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[Michigan Primary Election Day: March 8th](#)
Our Office Open

Daylight Savings Time begins March 13th

Happy St. Patrick's Day!
Thursday, March 17th

Easter Sunday
March 27th



Area Agency on Aging IIIA The Advisor



March/April

2016/Issue 2

Elder Abuse Prevention Coalition Busy Planning April Events

The Kalamazoo County Elder Abuse Prevention Coalition is pleased to bring another free **Safe, Sound & Secure Conference** to the community on **Saturday, April 9th** at Galilee Baptist Church, as described in the flyer:



The event features a keynote address by Sheriff Richard Fuller followed by three important workshops, repeated twice, that adults of all ages can benefit from:

Knowing Your Rights in a Long-Term Care Facility is led by Kelly Jonker, BSW, who is the Long-Term Care Ombudsman covering Barry, Branch, Calhoun, Kalamazoo and St. Joseph counties. The workshop is helpful for anyone who will visit family or friends in a long-term care facility.

Knowing the Pros and Cons of Joint Ownership, Power of Attorney, Guardianship, Conservatorship with Kelly Quardokus, Q Elderlaw PLC, and Tom Danielson, Mercantile Bank. This workshop will help you understand these and other documents so that you can determine what is best for your situation in order to avoid possible financial exploitation.

Knowing About Normal Memory Loss and Alzheimer's Disease is presented by Erin VanGroningen, Alzheimer's Association. This interactive workshop features video clips of people living with Alzheimer's disease, addresses the ten warning signs and what to do if you observe them in yourself or someone you know.

Early detection of Alzheimer's disease gives one a chance to begin drug therapy, enroll in clinical studies and plan for the future.

On **Monday, April 25th** the Coalition is sponsoring a conference for mandatory reporters of elder abuse, financial institutions, senior advocates, and others interested in learning more about how to identify, refer, and help investigators with evidence as it relates to financial exploitation as well as other abuse. Paul Greenwood, Deputy District Attorney, San Diego County, CA and head of Elder Abuse Prosecutions, will be keynoting the conference.

SEE ELDER ABUSE, P. 2



Mark Your Calendar

Monday, Mar. 21: Kalamazoo County Advocates for Senior Issues (KCASI) Meeting, 1:15–2:45 PM at Senior Services Coover Rm., 918 Jasper St., Kalamazoo.

MORE ON P. 3

Thursday, Mar. 24: Elder Abuse Prevention Coalition Meeting, 1:30–3:00 PM, Miller Johnson in the Radisson, 100 W. Michigan Ave., Kalamazoo.

Friday, Mar. 25: Professionals Focused on Aging (PFA) Meeting, 8:00 AM at Senior Services. Elisa Dely, “The Evolution of Fitness and Wellness.”

Tuesday, Mar. 29: Kick-Off for Kalamazoo Celebrates Elderhood. From 9:00-11:00 AM, Georgian Rm. of the HCS Dept., 3299 Gull Rd.

Saturday, Apr. 9: Safe, Sound & Secure Conference. Free. Registration necessary. SEE P. 1.

Friday, Apr. 22: Professionals Focused on Aging (PFA) Meeting, 8 AM at Senior Services.

Monday, Apr. 25: Conference on Elder Abuse. 9:30 AM to 3:00 PM, WMU Fetzer Center. \$20. SEE P. 1.



Elder Abuse, from p. 1

Mr. Greenwood is a nationally respected speaker who energizes audiences wherever he goes. Other invited presenters include Ron Tatro, Elder Law of MI, and Scott Teter, Assistant Attorney General for Michigan. The conference begins at 9:30 a.m. and ends at 3:00 p.m. A \$20 charge includes lunch.

Details can be found here:



Please alert your colleagues to this important opportunity, and register by April 15th.

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, Kalamazoo County Government
Director, Judy Sivak



Do you live, work, play, attend school, worship, or visit the City of Kalamazoo? Then your vision for Kalamazoo's future is

needed! Over the next year the City will be working with residents, community groups, and businesses in **Kalamazoo** to update the **City's Master Plan**, which was last updated in 2010. This document provides a framework for our community stakeholders to make decisions around a shared vision that improves the quality of life for everyone.

