

## In this issue:

Mark your calendar, p. 2

KCASl in February, p. 2

How's your brain health? p. 3

What's *Health Equity*? p. 4

CentraCare PACE Program comes to Kalamazoo, p. 5

Flu Season's Here! P. 6

Free Food Available, p. 7

and more!

**Tuesday,  
January 1:  
New Year's  
Holiday –  
Office Closed**

**Monday,  
January 21:  
Martin Luther  
King, Jr. Day –  
Office open**



**Area Agency on Aging<sup>IIIA</sup>**  
Kalamazoo County  
**Health & Community Services**

## Happy New Year!

I don't know about you, but it seems that the older I get, the faster time slips by. I think I lost a couple of years as I recall that I've been here for over 15 years but it only seems like 10.

2013 is going to be a year of interesting "happenings" in the aging network both locally, statewide, and nationally. For example:

- it's the year for area service providers to submit "Requests for Proposals" in response to the funding we have for services;
- we will develop a multi-year plan that covers three years and looks at what our goals and priorities are to work towards making Kalamazoo County a good place to grow old in no matter where one lives;
- we will continue to work on the Aging & Disability Resource Consortium of Kalamazoo County, an initiative that will help the increasing number of baby boomers and older adults find the information they need with one phone call;
- it is the year that our local PACE Program opens, operated through CentraCare, which is featured in an inside article;
- and, we will watch state and federal legislation and policies that especially affect our most vulnerable adults and advocate through Kalamazoo County Advocates for Senior Issues, the Older Adult Services Advisory Council, and the provider network.

It is with deep gratitude that I thank our volunteers, staff, and service providers for their commitment, flexibility, and partnerships that make our local aging network exemplary. Wishing you good health, good luck, and good times throughout 2013!

Judy Sivak



## Mark Your Calendar

**Saturday, January 19: National Day of Service.** President Obama will ask Americans across the country to organize and participate in service projects in their communities to honor our shared values and celebrate the legacy of Dr. Martin Luther King, Jr.

**Monday, January 21:** The 19th Annual **Martin Luther King Jr. Celebration**, 9:00–11:00 AM at Ecumenical Senior Center, 702 N. Burdick St., Kalamazoo. Theme: "Seeding the Dream and Keeping Hope Alive," with guest speaker, Pastor Gloria Clark; and "I Have a Dream," by John Davis.

**Monday, January 28: *New Date!*** 1:30–3:00 PM, Special **KCASI Legislative**

**Committee Meeting.** HCS Dept., 3299 Gull Rd., Conference Room A, Wing 2, 1<sup>st</sup> floor.

**Friday, January 25: Professionals Focused on Aging (PFA).** 8:00–9:30 AM at Senior Services, 918 Jasper St., Kalamazoo. The speaker is Art Cole from Kalamazoo Loaves & Fishes.

**Monday, February 18: KCASI** regular meeting is scheduled, 1:15 to 3:00 PM, at Senior Services Coover Room, 918 Jasper St., Kalamazoo. See *KCASI News*.

**Friday, February 22: PFA,** 8:00–9:30 AM at Senior Services. Kelly Quardokus, Attorney, presents *Deeper into Guardianship and Beyond*. ♦

Click ▼  
to check out the:

**Winter  
Community  
Calendar for  
Evidence Based  
Programs**

including the  
AAAIIIIA Healthy  
Living Programs  
*Matter of Balance*  
and *PATH*.

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Area Agency on Aging,  
IIIA, Health &  
Community Services  
Dept., Kalamazoo  
County Government  
Director – Judy Sivak

## KCASI News

Kalamazoo County Advocates for Senior Issues starts off the new year with its first meeting on February 18 addressing the topic of elder abuse prevention.

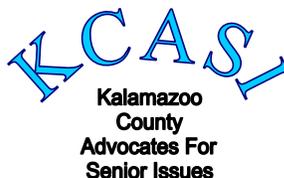
Membership in KCASI is per calendar year. If you have not previously joined KCASI, or haven't renewed for 2013, you can find the form here **2013 KCASI Membership Application Form**

Sponsorship in KCASI is an opportunity to support its advocacy

efforts as well as to network and spread the word about your company or organization. Information on sponsorship is online, click **2013 Sponsorship Form**

KCASI appreciates your support!

Meetings are open to the public.



