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**Sunday, May 13:
Mother's Day**

**Monday, May 28:
Memorial Day,
OFFICE CLOSED.**

**Sunday, June 17:
Fathers Day**

**Wednesday, June
20: 1st day of
summer and
Older
Michiganians
Day, ➤ p. 2**



We are now on
Facebook!

[Area Agency on Aging IIIA
of Kalamazoo County
Health & Community
Services](http://www.kalcounty.com/aaa)



May is Older Americans Month

May has traditionally been the month of national observance honoring the older adults in our lives. The Older Americans Month theme this year is "Never Too Old to Play!" an encouraging reminder to everyone to stay engaged, active and involved. As large numbers of baby boomers reach retirement age many communities have increased their efforts to provide meaningful opportunities for older adults.

"When older people are physically and socially active, we know that their quality of life improves," said Kari Sederburg, Director of the Michigan Office of Services to the Aging.

Starting now with this special month of recognition, why not spend more time with older relatives and friends.

Interactions can be as simple as a visit to chat,

preparing and sharing a meal, or inviting a friend to a KCASI meeting* to planning an outdoor activity engaging the whole family. Studies show that inter-generational relationships enrich the lives of everyone involved.

*See page 2 for information about the May 21 KCASI topics.

ADRC Happenings in Kalamazoo County

Aren't acronyms fun? For those of you who don't know, ADRC means *Aging & Disability Resource Consortium* and we have added *Kalamazoo County*. The agreed upon mission of our local ADRCCKC is to "serve as a trusted source where adults regardless of income and age can get information and streamlined access to the full range of community support options."

Our ADRCCKC is working on an application to the MI Office of Services to the

Aging to receive "emerging" status, so we can work towards being a fully functional ADRC by 2014, when the whole state of Michigan is slated to become fully functioning. The organizations involved in developing the draft application are Elder Law of Michigan, Senior Services, Area Agency on Aging IIIA, MMAP, United Nursing Service, Disability Network Southwest Michigan, Gryphon (211) and Dept. of Human Services. The Area Agency on Aging

IIIA and Disability Network Southwest MI are the conveners of the group, which currently numbers 35 organizations. There will be an important meeting at Disability Network on June 6 at 1:30 p.m. to review the draft application. If you have not been a part of this group and are interested, please send a request to be put on the mailing list to Janice Bonita, jgboni@kalcounty.com. If you would rather first have a conversation about this initiative, please contact Judy Sivak at 373-5153 or Joel Cooper at 345-1516. ❖



Mark Your Calendar

Monday, May 14: Senior & Veterans Expo. 9 AM – 1 PM at Antwerp Township Activity Center, 24821 Front Ave., Mattawan. Hosted by Sen. Schuitmaker, Rep. Aric Nesbitt and Rep. Margaret O'Brien.

Wednesday, May 16: Poverty Reduction Initiative holds **Project Connect**, a free event from 12-4 PM at Kalamazoo County Fairground. For information visit their blog: <http://www.projectconnectkalamazoo.blogspot.com/>

May 17-18: Area Agencies on Aging Association of MI Annual Conference, at the

Kellogg Hotel & Conference Center, East Lansing. Call 517-886-1029 or visit http://www.mi-seniors.net/annual_conference.html information on right.

Monday, May 21: KCASI Meeting, article below.

Fridays, May 25 & June 22: Professionals Focused on Aging. 8-9:30 AM, Senior Services, 918 Jasper St. For information contact 373-3104 or kmiddleton@lifeems.com.

Tuesdays, May 8 & June 12: Disability Network Southwest Michigan holds their Disability Roundtable Series Discussions, 1-2:30 PM. See p. 5.

Friday, June 1: Veteran-Community Partnership of Southwest Michigan Regional Quarterly Meeting, 10 AM – 12 Noon, at Veterans Administration Hospital Auditorium in Battle Creek, see details p. 4.

Wednesday, June 6: ADRC Meeting, 1:30 PM, at DNSWM's Community Building, 517 E. Crosstown Pkwy.

Wednesday, June 20: Older Michiganians Day. Bus trip to Lansing, see *KCASI* article.

