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Area Agency on Aging IIIA The Advisor



July/August

2016/Issue 4

Be Our Guest! At the Expo October 4th

The Kalamazoo County Area Agency on Aging is celebrating our 20th annual Senior & Caregiver Expo! *Be Our Guest* is the theme —because we’re *dressing up* and inviting you to come help us celebrate at this free event for older adults, the Greatest Generation, Boomers, and caregivers. For many years, this Kalamazoo County expo has been the largest—and we like to think, finest—of its kind in the State.

When you arrive, a celebrity greeter might escort you to the door — you might encounter elegant men and women with silver trays of goodies and participate in a scavenger hunt for special prizes.

Two featured events at the Expo include Bronson and Borgess hospitals offering flu shots along with other health screenings.

Caregivers will have two workshop opportunities;

learning about the right care at the right time and planning for the end of life as well as the popular “Is it memory loss or dementia?” The full schedule of events will be in our next newsletter.

For those readers who are potential exhibitors, you are in luck as there is still time to register to get the Early Bird Rate. There are two ways to register:

- [Check Payment](#)
- [Credit Card Payment](#)

Senior & Caregiver Expo
Tuesday, October 4th
9 AM to 3 PM

Kalamazoo County Expo Center
2900 Lake Street

**We Thank
The Expo Sponsors to
date:**

- Platinum:**
- ◆Borgess Health
 - ◆Bronson Healthcare

Silver:

- ◆Blue Cross Blue Shield of MI
- ◆Heritage Community of Kalamazoo
- ◆New Friends Memory Care and Assisted Living Community
- ◆Senior Services Southwest Michigan
- ◆SW Michigan Spark

Bronze:

- ◆Adult Day Services at Oakland Centre
- ◆Betzler Life Story Funeral Homes
- ◆Center for Vein Restoration
- ◆Center Medical Supply
- ◆Langeland Family Funeral Homes
- ◆Life EMS Ambulance
- ◆Park Village Pines
- ◆Priority Health
- ◆Right at Home

Senior & Caregiver Expo is coordinated by the Area Agency on Aging IIIA for Kalamazoo County.



Contact Expo Coordinator at (269) 373-5147 or jgboni@kalcounty.com for more information.



Independence Day
Monday, July 4th
Office Closed



Mark Your Calendar

Thursday, Jul. 21:
Elder Abuse Awareness Prevention Coalition Meeting.
 1:30 PM, Miller Johnson in the Radisson, Kalamazoo.

Friday, Jul. 22:
Professionals Focused on Aging Meeting.
 8:00 AM networking followed by a presentation by Kim Phillips, Manager of the Portage Senior Center, on the Aging Mastery Program. Senior Services Coover Room,

918 Jasper Street.

Friday, Aug. 5:
Senior Day at the Park National Amateur Baseball Federation World Series games. Gates open 10:30 AM. C.O. Brown Stadium, Battle Creek. Free to seniors and their caregivers. Call 269-966-3430 to register.

Monday, Aug. 8:
Senior Day at the

Fair, Kalamazoo County Fair, 2900 Lake St.

Monday, Aug. 15:
KCASI Meeting. See article this page.

Thursday, Aug. 25:
Elder Abuse Prevention Coalition Meeting. 1:30 PM at Miller Johnson.

Friday, Aug. 26:
Professionals Focused on Aging Meeting.
 8:00 AM networking followed by a presentation. Senior Services, 918 Jasper St.



Advocates for Senior Issues Upcoming Meetings



KCASI's taking a month off in July but will be back in Kalamazoo at Senior Services to hold their August 15th meeting with guest speaker, State Rep. Jon Hoadley, District 60. Rep. Hoadley will discuss overtime for nurses, and transparency in government.

Refreshments and networking from 1:15-1:30 PM, followed by the meeting, ending by 2:45.

Looking ahead, save the dates **September 19th** and **October 17th** for KCASI's local candidate forums. KCASI meetings are open to the public.

Membership is required to vote. Membership information can be found at www.kalcounty.com/aaa/kcasiindex or by calling (269)373-5147.

