

## In this issue:

Mark your calendar,  
p. 2

Join Friends of Transit,  
p. 2

Senior Growth Needs  
Assessment – the next  
steps, p. 3

KCASI Updates, p. 4

Information &  
Assistance Corner, p.  
5

New Local  
Publication, p. 5

...and more!

**Happy St.  
Patrick's Day!**  
Saturday,  
March 17

**1<sup>st</sup> Day of  
Spring:**  
Tuesday,  
March 20

**Easter:** Sunday,  
April 8

**National  
Volunteer  
Week:** April 15-  
21

**Earth Day:**  
Sunday, April  
22



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



## Creating Confident Caregivers – Open to all



The Area Agency on Aging, 3A in Kalamazoo, is excited to offer Creating Confident Caregivers training to anyone who is caring for a loved one with dementia or memory loss. This training provides the caregiver with an understanding of the

conditions that contribute to dementia, strategies for managing challenging behaviors and ways to care for themselves and maintain their health during this difficult time. The next series begins Wednesday, April 25, 2012 at the Health & Community Services Department, 3299 Gull Road, Kalamazoo, MI.

Classes will be held from 3-6 pm for 4 consecutive weeks, plus one 2-hour follow-up class to be held on May 30, 2012. **Space is limited so call today!** Please contact Patti Nash, LLMSW, at 269-373-5141 or [psnash@kalcounty.com](mailto:psnash@kalcounty.com) for more information. ❖

## 2012 Schreiber Conference for Professional and Family Caregivers

The Alzheimer's Association, Michigan Great Lakes Chapter **Schreiber Conference**, in partnership with Presenting Sponsor Absolute Homecare and Medical Staffing, will hold their 10th conference, **Alzheimer's Disease – The Heart of the Matter**, at Western Michigan University's Fetzer Center, Kalamazoo:

**Friday, April 13 -** Professional Conference (CEU workshops)  
**Saturday, April 14 -** Caregiver Conference.

**Mary Ellen Geist**, author of *Measure of the Heart: A Father's Alzheimer's, A Daughter's Return*, is a graduate of Kalamazoo College and a former broadcast journalist of 20 years. When her father's Alzheimer's disease became too much for her mother to contend with on her own, Geist gave up her career as a news anchor at WCBS radio in New York to return to her childhood home in Northern Michigan. *Measure of the Heart* is a source of inspiration and

help for the millions of caregivers in America today. Ms. Geist will deliver the keynote address titled "Caregiving from the Heart" on both days.

For more information, please call the Kalamazoo office of the Alzheimer's Association at 269-342-1482. To register visit [http://www.alz.org/mqlc/in\\_my\\_community\\_58474.asp](http://www.alz.org/mqlc/in_my_community_58474.asp) and click Registration is Open. ★



**SAVE THE DATE  
Senior & Veterans  
Expo**

Monday, May 14  
9 AM – 1 PM  
Antwerp Township  
Activity Center  
24821 Front Ave.,  
Mattawan.  
Hosted by Senator  
Tonya Schuitmaker,  
State Representative  
Eric Nesbitt, & State  
Representative  
Margaret O'Brien.

*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  
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jgboni@kalamazoo.com

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

## Mark Your Calendar

**Friday, March 9:** KCASI Legislative Committee Meeting (open to all). 8:30-9:30 AM, HCS Conference Rm. K, 3299 Gull Rd., Nazareth. Followed by KCASI Executive Committee meeting.

**Friday, March 9-10:** Michigan Horticultural Therapy Association 34th Annual Conference. 8:30 AM-4:00 PM at Michigan State University. For information go to <http://www.michiganhta.org/>

**Monday, March 19:** KCASI program meeting, 1:15 PM, 918 Jasper St., Kalamazoo. For more information, see p. 4.

**Friday, March 23:** Professionals Focused on Aging, 8:30 AM, at Senior Services, 918 Jasper St., Kalamazoo.

**Monday, April 16:** KCASI program meeting, 1:15 PM, 918 Jasper St., Kalamazoo. See p. 4.

**Friday, April 27:** Professionals Focused on Aging, 8:30 AM, 918 Jasper St., Kalamazoo. Presentation on Medicare fraud. Co-sponsored by Area Agency on Aging IIIA, and Senior Services, Inc.

