The 19th annual Senior & Caregiver Expo has been renamed to recognize the vital role of caregivers. Our goal has always been to provide a free event that adds to everyone’s quality of life in Kalamazoo County; and aging and caregiving often go hand-in-hand.

Special thanks to Bronson and Borgess hospitals who are providing free health services, including blood pressure, blood sugar, cholesterol and dementia screening. They will also provide flu shots, so be sure to bring your Medicare or other insurance card.

If you are a caregiver, be sure to attend the 1:00 p.m. panel workshop, “Ask the Experts,” with Dr. Michael Raphelson, Medical Director of Southwest MI Hospice; Kelly Quardokus, local elder law attorney; Patti Stratton, social worker and Creating Confident Caregivers master trainer; Arun Tandon, Pharmacist, and Lisa Fuller, MMAP Coordinator.

MSU Extension will have a special display featuring seasonal attractions in Expo South—not to be missed!

All exhibitors will be in the Expo South and Main Expo rooms. The best place to park is in the front lot (Olmstead St. side), and use the main entrance. Food is available for a small fee from the concessionaire. The Indoor Flea & Farmers Market will be going on at the same time in Expo North—stop in and browse the bargains.

At the Expo you can pick up information on a variety of topics with no obligation. Thinking of adopting a pet? You might find a furry companion at the SPCA’s table!

FAQs about the Expo

Where? Kalamazoo County Expo Center & Fairgrounds 2900 Lake Street.

When? Tuesday, October 6th from 9:00 a.m. until 3:00 p.m.

Who is this Expo for? All adults: “seniors” caregivers, professionals, “boomers,” and anyone just curious.

How many exhibitors will be there? We expect over 100 diverse exhibitors; including senior housing and long-term care facilities, home care organizations, funeral homes, insurance companies, pharmacies, home improvement businesses, lifelong learning, community centers, hearing centers, politicians, county services, Alzheimer’s Association, and more.

★See page 6 for a list of our sponsors.
Mark Your Calendar

Monday, Sept. 21: Kalamazoo County Advocates for Senior Issues (KCASI) Meeting, 1:15–2:45 p.m. at Senior Services Coover Rm., 918 Jasper St., Kalamazoo. More information on page 3.

Thursday, Sept. 24: Elder Abuse Prevention Coalition Meeting, 1:30–3:00 PM, Miller Johnson in the Radisson, 100 W. Michigan Ave., Kalamazoo.

Friday, Sept. 25: Professionals Focused on Aging (PFA) Meeting, 8 AM at Senior Services. Smart Homes to Age In, with Maureen Mickus, PhD.

Tuesday, Oct. 6: Senior & Caregiver Expo, 9 AM–3 PM, Kalamazoo Expo Center. See front page.


Monday, Oct. 19: KCASI Meeting, 1:15–2:45 p.m.

Thursday, Oct. 22: Elder Abuse Prevention Coalition Meeting, 1:30–3:00 PM, Miller Johnson in the Radisson.

Friday, Oct. 23: PFA Meeting, 8 AM, at Senior Services, Lisa Fuller will be providing a MMAP update.

Thursday, Oct. 29: AAAIIA Provider and Purchase of Service Provider Meeting, 3–4:30 PM. HCS Conference Rm. D, 3299 Gull Rd.

Kalamazoo County Advocates for Senior Issues (KCASI)

Join KCASI on September 21st for a presentation by Dean McCurdy, Associate V.P. for Food and Community Sustainability at Kalamazoo Valley Community College, who will talk about KVCC’s new Healthy Living Campus and the exciting and innovative programs to be offered. The meeting is open to all, so come and bring a friend or colleague. Networking and refreshments are from 1:15–1:30 PM, and the meeting is from 1:30 to 2:45 PM.

The October 19th meeting will focus on election topics. Come and find out what you need to know about the issues and voting in the November 3rd election.

For information about KCASI membership, please call (269)373-5147 or Email jgboni@kalcounty.com.

Thank You Sponsors!