THANK YOU KCASI SPONSORS:

- Aetna, Inc.
- Area Agency on Aging IIIA
- Blue Cross Blue Shield Michigan
- Borgess Health
- Care N Assist
- CentraCare
- Disability Network Southwest Michigan
- Fresh Perspective Home Care
- Guardian Medical Monitoring
- Hallmark Homecare
- Hospice Care of Southwest Michigan
- New Friends Dementia Care & Assisted Living
- Portage Area Charities Fund
- Presbyterian Villages of Michigan—The Village of Sage Grove
- Q Elderlaw PLC
- Right at Home
- Senior Services Southwest Michigan
- Stay Home Companions
- WMU Aging Services

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
 Health & Community Services, Kalamazoo County Government
 Director, Judy Sivak

I&A Corner

Information & Assistance Line (269) 373-5173

Senior Project Fresh

Senior Project Fresh will be held on Tuesday, July 12th at the Senior Services Coover Room, 8:30 AM to 12:00 Noon. Participants must be 60 years or more or residing in senior housing, and be a resident of Kalamazoo County, to qualify for SPF coupons. They must also be at or below 185% of poverty level. Coupon booklets will contain \$20 in \$2 coupons, and the supply is limited.

Applications are available at the front desk at Senior Services, 918 Jasper St. However, it is not necessary to pick up an application prior to the event. Applications will be available at the event on July 12th, and may be completed then. **Please bring a picture ID to the event.** Be aware that nutritional counseling is a part of the experience when picking up your coupons.

If you plan to be a proxy for a senior who is unable to attend, you will need to complete the application and proxy form. Bring both and your ID on July 12th to pick up the coupons for up to 3 senior persons.

Vicksburg Senior Project Fresh is scheduled to be held on **Friday, July 15th at the Vicksburg Farmers Market, 2:30 PM until 4:30 PM**, for residents of South County. Applications will be available at the site, and all of the above requirements apply.

Veteran-Community News



VETERAN COMMUNITY PARTNERSHIPS

SAVE THE DATE!

VA Eligibility and Access

Wondering how to assist Veterans to access services through the Battle Creek VA Medical Center? Want to understand the eligibility criteria for the various resources provided through the Battle Creek VA? Bring your questions and your lunch to this event, and ask an expert from the Battle Creek VA.

This Brown Bag Lunch & Learn will be held on August 16th from 11:30 AM to 1:00 PM at the Health & Community Services Dept., 3299 Gull Road, Conference Room D.

Registration is free but seats are limited, so please register through this link:

[Lunch & Learn Registration](#)

Or contact Kirsten Dzialo, Veteran Community Partnerships Coordinator at (269) 966-5600 ext. 31644 or Kirsten.Dzialo@va.gov.

Battle Creek VA Health Care Delivery System presents **Veterans Mental Health Summit**, September 7th, from 8 AM to 4 PM, at L.V. Eberhard Center, Grand Valley State University, 301 Fulton St. W., Grand Rapids. For more information contact (269) 966-5600, Ext. 31104.

Registration required. Information to come.

Alive and Running VA 5K

The 4th annual Alive and Running VA 5K Run/Walk for Suicide Awareness is scheduled for Saturday, September 10th at Battle Creek Veterans Affairs Medical Center, 5500 Armstrong Road, Battle Creek.

Registration is \$20, and \$30 the day of the race. for more information visit www.aliveandrunningva.com; to register online [click here](#).

HEALTHY LIVING PROGRAMS



The Kalamazoo County Health & Community Services Department and the Area Agency on Aging, Region IIIA, encourage community members to participate in **Healthy Living Programs**. The programs are evidence based, meaning that they have been **well researched and proven to work**.

The programs build confidence and help you make positive changes in your life-changes that may help you stay healthier and more independent for a longer time. And what's more, these programs are interactive and FUN! To learn more about A Matter of Balance and PATH, click →



A Matter of Balance: Falls Prevention 8-Session Workshops



MANAGING CONCERNS ABOUT FALLS

A Matter of Balance workshop is coming to your neighborhood in September.

For more information on these classes and how to register, click here:



Location	Start Date
Comstock Twp Library	Sept. 6
Portage Senior Center	Sept. 7
Hope Woods Apts.	Sept. 8
Christian Neighbors	Sept. 12
Galesburg City Hall	Sept. 14
Bronson Athletic Club	Sept. 19
Borgess Health & Fitness	Sept. 26

Questions? Contact:

Marilyn Reed,
LBSW, Master
Trainer, at
(269) 373-5224 or
Email
mjreed@kalamazoo.org

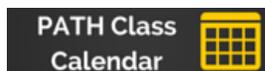
Personal Action Toward Health

6-Session Workshops



It's not too late to sign up for July PATH classes*. Registration information for September classes – contact Norma Bour.

