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Monday, May 30th:

Memorial Day

Offices Closed

Area Agency on Aging IIIA The Advisor



May/June

2016/Issue 3

Why Celebrate Elderhood?

Most people who listen to the news or read about it know a basic fact: that our communities are getting older; and that people need to be more aware of resources and aging issues so elders can stay in their community with quality in their life, no matter where they live. There are also many wonderful service providers and workers who care for elders who are under-appreciated and oftentimes unknown. So, we wondered how we could bring attention to issues of aging that people would rather ignore or don't fully understand.

Our community isn't any different than most others...we are dealing with "ageism" – a term coined by Robert Butler and defined as "a combination of prejudicial attitudes toward older people, old age, and aging itself." It's the only "ism" that relates to a universal condition! Ageism is seen in how we fund or don't fund programs and services (right here in Kalamazoo County there's a good example in that we

are 1 of 10 counties, out of 83, that do not have a senior millage); it's seen in who we hire or fire; and how we treat some of our most vulnerable citizens (i.e. the lack of funding for adult protective service workers especially). The article I wrote on Ageism in the January SPARK elicited many phone calls. One woman said, "Years ago I became invisible and referred to "that elderly" woman. I found being older very difficult because I didn't feel "elderly." After that call, I decided to look up the definition of "elderly." It said, "Rather old, especially old fashioned; being past middle age." I didn't like that much, just like her. Another woman called me to say the article was right on the mark...that she was 75 and lived in a senior complex...that most of the workers and management were young and the elders felt bullied by them (bet you thought that bullying just affected kids).

In talking with a variety of people, Celebrate

Elderhood was born as a way to begin changing the perceptions, actions and discourse about aging. And, I'm excited to say that we are about to start down a road that is intended to transform Kalamazoo County with the goal to "Set a community standard where elders and the people and organizations that make up the network of service providers are valued, respected, and supported."



"Celebrate Elderhood" just might be a first in our state and maybe the country. We've all heard of "communities for all ages" and now "dementia friendly communities"... we need those too as it will help combat the ageism we are experiencing. But, for now, our approach is to begin the transformation of Kalamazoo County into a place that is good for all ages to grow up and grow old in.

See Celebrate on p. 2

Mark Your Calendar



Tuesday, May 3:
Voting for Law Enforcement and Transit Millages.

Wednesday, May 11:
Older Michiganians Day, State Capitol, Lansing, 8:30 AM to 3:00 PM. Call 373-5147 for information.

Monday, May 16:
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. 6*

Thursday, May 26:
Elder Abuse Prevention Coalition Meeting, 1:30

–3:00 PM, Miller Johnson in the Radisson, 100 W. Michigan Ave., Kalamazoo.

Friday, May 27:
Professionals Focused on Aging (PFA) Meeting, 8:00 AM at Senior Services. For information on presentation topics, contact Kimberly at 373-3104, kmiddleton@lifeems.com.

Saturday, May 28:
Vietnam Veterans and their families are invited to a free event at Kalamazoo Air Zoo

Restoration Center. For more information, Email kzootribute@gmail.com.

Monday, June 20:
Kalamazoo County Advocates for Senior Issues (KCASI) Meeting, 1:15–2:45 PM at Portage Senior Center, 320 Library Ln., Portage.

Thursday, June 23:
Elder Abuse Prevention Coalition Meeting 1:30–3:00 PM, Miller Johnson, 100 W. Michigan Ave.

Friday, June 24: PFA Meeting, 8:00 AM at Senior Services.



Celebrate, from p. 1



We will Celebrate Elderhood as a whole community, from Alamo to Fulton and Texas Corners to Richland.

With the help of community funders, Celebrate Elderhood will culminate in an awards and recognition event at the Radisson on May 18, 2017. A group of committed volunteers, made up of AAAIIIA staff, Older Adult Services Advisory Council members, aging

network professionals, advocates, and elders are working on committees that will recognize the quality services, best practices and innovations provided by businesses, service providers and faith communities; promote healthy aging in our community; encourage younger people to pursue careers in the aging field through scholarships; and promote positive views of aging and elderhood in all

generations. The initiative is led by me and Don Ryan, Older Adult Services Advisory Council Chair.

