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**COUNTY HOLIDAY  
Offices Closed**

**January 1, 2018  
New Year's Day**



**- OFFICES OPEN -  
Monday, Jan. 15  
MLK JR. Day  
&  
Monday, Feb. 19  
Presidents' Day**



**KALAMAZOO COUNTY GOVERNMENT**

In the Pursuit of Extraordinary Governance

Health and Community Services Department

# Area Agency on Aging IIIA The Advisor

January/February

2018/Issue 1

## Staying Safe and Warm in the New Year by Janice Bonita



As with many across the mid-west and northeast who can't escape to Florida or Hawaii for the winter, we're already feeling the record-breaking low temperatures! Michiganders are used to cold, snowy winters, but, unless you love ice fishing you may find staying inside is your best option.

We want to safeguard ourselves, our neighbors, friends and relatives, so that we can hope to have a happy, healthy, new year. What are some key things to keep in mind?

Winter weather challenges are amplified for seniors due to age-related complications. Safeguarding senior health in winter involves factoring in both physical and mental health concerns.

Falls are a concern for seniors. Putting road salt, cat litter or sand on sidewalks, steps and driveways will make these areas as slip-free as possible. Wear boots with nonskid soles to make a fall less likely to occur.

Older adults, especially those with heart disease or high blood pressure should leave snow shoveling to others. (FEMA.gov Winter Care for Seniors)

Cold temperatures make older adults susceptible to hypothermia, a dangerous drop in body temperature. A thermostat set at lower than 68 degrees in a poorly insulated house can prove dangerous. Drops in body temperature often cannot be felt, and some may not know that they are too cold or be able to take proper action before it's too late. Read more of *5 Tips for Seniors to Stay Warm this Winter*, [www.generationshcm.com/blog/2016/02/5-tips-for-seniors-to-stay-warm-this-winter/](http://www.generationshcm.com/blog/2016/02/5-tips-for-seniors-to-stay-warm-this-winter/)

Here's information from the National Institute on Aging, which provides more common-sense safety tips: [www.nia.nih.gov/health/cold-weather-safety-older-adults](http://www.nia.nih.gov/health/cold-weather-safety-older-adults)



And, don't forget our furry friends! There may be neighbors with dogs who simply cannot get out for those all-important walks. Why not ask if you can help by taking Rover for a walk with you?

AARP had a prescient article in October indicating this will be an unusually cold season—if you needed confirmation! [www.aarp.org/home-family/your-home/info-2017/cold-winter-predicted-fd.html](http://www.aarp.org/home-family/your-home/info-2017/cold-winter-predicted-fd.html)

Lastly, some local resources that can help with making it through the winter: Kalamazoo County Community Action Agency has funds to help with utility bills for those who qualify. Please contact 269-373-5066 for more information. For more connections to community supports, please contact our Information & Assistance line at 269-373-5173.

## Mark Your Calendar



**Thursday, Jan. 25:**  
**Elder Abuse Prevention Coalition** meeting, 1:30 –3:00 PM, at Miller Johnson, Kalamazoo.

**Friday, Jan. 26:**  
**Professionals Focused on Aging (PFA)** meeting, 8:00 AM. Presentation, *Aging and*

*Spirituality*, with Marcella Clancy, CSJ . Senior Services, 918 Jasper St., Kalamazoo.

**Monday, Feb. 19:**  
**KCASI** meeting, 1:15 PM at **Portage Senior Center**, (*new location*), 320 Library Ln., Portage.

**Thursday, Feb. 22:**  
**Elder Abuse Prevention Coalition** meeting, 1:30 –3:00 PM, at Miller Johnson, Kalamazoo.

**Friday, Feb. 23:**  
**PFA** meeting, 8:00 AM at Senior Services. Topic to be decided.

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:

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Area Agency on Aging, IIIA

Kalamazoo County  
Government

Health & Community  
Services Department

Anne Zemlick, RN, BSN,  
Director

### Save the Date for March 5th!

#### *Back By Popular Demand*

#### “The Age of Love: A

#### Documentary by Steven Loring”

feature-length documentary film that follows a group of 70- to 90-year-olds who attend a speed dating event

#### *See the Film – Meet the Producer!*

Sponsored by the Portage Senior Center. (*Location of screening to be determined.*)

Contact 269-329-4555 for more information & to R.S.V.P.

