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Monday, May 29th



Federal Holiday Offices Closed



Area Agency on Aging IIIA The Advisor



May/June

2017/Issue 3



It's here....the event we have been planning for over a year....it's exciting...it's not to be missed....it's the inaugural Celebrate Elderhood: Honoring Wisdom & Recognizing Excellence event at the Radisson on May 18th.

Here are 10 reasons why you should attend:

- You can personally thank a World War II veteran for their service.
You can meet a Senior Olympian, hear about their medals and what it takes to compete.
You can find out what agencies and individuals are embracing best practices, service excellence, or innovations in serving elders.
You will understand why it's important to recognize individuals who want to further their education in the study of aging or become a certified dementia practitioner.

May 18 at the Radisson...Be There!

- You can meet some awesome 5th graders and listen to their essays on an older person in their life.
You can listen to the wisdom of centenarians.
You can enjoy entertainment from talented WMU students.
You can enjoy media personality Lori Moore, in person.

If you are a caregiver or an older adult, and want to be in the midst of people who understand and respect their elders, this event is for you.

If you are a professional in the field of aging, this is THE event of the year that offers acknowledgement of all that you do.

The Celebrate Elderhood initiative is challenging ageist attitudes, myths and stereotypes and showcasing how this stage of the lifecycle enriches individuals,

families and the whole community. The initiative is setting a community standard where elders and the people and organizations that make up the network of service providers are valued, respected, and supported so that Kalamazoo County is known as a great place to grow up in and grow old in.

Please call (269) 373-5147 for information about the May 18th event; familiarize yourself with the initiative on the Area Agency on Aging's Celebrate Elderhood Web page:

www.kalcounty.com/aaa/celebrate\_elderhood.htm

or go directly to Eventbrite to make a reservation. Looking forward to seeing you on May 18th!

Judy Sivak & Don Ryan, Co-Chairs

Kalamazoo County Celebrates Elderhood



## Mark Your Calendar

**Wednesday, May 10:**  
**Public Hearing** on  
AAAIIA's FY18 Annual  
Implementation Plan, 3:30  
PM, 3299 Gull Rd., Room  
B. To view the draft Plan,  
go to [REPORTS & PLANS](#)  
or call 373-5239.

**Monday, May 15:**  
**KCASI meeting,**  
1:15–2:45 PM at Senior  
Services, 918 Jasper St.,  
Kalamazoo. *Read more p. 3*

**Wednesday, May 17:**  
**Older Michiganians Day  
at the Capitol in  
Lansing, see p. 3**

**Thursday, May 18:**  
**Celebrate Elderhood  
Event at the Radisson.**  
5-8 PM. *See p. 1*

**Thursday, May 25:**  
**Elder Abuse  
Prevention Coalition  
meeting,** 1:30–2:30  
PM, Miller Johnson in  
the Radisson, 100 W.  
Michigan Ave.

**Friday, May 26:**  
**Professionals Focused  
on Aging meeting,** 8–  
10 AM at Senior  
Services. An overview  
of Gryphon Place–

Crisis Intervention and  
Mediation.

**Thursday, June 15:**  
**Safe, Sound & Secure  
Conference. See below.**

**Monday, June 19:**  
**KCASI meeting,** 1:15  
PM at **Portage Senior  
Center,** 320 Library Ln.

**Friday, June 23:**  
**Professionals Focused  
on Aging meeting,** 8–10  
AM at Senior Services.  
Arun Tandon, R.Ph.,  
presents on the proper  
storage and disposal of  
opioids.



1<sup>st</sup> day of summer  
is Wed., June 21<sup>st</sup>!



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

## Safe, Sound, Secure Conference is June 15th

The Kalamazoo County  
Elder Abuse Prevention  
Coalition is sponsoring a  
**Safe, Sound and Secure  
Conference** in  
recognition of World  
Elder Abuse Awareness  
Day, on June 15, 2017 at  
the Kalamazoo First  
Assembly Church,  
located at 5550 Oakland  
Drive in Portage.