Area Agency on Aging IIIA
Blue Cross Blue Shield of MI
Borgess Health Care N Assist
CentraCare Dementia Services Group, LLC
Disability Network Southwest Michigan
Fresh Perspective Home Care
Guardian Medical Monitoring Hospice Care of Southwest Michigan
Life EMS Ambulance

Michigan Hearing, LLC
New Friends Memory Care & Assisted Living
Presbyterian Villages of Michigan–Village of Sage Grove
Priority Health Medicare Right at Home
Senior Services Southwest Michigan
WMU–Senior Day Services

The League of Women Voters is collaborating with others to sponsor the following:

- Portage City Council Candidates
  - Wednesday, September 9
  - 7 PM
  - Portage Senior Center

- Kalamazoo City Commission
  - Tuesday, September 29
  - 6:30 PM
  - Kalamazoo Public Library
Join Us for the Walk to End Alzheimer’s®

It’s time to lace up your shoes, grab a light jacket and join in for the Walk to End Alzheimer’s! This year, AAAIIIA is participating in the Alzheimer’s Association Walk to End Alzheimer’s® to raise awareness and funds to advance the fight against Alzheimer’s disease. Currently, more than 5 million Americans have Alzheimer’s disease and that number is expected to grow to as many as 16 million by 2050. Our future is at risk unless we change the course of this devastating disease. And there’s something you can do about it — walk with us! To register and to join the AAAIIIA team, please visit this link: http://act.alz.org/goto/AAAIIIA. Once there, you will be able to follow a few steps to join our team. If you are unable to walk with us, consider donating to our team or sponsoring one of our walkers.

Walk information for 2015 Walk to End Alzheimer’s – Kalamazoo, MI:

- Date – Sunday 9/20/15
- Schedule – Registration at 12:00 pm | Ceremony at 1:30 pm | Walk at 1:45 pm
- Location – Mayors Riverfront Park, Home of the Kalamazoo Growlers, 251 Mills St., Kalamazoo, MI 49048
- Route Length – 2 miles

Launch of New Aging Web Site

Last summer Gov. Rick Snyder charged the Aging & Adult Services Agency (AASA) and the Michigan Department of Management and Budget with the task of developing an “all-things” aging website in his Special Message on Aging. This new website, “Living Well, Aging Well,” is intended to help easily connect residents with local aging programs and services through the aging network, and with other aging partners in communities across Michigan.

The Web site can be viewed at www.michigan.gov/aging. This site has been in development over the past several months and required a collaborative effort between several key state departments that oversee or house the State's aging programs and services. It will work to complement the public AASA website and will evolve over the next year or so to support the state’s effort to reinvent the long-term care supports and services system.

Take a Stand to Prevent Falls

What can you do to prevent a fall?

1. **Get some exercise:** Lack of exercise weakens legs, which increases the chance of falling. Exercise programs like Tai Chi increases strength and improves balance, making falls less likely for aging adults.
2. **Be mindful of medications:** Some medicines—or combinations of medicines—can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to help reduce the chance of risky side effects.
3. **Keep your vision sharp:** Poor vision makes it harder to get around safely. To help make sure you’re seeing clearly, have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.
4. **Remove hazards at home:** About half of all falls happen at home. A home safety check helps identify fall hazards, like clutter and poor lighting that should be removed or changed.
5. **Sign up for A Matter of Balance:** This nationally-recognized program reduces the fear of falling and increases activity levels. Classes are held once a week for 8 weeks at convenient community locations.

*Find a local A Matter of Balance class and additional resources at: Area Agency on Aging IIIA, (269) 373-5224 mjreed@kalcouny.com
# A Matter of Balance: Falls Prevention – Class Schedule