For more information and descriptions of the types of PATH classes and how to register, click here:



PATH class	Location	Start Date
*Chronic Pain PATH	Borgess Health & Fitness	July 12
*Diabetes PATH	Galesburg City Hall	July 21
PATH	Westland Meadows	Sept. 9
Chronic Pain PATH	Galilee Baptist Church	Sept. 13
PATH	Vicksburg District Library	Sept. 13
Diabetes PATH	Kal. Co. Employee Wellness	Sept. 14
Diabetes PATH	Milwood United Methodist	Sept. 14

Please contact Norma Bour with any questions you may have. **Norma is available by phone, (269) 373-5382 or via email, nsbour@kalamazoo.org**

We're looking for volunteer coaches/lay leaders to facilitate Matter of Balance and PATH classes. Do you like feel comfortable speaking in front of small groups? Would you like to make a difference? We provide free training and stipends may be available. Please contact Marilyn or Norma if you are interested. And, thank you for considering this opportunity!

MOB: Marilyn Reed, (269)373-5224 mjreed@kalamazoo.org ♦ PATH: Norma Bour, (269) 373-5382 nsbour@kalamazoo.org

Register Now for August Creating Confident Caregivers® Class

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.

Day & Dates:

August 17, 24, 31st;
September 7, 15, and 21st

Location:

Vicksburg District Library
215 S. Michigan Ave.
Vicksburg, MI 49097

Time:

4:30 – 6:30 PM

*Classes are free —
Donations accepted.*

Learn about

- Dementia and its effects on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiving skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one

For questions or to register please contact:
Patti Stratton, LMSW
(269) 373-5141
psstra@kalcounty.com



ADA Anniversary Celebration

Disability Network is hosting a community-wide celebration of the 26th Anniversary of the signing of the Americans with Disabilities Act! Join us at our Kalamazoo office on July 22nd from 11:30 to 1:30 PM for a free BBQ lunch with presentations and awards. This event is free and open to the public. Bring your friends and come for lunch!

If you have questions about this event or need an accommodation, contact Kristen Potts at pottsk@dnswm.org or (269) 345-1516 x119.

This program will be ASL interpreted.

This is a fragrance-free event. Please do not wear perfume, cologne or other scented products.

Read more at:

<http://www.dnswm.org/event/ada-26-anniversary-celebration/>

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.



Save the Date! 2016 Walk to End Alzheimer's

We are planning to have a team from the AAAIIA participate in this 2-mile walk on **Sunday, September 18th** at Mayors' Riverfront Park, 251 Mills St.

June Scarberry, Care Consultant for the Choices for Independence Program, will be coordinating our team—thank you, June! More information will be available soon on how you can support our team by joining in the walk or donating to the cause. You can contact June at jescar@kalcounty.com.

Take the first step to a world without Alzheimer's.

Opioid Summit—For Human Service Professionals—August 19th

Opening Speaker: **Lt. Governor Brian Calley** will address the prescription drug and opioid crises in our state.

Keynote Speaker: **Dr. R. Corey Waller**, MD, MS, FACEP, DFASAM, is a well known expert in the field of addiction and pain management.

Participants attending the Summit will have a more comprehensive understanding of:

- Neurology of opioid addiction.
- Impact of family and social support on addiction.
- Complexities of low income patients with addiction.
- The role of pain management.
- Treatment options.

Location: Southwestern Michigan College, 58900 Cherry Grove, Dowagiac, MI 49047

Times: 9:00 AM to 4:00 PM – Sign In 8:00 AM

Lunch Provided

No Cost

Registration required — [Link to Eventbrite](#)

Contact: E.J. McAndrew Email – ejmc@woodlandsbhn.org Phone – (269) 228-5106

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”

John Lubbock, The Use Of Life

Osher Lifelong Learning Institute at WMU (OLLI)

The WMU Osher Lifelong Learning Institute is growing and seeks additional classroom space for their fall courses geared to the 50 plus crowd. If you have or know of a free space for at least 20 people in the Kalamazoo area, please contact Joyce Dekau at the OLLI office. Her email is joyce.dekau@wmich.edu and her phone number is 269-387-4200. Courses run from two to six weeks with one two hour session each week. AV options are ideal, but not required. Also, the OLLI curriculum committee is always seeking instructors (unpaid) who are passionate about a topic that might be of interest to others. Please visit the OLLI webpage for more information <https://wmich.edu/olli>



Check out the
Summer Course/Trip
Catalog

Western Michigan University
1903 W Michigan Ave
Kalamazoo MI 49008-5230
Ph: 269-387-4200
Fax: 269-387-4226
<https://wmich.edu/olli>

Un-met Needs Fund

The Verne Robbert Unmet Needs Fund has been helping meet the needs of Kalamazoo County elders for more than five years, and is running out of money.

