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**Monday, May 25  
– Memorial Day**



**Offices Closed**

**Sunday, May 10**



**Sunday June 21**



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



## Safe, Sound & Secure Conference is BACK!

Mark your calendar for Tuesday, June 16<sup>th</sup>, 8:00 AM to 12:00 Noon, at Kalamazoo First Assembly of God, Oakland Drive & I 94, for the re-instating of the Safe, Sound & Secure Conference. Coordinated under the auspices of the Kalamazoo County Elder Abuse Prevention Coalition, this free, half day conference is primarily for older adults, caregivers, and other community members interested in the workshop topics.

Workshops include Knowing Your Rights in a Long-Term Care Facility; Knowing How to Properly Hire a Paid Caregiver;

Knowing the Pros and Cons of Joint Ownership, Power of Attorney and Other Legal Documents; and Knowing How to Protect Yourself from Phone & Mail Scams. The workshops will be repeated.

Keynoting the conference will be Sheriff Rick Fuller.

Your help in spreading the word about this informative event is appreciated. Please use the flyer to post or email to your mailing list, family and friends.

**Safe, Sound & Secure  
Conference flyer**

The Elder Abuse Prevention Coalition wishes to thank the Kalamazoo Community Foundation for a grant to help with conference expenses, along with conference sponsors: Disability Network Southwest Michigan, Life EMS Ambulance, Miller Johnson Attorneys at Law, Q Elderlaw PLC, Senior Services Southwest MI, & WMU Senior Day Services.



**Conference Schedule**  
(tentative as of publish date):

**8:30 AM: Welcome**—Jan Hahn, PhD, WMU Center for Gerontology

**Keynote** – Sheriff Richard Fuller

**9:15–10:15 & 10:30– 11:30 AM: Workshops** (repeated)

• *Know Your Rights in a Long-Term Care Facility* – Kelly Jonker, BSW, Long-

Term Care Ombudsman

• *Know How to Properly Hire a Paid Caregiver* – Anne Zemlick, RN, Manager, AAAIIIA Choices for Independence Programs; Charles Ofstein, DeMent & Marquardt; and Catherine Metzler, Miller Johnson.

• *Know the Pros and Cons of Joint Ownership, Power of Attorney, and other Legal Documents* – Kelly

Quardokus and Kelly James-Jura, Q Elderlaw PLC; and Tom Danielson, Mercantile Bank.

• *Know How to Protect Yourself from Phone & Mail Scams* – MI Attorney General Senior Brigade representative, Judith Huth.

**11:30 AM: Closing Remarks & Door Prize Drawing** ❖

**SAVE THE DATE!**

Tuesday, October 6th is the 19<sup>th</sup> Annual Senior Expo—but renamed for 2015 and beyond as SENIOR & CAREGIVERS EXPO! Same event, with a spotlight on the caregivers.

Registration information will be available in early June. Sponsorship opportunities available now. For more information, please contact Janice Bonita, Expo Coordinator, at 269-373-5147, [jqboni@kalamazoo.com](mailto:jqboni@kalamazoo.com).

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 Janice Bonita, Editor  
 Phone: 269-373-5147  
 Email: [jqboni@kalamazoo.com](mailto:jqboni@kalamazoo.com)

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



**Mark Your Calendar**



**May 7 & 8: Area Agencies on Aging Assn. of MI Conference**  
<http://www.mi-seniors.net/annual-conference.html>

**Monday, May 18: KCASI Meeting**, 1:15–2:45 PM, Senior Services, 918 Jasper St. The Importance of Transit Millages (see *Advocates* below).

**Friday, May 22: Professionals Focused on Aging meeting**, 8:00 AM, Senior Services.

Topic: “When DIY Home Maintenance is Just NOT an Option,” with David Lee, Penning’s Accessible Living.

**Thursday, May 28: Elder Abuse Prevention Coalition Meeting**, 1:30–3:30 PM. Miller Johnson offices in the Radisson.

**Tuesday, June 2: Older Michiganians Day**, 8:30 AM–3:00 PM, Capitol Lawn, Lansing (see *Advocates* below).

**Tuesday, June 16: Safe,**

**Sound & Secure Conference** (see front page).

**Thursday, June 25: Elder Abuse Prevention Coalition Meeting**, 1:30–3:00 PM, at Miller Johnson.

**Friday, June 26: PFA Meeting**, 8:00 AM, Senior Services. Topic: “Changing the Face of Ageism,” a discussion on ageism and how it impacts our society and the people we serve.