The first phase, *Imagine It!*, started on February 5th and continues until March 31st with a variety of ways to get involved: Share your ideas and opinions on the website: http://www.kalamazoo.org/opentownhall#peak_democracy.

HEALTHY LIVING PROGRAMS

Note: Some workshop schedules, because of holidays, may run longer than the number of weeks. Check the schedule on the first day of the workshop to verify all class dates.



Personal Action Toward Health

Personal Action Toward Health (PATH): Developed and tested by Stanford University, PATH helps people learn tools and skills for the day-to-day management of long-term health conditions like arthritis, asthma, diabetes, depression, fibromyalgia and heart disease. PATH helps each person better manage their health conditions. Diabetes PATH and Chronic Pain PATH focus on specific conditions. The 6-week workshop meets for 2 ½ hours each week. Classes are facilitated by trained lay leaders.

PATH classes are offered in six-week sessions; each class is 2.5 hours in length. You will meet once a week over the six-week period.

For a current schedule of classes, click the link:

Classes are free. Donations are appreciated.

For more information, please contact:

Norma Bour, MS, RD, Master Trainer, (269) 373-5382 or

Email nsbour@kalcounty.com.

PATH Class
Calendar



**Free
PATH
Leader
Training >>>**

Training for volunteer leaders to facilitate PATH workshops is scheduled for April 7, 8, 14 & 15, 9 AM–4:30 PM, HCS Department, 3299 Gull Road.

The four-day training is a one-time commitment. After this, we ask you to facilitate at least one, six-week workshop a year. You'll love it!

REGISTER by April 4th (or for information): Contact Norma Bour at (269) 373-5382, nsbour@kalcounty.com, Training is free. Stipends may be available.



MANAGING CONCERNS ABOUT FALLS

A Matter of Balance: Falls Prevention 8-Session Workshops

Matter of Balance (MOB): is a program designed to reduce the fear of falling, stop the fear of falling cycle, and improve activity levels among older adults. MOB is an evidence based program, based in research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University. This program uses a volunteer lay leader model.

MOB classes are offered in four- or eight-week sessions.

You will meet once or twice a week over the four- or eight-week period. Session days and dates are listed at this link.

Classes are free. Donations are appreciated. For more information, please contact:

Marilyn Reed, LBSW, Master Trainer, (269) 373-5224 or

Email mjreed@kalcounty.com.

MOB Class
Calendar



News from Kalamazoo County Advocates for Senior Issues

At KCASI's March 21st meeting, come hear about *The Health of Kalamazoo County*, presented by Gillian Stoltman, PhD, MPH, Director/Health Officer for Kalamazoo Co. Health & Community Services Department; with Terrence Neuzil, Kalamazoo County Administrator.



On April 18th, KCASI welcomes Sheriff Richard Fuller and Metro Transit Director Sean McBride. Hear about the critical law enforcement and Metro County Connect millages to be voted on May 3rd. Kalamazoo County Commissioners have also been invited to attend.

Contact Janice at jgboni@kalcounty.com, (269)373-5147, for membership information or if you have any questions about upcoming meetings.

Thank you! 2016 Sponsors:

- 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

Kinship Care

Are you raising a relative child? Counseling at Home is proud to offer the Kinship Care Program which provides support, education, and information on community resources for those raising relative children. The support group meets on the third Thursday of each month from 6:30-8:00pm at the First United Methodist Church, 212 S. Park Street, Kalamazoo. **Free child care is provided.** For information, please call Counseling at Home at (269) 327-7472.

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.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Congratulations to recent graduates of the MOB Lay Leader training: Front, l-r: Vickie Wooden, Toni Buskirk, Hannah Mason, Marilyn Reed—Master Trainer, Megan Loyer, Maryl Petrie, Carrie Sullivan. Back row: Lisa Folsom, Kristine Horvath, Kim Haines, Megan Sliva.



