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KALAMAZOO COUNTY GOVERNMENT

In the Pursuit of Extraordinary Governance

Health and Community Services Department

Area Agency on Aging IIIA The Advisor

May/June

2018/Issue 3

Older Michiganian’s Day: Engage at Every Age

May is Older American’s Month, and here in Michigan we are celebrating! Supported by the Area Agency on Aging Association of Michigan (4AM), advocates and elders will converge on the State Capital in Lansing on May 16th, for Older Michiganian’s Day. They will meet with legislators and bring attention to the issues older adults face. Although the bus is full, you are welcome to drive up to Lansing and join us. Please contact Janice Bonita if you would like to join us (jgboni@kalcounty.com). Additionally during this event, the Lieutenant Governor will award Michigan’s Senior of the Year.



OLDER MICHIGANIANS DAY



ENGAGE AT EVERY AGE: MAY 2018

This year’s theme is “Engage at Every Age” and highlights issues such as Protecting MI Choice Waiver and the State In-Home Services. With much concern about the direct care worker shortage, advocates will discuss the need to support this issue and

find real solutions. Furthermore, advocates will talk with legislators about preventing elder abuse, supporting the development of the Michigan Dementia Plan, policies that support family caregivers, telehealth benefits, and transportation. Lastly the group will discuss Age Friendly Communities and the need for state support to advance this concept into more areas of our state. For more details on the Older Michiganian’s Day platform, go to www.oldermichigiansday.com.

While it is important to understand the issues that come with aging, it is vital to acknowledge and highlight the many positive aspects of getting older. On May 18th we will do just that during our 2nd Annual Centenarian Luncheon at the Beacon Club. The response for this event has been overwhelming and while the luncheon is sold out, we are excited to welcome 21 centenarians and their guests to be honored during this time.

See Older, p. 2

Memorial Day

May 28th

Offices Closed



Mark Your Calendar



Thursday, May 17:
Older Michigianians Day in Lansing. *See front page.*

Friday, May 18:
Centenarian Luncheon at the Beacon Club, 11 AM to 1 PM. *See front page.*

Monday, May 21:
KCASI Meeting, 1:15 to 2:45 PM at Portage Senior Center. Promote the Vote, with Denise Hartsough from the League of Women Voters in Kalamazoo.

Thursday, May 24:
Elder Abuse Prevention Coalition meeting, 1:30 –3:00 PM, at Miller Johnson, Radisson Plaza Kalamazoo.

Friday, May 25:
Professionals Focused on Aging (PFA) meeting, 8 AM., Senior Services, 918 Jasper St., Kalamazoo.
Say 'Yes' to Seniors, with ballot committee representative.

Monday, June 18:
KCASI meeting, 1:15 PM at Portage Senior Center. Topic to be announced. Check for updates at www.kcasi.net.

Friday, June 22:
PFA meeting, 8 AM at Senior Services. *How to be an Effective Advocate,* with Katie Wendel,

Advocacy Specialist, Area Agency on Aging 1B/Silver Key Coalition.

Thursday, June 28:
Elder Abuse Prevention Coalition meeting, 1:30 –3:00 PM, at Miller Johnson.

Save the Date!

for the
22nd annual

SENIOR EXPO!

Tuesday,
October 2nd

Contact Janice at
jgboni@kalcounty.com
for information

Older, from p. 1

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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Area Agency on Aging, IIIA

Kalamazoo County
Government

Health & Community
Services Department

Anne Zemlick, RN, BSN,
Director

Thank you to the many Sponsors: Aetna Better Health, Friendship Village of Kalamazoo, Gary Sisters Foundation, Life EMS Ambulance and Don and Joyce Ryan. We would also like to gratefully acknowledge our partners for this event: Langeland Family Funeral Homes, Inc., Schupan and Sons, Inc., Mike and Sharon Seelye Family Foundation and Zemlick Office Products.



The ability to engage at every age is a gift that we participate in and help others to fulfill. Even though we have a way to go in support of elders in our community, these events remind us of what a wonderful place Kalamazoo is to grow old. So get out there and Engage at Every Age!

Elder Abuse: A Preventable Public Health Issue

Friday, June 15, 2018 is World Elder Abuse Awareness Day. World Elder Abuse Awareness Day serves as a call-to-action for our community to raise awareness about



abuse, neglect, and exploitation of elders, and reaffirm our country's commitment to the principle of justice for all. On that day, communities in the USA and all over the world will sponsor events to highlight solutions to this systemic social challenge. The Kalamazoo County Area Agency on Aging, IIIA is proud to bring attention to this issue and support the Kalamazoo County Elder Abuse Prevention Coalition, as a means to explore and find local answers to this devastating public health issue.

