The Senior Expo Experience

Kalamazoo, Oct. 7: Did you come for free health screenings and a flu shot? Did you come for information from, and networking with, over 130 exhibitors all in one place? Or, did you come for the day and happened upon a flash mob or a furry friend? Whatever you came for, you were among the thousands who attended the 18th annual Senior Expo at the Kalamazoo Expo Center. We hope your Senior Expo experience was positive and that you come again next year. Mark your calendar for Tuesday, Oct. 6th!

November is Diabetes Awareness Month

American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes®!

- Nearly 30 million children and adults in the United States have diabetes.
- Another 86 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is $245 billion.

See more at: American Diabetes Month
Mark Your Calendar

**Thursday, Nov. 6:**
Traumatic Brain Injury training, Battle Creek VA Medical Center. See below.

**Thursday, Nov. 6:**
Public Transit Community Focus Group, 1-2:30 pm at Metro Transit Office, 530 N. Rose St., Kalamazoo.

**Saturday, Nov. 8:**
Dinner for LGBT Seniors and Friends*, 5-6:30 pm, Phoenix Church, 2208 Winchell Ave., in Kalamazoo. *Everyone’s welcome; dinner is free – donations gladly accepted.

**Tuesday, Nov. 11:**
Veterans Day Ceremony, 2 pm at Rose Park, E. Michigan & Kings Hwy., Kalamazoo. More at Kalamazoo County Veterans Day Ceremony

**Monday, Nov. 17:**
KCASI Meeting, 1:15–2:45 pm, held at Senior Services, 918 Jasper St., Kalamazoo. Read more↓

**Tuesday, Nov. 18:**
Alzheimer’s Association Research Night with presenter, Bruno Giordani, PhD, MI Alzheimer’s Disease Center, 6 PM, Beacon Club, 5830 Portage Rd., Portage.

**Event is FREE!**
Registration required, call 800-272-3900.

**Friday, Nov. 21 (3rd Friday!):**
Professionals Focused on Aging (PFA), 8 am at Senior Services. AARP Foundation, Senior Community Service Employment Program Director, Ralph Rausch, speaker.

**Friday, Dec. 19:**
PFA Annual No Meeting, Just Eating Holiday Breakfast, 8 – 10 am at Old Burdick’s West, Holiday Inn, 11th St.

**KCASI Annual Meeting Set for November 17th**

Come to the last meeting of the year on **November 17th** on KNOWING YOUR MEDICARE RIGHTS.

Find out more about:
- Appealing hospital or nursing home discharge decisions
- Quality of Care complaints
- Denial of admission to a hospital
- The meeting is from 1:15 to 2:45 pm at Senior Services, 918 Jasper St., Kalamazoo.
- Everyone’s encouraged to attend this important meeting. The next general meeting is February 16th.

Membership renewal information will be available at the November meeting. If you have questions, please contact Janice at (269) 373-5147.

**Sign up now – Traumatic Brain Injury Seminar**

On **November 6th** at the Battle Creek VA, the Veteran Community Partnership is proud to sponsor an opportunity for professionals to learn about Traumatic Brain Injury (TBI). Our presenter is Dr. Jessica Kinkela, PhD, Neuropsychologist at the Battle Creek VA Medical Center. Check-in & networking start at 9:00 am. Program starts at 9:30 followed by panel discussion with VA & Community Partners. An information table will be provided to share your brochures and flyers for coming events.

Physician, Psychology, Social Work and Nursing CEU’s Available.
EVENT IS FREE!
Registration is required: TBI Registration
2015 White House Conference on Aging

The White House has held a Conference on Aging each decade since the 1960s. 2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, and the 80th anniversary of Social Security. The 2015 White House Conference on Aging will recognize the importance of these key programs, and look ahead to issues that will help shape the landscape for older Americans for the next decade.

The four areas of focus for the conference will be healthy aging, retirement security, long-term services and supports, and elder justice.

The White House intends to seek broad public engagement and work closely with stakeholders in developing the conference. The Web site www.WhiteHouseConferenceOnAging.gov provides regular updates on Conference activities and opportunities for older Americans and leaders in the field of aging to provide input and personal stories. Individuals may also sign up for updates via email.

Mid-America Pension Rights Project

www.mid-americanpensions.org

The Mid-America Pension Rights Project is a program of Elder Law of Michigan, Inc., a 501(c)(3) non-profit. Their services are free of charge, and they assist individuals by providing:

- Basic advice about pension laws and pension rights;
- Information about pension benefits for spouses or survivors;
- Finding pensions “lost” due to company mergers, relocation, or bankruptcy;
- Investigation of benefit denials and filing appeals;
- Rights of divorced persons, including Qualified Domestic Relations Orders; and
- Filing benefit claims.

MAPRP can help persons understand their rights and claim their earned benefits regardless of the type of pension plan and/or the type of company worked for. For more information, click Pension Rights or call 1-866-735-7737.