**SAVE THE DATES**  
2012 Annual Conference of the Area Agencies on Aging Association of Michigan – May 17 & 18 at the Kellogg Hotel and Conference Center, East Lansing, MI. For information call 517-886-1029.

## Evidence Based Disease Prevention Workshops

### Upcoming workshops

#### Diabetes Personal Action Toward Health Workshop (Diabetes-PATH):

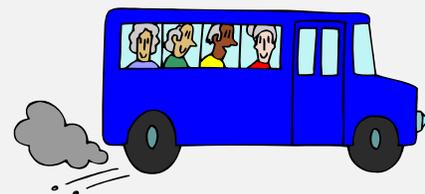
- Galilee Missionary Baptist Church – Tuesdays, March 13 to April 17, 2012, from 10:30 AM to 1:00 PM. Priority will be given to members of Galilee, but extra seats may be available. Please call 373-5382 for more information.
- Comstock Community Center – Fridays, March 16 to April 20, 2012, from 1:00 to 3:30 PM. Class limited to 16 persons. Free. Register at 269-345-8556.

**WELCOME** to Lucinda Stinson, MPA (left) and Norma Bour, MS, RD, who will be heading the EBDP programs on Matter of Balance, and Personal Action Toward Health (PATH), respectively. We are very fortunate to have these master trainers continue this work in Kalamazoo. If you have questions about EBDP programs, please call 269-373-5382. ❖



## Did You Know?

*There were 3,511 trips on Metro County Connect taken to or from the VA Medical Center in Battle Creek in 2011.*



Support Friends of Transit by becoming a member.

Please go to pages 6 & 7 for member information and form.



## Senior Growth Needs Assessment

Kalamazoo County's Senior Growth Needs Assessment is an important document that will help the community better understand how older adults can benefit the community while developing capacity to assist with older adult needs, assuring that Kalamazoo County is a good place to grow up and grow old in.

A scientific mailed survey to 1,000 people 60+ in the fall of 2010 netted a response rate of 36%. The survey contained many questions related to the overall quality of life, characteristics of the community, perceptions of safety and 40 different needs common to older adults. Results were compared by geography (City of Kalamazoo; City of Portage; Rural) and by demographic variables. A web survey of key providers was also done, asking many of the same questions as well as the community's capacity to provide needed services. The last segment of the assessment included an analysis of service needs and costs to 2030.

This type of study becomes critically important when we look at the growth of the senior population in Kalamazoo County. Between 2010 and 2030 it is estimated that persons 60+ will grow by 45% and the 0-59 group by less than 1%. This is a wakeup call for us in terms of how we as a community plan for a significantly older population, for example, infrastructure changes that are elder-friendly; adequate transportation; universally designed housing; access to diverse volunteer opportunities; and adequate in-home supportive services will all have a direct impact on the quality of life for everyone. The entire document can be seen on the Area Agency on Aging IIIA's website: [www.kalcounty.com/aaa/reports.html](http://www.kalcounty.com/aaa/reports.html).

So where do we start? The following chart combines a number of variables from the study, indicating major gaps and the needs associated with them. The Kalamazoo County Older Adult Services Advisory Council is currently studying the report and will make recommendations as to next steps, but it will take all of us, non-profits, businesses, government, and older adults to work together on the solutions.

**Figure 7: Senior Growth Needs Identified in Study**

Area	Senior Growth Needs
Health and Well Being	<ul style="list-style-type: none"> <li>• Difficulties maintaining physical health</li> <li>• Difficulties staying physically fit</li> <li>• Difficulties with confusion and forgetfulness</li> <li>• Lack of knowledge about health benefits</li> <li>• Difficulties finding affordable health insurance and affording medications</li> </ul>
Home-Based Services	<ul style="list-style-type: none"> <li>• Need for home and yard maintenance assistance</li> <li>• Need for assistance with heavy or intense housework</li> <li>• Need for home health care</li> </ul>
Income and Employment	<ul style="list-style-type: none"> <li>• Employment and economic downturn</li> <li>• Lack of affordable housing</li> <li>• Difficulties having enough money to meet daily expenses, dealing with financial issues, having enough money to pay taxes, paying for health care</li> </ul>
Information, Outreach and Care Coordination	<ul style="list-style-type: none"> <li>• Lack of knowledge of services available for older residents</li> <li>• Lack of information about public insurance programs/options</li> <li>• Lack of information related to legal and financial issues</li> <li>• Difficulties navigating care system</li> </ul>
Transportation	<ul style="list-style-type: none"> <li>• Lack of bus travel</li> <li>• Lack of transportation options for home-bound seniors</li> </ul>
Community Building	<ul style="list-style-type: none"> <li>• Lower community ratings of safety</li> <li>• Lower community ratings of neighborliness</li> <li>• Lower community ratings of openness and acceptance of diverse residents</li> <li>• Need for social and civic engagement</li> <li>• Volunteerism rates lower</li> </ul>