As Americans, we believe in justice for all. Yet we fail to live up to this promise when we allow older members of our society to be abused or neglected. Older people are vital, contributing members of American society and their maltreatment diminishes all of us. Just as we have confronted and addressed the social issues of child abuse and domestic violence, so too can we find solutions to address issues like elder abuse, which threaten the well-being of our community.

Our policies and practices make it hard for older people to stay involved with and connected to our communities as they age. As a result, older people are more likely to experience social isolation, which increases the likelihood of abuse and neglect. We can design stronger societal supports to keep our older people connected and protect them from abuse, whether financial, emotional, physical or sexual. When we address a root cause, like social isolation, we also make it less likely that people will neglect themselves (self-neglect). Older adults who are socially connected and protected from harm are less likely to be hospitalized, less likely to go into nursing homes and less likely to die.

We can and must create healthier and safer living environments for older adults, including their homes, nursing homes, and assisted living facilities.

Get more information about how to make a difference by visiting the National Center on Elder Abuse <https://ncea.acl.gov> or by calling the **Kalamazoo County Area Agency on Aging, IIIA, 269-373-5173** to explore local community services and supports.

Report suspected elder abuse, neglect or exploitation by calling 1-855-444-3911. Know the signs and take action to stop elder abuse today!

I&A Corner Information & Assistance Line (269) 373-5173

Healthy Aging Highlights from the National Institute on Aging at NIH

[The Brain Health Resource](#) is a presentation toolkit offering evidence-based information and resources to facilitate conversations with older people about brain health as we age. Designed for use at senior centers and in other community settings, materials are written in plain language and explain what people can do to help keep their brains functioning at their best.

This presentation will help older adults and their caregivers learn how to reduce risks that may be related to brain health. This presentation, recommended as a 60-minute event, covers:

- Aging and health
- Good health and the normal aging brain
- Threats to brain health
- Healthy aging for your body and brain

You can also get an educator guide and presentation handouts for use during the presentation. [Download and plan your presentation today!](#)

Eldercare Locator Website Address Change

Please be aware that the Eldercare Locator's website address has changed due to federal security mandates. The website address had been eldercare.gov and is now: <https://eldercare.acl.gov>.

The automatic redirect of the old website address to the new one was recently retired. Please update your favorites or bookmark for the website to: <https://eldercare.acl.gov>. You can also call 1-800-677-1116 for this information.

ACL's [Eldercare Locator](#) can connect you to trustworthy services for older adults and their families in local communities. From transportation and housing options to financial and legal assistance, the Eldercare Locator can point you in the right direction.

Lifelong Learning



The Osher Lifelong learning Institute at WMU, or *OLLI*, offers high quality non-credit programs for mature adults in the greater Kalamazoo community. Download the [Courses and Trips catalog](#) for winter/spring 2018. The catalog contains general information about the Osher Lifelong Learning Institute at WMU as well as detailed information about the courses, trips and events planned for the coming session.

Osher Lifelong Learning Institute at WMU – Ph. 269.387.4200

Kalamazoo County Advocates for Senior Issues



KCASI, along with Region IV Area Agency on Aging, is sponsoring a charter bus to Older Michigianians Day (OMD) at the State Capitol, on May 17th. Read more on the front page.

KCASI Program Meetings

1:15 to 2:45 PM

Portage Senior Center, 320 Library Lane, Portage

May 21st, *Promote the Vote.* It's simple. Let's make voting a sure thing. Every eligible person can vote, and every vote will count. By making voting more accessible, secure, and fair, our democracy will better serve all Americans, and our laws will better reflect the will of the people. Everyone—Republicans, Democrats, and Independents, deserves to have their vote secure and counted. Learn more about the Promote the Vote campaign with presenter, Denise Hartsough, from the League of Women Voters® Kalamazoo Area.

The June meeting will be on Monday the 18th. Visit KCASI on the Web at www.kcasi.net or on Facebook www.facebook.com/KalamazooCountyAdvocatesforSeniorIssues/  for current information.

KCASI is a 501(c)(3) organization whose purpose is to advocate as a non-partisan group for the improvement of conditions affecting the lives of older adults and future generations.