Last year this fund assisted clients with needs such as transportation to medical appointments, special food, and emergency respite care when a caregiver needed immediate help. The fund helps elders when traditional resources are not enough or unavailable.

If you are looking for a way to honor the memory of a loved one, or support those who have the greatest need, please consider donating to the Verne Robbert Fund. A donation form is attached to this newsletter email.

Thank you for your consideration and contribution to the quality of life of our most vulnerable elders.



Verne Robbert, who passed away early last year, was a member of the Older Adult Services Advisory Council for over 17 years. During that time, he provided leadership to the Council in the capacity of Chairperson and Vice-Chairperson and worked closely with Judy Sivak, Director of the Area Agency on Aging IIIA. As a founding member of the Kalamazoo County Advocates for Senior Issues, he provided leadership as Chairperson and served on the KCASI Legislative Committee. Verne worked hard to make Kalamazoo County a good place for older adults to grow up and grow old in. His commitment to advocacy and his wise counsel over the years endeared him to all who knew him through these organizations.

News from the Elder Abuse Prevention Coalition



The Coalition recently learned of a scam that was thwarted, due to the awareness of a bank employee as to what was transpiring. The scam involves a relative who needs money due to an accident and the caller needs \$2,000 to bail him out. The caller seems to know just enough about the relative that the victim goes to the bank to withdraw the money,

but at this particular bank, the teller asks important questions and gets the bank manager involved, who calls the scammer who hangs up.

The Coalition gives kudos to banks and credit unions who have trained their employees to recognize these types of scams, or other forms of financial exploitation. Taking

money from vulnerable adults isn't good for the victim, and it's not good for our community.

These scammers are very convincing and the Coalition asks that as you speak with your older friends and neighbors, please reinforce that before they get hooked into a scam that they tell the caller they need to run it by you or another family member.

SHIP (MMAAP) Funding Slated for Elimination

Most readers are familiar with the Medicare Medicaid Assistance Program (MMAAP), subcontracted to Senior Services under the coordination of Lisa Fuller with her talented

volunteers. The Senate has eliminated funding for this valuable program nationwide (it's also called the State Health Insurance Assistance Program) in its budget for next

year. There's still time to let your Senators and Representatives know that funding should continue because of the valuable services the program provides.

Please click on the link

[Click Here](#)

to see details about the program and then email or call your Senator or Representative within the next few weeks. Thank you!



KCASI advocates met with Senator Margaret O'Brien on the Capitol lawn during **Older Michiganians Day**, May 11th. Thanks to Sen. O'Brien for her work in passing the CARE act. Meetings were also held in the Capitol with Rep. Jon Hoadley, Dist. 60; Rep. Maturen, Dist. 63; Rep. Nesbitt, Dist. 66; Rep. Iden, Dist. 61. Thank you, advocates, for your support of aging issues.

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



*"I have only to break
into the tightness of a
strawberry, and I see
summer – its dust and
lowering skies."*

*Toni Morrison, The
Bluest Eye*

AAAIIA News

The **Older Adult Services Advisory Council** will not meet in July. The next meeting is August 17th, HCS Conference Room F— changed from the originally scheduled date of August 10th.



Celebrate Elderhood committees have been working hard

on the details of planning and fundraising which will culminate in a special event on May 18, 2017 at the Radisson. Also being planned is a special luncheon to honor our 100+ year-olds in Kalamazoo, of which there are over 60!

If you would like more information on this celebration, you can contact the AAAIIA at (269) 373-5147, and read the front page article in the [May/June 2016](#) issue of *The Advisor*.

**AAAIIA RFPs are due by
2:00 PM August 2nd.
[Request for Proposal FY17-19](#)**

Anniversary:

Janice Bonita, Administrative Assistant, *The Advisor* Editor, & Expo Coordinator, celebrates 9 years August 1st with the Area Agency on Aging IIIA.