This is a FREE  
community event focused  
on the identification and  
prevention of financial  
exploitation for elder &  
vulnerable adults. The  
conference begins with  
registration and a  
continental breakfast at

8:30 AM. The program  
begins at 9:00 AM with  
welcoming remarks from  
Sherriff Richard Fuller,  
followed by keynote  
speaker, Thomas  
Holcomb. Detective  
Holcomb, with 32 years  
in law enforcement, is  
the Financial Fraud  
Investigator for the Elder  
Justice Initiative for the  
Prosecuting Attorneys  
Association of Michigan  
and will be providing  
information on current  
scams and financial  
exploitation.

A panel of experts are  
also slated to be on hand  
to answer questions.

Substantiated cases of  
financial exploitation of  
elder and vulnerable  
adults in Kalamazoo  
County have increased  
107% over the last year.  
The Safe, Sound and  
Secure conference is an  
excellent way to gain  
knowledge and  
information to help  
prevent financial  
exploitation.

**To register, contact:**

**WMU Center for  
Gerontology**

**Ph: (269) 387-9600**

**Email: gerontology-  
info@wmich.edu**



## Join the Advocates for Senior Issues on Wednesday, May 17th

### OLDER MICHIGANIANS DAY

Older Michiganian's Day (OMD) is an annual rally that takes place on the East Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials. The OMD Platform for Legislative Action focus will be to:

- ▶ Continue Progress to Make Michigan a No-Wait State
- ▶ Protect Medicaid
- ▶ Legislative Attention to Direct Care Worker Crisis
- ▶ Rebalance Michigan's Long Term Care Spending
- ▶ Prevent and Respond to Elder Abuse
- ▶ Increase Dementia Care and Support
- ▶ Approve Home Accessibility Tax Credit
- ▶ Improve Transportation Programs

Read details ▶

[PLATFORM2017](#)

The bus trip, which is sponsored by KCASI, is FREE for members. The bus will depart for Lansing at 8:30 AM from the Nazareth complex, 3299 Gull Road, Kalamazoo; and should return by 2:30 PM. Box lunch is included. For more information and to sign up for OMD, or for KCASI membership information, please call 373-5147 or email [jgboni@kalcounty.com](mailto:jgboni@kalcounty.com).

## MEETINGS: KCASI meetings are open to the public. Membership is required to vote.

▶ **When: Monday, May 15th — 1:15 to 2:45 PM.**

**Where: Senior Services Coover Room, 918 Jasper St., Kalamazoo**

**Presentation on the MI Veteran's Facility Ombudsman by  
Kellie Cody, Ombudsman**

**Guest Legislator: Senator Margaret O'Brien, Michigan Dist. 20**

▶ **When: Monday, June 19th—1:15 to 2:45 PM.**

**Where: Portage Senior Center, 320 Library Ln., Portage.**

For up-to-date information, call (269)373-5147 or Email [jgboni@kalcounty.com](mailto:jgboni@kalcounty.com); on the Web at [www.kcasi.net](http://www.kcasi.net) or on



### Thank you KCASI 2017 Sponsors

- |   |   |
|---|---|
| ▪ Area Agency on Aging IIIA             | ▪ New Friends Dementia Care & Assisted Living                 |
| ▪ Blue Cross Blue Shield of MI          | ▪ Presbyterian Villages of Michigan—The Village of Sage Grove |
| ▪ CentraCare                            | ▪ Q Elderlaw PLC  |
| ▪ Disability Network Southwest Michigan | ▪ Senior Services Southwest Michigan                          |
| ▪ Fresh Perspective Home Care           | ▪ SMG Health  |
| ▪ Hospice Care of Southwest Michigan    | ▪ WMU Aging Services  |

## Kalamazoo Centenarians Gather for Celebration

The Celebrate Elderhood Centenarian Luncheon at the beautiful Kalamazoo Country Club was a wonderful event for both the centenarians assembled and their families, friends, and NEW friends. The fifteen 100+ year olds pictured below (one of whom will be 106 in May!) were honored by individual proclamations signed by local legislators and the Governor. Rep. Fred Upton, Sen. Margaret O'Brien, Rep. Beth Griffin, and Melissa Fish from Rep. Jon Hoadley's office, were on hand to present the certificates. Speakers were Don Ryan, Chair of the Older Adult Services Advisory Council, Judy Sivak, Director of the Area Agency on Aging IIIA, Rep. Fred Upton, and Deacon Louis Zemlick, who gave the invocation. Guests all enjoyed the video interviews of centenarians and school children. Thank you Jake Andrews from Public Media Network who put the video together. Thank you, Randy Adams, for donating your time and talent at the piano. Thanks also to VanderSalm's Florist for providing the lovely flowers, include the corsages and boutonnieres.

