

The Advisor

Issue:
July/August 2015

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...and more

Independence Day Holiday

Friday, July 3rd

Offices Closed



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Facebook 



Get Ready for the Senior & Caregiver Expo!

We are pleased to continue coordinating the largest Senior Expo in Michigan, happening on Tuesday, October 6th, 9 AM to 3 PM at the Kalamazoo County Expo Center, 2900 Lake Street. You may have noticed that we have a very important name change for the event – we added “Caregiver” in recognition of the vital role caregivers provide every day to their parents, relatives, and friends. Caregivers will also be able to participate in an afternoon workshop, “Ask the Experts,” and bring their caregiving questions.

This is the 19th year for the event and we are thankful for the continuing support of

Borgess and Bronson hospitals that provide health screenings and flu shots.

Along with the hospitals as Gold Sponsors, we recognize and thank our Silver Sponsors, SW Michigan SPARK magazine, Heritage Community of Kalamazoo, New Friends Memory Care & Assisted Living Community, and Senior Services Southwest Michigan. Kudos also to our Bronze Sponsors, Adult Day Services Oakland Centre, Aetna, Blue Cross Blue Shield Blue Care Network of Michigan, ECCU,

Langeland Family Funeral Homes, Life EMS Ambulance, Park Village Pines, Priority Health, and Right at Home.

For exhibitor registration visit:
[Senior & Caregiver Expo 2015-Vendor Registration](#)

Be sure to get in on the “early-bird” rate for vendors!

Call or email Janice, Expo Coordinator, at (269) 373-5147, if you have any questions. ♦



Get the Facts Before You Vote: TRANSIT MILLAGE

On the ballot August 4, 2015.

Voters will be asked to approve a millage of up to 0.75 mills for five years beginning 2016 to maintain current levels of bus services within the Central County Transit Authority district; and, for

most routes: Add daytime Sunday bus service; add extended nighttime hours for 2nd/3rd shift workers and students; and, increased frequencies on heavily used bus routes, reducing wait time for the next bus.

The cost of 0.75 millage request for a homeowner

whose home has a market value of \$100,000 (\$50,000 taxable value) is \$37.50 per year—about 10¢ per day.

For more information visit www.kalcountytransit.com or call (269) 337-8087.



Thursday, July 16: 8:30 a.m. - 12:00 p.m. Veteran Community Partnership and ADRC presents

• Advancing Healthcare for the LGBT Community

Presenters: Dr. Matthew Johnson, Battle Creek VAMC and Jay Maddock, The Resource Center

Kalamazoo Valley Community College-The Groves, Elm Valley Dr.

Register at: <https://eventbrite.com/event/16961173326/>, or contact Kirsten at (269) 966-5600 X35635.

Mark Your Calendar



Thursday, July 23: Elder Abuse Prevention Coalition Meeting, 1:30–3:30 PM. Miller Johnson offices in the Radisson.

Friday, July 24: Professionals Focused on Aging meeting, 8:00 AM, Senior Services. Topic: *Who Is KEPRO, and What Do They Offer?* with Nicole Zager, Outreach Specialist, KEPRO.

Tuesday, Aug. 4: Creating Confident Caregivers workshop begins. *See p. 5*

Monday, Aug. 10: Senior Day at the Fair. Kal. Co. Fairgrounds, 2900 Lake St.
Thursday, Aug. 27 Elder Abuse Prevention Coalition Meeting, 1:30–3:00 PM, at Miller Johnson.

Tuesday, Aug. 11: Alzheimer's Association Research Night. A free event on the latest developments in Alzheimer's research. Presenter: Bruno Giordani, PhD. 6:00 PM at WMU Fetzer Center →

Registration is required. Call (800) 272-3900.

Monday, Aug. 17: KCASI Meeting, 1:15–2:45 PM, Senior Services, 918 Jasper St. *See p. 3.*

Friday, Aug. 28: PFA Meeting, 8:00 AM, Senior Services. Topic: *Changing Trends in Long-Term Care* with Kelly Jonker, BSW, Long-Term Care Ombudsman.

Training to Prevent Adult Abuse and Neglect

The Kalamazoo County Elder Abuse Prevention Coalition is proud to host Training to Prevent Adult Abuse and Neglect.

