

Inside this issue:

Mark Your Calendar	2
I&A Corner	2
KCASI News	3
Savvy Caregivers	3
Healthy Living Programs	4&5
Older Drivers	6
Able to pay for services?	7
Staff News	8

...and more



Martin Luther King, Jr. Day
January 18th
Office Open



Presidents' Day
February 15th
Office Open

Area Agency on Aging IIIA The Advisor



January/February

2016/Issue 1

Grazi! Danke! Merci! Thank you!

As we are winding down from the excitement of the holidays, and anticipate the unknowns of a New Year, it is important to take a moment and reflect on the many gifts we have received. On behalf of the staff at the Area Agency on Aging, IIIA, I would like to thank everyone who contributed to the holiday baskets this year. The outpouring of generosity was overwhelming, and we are so very grateful to work with such giving, compassionate people.

This year we identified 60 participants who live alone, have no family, and who, otherwise, would not receive a gift. This was nearly double from the previous year; and, we could

not have accomplished this without the help of so many. Each participant received a blanket, socks, calendar, canned meat, fruit, gloves, towels, wash cloths, and much more! Some received gift cards to Meijer or Hobby Lobby. Others received food and toys for their pets, which was such a blessing. As one of our staff shared, "It is not really important what the gift is, it is the thought and the joy of knowing someone cares."

A common theme in our world today is the idea of "paying it forward," and that is exactly what happened. The generosity of the staff at the Health and Community Services Department, the members of the Older Adult

Services Advisory Council, and Adult Day Services at Oakland Centre, as well as friends and other community members, not only brought great joy to the participants who received the gifts, but have been an inspiration to the AAAlIA staff. While we hear of so many bad things happening in our communities, I encourage all of you to start this new year off on a positive note, riding high on the knowledge that YOU made a difference in the lives of so many.

With humble gratitude,
THANK YOU for sharing and creating a moment of joy in so many lives!

Judy Sivak &
Anne Zemlick

photos on p. 7

Mark Your Calendar



Friday, Jan. 22: Professionals Focused on Aging (PFA) Meeting, 8:00 AM at Senior Services. Cory Weitfeldt, CFP on learning how to plan for your financial future and the future of LTC financing.

Thursday, Jan. 28: Elder Abuse Prevention Coalition Meeting, 1:30–3:00 PM, Miller Johnson in the Radisson, 100 W. Michigan Ave., Kalamazoo.

Monday, Feb. 15: Kalamazoo County Advo-

cates for Senior Issues (KCASI) Meeting, 1:15–2:45 p.m. at Senior Services Coover Rm., 918 Jasper St., Kalamazoo. *MORE ON P. 3*

Friday, Feb. 26: Professionals Focused on Aging (PFA) Meeting, 8 AM at Senior Services.

“Transgender-What You Need to Know,” presented by Charley Renee Bowers .

Thursday, Mar. 3: Veterans Community Partnership “Get in the Know” networking event and quarterly meeting, 8:30 AM–12 Noon, Battle Creek VA Medical Center, Building 6 auditorium. For more information contact Kirsten, (269)966-5600 X35635

The Kalamazoo County Elder Abuse Prevention Coalition will continue its work in 2016. The group meets the 4th Thursday of the month at 1:30 PM in the offices of Miller Johnson, located on the 2nd floor of the Radisson Hotel and welcomes new participants. There is a revised edition of the “Assistance for the Elderly and Other Vulnerable Adults” protocol booklet available at the Area Agency on Aging IIIA’s office. (This booklet is meant to be widely distributed in the county and the Coalition would be grateful to Advisor readers to pick them up. Please let us know you did as we are keeping track of who gets them.) If you are interested in being on the email list for the Coalition, email Judy Sivak at jasiva@kalcounty.com.



I&A Corner

Information & Assistance Line (269) 373-5173

CONSUMERS ENERGY PAYMENT ASSISTANCE PROGRAMS

Most of us have heard about the Winter Protection Plan for low-income customers and adults age 65+. But other helps are also available such as the electric and/or natural gas credits. Regardless of income, adults age 65+ can receive a \$3.50 credit on their monthly electric bills. Low-income adults of any age can receive a \$7 credit (seniors cannot receive both) for electric bills or \$11.50 for their gas bill. However, proof of income is required by a “qualifying agency” every 12 months for the low-income program. Verification may be mailed to: 530 W. Willow, Room 214, Energy & Assistance Dept., Lansing, MI 48906-4754. You will find details of all the assistance programs in this brochure: <https://www.consumersenergy.com/uploadedFiles/CEWEB/SHARED/AssistancePrograms.pdf>.

