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KALAMAZOO COUNTY GOVERNMENT

In the Pursuit of Extraordinary Governance

Health and Community Services Department

Area Agency on Aging IIIA The Advisor

July/August

2018/Issue 4

Luncheon Hosts 17 Kalamazoo Centenarians!

On May 18th, more than 100 people gathered at the historic Beacon Club in Kalamazoo to honor seventeen centenarians. It was a wonderful event hosted by the Celebrate Elderhood Steering Committee and the Kalamazoo Older Adult Services Advisory Council, and supported by many. The food and service were fabulous. Thank you José Santamaria, and the excellent staff at the Beacon Club for making us feel so welcomed and special. I would like to take this opportunity to also recognize all the people and organizations that made this event such a great success.

Special shout out to Rep. Jon Hoadley who secured State tributes that were given to each of the centenarians. I would also like to thank Representatives Brandt Iden, Beth Griffin and David Maturen, as well as Senator Margaret O'Brien, for attending the luncheon and presenting the tributes to each individual centenarian. I overheard one centenarian say that they had never met a legislator before, and they were most honored.

The generosity of the people who continue to support the aging network in Kalamazoo is overwhelming. A very special Thank You to our sponsors and partners:



Sponsors

Aetna Better Health
Gary Sisters Foundation
Life EMS Ambulance
Don & Joyce Ryan

Partners

Friendship Village of Kalamazoo
Langeland Family Funeral Homes, Inc.
Schupan & Sons, Inc.
Mike & Sharon Seelye Family Foundation
Zemlick Office Products

In addition to our wonderful Sponsors and Partners, there were many dedicated hands who worked to make this event run smoothly. Thank You to Jay Asher from a3design for the programs, Angelo Bonita for the beautiful corsages and boutonnieres; and Lending Hands of Michigan, Inc. for supplying the wheelchairs. Additionally, I want to recognize the musical entertainment from Mall City Harmonizers, floral arrangements by Wenke Greenhouses, and the support of Kalamazoo County Advocates for Senior Issues, Pinnacle Senior Care, QElderlaw, PLC, and Deacon Louis Zemlick.

See Centenarians, p. 2

Independence Day

Wednesday, July 4

Offices Closed



Mark Your Calendar



**SAY yes
=TO=
SENIORS**

Read...

**10 Things to Know
About the August 7
Senior Millage.**

Friday, July 27: Professionals Focused on Aging (PFA) meeting, 8:00 AM., Senior Services, 918 Jasper St., Kalamazoo. Speaker: Malinda Bell, MD, Adm., Grace Guest House, on *Ethics in Gerontology—What do you do when no one is looking?*



Tuesday, Aug. 7: State Primary Election Day; Senior Millage on the ballot.

Friday, July 27: Disability Network Southwest Michigan celebrates the

28th anniversary of the Americans with Disabilities Act, at 517 E. Crosstown Pkwy, 11:30 AM to 1:30 PM. Free lunch, presentations & awards. For more call 345-1516 ext. 119.



Monday, Aug. 20: KCASI meeting, 1:15 PM at Portage Senior Center. The program will focus on the direct care worker crisis. See KCASI p. 6
No KCASI meeting in July.

Thursday, Aug. 23: Elder Abuse Prevention Coalition meeting, 1:30 –3:00 PM, at Miller Johnson, Radisson Plaza Kalamazoo. *No Elder Abuse Prevention Coalition meeting in July.*

SAVE THE DATE!

For the 22nd annual

SENIOR EXPO

See p. 5

Centenarians, from p. 1

Our hats go off to the diligent work of the event chair, Joyce Ryan and co-chair, Don Ryan and the steering committee: Kimberly Middleton, Amanda Lemmer-Willer, Janice Bonita, Brien Brockway, and John Hilliard. Lastly, I would like to thank the seventeen centenarians who allowed us to honor them during this great event. Thank you for your inspiration, perseverance and fortitude. You are the reason Kalamazoo is a great place to live.

~Anne Zemlick

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Area Agency on Aging, IIIA

Kalamazoo County
Government

Health & Community
Services Department

Anne Zemlick, RN, BSN,
Director



The 2018 Kalamazoo County centenarians!

HEALTHY LIVING PROGRAMS

Now Registering for Classes*

A MATTER OF BALANCE: Managing Concerns About Falls

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

- ▶ Vicksburg United Methodist Church, 217 S. Main, Vicksburg
Mondays & Fridays, August 6–31, 2018, 1:00–3:00 PM
For more information, please call Kelly Milliman, Area Agency
on Aging IIIA, 269-373-5021

Pre-registration required:
Please contact **South County
Community Services**
269-649-2901

- ▶ Bronson Athletic Club, Room #2, 6789 Elm Valley Dr.,
Kalamazoo, MI 49009
Mondays, September 10–October 29, 2018, 9:00–11:00 AM

Pre-registration required:
Please contact **Debbie Stewart**
Bronson Trauma Services
Bronson Healthcare Group
269-341-7959
stewadeb@bronsonhg.org

*classes are free—donations are accepted

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.

Evening Class:

Dates: August 15, 22 & 29th
September 12, 19 & 26th
Location: Vicksburg District Library
215 S. Michigan Ave.
Vicksburg, MI 49097
Time: 5:30 – 7:30 PM

Dates: October 16, 23 & 30
November 6, 13 & 20
Location: St. Martin of Tours
2010 Nichols Rd.
Kalamazoo, MI 49004
Time: 2:00 – 4:00 PM

Care for your family member with memory loss can be arranged so you may attend the sessions. Ask for details when you register.