Bette Hawkins, KCASI President, testifies on the elder abuse legislation package before the House of Representatives Families, Children, and Seniors Committee February 21st in Lansing.

# KCASI

**Kalamazoo  
County  
Advocates For  
Senior Issues**

Please consider joining KCASI or renewing your membership for 2012. Click on <http://www.kalcounty.com/aaa/kcasimembership.html> for more information and links to the membership and sponsor forms.

If you have any questions, please email Janice at [jqboni@kalcounty.com](mailto:jqboni@kalcounty.com) or call 269-373-5147.

## KCASI Updates

You are invited to the Kalamazoo County Advocates for Senior Issues (KCASI) March 19th program “Will We Miss the Print Media,” a panel discussion focusing on how we will stay abreast of news and community events with reduced access to newspapers.

With media professionals:

- Steve Ellis, *Spark* publication
- Linda Mah, Mlive (*The Kalamazoo Gazette*)
- Debra Sloan, *Senior Times*
- Roger Taylor, WKZO Radio.

The invited guest legislator is Rep. Sean McCann, 60th Dist.

The meeting is Monday, March 19 at 1:15 PM at Senior Services Coover Room, 918 Jasper St., Kalamazoo.

The April 16 program presents “Facts about Public Transit.” Meet the new Kalamazoo County Transit Authority Director, Sean McBride, and hear the latest information about the

importance of voting to support public transit options in our community. Invited Guest Legislator: Senator Tonya Schuitmaker, 20th District.

Looking ahead, the May 21st meeting will be a shared program with Father Mike Howell presenting on Eco-Spiritual/Sustainable Communities; and Maryann Houston presenting information on WMU's Lifelong Learning Academy.

### Save the Date!

The 2012 **Older Michiganians Day** KCASI bus trip is Wednesday, June 20th. More information will be coming on this rally at the Capitol.

*Thank you 2012 KCASI Sponsors!*

Area Agency on Aging IIIA, AT&T Pioneers-Kalamazoo Club 315, Borgess Health, Crossroads Village Apartments, Disability Network Southwest Michigan, Fresh Perspective Home Care, Life EMS Ambulance, Park Place Assisted Living, Presbyterian Villages of Michigan, Senior Citizens Home Health Care, Senior Services, Inc., and WMU–Alliance Senior Day Services. ♦

## Facebook First Fridays with the Consumer Voice

Facebook First Friday is an opportunity for the long-term care advocacy community, and consumers, to come together through social media to discuss hot topics and share experiences and tips to advance quality care. Hosted by the Consumer

Voice on the **first Friday of every month from 9 AM – 3 PM ET**, this **FREE** event is open for any questions or comments the public would like to share on our wall – and the Consumer Voice also posts questions and polls throughout the day to

spur discussion.

The National Consumer Voice for Quality Long-Term Care (formerly NCCNHR) is national nonprofit organization that works to improve the quality of care for the nation's long-term care

consumers. The Consumer Voice is the source for long-term care education, advocacy and policy analysis at both the state and federal level and is the only national organization for long-term care residents. ■

## I & A Corner



Information & Assistance 269-373-5173

### New Driver Safety Program

A new local program is available to older drivers and their families who may be concerned about their ability to drive safely. Jan Livesay reports that she is currently the only certified "Beyond Driving with Dignity" professional in Michigan. This individualized program provides a self-assessment tool. Jan meets personally with a client, rides along as they drive to 3 familiar locales, and prepares a summary

report of her observations, including recommendations with strategies and resources for driving alternatives, if needed.