➤ **The Portage Senior Center Friendship Center congregate meal site will be closing permanently after January 29th.**

The Advisor is published six times a year by the Area Agency on Aging, IIIA. If you would like to receive a copy by mail, please contact:

Janice Bonita, Editor
Phone: (269)373-5147
Email:
jgboni@kalcounty.com

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

Kalamazoo County Advocates for Senior Issues February Program & Member Drive

KCASI starts its new year of programming on February 15th with a discussion of legislative and advocacy issues it worked on in 2015 and what is proposed for 2016. Kalamazoo County Veterans Service Office Coordinator Mike Hoss will update attendees on accessing benefits through the local office and be available to answer individual questions after the meeting. Networking & refreshments starts at 1:15 PM, and the meeting and program are from 1:30 to 2:45, at Senior Services Coover Room, 918 Jasper St., Kalamazoo.

Now is the time to renew your membership or join KCASI as a new member. Contact Janice at jgboni@kalcounty.com, (269)373-5147, for membership or sponsor information.

KCASI depends on its sponsors and members to cover costs associated with monthly programs and advocacy efforts. It is a 501c3 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.

A big THANKS to 2016 Sponsors to date:

- Area Agency on Aging IIIA
- Blue Cross Blue Shield Michigan
- Borgess Health
- Care N Assist
- Disability Network Southwest Michigan
- Guardian Medical Monitoring
- Hospice Care of Southwest Michigan
- New Friends Dementia Care & Assisted Living
- Presbyterian Villages of Michigan–The Village of Sage Grove
- Senior Services Southwest Michigan



Creating Confident Caregivers® class develops savvy caregivers



◀The most recent graduates of the Creating Confident Caregivers® class taught by Master Trainer Patti Stratton, LLMSW.

This six-week class is for those caring for loved ones with dementia or memory loss and provides information and resources to better manage the stress of caregiving. For more information or to register for the March class, please contact Patti at 373-5141 or psstra@kalcounty.com. Respite care can be arranged for the individual with memory loss to enable their caregiver to attend.

HEALTHY LIVING PROGRAMS

Continue on p. 5



MANAGING CONCERNS ABOUT FALLS

Note: Some workshop schedules, because of holidays, may run longer than the number of weeks. Check the schedule on the first day of the workshop to verify all class dates.

A Matter of Balance: Falls Prevention

8-Session Workshops

Matter of Balance (MOB): is a program designed to reduce the fear of falling, stop the fear of falling cycle, and improve activity levels among older adults. MOB is an evidence based program, based in research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University. This program uses a volunteer lay leader model.

MOB classes are offered in four (4) or eight (8) week sessions. You will meet once or twice a week over the four (4) or eight (8) week period. Session days and dates are listed at this link:

**MOB Class
Calendar** 

Classes are free. Donations are appreciated.

For more information, please contact:

Marilyn Reed, LBSW, Master Trainer, (269) 373-5224 or

Email mjreed@kalamazoo.org.

Looking for Volunteer Coaches

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance workshop is a proven program designed to help people manage concerns about falls and increase physical activity. Kalamazoo County Area Agency on Aging is looking for volunteers to help provide this program. **Stipends may be available – call for details.**

Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance.

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

New Coach Training



Tuesday and Wednesday, February 9-10, 2016 – 8:30 AM to 1:00 PM

Kalamazoo County Health & Community Services Dept., 3299 Gull Road

For more information, please contact:

Marilyn Reed, LBSW

Master Trainer, A Matter of Balance

(269) 373-5224 ▪ mjreed@kalamazoo.org

HEALTHY LIVING PROGRAMS



Note: Some workshop schedules, because of holidays, may run longer than the number of weeks. Check the schedule on the first day of the workshop to verify all class dates.

BE A LEADER



PATH (Personal Action Toward Health) 6-Week Workshops

Personal Action Toward Health (PATH): Developed and tested by Stanford University, PATH helps people learn tools and skills for the day-to-day management of long-term health conditions like arthritis, asthma, diabetes, depression, fibromyalgia and heart disease. PATH helps each person better manage their health conditions and their caregivers; Diabetes PATH and Chronic Pain PATH focus on specific conditions. The 6-week workshop meets for 2 ½ hours each week. Classes are facilitated by trained lay leaders.

PATH classes are offered in six (6) week sessions; each class is 2.5 hours in length. You will meet once a week over the six (6) week period.

For a current schedule of classes, click:

PATH Class
Calendar 

Classes are free. Donations are appreciated.