Target audience: In-home and community based service workers providing care for those age 60 +

This interactive training emphasizes prevention of abuse and neglect through staff empowerment, self-awareness, and skill building. Participants will learn how to:

- Identify & prevent abuse, neglect & exploitation
- Develop strategies to prevent abuse, neglect or exploitation
- Understand how, what, when, and to whom, to report suspected issues of abuse, neglect or exploitation

Trainer: MaKenzie Kreiner

Date: Thursday, August 27th

Time: 8:30 AM — 4:30 PM

Location: Kalamazoo County Health and Community Services
3299 Gull Road, Kalamazoo, MI
Conference Room B (First Floor, 2nd Wing)

Lunch Provided

SPACE IS LIMITED

To Register Call:

(269) 373-5258

Or Email: jahaye@kalcouny.com



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@kalcouny.com

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



This program is provided by PHI-Michigan and funded through a grant received from the Michigan Aging & Adult Services Agency to prevent elder abuse, neglect and misappropriation of property.

Kalamazoo County Advocates for Senior Issues *Update*

June 2, Lansing: The **Older Michiganians Day** bus trip to the Capitol was a great opportunity for our advocates to meet with state legislators and hear their views on senior issues. We appreciate all of the legislators who took the time to meet with us. We thank Rep. Jon Hoadley's office for reserving the conference room for our meetings; and, many thanks to Sen. Margaret O'Brien who gave us a tour and entrée to the Senate floor...a special treat. Enjoy these photos!

► **No KCASI program meeting is scheduled for July.** If you have any questions about upcoming meetings call Janice at (269) 373-5147.

The next meeting is scheduled for **Monday, August 17th**, when the subject will be on Social Security's 80th anniversary, and Medicare/Medicaid's 50th anniversary. Let's celebrate the past, present, and *future* of these important programs with cake and a fun program. [Read more ►](#)



Older Michiganians Day 2015...Many thanks to all who attended!



On the bus... ◀

Rep. Maturen, Rep. Iden, and KCASI Legislative Chair and MSAC Delegate, Sara Wick



Thank You KCASI Sponsors:

- Area Agency on Aging
- Blue Cross Blue Shield of MI
- BorgessHealth
- Care N Assist
- ContraCare
- Dementia Services Group, LLC
- Disability Network Southwest Michigan
- Fresh Perspective Home Care
- Guardian Medical Monitoring
- Hallmark Homecare
- Hospice Care of Southwest Michigan
- Life EMS Ambulance
- New Friends Memory Care & Assisted Living
- Presbyterian Villages of Michigan–The Village of Sage Grove
- Priority Health Medicare
- Right at Home
- Senior Services Southwest Michigan
- WMU–Senior Day Services



Advocates in the Capitol ▲

Senator O'Brien shows us around ►



◀ Rep. Jon Hoadley greets everyone!



Please join us in celebration of the 25th Anniversary of the Americans with Disabilities Act (ADA) on Friday, July 24, 2015 at our Kalamazoo office – 517 E. Crosstown Parkway, Kalamazoo, MI 49001. The event will run from 11 am to 1 pm with a brief program to begin at 12:00.

- Free Lunch
- Keynote Speaker: Sharon Ellis, State ADA Compliance Director
- Awards presentation
- Disability resource information

For information on free parking and shuttle service, visit our website: www.dnswm.org/connect/events. Questions? Contact Kristen at 269-345-1516, ext. 119, or pottsk@dnswm.org. ●



Senior Project Fresh, is a USDA program that provides coupons to qualified individuals (or proxies). A participant must be 60 years or better or residing in senior housing and a resident of Kalamazoo County to qualify for Senior Project Fresh Coupons.

Distribution is scheduled to be held on **Thursday, July 16th at Senior Services Coover Room, 8:30 AM to 12:30 PM;** and **Friday, July 17th at the Vicksburg Farmers Market, 2:30 to 4:30 PM.** Applications, proxy forms, and income guidelines are available by contacting Senior Services at 382-0515 or AAALIA Information & Assistance line: 373-5173. The application form should be completed in its entirety, and please **keep it until the day of distribution.** There is no need to turn the application in before the distribution of coupons.