Please contact Jan for more information, including cost, at 269.345.4887. The workbook will be available soon at Kazoo Books. For more information on this program and the workbook, go to [www.keepingussafe.org](http://www.keepingussafe.org)

### Fraud & Scam Protection

The revised Senior Brigade guide, *Protect Yourself: Protect Your Future*, is available online at

[www.seniorbrigade.com/documents/FinalGuide.pdf](http://www.seniorbrigade.com/documents/FinalGuide.pdf)

Included are the most common scams aimed at seniors, and tips for protecting oneself. Organizations may request a print copy by sending an email with your mailing address and contact information to [miseniorbrigade@gmail.com](mailto:miseniorbrigade@gmail.com).

**I see the day in our own lifetime that reverence for the natural systems, the oceans, the rainforests, the soil, the grasslands, and all other living things, will be so strong that no narrow ideology based upon politics or economics will overcome it.**

- Jerry Brown

## New Publication Debuts April 1

*SPARK* is a new monthly publication targeted to the 45-75 year old "baby boomer" generation.

This promises to be good news for readers lamenting reduced newspaper circulation.

Features will include books, movies, history, local events, outdoor recreation, golf, art, antiques, travel, food,

cool stores, health, senior issues and much, much more.

10,000 copies will be available beginning April 1 at over 175 locations throughout Southwest Michigan.

The Area Agency on Aging IIIA plans to have a regular column in this publication. Look for it when you pick up a copy.

If you want more information about this new publication, please contact:

Steve Ellis  
"SPARK" Publication  
(269) 720-8157  
[Steve@swmspark.com](mailto:Steve@swmspark.com)



**Spark**  
*50+ "It's your time to shine"*



## Become a Member Today!

**Friends of Transit for Kalamazoo County** is a coalition of organizations and citizens that believes public transit is vital for economic growth and community well-being by providing access to jobs, medical care, education, shopping, recreation and religious and civic events.

**Our mission** is to work for the creation of a countywide transit system that will provide accessible, affordable, safe and convenient public transit for all the people of Kalamazoo County.

**Our vision** for the Kalamazoo County transit system includes:

- Public transportation that is available countywide. No one is excluded.
- Public transportation that is available 7 days a week, including holidays.
- Public transportation that begins and ends at times that give shift workers access to jobs.
- Bus schedules and fare rates posted at every bus stop, with user guides available in public places to make transit easy to use.
- Express routes developed and utilized to promote efficiency.
- A flexible system that responds to change and promotes innovation.
- Regular reports on performance provided to the public.

**We meet:**                    **1<sup>st</sup> Thursday of every month**  
                                      **10:00 am – 11:30 am**  
Disability Network Southwest Michigan  
517 E. Crosstown Parkway  
Kalamazoo, MI 49001

**Contact:**                    Ron Lambe [lambo1947@yahoo.com](mailto:lambo1947@yahoo.com) or 383-1544  
                                      Michele McGowen [mcgowenm@dnswm.org](mailto:mcgowenm@dnswm.org) or 345-1516 x116



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**I/We support the mission and vision of Friends of Transit for Kalamazoo County and will allow use of my/our name as supporters of its goals.**

Date: \_\_\_\_\_

Individual Member

Name(s) \_\_\_\_\_

Organization/Agency/Business/Church

Name: \_\_\_\_\_

Mailing

Address \_\_\_\_\_

E-mail \_\_\_\_\_

**Thank you!**

Send to:

Disability Network Southwest Michigan

517 E. Crosstown Parkway

Kalamazoo, MI 49001

## Staff Updates

Thanks to the Thome Grant award, an additional Case Consultant has been added to our staff. Lauren Longwell, LPC, LBSW, joined the Choices for Independence Program in January.

We welcome Lauren and are fortunate to have her expertise in serving older adults in our community.

Lauren Longwell, LPC, LBSW



## Staff Anniversary

Congratulations to Kristin Wasche, RN, on 2 years with the Choices for Independence Program in April. You're a STAR! Thanks for all you do!

## Provider News

AAA is pleased to announce that **Advocacy Services for Kids (ASK)**, Dianne Shaffer, Executive Director, is now a contracted service provider, taking over for MSU Extension—Second Time

Around Kinship Care Program, and Joyce Stout, who retired. ASK will provide services, including workshops and support groups, to family members raising relatives.

**AREA AGENCY ON AGING**  
3299 GULL ROAD (440)  
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NAZARETH, MI 49074-0042