For more information, please contact:

Norma Bour, MS, RD, Master Trainer, (269) 373-5382 or

Email nsbour@kalcounty.com.

PATH Lay Leader Training Opportunity

If you—or someone you know—is looking for a volunteer opportunity, is comfortable in front of small groups, perhaps have a health condition yourself, then consider this free training to become a PATH lay leader:

Lay Leader Training

Thursdays and Fridays

April 7, 8, 14, & 15, 2016

9:00 AM – 5:00 PM each day

Kalamazoo County Health and Community Services Dept., 3299 Gull Road

Applications accepted until Monday, April 4, 2016

For more information, please contact:

Norma Bour, MS, RD, Master Trainer, (269) 373-5382 or

Email nsbour@kalcounty.com.

Older driver? You'll want to follow these links.

Helping Older Drivers Make a Plan before Giving Up the Keys

Because most older adults associate the ability to live independently with the ability to drive, the prospect of eventually “giving up the keys” can be a frightening one. Eldercare Locator, a program established and funded by the Administration for Community Living (ACL) and administered by the National Association of Area Agencies on Aging (n4a), focuses on the challenges older adults face in accessing transportation and the importance of developing a plan to identify their transportation options before they give up the keys. Read the brochure, *Before You Give Up the Keys: Create A Roadmap for Transportation Independence* ➤



Secretary of State Ruth Johnson, MDOT and other officials unveil resources to help aging drivers

Residents 65 and older comprise the fastest growing segment of the state's population

If you are concerned about an aging loved one's driving habits or what will happen when it's time to give up the keys, finding help can be challenging. Click to read more:



Free Food Available for 2016

Groceries will be distributed through the Mobile Food Initiative. See schedule: <http://www.scribd.com/doc/294238651/2016-Mobile-Food-Initiative-Dates>

ACL Launches *What is Brain Health?* Campaign

The Administration for Community Living has launched a campaign to provide information about how the brain changes over time and steps you can take to help keep your brain sharp. The **What is Brain Health?** Campaign also offers tips for talking with loved ones and health care practitioners about symptoms if they arise.

Learn more at www.Brainhealth.gov



See p. 1 article

“Santa’s Workshop”

photos by Patti Stratton



We received generous donations of gifts for the baskets!

Please read the excerpted letter, left, from a gift basket recipient.

I have never before received a gift filled with so much thought and so much love! Being alone at the holidays at this stage of my life is pretty tough for me. But your incredible gift package made me realize I am not really alone...and that there are people who truly care about those of us who feel abandoned. ...I have spent hours holding each gift to my heart. I want each of you to know how very grateful I am to you. (CFI client)



Elves (AAIIIA staff and WMU Med School student interns)

Advisory Council News

The Older Adult Services Advisory Council (OASAC) bid farewell to member, Al Heilman, at the December meeting and thanked him for his service. Welcomed back to the Council is John Hilliard, and re-appointed were Deb Josephson, Clinton Lewis, and Rosamond Robbert, PhD, who complete the 11-member Council along with those continuing their terms. OASAC meetings are usually held the 2nd Wednesday of the month at 4:00 PM in Conference Room B. Visitors are welcome but should contact the AAIIIA office to make sure the meeting hasn't been cancelled.

AAIIIA's Fee-For-Service Program

Custom Care is a fee-for-service program developed in response to consumer demand. Our Geriatric Care Consultants are degreed, licensed and certified professionals who specialize in meeting the long-term care needs of older adults and their families and follow a code of ethics. They possess advanced training and extensive knowledge about the availability, quality, and costs of services in the community and help ease the stress of navigating long-term care solutions.

*Custom
Care*

For more information or to schedule an appointment, please call (269) 373-5173.

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



Osher Lifelong Learning Institute at WMU (OLLI)

Be sure to check out
the Winter/Spring 2016
Catalog of Courses and
Trips



My New Year's
Resolutions are:

1. Stop making lists
2. Be more consistent
3. Learn to count

Staff News

The AAAllIA celebrates two staff members marking anniversaries with us in February. We are so lucky to have such dedicated professionals here!

Patti Stratton, LLMSW, Care Consultant and Master Trainer for Creating Confident Caregivers®, **11 years.**

Norma Bour, MS, RD, Healthy Living Programs/PATH Coordinator and Master Trainer, **4 years.**



Ann Rozsi, LMSW, retires in January. She started as an intern with us completing her MSW a few years ago, and we were so pleased to have her return as a Choices for Independence Care Consultant. We have the highest praise for the passion and enthusiasm she showed for her work. Best of luck in all you do, and we know you'll keep busy!