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**New Year's Day County Holiday**

**Offices closed**



**January 21  
Martin Luther King Jr. Day  
and  
February 18  
Presidents Day**

**Offices open**



KALAMAZOO COUNTY GOVERNMENT

In the Pursuit of Extraordinary Governance

Health and Community Services Department

# Area Agency on Aging IIIA The Advisor

January/February

2019/Issue 1

## Start the New Year with Healthy Living

The start of a new year is when many of us resolve to improve our fitness and overall health. It's also a good time to remind you of the Kalamazoo County AAIIIA's Healthy Living Programs, and to introduce you to a new workshop for us: Dealing With Dementia.

### A Matter of Balance

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. According to the CDC, one in four Americans aged 65+ falls each year.

A Matter of Balance is for individuals 60 and older and is designed to reduce the fear of falling and increase activity levels. It includes 8 two-hour sessions led by a trained facilitator with guidance and support by a Master Trainer.

### Personal Action Toward Health (PATH)

PATH is a workshop that empowers people to take an active role in managing

a chronic or long-term health condition.

Workshops meet for 6 weeks, in 2-1/2 hour sessions each week.

Emphasis is placed on creating personal action plans and setting practical, achievable goals.

Participants learn strategies to help them deal with problems such as pain, fatigue, and difficult emotions.

The PATH workshop is not disease specific; rather, it is for adults with any chronic or long-term health conditions. Family members, friends, and caregivers may also attend.

### Creating Confident Caregivers® (CCC)

is a six-week program for family caregivers of persons with dementia or memory loss who are living at home. It provides

knowledge, skills, and information to improve caregiving for both the caregiver and the person with Alzheimer's or dementia-related diseases. This popular, evidence-based program has been offered continuously by the AAIIIA since 2012.

### Dealing With Dementia

Are you a professional caregiver? Do you need help with understanding dementia? managing problem behaviors? handling stress? If so, we invite you to attend a 4-hour workshop offered in either January or February to assist professional caregivers who live or work in Kalamazoo County. This workshop, developed by the Rosalynn Carter Institute for Caregiving, is being facilitated by a trained, master-level social worker with the AAIIIA.



Recent CCC graduates at St. Martin of Tours

For more on classes and how to register, please see p. 3

## Mark Your Calendar



**Wednesday, Jan. 9—**  
**Older Adult Services Advisory Council (OASAC) Meeting**, 3:30 PM at HCS Dept., 311 E. Alcott St., Room 361. Check HCS Web site for changes or cancellations at [http://www.kalcounty.com/public\\_notice.php](http://www.kalcounty.com/public_notice.php)

**Tuesday, Jan. 15—**  
**Suicide Prevention Action Network Coalition Meeting**, 4:30–6:30 PM, Gryphon Place, 3245 S. 8th St., Kalamazoo. To RSVP or for questions, please contact Kristen Smith at [ksmith@gryphon.org](mailto:ksmith@gryphon.org).

**Thursday, Jan. 24—**  
**Elder Abuse Prevention Coalition Meeting**, 1:30 PM at the Radisson Plaza Hotel, Suite 200, 100 W. Michigan Ave., Kalamazoo.

**Friday, Jan. 25—**  
**Professionals Focused on Aging Meeting**, 8:00 AM at Senior Services, 918 Jasper St., Kalamazoo.

**Wednesday, Feb. 13—**  
**OASAC Meeting**, 3:30 PM at HCS Dept., 311 E. Alcott St., Room 361.

**Friday, Dec. 14—**  
**Professionals Focused on Aging**, 8:00–10:00 AM at Senior Services.

**Monday, Feb. 18—**  
**Kalamazoo County Advocates for Senior Issues meeting**, 1:15–2:45 at Portage Senior Center, 320 Library Ln., Portage. *See p. 4.*

**Thursday, Feb. 28—**  
**Elder Abuse Prevention Coalition Meeting**, 1:30 PM at the Radisson Plaza Hotel, Suite 200.

# 2019

## Holiday Donations Help Spread Gladness

On December 13th, AAA staff and volunteers wrapped and packed over 60 bags full of gifts to be delivered to elders in Kalamazoo County. We are honored to be able to provide this holiday cheer each year to those who might otherwise receive nothing. The items collected included hand-made quilts and walker bags, gloves and hats, fruit and candy, toiletries, pet food, gift cards, and other much-needed gifts.