Unexpectedly, some old friends were reunited after many, *many*, decades; and, they enjoyed getting together so much that they want to start a centenarians' club! Many thanks to all of the dignitaries who attended, to the volunteers who helped make it happen, and, most of all, to the treasured "elders" for coming.



**Continue Celebrating!**

*Save the date: October 3<sup>rd</sup>*

**21st Annual  
Senior Expo**

Sponsor and exhibitor registration will be available in the coming weeks at [https://www.kalcounty.com/aaa/senior\\_expo.htm](https://www.kalcounty.com/aaa/senior_expo.htm)

**SENIOR EXPO 2017**



*Art of Aging*

Area Agency on Aging IIIA

## HEALTHY LIVING PROGRAMS

The Kalamazoo County Health & Community Services Department and the Area Agency on Aging IIIA, encourage community members to participate in Healthy Living Programs. The programs are evidence based, meaning that they have been well researched and proven to work.

***For information and scheduled Healthy Living Programs being held in various sites around the County, click on the [MOB Class Calendar](#) and [PATH Class Calendar](#) links.***

MOB Class  
Calendar



### A Matter of Balance: Falls Prevention

8-Session Workshops



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

**A 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** classes are offered in four–twice-a-week, or eight–once-a-week, sessions. **Please contact Marilyn Reed, LBSW, Master Trainer, for more class information at (269) 373-5224, or email [mjreed@kalcounty.com](mailto:mjreed@kalcounty.com).** A nominal materials fee is requested of each attendee.

The next Matter of Balance class is:

Day	Dates	Location	Time	To register call:
Wednesdays	08/09/2017 - 09/27/2017	Portage Senior Center	1:30 p.m. - 3:30 p.m.	(269) 329-4555

PATH Class  
Calendar



### Personal Action Toward Health

6-Session Workshops



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. The 6-week workshops meet for 2 ½ hours each week, and are led by trained lay leaders.

**For workshop information or to register, please contact Norma Bour, MS, RD, Master Trainer, by phone: (269) 373-5382, or email: [nsbour@kalcounty.com](mailto:nsbour@kalcounty.com).**

Upcoming classes include:

Day	Dates	Location	Time	To register call:
Tuesdays	05/09/2017 - 06/13/2017	<b>Diabetes PATH</b> Washington Square Co-Op Apartments	1:00 p.m. - 3:30 p.m.	(269) 343-8870
Tuesdays	06/01/2017 - 07/06/2017	<b>Chronic Pain PATH</b> Kalamazoo County Employees Only	5:30 p.m. - 8:30 p.m.	(269) 384-3107

**I&A Corner**

**Information & Assistance Line (269) 373-5173**

**Name Change**

Please note that there is a new name for the former Heartland Health Care Center, a skilled nursing facility at 3625 W. Michigan Avenue in Kalamazoo. The new name is “Hallmark Living – Kalamazoo.”

**Supplemental Security Income (SSI) Applications now online**

Recent changes at [www.ssa.gov](http://www.ssa.gov) include the ability to file Supplemental Security Income (SSI) and disability applications online at the same time, if you meet the following requirements: age 18 to 65, never been married, are not blind, are a US citizen, have not applied for or received disability or SSI benefits in the past.

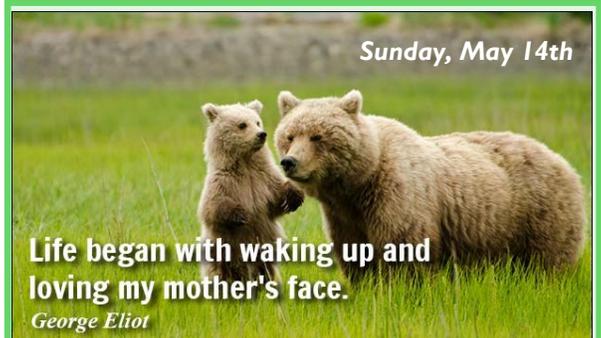
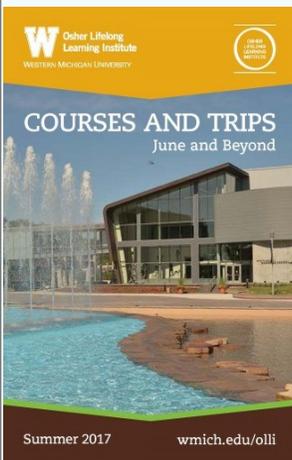
Also, customers with limited English proficiency may now request an appointment online for an in-person claim or tele-claim, in the language of their choice. The Spanish language iClaim option will be eliminated with this new update.

