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...and more!

Sunday, March 8
Daylight Saving Time



Tuesday, March 17
St. Patrick's Day
Get your green on!



Friday, March 20
First Day of Spring

Wednesday, April 22
Earth Day



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Area Agency on Aging^{IIIA}
Kalamazoo County
Health & Community Services



Thank a Social Worker!

National Social Work Month is in March, celebrating the social work profession and what they do to bring about positive changes in society and for individuals. They have pushed to strengthen the social safety net through programs such as Medicaid, Medicare, and the Affordable Care Act, and advocated for social justice initiatives such as the Voting Rights Act and the Community Mental Health Act. Social workers also make a difference in the day-to-day lives of

millions of Americans by helping to build, support and empower positive family and community relationships. For example, they work in hospitals helping patients navigate their paths to recovery; and they work in agencies, such as the Area Agency on Aging, helping protect vulnerable adults from abuse and neglect. Social workers recognize that more must be done to address persistent social problems such as poverty, lack of education and health care access, and discrimination based on gender, race, sexuality, or

income. And they know that all people, no matter their circumstance, at some time in their lives may need the expertise of a skilled social worker.

Please thank the social workers you know, as we thank our own:

Judy Sivak, MSW
Judy Adlam, MSW
Elizabeth Brass, LLMSW
Kelly Jonker, BSW
Donnyel Klinger, LLBSW
Laurie Palanca, LLBSW
Marilyn Reed, LMSW
Ann Rozsi, LMSW
June Scarberry, LBSW
Patricia Stratton, LLMSW

Free Income Tax Preparation

The Community Action Agency in partnership with the Kalamazoo County Tax Counseling Initiative (TCI) will provide free tax preparation to low to moderate income families (earning \$53,000 or less). There will be over 125 free tax sites, staffed by community volunteers who are IRS-trained and certified, throughout the community in the upcoming months. The majority of tax sites are available by appointment (see information below).

There will be 3 **walk-in** dates at Health & Community Services, 3299 Gull Rd., Kalamazoo:

Thursday, April 2nd from 10:00 AM until 4:00 PM

Wednesday, April 8th from 10:00 AM until 4:00 PM

Thursday, April 16th from 10:00 AM until 4:00 PM

Customers are encouraged to attend one of the dates listed above or to call 2-1-1 to find the most convenient site and schedule a tax preparation appointment, or they can go online to myfreetaxes.com (if they earn \$58,000 or less).



Mark Your Calendar

Monday, Mar. 16: KCASI meeting; 1:15–2:45 PM, Senior Services, 918 Jasper St., Kalamazoo, on the **Statewide Ballot Proposal.** (read more p. 3 KCASI).

Friday, Mar. 27: Professionals Focused on Aging (PFA) meeting; 8:00 AM, Senior Services, 918 Jasper St., Kalamazoo, MI. Topic will be, **Understanding the Aging Experience,**

Presented by Jan Hahn, PhD., and Dr. Delores Walcott, PhD.

Monday, Apr. 20: 1:15–2:45 PM, Senior Services, 918 Jasper St., Kalamazoo, on **How to be a Savvy Hospital Patient.**

Friday, Apr. 24: PFA meeting, 8:00 AM, Senior Services. **10 Things to Consider before Arranging Transportation for Your Clients;** WMU Public Policy and Aging Class.

Tomorrow, and tomorrow, and tomorrow, Creeps in this petty pace from day to day

~William Shakespeare

REPORT ABUSE & NEGLECT (CPS/APS)
(855) 444-3911
Email: DHS-CPS-CIGroup@michigan.gov



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@kcalcounty.com

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

Health Department Earns National Recognition for Preparedness

Seven Michigan health departments, including Kalamazoo County Health & Community Services, are being recognized by the National Association of County & City Health Officials (NACCHO) for their ability to plan for, respond to, and recover from public health emergencies.