Coupons can be used at any Michigan Farmer's Market that displays the sign, "Senior Project Fresh/Market Fresh Welcome Here." 🌿



Concerned about a loved one, older client, or...*yourself*?

Call our Custom Care program for professional, unbiased and confidential consultation: (269) 373-5173 • www.kalcounty.com/aaa

Peace of Mind Through Professional Geriatric Care Management

"The Affordable Care Act is here to stay." ~ President Barack Obama 6/25/2015

I&A Corner

Information & Assistance Line (269) 373-5173

Senior Brigade

Free informational resources are available to consumers, and specifically, older adults, on the Michigan Attorney General's Senior Brigade website www.michigan.gov/seniorbrigade.

The Consumer Protection Division has developed guides and fact sheets to help in making complex decisions.

Topics include: phone & mail scams, online safety, identity theft and home repair. (A local tool for homeowners to help prevent home repair fraud is available on the AAAIIIA website:

[Protect yourself against fraud - Responding to home improvement solicitors](#)

Senior Brigade also offers free educational programming of 40 - 45 minute live presentations throughout Michigan, highlighting specific topics for consumers and caregivers. Register online if you are interested in scheduling one of these presentations.

Project Connect 2015

Project Connect, a day for FREE services, provides a wide range of support in one location.

This community collaboration includes: haircuts, coats/clothes give-a-ways, health screenings, dental cleanings, vision & hearing screenings, child and parent education, family service programs, job skills assistance, veterans assistance, and much more.

For more information, call: Angela Anderson, Community Action Agency, Health & Community Services, at (269) 373-5163.



◀ Congratulations to these recent graduates of the **Creating Confident Caregivers** class.

Find out how to become a "savvy" caregiver—the **next class starts on August 4th** — see next page for more information and for how to register.

W Osher Lifelong Learning Institute
WESTERN MICHIGAN UNIVERSITY



Save the date:
Thursday, August 20th
is the date of the OLLI Information Fair.
Introduce someone to OLLI by inviting them to the event, scheduled for 3 to 5 PM. at WMU's Miller Auditorium.

[Subscribe to the newsletter](#)

[Read the latest issue](#)

Protect Your Identity

Shred days in Portage by Mercantile Bank

Bring in unneeded, sensitive documents for free shredding and destruction.

August 15th at the Mercantile Bank on 3910 W. Centre Ave. in Portage (269) 323-9100

Creating Confident Caregivers®

AN EMPOWERING, EDUCATIONAL PROGRAM FOR INDIVIDUALS CARING FOR A PERSON WITH MEMORY LOSS OR DEMENTIA



About the program -

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.

What's In It For You?

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



This program is supported, in part, by the US Adm. on Aging through its Alzheimer's Disease Supportive Services Program, (#90AE0322/0341) & the MI Aging & Adult Services Agency

Testimonial -

"After the first class, I felt a weight had been lifted. I learned so much. It's helpful to know what I'm experiencing is normal and I'm not alone."

—Family Caregiver

Respite Care -

Care for your family member with memory loss can be arranged so you may attend the sessions.

Ask for details when you register

Classes Offered

**Day & Dates: August 4, 11, 18, & 25
September 1 & 8**

Time: 4:30pm – 6:30pm (Tuesdays)

**Location: St. Martin of Tours
Episcopal Church
2010 Nichols Rd.
Kalamazoo, MI 49004**

DONATIONS WILL BE ACCEPTED

To register contact:

Patti Stratton, LLMSW

(269) 373-5141

psstra@kalcounty.com



MANAGING CONCERNS ABOUT FALLS

We're looking for volunteers to be trained to facilitate the Falls Prevention Workshop: A Matter of Balance.
 You can make a difference! Training scheduled for August. Please call Marilyn Reed at (269) 373-5224 or email msreed@kalcounty.com



MICHIGAN
Partners on the
PATH

Train to become a Diabetes PATH workshop leader. Stipends are available. Training to be held in October. Personal experience with diabetes helpful, but not required. For more information on this opportunity, call Norma at (269) 373-5382 or email: nsbour@kalcounty.com

Call Master Trainers for updates to these schedules.

