

Senior Living

SPRING 2016



STATE REPRESENTATIVE
LARRY INMAN

(800) 737-1046 • LarryInman@house.mi.gov
www.RepLarryInman.com

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STATE REPRESENTATIVE

LARRY INMAN

P.O. Box 30014
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Tips for Healthy Living

- Spend time with children in your local community.
- Keep your mind sharp with mobile apps, reading and learning new things as often as possible. Your brain health is just as important as physical activity.
- Avoid yo-yo dieting. Learning to live a healthy life is a lifelong process, not a short-term fix.
- Focus on eating clean, that means increase single sourced food consumption and decrease processed food intake.
- Find out which physical activities are appropriate for you. Talk to your doctor about individual fitness, as well as group classes that might benefit you.



Foster Grandparents: Role models, mentors and friends

Michigan's foster grandparent programs make a positive impact on our communities and it's important to recognize the outstanding service of these volunteers.

Michigan has 19 foster grandparent programs that provide low-income adults ages 55 and older challenging and meaningful volunteer



opportunities in 62 counties throughout the state. Approximately 1,437 foster grandparent volunteers contributed more than 1,018,457 hours of service to over 5,603 children with special or unique needs, helping them overcome various educational and life skill challenges. For more information visit www.michigan.gov/aging.

MEDICINES

My current medicines include:

Bee Stings _____

Penicillin _____

Food _____

Other _____

ALLERGIES

I am allergic to:

Influenza _____ (Date)

Pneumococcal _____ (Date)

Shingles _____ (Date)

Tetanus _____ (Date)

VACCINE RECORD

IN CASE OF EMERGENCY

I CARRY AN EPINEPHRINE AUTOINJECTOR

(Emergency Contact Name & Relation)

(Emergency Contact Phone)

(Blood Type)

Knowledge
is the best medicine

Keep this medication card in your wallet or purse

State Representative
LARRY INMAN

House District 104
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Improving Quality of Life for Seniors

Dear Neighbor,

I am dedicated to improving the lives of Michigan seniors and will continue to support any effort to improve the quality of life for all Michiganders.

Our parents, grandparents and other senior members of the community have worked hard to provide a sustainable future for us. Now is the time to provide for them and recognize their lifelong contributions to Michigan's culture, economy and community life. At the state Capitol, I'm honored to pursue additional reforms to protect the lives of Michigan's senior citizens.

Over the past few years my colleagues and I have made many legislative changes to benefit older residents. This newsletter provides information about what is being done in Lansing to help take care of seniors and their interests.

It is my privilege to serve as your state representative. If you have any questions or concerns, please do not hesitate to contact me.



Sincerely,

LARRY INMAN

State Representative, District 104

As your state representative, I am committed to our community's senior citizens and protecting their interests. Over the past few years, we have made several reforms to help seniors:

Safer roads and tax relief for seniors



I supported House Bill 4370, now Public Act 179 of 2015, which extends the Homestead Property Tax Credit to help middle-class homeowners and renters, as well as seniors on a fixed income who make up to \$60,000. In addition to improving our state's infrastructure, the road funding plan as passed also provides tax relief to lower-income families, the middle class, seniors and every single worker in the state, in the form of an increase in the tax credit and state income tax reductions.

Additionally, the credit now gives more money back to these individuals, which means about \$200 million in the pockets of our state's hard-working taxpayers. The legislation also increases the maximum amount of the Homestead Property Tax Credit beginning with the 2018 tax year. The legislation makes other changes to the homestead credit designed to increase the amount of the credit or the number of individuals eligible to claim it, or both.

Retirement security

Currently, the income tax treatment of retirement income of married couples filing jointly is based on the age of the older spouse. I support House Bill 4124, which will make a small technical clarification to the Income Tax Act to ensure that surviving spouses are not subjected to a tax increase as a result of the death of their loved one.

Synchronizing multiple prescription medications

My colleagues and I are working on legislation that eases the process for people with multiple prescriptions that are not prescribed at the same time to allow for certain prescriptions to be synced and filled on one visit.



Helping family caregivers



More than 2 million Michiganders take on the responsibility of helping their loved ones to live independently at home. Over the years, there has been a shift to home-based care after a hospitalization. Usually a family member of the loved one takes on the responsibility for after-care. To help ease the concern and fear of caregiving, lawmakers across the country have been introducing bills

to ensure that caregivers are given the help they need from the hospital before their loved one is discharged. I support legislation that will create the Designated Caregiver Act to allow a patient or their legal guardian to designate a caregiver after entry into a hospital to ensure proper after-care assistance for the patient.

MEDICAL INFORMATION CARD - CUT AND FOLD TO KEEP IN YOUR PURSE OR WALLET

IMPORTANT QUESTIONS

to ask your health care providers

What is the name of this medicine and what is it supposed to do?

How and when do I take it and for how long?

Are there any foods, drinks or other medicines or activities I should avoid while taking this medicine?

What are the possible side effects and what should I do if they occur?

Will this prescription work safely with the other medicines I'm taking (including nonprescription medicines)?

To request additional cards, call (800) 737-1046

FOLD HERE

CONDITIONS

My medical conditions include:

- Abnormal EKG _____
- Arthritis _____
- Cancer _____
- Cardiac Conditions _____
- Depression _____
- Diabetes _____
- Epilepsy _____
- Hearing Impairment _____
- Hemophilia _____
- High Blood Pressure _____
- Memory Impairment _____
- Pacemaker _____
- Visual Impairment _____
- Other _____

FOLD HERE

PERSONAL

Medical Data

(Name) _____

(Address) _____

(City, State, Zip) _____

(Primary Doctor) _____

(Doctor Phone) _____

(Pharmacy) _____

(Pharmacy Phone) _____