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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

November/December

2017/Issue 6

## Holiday Stress Busters for Professional Caregivers

**H**appy Holidays. I, for one, look forward to the holidays. Spending time with family and friends and sharing holiday cheer can be fun and life giving. It can also be stressful. Add this stress on top of the stress of being a caregiver, either professional or informal, and you have a good chance of taking the joy out of the holidays. Here are a few suggestions to consider to relieve some of the stress.

**Breathe.** We spend the majority of our day taking shallow breathes. This limits the oxygen supply to our body and can increase fatigue, shortness of breath and anxiety ([www.health.harvard.edu](http://www.health.harvard.edu), 2016). Set a reminder on your phone and take five to ten minutes to be conscious of your breathing. This can greatly improve your body’s response to stress, decrease blood pressure, and relieve anxiety. Placing one hand on your abdomen, be mindful of your breathing, slowly filling your lungs so that your abdomen rises. Then slowly exhale. Repeat this several times and you will feel the difference. Your body and mind will thank you.

**Embrace the KISS principle (Keep It Simple Silly).** Keep the holiday celebrations simple. If you are hosting a gathering, plan ahead so that when someone asks what he or she can do to help or bring, you have a suggestion. It is OK to make the party a pot-luck and it is also acceptable to say “no” to invitations that may be too stressful. A successful holiday gathering does not have to depend on one person. True holiday joy comes from sharing and that includes doing the dishes.

**Share the burden.** Caring for others is hard work and even professionals struggle with the emotional stress of care giving. It is important to set yourself up for success and avoid burnout by decompressing. If you have a particularly demanding case that leaves you feeling anxious, angry or annoyed, talk with a trusted coworker, your supervisor, or counselor. Sometimes we just need to share the situation with someone to know that what we are feeling is OK and normal or that we need to look at the situation differently and reduce the stress.

**Take care of you.** Exercise regularly, get adequate sleep and eat a healthy foods. Not always easy, but worth waking up a few minutes earlier to take a twenty minute walk, or arrive a bit early and park a little further away to get your steps in for the day. Try to go to bed at the same time every night and avoid caffeine or heavy foods at least 2 hours before going to sleep.

See *Holiday Stress*, p. 3



### COUNTY HOLIDAYS Offices Closed

**November 23 & 24**  
*Thanksgiving Holiday*

**December 22 & 25**  
*Christmas holidays*

**January 1, 2018**  
*New Year’s Day*



## Mark Your Calendar



Revert to  
Standard Time

Sunday,  
November 5th



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Area Agency on Aging, IIIA

Kalamazoo County  
Government

Health & Community  
Services Department

Anne Zemlick, RN, BSN,  
Director

**Monday, Nov. 20: KCASI** meeting, 1:15–2:45 PM, at Senior Services, 918 Jasper St., Kalamazoo. The subject will be Kalamazoo County Senior Millage initiative updates.

**Friday, Nov. 17: Professionals Focused on Aging (PFA)** meeting, 8:00 AM. Presentation by Michael D. Evans,

Executive Director, Kalamazoo Literacy Council. Senior Services, 918 Jasper St., Kalamazoo.

**Thursday, Dec. 7: AAA All Providers Meeting**, 3:30– 4:30 PM, HCS Dept., 3299 Gull Rd., Conference Room D.

**Friday, Dec. 8: PFA No Meeting—Just Eating**, 8:00 AM at Michelle's, 677 Romence Rd., Portage.

**Elder Abuse Prevention Coalition** will not meet November & December. The next meeting is scheduled for Thursday, January 25, 2018, 1:30 – 3:00 PM, at Miller Johnson, Kalamazoo.

## November is National Family Caregivers Month

Celebrated each November it is a time to recognize and honor family caregivers across the country.

Celebrating Family Caregivers during NFC month enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers

This month we are directing attention to the nearly one million caregivers in Michigan who are making sacrifices every day to care for a loved one or friend who has a chronic health condition.

If you know a caregiver, then you know someone who needs help and support. Contact the Area Agency on Aging for information about community resources for caregivers and those they care for at (269) 373-5173.

