Tips for Healthy Living

- Spend time with family, friends and neighbors.
- Keep your mind sharp with mobile apps, reading and learning new things as often as possible. Our brain health is just as important as physical activity.
- Develop and maintain healthy eating habits.
- 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.
Dear Neighbor,

As one of your legislators, I am always looking for ways to enhance the quality of life of Michigan residents, especially seniors. 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.

Over the past few years my colleagues and I have made many legislative changes to benefit older residents. This newsletter provides information about some of the recent measures we’ve advanced 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,

Eric Leutheuser
State Representative, District 58

Living Well, Aging Well
It’s inspiring when older Americans share their experience, strength and hope with their local communities. Many older adults have discovered the pleasure of trying new things and “reinventing” themselves, staying healthy and engaged citizens as they progress through life.

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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,

Eric Leutheuser
State Representative, District 58

Improving Quality of Life for Seniors

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, PA 179 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.

The credit means about $200 million more 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 Property Tax Credit, including increasing the homestead property tax credit available to eligible taxpayers. 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:

**Synchronizing multiple prescription medications**

Sometimes you want to refill multiple prescriptions at once, but can’t simply because they were not prescribed at the same time. My colleagues and I are working on legislation that would make it easier for people to “synchronize” certain refills and save trips to the drug store.

**Helping family caregivers**

More than two million Michiganders have taken 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 ones takes on the responsibility for after-care. To help ease concerns of those wishing to be caregivers, 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 supported the Designated Caregiver Act – PA 858 of 2016, 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.

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:

**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.