Saturday, June 23: Galilee Baptist Church Health Fair, 10 AM – 2 PM, 1216 N. Westnedge.

Kalamazoo County Advocates for Senior Issues (KCASI)

The **May 21** KCASI meeting will be a little different than others with two separate presentations on issues of importance to older adults and members of the community alike. Marianne Houston will provide information on Western Michigan University's Lifelong Learning Academy including upcoming course information; and Father Mike Howell will discuss plans for Eco-Spiritual Housing—an intentional community with a green emphasis.

KCASI meetings are open to the public. If you aren't a member you might want to consider joining, because...

...on **June 20** KCASI is again sponsoring a trip to the capitol in Lansing for **Older Michiganians Day**. KCASI members attending this annual event will advocate

with state legislators, sharing their vision of how Michigan can be a great state in which to grow older with dignity and independence. You'll have a box lunch on the lawn during an interesting group program. Afterward, we plan to have an opportunity to talk one-on-one with our local legislators. One of the 2012 platform items is to *provide greater protections for vulnerable older adults from abuse and financial exploitation*. And, thanks to continuing advocacy efforts, we hope to see Governor Snyder sign elder abuse legislation into law by June 20! KCASI members who have attended in past years found this an educational and enjoyable event, and a chance to show SENIORS HAVE A VOICE. Call **269-373-5147** for further information or to sign up.

For more information, click on Older Michiganians Day Web site: <http://oldermichiganiansday.com/>

Many thanks to KCASI 2012 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 Southwest Michigan; UnitedHealthcare Community Plan; and, WMU-Alliance Senior Day 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:
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

I&A Corner

Home Equity Advisor:

Older adults now have a user-friendly website available to explore options for making the best use of their (usually) biggest financial asset – their home. The Home Equity Advisor, www.homeequityadvisor.org was developed by the National Council on Aging (NCOA) and funded by a grant from the Financial Industry Regulatory Authority Investor Education Foundation. Users can take a free “Quick Check” at the site, and request an individualized report that includes

Information & Assistance: 269-373-5173

tools and advice to help them use and protect the value in their home.

Bed Bug Information:

For the latest information on this “pesky” problem, you may want to check out Michigan’s official website that provides a wealth of information on prevention and treatment:

www.michigan.gov/emergingdiseases/0,1607,7-186--147759--,00.html



2011 Transit Facts – Did You Know?

There are 23 routes in the fixed route bus system Each bus carried an average of 23.7 passengers per hour



John Hilliard

won *Volunteer Manager of the Year* at the annual *Star (Sharing Time and Resources) Awards* which honors volunteerism in Kalamazoo.

A lifelong volunteer, he founded Lending Hands of Michigan in 2005. The organization rents out medical equipment to people

in Allegan, Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph and Van Buren counties who cannot afford them for up to nine months.

John is a former member and Chairman of the Older Adult Services Advisory Council for

the Area Agency on Aging in Kalamazoo County. He is also a member of the Kalamazoo County Advocates for Senior Issues (KCSI) and a tireless voice for seniors.

This is recognition that is long overdue according to staff at the AAAIIIA. But, not surprisingly to those who know him, his humble personality is summed up in this quote on winning the award:

"I've always been interested in helping senior citizens," said Hilliard.

"I have no idea why they nominated me," said Hilliard. "I do what needs to be done. Once you get a little older, volunteering keeps you busy."

Veteran-Community Partnership of Southwest Michigan Regional Quarterly Meeting

- **Dynamic Networking: Teach & Learn!**
- **June 1, 2012 from 10 AM to 12 Noon**

The Veteran-Community Partnership of Southwest Michigan will be holding their quarterly regional meeting on June 1 from 10 AM to 12 Noon at the Veterans Administration Hospital Auditorium in Battle Creek. Representatives from 10 Veterans organizations/resources will be available to teach you about their services and how to access them for the veterans you serve. There will also be an opportunity to share information about your agency/resource with these Veterans Administration representatives...So...Bring your information & questions—invitations will be emailed mid-May. To make sure you are not left out, contact Anne Zemlick with your email info at: amzeml@kalcountry.com.