This effort is made possible through the generous donations from staff, co-workers, community members, family and friends, and we thank each one of them for their overwhelming thoughtfulness:

Don & Joyce Ryan  
 Judy Adlam  
 Lauren King  
 John Hilliard  
 Anne Zemlick  
 Carol Decker  
 Megan Trotter  
 Tim Charron  
 Beth Ridge  
 Samantha Carlson

Anji Phillips  
 Laurie Palanca  
 Kathryn Hanfland  
 Ralph Gates  
 Molly, Borgess Gardens  
 Carol Decker  
 Brenda George  
 Don Saldia  
 Kelly Quardokus, QElderlaw  
 Mary Franks

Celia Banuelos  
 Ashley Kendall  
 Jean Whaley  
 Melissa Hayes  
 Kalamazoo Co Govt.  
 Virginia Mattox  
 Inara Pierce  
 Sara Wick  
 Ros Robbert

*See Holiday, p. 5*

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 Government  
 Health & Community  
 Services Department

## Creating Confident Caregivers®

**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.

### *Class Offered*

**Dates:** March 20 & 27th, April 3, 10, 17, & 24th

**Location:** Health and Community Services

311 East Alcott Street  
Kalamazoo, MI 49001

**Time:** 2:00 to 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. Classes are free with donations accepted.*

**To Register or for more information, contact:**

**Patti Stratton, LMSW, Master Trainer,**  
269.373.5141 or Email: [psstra@kalamazoo.org](mailto:psstra@kalamazoo.org)

## Dealing With Dementia Workshop

The **Dealing With Dementia** workshop, developed by the Rosalynn Carter Institute for Caregiving, is being offered by the Area Agency on Aging IIIA. This free, 4-hour workshop is an evidence informed educational support program for professionals living or working in Kalamazoo County.

January 23rd **OR** February 26th

From 8:00 AM to 12 noon

Kalamazoo County Health & Community Services  
311 E. Alcott Street, Room 361, Kalamazoo, MI

**Registration is required to attend. Seating is limited to 20 individuals per class.**

**Click here for online registration:**

[Dealing With Dementia Registration](#)

**Contact person:**

**Patti Stratton, LMSW, [psstra@kalamazoo.org](mailto:psstra@kalamazoo.org)**

## A Matter of Balance & PATH

**A Matter of Balance** is an award-winning program designed to manage falls and increase activity levels.

### *Class offered:*

**January 14 – March 4, 2019**

**1:30 to 3:30 PM**

**Portage Senior Center, 320 Library Ln.**

Classes are free—donations are appreciated.

Registration in advance is required. Please call Portage Senior Center at 269.329.4555.

### **Volunteer Coach Training**

Become A Matter of Balance Coach. It's free!

**February 11 & 12, 2019**

**12:30 – 4:30 PM**

What do you need to be a coach?

- 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

**Sign up today! ►**

**Personal Action Toward Health (PATH)** is designed to provide the skills and tools needed by people living with chronic health conditions to improve their health and manage their symptoms. As a result, people are better equipped to face the daily challenges of living with a chronic condition.

**Kalamazoo County Area Agency on Aging IIIA is offering 6 week PATH class:**

**January 25<sup>th</sup> – March 1<sup>st</sup> (Fridays)**

**1:00 to 3:30 PM**

**Health and Community Services  
311 E. Alcott Street  
Kalamazoo, MI 49001**

**Registration required.**

**Contact Kelly at 269.373.5021.**

**Class is free—donations accepted.**

*For more information about classes, training, and schedules, please contact:*

*Kelly Milliman, LLBSW, Master Trainer, at 269.373.5021*

## Kalamazoo County Advocates for Senior Issues

Kalamazoo County Advocates for Senior Issues is accepting membership applications for 2019. It is the organization that works closely with the AAAIIA on issues of importance to older adults. The KCASI website is [www.kcasi.net](http://www.kcasi.net) where an individual, couple, non-profit, business or sponsorship forms are located.



KCASI will start out their program year on February 19<sup>th</sup> at 1:15 PM at the Portage Senior Center with a review of 2018 and an opportunity for attendees to understand and express their views on the issues to be addressed in 2019, which span all governmental levels.

### You're invited to attend:

**When:** Monday, February 18, 2019

**Time:** 1:15 — 2:45 PM

**Location:** Portage Senior Center, 320 Library Lane, Portage

*For more information on KCASI, visit [www.KCASI.net](http://www.KCASI.net)*

*or on Facebook at <https://www.facebook.com/KalamazooCountyAdvocatesforSeniorIssues/>*



*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.*

The **Osher Lifelong Learning Institute at WMU** is gearing up for its Winter/Spring session of classes and trips. If you are looking to increase your knowledge about something you wished you knew more about, or just want to take a class or trip for fun, OLLI is the place for you! Information is available on their website: [www.wmich.edu/olli](http://www.wmich.edu/olli). BUT, don't delay as OLLI classes and trips fill up fast.