**Advocates for Senior Issues Updates**

Plan to attend the May 16<sup>th</sup> meeting of the Kalamazoo County Advocates for Senior Issues meeting on the topic, “**The Importance of Transit Millages**,” with Sean McBride, Executive Director of the Kalamazoo County Transportation Authority and Metro Transit. Find out if your bus lines might be in jeopardy of

discontinuation and what can be done to keep this important service. The Kalamazoo County Commissioners have been invited to attend.

June 2<sup>nd</sup> is the date for the **Older Michiganians Day** bus trip to Lansing. Free to KCASI members, this event features meetings with our legislators, messages from key legislative

leaders, and lunch. Link to the Web site for more information:



To sign up to attend, call Janice at (269) 373-5147. Space is limited.



**Thank You KCASI Sponsors:**

- Area Agency on Aging
- Blue Cross Blue Shield of MI
- BorgessHealth
- Care N Assist
- Dementia Services Group, LLC
- 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
- Priority Health Medicare
- Right at Home
- Senior Services Southwest Michigan
- WMU–Senior Day Services

## We Celebrate Older Americans in May...& All Year!

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver

support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.



### Homeless Veterans of Kalamazoo County LZ STAND DOWN 2015



**Friday, May 15, 2015  
10:00 AM to 2:00 PM  
Salvation Army Center  
1700 S. Burdick St.  
Kalamazoo**

**Veterans should bring a DD214, VA I.D. OR Military I.D.**

#### **SERVICES AVAILABLE:**

- Mobile Dental Unit
- Hearing and Vision Screenings
- Medical Screenings
- My HealthVet
- Food and Nutrition Services
- Haircuts
- Red Cross
- HUD-VASH-Housing
- Volunteers of America
- HVSEP-Employment Assistance
- OEF/OIF/OND Services
- Department of Human Services (DHS)
- Social Security
- Veterans Justice Outreach
- Buddy 2 Buddy
- Mental Health Advisory Council Board
- Fair Housing
- Open Doors Housing Gospel Mission Recovery Institute
- Loaves & Fishes
- Health Care for Homeless Services

**Lunch will be served at 11:30**

**For additional information call  
(269) 966-5600 ext. 35630 or 31303**



## City of Portage Declares May as Lending Hands of Michigan Month

Peter Strazdas, Mayor of the City of Portage, proclaimed the month of May, 2015, as Lending Hands of Michigan Month. The Proclamation was given and approved at the March 24, 2015, Portage City Council meeting. Mayor Strazdas urged citizens, all agencies and organizations to be aware of the Lending Hands organization.

The Proclamation highlighted Lending Hands as the non-profit organization that lends various kinds of home medical equipment for free; that Lending Hands served over 3,100 clients in 2014 and saved those clients over \$1 Million in out-of-pocket expenses. Further, Lending Hands is a volunteer organization and funded through donations from individuals, foundations, corporations and community groups.

“Lending Hands is appreciative of this award”, said Lending Hands Board Chair, David Smith. Smith continued, “It is an honor for us to be recognized by the City of Portage and is meaningful to our Board members, volunteers and clients.”

Lending Hands of Michigan is located at 5350 Ivanhoe Court in Portage and may be contacted at 269-567-4381 or email at [info@lendinghandsmi.org](mailto:info@lendinghandsmi.org). ☞



## Events

**Save the Dates** and join us as we celebrate the 25<sup>th</sup> Anniversary of the Americans with Disabilities Act. Disability Network is planning a series of events to celebrate this important date in history. Join us!

Community Celebration – **Friday, July 24<sup>th</sup>** from 11:00 AM – 1:00 PM at Disability Network,

Kalamazoo office, 517 E. Crosstown Parkway.

Statewide Celebration – **Thursday, September 17<sup>th</sup>** from 11:00 AM – 2:00 PM on the lawn of the State Capitol, Lansing.