## We Are Thankful

The Kalamazoo County Area Agency on Aging IIIA extends its heartfelt thanks to members of the Older Adult Services Advisory Council for their time, wisdom, & their dedication to advocacy on behalf of the older population in Kalamazoo County.

Blessings to One & All.



### *Holiday Stress, from p. 1*

**Balance your personal and work life.** Engage in activities that you enjoy outside of work. This is crucial for promoting positive interactions, maintaining relationships with family and friends, and helps one find satisfaction from multiple avenues.

**Ask for help.** If the situation is not getting better, no matter what you do, someone else may be able to help. When we are frustrated with situations because they are not going quite right, we may not recognize other solutions to the problem because we are too close. A fresh eye and someone with other experience may be able to get us beyond the frustration and provide a positive solution.

**Take time out.** This time of year especially, allow yourself to take some time for you. Step away from the demanding client, take a few breaths, and regroup.

With the holiday season upon us it is more important than ever to take the time to set yourself up for success. Take inventory of how you are feeling emotionally, mentally and physically and make the adjustments in your life to make a positive impact on yourself. Once you do, you will find that you are better equipped to meet the demands of being a professional caregiver and your family and friends will be better for it too.

May your holiday season be merry and light.

*Anne Zemlick, RN, BSN, Director*

## Senior Expo/Art of Aging Connects with Older Adults, Caregivers

*Tues., Oct. 3rd, Kalamazoo:* The Kalamazoo County Senior Expo, organized by the Area Agency on Aging, brought together all types of companies and organizations who care about the needs and interests of older adults and caregivers providing information and services at this 21st annual event. Thank you to everyone who made this event possible. The attendees, exhibitors, senior artists, Expo Center staff—Mandy, Drew & Rob, thank you. Patricia Hinckley, facilitator of the Memory Arts Program, which was well received by participants who took home their very own painting! Tom Danielson from Mercantile Bank, thank you for the door prizes. Thanks to United Party & Event Services, and AV Catering. Special thanks to the wonderful Advisory Council members who staffed the desk and more. As always, thanks to our staff—especially to Don Saldia for coordinating the art exhibit. Last, but definitely not least, the volunteers. We had a good crowd who got flu and pneumonia shots from Borgess and Bronson, visited 100+ exhibitors, and met friends for a great day. Everyone enjoyed the Senior Artists Exhibit artwork displayed throughout the venue. And, the winning senior artist is Richard Jordan, whose painting, *Entrance Meadow—Kellogg Bird Sanctuary*, was the people's choice. Congratulations, Richard!

Enjoy more photos from the Expo on the next page, and mark your calendar for the next Expo on October 2, 2018.





Joyce Ryan (left) speaks with attendees



Family & friends get together at the Expo



◀ Joyce Stout, KCASI President (left)



Lucinda Stinson, Samantha Carlson, Arthur

More on p. 5



The Kalamazoo County Advocates for Senior Issues will meet on Monday, November 20th from 1:15 to 2:45 PM at Senior Services, 918 Jasper Street, to discuss the Senior Millage initiative. Come join them for this important update. November is the annual business meeting during which KCASI will elect the slate of officers for the Executive Committee. Members who wish to vote on the slate should try to attend.

KCASI will not meeting in December and January. The next regular meeting will be February 19th at Portage Senior Center, 320 Library Lane, Portage. Visit KCASI on the Web at [www.kcasi.net](http://www.kcasi.net) or on Facebook [www.facebook.com/KalamzooCountyAdvocatesforSeniorIssues/](http://www.facebook.com/KalamzooCountyAdvocatesforSeniorIssues/) for current information. 

**THANK YOU 2017 SPONSORS**

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

*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.*



◀ Heritage Community chef serves up delicious truffles!