Look for news about Celebrate Elderhood on our website and Facebook page and look for the logo indicating supportive organizations and individuals. Stay tuned for more information as to upcoming events and opportunities to volunteer.

Judy Sivak, Director
Region IIIA
Area Agency on Aging

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:

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Email: jgboni@kcalcounty.com

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

HEALTHY LIVING PROGRAMS



MICHIGAN
Partners on the
PATH

Please contact **Norma Bour** with any questions you may have. Norma is available by phone, (269) 373-5382 or via email, nsbour@kalamazoo.org.

Personal Action Toward Health

PATH Class
Calendar



The Area Agency on Aging IIIA seeks a **Master Trainer** for our Diabetes PATH (Personal Action Toward Health) program. This candidate is the person who:

- Represents and is active in the community
- Fosters attitudes that will improve community health outcomes
- Has personal experience with the challenges of diabetes
- Enjoys working with a co-leader to deliver a workshop for older adults and caregivers alike.
- Demonstrates good communication and interpersonal skills for the effective training and development of lay leaders

To truly make a difference, we need leaders of and for the community. Only in this way can Kalamazoo County make a difference in the health outcomes of our community.

With grant support, we are able to cover the costs for the 4.5 day Master Training that will be held, as follows:

Diabetes PATH Master Training
Monday through Friday
June 6, 7, 8, 9 & 10, 2016
9:00 AM – 5:00 PM
Lansing, MI

The selected candidate must be able to attend all days of the training and conduct community workshops and lay leader trainings, as outlined by Stanford University—the developers of this evidence based program.

A Matter of Balance: Falls Prevention 8-Session Workshops

MOB Class
Calendar



MANAGING CONCERNS ABOUT FALLS

Matter of Balance (MOB): is an evidence-based program designed to reduce the fear of falling, stop the fear of falling cycle, and improve activity levels among older adults. 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@kalamazoo.org.**

I&A Corner

Information & Assistance Line (269) 373-5173

Beware & Be Careful

Recently we have heard reports from residents at several area senior housing complexes about being visited (on the weekend) by a woman claiming to be a representative from the “fraud department” at a bank. Some of the residents admitted to “buzzing” the person in to their building and allowing them to enter their apartments. She told one resident that someone had charged \$100 to her debit card so she was investigating, and proceeded to ask for personal information. This particular person has been apprehended, but we know there are others.

Please take every opportunity to remind your clients and others you know to *never* give out personal information to someone who contacts you that you don’t know. And not to allow anyone into your building or home that you don’t know. If you are suspicious, err on the side of caution, and make sure to report any concerns to the management at your apartment building and to the police.

Snyder Signs Caregiver Bill

A bill recently signed by **Governor Rick Snyder** requires hospitals to offer patients or their legal guardian the chance to pick a designated caregiver (family or friend) to provide care after they leave the hospital.

The bill (SB 352, PA 85) also requires hospitals ensure caregivers understand proper care and treatment instructions.

“This new act will support the needs of Michigan’s growing senior population,” Mr. Snyder said in a statement. “Not only will this help patients in need, it will also ensure caregivers will receive the education and information they need to safely provide care for their friend or loved one once they return home from the hospital.” The new law takes effect July 12.

Older Americans Act Reauthorization Act of 2016

We are thrilled that President Obama signed the Older Americans Act Reauthorization Act of 2016, finalizing a six-year reauthorization process. We are happy to see this bipartisan success following years of tireless advocacy from many people, including Kalamazoo County senior advocates, and pleased that the law provides three years of stability for OAA programs.

In a [statement](#) about the signing, Assistant Secretary on Aging Kathy Greenlee said, “The OAA underpins a promise to preserve the right to live independently, with dignity, making everyday decisions according to our individual preferences and goals across our lifespan. This promise is more important than ever.”

Ageing & Adult Services Agency (AASA) News

Kari Sederburg, AASA Director, has departed for a new position at the MI Health Endowment Fund where she will be a Senior Program Officer for Aging Programs. **Richard Kline**, new to AASA as Deputy Director, has been named Acting Director, and **Scott Wamsley** has stepped in as Acting Deputy Director. The Director’s position is a civil service position and will be posted.