Questions? Contact Kristen Potts at (269) 345-1516, ext. 119 or [pottsk@dnswm.org](mailto:pottsk@dnswm.org). ♦



*“Why do they say we’re over the hill? I don’t even know what that means and why it’s a bad thing. When I go hiking and I get over the hill that means I’m past the hard part and there’s a snack in my future.”*

*~Ellen Degeneres*



## 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](http://www.kalcounty.com/aaa)

*Peace of Mind Through Professional Geriatric Care Management*



## I & A Corner Information & Assistance 373-5173

You may know someone who has received a letter from Michigan ENROLLS in regards to MI Health Link (please link to: [http://www.michigan.gov/mdch/0,4612,7-132-2945\\_64077---,00.html](http://www.michigan.gov/mdch/0,4612,7-132-2945_64077---,00.html)). Our agency has been fielding questions from callers who are confused about what is happening. MI Health Link is a new health care option for Michigan adults who live in the counties of Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, Macomb, St. Joseph, Van Buren, Wayne, or anywhere in the U.P., and are enrolled in both Medicare and full Medicaid (individuals are NOT eligible if they have a spend-down or deductible attached to their Medicaid). Many eligible recipients received letters stating they would be automatically enrolled in MI Health Link as of May 1, 2015, unless they took action by calling 1-800-975-7630 to disenroll.

Meridian or Aetna companies are providers for southwest Michigan MI Health Link members who will now have one plan with one card for health care, behavioral health care, home and community-based services, nursing home care and medications. (Enrollees will have automatically been disenrolled from Part D Medicare plans.) There are no co-pays or deductibles for in-network services. Each health plan has a network of medical providers, so it's important to check to see if your current health care providers participate with your new health plan. Each member will have a Care Coordinator to help arrange for supports and services needed, according to an individualized care plan created together.

It's important to note that you can change health plans or leave MI Health Link at any time.

Questions? Contact your new health provider, or call the Medicare Medicaid Assistance Program (MMAP) at 1-(800)-803-7174.



## ASA Conference Presenters



**Judy Sivak**, AAAIII Director, **Jay Maddock**, Exec. Dir. of Kalamazoo Gay Lesbian Resource Center, and **Kelly Jonker**, LTC Ombudsman, presented *Raising Awareness, Building Partnerships and Educating the Front Line* at the American Society on Aging Conference in Chicago, March 23rd.

Sunday, June 21<sup>st</sup>





MANAGING CONCERNS ABOUT FALLS

## Healthy Living Programs

**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.

### Free Workshops in the community (donations are accepted):

Galilee Baptist Church	1216 N. Westnedge Ave. Kalamazoo, MI 49007	Tuesdays	May 5 to June 23, 2015	10:00 AM to 12:00 Noon
Hope Woods	5749 Stadium Drive Kalamazoo, MI 49009	Mondays & Fridays	June 1 to June 26, 2015	1:00 to 3:00 PM
Portage Senior Center	320 Library Ln. Portage, MI 49002	Wednesdays & Fridays	June 3 to June 26, 2015	W: 2-4 PM F: 9:30-11:30 AM



**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.

### Free Workshops in the community (donations are accepted):

#### PATH

Mt. Zion Baptist Church	120 Roberson Street Kalamazoo, MI 49007	Thursdays	May 21 to June 25, 2015	1:00 to 3:30 PM
Galesburg/GPL collaboration	188 E. Michigan Galesburg, MI 49053	Wednesdays	July 15 to Aug. 19, 2015	9:30 AM to 12:00 Noon

#### Diabetes PATH

Ecumenical Senior Center	702 North Burdick St. Kalamazoo, MI 49007	Tuesdays	May 12 to June 16, 2015	10:00 AM to 12:30 PM
Vicksburg Public Library	215 S. Michigan Ave. Vicksburg, MI 49097	Thursdays	May 21 to June 25, 2015	1:00 to 3:30 PM
Evergreen North	5700 Vintage Lane Kalamazoo, MI 49009	Tuesdays	Aug. 18 to Sept. 22 2015	1:30 to 4:00 PM