Senior Services SW MI Participating in *March For Meals* Nationwide Campaign

Senior Services Southwest Michigan will be participating in the [14th annual March for Meals](#) – a month-long, nationwide celebration of Meal on Wheels and the homebound and vulnerable seniors who rely on its vital safety net.

“The services we provide seniors in both Kalamazoo and Calhoun County are critical and the need is rapidly increasing,” said Dan Pontius, Nutrition and Transportation Manager.”

Senior Services of Southwest Michigan is reaching out to the public through this March for Meals campaign to build the support to enable us to deliver nutritious meals, friendly visits and safety checks to older adults in our community. By volunteering, donating or speaking out, you can help ensure that older adults in your neighborhood can live healthier, independent lives at home.

Do you want to meet new friends, brighten someone’s day and feel good about yourself? We have a great opportunity for you; become a Meals on Wheels volunteer in Kalamazoo or Calhoun County. The schedule is flexible, the time commitment is 1.5 to 2 hours a day, week or month – however it best fits into your schedule. You don’t have to wait until March to sign up; just call today and see how rewarding helping someone out can be. Kalamazoo Office 269-382-0515 or Kool Family Community Center Office 1-866-200-8877.

There are more opportunities and events in the works, so be sure to visit Senior Services’ Web site at www.seniorservices1.org.



The Advisor is resuming its Telling Our Stories feature to shed light on the increasing instances of elders in need.



The cost of the services, including the time of the care consultant, is approximately \$195 per month, a bargain for Paul and the community...

Telling Our Stories

Meet Paul, 88 years old who lives alone with his pets. Paul had a comfortable life living well on his earnings and investments until, through no fault of his own, he lost all but his Social Security. He was forced to adjust to life without many resources, qualifying for Medicaid with a monthly deductible of \$545, leaving him with just under \$500 to live on each month. His Care Consultant with the Choices for Independence Program (CFI) assists him with the challenges of living on such a small income, and navigating the service systems set up to help. Due to hearing loss, his Care Consultant must help him make the necessary phone calls to the agencies to coordinate his services.

The CFI program is providing a homemaking aide to clean Paul's home due to chronic back pain; and he requires transportation assistance in the winter months. The cost of the services, including the time of the Care Consultant, is approximately \$195 per month, a bargain for Paul and the community as it allows him to live independently in his home, with dignity and his beloved pets.

Celebrate! March is Social Workers month

Our nation's more than 600,000 social workers have amazing tenacity and talent. They confront some of the most challenging issues facing individuals, families, communities and society and forge solutions that help people reach their full potential and make our nation a better place to live.

We celebrate the contributions of social workers during National Social Work Month in March.

Kudos! to the AAAIIA Social Workers on our wonderful team:

- | | |
|-----------------------------|-------------------------|
| ★ Judy Sivak, MSW, Director | ★ Laurie Palanca, LLBSW |
| ★ Judy Adlam, LMSW | ★ Marilyn Reed, LBSW |
| ★ Liz Brass, LLMSW | ★ June Scarberry, LBSW |
| ★ Kelly Jonker, BSW | ★ Patti Stratton, LMSW |

Read more on Social Workers Month at www.socialworkers.org.



CREATING CONFIDENT CAREGIVERS®

Creating Confident Caregivers® is a program for those caring for loved ones with dementia or memory loss.

A free [Creating Confident Caregivers®](#) class begins on March 22nd at the Kalamazoo HCS Dept., 3299 Gull Road. Registration is required. Contact Patti Stratton, LMSW, at 269-373-5141 or psstra@kalamazoo.org, for more information & registration.

Tips to Avoid Tax Scams

Michigan Attorney General Bill Schuette and the Kalamazoo County Sheriff's Department have recently issued alerts to consumers to protect them from the latest tax and IRS related scams. Both have noted that the **IRS will never contact you asking for personal information by phone or email.**

Don't fall prey to these scams!

IRS scams enable con artists to get bank account information, Social Security numbers, and/or credit card details. The crooks are able to make their calls look like they are coming from an official number or location, but they often originate from overseas. Don't trust your Caller ID alone.