Trevor Penn, Care N Assist, talks to a visitor



# SENIOR EXPO 2017

*Art of Aging*



Paula Christensen

*More...*



Angelo Bonita



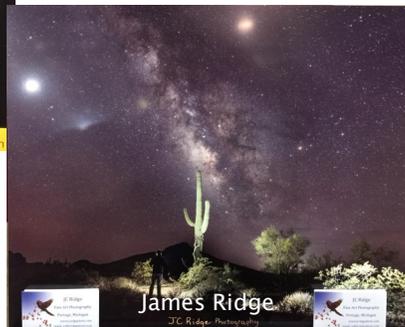
Linden Griffin

Linden "Lin" Griffin



Lynn Perg

*Fabulous...*



James Ridge



Bibilomo Amos Jimoh

*Senior artwork!*

## 2018 Medicare Open Enrollment

Now is the time to make changes to your Medicare plan for 2018. Fall Open Enrollment is from October 15 - December 7. Changes you can make include switching from original Medicare to a Medicare Advantage Plan (or vice versa), changing to a different Advantage Plan, or joining a new Part D prescription drug plan. Even if you are satisfied with your current coverage, you may want to explore other options to see if there are plans that cost less and/or better suit your needs.

If you decide you want to make changes, you have choices. You may call 1-800-MEDICARE to make changes over the phone, or visit [www.Medicare.gov](http://www.Medicare.gov) to make changes online. If you need more personal assistance, MMAP (Medicare Medicare Assistance Program) volunteers are available to assist you with unbiased and helpful information. Call 1-800-803-7174 to be connected to your local MMAP office. (In Kalamazoo County, the location is Senior Services.)

NOTE: It is also Open Enrollment for the Affordable Care Act (ACA) Marketplace plans, now through Dec. 15, 2017. YOU DO NOT NEED TO ENROLL in a Marketplace plan if you have Medicare Coverage. For those adults who do not have Medicare or other health insurance, go to [www.HealthCare.gov](http://www.HealthCare.gov) to consider Marketplace options.

## Integrated Pain Management—Alternatives to Opioid Use

**Collaborative Pain Management in Response to Changes in Opioid Prescribing**  
**an educational seminar on Integrated Pain Management, sponsored by the Region 8**  
**Veteran Community Action Team Healthcare Subcommittee**

- Dr. Julie Gronek, MD; Staff Psychiatrist, Battle Creek VA Medical Center will provide a one hour presentation on alternatives to Opioid use. This presentation will provide for 1 CE credit for Psychologists and Social Workers.
- Intended audience/Instructional level: Psychologists; Intermediate.

To register, click **VCAT** ⇨



**November 8, 10:00AM to 12:00PM**

**VA Medical Center, Building 6 Auditorium**

**Registration and Sign In begins at 9:30AM**

The Psychology Service, DVAMC, Battle Creek Michigan is approved by the American Psychological Association to sponsor continuing education for psychologists. The Psychology Service, DVAMC, Battle Creek maintains responsibility for this program and its content.

Psychologists who desire additional information regarding this CE Event please contact Dr. Jeremy Bottoms @ 269-966-5600 ext: 31171.

AAA Staff volunteers helped United Way pack **50,000** meals recently! It was a big undertaking and we wouldn't have been able to succeed without your help. These meals are being distributed to families in need throughout the Battle Creek and Kalamazoo region to alleviate food insecurity. Many thanks to these volunteers:

I. to r., Kelly Barnett, CFI Care Consultant; Kelly Jonker, Long-Term Care Ombudsman; Anji Phillips, Investigative Teams Coordinator; Brien Brockway, Quality Assurance and Planning Coordinator.



## Custom Care

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.

## Peace of Mind

REGISTER FOR ENRICHING CLASSES & TRIPS

WMICH.EDU/OLLI



### Congratulations...

to **Don Ryan**, Chairman of the Older Adult Services Advisory Council, for his appointment to another term on the Michigan State Advisory Council on Aging, advisory body to the Michigan Commission on Services to the Aging.

## Healthy Living Programs



**A Matter of Balance** and **Personal Action Toward Health (PATH)**, facilitated by the Area Agency on Aging IIIA, will be scheduled in 2018. Many thanks to Marilyn Reed and Norma Bour, MOB and PATH Master Trainers respectively, for their great successes with these programs over the last several years, which helped hundreds of individuals.