Kudos to the AAA team who walked at Celery Flats —in the rain!—on September 21st. From left, Jerry Sivak, Liz Brass, Judy Adlam, Anne Zemlick, Judy Sivak, and Kate Sweet. Many thanks to Liz, AAA Quality Assurance & Planning Coordinator, for organizing the team and donations for Alzheimer's research.

Alzheimer's Walk

November is National Alzheimer's Disease Awareness & Caregiver Month.

Post a personal tribute to a loved one.

ADD A PERSONAL TRIBUTE
The National Center on Elder Abuse has a helpful publication on what you should be looking for when visiting elderly loved ones during the holidays. The article issues questions such as:

If living with another, [is your loved one] dependent on that person for care? Is that person an appropriate caregiver? 

Does the caregiver understand the medical conditions that the elder has?

How can you make the most of your visit and ensure they are aging with respect and dignity? Read more and find links to related resources at Home for the Holidays.
A Matter of Balance: Managing Concerns About Falls

A Matter of Balance program is looking for coaches to teach workshops in the community!

Training is:
Tuesday & Thursday, December 2 & 4, 2014, from 8 am to 12:30 pm, at Health & Community Services, 3299 Gull Rd., Kalamazoo.

Qualifications include:
- Good Communication and Interpersonal Skills
- Enthusiasm, dependability and a willingness to lead small groups of Older adults
- Ability to lead low- to moderate-level exercise


For more information contact Marilyn Reed, Master Trainer, at (269) 373-5224 or mjreed@kalcounty.com.

Personal Action Toward Health (PATH)

We are pleased to announce our partnership with the WMU Homer Stryker M.D. School of Medicine and welcome three medical students who will be doing a service learning project over the next two years.

For information on PATH Diabetes PATH or Chronic Pain PATH workshops; or if you are interested in future training opportunities to become a volunteer coach to teach these classes, please contact Norma Bour, MSRD, Master Trainer, at (269) 373-5382

Concerned about a loved one, older client, or...yourself?

Call our Custom Care program for professional, unbiased and confidential consultation: (269) 373-5173 • www.kalcounty.com/aaa

Peace of Mind
Medicare Open Enrollment

Medicare’s Fall Open Enrollment Period Takes Place October 15 through December 7

The Medicare Rights Center urges everyone with Medicare who is enrolled in a private Medicare Advantage health or Part D drug plan to use the Fall Open Enrollment Period to review their choices. Because plans make changes to their benefit packages every year, even people who are currently satisfied with their plan should review their coverage. Those enrolled in Original Medicare can also decide to switch to a private plan or choose a new stand-alone drug plan at this time.

During the Fall Open Enrollment Period, Medicare beneficiaries have the right to make as many changes as they need, and the last change they make on or before December 7 will go into effect on January 1, 2015.

To review their coverage options, beneficiaries can use the Medicare Plan Finder tool at www.medicare.gov or call 800-MEDICARE. Plan Finder makes available important information about health and drug plans, including information about pharmacy networks, cost sharing and coverage rules. Medicare Rights recommends that beneficiaries call their current plan or any plan that they are considering to confirm the information they pull from Plan Finder. As a best practice, beneficiaries should keep a record of their conversations with plan representatives. Additionally, Medicare Rights recommends enrolling in a plan by calling 800-MEDICARE rather than the plan itself.

For a list of questions to ask before joining a Medicare Advantage or Part D plan, visit Medicare Interactive. Beneficiaries who prefer to speak with a counselor can call the Medicare Rights Center’s toll-free helpline at 800-333-4114. Counselors are available Monday through Friday.

Contact the Medicare Medicaid Assistance Program (MMAP) to talk with an unbiased counselor or schedule an appointment to meet in person to obtain free health care benefits counseling assistance: 1-800-803-7174. Or visit www.mmapinc.org for current information.

Click here to read the “6 Things to Know about Fall Open Enrollment”.

Click here to read the New York Times article, “Beware of Shifting Options Within Medicare Plans”.

“Contact the Medicare Medicaid Assistance Program (MMAP) to talk with an unbiased counselor... 1-800-803-7174.”
Staff News

Welcome back...again... to Ann Rozsi, LMSW, permanent part-time Care Consultant with our Choices for Independence Program. Ann makes calls and home visits to help seniors explore their options to age in the place of their choosing.

November Anniversaries:

Judy Sivak, MSW, 17 years
Laurie Palanca, LLBSW – 6 years
Judy Adlam, LMSW – 4 years

Don Saldia, RN – 1 year

Congratulations! It’s wonderful to work with such dedicated professionals at AAAIIA.

Happy Holidays!  Happy New Year!

From all of us here at AAA, we wish you the healthiest and happiest holiday season. Please make sure you read the good article, Home for the Holidays, linked on page 4.

We hope 2015 will be a year of increased focus on the needs and desires of our aging population.

~Helen Keller

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

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