



## Resource for Seniors and their Caretakers During Pandemic

### FOR IMMEDIATE RELEASE

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**SOUTHFIELD, Mich.** – The COVID-19 pandemic over the past six months has caused disruption everywhere but has been an especially difficult struggle for seniors as many have had to continue to shelter in place, away from their friends and families.

To help supplement some of the services that seniors are provided, the Foster Swift law firm has created a free 'Elder Organizer' digital notebook to provide seniors and their caretakers with a toolkit that helps organize doctors' appointments, medications, and more that can be shared online.

This downloadable spreadsheet is also meant as a tie-in recognition of National Senior Center Month. First beginning as a week-long celebration in 1979 by the National Council on Aging (NCOA), National Senior Center Week was then extended to the full month of September in 2007 by the National Institute of Senior Centers (NISC).

Senior centers serve as a gateway, connecting the country's network of aging adults to vital community services all in one place to help them maintain an active, healthy and independent lifestyle. Programs and services provided by these centers include volunteer opportunities and health and wellness programs.

The Elder Organizer toolkit, along with articles and other elder resources can be found on Foster Swift's Elder Law blog at [mielderlawblog.com](http://mielderlawblog.com) where visitors can also subscribe to the RSS feed to see recent posts or to receive free news updates by email.

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#### ATTORNEYS

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