IRS Phone Scams include high pressure callers saying they are an IRS employee and telling the targeted victim that legal action will be imminent without immediate payment. Or, they may say you are due a large rebate if you file taxes early and provide them with bank account information for direct deposit.

IRS Email Scams may use the official IRS logo, along with using whole sections of text from the IRS's website. Often there is a fake "from" address that looks very similar to the IRS.

What to Do if You Get an Email or Phone Call Claiming to Come From the IRS

Hang up immediately. **Report the call or any suspicious solicitation** (including misuse of the IRS name, logo or forms) **to the Treasury Inspector General for Tax Administration hotline at:**

800-366-4484

If you open a suspicious email, do not click on any embedded links. Forward the email to phishing@irs.gov in order to report it. Or you may choose to just delete the email. The only genuine IRS website is www.irs.gov.

View the full Attorney General Consumer Alert, ["IRS Phone and Email Tax Scams"](#)

Free Tax Clinic

Legal Aid of Western Michigan received a grant from the IRS for a Low Income Taxpayer Clinic to assist folks with "controversies" regarding their Federal Income Taxes. LAWM will not be doing taxes but will have attorneys devoted to representing people who run into issues, e.g. identity theft, innocent spouse, etc., after the return is filed. Call the local office at (269)591-8022 for more information.



Be on the Bus for Older Michiganians Day May 11th

It's not too early to Save the Date for the May 11th Older Michiganian's Day event in Lansing, MI. This annual event features advocates of all ages traveling to Lansing in a comfortable bus, courtesy of the Kalamazoo Advocates for Senior Issues organization. Advocates meet with their legislators and discuss a platform of issues pertinent to older adults. There are speeches and awards and lunch included.



Please contact Janice at 373-5147 or jgboni@kalcounty.com to reserve a spot.



Housing Resources Inc. – 5K Walk to End Homelessness

Saturday, March 19th at 9:00 AM

Growlers Baseball Stadium

251 Mills Street – Homer Stryker Field

[Click Here For Registration/Event Details](#)

#KalamazooStrong: How you can help

The Kalamazoo Community Foundation, Battle Creek Community Foundation, and United Way of the Battle Creek and Kalamazoo Region will be partnering with area organizations to direct funds to areas of need to help create safer communities now and into the future.

In response to the February 20th tragedies in Kalamazoo County, and in an effort to address both immediate and long-term community needs related to community violence, a collaborative group of local nonprofits has established a **Help Now!** fund.

[Help Now! fund](#)

Read more at Kalamazoo Community Foundation, www.kalfound.org

[Smith family GoFundMe page](#)

The Mattawan High School class of 2016 also started a **GoFundMe** page to support the family of Rich and Tyler Smith. Thousands of dollars have already been raised.

[Abigale Kopf GoFundMe page](#)

A **GoFundMe** has also been set up to help cover medical expenses for 14-year-old Abigail Kopf, who was wounded in the shooting.



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



Osher Lifelong
Learning Insti-
tute at WMU
(OLLI)

Check out the 2016
Course/
Trip
Catalog



*April is
Volunteers
Month! Many
thanks to our
dedicated
volunteers!*



AAAIIA News

Looking Ahead: AAAIIA Multiyear Planning FY17-19

Every three years, Area Agencies on Aging produce a multiyear plan that is the basis for service provision and advocacy efforts for the years covered in the plan. In 2016, staff members at the AAAIIA have been busy planning for the multiyear plan, including conducting an input survey of community members, seniors, professionals, and caregivers in February. If you missed the opportunity to provide input on the plan via the survey, or would like to be involved in another form of feedback, the AAAIIA will have two public hearings in May 2016. The first one will be held at the Portage Senior Center on May 5th from 9–10 AM; and, the second will be at the Older Adult Services Advisory Council meeting at the Kalamazoo County Health and Community Services building on May 11th at 4 PM. A draft of the multiyear plan for FY17-19 should be available online by April 30th.



On April 22nd, the Earth Day Movement Continues

Read about what you can do on Earth Day and beyond.

www.earthday.org/earth-day/

and check out [Take Action](#) for ways you can go green.