Thank you 2013  
Sponsors: Area Agency on Aging, Region IIIA; Borgess Health; Crossroads Village Apartments; Disability Network Southwest Michigan; Fresh Perspective Home Care; Life EMS Ambulance; Senior Services Southwest Michigan; Stay Home Companions; and Hospice Care of Southwest Michigan. ❖

## I&A Corner

Information & Assistance line: 269-373-5173

### New Recommendations for Assessing Cognition during Medicare Annual Wellness Visit

Dec. 20, 2012: Until now, there has been no comprehensive guidance to physicians on how to detect cognitive impairment in an individual during the Medicare Annual Wellness visit. This initial detection is the first step in determining whether additional evaluation is needed. With an early diagnosis, individuals can make decisions on available treatments and services, as well as have the opportunity to make financial and care plans.

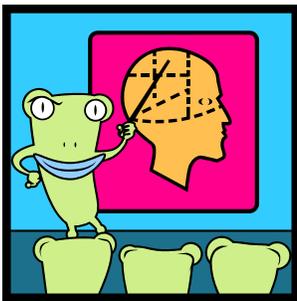
The Alzheimer's Association convened a group of experts to determine an effective, practical and easy process that could be used in the primary care setting. They came up with a comprehensive recommendation for a brief, step-by-step process that includes tools for patients and family members. Several tools were found at no cost to the health

care provider. Positive attributes of the tests are that they take five minutes or less to administer and were relatively free of racial, educational or cultural bias.

Full text can be viewed at [www.alz.org/physicians](http://www.alz.org/physicians) and will also be published in an upcoming issue of *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*. ♦

**TIME IS RUNNING OUT!** If you haven't already decided how you wish to receive federal benefits, you have until March 1, 2013. After that date, federal benefits received from the U.S. Department of Treasury will no longer be sent by mail. If you choose to not reply, you will automatically receive your benefits via the Direct Express® card. Please contact <http://www.godirect.org/> for additional information regarding the upcoming changes.

**Monday—Friday (8 a.m.—8 p.m. EST)**  
[godirectsupport@godirect.gov](mailto:godirectsupport@godirect.gov)  
 1-877-874-6347



Excerpted from American Society on Aging webinar entitled "Nutrition and Brain Health" with Julia Turner, MMSc, RD, LN

The human brain comprises only 2% of body mass yet uses 20-30% of energy intake in a body at rest. Healthy brains need to be well nourished; they prefer a constant, steady supply of glucose. Julia Turner, MMSc, RD, LN, advises

## Improve Brain Health through Nutrition

balanced meals with at least five 1/2-cup servings of fruits/veggies per day, incorporating more whole grains in our diets, avoiding junk foods, adding spices, and choosing organic, locally grown meats and produce.

The foods that we eat have an effect on neurotransmitters (the brain chemicals that allow connections in the brain). Protein, for example, is believed to increase alertness and concentration.

Carbohydrates are believed to increase calmness and relaxation. Turner suggests that we eat more protein at

breakfast and lunch to increase alertness, and save carbohydrates for later in the day.

Certain nutrients have been found to be beneficial to brain health. Omega-3 fatty acids, for example, have been found to have positive effects on brain health. A study of 260 healthy people (Raji, C., et al., 2011) found that those who ate baked or grilled fish on a weekly basis had better cognitive function and better levels of gray matter in the brain.

Interestingly, fried fish did not show the same benefits. Grass-fed meats (versus

grain-fed) are also a good source.

Other nutrients/foods that have been found to be beneficial include green tea, choline (found in egg yolks, wheat germ and soy lecithin), vitamins D, E and B, and spices such as cinnamon, curcumin, and cloves. We are also encouraged to spice up our meals.

The best news is that it is never too late to make meaningful dietary changes that will enhance brain health!

Contributed by  
 Judy Adlam, MSW,  
 Care Consultant and  
 I&A Specialist

## Equity

Health equity is defined as society's response to address avoidable inequalities by equalizing the access to health for all groups, especially those who have historically experienced socioeconomic disadvantages. The question may be asked, "How do we as a society address this historical issue?" The answer from the Department of Health and Community Services is, "face it head on, create a center that can describe the issue, and prescribe a solution: EDUCATION."