## 8-Session Workshops

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Locations</th>
<th>To Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays, September 8</td>
<td>1:00 to 3:00 PM</td>
<td>Oshtemo Library 7265 W. Main Kalamazoo, MI 49009</td>
<td>(269) 553-7980</td>
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<tr>
<td>to October 27</td>
<td></td>
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<tr>
<td>Wednesdays, September</td>
<td>1:00 to 3:00 PM</td>
<td>Parchment Library 215 S. Riverview Parchment, MI 49004</td>
<td>(269) 343-7747</td>
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<tr>
<td>9 to October 28</td>
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<tr>
<td>Thursdays, September 10</td>
<td>10:00 AM to 12</td>
<td>Galesburg City Hall 200 E. Michigan Ave, Galesburg, MI 49053</td>
<td>(269) 665-7839</td>
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<tr>
<td>to October 29</td>
<td>Noon</td>
<td></td>
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<tr>
<td>Mondays and Thursdays,</td>
<td>10:00 AM to 12</td>
<td>Schoolcraft United Methodist 342 N. Grand</td>
<td>(269) 679-4845</td>
</tr>
<tr>
<td>September 14 to October</td>
<td>Noon</td>
<td>Schoolcraft, MI 49087</td>
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<tr>
<td>8</td>
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</tr>
<tr>
<td>Mondays and Fridays,</td>
<td>1:00 to 3:00 PM</td>
<td>Lawrence Education Ctr. Borgess Hospital 1521 Gull Rd, Kalamazoo, MI 49048</td>
<td>(269) 226-7075</td>
</tr>
<tr>
<td>September 14 to October</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Tuesdays, September</td>
<td>2:00 to 4:00 PM</td>
<td>Kalamazoo YMCA 1001 W. Maple Kalamazoo, MI 49008</td>
<td>(269) 345-9622 x 160</td>
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<tr>
<td>15 to November 3</td>
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<tr>
<td>Fridays, October 2 to</td>
<td>9:30 to 11:30 AM</td>
<td>Portage Senior Center 320 Library Lane Portage, MI 49002</td>
<td>(269) 329-4555</td>
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<tr>
<td>November 20</td>
<td></td>
<td></td>
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<tr>
<td>Mondays, October 12</td>
<td>1:00 to 3:00 PM</td>
<td>Bronson Athletic Club 6789 Elm Valley Drive Kalamazoo, MI 49009</td>
<td>(269) 544-3200</td>
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<tr>
<td>to November 30</td>
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<td></td>
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<tr>
<td>Thursdays, October 15</td>
<td>11:00 AM to 1:00</td>
<td>Bronson Athletic Club 6789 Elm Valley Drive Kalamazoo, MI 49009</td>
<td>(269) 544-3200</td>
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<tr>
<td>to December 17—No class</td>
<td>PM</td>
<td></td>
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<tr>
<td>Nov 12 &amp; Nov 26</td>
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<tr>
<td>Tuesdays and Thursdays,</td>
<td>9:00 to 11:00 AM</td>
<td>Borgess Fitness Center 3025 Gull Rd, Kalamazoo, MI 49048</td>
<td>(269) 226-7075</td>
</tr>
<tr>
<td>October 20 to November</td>
<td></td>
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<tr>
<td>12</td>
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Classes are free. Donations are appreciated. For more information, please contact: Marilyn Reed, LBSW, Master Trainer, (269) 373-5224 or Email mjreed@kalcounty.com.

# PATH (Personal Action Toward Health) – Class Schedule

## 6-Week Workshops

### PATH

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Locations</th>
<th>To Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays, September</td>
<td>3:30 to 6:00 PM</td>
<td>Pavilion Township 751- Q Ave E. Scotts, MI 49088</td>
<td>(269) 327-0462</td>
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<tr>
<td>17 to October 22</td>
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### Chronic Pain PATH

<table>
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<tr>
<th>Dates</th>
<th>Times</th>
<th>Locations</th>
<th>To Register</th>
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</thead>
<tbody>
<tr>
<td>Mondays, September 21</td>
<td>2:00 to 4:30 PM</td>
<td>Skyrise Apartments 105 E. Walnut Kalamazoo, MI 40997</td>
<td>(269) 492-0093</td>
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<td>to October 26</td>
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### Diabetes PATH

<table>
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<tr>
<th>Dates</th>
<th>Times</th>
<th>Locations</th>
<th>To Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays, September 12</td>
<td>10:00 AM to</td>
<td>Family Health Center 117 W. Paterson Kalamazoo, MI 49007</td>
<td>(269) 373-5382</td>
</tr>
<tr>
<td>to October 17</td>
<td>12:30 PM</td>
<td></td>
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</tr>
<tr>
<td>Tuesdays, October 13</td>
<td>1:00 to 3:30 PM</td>
<td>Schoolcraft United Methodist 342 N. Grand Schoolcraft, MI 49087</td>
<td>(269) 679-4845</td>
</tr>
<tr>
<td>to November 17</td>
<td></td>
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<tr>
<td>Fridays, October 16</td>
<td>10:00 AM to</td>
<td>Family Health Center 117 W. Paterson Kalamazoo, MI 49007</td>
<td>(269) 373-5382</td>
</tr>
<tr>
<td>to November 20</td>
<td>12:30 PM</td>
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<td></td>
</tr>
<tr>
<td>Mondays, November 2</td>
<td>1:30 to 4:00 PM</td>
<td>Family Health Center 117 W. Paterson Kalamazoo, MI 49007</td>
<td>(269) 373-5382</td>
</tr>
<tr>
<td>to December 7</td>
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</table>
HEALTHY LIVING PROGRAMS

Diabetes PATH Lay Leader Training

Guide others on the Diabetes PATH. Personal experience with diabetes helpful but not required.