### Save the Date! March 24th



Saturday  
March 24th, 2018

For more information, contact:  
[Galyn Barnum](mailto:Galyn.Barnum@hri.org) 269-488-0913

## I&A Corner

### Information & Assistance Line (269) 373-5173

#### Kalamazoo County IDs are Coming in January!

**Purpose:** The Kalamazoo County ID is intended to recognize all Kalamazoo County residents and enable them to connect with public safety, civic, and community services.

Without a form of identification, a person is not recognized as a member of the community and not afforded the same opportunities as other community members. Having a form of credible identification enables people to become fully participating members of the community.

**Where to Apply:** Kalamazoo County Administration Building, Rm. 207, 2nd Floor, 201 W. Kalamazoo Ave.

**How to Apply:** You must be able to show proof of residency in Kalamazoo County and provide proof of identity. Applicants must produce photo ID such as a passport, green card, U.S. State ID, tax return, etc.

There are many benefits to having the ability to prove your identity, so, apply for your County ID in January!

## Many Come Together to Give Holiday Cheer

Once again this holiday season, the staff of the Area Agency on Aging IIIA identified elders in our community who would benefit from some holiday cheer. We located close to sixty individuals and provided them with gifts of quilts and afghan throws, socks, hygiene products, gloves and books, as well as some fresh fruit and gift cards to name a few items. Additionally, we were able to provide pet food, toys and other supplies to those with much loved dogs and cats.

Staff delivered these goodies the week of Christmas and shared stories of the joy and happiness the gifts evoked. What a privilege to be able to provide this holiday cheer! However, I must point out that while the AAAIIA staff did much work collecting and distributing these gifts, they would not have been able to accomplish this without the help of so many generous people. It is not often that I feel I can speak for others, nonetheless, I believe the entire team feels the same way when I say that the generosity was overwhelming and warmed all of our hearts.

Hence, on behalf of the recipients of those wonderful gifts and the Area Agency on Aging IIIA staff, and with an overwhelming sense of gratitude, I would like to thank all the giving elves who made this year's holiday brighter. Our deepest thanks go out to the anonymous donors as well as:

- Luann Leverette
- Barb Langshaw
- Carol Decker
- Denise Ulrich
- Irene Steinhardt
- Judy Hayes
- Kimberly Middleton, Life EMS
- Nancy Giffels, Kindred Hospice
- Tim Charron
- Amber Leverette
- Brien Brockway
- Cinda Harvey
- Holisa Easley
- Jean Whaley
- Judy Sivak
- Laurie Palanca
- Ros Robbert
- Virginia Mattox
- Beth Ridge
- Brenda O'Rourke
- Chasity Harter Laws
- Inana Pierce
- Judy Adlam
- Kathryn Hanfland
- Monica Enstinger
- Sara Wick
- Diane Erikson

Jean Whaley, left (shown here with granddaughter, Lauren King, HCS Veterans Service Coordinator, hand made and donated 41 beautiful quilts! We were awed and very appreciative!



Staff & friends with gifts wrapped by WMed interns. We thank them all for their help!



## OLLI AT WMU

The OLLI Winter/Spring 2018 Catalog is out and contains many opportunities to take advantage of. One of those opportunities is to sign up for the Healthy Living Conference to be held on May 2<sup>nd</sup> from 8:15 AM – 1:00 PM.

The conference begins with a continental breakfast followed by the keynote speaker, Hal Jenson, dean of the WMU Homer Stryker M.D. School of Medicine who will bring us up-to-date on the practice of modern medicine. There will be four interesting workshops on topics including food as medicine, adaptive living, drug interactions and what we can learn about living healthy from the "Blue Zones" by HCS former director Gillian Stoltman and AAAIIA former director Judy Sivak.

Space is limited so call the OLLI office soon at 387-4200 and make your \$30.00 payment. You might also look at the course offerings and if you aren't an OLLI member, become one for the half-year fee of \$17.50 in order to take advantage of the lower course fees and early registration. The catalogue of courses, trips and special events can be viewed online at [wmich.edu/olli](http://wmich.edu/olli) or picked up at various locations in the community including the AAAIIA office.