Recently the staff of the Area Agency on Aging Region IIIA was involved in a workshop on "Health Equity and Social Justice." The presenter, Karika Phillips, Director for the Center for Health Equity, presented a compelling view of our community and how the social determinants of health are widespread and exist at the core of how our community addresses health equity.

During the discussion we looked at the makeup of our neighborhoods; for example, which neighborhoods have the most liquor stores? Which have the most credit unions? Once the group thought about this, the little "cloud bubble" above each person's head showed that the questions had penetrated their collective psyche and stimulated an assessment of their neighborhoods and personal belief systems.

From these reflections a question surfaced: How do you perceive health equity and its impact? The responses included comments such as, "I think the workshop should be mandated throughout all departments of County government, so people can recognize their own biases when it comes to equity" and, "I was shocked to learn that the death rate of black babies was greater than white babies and that the stress of being black is an everyday occurrence".

When thinking of stress, do you think of it in terms of its *socioeconomic* implications? Stress is oftentimes associated with the amount of work required to complete a task, to how a spouse will react to reaching the maximum spending limit on credit cards, or how to get the kids to the orthodontist for their check-ups.

*Equity stress* is different; it can have a physical, emotional and psychological impact that can change the direction of a person's life. Facing inequities daily can be a tragic reminder of how little a person's overall value is in the community.

Many of the people we see through the lenses of our biases don't have jobs, so they don't worry about completing a job task; the majority don't have to worry about maxing out their credit cards because they will

never have one; and the orthodontist—forget about it. How do we change these lenses? When do we sit down and have open conversations about our biases and look at equity as a social determinant that is impacting communities? The Health and Community Services Department has taken that first step with the formation of the Center for Health Equity, and in realizing that equity is a systemic issue that needs to be addressed in a methodical way by looking at all of the critical indicators that will impact change.

The Area Agency on Aging IIIA staff will be the lamp bearers to help guide change in our department, in the lives of people we encounter, and in our personal lives. Let's keep the conversations going.

*Lucinda M. Stinson, MPA,  
Quality Assurance &  
Planning Coordinator*

## Thank you ~ Fresh Perspective!

With warm hearts, the Choices for Independence program staff would like to say "Thank You" to

Fresh Perspective Home Care for providing generous Christmas bags for some 20 of our clients this year.



Thank You Santa David and your merry elves!



## Welcome CentraCare – The only PACE program in Kalamazoo County!

Beginning in 2013, Kalamazoo County residents who are 55 or older and in need of nursing home level of care, but who are able to remain safely in their home and community with assistance will have a new resource. CentraCare, a PACE Program (Program of All-Inclusive Care for the Elderly), will provide comprehensive high quality community-based medical care and social services for low-income adults at their day health center in downtown Kalamazoo.

CentraCare CEO, Rod Auton, and his team have successfully managed the PACE program in Battle Creek since 2009 and are looking forward to working with Kalamazoo area providers on this life-changing program. The recently renovated 16,000 square foot CentraCare facility is located at 445 West Michigan Avenue and expects to employ 65-70 staff members and serve up to 225 PACE participants.

The idea behind a PACE model of care is that it is better for frail adults with chronic health or cognitive conditions to remain in their home whenever possible. PACE coordinates each participant's care at their day health center under the direction of an Inter-Disciplinary team consisting

of representatives delivering many services, including (but not limited to):

- Primary Medical Care (physicians and registered nurses)
- Physical, Occupational and Recreational Therapy and Social Work
- Nutritional and Dietary Counseling (registered dietitian); including assistance with meal preparation and home delivery
- Home care coordination and personal care/chore service
- Pharmacy medication management and disbursement (as a Medicare Part D provider)
- Transportation (to the day health center and other medical specialist appointments as needed)
- Socialization at the center to decrease isolation and boredom and provide safe exercise and activity
- Durable medical equipment, supplies and lab tests (as needed)

The Kalamazoo PACE Stakeholders group who helped launch the new PACE program is a collaborative comprised of representatives from Bronson Methodist Hospital; Senior Services of

Southwest Michigan; Hospice Care of Southwest Michigan; Area Agency on Aging (IIIA); Borgess Health; Disability Network of Southwest Michigan; Heritage Community; Kalamazoo Center for Medical Studies; Kalamazoo Community Mental Health & Substance Abuse Services; Kalamazoo Family Health Center; Michigan Department of Human Services, Western Michigan University; and CentraCare, Inc.