Diabetes PATH (Personal Action Toward Health) is a 6-week workshop that teaches practical skills for living a better life with diabetes. The workshop focuses on self-care, preventing high & low blood sugars, medications, meal planning, coping strategies, and sharing personal experiences with other group members. As a Diabetes PATH Leader, you will help participants build confidence and learn skills to manage their diabetes and health.

WHERE: Health and Community Services
3299 Gull Road, Kalamazoo, MI 49048

WHEN: Wednesdays & Thursdays, October 21, 22, 28 and 29, 2015
9:00 AM – 4:30 PM, each day

COST: FREE for our Volunteer Leaders
Stipends may be available for successful community workshops!

For more information & to apply, please contact:
Norma Bour (269) 373-5382
nsbour@kalcounty.com

Applications are accepted until Friday, October 16, 2015.

Creating Confident Caregivers® Class begins October 13th

Creating Confident Caregivers is a program for those caring for loved ones with dementia or memory loss. This unique, 6-week training uses the University tested Savvy Caregiver Program and provides participants with information and resources to better manage the stress of caregiving.

Place: Health and Community Services
3299 Gull Road
Kalamazoo, MI
Conference Room F (all dates except Nov. 10, in Conf. Rm G)

Days and Dates:
  Tuesdays, Oct. 13, 20, 27 & Nov. 3, 10 & 17

Time: 2:00 pm – 4:00 pm

Cost: Classes are free with donations accepted

For questions about this class or to register please contact:
Patti Stratton, LMSW
(269) 373-5141
psstra@kalcounty.com

“After the first class, I felt a weight had been lifted. I learned so much. It’s helpful to know what I’m experiencing is normal and I’m not alone.”

~Family caregiver

ccc CREATING CONFIDENT CAREGIVERS ®
Referral for Driver Reexamination

Are you concerned about a loved one, patient, client or neighbor whom you believe may no longer be able to drive safely? There is a system in place to confidentially request that an individual be tested. Michigan law authorizes that a driver be reexamined when there is reason to believe he/she is unable to operate a motor vehicle safely. Referrals come from law enforcement, medical personnel, staff at the Secretary of State, concerned citizens, family members, etc.

The Department of State provides a “Request for Driver Evaluation” form OC-88 that can be submitted to the Traffic Safety Division to request a review of an individual's driving skills. The form is available at any Secretary of State branch or can be downloaded. Click here:

You will be required to include your name, address, telephone number and signature, but this information remains confidential to the extent permitted by law.

If the Department of State determines that a reexamination is necessary, the driver will be notified by mail of the date, time and location. Prior to that, a medical or vision statement will be sent for completion by a physician or eye specialist. After the reexamination, licensing controls include requiring special equipment, restricting driving times, or suspension/revocation of driving privileges.

While it may seem like a drastic step, remember that you are helping to protect this individual and other drivers on the road, which may result in lives being saved. Consider making that referral today.

RELATED DOCUMENTS:
- Driver Rehabilitation Agencies
- Physical Standards
- Physician's Statement of Examination (DI-4P)
- Referral for Reexamination (OC-88)
- Vision Specialist's Statement of Examination
- Vision Standards

Sponsors — Thanks for your support!

GOLD:
- Borgess
- Bronson

SILVER:
- Heritage Community of Kalamazoo
- New Friends Memory Care & Assisted Living
- Senior Services Southwest Michigan
- SW Michigan Spark

BRONZE:
- Adult Day Services at Oakland Centre
- Aetna
- Blue Cross Blue Shield Blue Care Network
- ECCU
- Kalamazoo County Elder Abuse Prevention Coalition
- Langeland Family Funeral Homes
- Life EMS Ambulance
- Okun Insurance
- Park Village Pines
- Priority Health
- Right at Home

Please be sure to visit all of our sponsors’ tables at the Expo—you’ll need to have your door prize drawing ticket punched by all of the sponsors to be eligible to win!
JOIN US IN LANSING ON SEPTEMBER 17TH
Get on board!
Thursday, September 17th, Michigan Capitol Lawn in Lansing
Disability Network Southwest Michigan is arranging for a FREE BUS from both our St. Joseph and Kalamazoo offices to the ADA Anniversary event in Lansing. The event takes place at the Capitol from 11 AM to 2 PM. You can find more information about the event on Disability Network/Michigan’s Web site www.dnmichigan.org.
Call (269) 345-1516 Extension 119 for availability.