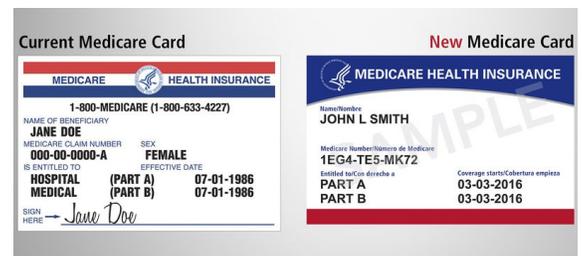
## New Medicare Cards Rolled Out April 2018 – April 2019

New cards, based on a Medicare Beneficiary Identifier instead of Social Security numbers, will automatically be mailed to current beneficiaries.

Find out more at [www.kalcounty.com/userfiles/hcs/hottopics/12002-new-medicare-card-flyer.pdf](http://www.kalcounty.com/userfiles/hcs/hottopics/12002-new-medicare-card-flyer.pdf)

[www.cms.gov/Medicare/New-Medicare-Card/](http://www.cms.gov/Medicare/New-Medicare-Card/)

[www.aarp.org/health/medicare-insurance/info-2017/new-medicare-cards-facts-fd.html](http://www.aarp.org/health/medicare-insurance/info-2017/new-medicare-cards-facts-fd.html)



# 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.

# Elder Abuse as a Preventable Public Health Issue

*1st in a series*

*by Anji Phillips*

When you hear the term elder abuse, what first comes to your mind? Do you picture an old frail helpless victim, and the accused as a criminal? Do you believe the abuse situation is resolved by removing the older adult from their environment and punishing the abuser? If your answers to these questions are yes, you are not alone. In some circumstances those perceptions may be accurate, however, preventing elder abuse goes far beyond the immediate need of aiding the victim and punishing the abuser. Preventing elder abuse requires a fundamental change in the way we think about and value older adults.

The United States was founded on the principles of justice and equality. The Declaration of Independence states “...that all men are created equal, that they are endowed by their creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness”. The last line of the pledge of allegiance concludes “...with liberty and justice for all.” Justice is the principle that all people regardless of age deserve equal opportunity and fair treatment. In a society that values the just treatment of all

people, it is imperative that we do not marginalize or diminish the value of one of the most dynamic and fastest growing segments of our population—the older adult.

One of the struggles in developing the complex strategies needed to address elder abuse is in how it is defined. Unlike other types of abuse, there is not one universally accepted definition of elder abuse. There is currently a large effort underway nationally to standardize the definition of elder abuse. The Centers for Disease Control and Prevention (CDC) defines elder abuse as: *an intentional act, or a failure to act by a caregiver or another person in a relationship involving an expectation of trust that causes or creates a risk of harm to an older adult.*

There are several forms of elder abuse:

**Physical abuse**—intentional use of physical force that results in acute or chronic illness, bodily injury, physical pain, functional impairment, distress, or death.

**Sexual abuse**—forced or unwanted sexual interaction (touching and non-touching acts) of any kind with an older adult.

**Emotional or psychological abuse**—verbal or nonverbal behavior that results in the infliction of anguish, mental pain, fear, or distress. Behaviors intended to humiliate, threaten, isolate, or control.

**Neglect**—failure by a caregiver or other responsible person to protect an elder from harm, or the failure to meet needs for essential medical care, nutrition, hydration, hygiene, clothing, basic activities of daily living or shelter, which results in a serious risk of compromised health and safety.

**Self-neglect**—refers to situations in which there is no perpetrator and neglect is the result of the older person refusing care.

**Financial exploitation**—the illegal, unauthorized, or improper use of an older individual’s resources by a caregiver or other person in a trusting relationship, for the benefit of someone other than the older adult.

If you believe someone is being abused, neglected or exploited, it is imperative to report it.

**REPORT ELDER ABUSE 1-855-444-3911**



## Kalamazoo County Advocates for Senior Issues

will hold their first program meeting for 2018  
on Monday, February 19th  
from 1:15 to 2:45 PM

at their **new location, Portage Senior Center, 320 Library Ln., Portage.**

Visit KCASI on the Web at [www.kcasi.net](http://www.kcasi.net) or on Facebook [www.facebook.com/KalamzooCountyAdvocatesforSeniorIssues/](http://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.*

## Town Hall on Facebook

For those of you who utilize Facebook & are wondering how to address issues with your legislators (who are on Facebook) Facebook has a feature called "Town Hall". It will also provide their other contact information, as well.