We look forward to seeing you there and learning about the wonderful resources for veterans in Southwest Michigan.

AAAIIA Draft AIP for 2013

The Draft 2013 Annual Implementation Plan will be available on the AAA website www.kalcountry.com/aaa no later than May 30.

A public hearing to receive input on the plan is scheduled for Wednesday, June 13,

3:30 p.m. in Conference Room F of the Health & Community Services Department, 3299 Gull Road.

Written comments can be emailed to jasiva@kalcountry.com.



Cell Phones for Soldiers

Show your patriotism & pride by donating your old cells to help our troops call home.

In 2011 Veterans & Family Memorial Care Providers nationwide collected enough old cell phones to provide our troops overseas with over 1.2 Million FREE talk time minutes. Help us reach our 2012 goal

of 2 Million Free Minutes by donating your old cell phone. Each phone provides one hour of free talk time allowing our heroes to stay connected with family and friends back home.

Please drop off cell phones at:
Langeland Family Funeral Home
622 S. Burdick St.

Kalamazoo County Veterans ID Card

Many local merchants are offering discounts to active duty military, reservists and veterans.

In most cases a picture ID card is required to take advantage of these discounts.

The Kalamazoo County Veterans Affairs office, 3299 Gull Road, is offering ID cards to veterans of our county as a token of the County's appreciation of your service.

To obtain the card at no charge you must bring in your DD 214 documenting your HONORABLE discharge and your driver's license or state ID to the Veterans Affairs office on

Thursdays only between the hours of 1:00 and 4:00 PM.

This service is available only to Kalamazoo County residents.

Call 373-5304 if you have questions.

Disability Roundtable Discussion for May

Join Disability Network Southwest Michigan (DNSWM) on **May 8 at 1 PM** for a discussion of why elected officials at all levels of government need to hear from citizens—in particular people with disabilities! **Politics are Personal** is the name of the Roundtable Discussion.

The Disability Roundtable Discussion series is open to everyone—with or without a disability— who has an interest in the topic. Come share your experiences and perspectives—invite someone along; and, ask questions of others at the Roundtable.

Discussions are held at DNSWM, 517 E. Crosstown Parkway, Kalamazoo. Contact Michele McGowen, Program Manager at DNSWM, at (269) 345-1516 Ext. 116 or www.dnswm.org if you have any questions.

“Come share your experience and perspectives...”

PATH LEADER TRAINING

**Want to help others, or yourself, get on the PATH to better health?
Want to help others, or yourself, better manage a long term health concern?
Want to learn skills that will help manage life’s challenges?**

**BECOME A VOLUNTEER for PATH:
Personal Action Toward Health**

What is it? PATH was developed and tested by Stanford University to help people learn tools and skills for the day-to-day management of long-term health conditions, like arthritis, asthma, diabetes, depression, & heart disease.

PATH is a six-week workshop conducted in 2 1/2 hour sessions each week. The workshop is not disease specific; it focuses on symptoms that are common to many health conditions.



IT’S INTERACTIVE & FUN... AND IT WORKS!

LEADER REQUIREMENTS:

- **Have a long-term health concern *OR* care for someone who does**
- **Be comfortable speaking & reading in front of a small group**
- **Attend a 4 day Leader Training:**
Thursdays & Fridays
June 7, 8, 14 & 15
9 am – 4 pm
Health & Community Services
Area Agency on Aging, IIIA
Kalamazoo
- **Lead at least one 6 week PATH workshop a year**

“I’ve become more aware of making better choices.”

~PATH participant

FOR MORE INFORMATION:

**Norma Bour, MS, RD,
PATH Coordinator**

**(269) 373-5382
nbour.mipath@gmail.com**

...you can help us as we move forward to identify early stage constituents for this social engagement program...

Alzheimer's Association Pilot Program

The Alzheimer's Association - Michigan Great Lakes Chapter has been selected to participate in a national pilot program that brings together and offers social opportunities to individuals who are living with early stage Alzheimer's disease or other dementias. Outreach efforts to identify program participants will be initiated early May.