For questions or to register, please contact:

Patti Stratton, LMSW

269.373.5141

psstra@kalcounty.com

I&A Corner Information & Assistance Line (269) 373-5173

Senior Project Fresh

It's that time of year again to obtain your coupons for fresh produce at a local farmer's market! The dates and locations for 2018 are as follows:

Thursday, July 12

Senior Services Coover Center
918 Jasper, Kalamazoo
8:30am - Noon

Friday, July 13

Vicksburg Farmer's Market
301 N Richardson
2 - 4:30pm

Sunday, July 15

Portage City Hall
7900 S. Westnedge
Noon - 2pm

Participants must be Kalamazoo County residents, 60 years or more, and qualify by income. Those residing in subsidized senior housing qualify financially. Participants may each receive one booklet of coupons, so **choose the most convenient site**. Coupon booklets contain \$20 in \$2 coupons, and there is a limited supply.

Applications will be distributed on the day of distribution, or you can pick one up ahead of time at Senior Services between 8:30am & 5pm, weekdays. Income guidelines and proxy information are included with the application. Individuals and/or proxies must bring a picture ID on the day of distribution when the completed application is turned in.

Please note that nutritional education is provided on the day of distribution. There may be a short wait.

Custom Care

Peace of Mind

Custom Care is a unique fee-for-service program offered by Geriatric Care Consultants who specialize in meeting the support needs of older adults and their families. The nurses and social workers possess advanced training and extensive knowledge about the availability, quality and cost of services

in the community and help ease the stress of navigating long-term care solutions. They are also available to be the eyes and ears of long distance caregivers and have the expertise to build consensus among family members.

Call the Area Agency on Aging's Information & Assistance line at (269) 373-5173 for your free phone consultation.

The **Osher Lifelong Learning Institute at WMU** offers high quality non-credit programs for mature adults in the greater Kalamazoo community. Download the [Courses and Trips catalog](#) for summer 2018. The catalog contains general information about the Osher Lifelong Learning Institute at WMU as well as detailed information about the courses, trips and events planned for the coming session.

Osher Lifelong Learning Institute at WMU – Ph. 269.387.4200



Senior Expo is the First Tuesday in October!



The 22nd annual SENIOR EXPO, organized by the Kalamazoo County Area Agency on Aging IIIA, is set for Tuesday, October 2nd, and what a memorable event it's sure to be! We are taking a look back at Kalamazoo's history, and moving forward to the future by getting our vaccines and getting valuable information—all under one roof! This free community event will be held at the Expo Center on Lake Street from 9 AM to 3 PM and we hope you'll be there.

Our major sponsors will be Borgess/Ascension and Bronson, who will have flu shots available with your insurance card. Pneumonia vaccines, memory screens, and non-fasting health screens will be provided free.

Spark magazine will have a special Senior Expo insert in the September issue with articles of interest on your health. Look for this free publication in locations all over Southwest Michigan.

Exhibitor registration is now open. For more information on being an exhibitor or sponsor, please visit our Web site at www.kalcounty.com/aaa/senior_expo.htm.

Many thanks to 2018 Sponsors for their support!

Gold: Borgess/Ascension, Bronson Hospital

Silver: Heritage Community of Kalamazoo, Senior Services Southwest Michigan, SW Michigan Spark

Bronze: Beltone Hearing Center, Betzler Life Story Funeral Home, Lakeshore Home Health Care Services, Inc., Langeland Family Funeral Homes, Life EMS Ambulance, MeridianCare, Park Village Pines, Pride Care Ambulance, Priority Health Medicare, Right at Home—In-Home Care & Assistance, Western Michigan University Aging Services

Kalamazoo County Advocates for Senior Issues

KCASI program meeting takes off the month of July. The next meeting is scheduled for Monday, August 20th.

KCASI Program Meetings

1:15 to 2:45 PM

Portage Senior Center, 320 Library Lane, Portage

Visit KCASI on the Web at www.kcasi.net or on Facebook www.facebook.com/KalamzooCountyAdvocatesforSeniorIssues/ for current information.



KCASI is a 501(c)(3) organization whose purpose is to advocate as a non-partisan group for the improvement of conditions affecting the lives of older adults and future generations.

Goodbye Gull Road—Hello Alcott Street!

As you may know, the Area Agency on Aging IIIA, as part of the Kalamazoo County Health & Community Services Department, is leaving the Nazareth Complex on Gull Road. We will be on the 3rd floor of our new location at 311 East Alcott St., Kalamazoo, MI 49001. Our phone numbers will not change.

WE'RE MOVING

The Kalamazoo County Health & Community Services Department is moving to a newly remodeled, improved facility to **BETTER SERVE OUR CUSTOMERS & COMMUNITY!**

Last day at Nazareth
July 27

Closed
July 30—August 3

Re-Opening August 6
311 E Alcott



All the same clinics, programs & services. Same office & walk-in hours.

311 East Alcott

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



Kalamazoo County Health & Community Services is committed to providing equitable, culturally competent care to all individuals served, regardless of race, age, sex, color, national origin, religion, height, weight, marital status, political affiliation, sexual orientation, gender identity, or disability.

Your Connection to Information & Community Supports

AAAIIA News

Staff Anniversaries

These team members are celebrating milestones!

July

Judy Hayes, Admin. Assist. & Billing Specialist, AAAIIIA/Choices for Independence program — 7 years with HCS

August

Brien Brockway, Quality Assurance & Planning Coordinator, AAAIIIA — 2 years

Janice Bonita, Admin. Assist., AAAIIIA — 11 years

Don Ryan, Chair of the Older Adult Services Advisory Council, was appointed Vice-Chair of the Michigan State Senior Advisory Council. *Kudos!*