Below is a brief description about it & how to connect with it.

**What is Town Hall?** Town Hall is a place on Facebook for civic discovery and engagement where you can:

- See the names and contact information of local, state and federal government officials representing you.
- Contact your government officials directly through Facebook.

Connect with your government officials by following them.

To access Town Hall, go to [www.facebook.com/townhall](http://www.facebook.com/townhall).

Keep in mind that you may need to enter your address to see local government officials who represent your area. Even after entering your address, you may not see all your government representatives. Some representatives may not appear in Town Hall because they're not on Facebook or haven't entered the political office they hold.

**Contacting Your Government Representative**

If you're using a mobile device, you'll also be able to contact your government representatives by email, Facebook message or call when you interact with one of their posts in News Feed.

*Thanks to Carol Decker, LMSW, AAAIIA Care Consultant, for providing this information.*

## The Senior Medicare Patrol National Resource Center (SMP) Information of Interest

The November 2017 edition of *The Sentinel* includes:

- **ACL Update:** ACL has set a date for the national conference.
- **Medicare Contractors.** Roles and responsibilities vary for program integrity contractors.
- **Social Media.** Here are tips to get agency buy-in for social media and to set up a Facebook page.
- **When Medicare Calls.** Contractors contact beneficiaries under certain circumstances..
- **SMP Resource Center.** Staff pick favorite resources.
- **and more**

To read the issue, [click here](#).

## Calling All Centenarians!



To live to be **100 years old** is quite the accomplishment, and once again this year we would like to celebrate elderhood by honoring centenarians during a luncheon in May. We need your help locating those who will be celebrating their 100<sup>th</sup> birthday and beyond during 2018. Please submit their name and contact information by April 6<sup>th</sup>. You may contact Janice Bonita at ph: 269-373-5147 or email her at [jgboni@kalcounty.com](mailto:jgboni@kalcounty.com) with centenarian information or if you are interested in sponsoring this event.

## Veterans with Dementia Study



The Program for Positive Aging along with U of M Medicine is seeking to understand the experiences of caring for a Veteran living with dementia, and would like to learn more about your experiences and needs in the day-to-day management of the behaviors associated with dementia.

### You may be eligible to participate if you are:

- ◆ the primary caregiver of a military Veteran living with dementia
  - ◆ managing behaviors of the person you are caring for
    - ◆ 21 years of age or older

**For more information or to see if you are eligible, please contact**

**Brianna Broderick**

**734-322-0397**

Volunteers will be asked to share approximately 1-2 hours of their time.

Participation will involve completing a brief survey and taking part in either an individual or group discussion.



**Participants will be compensated \$50 for their time.**

**University of Michigan IRBMed**

**HUM: 00117707**

*This study is funded by the Department of Defense and is not considered VA research*

**PROGRAM FOR POSITIVE AGING**

IMPROVING LATER-LIFE MENTAL HEALTH AND DEMENTIA CARE



*"We will open the book. Its pages are blank. We are going to put words on them ourselves.  
The book is called Opportunity and its first chapter is New Year's Day."*

*— Edith Lovejoy Pierce*

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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

Congratulations to **Don Saldia**, RN, promoted to Program Manager for the AAAIIIA Choices for Independence program! Don has been a Care Consultant and the Lead Care Consultant for the program.

*We celebrate staff anniversaries in January and February—Kudos to these dedicated members of our team:*

**Patti Stratton**, LMSW, Care Consultant, Choices for Independence Master Trainer, **13 years**

**Kelly Milliman**, LLBSW, Care Consultant, **1 year**

**Anji Phillips**, Investigative Teams Coordinator, **1 year**

**WELCOME! New CFI Care Consultants hired in Nov. & Dec. 2017:**

**Shae McKinnon**, LLMSW

**Allan Puplis**, RN

**Kelly Sutcliffe**, RN

We are so pleased to have these highly qualified professionals on staff.

We extend our deep appreciation to **Deb Josephson**, Older Adult Services Advisory Council member, who resigned from the Council at the end of 2017, for all of her hard work for the AAAIIIA.