Congratulations to Jeannie Byrne, KCHCS, for the hard work that she put into the successful submission of the Kalamazoo County Preparedness Plan to NACCHO. The Department demonstrated through Project Public Health Ready (PPHR) its preparedness and response capability by

meeting a comprehensive set of nationally-recognized standards which focus on three main goals: all-hazards planning, workforce development, and demonstrating readiness through exercises and real events, and are aligned with federal government requirements and national best practices. ♦

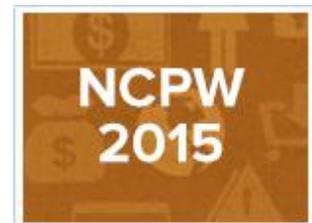


I&A Corner Information & Assistance 373-5173

National Consumer Protection Week March 1 - 7

[National Consumer Protection Week \(NCPW\)](#) reminds us to be vigilant in avoiding scams and more aware of our rights as consumers. NCPW highlights free

resources from government agencies and consumer organizations. Visit www.ncpw.gov to locate free FTC (Federal Trade Commission) materials, and also consumer education materials available from NCPW partners.



Kalamazoo County Advocates for Senior Issues (KCASI)

Know what you're Voting On – May 5th Statewide Ballot Proposal

Confused about the proposal to be voted on May 5th regarding a sales tax increase to help fix Michigan's roads? Then you need to attend the March 16 KCASI meeting at which Bill Hamilton, Senior Fiscal Analyst with the Michigan House Fiscal Agency will present the information and take questions. The House Fiscal Agency provides an expert and non-partisan approach to their analysis of legislation.

Navigating Your Hospital Stay – How to be a Savvy Patient

The April 20 KCASI meeting will certainly be of interest to anyone who finds themselves in the hospital due to an emergency. We will talk about being admitted under observation versus in-patient; what you need to know for a successful discharge; and more. Caregivers, aging network professionals and older adults will find this information invaluable.



Please support KCASI by becoming a member or sponsor:

[2015 KCASI Membership Application Form](#)
[2015 Sponsorship Form](#)

Call Janice at (269)373-5147 if you have any questions.

Thanks for your support—2015 Sponsors!

- Area Agency on Aging IIIA
- Blue Cross Blue Shield of Michigan
 - BorgessHealth
 - Care N Assist
- Disability network Southwest Michigan
 - Fresh Perspective Home Care
 - Guardian Medical Monitoring
- Hospice Care of Southwest Michigan
 - Life EMS Ambulance
- New Friends Memory Care & Assisted Living
- Presbyterian Villages of Michigan—The Village of Sage Grove
 - Right at Home
- Senior Services Southwest Michigan
 - WMU—Senior Day Services

Kinship Caregiver Support Program News

We are pleased to announce that one of the AAA's current service providers, Counseling at Home, is the new provider for Kinship Caregiver Services. The program provides support, education and information on community resources for relatives raising relative children (up to 18 years of age) through support groups and workshops

facilitated by seasoned social workers with group facilitation experience.

Kicking things off will be two Saturday workshops held at the First United Methodist Church, 212 S. Park Street, Kalamazoo, with free child care provided. The details are:

April 18, 9:00-Noon
 Topics: Emotions, Self

Care, Coping
 April 25, 9:00-Noon
 Topics: Discipline and Communication with Schools

Following the workshops will be monthly support group meetings, planned for Thursdays and currently scheduled April 30, May 21, and June 18 from 6:30-8:00 p.m. also at the First United

Methodist Church with free child care available.

Counseling at Home has provided individual counseling services to older adults and/or their caregivers since 1996. For more information about the Kinship Caregiver Program and to register for the workshops, please call Counseling at Home at 269-327-7472. ♦

Never believe that a few caring people can't change the world. For, indeed, that's all who ever have.

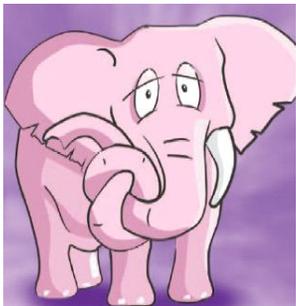
~Margaret Mead

Donations:
Checks can be made out to KCHCSD-V.R. Unmet Needs Fund and mailed to the AAALIA, P.O. Box 42, Nazareth, MI 49074-0042. Call 373-5187 for more information.

Brain Awareness week is March 16-22.

[Minding Your Memory: Some Practical Tips](#)

Simple strategies for how to improve the ability to learn and remember new things at any age.



OASAC News: *Older Adult Services Advisory Council*

Congratulations to **Don Ryan** and **Ros Robbert** who were elected Chair and Vice-Chair of the Kalamazoo County Older Adult Services Advisory Council. The Council and the AAALIA Staff appreciate their leadership skills and willingness to serve.