Telling Our Stories

Creating Confident Caregivers® story (excerpt from a recent class evaluation):

“I am so very glad to have taken your class. When I first talked with you, my irritation and frustration with certain aspects of caregiving seemed to overshadow who I was and who I wanted to be, both for myself and for my husband. He deserves so much better than how I was reacting to his changes in physical and mental health. (He was caregiver for his first wife, and I cannot imagine his ever being as ‘cranky’ as I was getting!).

With thanks to Patti Stratton, LLMSW, CCC Master Trainer.

I see now that I was in denial about what my husband’s confusion was indicating. I tried to explain it away with blaming it perhaps on medication, diet, or lack of quality sleep, etc. The CCC class has certainly helped me understand the continuum of dementia and its association with various diseases and that one just doesn't wake up one morning and have dementia. If nothing else, understanding that confusion and lack of memory is not his fault has really helped me become more patient and compassionate. This is going to be a constant challenge for me, but at least I don't feel so

defeated. The whole thing about reasonable expectations is so important, and I had been really off-base on that score.

Thank you for all you did to help us wade through the tremendous amount of information in the CCC manual and for making the classroom atmosphere a safe place to discuss things which really are not easy to talk about...with strangers, or even friends and family members. I want to also express my appreciation to the powers-that-be in Kalamazoo County administration for supporting this program.”

Creating Confident Caregivers® Holding Class in August

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.

Day & Dates:

August 17, 24, 31st; September 7, 15, and 21st

Location:

Vicksburg District Library
215 S. Michigan Ave.
Vicksburg, MI 49097

Time:

4:30 – 6:30 PM



*Classes are free —
Donations accepted.*

**For questions or to register
please contact:
Patti Stratton, LMSW
(269) 373-5141
psstra@kalcounty.com**

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.

KCASI Rallies in Lansing & Adds a June 20th Program in Portage



OLDER MICHIGANIANS DAY



State Capitol during a past Older Michiganians Day event

Older Michiganians Day brings together advocates for senior issues from all over the State. The Kalamazoo County Advocates for Senior Issues will travel to Lansing on a chartered bus on **Wednesday, May 11th**. The rally was pushed up on the calendar so that there will be opportunity to influence the opinions of our legislators before they vote on bills of concern to elders. Call (269) 373-5147 if you are interested in going and to find out if there are seats left on the bus. Membership in KCASI is all you need to participate—and, lunch is included! Get membership information by calling 373-5147 or at this link: www.kalcounty.com/aaa/kcasiindex.html.

The **May 16th** program meeting will be on *The Rising Cost of Prescription Drugs*, presented by Lisa Fuller, Coordinator, Medicare Medicaid Assistance Program; and Arun Tandon, R.Ph., Advanced Health Pharmacy.

KCASI will have a program meeting on **June 20th** at the Portage Senior Center, 320 Library Lane, in an effort to reach more of the County's population. The meeting topic will be available at a later time; check the Web site for updates at www.kalcounty.com/aaa/kcasimeetings.html. Meetings are free and open to the public. Membership is necessary to vote. Free parking is available at both Portage Senior Center and Senior Services.

Many Thanks to Sponsors for their Support:

- Aetna, Inc.
- 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

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.

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts.

In 1963, we began to acknowledge the contributions of older people by using the month of May to cele-

brate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

While the AAAIHA provides services to older adults year round, in May particularly let's focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to *blaze a trail*.

Lyme Disease in Michigan A Toolkit for Healthcare Providers

Lyme Disease is becoming an increasingly important health issue in Michigan. Due to its recently emerging status in some parts of the state, many healthcare providers may have limited experience when dealing with the disease. The Michigan Department of Health and Human Services has created a toolkit regarding Lyme disease in our state specifically targeted for healthcare providers. The toolkit includes a website with healthcare provider specific information, a Michigan-specific webinar with free CME credits, and more materials to promote tick bite prevention and prompt recognition of Lyme disease and other tick-borne disease associated illness.

Go to www.michigan.gov/lymeinfo for the toolkit and to register for the free webinar.