Healthy Living Programs Free Workshops in the community (donations are accepted)

A Matter of Balance is an evidence based program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. For more information contact Marilyn Reed, BSW, Master Trainer at (269) 373-5224.

Thursdays, Aug 6– Sept 24	2:00–4:00 PM	Skyrise Apartments 105 E. Walnut Kalamazoo, MI 49007	(269)388-3011
Wednesdays, Sept 9– Oct 28	1:00–3:00 PM	Parchment Library 401 S. Riverview Dr. Parchment, MI 49004	(269)343-7747
Wednesdays & Fridays, Sept 9– Oct 2	1:00–3:00 PM	Vicksburg United Methodist Church 217 S. Main St. Vicksburg, MI 49097	(269)649-2343
Thursdays, Sept 10– Oct 29	10:00 AM–12:00 Noon	Galesburg Municipal Bldg. 200 E. Michigan Ave. Galesburg, MI 49053	(269)665-7839
Mondays & Fridays, Sept 14–Oct 9	1:00–3:00 PM	Lawrence Education Ctr. Borgess Hospital 1521 Gull Rd. Kalamazoo, MI 49048	(269)226-7000 (269)226-7075
Tuesdays, Sept 15– Nov 3	2:00–4:00 PM	Kalamazoo YMCA 1001 W. Maple Kalamazoo, MI 49008	(269)345-9622

PATH (Personal Action Toward Health) is a six-week workshop held in 2-1/2 hour sessions each week. The workshop focuses on ways to manage the symptoms that are common to many health conditions. For more information contact Norma Bour, MS, RD, Master Trainer at (269) 373-5382.

PATH			
Wednesdays, July 15– Aug 19	9:30 AM– 12:00 Noon	Galesburg Municipal Bldg 188 E. Michigan Galesburg, MI 49053	(269)665-7839 (open to public)
Tuesdays, Sept 1–Oct 26	1:00– 3:30 PM	Heritage Hills 600 Golden Dr. Kalamazoo, MI 49001	Closed to the public
Thursdays, Sept 17– Oct 22	3:30– 6:00 PM	Pavilion Twp 7510 Q Ave. E. Scotts, MI 49088	(269)327-0462 (open to public)
Chronic Pain PATH			
Mondays, Sept 21– Oct 26	2:00– 4:30 PM	Skyrise Apartments 105 E. Walnut Kalamazoo, MI 49007	(269)665-7839 (open to public)
Diabetes PATH			
Tuesdays, Aug 18– Sept 22	1:30–4:00 PM	Evergreen North 5700 Vintage Ln. Kalamazoo, MI 49009	Closed to the public



AAAIIA Staff News

Please help us **Welcome** our summer 2015 intern, **Shelby Tuthill**, from Kalamazoo College, whose 1st day was June 22nd and will be working on updating the LGBT Resource Guide.

Congratulations
Patti Stratton on attaining your Licensed Master Social Worker degree. We are all proud of you!

Anniversaries:
Janice Bonita, Admin. Asst. – 8 years, Aug. 1st
Liz Brass, LLMSW, Quality Assurance & Planning Coordinator – 1 year, Aug. 4th

President Franklin D. Roosevelt speaking on the Social Security Act, August 14, 1935

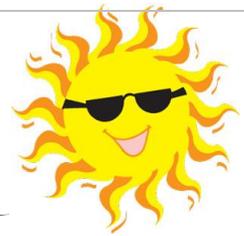
"This law represents a cornerstone in a structure which is being built but is by no means completed--a structure intended to lessen the force of possible future depressions, to act as a protection to future administrations of the Government against the necessity of going deeply into debt to furnish relief to the needy--a law to flatten out the peaks and valleys of deflation and of inflation--in other words, a law that will take care of human needs and at the same time provide for the United States an economic structure of vastly greater soundness."

OASAC News

The next Older Adult Services Advisory Council meeting is scheduled for Wednesday, July 8th at **4:00 PM** (new time) at the HCS Dept. on Gull Road.

Enjoy Michigan This Summer

For events this summer in Michigan visit: www.MichiganFun.com and find things to do by location, date, or interest!



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 NAZARETH, MI 49074-0042