Likely candidates who could benefit from the PACE model of care include those who are having difficulty managing appointments, finances, medications and chronic health conditions. Often, PACE participants have declining ability to perform activities for daily living, such as meal preparation, housework, shopping or transportation, and an increased need for assistance with bathing and personal hygiene, dressing and moving around their home. Unfortunately, they often also experience an increase in falls and visits to the ER or urgent care.

If you have questions, please contact Sarah Vollink, CentraCare Marketing Manager at (269) 441-9312 or [s.vollink@mycentracare.com](mailto:s.vollink@mycentracare.com).

###

The Older Adult Services Advisory Council said "goodbye" to two members on December 12th:

**Joan Gray** served on the Council for twelve years. Our sincere thanks to Joan for sharing her time, knowledge and sense of humor at this volunteer position. She will be missed!

**Commissioner John Gisler** was appointed to the Council at the beginning of 2012 and brought his unique insights to the group's dynamic. We learned much from each other!

Many, many thanks to Joan and John. Their volunteerism will surely continue in other ways in Kalamazoo.

*"Your vocation in life is where your greatest joy meets the world's greatest need."*

*Frederick Buechner*

The flu season is upon us in full force! We know it comes every year, but this year it is hitting earlier and harder. As of the end of December, the Centers for Disease Control ([www.cdc.gov](http://www.cdc.gov)) reported yet another week that influenza activity has been elevated above the national baseline. That makes 4 consecutive weeks of higher than normal numbers of people coming down with the flu or flu-like illness. We have not reached pandemic level yet, but could this flu season.

How can you protect yourself & those around you? **Get your flu shot!** It is not too late (available through your local pharmacy, health department or physician). The flu shot can help minimize your chances of contracting the flu and spreading it to others. This is especially important if you are caring for, or living with, others who are not eligible for the flu shot because of illness or other health conditions. **YOU are** their first defense against contracting the flu!

Symptoms of the influenza include: Fever (at or above 100°F or 37.8°C), cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting & diarrhea. The flu is hardest on the most vulnerable, which are young children and older adults because their immune systems may not work as well. What to do if you come down with the flu?

- 1. STAY HOME!!!** This is vital to preventing complications of the flu such as pneumonia or death! It is also vital for preventing the spread of the illness to others. If you have a fever, you should stay home until you have been without a fever for 24 hours (this is without the use of fever reducing medications).
- 2. Do it in Your Elbow!** Cover your nose and mouth when you sneeze or cough. Use a tissue or your elbow, not your bare hand. Wash hands often. Use hand sanitizer when unable to wash your hands, but wash them with soap & water as soon as possible.
- 3. Drink plenty of water and other clear liquids.** Avoid fluids with caffeine as they may contribute to dehydration.
- 4. Treat fever & cough with over the counter (OTC) medications as recommended by your physician.** OTC remedies can be very helpful, but can also interact with other medications. So, check with your doctor and/or pharmacist before taking OTCs to manage symptoms.
- 5. Visit your doctor for severe symptoms, if are pregnant, or have medical conditions that put you at higher risk of complications** (i.e., 65 years or older, very young, have chronic lung disease such as asthma, diabetes or heart disease).

**Medical Emergency!** The following are symptoms that could be life threatening and warrant emergency medical care:

<b>SEEK EMERGENCY MEDICAL ATTENTION FOR THE FOLLOWING:</b>	Infant	Child	Adult
Trouble breathing (Rapid breathing in child)	√ <b>Immediately</b>	√	√
Pain or pressure in chest or abdomen	√	√	√
Sudden dizziness	√	√	√
Confusion	√	√	√
Severe or persistent vomiting	√	√	√
Flu-like symptoms that improve, but then return with fever and worse cough	√	√	√
Being unable to eat/drink	√ (Also fewer wet diapers)		
Not waking or interacting	√	√	√

# 'Twas the day of the staff lunch...

**Dec. 17, Nazareth:**

Holiday door decorating brought out the competitive nature in some of our staff (I'm not naming any names. Suffice it to say, décor was held for ransom by a particularly "spirited" competitor!). Ho Ho Ho...all in good fun, and in the spirit of the season. Check out the winners and runners up!