There may be other resources for MOB or PATH in the area. Please call our Information & Assistance line at (269) 373-5173 for information.

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*Western Michigan University Homer Stryker M.D. School of Medicine, Raising Kalamazoo County, and the Michigan ACE Initiative invite you to view the award-winning documentary **Resilience**.*

## **RESILIENCE: THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE**

chronicles the birth of a new movement among pediatricians, therapists, educators, policy makers, and communities who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

Don't miss this unique opportunity to see *Resilience* – a documentary that clearly and succinctly describes Adverse Childhood Experiences (ACEs) and their impact. ACEs are associated with alcoholism, drug use, suicide, domestic violence, and more. *Resilience* chronicles how innovative research is being used to both prevent ACEs and mitigate their effects. The screening will be followed by a dynamic conversation about how we can support a trauma-informed community for Kalamazoo's children and families.

**November 14, 2017 | 5:30 – 7:30 PM**

**Western Michigan University Homer Stryker M.D. School of Medicine**

**300 Portage Street, Kalamazoo**

View the trailer here: <https://tinyurl.com/resiliencemovie>

Please RSVP at: <https://tinyurl.com/nov14wmed>

Questions? Contact [jnottingham@uwbckr.org](mailto:jnottingham@uwbckr.org)

## Good Tidings! Holiday baskets will bring joy.



It's holiday time, and once again, we pause and think about those in our community who may not have family or friends to remember them with a gift or a visit. The AAAIIIA will assemble gift baskets for Choices for Independence clients who are alone and for whom this holiday gift may be the only one they receive. We hope to be Santa's elves to about 55 individuals and are accepting donations to fill the gift baskets.

If you are interested in giving to this annual activity, your generosity and kindness would be very much appreciated. We can make a difference in someone's life with this small gesture. These are suggested items that we know our clients enjoy receiving. Please drop off your donation to Wing 2, Room 316, by December 13<sup>th</sup>.

Christmas Baskets for Clients: Suggested ( <i>not limited to</i> ) Items for Donations Area Agency on Aging IIIA	
Gift cards: Meijer, Walmart, Harding's, or Target	Fresh Fruit
Metro Coupons	Magazines/Crossword/Word search
Cat toys, treats & food	Word Search or Sudoku ( <i>large print</i> )
Dog toys, treats and food	Puzzles ( <i>25—200+ pieces</i> )
Dish cloths	All Occasion Cards or Thank You Notes ( <i>sm. packs</i> )
Dish towels	Notepads
Flashlights	Mouthwash
Walker Bags ( <i>bag that attaches to a walker or wheelchair for personal items</i> )	Hand lotion
Gloves	Body wash
Hats	Deodorant
Scarves	Shampoo
Socks ( <i>no slip</i> )	Washcloths
Lap Blankets	Loofa or bath sponges
Microwavable heating pads	

You may be eligible for a tax exemption for your donation; please ask for a receipt if you'd like one. Please contact Judy Hayes, 373-5258, jahaye@kalcounty.com, if you have any questions. Thank you.

Kalamazoo County  
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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*

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## **AAAIIA News**

**Anne Zemlick, RN, BSN, has been named Director of the Kalamazoo County Area Agency on Aging IIIA. Having been the AAAIIA Choices for Independence Program Manager for twelve years, she brings a wealth of knowledge and expertise to her new position providing a smooth transition in leadership. Congratulations, Anne!**

*We celebrate staff anniversaries in November! We are fortunate to work with these dedicated professionals:*

**Anne Zemlick, RN, BSN, Director – 12 years**

**Laurie Palanca, LBSW, Information & Assistance – 9 years**

**Judy Adlam, MSW, Care Consultant – 7 years**

**Don Saldia, RN, Lead Care Consultant – 4 years**

**Best wishes to Marilyn Reed, LBSW, CFI Care Consultant and Matter of Balance Master Trainer, who retired October 5th. Thank you for your years of outstanding service.**