If you are considering becoming an OLLI member, do it now as membership brings many benefits including being able to sign up for classes ahead of others. Check out the website for how to become a member.



**Congratulations to Don Ryan**, Chairman of the AAAIIA Older Adult Services Advisory Council, on his appointment to the **Aging Network Waiting List Workgroup** of the State of Michigan Advisory Council on Aging, upon the recommendation of Commissioner Kathleen LaTosch to the Commission on Aging. The workgroup is for the purpose of:

- Establishing consistency among regions across the State in defining wait list criteria, assessing need/priority of service, and counting participation.
- Mapping wait lists, their attendant local millage levels, and the complexities that local millage funding creates at the regional level to provide guidance to the State on funding, and
- Identifying alternative options for funding wait list services, such as looking at the potential for the federal Nutrition Service Incentive Program (NSIP) to reimburse a portion of meal expenses, considering cost-

# 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.

## Centenarian Luncheon 2019

The third annual Kalamazoo County Centenarian Luncheon will be held this spring, and the planning committee is looking for Kalamazoo County residents 100+ to invite as honored guests.



If you know someone who was born in the year 1919 or before, please send centenarian's name and contact information to Janice at the Area Agency on Aging, [jgboni@kalcounty.com](mailto:jgboni@kalcounty.com) by April 1st so they can receive an invitation.

This is a wonderful event and a tribute for those who've lived these many decades. Others interested in attending will have an opportunity to purchase seats in the coming weeks. The event is solely supported by sponsor donations. Information on how you can sponsor will be available soon.

More information will be in *The Advisor* newsletter March/April issue, and on the AAIIIA Web page at [www.kalcounty.com/aaa/celebrate\\_elderhood.htm](http://www.kalcounty.com/aaa/celebrate_elderhood.htm).

*Holiday*, from p. 5

I walked into W.'s apartment with a box full of presents. His eyes were wide as he could not believe all of them were for him.

W.'s excitement for the deodorant, shampoo, flashlight, hat, gloves, and dish towels was precious! I could tell he was fighting back tears. He needed all of those items and doesn't have extra money, so this was a real treat.

Then...he opened pillows, sheets, blankets, and towels. He mentioned he hasn't had new pillows in over 10 years and he had no sheets on his bed. W. could no longer hold back and tears began rolling down his cheeks. His words were, "I haven't had a Christmas present in years, but I haven't had a Christmas like this since I was a kid." Thank you to everybody for everything! ~Patti Stratton, LMSW

## I&A Corner

Information & Assistance 269.373.5173

### A Guide to Services for Older Adults

The Aging & Adult Services Agency (AASA) recently released of a new resource guide, *A Guide to Services for Older Adults*. It is aimed at helping Michigan residents find local agencies that provide services to older adults and family caregivers. The guide will be updated annually.

You may download a copy of the guide by visiting the [AASA website](#).

Michigan residents may request a hard copy of the guide by contacting AASA via email at [OSAInfo@michigan.gov](mailto:OSAInfo@michigan.gov), by calling 517-373-8230, or by messaging the agency on [Facebook](#).

Kalamazoo County  
Area Agency on  
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Kalamazoo, MI  
49001



*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

**WELCOME!** **Samantha Carlson**, MSW, will take the helm as Director of the Area Agency on Aging IIIA January 7, 2019. She comes to us from the West Michigan Cancer Center and has been a valued member of the AAAIIA Older Adult Services Advisory Council for two years. We look forward to her arrival and toward her leadership to steer us into a new year!

**Laurie Palanca**, LBSW, Information & Assistance Specialist for over 10 years, is retiring January 18th. Laurie's professionalism and caring shown during her tenure here has been a huge asset to our agency, and we are very sorry to see her go. We wish her all the best!

Two Information & Assistance social workers will be hired to take her place—a much needed staffing increase—made possible, in part, by the senior millage.

*Let's give a big hand to these staff members celebrating anniversaries!*

January:

**Kelly Milliman**, LLBSW, Care Consultant & Master Trainer for Matter of Balance and PATH programs—**2 years**

February:

**Patti Stratton**, LMSW, Care Consultant & Master Trainer for Creating Confident Caregivers program—**14 years**

**Anji Phillips**, Investigative Teams Coordinator—**2 years**