Community Partners: The chapter hopes to engage community partners to assist us in our outreach activities and program activities. Marketing materials are currently being developed. If you can help us as we move forward to identify early stage constituents for this social engagement program or are interested in assisting us as we provide social, recreational, wellness, or cultural activities,

please call our regional office and speak with Barbara Swartz at 269.342.1482 or 800.272.3900.

Persons with Early Stage Alzheimer's: If you or someone you know has been formally diagnosed, is living with early memory loss, and would like to know more about this opportunity please call your local office and speak with Barbara Swartz at 269.342.1482 or 800.272.3900.



L to R, Judy Sivak, Director of AAAlIA; Kenneth Munson, Regional Director, U.S. Dept. of Health & Human Services; Sheriff Richard Fuller; Lisa Fuller, MMAP Coordinator; and Kimberly Middleton, Life EMS Ambulance & Coordinator of Professionals Focused on Aging

According to the National Council on Aging, Medicare/health insurance fraud is the number one scam committed against older adults. On Friday, April 27, the Professionals Focused on Aging hosted an event with keynote speaker Kenneth Munson, Regional Director of Region V, Office of the U.S. Department of Health and Human Services. Mr. Munson shared with the group of

Focused on Medicare Fraud

nearly 100 people these tips on how to deter, detect and defend Medicare fraud.

Deter: Guard your Medicare and Social Security numbers like you would your credit cards. If your card is lost or stolen, report it immediately to Social Security at 1-800-772-1213.

Detect: Walk away from people offering "free" services. Hang up the phone on anyone asking for your Medicare number.

Defend: Check your medical bills, Medicare Summary Notices,

Explanation of Benefits and Credit Reports.

Report: If you suspect Medicare Fraud, report it to your local MMAP (Medicare Medicaid Assistance Program) at 1-800-803-7174. MMAP has trained team members to assist. If you would like MMAP to give a Medicare Fraud Prevention presentation to your group, please contact Lisa Fuller, MMAP Regional Coordinator, at 269-382-0515 ext. 203. The presentation will include more tips, examples of fraud and an opportunity for questions. ♦

New Passes for Senior Citizens and People with Disabilities

Metro Transit is pleased to announce the introduction of new reloadable value bus passes for senior citizens and people with disabilities. Make the change in a few simple steps:

1. Bring your old reduced fare ID card to the Kalamazoo Transportation Center (KTC) and exchange it for a new card.
2. Get your picture taken and add value to the new card if you'd like to. You can add as much or as little money to the card as you'd like. Or, just use the card as an ID for reduced cash fare.
3. Board the bus and tap the card on the bullseye located on the farebox as you enter. If you have added monetary value to the card, 75¢ will be deducted from the value on the card. If you haven't added value, then deposit your 75¢ in the farebox.

Helpful Tips

- Any time you want to add value to your card, bring the card to the customer service counter at the KTC. Both you and your card must be present to add value to the card.
- The first card replaces your old ID free (bring the old ID with you to obtain the new card). There will be a \$10 replacement fee to replace lost cards.
- The value on the card can only be used by the person to whom the card is issued.

(269) 337-8222

www.kmetro.com



Congratulations!

We were remiss in overlooking this staff anniversary. Here's to you, John!

Long-Term Care Ombudsman, **John Weir**, marked his **15 year anniversary** with the Kalamazoo County AAA IIIA in February 2012. As many of you know, John has been an ombudsman in southwest Michigan for over 25 years.

We all appreciate John's dedication and service to elders.

Area Agency on Aging IIIA

SENIOR EXPO 2012



Save the Date!

Tuesday, October 2nd

From 9 AM to 3 PM

Kalamazoo Co. Expo Center & Fairground

More information coming in June!

Call Janice 269-373-5147 for sponsorship opportunities.

☞ No matter how old a mother is, she watches her middle-aged children for signs of improvement.

Florida Scott-Maxwell

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



Kalamazoo County Health & Community Services is committed to providing equitable, culturally competent care to all individuals served, regardless of race, sex, color, national origin, religion, height, weight, marital status, political affiliation, sexual orientation, gender identity, or disability.