On a sad note, we mourn the passing of **Verne Robbert**, who provided leadership for OASAC as well as Kalamazoo County Advocates for Senior Issues for many years. Verne was a tireless advocate and will be greatly missed. Last year, we renamed our Unmet Needs Fund to The Verne Robbert Unmet Needs Fund for which we accept donations year round. You can read more about this fund here:

The Verne Robbert Unmet Needs Fund – Established January 2014

Background: The Verne Robbert Unmet Needs Fund was established to honor Verne Robbert and his long tenure with aging related groups in Kalamazoo County. It is managed by the Area Agency on Aging IIIA's Choice for Independence Program Manager.

Verne was a member of the Kalamazoo County Older Adult Services Advisory Council for over 17 years and was either the chairperson or vice-chairperson for many of those years. He was also a founding member of Kalamazoo County Advocates for Senior Issues, providing leadership as its first Chairperson and active member of its Legislative Committee.

Verne worked hard to make Kalamazoo County a good place for people to grow up and grow old in. His commitment to advocacy and his wise counsel over the years endeared him to all who came to know him through these organizations.

The Verne Robbert Unmet Needs Fund provides those who are in the most need a last resort to acquire a service or product that can affect the quality of their lives. This includes assistance with prescriptions, moving expenses, purchasing special shoes and clothing, helping with the cost of transportation to frequent medical appointments, emergency meals, and special diet food, and more.

WE THANK OUR VOLUNTEERS!

April is volunteer month, and we're honored to work with these dedicated volunteers *all year*.

Older Adult Services Advisory Council:

Thomas L. Danielson, Kathy Grueter, Al Heilman, Deb Josephson, Clinton Lewis, Kimberly Middleton, Beulah Price, Kelly Quardokus, Rosamond Robbert, PhD, Don Ryan, Beverly Solik, and Kal. Co. Commissioner, Larry Provancher.



Thank you, also, to the Healthy Living Program **volunteer trainers and coaches** who teach Matter of Balance and PATH workshops in Kalamazoo. (see pp. 5-6, *Healthy*)

If you or someone you know would be interested in becoming a coach/lay leader, please contact Marilyn Reed, Matter of Balance Master Trainer, at 373-5224; Norma Bour, PATH Master Trainer, 373-5382.

Healthy Living Programs

Personal Action Toward Health (PATH)

PATH workshops will be held throughout the Kalamazoo County in March and April, as shown below. Workshops are free to participants; pre-registration is required. Sign up today, and take the first steps on the PATH to manage your long term health condition better.

PATH workshops are designed to support the recommendations of your health care provider. PATH is a six-week workshop held in 2 ½ hour sessions each week.

The workshop focuses on ways to manage the symptoms that are common to many health conditions. Workshops are offered at convenient location by two trained leaders; at least one leader has a long term health condition.



- You will learn how to :
- Deal with not feeling well
- Talk with doctors & family members
- Overcome stress
- Do everyday activities more easily
- Stay independent

TYPE of PATH	PLACE	DAY/DATE	TIMES	MUST Pre-Register. CALL:
Chronic Pain PATH	Galilee Baptist Church	Tuesdays, March 3 – April 7, 2015	10:00 am – 12:30 pm	(269) 349-5597 Open to public
Diabetes PATH	Portage Senior Center	Fridays, March 6 – April 17, 2015 (Skip April 3)	9:30 am - NOON	(269) 329- 4555 Open to public
PATH	Transformation Center/Nazareth	Wednesdays, March 25 – May 6, 2015 (Skip April 1)	2:00 pm – 4:30 pm	(269) 391-6290 X214 Open to public
Chronic Pain PATH	Oshtemo Branch / Kalamazoo Public Library	Tuesdays, April 7 – May 19, 2015 (Skip May 6)	5:00 – 7:30 pm	(269) 553-7980 Open to public

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.

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



Day & Dates: (Wednesdays) March 25, April 1, 8, 15, 22, & 29

Time: 1:30pm – 3:30pm

**Location: Oakland Centre Adult Day Services
2255 West Centre Ave.
Portage, MI 49024**

To register contact:

**Patti Stratton, LMSW
(269) 373-5141**

psstra@kalcounty.com

A Matter of Balance: Managing Concerns About Falls, 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 questions please contact Marilyn Reed, BSW, Master Trainer, mjreed@kalamazoo.org or (269) 373-5224.