Medicare Medicaid Assistance Program (MMAP) Volunteer of the Year from Lisa Fuller, MMAP Regional Coordinator

[In July] I attended the annual MMAP recognition celebration...an opportunity for all those who work or volunteer for MMAP to come together for some education and celebration. Many awards, both regionally and statewide, are presented at this time. I am very excited to announce that Arlene Leitz from our region is recipient of MMAP Volunteer of the Year for the State.

Please join me in congratulating Arlene and thanking her for all she does to make a difference in the lives of our Medicare beneficiaries.

September Observances—Make plans—Raise awareness

September 13 - Generations United has ideas for honoring grandparents in your community. Check out their "Take Action Guide," Grand Things to Do and the #TakeAGrandie photo contest!

September 23 - National Falls Prevention Awareness Day and the week leading up to it is an excellent time to raise awareness about the importance of falls prevention in your community. Here are some resources to spread the word.

Preventing Falls at Home brochure
Falls Prevention Awareness Day materials
Falls prevention presentations ad tools

"A grandmother pretends she doesn't know who you are on Halloween."
~Erma Bombeck
Caring for People with Dementia: Challenges & Strategies

Family Caregivers and Professional Caregivers are encouraged to attend!

Presenters: Ann Smolen-Hetzel, PhD, Geropsychologist, Community Living Center, Battle Creek VA Medical Center; Erin VanGroningen, LLMSW, Program Coordinator, Alzheimer's Association Michigan Great Lakes Chapter

Thursday, October 15, 2015
8:30 a.m. - 11:30 a.m.
8:30 a.m. - 9:00 a.m. will be registration and networking
Area Agency on Aging Region IIIA, 3299 Gull Road, Walnut Room, Kalamazoo, MI 49048
Refreshments will be provided.
Bring flyers for the resource table.
Seating is limited. Please register at 1-800-272-3900.

1.5 hours Continuing Education credits pending for Social Work, and Nursing.

For more information on this event contact Kirsten, Veteran Community Partnerships Coordinator at (269) 966-5600 ext. 35635 or Kirsten.Dzialo@va.gov.
Learning New Interventions: Alzheimer's Disease & Dementia

Presenter: Nadeem Mirza, MD
Director of Neurobehavioral Health & Memory Clinic,
Bronson Lakeview Hospital
Thursday, October 15, 2015
8:30 a.m. - 11:00 a.m.
8:30 a.m. - 9:00 a.m. will be registration and networking
Area Agency on Aging Region IIIA, 3299 Gull Road,
Georgian Room, Kalamazoo, MI 49048
Refreshments will be provided.
Bring flyers for the resource table.
Seating is limited. Please register [here](#) to assure your seat.

1 hour Continuing Education credits pending for Social Work,
Nursing, Physicians, and Psychology.

For more information on this event contact Kirsten, Veteran Community Partnerships Coordinator at (269) 966-5600 ext. 35635 or Kirsten.Dzialo@va.gov.
Your Connection to Information & Community Supports

Area Agency on Aging IIIA
(440)
3299 Gull Rd.
Kalamazoo, MI 49048

Phone: 269-373-5147
www.kalcounty.com/aaa/

Like Us On facebook

Questions about NURSING HOMES?
Please follow this link:
20 Common Nursing Home Problems & How to Resolve Them

An excellent 38-page resource provided by Justice in Aging with support from The Commonwealth Fund

Staff News

Kristin Wasche, RN, MA, retired from the AAA Choices for Independence Program after five years as a nurse/care consultant. We wish Kristin all the best in the future and thank her for her dedication to improving the lives of older adults in our community. We will miss her.

And, please help us welcome Lynn Hotrum, RN, the new nurse/care consultant who starts September 8th.

Anniversaries:
Anne Zemlick, RN, Program Manager for our Choices for Independence program – 10 years (WOW!) in October.

Marilyn Reed, LBSW, Care Consultant and Matter of Balance Master Trainer – 6 years, October.

Judy Hayes, Administrative Assistant, Choices for Independence Program – 2 years, September.

Ann Rozsi, LMSW, Choices for Independence Care Consultant – 1 year, October.

Congratulations! We are so fortunate to have these exceptional staff members on our team!