, The Senior Alliance provides resources and access to programs that benefit Arab American older adults, adults with disabilities, and caregivers. The Arab American Caregiver Guide is an invaluable asset to help with everything from cultural values and challenges to self-care and finding a support system you can lean on.

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

Support for Loved Ones

EXHALE Caregiving Services

Arab Community Center for Economic and Social Services (ACCESS), a wonderful partner to The Senior Alliance, has developed a program called Exhale to support caregivers. The mission of this program is to empower those in the role of family caregiving.

Manager of the Quarter

Kristin Holtz

Kristin is recognized for her compassionate, supportive leadership and positive impact on her team. She fosters open communication, and a strong team environment, a key role in the program's success.

Do NOT say "yes"

Medicare Fraud Prevention Tip

Scammers call and ask questions to record your "yes," then use it as proof that you agreed to a product or service. If a call feels suspicious, hang up. Legitimate businesses and Medicare will contact you by mail or leave a voicemail.

Star of the Month

Samantha Manuel

Samantha is recognized for her problem-solving skills, positive impact on clients and her team. She is a supportive resource who communicates, helps during high-demand periods, and contributes to community outreach.

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



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