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Attend a free Matter of Balance 8-session workshop: (Donations are requested)

Dates	Times	Locations	To Register	Cost
Mondays, Feb. 2 to March 23	9:00 to 11:00 AM	Lawrence Educational Ctr. 1521 Gull Rd., Room 125 Kalamazoo MI 49048	(269) 226-7075	Donation Requested
Wednesdays, Feb. 4 to Mar. 25	1:30 to 3:30 PM	Portage Senior Center 320 Library Ln. Portage, MI 49002	(269) 329-4555	Donation Requested
Tuesdays, Mar. 10 to April 28	1:00 to 3:00 PM	YMCA 2900 W. Centre St. Portage, MI 49024	(269) 324-9622	Donation Requested
Mondays, March 16 to May 4	2:30 to 4:30 PM	Lawrence Educational Ctr. 1521 Gull Rd., Room 125 Kalamazoo MI 49048	(269) 226-7075	Donation Requested
Tuesdays, Mar. 31 to May 26	1:00 to 3:00 PM	Oshtemo Branch Kalamazoo Public Library 7265 West Main St. Kalamazoo, MI 49009	(269) 553-7992	Free
Wednesdays, Apr. 1 to May 20	2:00 to 4:00 PM	Washington Square Branch Kalamazoo Public Library 1244 Portage Kalamazoo, MI 49001	(269) 553-7970	Donation Requested
Wednesdays, April 15 to June 3	1:30 to 3:30 PM	Mt. Zion Baptist Church 120 Roberson St. Kalamazoo, MI 49007	(269) 388-3111	Donation Requested
Tuesdays, April 7 to May 26	10:00 to Noon	Borgess Health & Fitness 3025 Gull Rd. Kalamazoo, MI 49048	(269) 226-7075	Donation Requested
Wednesdays, April 15 to June 3	1:00 – 3:00 PM	Heritage Hills/Directors Hall 600 Golden Dr. Kalamazoo, MI 49001	Closed - closed classes are open only to residents	Donation Requested
Wednesdays, April 15 to June 3	1:00 – 3:00 PM	Bronson Athletic Club 6789 Elm Valley Dr. Kalamazoo, MI 49009	(269) 341-8587	Donation Requested
Tuesdays, May 5 to June 23	10:00 AM to Noon	Galilee Baptist Church 1216 N Westnedge Ave. Kalamazoo, MI 49007	(269) 349-5597	Donation Requested

*Custom
Care*

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

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

Peace of Mind Through Professional Geriatric Care Management

MI Health Link is a new pilot program for Michigan residents, and Southwest MI is participating. The goal is to provide seamless access to care and reduce cost for individuals who are eligible for Medicare and Medicaid (dual enrolled) and meet the following criteria:

- Live in the counties of Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, Macomb, St. Joseph, Van Buren
- Are age 21 or older
- Have full Medicare and full Medicaid
- Are not enrolled in hospice

Those who are eligible may have received letters from Michigan ENROLLS, informing them of their option to participate in this program. They also have the option to opt-out at any time.

MI Health Link will provide coverage for doctor visits, hospital care, behavioral health care, and home and community based services, and more.

To understand the benefits of this new program, contact the Medicare Medicaid Assistance Program (MMAP): [1-800-803-7174](tel:1-800-803-7174), or the Michigan Department of Human Services website:



Area Agency on Aging IIIA News

Happy Anniversary to **Kristin Wasche**, RN, MA, Care Consultant for Choices for Independence, who has been with AAAIIIA for **5 years** in March. Congratulations, Kristin, and thanks for your contribution to our team, and to the community!



WELCOME, to the Choices for Independence Program—**Donnyel Klinger, LLBSW**, and **June Scarberry, LBSW**. As newly hired social workers for our Community Living Program they will be working to reduce our waiting list for services for older adults who are most in need in Kalamazoo Co. Donyell comes to us from St. Joseph Co. Child Protective Services, and June was most recently with Head Start/KRESA. We are very pleased to add these two professionals to our team!

When you see them in the community, please introduce yourself and welcome them.



Donnyel Klinger



June Scarberry

AREA AGENCY ON AGING IIIA
 3299 GULL ROAD (440)
 PO BOX 42
 NAZARETH, MI 49074-0042