## Advancing Healthcare for the LGBT Population

### Serving LGBT Veterans and Older Adults

*Presented by the Veteran Community Partnership and the Aging & Disability Resource Consortiums of Barry, Branch, Calhoun, Kalamazoo & St. Joseph Counties.*

When providing caregiver training on the LGBT older adult experience, the first thing we always hear is "We treat all clients the same." But do we really? More to the point, should we? How a person seeks, or perceives, care is informed by their life experience. Compared to the general population the older LGBT adult's experience is unique. Additionally, the experience of the LGBT veteran is often more complex. In order to provide quality care it is important for staff to understand the experiences of the LGBT veteran and older adult, and learn strategies to engage them successfully.

The Veteran Community Partnership (VCP), along with the Aging & Disability Resource Consortiums of the Southwest Michigan area, has come together to offer an LGBT training which will help your staff:

- Gain confidence in understanding the health care needs of the LGBT client
- Learn about community resources
- Learn strategies for providing successful care

Join us, along with presenters, Dr. Matthew Johnson, OD, FAAO, from the Battle Creek VAMC; and Jay Maddock, Executive Director of the Kalamazoo Resource Center. Following this informative presentation, there will be a panel of community partners to further the conversation and help you understand the community resources. This event will be held at the KVCC Groves Amphitheater (I-94 and 9<sup>th</sup> Street in Oshtemo) from 9:00 AM to 12:00 Noon. CEU approval pending. Space is limited, and registration will be available soon. Contact Anne Zemlick for further details, (269) 373-5187. ◇

## HHW to Hold Saturday Collections

The Kalamazoo County Household Hazardous Waste (HHW) Center will now be open on the second Saturday of the month from 8:00 AM to 12:00 PM (except for August and September). Saturday hours are an addition to the HHW Center's regular business hours; HHW Center is open year around on Tuesdays and Fridays from 8:00 AM to 1:00 PM and Wednesdays 12:00 Noon to 6:00 PM.

The Household Hazardous Waste Center provides FREE disposal and recycling services for a wide variety of household chemicals and electronics. The service is FREE for residents of Kalamazoo County (except for residents from the City of Galesburg) due to your local municipality partnering with Kalamazoo County Health & Community Services Department. In addition to Kalamazoo County, the HHW Center also provides free service to residents in Berrien and Calhoun

counties; and Almena, Paw Paw and Antwerp Townships in Van Buren County.

A list of what is accepted and what is not accepted at the HHW Center can be found at

[www.kalcounty.com/hhw/](http://www.kalcounty.com/hhw/)

Small businesses within Kalamazoo County may participate for a fee and by appointment. Please call (269) 383-8742 for more information, to check on current fees or to schedule a disposal and recycling appointment. ❖

**Save the date!**  
**Thursday,**  
**July 16, 2015**



**State Reorganization**  
“OSA” is now “AASA” — Aging & Adult Services Administration, headed by Kari Sederburg, former OSA director. Details are still being sorted out regarding all the programs and initiatives contained in this new division. The overall department name is MI Dept. of Health & Human Services.

## Staff NEWS

We wish a fond farewell to **Aaron Edlefson**, Veterans Service Office Coordinator, who accepted a position at the Battle Creek Veterans Service Office. Best of luck, Aaron! You will be missed.



Welcome to **Brien Brockway** who is now

staffing the Kalamazoo Vets office. You can contact Brien at [Brien Brockway, Veterans Service Specialist](mailto:Brien.Brockway@kalamazoo.gov) or (269) 373-5304. 📧

## Advisory Council News

The AAAIIIA will hold a Public Hearing on May 13<sup>th</sup> to receive community comments on the FY'16 Annual Implementation Plan. The hearing will be held at 3:30 PM at the Health & Community Services Dept.,

3299 Gull Road, Kalamazoo, 49048, Conference Room F.

To review the plan, visit [Annual Implementation Plan FY16 Draft](#) or call (269) 373-5147. Written comments can be mailed, or

emailed to: [ekbras@kalcounty.com](mailto:ekbras@kalcounty.com).

The Older Adult Services Advisory Council meeting immediately follows the public hearing. ⚡

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