WINGS of MERCY® Wings of Mercy—Giving Wings to Those in Need



Wings of Mercy is a local, non-profit, volunteer pilot organization that is dedicated to connecting general aviation pilots with low income patients in need of transportation to distant medical facilities. The goal is to increase the number of people who have access to special or advanced healthcare that is not available locally. In an effort to reach people in the Kalamazoo area, strengthen our network of hospital staff, social workers, non-profit agencies, state agencies, and clergy members so we can find the people who need us most. Here is a link to our website (below our phone number) and a digital copy of our brochure. Please feel free to call me if you would like more information.

For more information please contact: Grace Spelde, Managing Director, Wings of Mercy, Inc., grace@wingsofmercy.org, (616)396-1077; on the Web at www.wingsofmercy.org.

Wings of Mercy, 100 South Pine St., Ste. 393, Zeeland, MI 49464, (888)786-3729 toll free.

Hoarding Seminar Back by Popular Demand



The Kalamazoo Hoarding Task Force is partnering with ServiceMaster of Kalamazoo to welcome back **Matt Paxton** of TV's Hoarders, on Tuesday, June 7th:

8:30–11:30 AM

This session is geared toward the insurance industry, but, many other professionals have benefited from the detailed content in the presentation.

Description: Extreme Clean Up—Handling a Hoarding Dilemma. The focus is on issues that arise during a hoarding and/or estate cleanup.

To register for the AM session, call ServiceMaster at (269) 344-3600.

3:00–5:00 PM

This session will begin with Matt answering

the questions he encounters most often, with time for Q&A with Matt and a panel of local experts.

To register online for the PM session, visit www.smkazoo.com or www.kalamazoohoarding.org.

Both Sessions will be held at: Greater Kalamazoo Association of Realtors (GKAR), 5830 Venture Park Dr., Kalamazoo.

[June 15th – World Elder Abuse Awareness Day Take a Stand in the Fight Against Elder Abuse. –NCEA](#)

Good Reading

Article by Keynote Speaker, Paul Greenwood, [Our Graying Society: Issues of Elder Abuse and Age Bias.](#)

Conference on Elder Abuse Provided Tools for Area Professionals

Apr. 25, 2016, Kalamazoo: 160 people attended the April 25th Conference on Elder Abuse with leaders in Kalamazoo County making a commitment to raise the bar on identifying, reporting, investigating and prosecuting cases.

One of the messages new to some people is that the victim does not have to agree to contact law enforcement or agree to have someone (likely a relative) prosecuted because if there appears to be a

crime committed, the decision to move forward is out of the purview of the victim.

Conference evaluations point to continued training for mandatory reporters and others who can help identify elder abuse victims.

Conference speakers, l. to r., Ron Tatro, V.P., Elder Law of Michigan; Jeffrey Getting, Prosecutor, Kalamazoo County; Judy Sivak, Director, Region IIIA Area Agency on Aging; Scott Teter, Assistant Attorney General for Michigan; Richard Fuller, Sheriff, Kalamazoo County; Paul Greenwood, Deputy District Attorney for San Diego County, California.



The Elder Abuse Prevention Coalition will also be working to formalize a Multi-Disciplinary Team approach for difficult or complex cases.

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



Osher Lifelong
Learning Institute
at WMU
Check out the
Summer Course/Trip
Catalog



AAAIIA News

FY 2017-2019 Multi-Year & Annual Implementation Plan

The public is invited to review and comment on the Area Agency on Aging IIIA's plan via mail, email, or attendance at public hearings. The plan is available on the AAAIIIA's website, www.kalcounty.com/aaa and the public hearings are: May 5, 9:00 a.m., Portage Senior Center and May 11, 3:30 p.m., Health & Community Services Department, Conference Room B. Written comments can be mailed or emailed to Judy Sivak, Director, AAAIIIA, 3299 Gull Road, Kalamazoo, MI 499048 or emailed to Judy at jasiva@kalcounty.com.



Welcome! Carol Decker, LBSW, who joined the AAAIIIA staff the beginning of April as a Care Consultant for the Choices for Independence Program.

National Nurses Week – May 6-12

Honoring Nursing's Contribution to
Safety and Collaboration in
Healthcare –

Many thanks to the dedicated
nurses of the AAAIIIA:

★ Anne Zemlick, RN ★

★ Lynn Hotrum, RN ★

★ Don Saldia, RN ★