*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.

**Take a class or a trip with O.L.L.I.**



**My father gave me the greatest gift anyone could give another person, he believed in me.**

*Jim Valvano*

**Sunday, June 18th**

## Celebrate Elderhood in May Older Americans Month

May is always the month to celebrate Older Americans and this year, as part of the Celebrate Elderhood initiative, the Kalamazoo County Board of Commissioners will be approving a resolution at their May 3<sup>rd</sup> meeting, the text of which reads:

WHEREAS, Kalamazoo County is a thriving community that includes over 53,000 citizens aged 60 and better who deserve recognition for their contributions and sacrifices to our community and nation; and

WHEREAS, Kalamazoo County recognizes that older adults are trailblazers; advocating for themselves, their peers and their communities and paving the way for future generations; and

WHEREAS, Kalamazoo County Older Adult Services and the Kalamazoo County Older Adult Services Advisory Council, are committed to raising awareness about issues facing older Americans, helping all individuals to thrive in communities of their choice for as long as possible; and

WHEREAS, Kalamazoo County is Celebrating Elderhood in 2017 through an innovative initiative that is challenging aging stereotypes and myths and through community partnerships showcasing how this stage of the lifecycle enriches individuals, families and the whole community;

NOW, THEREFORE, BE IT RESOLVED, that the Kalamazoo County Board of Commissioners does hereby proclaim the month of May, 2017 as OLDER AMERICANS MONTH in the County of Kalamazoo.



### Happening in May & June

**Month of May**—Look for displays on aging at your local public library.

**May 7th – 2-4 p.m.** – Honoring Your Elders: Sharing Their Lives, at the Parchment Community Library, 401 S. Riverview Drive. Bring a favorite photo, letter, or other memento that connects you to a favorite elder in your life, and tell us why.

**May 9th** – 12 Noon – Kalamazoo Institute of Arts Auditorium. Documentary screening of *The 100 Years Show: Carmen Herrera*. 101 years old and still painting! Bring your own bag lunch to this KIA ARTbreak. Coffee provided. Contact: (269) 349-7775 with any questions.

**May 17<sup>th</sup>** – KCASI goes to Lansing for Older Michigianians Day. *See p. 3*

**May 18, 5–8 p.m.** – **Honoring Wisdom & Recognizing Excellence. This is the main event! The Radisson in downtown Kalamazoo. For information and reservations, call (269) 373-5147, or email [jgboni@kalcounty.com](mailto:jgboni@kalcounty.com).** *Read more, p. 1*

**June 15<sup>th</sup>** – Safe, Sound & Secure Conference in recognition of World Elder Abuse Awareness Day. Kalamazoo First Assembly Church, 5550 Oakland Drive in Portage. *See p. 2 for registration information*

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

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



*Your Connection to Information & Community Supports*

## **THANK YOU to our Wonderful NURSES!**

For all that they do for us—let's give them some extra love and joy in May! We *KNOW* we have the best nurses here at AAAIIIA and thank them for always going above and beyond the call of duty.

**Anne Zemlick**, RN, BS, Choices for Independence (CFI), Program Manager

**Don Saldia**, RN, CFI, Lead Care Consultant

**April Mix**, RN, CFI Care Consultant

May 6–12



AMERICAN NURSES ASSOCIATION

**Nursing: The Balance of Mind, Body, and Spirit**

The Annual Kalamazoo County **Memorial Day Parade** will be held at 10:00 AM, Monday, May 29th. The parade will follow the traditional route from Michigan Avenue in downtown Kalamazoo to Riverside Cemetery.

*Sponsored by the Kalamazoo Sunrise Rotary Club and Charlie's P.L.A.C.E.*