1st place, Betsy and Judy A.,  
Staff Angels



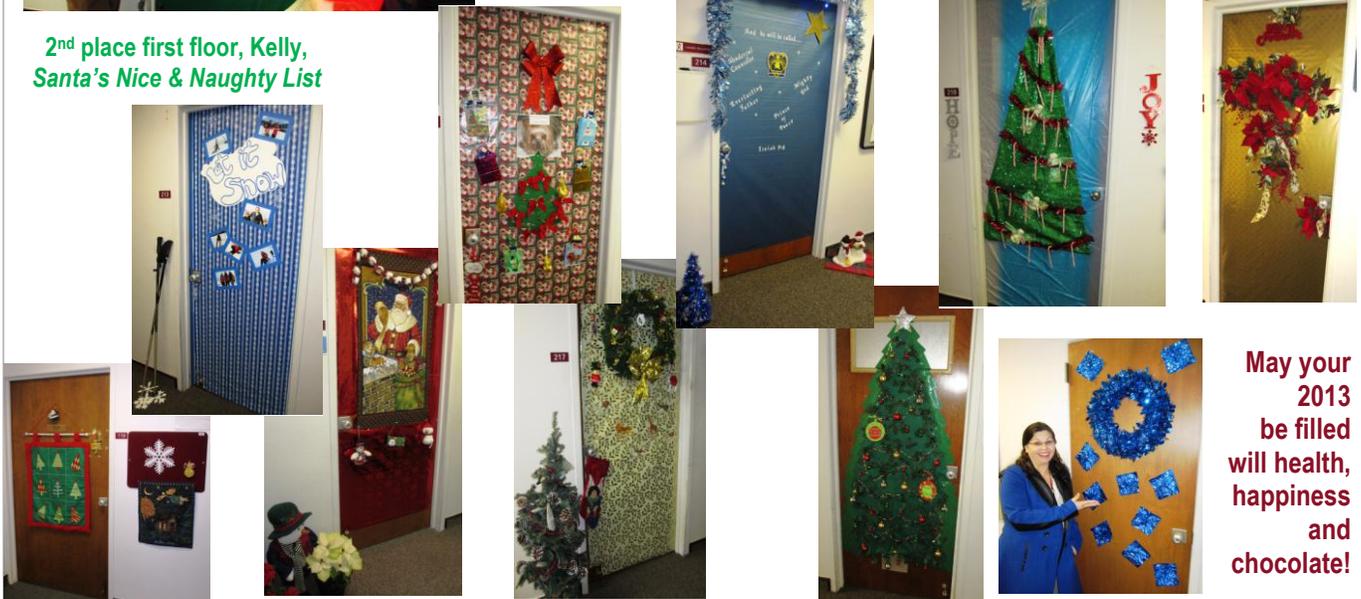
2nd place, Patti and Marilyn,  
O Christmas Tree...Wonderful Staff



2nd place first floor, Kelly,  
Santa's Nice & Naughty List

**To the also-ran-dears:**

On Judy, On Janice, On Laurie and Anne;  
On Lucinda, On Interns, On John the Ombuds-man;  
On Cathy, On Kristin, don't cry and don't sniff;  
We'll always have next year, unless we fall off the cliff!



May your 2013 be filled with health, happiness and chocolate!

You've read on page 3 how to improve your brain health through nutrition...

...now, why not start out the new year with some Brain GAMES?!

AARP has number, word, analytical, and many more games online. Go ahead...it can't hurt!

[http://www.aarp.org/health/brain-health/brain\\_games/](http://www.aarp.org/health/brain-health/brain_games/)

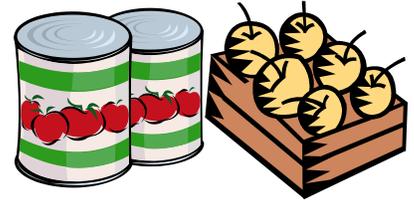
*Our lives begin to end the day we become silent about things that matter.*

*Martin Luther King, Jr.  
1929-1968*

## Free Food Distribution Schedule

Click on the Free Food link for the 2013 schedule of dates and locations where free fresh produce and

other grocery items are distributed through the Mobile Food Initiative.



[Free Food](#)



Staff members celebrating anniversaries in February are...

## Staff News

John Weir, Long Term Care Ombudsman, who will be with the Kalamazoo County Government for 16 years!

And, Patti Nash, Care Consultant with CFI, will celebrate 8 years!

CONGRATULATIONS John and Patti! Thanks for your dedication!

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