Pet Food Bank—Keeping Seniors & Pets Together



Anyone who has ever had a dog or cat understands what great companions pets are. Now imagine being a senior, alone, not feeling well, and without much money. Such Seniors need the warm companionship of their pets more than most, and the Senior Services Pet Food Bank helps them stay together.

Senior Services of Southwest Michigan has organized eleven successful pet food drives to help vulnerable seniors care for their pets. With increased demand, however, they will run out of pet food before this year's drive in October. You can help them fill that gap.

Right now, Senior Services has an opportunity to double your donation with a matching grant. Meals on Wheels Association of America is offering a matching grant. The goal is to raise \$2,500 by May 20, 2018.

Your donation will keep seniors & their pet companions together!

Donation Options:

- Mail check payable to Senior Services, Inc., Attn: Tracie Wheeler, 918 Jasper St., Kalamazoo, MI 49001
- Donate with PayPal using the "Donate" button at the bottom of the home page at www.seniorservices1.org. Please note *Pet Food* using the "Add special instructions" option. *Thank you!*

Creating Confident Caregivers® Class



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.

Learn About—

- dementia and its effects on the brain
 - caregiver resources
 - managing behaviors
- and much more.*

Dates: May 16, 23, & 30; June 6, 13, & 20

Location: StoryPoint
3951 W. Milham Ave.
Portage, MI 49024

Times: 2:00 to 4:00 PM

Classes are free with donations accepted. For questions or to register, please call Patti Stratton, LMSW, 269.373.5141, or email psstra@kalcounty.com.

Respite care for your family member with memory loss can be arranged so you may attend the sessions. Ask for details when you register.

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.



OPIOID OVERDOSE PREVENTION, TREATMENT & LOCAL IMPACT

May 25th — 9:00 AM–3:00 PM

KEYNOTE: MARK WEINER, MD

Dr. William Nettleton MD, & Dr. Bruce Springer, MD

- Local Impact of Opioid & the Overdose Epidemic
- Impact of new state laws and Opioid
- Addiction Treatment: Stigma and Science
- Opioid Addiction Local treatment options
- Impact of other drugs Benzodiazepines, Fentanyl, Marijuana, Carfentanyl and Alcohol
- Naloxone - Saving Lives – How you can help.

TARGET AUDIENCE: Doctors, Medical personnel, case managers, clinicians– Recovery Coaches working in the SWMBH 8 county region

Registration begins at 8:30 AM, and refreshments & lunch will be provided.

**To register email: *Opioid OD May 25th* in the subject line, to:
traininginfo@swmbh.org**

FETZER CENTER
2350 Business Court
Kalamazoo, MI 49008
(269)387-3232

<http://www.wmich.edu/fetzer/>

5 SW & MCBAP CE's

CME Event #13207* CME credits provided by WMU Homer Stryker MD School of Medicine

*This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Western Michigan University Homer Stryker M.D. School of Medicine and State of Michigan Block Grant plus Southwest Michigan Behavioral Health. Western Michigan University Homer Stryker M.D. School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Sponsored by:



Kalamazoo County
Area Agency on
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3299 Gull Rd.
Kalamazoo, MI
49048



Your Connection to Information & Community Supports

AAAIIA News

May 6-12 is National Nurses Week.
We so appreciate our dedicated nurses!



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.

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|---|---|
| <ul style="list-style-type: none">• Anne Zemlick, RN, BSN
Director, Area Agency on Aging IIIA | <ul style="list-style-type: none">• Don Saldia, RN
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| <ul style="list-style-type: none">• Allan Puplis, RN, MSN
CFI Nurse Care Manager | <ul style="list-style-type: none">• Kelly Sutcliffe, RN
CFI Nurse Care Manager |

The Kalamazoo County Area Agency on Aging FY 2019 Annual Implementation Plan draft is now available online at <http://www.kalcounty.com/aaa/reports.html>. The plan outlines the Area Agency on Aging's services, advocacy efforts, funding sources, and program development objectives for fiscal year 2019. A Public Hearing on the plan will be held on Wednesday, May 9, 2018, at 3:30 PM at the Kalamazoo County Health and Community Services Building, 3299 Gull Rd., Kalamazoo, Conference Room B. If you would like a copy of the plan mailed to you please contact Brien Brockway at 269.373.5239 or at btbroc@kalcounty.com.